

Recipe

Recipe Name: Chicken Tikka Masala Bowl
LR101002

Recipe Code:

Allergens: Contains Milk, Soy

Number of Servings: 1.000 Serving Size: 1 Serving
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
TIKKA MASALA, CHICKEN	81.932	180	4	1	0	50	370	20	0	17	17	16	2	65	0	0	0	229.83	0
SEC- Rice, Brown, cooked	102.125	83.644	0.739	0	0	0	0	18.205	0	0	(M)	1.968	0.355	0	0	0	(M)	(M)	0(M)
Sub Total	184.057	263.644	4.739	1	0	50	370	38.205	0	17	17(M)	17.968	2.355	65	0	0	0(M)	229.83(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	184.057	263.644	4.739	1	0	50	370	38.205	0	17	17(M)	17.968	2.355	65	0	0	0(M)	229.83(M)	0(M)
Per 100g	100.000	143.241	2.575	0.543	0	27.166	201.025	20.757	0	9.236	9.236(M)	9.762	1.279	35.315	0	0	0(M)	124.869(M)	0(M)
Per Serving	184.057	263.644	4.739	1	0	50	370	38.205	0	17	17(M)	17.968	2.355	65	0	0	0(M)	229.83(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ALT HP CHICKEN BITES & BAKED BEANS
LR101212

Recipe Code:

Allergens:
Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CHICKEN, BITES, BILLY FLAVORED	181.440	338.954	9.969	1.994	0	89.723	996.923	27.914	1.994	3.988	3.988	33.895	3.988	41.871	0	0	0	524.78	0
CKPrep- Baked Beans	130.000	150	1.5	0	0	0	590	29	5	11	11	0	1.8	40	0	0	0	0	0
Sub Total	311.440	488.954	11.469	1.994	0	89.723	1586.92	56.914	6.994	14.988	14.988	33.895	5.788	81.871	0	0	0	524.78	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	311.440	488.954	11.469	1.994	0	89.723	1586.92	56.914	6.994	14.988	14.988	33.895	5.788	81.871	0	0	0	524.78	0
Per 100g	100.000	156.998	3.683	0.64	0	28.809	509.544	18.274	2.246	4.812	4.812	10.883	1.858	26.288	0	0	0	168.501	0
Per Serving	311.440	488.954	11.469	1.994	0	89.723	1586.92	56.914	6.994	14.988	14.988	33.895	5.788	81.871	0	0	0	524.78	0

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ALT HP Scrambled Eggs & Blueberry Muffin Top
LR101210

Recipe Code:

Allergens:

Contains Egg, Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
EGG, SCRAMBLED, WHOLE	57.000	90.476	6.032	2.011	0	191.005	261.376	2.011	0	0	0	6.032	0	20.106	0	0	1.206	0	0
Muffin Top, Blueberry	118.000	400	20	8	0	60	280	52	2	26	24	6	1.8	0	0	0	(M)	(M)	(M)
Sub Total	175.000	490.476	26.032	10.011	0	251.005	541.376	54.011	2	26	24	12.032	1.8	20.106	0	0	1.206(M)	0(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	175.000	490.476	26.032	10.011	0	251.005	541.376	54.011	2	26	24	12.032	1.8	20.106	0	0	1.206(M)	0(M)	0(M)
Per 100g	100.000	280.272	14.875	5.72	0	143.432	309.358	30.863	1.143	14.857	13.714	6.875	1.029	11.489	0	0	0.689(M)	0(M)	0(M)
Per Serving	175.000	490.476	26.032	10.011	0	251.005	541.376	54.011	2	26	24	12.032	1.8	20.106	0	0	1.206(M)	0(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ALT HP- YOGURT & STRING CHEESE W/ BANANA MUFFIN
LR101211

Recipe Code:

Allergens: Contains Egg, Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Yogurt, Strawberry, Assorted	113.400	80.283	0	0	0	5.018	75.265	15.053	0	12.042	7.025	3.011	0	321.133	0	0	4.014	190.552	(M)
Cheese, Mozzarella, String	28.350	60	3	2	0	10	200	1	0	1	0	7	0	198	63	0	(M)	(M)	(M)
ELE - BANANA MUFFIN	155.064	342.146(M)	16.096(M)	2.654(M)	0(M)	57.06(M)	470.934(M)	42.066(M)	5.366(M)	12.81(M)	3.174(M)	6.806(M)	1.06(M)	18.844(M)	67.13(M)	2.77(M)	0.336(M)	293.93(M)	3.156(M)
Sub Total	296.814	482.429(M)	19.096(M)	4.654(M)	0(M)	72.078(M)	746.199(M)	58.119(M)	5.366(M)	25.852(M)	10.199(M)	16.817(M)	1.06(M)	537.977(M)	130.13(M)	2.77(M)	4.35(M)	484.482(M)	3.156(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	296.814	482.429(M)	19.096(M)	4.654(M)	0(M)	72.078(M)	746.199(M)	58.119(M)	5.366(M)	25.852(M)	10.199(M)	16.817(M)	1.06(M)	537.977(M)	130.13(M)	2.77(M)	4.35(M)	484.482(M)	3.156(M)
Per 100g	100.000	162.536(M)	6.434(M)	1.568(M)	0(M)	24.284(M)	251.403(M)	19.581(M)	1.808(M)	8.71(M)	3.436(M)	5.666(M)	0.357(M)	181.251(M)	43.842(M)	0.933(M)	1.466(M)	163.228(M)	1.063(M)
Per Serving	296.814	482.429(M)	19.096(M)	4.654(M)	0(M)	72.078(M)	746.199(M)	58.119(M)	5.366(M)	25.852(M)	10.199(M)	16.817(M)	1.06(M)	537.977(M)	130.13(M)	2.77(M)	4.35(M)	484.482(M)	3.156(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ALT HP: French Toast & Sausage Patty
LR101209

Recipe Code:

Allergens: Contains Egg, Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
STICKS, FRENCH TOAST	147.420	377.539	16.18	3.596	0	188.77	539.341	46.743	1.798	19.776	17.978	12.585	2.607	131.24	0	0	41.475	98.861	(M)
Sausage, Patty, Pork	42.000	180	17	6	0	30	130	1	0	0	0	5	2	0	0	0	0	0	0
Sub Total	189.420	557.539	33.18	9.596	0	218.77	669.341	47.743	1.798	19.776	17.978	17.585	4.607	131.24	0	0	41.475	98.861	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	189.420	557.539	33.18	9.596	0	218.77	669.341	47.743	1.798	19.776	17.978	17.585	4.607	131.24	0	0	41.475	98.861	0(M)
Per 100g	100.000	294.34	17.517	5.066	0	115.494	353.364	25.205	0.949	10.44	9.491	9.283	2.432	69.285	0	0	21.896	52.192	0(M)
Per Serving	189.420	557.539	33.18	9.596	0	218.77	669.341	47.743	1.798	19.776	17.978	17.585	4.607	131.24	0	0	41.475	98.861	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ALT HP: MACARONI & CHEESE W/ GREEN PEAS
LR101213

Recipe Code:

Allergens: Contains Milk, Soy, Wheat
May contain Egg

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- Macaroni & Cheese	154.386	551.761	30.691	15.823	0	62.007	783.872	43.741	3.964	2.464(M)	0(M)	25.512	2.141	1118.39	1922.99	0.029	0(M)	223.644(M)	0.009(M)
Peas, Frozen	74.000	60	0	0	0	0	0	10	4	3	(M)	4	1.3	18	300	6	(M)	(M)	(M)
Sub Total	228.386	611.761	30.691	15.823	0	62.007	783.872	53.741	7.964	5.464(M)	0(M)	29.512	3.441	1136.39	2222.99	6.029	0(M)	223.644(M)	0.009(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	228.386	611.761	30.691	15.823	0	62.007	783.872	53.741	7.964	5.464(M)	0(M)	29.512	3.441	1136.39	2222.99	6.029	0(M)	223.644(M)	0.009(M)
Per 100g	100.000	267.863	13.438	6.928	0	27.15	343.223	23.531	3.487	2.392(M)	0(M)	12.922	1.507	497.575	973.347	2.64	0(M)	97.924(M)	0.004(M)
Per Serving	228.386	611.761	30.691	15.823	0	62.007	783.872	53.741	7.964	5.464(M)	0(M)	29.512	3.441	1136.39	2222.99	6.029	0(M)	223.644(M)	0.009(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP BAKED BEANS & PEACHES (WCS,BCS ONLY)
LR101199

Recipe Code:

Allergens:

Contains Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- Baked Beans	177.245	207.859	1.3	0.001	0	0	603.333	42.229	7.867	16.096	16.029(M)	7.8	1.457	54	0	0	0(M)	9.337(M)	0(M)
FRT, PEACHES, CANNED	122.000	70	0	0	0	0	10	17	1	16	0	1	0	0	300	1.2	0	8.46	0
Sub Total	299.245	277.859	1.3	0.001	0	0	613.333	59.229	8.867	32.096	16.029(M)	8.8	1.457	54	300	1.2	0(M)	17.797(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	299.245	277.859	1.3	0.001	0	0	613.333	59.229	8.867	32.096	16.029(M)	8.8	1.457	54	300	1.2	0(M)	17.797(M)	0(M)
Per 100g	100.000	92.853	0.434	0	0	0	204.96	19.793	2.963	10.726	5.356(M)	2.941	0.487	18.045	100.252	0.401	0(M)	5.947(M)	0(M)
Per Serving	299.245	277.859	1.3	0.001	0	0	613.333	59.229	8.867	32.096	16.029(M)	8.8	1.457	54	300	1.2	0(M)	17.797(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP BEAN SALAD & MIXED BERRIES (WCS,BSC ONLY)
LR101201

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CK - Bean Salad	108.341	122.287	2.645	0.277	0	0	113.083	19.587	4.934	1.9(M)	0.402(M)	6.523	1.411	120.672	5.688	0.807	0(M)	0(M)	4.53(M)
Fruit, Strawberries, Chesse	35.000	12.5	0	0	0	0	0	3.25	0.75	2.25	(M)	0	0.18	5	0	13.5	(M)	(M)	(M)
Frt, Blueberries, Chesse	35.000	20	0.25	0	0	0	0	4.25	1	3	(M)	0	0	0	0	0.9	(M)	18.8	(M)
Sub Total	178.341	154.787	2.895	0.277	0	0	113.083	27.087	6.684	7.15(M)	0.402(M)	6.523	1.591	125.672	5.688	15.207	0(M)	18.8(M)	4.53(M)
Fat/Waste/Moist Chesse	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	178.341	154.787	2.895	0.277	0	0	113.083	27.087	6.684	7.15(M)	0.402(M)	6.523	1.591	125.672	5.688	15.207	0(M)	18.8(M)	4.53(M)
Per 100g	100.000	86.793	1.623	0.155	0	0	63.408	15.189	3.748	4.009(M)	0.225(M)	3.657	0.892	70.467	3.189	8.527	0(M)	10.542(M)	2.54(M)
Per Serving	178.341	154.787	2.895	0.277	0	0	113.083	27.087	6.684	7.15(M)	0.402(M)	6.523	1.591	125.672	5.688	15.207	0(M)	18.8(M)	4.53(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP Coleslaw & Pineapple
LR101156

Recipe Code:

Allergens:

Contains Egg

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- Cole Slaw	81.323	45.428	2.034	0.302	0	5.567	78.504	13.466	1.699	3.741(M)	1.856(M)	0.868	0.463	30.223	2393.07	17.737	0(M)	129.036(M)	72.003(M)
Pineapple, canned	122.000	60	0	0	0	0	0	16	1	13	(M)	0	0.36	20	0	6	(M)	(M)	(M)
Sub Total	203.323	105.428	2.034	0.302	0	5.567	78.504	29.466	2.699	16.741(M)	1.856(M)	0.868	0.823	50.223	2393.07	23.737	0(M)	129.036(M)	72.003(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	203.323	105.428	2.034	0.302	0	5.567	78.504	29.466	2.699	16.741(M)	1.856(M)	0.868	0.823	50.223	2393.07	23.737	0(M)	129.036(M)	72.003(M)
Per 100g	100.000	51.852	1.001	0.149	0	2.738	38.611	14.492	1.327	8.234(M)	0.913(M)	0.427	0.405	24.701	1176.98	11.675	0(M)	63.463(M)	35.413(M)
Per Serving	203.323	105.428	2.034	0.302	0	5.567	78.504	29.466	2.699	16.741(M)	1.856(M)	0.868	0.823	50.223	2393.07	23.737	0(M)	129.036(M)	72.003(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP Ranch Seasoned Chickpeas & Strawberries (WSC, BSC ONLY)
LR101206

Recipe Code:

Allergens:

Contains Milk

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CK Prep- Ranch Seasoned Chickpeas	127.386	125.874	1.491	0	0	0	202.692	20.333	3.873	3.873	(M)	6.778	0.242	257.848	0	0	(M)	(M)	0
Fruit, Strawberries, Frozen	70.000	25	0	0	0	0	0	6.5	1.5	4.5	(M)	0	0.36	10	0	27	(M)	(M)	(M)
Sub Total	197.386	150.874	1.491	0	0	0	202.692	26.833	5.373	8.373	(M)	6.778	0.602	267.848	0	27	(M)	(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	197.386	150.874	1.491	0	0	0	202.692	26.833	5.373	8.373	(M)	6.778	0.602	267.848	0	27	(M)	(M)	0(M)
Per 100g	100.000	76.436	0.755	0	0	0	102.688	13.594	2.722	4.242	(M)	3.434	0.305	135.698	0	13.679	(M)	(M)	0(M)
Per Serving	197.386	150.874	1.491	0	0	0	202.692	26.833	5.373	8.373	(M)	6.778	0.602	267.848	0	27	(M)	(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: Baby Carrots & Mixed Fruit
LR101162

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Baby Carrots, raw	141.750	49.612	0.184	0.028	0	0	110.565	11.68	4.111	(M)	(M)	0.907	1.262	45.36	19547.3	3.686	(M)	(M)	128.071
Mixed Fruit, canned	126.155	60	0	0	0	0	5	15	1	12	(M)	0	0.36	0	100	4.8	(M)	(M)	(M)
Sub Total	267.905	109.612	0.184	0.028	0	0	115.565	26.68	5.111	12(M)	(M)	0.907	1.622	45.36	19647.3	8.486	(M)	(M)	128.071(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	267.905	109.612	0.184	0.028	0	0	115.565	26.68	5.111	12(M)	(M)	0.907	1.622	45.36	19647.3	8.486	(M)	(M)	128.071(M)
Per 100g	100.000	40.915	0.069	0.011	0	0	43.137	9.959	1.908	4.479(M)	(M)	0.339	0.605	16.931	7333.69	3.167	(M)	(M)	47.805(M)
Per Serving	267.905	109.612	0.184	0.028	0	0	115.565	26.68	5.111	12(M)	(M)	0.907	1.622	45.36	19647.3	8.486	(M)	(M)	128.071(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: Baby Carrots & Pears
LR101183

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Baby Carrots, raw	170.100	59.535	0.221	0.034	0	0	132.678	14.016	4.933	(M)	(M)	1.089	1.514	54.432	23456.8	4.423	(M)	(M)	153.685
Pears, canned	124.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sub Total	294.100	59.535(M)	0.221(M)	0.034(M)	0(M)	0(M)	132.678(M)	14.016(M)	4.933(M)	(M)	(M)	1.089(M)	1.514(M)	54.432(M)	23456.8(M)	4.423(M)	(M)	(M)	153.685(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	294.100	59.535(M)	0.221(M)	0.034(M)	0(M)	0(M)	132.678(M)	14.016(M)	4.933(M)	(M)	(M)	1.089(M)	1.514(M)	54.432(M)	23456.8(M)	4.423(M)	(M)	(M)	153.685(M)
Per 100g	100.000	20.243(M)	0.075(M)	0.012(M)	0(M)	0(M)	45.113(M)	4.766(M)	1.677(M)	(M)	(M)	0.37(M)	0.515(M)	18.508(M)	7975.79(M)	1.504(M)	(M)	(M)	52.256(M)
Per Serving	294.100	59.535(M)	0.221(M)	0.034(M)	0(M)	0(M)	132.678(M)	14.016(M)	4.933(M)	(M)	(M)	1.089(M)	1.514(M)	54.432(M)	23456.8(M)	4.423(M)	(M)	(M)	153.685(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: BABY CARROTS & PINEAPPLE TIDBITS
LR101168

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Pineapple, canned	122.000	60	0	0	0	0	0	16	1	13	(M)	0	0.36	20	0	6	(M)	(M)	(M)
Vegetable, Baby Carrots, raw	170.100	59.535	0.221	0.034	0	0	132.678	14.016	4.933	(M)	(M)	1.089	1.514	54.432	23456.8	4.423	(M)	(M)	153.685
Sub Total	292.100	119.535	0.221	0.034	0	0	132.678	30.016	5.933	13(M)	(M)	1.089	1.874	74.432	23456.8	10.423	(M)	(M)	153.685(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	292.100	119.535	0.221	0.034	0	0	132.678	30.016	5.933	13(M)	(M)	1.089	1.874	74.432	23456.8	10.423	(M)	(M)	153.685(M)
Per 100g	100.000	40.923	0.076	0.012	0	0	45.422	10.276	2.031	4.451(M)	(M)	0.373	0.642	25.482	8030.4	3.568	(M)	(M)	52.614(M)
Per Serving	292.100	119.535	0.221	0.034	0	0	132.678	30.016	5.933	13(M)	(M)	1.089	1.874	74.432	23456.8	10.423	(M)	(M)	153.685(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: BROCCOLI & APPLESAUCE
LR101177

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Broccoli,	66.000	22.44	0.244	0.026	0	0	21.78	4.382	1.716	0	(M)	1.861	0.482	31.02	411.18	58.872	(M)	(M)	58.938
Applesauce, Canned	122.000	60	0	0	0	0	24	15	2	11	0	0	1.44	10	0	24	(M)	(M)	(M)
Sub Total	188.000	82.44	0.244	0.026	0	0	45.78	19.382	3.716	11	0(M)	1.861	1.922	41.02	411.18	82.872	(M)	(M)	58.938(M
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	188.000	82.44	0.244	0.026	0	0	45.78	19.382	3.716	11	0(M)	1.861	1.922	41.02	411.18	82.872	(M)	(M)	58.938(M
Per 100g	100.000	43.851	0.13	0.014	0	0	24.351	10.31	1.977	5.851	0(M)	0.99	1.022	21.819	218.713	44.081	(M)	(M)	31.35(M)
Per Serving	188.000	82.44	0.244	0.026	0	0	45.78	19.382	3.716	11	0(M)	1.861	1.922	41.02	411.18	82.872	(M)	(M)	58.938(M

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: Broccoli, Cauliflower & Fresh Orange Wedges
LR1011153

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Broccoli,	113.400	38.556	0.42	0.045	0	0	37.422	7.53	2.948	0	(M)	3.198	0.828	53.298	706.482	101.153	(M)	(M)	101.266
Veg, Cauliflower,	25.000	6.25	0.025	0.007	0	0	7.5	1.325	0.625	0	(M)	0.495	0.11	5.5	3.25	11.6	(M)	(M)	22.977
Fruit, Oranges,	131.000	61.57	0.157	0.026	0	0	0	15.392	3.144	(M)	(M)	1.231	0.131	52.4	294.75	69.692	(M)	(M)	113.643
Sub Total	269.400	106.376	0.602	0.079	0	0	44.922	24.247	6.717	0(M)	(M)	4.924	1.069	111.198	1004.48	182.445	(M)	(M)	237.886
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	269.400	106.376	0.602	0.079	0	0	44.922	24.247	6.717	0(M)	(M)	4.924	1.069	111.198	1004.48	182.445	(M)	(M)	237.886
Per 100g	100.000	39.486	0.223	0.029	0	0	16.675	9	2.493	0(M)	(M)	1.828	0.397	41.276	372.859	67.723	(M)	(M)	88.302
Per Serving	269.400	106.376	0.602	0.079	0	0	44.922	24.247	6.717	0(M)	(M)	4.924	1.069	111.198	1004.48	182.445	(M)	(M)	237.886

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: Broccoli, Cauliflower & Pineapple (WCS,BCS ONLY)
LR101198

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Broccoli,	113.400	38.556	0.42	0.045	0	0	37.422	7.53	2.948	0	(M)	3.198	0.828	53.298	706.482	101.153	(M)	(M)	101.266
Veg, Cauliflower,	25.000	6.25	0.025	0.007	0	0	7.5	1.325	0.625	0	(M)	0.495	0.11	5.5	3.25	11.6	(M)	(M)	22.977
Pineapple, canned	122.000	60	0	0	0	0	0	16	1	13	(M)	0	0.36	20	0	6	(M)	(M)	(M)
Sub Total	260.400	104.806	0.445	0.053	0	0	44.922	24.855	4.573	13	(M)	3.693	1.298	78.798	709.732	118.753	(M)	(M)	124.244(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	260.400	104.806	0.445	0.053	0	0	44.922	24.855	4.573	13	(M)	3.693	1.298	78.798	709.732	118.753	(M)	(M)	124.244(M)
Per 100g	100.000	40.248	0.171	0.02	0	0	17.251	9.545	1.756	4.992	(M)	1.418	0.498	30.26	272.555	45.604	(M)	(M)	47.713(M)
Per Serving	260.400	104.806	0.445	0.053	0	0	44.922	24.855	4.573	13	(M)	3.693	1.298	78.798	709.732	118.753	(M)	(M)	124.244(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: CAULIFLOWER & FRESH GRAPES
LR101191

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Veg, Cauliflower,	25.000	6.25	0.025	0.007	0	0	7.5	1.325	0.625	0	(M)	0.495	0.11	5.5	3.25	11.6	(M)	(M)	22.977
Fruit, Grapes, Fresh	34.000	67	0.35	0.11	0	0	2	17.15	0.9	(M)	(M)	0.63	0.29	14	100	4	(M)	(M)	81.3
Sub Total	59.000	73.25	0.375	0.117	0	0	9.5	18.475	1.525	0(M)	(M)	1.125	0.4	19.5	103.25	15.6	(M)	(M)	104.278
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	59.000	73.25	0.375	0.117	0	0	9.5	18.475	1.525	0(M)	(M)	1.125	0.4	19.5	103.25	15.6	(M)	(M)	104.278
Per 100g	100.000	124.153	0.636	0.199	0	0	16.102	31.314	2.585	0(M)	(M)	1.907	0.678	33.051	175	26.441	(M)	(M)	176.742
Per Serving	59.000	73.25	0.375	0.117	0	0	9.5	18.475	1.525	0(M)	(M)	1.125	0.4	19.5	103.25	15.6	(M)	(M)	104.278

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: CAULIFLOWER & FRESH GRAPES (WSC,BSC ONLY)
LR101220

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Veg, Cauliflower,	75.000	18.75	0.075	0.022	0	0	22.5	3.975	1.875	0	(M)	1.485	0.33	16.5	9.75	34.8	(M)	(M)	68.932
Fruit, Grapes, Fresh	34.000	67	0.35	0.11	0	0	2	17.15	0.9	(M)	(M)	0.63	0.29	14	100	4	(M)	(M)	81.3
Sub Total	109.000	85.75	0.425	0.133	0	0	24.5	21.125	2.775	0(M)	(M)	2.115	0.62	30.5	109.75	38.8	(M)	(M)	150.232
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	109.000	85.75	0.425	0.133	0	0	24.5	21.125	2.775	0(M)	(M)	2.115	0.62	30.5	109.75	38.8	(M)	(M)	150.232
Per 100g	100.000	78.67	0.39	0.122	0	0	22.477	19.381	2.546	0(M)	(M)	1.94	0.569	27.982	100.688	35.596	(M)	(M)	137.828
Per Serving	109.000	85.75	0.425	0.133	0	0	24.5	21.125	2.775	0(M)	(M)	2.115	0.62	30.5	109.75	38.8	(M)	(M)	150.232

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: CELERY STICKS & STRAWBERRIES
LR101180

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Celery,	50.000	10.667	0.113	0.027	0	0	53.333	1.98	1.067	0	(M)	0.46	0.133	26.667	299.333	2.067	(M)	(M)	63.62
Fruit, Strawberries,	70.000	25	0	0	0	0	0	6.5	1.5	4.5	(M)	0	0.36	10	0	27	(M)	(M)	(M)
Sub Total	120.000	35.667	0.113	0.027	0	0	53.333	8.48	2.567	4.5	(M)	0.46	0.493	36.667	299.333	29.067	(M)	(M)	63.62(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	120.000	35.667	0.113	0.027	0	0	53.333	8.48	2.567	4.5	(M)	0.46	0.493	36.667	299.333	29.067	(M)	(M)	63.62(M)
Per 100g	100.000	29.722	0.094	0.022	0	0	44.444	7.067	2.139	3.75	(M)	0.383	0.411	30.556	249.444	24.222	(M)	(M)	53.017(M)
Per Serving	120.000	35.667	0.113	0.027	0	0	53.333	8.48	2.567	4.5	(M)	0.46	0.493	36.667	299.333	29.067	(M)	(M)	63.62(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: Celery, Grape Tomatoes & Blueberries
LR1011151

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Celery, raw	50.500	10.773	0.114	0.027	0	0	53.867	2	1.077	0	(M)	0.465	0.135	26.933	302.327	2.087	(M)	(M)	64.256
Vegetable, Tomato, Cherry	37.250	6.705	0.074	0.011	0	0	1.863	1.46	0.447	0	0	0.328	0.101	3.725	310.293	4.731	(M)	(M)	35.201
Frt, Blueberries, Frozen	70.000	40	0.5	0	0	0	0	8.5	2	6	(M)	0	0	0	0	1.8	(M)	37.6	(M)
Sub Total	157.750	57.478	0.689	0.038	0	0	55.729	11.96	3.524	6	0(M)	0.792	0.235	30.658	612.619	8.618	(M)	37.6(M)	99.457(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	157.750	57.478	0.689	0.038	0	0	55.729	11.96	3.524	6	0(M)	0.792	0.235	30.658	612.619	8.618	(M)	37.6(M)	99.457(M)
Per 100g	100.000	36.436	0.437	0.024	0	0	35.328	7.582	2.234	3.803	0(M)	0.502	0.149	19.435	388.348	5.463	(M)	23.835(M)	63.048(M)
Per Serving	157.750	57.478	0.689	0.038	0	0	55.729	11.96	3.524	6	0(M)	0.792	0.235	30.658	612.619	8.618	(M)	37.6(M)	99.457(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: CONFETTI CORN SALAD & FRESH CANTALOUPE
LR101171

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Fruit, Fresh Cantaloupe 20%	113.400	45.001	0	0	0	0	5	12	1	10	(M)	0.5	0.36	20	1500.03	36.001	(M)	(M)	(M)
CK-CONFETTI CORN SALAD	140.735	95.638	3.891	0.379	0	8.021	57.575	13.345	2.38	7.567(M)	0.859(M)	2.282	0.972	7.5	143.597	117.215	0(M)	244.533(M)	10.213(M)
Sub Total	254.135	140.639	3.891	0.379	0	8.021	62.575	25.345	3.38	17.567(M)	0.859(M)	2.782	1.332	27.5	1643.62	153.216	0(M)	244.533(M)	10.213(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	254.135	140.639	3.891	0.379	0	8.021	62.575	25.345	3.38	17.567(M)	0.859(M)	2.782	1.332	27.5	1643.62	153.216	0(M)	244.533(M)	10.213(M)
Per 100g	100.000	55.34	1.531	0.149	0	3.156	24.623	9.973	1.33	6.913(M)	0.338(M)	1.095	0.524	10.821	646.752	60.289	0(M)	96.222(M)	4.019(M)
Per Serving	254.135	140.639	3.891	0.379	0	8.021	62.575	25.345	3.38	17.567(M)	0.859(M)	2.782	1.332	27.5	1643.62	153.216	0(M)	244.533(M)	10.213(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: Cucumber & Peaches
LR101187

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Cucumber, FRT, PEACHES, CANNED	78.000	10.174	0.075	0.027	0	0	1.357	2.462	0.339	0	0	0.441	0.19	10.852	71.217	1.899	(M)	(M)	64.591
Sub Total	122.000	70	0	0	0	0	10	17	1	16	0	1	0	0	300	1.2	0	8.46	0
	200.000	80.174	0.075	0.027	0	0	11.357	19.462	1.339	16	0	1.441	0.19	10.852	371.217	3.099	0(M)	8.46(M)	64.591
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	200.000	80.174	0.075	0.027	0	0	11.357	19.462	1.339	16	0	1.441	0.19	10.852	371.217	3.099	0(M)	8.46(M)	64.591
Per 100g	100.000	40.087	0.037	0.014	0	0	5.678	9.731	0.67	8	0	0.72	0.095	5.426	185.609	1.55	0(M)	4.23(M)	32.295
Per Serving	200.000	80.174	0.075	0.027	0	0	11.357	19.462	1.339	16	0	1.441	0.19	10.852	371.217	3.099	0(M)	8.46(M)	64.591

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: Cucumber & Tomato Salad & Pears
LR101174

Recipe Code:

Allergens:

Contains Milk

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE-Tomato & Cucumber Salad	128.988	59.295	2.857	1.846	0	0	589.486	4.26	0.754	0.792(M)	0(M)	4.313	0.246	120.888	389.795	6.628	(M)	(M)	85.079(M)
FRT, PEARS, DICED CANNED	122.000	58	0	0	0	0	3.6	14	1.4	10	0	0.7	0.3	0	0	0	0	54.05	0
Sub Total	250.988	117.295	2.857	1.846	0	0	593.086	18.26	2.154	10.792(M)	0(M)	5.013	0.546	120.888	389.795	6.628	0(M)	54.05(M)	85.079(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	250.988	117.295	2.857	1.846	0	0	593.086	18.26	2.154	10.792(M)	0(M)	5.013	0.546	120.888	389.795	6.628	0(M)	54.05(M)	85.079(M)
Per 100g	100.000	46.733	1.138	0.735	0	0	236.301	7.275	0.858	4.3(M)	0(M)	1.997	0.218	48.165	155.305	2.641	0(M)	21.535(M)	33.898(M)
Per Serving	250.988	117.295	2.857	1.846	0	0	593.086	18.26	2.154	10.792(M)	0(M)	5.013	0.546	120.888	389.795	6.628	0(M)	54.05(M)	85.079(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: Cucumber & Tomato Salad & Pears (WSC,BSC ONLY)
LR101221

Recipe Code:

Allergens:

Contains Milk

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE-Tomato & Cucumber Salad	193.481	88.942	4.285	2.769	0	0	884.229	6.39	1.131	1.188(M)	0(M)	6.469	0.369	181.332	584.692	9.942	(M)	(M)	127.618(M)
FRT, PEARS, DICED CANNED	122.000	58	0	0	0	0	3.6	14	1.4	10	0	0.7	0.3	0	0	0	0	54.05	0
Sub Total	315.481	146.942	4.285	2.769	0	0	887.829	20.39	2.531	11.188(M)	0(M)	7.169	0.669	181.332	584.692	9.942	0(M)	54.05(M)	127.618(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	315.481	146.942	4.285	2.769	0	0	887.829	20.39	2.531	11.188(M)	0(M)	7.169	0.669	181.332	584.692	9.942	0(M)	54.05(M)	127.618(M)
Per 100g	100.000	46.577	1.358	0.878	0	0	281.421	6.463	0.802	3.546(M)	0(M)	2.273	0.212	57.478	185.334	3.151	0(M)	17.133(M)	40.452(M)
Per Serving	315.481	146.942	4.285	2.769	0	0	887.829	20.39	2.531	11.188(M)	0(M)	7.169	0.669	181.332	584.692	9.942	0(M)	54.05(M)	127.618(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: Pickle Spears & Mixed Berries
LR101165

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Pickle, Spears	120.000	5	0	0	0	0	360	0	0	0	0	0	0	0	0	0	0	0	0
Fruit, Strawberries, Frozen	35.000	12.5	0	0	0	0	0	3.25	0.75	2.25	(M)	0	0.18	5	0	13.5	(M)	(M)	(M)
Frt, Blueberries, Frozen	35.000	20	0.25	0	0	0	0	4.25	1	3	(M)	0	0	0	0	0.9	(M)	18.8	(M)
Sub Total	190.000	37.5	0.25	0	0	0	360	7.5	1.75	5.25	0(M)	0	0.18	5	0	14.4	0(M)	18.8(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	190.000	37.5	0.25	0	0	0	360	7.5	1.75	5.25	0(M)	0	0.18	5	0	14.4	0(M)	18.8(M)	0(M)
Per 100g	100.000	19.737	0.132	0	0	0	189.474	3.947	0.921	2.763	0(M)	0	0.095	2.632	0	7.579	0(M)	9.895(M)	0(M)
Per Serving	190.000	37.5	0.25	0	0	0	360	7.5	1.75	5.25	0(M)	0	0.18	5	0	14.4	0(M)	18.8(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: POTATO SALAD & FRESH ORANGE (BSC, WSD ONLY)
LR101196

Recipe Code:

Allergens:

Contains Egg, Soy

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CK Prep- Potato	23.637	19.308	0.706	0.115	0	0	56.416	3.099	0.266	0.234(M)	0.114(M)	0.265	0.044	0.965	17.283	1.847	0(M)	0(M)	0.58(M)
Fruit, Oranges, whole	131.000	61.57	0.157	0.026	0	0	0	15.392	3.144	(M)	(M)	1.231	0.131	52.4	294.75	69.692	(M)	(M)	113.643
Sub Total	154.637	80.878	0.863	0.141	0	0	56.416	18.492	3.41	0.234(M)	0.114(M)	1.496	0.175	53.365	312.033	71.539	0(M)	0(M)	114.222(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	154.637	80.878	0.863	0.141	0	0	56.416	18.492	3.41	0.234(M)	0.114(M)	1.496	0.175	53.365	312.033	71.539	0(M)	0(M)	114.222(M)
Per 100g	100.000	52.302	0.558	0.091	0	0	36.483	11.958	2.205	0.151(M)	0.074(M)	0.968	0.113	34.51	201.784	46.263	0(M)	0(M)	73.865(M)
Per Serving	154.637	80.878	0.863	0.141	0	0	56.416	18.492	3.41	0.234(M)	0.114(M)	1.496	0.175	53.365	312.033	71.539	0(M)	0(M)	114.222(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: POTATO SALAD & MANDARIN ORANGES (BSC, WSD ONLY)
LR101208

Recipe Code:

Allergens:

Contains Egg, Soy

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CK Prep- Potato Salad	197.731	161.521	5.905	0.958	0	0	471.938	25.925	2.228	1.957(M)	0.951(M)	2.215	0.372	8.07	144.578	15.453	0(M)	0(M)	4.85(M)
Mandarin Oranges	128.000	80	0	0	0	0	10	21	0	20	14	0	0.2	0	0	14	0	90	(M)
Sub Total	325.731	241.521	5.905	0.958	0	0	481.938	46.925	2.228	21.957(M)	14.951(M)	2.215	0.572	8.07	144.578	29.453	0(M)	90(M)	4.85(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	325.731	241.521	5.905	0.958	0	0	481.938	46.925	2.228	21.957(M)	14.951(M)	2.215	0.572	8.07	144.578	29.453	0(M)	90(M)	4.85(M)
Per 100g	100.000	74.147	1.813	0.294	0	0	147.956	14.406	0.684	6.741(M)	4.59(M)	0.68	0.176	2.478	44.386	9.042	0(M)	27.63(M)	1.489(M)
Per Serving	325.731	241.521	5.905	0.958	0	0	481.938	46.925	2.228	21.957(M)	14.951(M)	2.215	0.572	8.07	144.578	29.453	0(M)	90(M)	4.85(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: ROMAINE SALAD & MANDARIN ORANGES
LR101194

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Lettuce, Romaine	226.800	38.556	0.68	0.091	0	0	18.144	7.462	4.763	0	0	2.79	2.2	74.844	13170.3	54.432	(M)	(M)	214.575
Mandarin Oranges	128.000	80	0	0	0	0	10	21	0	20	14	0	0.2	0	0	14	0	90	(M)
Sub Total	354.800	118.556	0.68	0.091	0	0	28.144	28.462	4.763	20	14	2.79	2.4	74.844	13170.3	68.432	0(M)	90(M)	214.575(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	354.800	118.556	0.68	0.091	0	0	28.144	28.462	4.763	20	14	2.79	2.4	74.844	13170.3	68.432	0(M)	90(M)	214.575(M)
Per 100g	100.000	33.415	0.192	0.026	0	0	7.932	8.022	1.342	5.637	3.946	0.786	0.676	21.095	3712.03	19.287	0(M)	25.366(M)	60.478(M)
Per Serving	354.800	118.556	0.68	0.091	0	0	28.144	28.462	4.763	20	14	2.79	2.4	74.844	13170.3	68.432	0(M)	90(M)	214.575(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE CP: Romaine Salad & Peaches
LR101159

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Lettuce, Romaine	226.800	38.556	0.68	0.091	0	0	18.144	7.462	4.763	0	0	2.79	2.2	74.844	13170.3	54.432	(M)	(M)	214.575
Peaches, canned	140.000	68.016	0	0	0	0	5.668	15.87	1.134	14.737	10.202	0	0	0	340.081	1.36	(M)	(M)	(M)
Sub Total	366.800	106.572	0.68	0.091	0	0	23.812	23.332	5.896	14.737	10.202	2.79	2.2	74.844	13510.4	55.792	(M)	(M)	214.575(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	366.800	106.572	0.68	0.091	0	0	23.812	23.332	5.896	14.737	10.202	2.79	2.2	74.844	13510.4	55.792	(M)	(M)	214.575(M)
Per 100g	100.000	29.055	0.185	0.025	0	0	6.492	6.361	1.608	4.018	2.781	0.761	0.6	20.405	3683.3	15.211	(M)	(M)	58.499(M)
Per Serving	366.800	106.572	0.68	0.091	0	0	23.812	23.332	5.896	14.737	10.202	2.79	2.2	74.844	13510.4	55.792	(M)	(M)	214.575(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP - ORIENTAL CHICKEN NOODLES W/ CARROTS
LR101178

Recipe Code:

Allergens: Contains Sesame, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CK - ORIENTAL CHICKEN NOODLES	168.277	363.424	3.975	0.491	0	49.123	433.725	57.843	5.016	15.779(M)	13.754(M)	21.164	2.902	41.715	0(M)	0(M)	0(M)	229.954(M)	0(M)
Sub Total	168.277	363.424	3.975	0.491	0	49.123	433.725	57.843	5.016	15.779(M)	13.754(M)	21.164	2.902	41.715	0(M)	0(M)	0(M)	229.954(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	168.277	363.424	3.975	0.491	0	49.123	433.725	57.843	5.016	15.779(M)	13.754(M)	21.164	2.902	41.715	0(M)	0(M)	0(M)	229.954(M)	0(M)
Per 100g	100.000	215.968	2.362	0.292	0	29.192	257.745	34.374	2.981	9.377(M)	8.173(M)	12.577	1.725	24.789	0(M)	0(M)	0(M)	136.652(M)	0(M)
Per Serving	168.277	363.424	3.975	0.491	0	49.123	433.725	57.843	5.016	15.779(M)	13.754(M)	21.164	2.902	41.715	0(M)	0(M)	0(M)	229.954(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP AK FISH TACOS & PINTO BEANS
LR101155

Recipe Code:

Allergens:
Contains Fish, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE - Pinto Beans	49.716	8.821	0	0	0	0	229.794	1.899	0.138	0.39(M)	0(M)	0.144	0.002	5.274	144.841	6.165	0(M)	0.002(M)	0.005(M)
Fish, Nugget, Breaded	113.000	220	9	2	0	50	240	20	2	1	0	14	1.08	20	100	0	0	79.43	0
Tortilla, Whole Wheat, 6"	56.000	160	3	0	0	0	420	30	2	0	(M)	4	1.44	120	0	0	(M)	(M)	(M)
Sub Total	218.716	388.821	12	2	0	50	889.794	51.899	4.138	1.39(M)	0(M)	18.144	2.522	145.274	244.841	6.165	0(M)	79.432(M)	0.005(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	218.716	388.821	12	2	0	50	889.794	51.899	4.138	1.39(M)	0(M)	18.144	2.522	145.274	244.841	6.165	0(M)	79.432(M)	0.005(M)
Per 100g	100.000	177.774	5.487	0.914	0	22.861	406.826	23.729	1.892	0.636(M)	0(M)	8.296	1.153	66.421	111.945	2.819	0(M)	36.317(M)	0.002(M)
Per Serving	218.716	388.821	12	2	0	50	889.794	51.899	4.138	1.39(M)	0(M)	18.144	2.522	145.274	244.841	6.165	0(M)	79.432(M)	0.005(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP Bean & Cheese Burrito W/ Green Beans
LR101160

Recipe Code:

Allergens:
Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
BURRITO, BEAN & CHEESE BURRITO	154.510	326.06	9	3.92	0	17.03	519.14	44.08	8.9	1.42	0	16.17	3.6	150	300	1.2	0	0	0
Beans, Green, canned	60.000	8	0	0	0	0	70	1.5	1	0.5	(M)	0.5	0.18	0	100	0	(M)	(M)	(M)
Sub Total	214.510	334.06	9	3.92	0	17.03	589.14	45.58	9.9	1.92	0(M)	16.67	3.78	150	400	1.2	0(M)	0(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	214.510	334.06	9	3.92	0	17.03	589.14	45.58	9.9	1.92	0(M)	16.67	3.78	150	400	1.2	0(M)	0(M)	0(M)
Per 100g	100.000	155.732	4.196	1.827	0	7.939	274.645	21.248	4.615	0.895	0(M)	7.771	1.762	69.927	186.471	0.559	0(M)	0(M)	0(M)
Per Serving	214.510	334.06	9	3.92	0	17.03	589.14	45.58	9.9	1.92	0(M)	16.67	3.78	150	400	1.2	0(M)	0(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP CHEESE ENCHILADAS W/ REFRIED BEANS & RICE
LR101193

Recipe Code:

Allergens:

Contains Milk
May contain Soy

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ENCHILADA, REFRIED	56.700	149.53	9.12	5.52	0	25.23	173.99	8.71	1.57	0.34	0	8.08	0	0	400	0	0	0	0
Beans, Refried, dry	113.398	170	4	1.5	0	4	510	24	8	0	(M)	8	1.8	40	0	1.2	(M)	(M)	(M)
ELE- Spanish Rice	65.660	67.349	0.575	0.082	0	0	234.396	13.351	0.217	0.65(M)	(M)	1.743	0.553	3.867	108.533	2.442	(M)	(M)	0.001(M)
Sub Total	235.758	386.879	13.695	7.102	0	29.23	918.386	46.061	9.787	0.99(M)	0(M)	17.823	2.353	43.867	508.533	3.642	0(M)	0(M)	0.001(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	235.758	386.879	13.695	7.102	0	29.23	918.386	46.061	9.787	0.99(M)	0(M)	17.823	2.353	43.867	508.533	3.642	0(M)	0(M)	0.001(M)
Per 100g	100.000	164.1	5.809	3.012	0	12.398	389.547	19.537	4.151	0.42(M)	0(M)	7.56	0.998	18.607	215.702	1.545	0(M)	0(M)	0(M)
Per Serving	235.758	386.879	13.695	7.102	0	29.23	918.386	46.061	9.787	0.99(M)	0(M)	17.823	2.353	43.867	508.533	3.642	0(M)	0(M)	0.001(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP CHICKEN BITES & BAKED BEANS
LR101164

Recipe Code:

Allergens:
Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CHICKEN, BITES, BILLY FLAVORED	91.000	170	5	1	0	45	500	14	1	2	2	17	2	21	0	0	0	263.2	0
CKPrep- Baked Beans	130.000	150	1.5	0	0	0	590	29	5	11	11	0	1.8	40	0	0	0	0	0
Sub Total	221.000	320	6.5	1	0	45	1090	43	6	13	13	17	3.8	61	0	0	0	263.2	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	221.000	320	6.5	1	0	45	1090	43	6	13	13	17	3.8	61	0	0	0	263.2	0
Per 100g	100.000	144.796	2.941	0.452	0	20.362	493.213	19.457	2.715	5.882	5.882	7.692	1.719	27.602	0	0	0	119.095	0
Per Serving	221.000	320	6.5	1	0	45	1090	43	6	13	13	17	3.8	61	0	0	0	263.2	0

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP CHICKEN DRUMSTICK & DINNER ROLL (BCS & WSC ONLY)
LR101202

Recipe Code:

Allergens:

Contains Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Chicken, Drumstick, Boneless	94.000	210	11	3	0	80	530	10	1	1	1	17	1	10	0	0	0	210.09	0
ELE- Dinner Rolls	64.638	198.145	4.357	0.545	0	0.164	155.45	35.783	2.571	12.763(M)	7.56(M)	5.607	1.657	42.663	32.87	0.079	0(M)	0(M)	0.001(M)
Sub Total	158.638	408.145	15.357	3.545	0	80.164	685.45	45.783	3.571	13.763(M)	8.56(M)	22.607	2.657	52.663	32.87	0.079	0(M)	210.09(M)	0.001(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	158.638	408.145	15.357	3.545	0	80.164	685.45	45.783	3.571	13.763(M)	8.56(M)	22.607	2.657	52.663	32.87	0.079	0(M)	210.09(M)	0.001(M)
Per 100g	100.000	257.281	9.681	2.235	0	50.533	432.084	28.86	2.251	8.676(M)	5.396(M)	14.251	1.675	33.197	20.72	0.05	0(M)	132.434(M)	0.001(M)
Per Serving	158.638	408.145	15.357	3.545	0	80.164	685.45	45.783	3.571	13.763(M)	8.56(M)	22.607	2.657	52.663	32.87	0.079	0(M)	210.09(M)	0.001(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP CHICKEN DRUMSTICK W/ MIXED VEGETABLES & DINNER ROLL
LR101173

Recipe Code:

Allergens:

Contains Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Chicken, Drumstick, Cooked	92.000	130	8	2	0	45	330	2	0	0	(M)	13	0.36	0	0	0	(M)	(M)	(M)
Mixed Vegetable, Frozen	42.500	29.982	0	0	0	0	42.475	5.996	1.499	1.499	(M)	1.499	0.36	9.994	374.78	4.497	(M)	(M)	(M)
ELE- Dinner Rolls	64.638	198.145	4.357	0.545	0	0.164	155.45	35.783	2.571	12.763(M)	7.56(M)	5.607	1.657	42.663	32.87	0.079	0(M)	0(M)	0.001(M)
Sub Total	199.138	358.127	12.357	2.545	0	45.164	527.925	43.779	4.07	14.262(M)	7.56(M)	20.106	2.377	52.657	407.65	4.576	0(M)	0(M)	0.001(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	199.138	358.127	12.357	2.545	0	45.164	527.925	43.779	4.07	14.262(M)	7.56(M)	20.106	2.377	52.657	407.65	4.576	0(M)	0(M)	0.001(M)
Per 100g	100.000	179.839	6.205	1.278	0	22.68	265.105	21.984	2.044	7.162(M)	3.796(M)	10.097	1.194	26.443	204.707	2.298	0(M)	0(M)	0.001(M)
Per Serving	199.138	358.127	12.357	2.545	0	45.164	527.925	43.779	4.07	14.262(M)	7.56(M)	20.106	2.377	52.657	407.65	4.576	0(M)	0(M)	0.001(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP CHICKEN QUESO & CHIPS W/ FRUIT CRISP
LR101169

Recipe Code:

Allergens:

Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
VEG, BEANS, BLACK BEANS, CK- CHICKEN QUESO DIP	60.000	54.5	0	0	0	0	70	10	4	0	0	3.5	1.8	23	10	0	(M)	(M)	(M)
ELE - Peach Bake	172.549	207.203	10.733	4.9	0	43.327	603.257	14	4.5	1	0	15.441	1.998	231.95	499	23	0(M)	396.778(M)	0(M)
Chips, Tortilla	68.650	176.845	6.38	2.129	0	0	57.109	27.856	1.862	15.13	13.413(M)	2.53	0.536	7.442	338.388	0.341	0(M)	31.236(M)	0(M)
Sub Total	42.000	210	9.8	0.7	0	0	7	29.4	2.8	0	(M)	2.8	0.504	28	0	0	(M)	(M)	(M)
Fat/Waste/Moist	343.199	648.548	26.913	7.729	0	43.327	737.366	81.256	13.162	16.13	13.413(M)	24.271	4.838	290.392	847.388	23.341	0(M)	428.014(M)	0(M)
Total	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Per 100g	343.199	648.548	26.913	7.729	0	43.327	737.366	81.256	13.162	16.13	13.413(M)	24.271	4.838	290.392	847.388	23.341	0(M)	428.014(M)	0(M)
Per Serving	100.000	188.971	7.842	2.252	0	12.624	214.851	23.676	3.835	4.7	3.908(M)	7.072	1.41	84.613	246.909	6.801	0(M)	124.713(M)	0(M)
	343.199	648.548	26.913	7.729	0	43.327	737.366	81.256	13.162	16.13	13.413(M)	24.271	4.838	290.392	847.388	23.341	0(M)	428.014(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP CHICKEN TENDER BITES W/ APPLE CHURRO (BCS, WSC ONLY)
LR101195

Recipe Code:

Allergens: Contains Egg, Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Chicken, Strip, Boneless, Skinless	86.751	190	9	1.5	0	40	310	11	1	0	0	16	1	12	0	0	0	460.13	0
CHURRO, APPLE IW	54.000	150	4	1	0	0	60	27	1	9	0	3	0.72	20	0	0	0	0	0
Sub Total	140.751	340	13	2.5	0	40	370	38	2	9	0	19	1.72	32	0	0	0	460.13	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	140.751	340	13	2.5	0	40	370	38	2	9	0	19	1.72	32	0	0	0	460.13	0
Per 100g	100.000	241.561	9.236	1.776	0	28.419	262.876	26.998	1.421	6.394	0	13.499	1.222	22.735	0	0	0	326.911	0
Per Serving	140.751	340	13	2.5	0	40	370	38	2	9	0	19	1.72	32	0	0	0	460.13	0

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP Mini Pizza Bagels
LR101182

Recipe Code:

Allergens:

Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
PIZZA, MINI BAGEL, PEPPERONI	132.600	309.818	10.994	4.497	0	29.982	759.553	35.979	2.998	4.997	1.999	18.989	2.998	240.858	0	0	0	0	0
Sub Total	132.600	309.818	10.994	4.497	0	29.982	759.553	35.979	2.998	4.997	1.999	18.989	2.998	240.858	0	0	0	0	0
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	132.600	309.818	10.994	4.497	0	29.982	759.553	35.979	2.998	4.997	1.999	18.989	2.998	240.858	0	0	0	0	0
Per 100g	100.000	233.648	8.291	3.392	0	22.611	572.815	27.133	2.261	3.769	1.507	14.32	2.261	181.643	0	0	0	0	0
Per Serving	132.600	309.818	10.994	4.497	0	29.982	759.553	35.979	2.998	4.997	1.999	18.989	2.998	240.858	0	0	0	0	0

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP PB&J SLIDER BOX
LR101161

Recipe Code:

Allergens: Contains Milk, Peanuts, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- Dinner Rolls	129.276	396.29	8.714	1.09	0	0.328	310.9	71.566	5.142	25.526(M)	15.12(M)	11.214	3.314	85.326	65.74	0.158	0(M)	0(M)	0.002(M)
CUP, PEANUT BUTTER, 1:1.07	62.370	360	30	6	0	0	260	16	16	6	4	14	2	32	0	0	0	349.68	0
Jelly, Grape, PC	28.000	70	0	0	0	0	10	0	0	10	10	0	0	0	0	0	0	0	0
Sub Total	219.646	826.29	38.714	7.09	0	0.328	580.9	87.566	21.142	41.526(M)	29.12(M)	25.214	5.314	117.326	65.74	0.158	0(M)	349.68(M)	0.002(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	219.646	826.29	38.714	7.09	0	0.328	580.9	87.566	21.142	41.526(M)	29.12(M)	25.214	5.314	117.326	65.74	0.158	0(M)	349.68(M)	0.002(M)
Per 100g	100.000	376.192	17.626	3.228	0	0.149	264.471	39.867	9.625	18.906(M)	13.258(M)	11.479	2.419	53.416	29.93	0.072	0(M)	159.202(M)	0.001(M)
Per Serving	219.646	826.29	38.714	7.09	0	0.328	580.9	87.566	21.142	41.526(M)	29.12(M)	25.214	5.314	117.326	65.74	0.158	0(M)	349.68(M)	0.002(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP PIZZA POWER PACK
LR101167

Recipe Code:

Allergens: Contains Milk, Wheat
May contain Soy

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Bread, Flatbread, White, 20315	56.000	150	3.5	0	0	0	140	25	2	1	1	5	1.4	40	0	0	0	89.77	0
TURKEY, PEPPERONI SLICES	14.175	60	3	1	0	25	330	1	0	1	0	6	0.72	0	0	0	0	89.77	0
CHEESE, MOZZARELLA	42.525	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
SAUCE, MARINARA	56.700	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sub Total	169.400	210(M)	6.5(M)	1(M)	0(M)	25(M)	470(M)	26(M)	2(M)	2(M)	1(M)	11(M)	2.12(M)	40(M)	0(M)	0(M)	0(M)	179.54(M)	0(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	169.400	210(M)	6.5(M)	1(M)	0(M)	25(M)	470(M)	26(M)	2(M)	2(M)	1(M)	11(M)	2.12(M)	40(M)	0(M)	0(M)	0(M)	179.54(M)	0(M)
Per 100g	100.000	123.967(M)	3.837(M)	0.59(M)	0(M)	14.758(M)	277.45(M)	15.348(M)	1.181(M)	1.181(M)	0.59(M)	6.494(M)	1.251(M)	23.613(M)	0(M)	0(M)	0(M)	105.986(M)	0(M)
Per Serving	169.400	210(M)	6.5(M)	1(M)	0(M)	25(M)	470(M)	26(M)	2(M)	2(M)	1(M)	11(M)	2.12(M)	40(M)	0(M)	0(M)	0(M)	179.54(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP Pretzel & Cheese Dip
LR101185

Recipe Code:

Allergens:
Contains Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Sauce, Cheddar Cheese	103.194	216	16	9.2	0	56	824	4	0	2	0	14	0	406	778	0	(M)	(M)	(M)
Pretzel, Mini, Soft	56.700	140	1	0	0	0	200	28	2	0	(M)	4	1.44	0	0	0	(M)	(M)	(M)
Sub Total	159.894	356	17	9.2	0	56	1024	32	2	2	0(M)	18	1.44	406	778	0	(M)	(M)	(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	159.894	356	17	9.2	0	56	1024	32	2	2	0(M)	18	1.44	406	778	0	(M)	(M)	(M)
Per 100g	100.000	222.648	10.632	5.754	0	35.023	640.424	20.013	1.251	1.251	0(M)	11.257	0.901	253.918	486.572	0	(M)	(M)	(M)
Per Serving	159.894	356	17	9.2	0	56	1024	32	2	2	0(M)	18	1.44	406	778	0	(M)	(M)	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP Pretzel & Cheese Dip (WSC,BSC ONLY)
LR101204

Recipe Code:

Allergens:

Contains Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Cup, Cheddar Cheese, shredded	85.000	180	10	6	0	30	390	13	0	10	0	10	0	334	0	0	0	1828.77	0
Pretzel, Mini, Soft	56.700	140	1	0	0	0	200	28	2	0	(M)	4	1.44	0	0	0	(M)	(M)	(M)
Sub Total	141.700	320	11	6	0	30	590	41	2	10	0(M)	14	1.44	334	0	0	0(M)	1828.77(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	141.700	320	11	6	0	30	590	41	2	10	0(M)	14	1.44	334	0	0	0(M)	1828.77(M)	0(M)
Per 100g	100.000	225.829	7.763	4.234	0	21.171	416.373	28.934	1.411	7.057	0(M)	9.88	1.016	235.709	0	0	0(M)	1290.59(M)	0(M)
Per Serving	141.700	320	11	6	0	30	590	41	2	10	0(M)	14	1.44	334	0	0	0(M)	1828.77(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP SALMON SPREAD & HARD BOILED EGG W/ FLATBREAD
LR101186

Recipe Code:

Allergens: Contains Egg, Soy, Wheat
May contain Milk

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CK - Salmon Salad	28.350	54.575	2.892	0.406	0(M)	18.507	62.639	0.773	0.185	0(M)	0(M)	6.436	0.176	5.983	91.533	0.498	0(M)	104.101(M)	30.747(M)
EGG, HARD COOKED	50.000	80	5	1.5	5	185	60	1	0	1	0	6	1	25	0	0	1	0	(M)
Vegetable, Lettuce, Green leaf	24.000	3.6	0.036	0.005	0	0	6.72	0.67	0.312	0	(M)	0.326	0.206	8.64	1777.2	4.32	(M)	(M)	22.817
Bread, Flatbread, White 2021F	56.000	150	3.5	0	0	0	140	25	2	1	1	5	1.4	40	0	0	0	89.77	0
Sub Total	158.350	288.174	11.428	1.91	5(M)	203.507	269.359	27.443	2.497	2(M)	1(M)	17.763	2.783	79.623	1868.73	4.818	1(M)	193.871(M)	53.564(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	158.350	288.174	11.428	1.91	5(M)	203.507	269.359	27.443	2.497	2(M)	1(M)	17.763	2.783	79.623	1868.73	4.818	1(M)	193.871(M)	53.564(M)
Per 100g	100.000	181.986	7.217	1.206	3.158(M)	128.517	170.104	17.331	1.577	1.263(M)	0.632(M)	11.217	1.757	50.283	1180.13	3.043	0.632(M)	122.432(M)	33.827(M)
Per Serving	158.350	288.174	11.428	1.91	5(M)	203.507	269.359	27.443	2.497	2(M)	1(M)	17.763	2.783	79.623	1868.73	4.818	1(M)	193.871(M)	53.564(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP Scrambled Eggs & Blueberry Muffin Top
LR1011150

Recipe Code:

Allergens:
Contains Egg, Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
EGG, SCRAMBLED, WHOLE	57.000	90.476	6.032	2.011	0	191.005	261.376	2.011	0	0	0	6.032	0	20.106	0	0	1.206	0	0
Muffin Top, Blueberry	59.000	200	10	4	0	30	140	26	1	13	12	3	0.9	0	0	0	(M)	(M)	(M)
Sub Total	116.000	290.476	16.032	6.011	0	221.005	401.376	28.011	1	13	12	9.032	0.9	20.106	0	0	1.206(M)	0(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	116.000	290.476	16.032	6.011	0	221.005	401.376	28.011	1	13	12	9.032	0.9	20.106	0	0	1.206(M)	0(M)	0(M)
Per 100g	100.000	250.411	13.82	5.182	0	190.522	346.014	24.147	0.862	11.207	10.345	7.786	0.776	17.333	0	0	1.04(M)	0(M)	0(M)
Per Serving	116.000	290.476	16.032	6.011	0	221.005	401.376	28.011	1	13	12	9.032	0.9	20.106	0	0	1.206(M)	0(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP Sloppy Joe Nachos w/ Broccoli
LR101179

Recipe Code:

Allergens: Contains Milk, Soy, Wheat
May contain Egg

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- Sloppy Joe	85.276	94.892	0.101	0.009	0(M)	0	654.498	23.501	0.437	18.512(M)	14.521(M)	0.187	0.241	10.928	336.3	5.656	0(M)	32.879(M)	11.932(M)
Vegetable, Broccoli, Frozen	42.500	12.493	0	0	0	0	7.496	1.999	0.999	0.5	(M)	0.999	0.18	9.994	199.882	20.988	(M)	(M)	(M)
Chips, Tortilla	42.000	210	9.8	0.7	0	0	7	29.4	2.8	0	(M)	2.8	0.504	28	0	0	(M)	(M)	(M)
Cheese, Cheddar, Shredded, USDA	28.350	113	9	6	0	30	180	0	0	0	(M)	7	0.33	712	1218	0	(M)	(M)	(M)
Sub Total	198.126	430.385	18.901	6.709	0(M)	30	848.993	54.9	4.236	19.011(M)	14.521(M)	10.986	1.255	760.922	1754.18	26.644	0(M)	32.879(M)	11.932(M)
Fat/Waste/Moisture	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	198.126	430.385	18.901	6.709	0(M)	30	848.993	54.9	4.236	19.011(M)	14.521(M)	10.986	1.255	760.922	1754.18	26.644	0(M)	32.879(M)	11.932(M)
Per 100g	100.000	217.227	9.54	3.386	0(M)	15.142	428.511	27.71	2.138	9.596(M)	7.329(M)	5.545	0.633	384.059	885.385	13.448	0(M)	16.595(M)	6.022(M)
Per Serving	198.126	430.385	18.901	6.709	0(M)	30	848.993	54.9	4.236	19.011(M)	14.521(M)	10.986	1.255	760.922	1754.18	26.644	0(M)	32.879(M)	11.932(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP TACO SALAD (BCS, WSD ONLY)
LR101203

Recipe Code:

Allergens:

Contains Milk, Soy
May contain Egg

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Chips, Tortilla	21.000	105	4.9	0.35	0	0	3.5	14.7	1.4	0	(M)	1.4	0.252	14	0	0	(M)	(M)	(M)
ELE- Taco Meat w/ Beef Grumbles	56.700	100.746	6.627	2.485	0	23.193	392.412	3.031	1.048	0	0(M)	7.674	1.55	14.357	185.895	0	(M)	(M)	0(M)
Vegetable, Lettuce, Romaine	47.000	7.99	0.141	0.019	0	0	3.76	1.546	0.987	0	0	0.578	0.456	15.51	2729.29	11.28	(M)	(M)	44.467
Cheese, Cheddar, Cheddar USDA	5.625	22.421	1.786	1.19	0	5.952	35.714	0	0	0	(M)	1.389	0.065	141.27	241.667	0	(M)	(M)	(M)
Vegetable, Tomatoes, Grapes	28.350	6.3	0	0	0	0	0	1.575	0.315	0.945	(M)	0.315	0.34	0	94.5	2.835	(M)	(M)	(M)
Sub Total	158.675	242.457	13.454	4.044	0	29.145	435.386	20.852	3.75	0.945	0(M)	11.356	2.664	185.137	3251.35	14.115	(M)	(M)	44.467(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	158.675	242.457	13.454	4.044	0	29.145	435.386	20.852	3.75	0.945	0(M)	11.356	2.664	185.137	3251.35	14.115	(M)	(M)	44.467(M)
Per 100g	100.000	152.801	8.479	2.549	0	18.368	274.389	13.142	2.363	0.596	0(M)	7.157	1.679	116.677	2049.06	8.896	(M)	(M)	28.024(M)
Per Serving	158.675	242.457	13.454	4.044	0	29.145	435.386	20.852	3.75	0.945	0(M)	11.356	2.664	185.137	3251.35	14.115	(M)	(M)	44.467(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP- CHEESE PIZZA
LR101148

Recipe Code:

Allergens:
Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Pizza, Cheese, 5in.	141.000	310	13	6	0	30	440	31	3	9	2	16	2.1	280	60	0	0	(M)	(M)
Sub Total	141.000	310	13	6	0	30	440	31	3	9	2	16	2.1	280	60	0	0	(M)	(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	141.000	310	13	6	0	30	440	31	3	9	2	16	2.1	280	60	0	0	(M)	(M)
Per 100g	100.000	219.858	9.22	4.255	0	21.277	312.057	21.986	2.128	6.383	1.418	11.348	1.489	198.582	42.553	0	0	(M)	(M)
Per Serving	141.000	310	13	6	0	30	440	31	3	9	2	16	2.1	280	60	0	0	(M)	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP- Chicken Egg Rolls w/ Rice
LR101181

Recipe Code:

Allergens: Contains Egg, Milk, Soy, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Egg Roll, Chicken	170.000	320	10	2	0	70	780	38	6	4	2	20	3.2	80	100	14	0	780.2	0
Vegetable, Mixed																			
ELE- Rice, Brown, cooked	95.488	115.181	1.306	0	0	0	278.376	24.147	0	0.341	(M)	2.915	0.463	1.896	0	0	0(M)	0.632(M)	63.137(M)
Sub Total	265.488	435.181	11.306	2	0	70	1058.38	62.147	6	4.341	2(M)	22.915	3.663	81.896	100	14	0(M)	780.832(M)	63.137(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	265.488	435.181	11.306	2	0	70	1058.38	62.147	6	4.341	2(M)	22.915	3.663	81.896	100	14	0(M)	780.832(M)	63.137(M)
Per 100g	100.000	163.917	4.259	0.753	0	26.367	398.653	23.409	2.26	1.635	0.753(M)	8.631	1.38	30.847	37.666	5.273	0(M)	294.112(M)	23.781(M)
Per Serving	265.488	435.181	11.306	2	0	70	1058.38	62.147	6	4.341	2(M)	22.915	3.663	81.896	100	14	0(M)	780.832(M)	63.137(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP- Chicken Patty on Bun w/Tater Tots
LR101157

Recipe Code:

Allergens:
Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Potato, Round Coins	42.525	85	4.5	0.75	0	0	115	9.5	0.5	0	0	1	0.25	0	0	0	(M)	132.54	(M)
ELE- Chicken Patty	235.276	586.29	17.714	3.089	0	35.329	700.899	84.566	7.142	26.526(M)	15.12(M)	26.214	4.914	105.325	65.739	0.158	0(M)	210.09(M)	0.002(M)
Sub Total	277.801	671.29	22.214	3.839	0	35.329	815.899	94.066	7.642	26.526(M)	15.12(M)	27.214	5.164	105.325	65.739	0.158	0(M)	342.63(M)	0.002(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	277.801	671.29	22.214	3.839	0	35.329	815.899	94.066	7.642	26.526(M)	15.12(M)	27.214	5.164	105.325	65.739	0.158	0(M)	342.63(M)	0.002(M)
Per 100g	100.000	241.644	7.996	1.382	0	12.717	293.699	33.861	2.751	9.549(M)	5.443(M)	9.796	1.859	37.914	23.664	0.057	0(M)	123.336(M)	0.001(M)
Per Serving	277.801	671.29	22.214	3.839	0	35.329	815.899	94.066	7.642	26.526(M)	15.12(M)	27.214	5.164	105.325	65.739	0.158	0(M)	342.63(M)	0.002(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP- Hamburger on Bun & Baked Beans
LR101163

Recipe Code:

Allergens:

Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Hamburger on Bun	185.276	566.29	22.714	7.089	0	40.329	395.899	71.566	5.142	25.526(M)	15.12(M)	21.214	4.394	85.325	65.739	0.158	0(M)	0(M)	0.002(M)
CKPrep- Baked Beans	130.000	150	1.5	0	0	0	590	29	5	11	11	0	1.8	40	0	0	0	0	0
Sub Total	315.276	716.29	24.214	7.089	0	40.329	985.899	100.566	10.142	36.526(M)	26.12(M)	21.214	6.194	125.325	65.739	0.158	0(M)	0(M)	0.002(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	315.276	716.29	24.214	7.089	0	40.329	985.899	100.566	10.142	36.526(M)	26.12(M)	21.214	6.194	125.325	65.739	0.158	0(M)	0(M)	0.002(M)
Per 100g	100.000	227.195	7.68	2.249	0	12.792	312.71	31.898	3.217	11.585(M)	8.285(M)	6.729	1.965	39.751	20.851	0.05	0(M)	0(M)	0.001(M)
Per Serving	315.276	716.29	24.214	7.089	0	40.329	985.899	100.566	10.142	36.526(M)	26.12(M)	21.214	6.194	125.325	65.739	0.158	0(M)	0(M)	0.002(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP- Mini Corn Dogs w/ Pinto Beans
LR101154

Recipe Code:

Allergens: Contains Egg, Gluten, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Corn Dog Mini, Chicken	114.000	274.821	12.214	3.563	0	40.714	417.321	30.536	5.089	5.089	5.089	10.179	1.832	152.679	0	0	0	0	0
ELE - Pinto Beans	49.716	8.821	0	0	0	0	229.794	1.899	0.138	0.39(M)	0(M)	0.144	0.002	5.274	144.841	6.165	0(M)	0.002(M)	0.005(M)
Sub Total	163.716	283.642	12.214	3.563	0	40.714	647.115	32.435	5.227	5.479(M)	5.089(M)	10.323	1.834	157.953	144.841	6.165	0(M)	0.002(M)	0.005(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	163.716	283.642	12.214	3.563	0	40.714	647.115	32.435	5.227	5.479(M)	5.089(M)	10.323	1.834	157.953	144.841	6.165	0(M)	0.002(M)	0.005(M)
Per 100g	100.000	173.253	7.461	2.176	0	24.869	395.267	19.812	3.193	3.347(M)	3.109(M)	6.305	1.12	96.48	88.471	3.766	0(M)	0.001(M)	0.003(M)
Per Serving	163.716	283.642	12.214	3.563	0	40.714	647.115	32.435	5.227	5.479(M)	5.089(M)	10.323	1.834	157.953	144.841	6.165	0(M)	0.002(M)	0.005(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP- Salisbury Steak & WW Roll w/Mashed Potatoes
LR101175

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- Dinner Rolls	64.638	198.145	4.357	0.545	0	0.164	155.45	35.783	2.571	12.763(M)	7.56(M)	5.607	1.657	42.663	32.87	0.079	0(M)	0(M)	0.001(M)
ELE- Mashed Potatoes	112.340	73.072	1.218	0	0	0	12.179	16.238	1.623	0	0(M)	1.623	0	0	0	1.948	0(M)	267.882(M)	0
ELE - BEEF GRAVY	57.030	20.518	0.513	0	0	0	143.624	3.078	0	0(M)	(M)	0	0	10.259	0	0	0(M)	10.125(M)	0
Sub Total	234.008	291.735	6.088	0.545	0	0.164	311.253	55.099	4.194	12.763(M)	7.56(M)	7.23	1.657	52.922	32.87	2.027	0(M)	278.007(M)	0.001(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	234.008	291.735	6.088	0.545	0	0.164	311.253	55.099	4.194	12.763(M)	7.56(M)	7.23	1.657	52.922	32.87	2.027	0(M)	278.007(M)	0.001(M)
Per 100g	100.000	124.669	2.602	0.233	0	0.07	133.009	23.546	1.792	5.454(M)	3.231(M)	3.09	0.708	22.615	14.047	0.866	0(M)	118.802(M)	0(M)
Per Serving	234.008	291.735	6.088	0.545	0	0.164	311.253	55.099	4.194	12.763(M)	7.56(M)	7.23	1.657	52.922	32.87	2.027	0(M)	278.007(M)	0.001(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP- Spaghetti & Meat Sauce w/ Corn
LR1011158

Recipe Code:

Allergens:

Contains Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- Spaghetti Meat	280.298	311.236	1.316	0.115	0	0	859.673	65.195	6.491	11.905(M)	2.001(M)	11.879	4.176	19.673	762.887	14.728	0(M)	0(M)	1.097(M)
Sub Total	280.298	311.236	1.316	0.115	0	0	859.673	65.195	6.491	11.905(M)	2.001(M)	11.879	4.176	19.673	762.887	14.728	0(M)	0(M)	1.097(M)
Fat/Waste/Moisture	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	280.298	311.236	1.316	0.115	0	0	859.673	65.195	6.491	11.905(M)	2.001(M)	11.879	4.176	19.673	762.887	14.728	0(M)	0(M)	1.097(M)
Per 100g	100.000	111.037	0.469	0.041	0	0	306.699	23.259	2.316	4.247(M)	0.714(M)	4.238	1.49	7.019	272.17	5.254	0(M)	0(M)	0.391(M)
Per Serving	280.298	311.236	1.316	0.115	0	0	859.673	65.195	6.491	11.905(M)	2.001(M)	11.879	4.176	19.673	762.887	14.728	0(M)	0(M)	1.097(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP- YOGURT & STRING CHEESE W/ BANANA MUFFIN
LR101152

Recipe Code:

Allergens: Contains Egg, Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Yogurt, Strawberry,	113.400	80.283	0	0	0	5.018	75.265	15.053	0	12.042	7.025	3.011	0	321.133	0	0	4.014	190.552	(M)
Cheese, Mozzarella,	28.350	60	3	2	0	10	200	1	0	1	0	7	0	198	63	0	(M)	(M)	(M)
ELE - BANANA MUFFIN	77.532	171.073(M)	8.048(M)	1.327(M)	0(M)	28.53(M)	235.467(M)	21.033(M)	2.683(M)	6.405(M)	1.587(M)	3.403(M)	0.53(M)	9.422(M)	33.565(M)	1.385(M)	0.168(M)	146.965(M)	1.578(M)
Sub Total	219.282	311.356(M)	11.048(M)	3.327(M)	0(M)	43.548(M)	510.732(M)	37.086(M)	2.683(M)	19.447(M)	8.612(M)	13.414(M)	0.53(M)	528.555(M)	96.565(M)	1.385(M)	4.182(M)	337.517(M)	1.578(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	219.282	311.356(M)	11.048(M)	3.327(M)	0(M)	43.548(M)	510.732(M)	37.086(M)	2.683(M)	19.447(M)	8.612(M)	13.414(M)	0.53(M)	528.555(M)	96.565(M)	1.385(M)	4.182(M)	337.517(M)	1.578(M)
Per 100g	100.000	141.989(M)	5.038(M)	1.517(M)	0(M)	19.859(M)	232.911(M)	16.913(M)	1.224(M)	8.869(M)	3.927(M)	6.117(M)	0.242(M)	241.039(M)	44.037(M)	0.632(M)	1.907(M)	153.919(M)	0.72(M)
Per Serving	219.282	311.356(M)	11.048(M)	3.327(M)	0(M)	43.548(M)	510.732(M)	37.086(M)	2.683(M)	19.447(M)	8.612(M)	13.414(M)	0.53(M)	528.555(M)	96.565(M)	1.385(M)	4.182(M)	337.517(M)	1.578(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: Beef Hot Dog "Blanket" w/ Baked Beans
LR101192

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- Roll, Pigs in a Blanket	121.338	348.145	17.357	6.545	0.5	30.164	635.45	36.783	2.571	12.763(M)	7.56(M)	12.607	2.657	42.663	32.87	2.079	0(M)	270(M)	0.001(M)
ELE- Baked Beans	118.163	138.573	0.867	0.001	0	0	402.222	28.153	5.245	10.731	10.686(M)	5.2	0.971	36	0	0	0(M)	6.225(M)	0(M)
Sub Total	239.501	486.718	18.224	6.546	0.5	30.164	1037.67	64.936	7.816	23.494(M)	18.246(M)	17.807	3.628	78.663	32.87	2.079	0(M)	276.225(M)	0.001(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	239.501	486.718	18.224	6.546	0.5	30.164	1037.67	64.936	7.816	23.494(M)	18.246(M)	17.807	3.628	78.663	32.87	2.079	0(M)	276.225(M)	0.001(M)
Per 100g	100.000	203.221	7.609	2.733	0.209	12.595	433.264	27.113	3.263	9.809(M)	7.618(M)	7.435	1.515	32.845	13.724	0.868	0(M)	115.333(M)	0(M)
Per Serving	239.501	486.718	18.224	6.546	0.5	30.164	1037.67	64.936	7.816	23.494(M)	18.246(M)	17.807	3.628	78.663	32.87	2.079	0(M)	276.225(M)	0.001(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: BEEF RIB SANDWICH & POTATO WEDGES
LR101188

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
BEEF, PATTY, BBQ	92.138	220	13	5	0	35	650	13	1	10	0	14	2	2	100	2	0	0	0
BBQ CHASED, USDA																			
ELE- CK Hoagie Bun	129.276	396.29	8.714	1.089	0	0.329	310.899	71.566	5.142	25.526(M	15.12(M	11.214	3.314	85.325	65.739	0.158	0(M	0(M	0.002(M
Potato, Wedges,	93.555	133.65	4.455	0.557	0	0	133.65	21.161	2.228	0	(M)	2.228	0.557	0	0	1.337	(M)	512.47	(M)
Chopped																			
Sub Total	314.969	749.94	26.169	6.646	0	35.329	1094.55	105.727	8.37	35.526(M	15.12(M	27.441	5.871	87.325	165.739	3.494	0(M	512.47(M	0.002(M
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Change																			
Total	314.969	749.94	26.169	6.646	0	35.329	1094.55	105.727	8.37	35.526(M	15.12(M	27.441	5.871	87.325	165.739	3.494	0(M	512.47(M	0.002(M
Per 100g	100.000	238.1	8.308	2.11	0	11.217	347.511	33.568	2.657	11.279(M	4.8(M	8.712	1.864	27.725	52.621	1.109	0(M	162.705(M	0.001(M
Per Serving	314.969	749.94	26.169	6.646	0	35.329	1094.55	105.727	8.37	35.526(M	15.12(M	27.441	5.871	87.325	165.739	3.494	0(M	512.47(M	0.002(M

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: Cheese Filled Breadsticks & Marinara
LR101172

Recipe Code:

Allergens: Contains Egg, Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- Breadstick, Cheese, WC	120.000	292.437	11.092	6.05	0	30.252	413.445	29.244	2.017	5.042	1.008	19.16	1.815	373.109	110.924	0	0	322.76	0
Sauce, Cheese/Marinara	125.000	90	3.5	0.5	0	0	140	15	2	10	(M)	2	1.08	20	500	6	(M)	(M)	(M)
Sub Total	245.000	382.437	14.592	6.55	0	30.252	553.445	44.244	4.017	15.042	1.008(M)	21.16	2.895	393.109	610.924	6	0(M)	322.76(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	245.000	382.437	14.592	6.55	0	30.252	553.445	44.244	4.017	15.042	1.008(M)	21.16	2.895	393.109	610.924	6	0(M)	322.76(M)	0(M)
Per 100g	100.000	156.097	5.956	2.674	0	12.348	225.896	18.059	1.64	6.14	0.412(M)	8.637	1.182	160.453	249.357	2.449	0(M)	131.739(M)	0(M)
Per Serving	245.000	382.437	14.592	6.55	0	30.252	553.445	44.244	4.017	15.042	1.008(M)	21.16	2.895	393.109	610.924	6	0(M)	322.76(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: CHICKEN BLT SALAD W/ BREADSTICK (BSC, WSD ONLY)
LR101197

Recipe Code:

Allergens: Contains Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Chicken, Diced, cooked, fully-cooked	42.525	55.688	2.025	0.506	0	30.375	207.563	1.012	0	0	0	9.619	0.506	0	0	0	0	227.706	0
19/20 Bacon, round, fully-cooked	7.500	40	3	1	0	7.5	155	0	0	1	0	2.5	0	0	0	0	0	0	0
Vegetable, Lettuce, Romaine	47.000	7.99	0.141	0.019	0	0	3.76	1.546	0.987	0	0	0.578	0.456	15.51	2729.29	11.28	(M)	(M)	44.467
Vegetable, Tomato, Grapes	42.525	9.45	0	0	0	0	0	2.362	0.472	1.417	(M)	0.472	0.51	0	141.75	4.253	(M)	(M)	(M)
ELE- Bread Sticks	74.548	222.76	4.357	0.545	0	0.164	155.45	43.168	3.802	12.763(M)	7.56(M)	8.068	1.657	42.663	32.87	0.079	0(M)	0(M)	0.001(M)
Sub Total	214.098	335.888	9.523	2.07	0	38.039	521.773	48.089	5.262	15.181(M)	7.56(M)	21.237	3.129	58.173	2903.91	15.612	0(M)	227.706(M)	44.468(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	214.098	335.888	9.523	2.07	0	38.039	521.773	48.089	5.262	15.181(M)	7.56(M)	21.237	3.129	58.173	2903.91	15.612	0(M)	227.706(M)	44.468(M)
Per 100g	100.000	156.885	4.448	0.967	0	17.767	243.707	22.461	2.458	7.09(M)	3.531(M)	9.919	1.462	27.171	1356.35	7.292	0(M)	106.356(M)	20.77(M)
Per Serving	214.098	335.888	9.523	2.07	0	38.039	521.773	48.089	5.262	15.181(M)	7.56(M)	21.237	3.129	58.173	2903.91	15.612	0(M)	227.706(M)	44.468(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: CHICKEN TEX MEX COUSCOUS (BCS,WSD ONLY)
LR101200

Recipe Code:

Allergens: Contains Milk, Soy

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CK-CHICKEN TEX-MEX COUSCOUS	271.325	310.529	2.384	0.046	0(M)	40.235	877.136	49.772	5.498	2.157	0(M)	21.245	3.123	37.121	374.388	0	0(M)	141.115(M)	113.935(M)
Sub Total	271.325	310.529	2.384	0.046	0(M)	40.235	877.136	49.772	5.498	2.157	0(M)	21.245	3.123	37.121	374.388	0	0(M)	141.115(M)	113.935(M)
Fat/Waste/Moisture	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	271.325	310.529	2.384	0.046	0(M)	40.235	877.136	49.772	5.498	2.157	0(M)	21.245	3.123	37.121	374.388	0	0(M)	141.115(M)	113.935(M)
Per 100g	100.000	114.449	0.879	0.017	0(M)	14.829	323.279	18.344	2.026	0.795	0(M)	7.83	1.151	13.681	137.985	0	0(M)	52.01(M)	41.992(M)
Per Serving	271.325	310.529	2.384	0.046	0(M)	40.235	877.136	49.772	5.498	2.157	0(M)	21.245	3.123	37.121	374.388	0	0(M)	141.115(M)	113.935(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: French Toast & Sausage Patty
LR101149

Recipe Code:

Allergens:

Contains Egg, Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
STICKS, FRENCH TOAST	73.710	188.77	8.09	1.798	0	94.385	269.671	23.371	0.899	9.888	8.989	6.292	1.303	65.62	0	0	20.738	49.431	(M)
Sausage, Patty, Pork	42.000	180	17	6	0	30	130	1	0	0	0	5	2	0	0	0	0	0	0
Sub Total	115.710	368.77	25.09	7.798	0	124.385	399.671	24.371	0.899	9.888	8.989	11.292	3.303	65.62	0	0	20.738	49.431	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	115.710	368.77	25.09	7.798	0	124.385	399.671	24.371	0.899	9.888	8.989	11.292	3.303	65.62	0	0	20.738	49.431	0(M)
Per 100g	100.000	318.702	21.684	6.739	0	107.497	345.407	21.063	0.777	8.545	7.769	9.759	2.855	56.711	0	0	17.922	42.719	0(M)
Per Serving	115.710	368.77	25.09	7.798	0	124.385	399.671	24.371	0.899	9.888	8.989	11.292	3.303	65.62	0	0	20.738	49.431	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: Grilled Cheese Sandwich
LR101166

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
SANDWICH,WG,GRI	125.000	360	19	6	0	30	640	31	2	7	3	20	1	423	(M)	(M)	0	652.83	(M)
Sub Total	125.000	360	19	6	0	30	640	31	2	7	3	20	1	423	(M)	(M)	0	652.83	(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	125.000	360	19	6	0	30	640	31	2	7	3	20	1	423	(M)	(M)	0	652.83	(M)
Per 100g	100.000	288	15.2	4.8	0	24	512	24.8	1.6	5.6	2.4	16	0.8	338.4	(M)	(M)	0	522.264	(M)
Per Serving	125.000	360	19	6	0	30	640	31	2	7	3	20	1	423	(M)	(M)	0	652.83	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: HAM & CHEESE BENTO BOX
LR101176

Recipe Code:

Allergens: Contains Milk, Wheat
May contain Soy

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
22 Ham, Sliced	56.700	60.75	2.025	0.506	0	30.375	313.875	2.025	0	1.012	1.012	11.138	0.506	5.974	0	0	9.639	648.142	0
Cheese, American, Yellow, Sliced	28.000	80	6	3.5	0	15	280	2	0	0	0	7	0	206	0	0	0	202.1	(M)
Bread, Flatbread, White, 20215	56.000	150	3.5	0	0	0	140	25	2	1	1	5	1.4	40	0	0	0	89.77	0
Sub Total	140.700	290.75	11.525	4.006	0	45.375	733.875	29.025	2	2.013	2.013	23.138	1.906	251.974	0	0	9.639	940.012	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	140.700	290.75	11.525	4.006	0	45.375	733.875	29.025	2	2.013	2.013	23.138	1.906	251.974	0	0	9.639	940.012	0(M)
Per 100g	100.000	206.645	8.191	2.847	0	32.249	521.588	20.629	1.421	1.43	1.43	16.445	1.355	179.086	0	0	6.851	668.096	0(M)
Per Serving	140.700	290.75	11.525	4.006	0	45.375	733.875	29.025	2	2.013	2.013	23.138	1.906	251.974	0	0	9.639	940.012	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: MACARONI & CHEESE W/ GREEN PEAS
LR101190

Recipe Code:

Allergens: Contains Milk, Soy, Wheat
May contain Egg

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- Macaroni & Cheese	115.789	413.821	23.018	11.867	0	46.505	587.904	32.806	2.973	1.848(M)	0(M)	19.134	1.606	838.794	1442.24	0.022	0(M)	167.733(M)	0.007(M)
Peas, Frozen	74.000	60	0	0	0	0	0	10	4	3	(M)	4	1.3	18	300	6	(M)	(M)	(M)
Sub Total	189.789	473.821	23.018	11.867	0	46.505	587.904	42.806	6.973	4.848(M)	0(M)	23.134	2.906	856.794	1742.24	6.022	0(M)	167.733(M)	0.007(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	189.789	473.821	23.018	11.867	0	46.505	587.904	42.806	6.973	4.848(M)	0(M)	23.134	2.906	856.794	1742.24	6.022	0(M)	167.733(M)	0.007(M)
Per 100g	100.000	249.656	12.128	6.253	0	24.503	309.767	22.554	3.674	2.554(M)	0(M)	12.189	1.531	451.445	917.986	3.173	0(M)	88.378(M)	0.004(M)
Per Serving	189.789	473.821	23.018	11.867	0	46.505	587.904	42.806	6.973	4.848(M)	0(M)	23.134	2.906	856.794	1742.24	6.022	0(M)	167.733(M)	0.007(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: POPCORN CHICKEN SALAD
LR101170

Recipe Code:

Allergens: Contains Egg, Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CHICKEN, POPCORN BITE	60.953	134.5	6.5	1.5	0	30	295	10	1.5	0	0	9	1	8.5	84	0.5	0	0	0
Vegetable, Lettuce, Romaine	47.000	7.99	0.141	0.019	0	0	3.76	1.546	0.987	0	0	0.578	0.456	15.51	2729.29	11.28	(M)	(M)	44.467
ELE- Bread Sticks	74.548	222.76	4.357	0.545	0	0.164	155.45	43.168	3.802	12.763(M)	7.56(M)	8.068	1.657	42.663	32.87	0.079	0(M)	0(M)	0.001(M)
EGG, HARD COOKED	25.000	40	2.5	0.75	2.5	92.5	30	0.5	0	0.5	0	3	0.5	12.5	0	0	0.5	0	(M)
Sub Total	207.501	405.25	13.498	2.814	2.5	122.664	484.21	55.214	6.289	13.263(M)	7.56(M)	20.646	3.613	79.173	2846.16	11.859	0.5(M)	0(M)	44.468(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	207.501	405.25	13.498	2.814	2.5	122.664	484.21	55.214	6.289	13.263(M)	7.56(M)	20.646	3.613	79.173	2846.16	11.859	0.5(M)	0(M)	44.468(M)
Per 100g	100.000	195.301	6.505	1.356	1.205	59.115	233.353	26.609	3.031	6.392(M)	3.643(M)	9.95	1.741	38.156	1371.64	5.715	0.241(M)	0(M)	21.43(M)
Per Serving	207.501	405.25	13.498	2.814	2.5	122.664	484.21	55.214	6.289	13.263(M)	7.56(M)	20.646	3.613	79.173	2846.16	11.859	0.5(M)	0(M)	44.468(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: Pretzel & Cheese Dip
LR101184

Recipe Code:

Allergens:

Contains Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Sauce, Cheddar Cheese	103.194	216	16	9.2	0	56	824	4	0	2	0	14	0	406	778	0	(M)	(M)	(M)
Pretzel, Mini, Soft	56.700	140	1	0	0	0	200	28	2	0	(M)	4	1.44	0	0	0	(M)	(M)	(M)
Sub Total	159.894	356	17	9.2	0	56	1024	32	2	2	0(M)	18	1.44	406	778	0	(M)	(M)	(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	159.894	356	17	9.2	0	56	1024	32	2	2	0(M)	18	1.44	406	778	0	(M)	(M)	(M)
Per 100g	100.000	222.648	10.632	5.754	0	35.023	640.424	20.013	1.251	1.251	0(M)	11.257	0.901	253.918	486.572	0	(M)	(M)	(M)
Per Serving	159.894	356	17	9.2	0	56	1024	32	2	2	0(M)	18	1.44	406	778	0	(M)	(M)	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: 25-26 ELE HP: TURKEY & SWISS SANDWICH (BSC, WSD ONLY)
LR101207

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- CK Hoagie Bun	129.276	396.29	8.714	1.089	0	0.329	310.899	71.566	5.142	25.526(M)	15.12(M)	11.214	3.314	85.325	65.739	0.158	0(M)	0(M)	0.002(M)
TURKEY,SLICED, USDA	58.800	63.75	1.267	0	0	25.5	585	1.267	0	0	0	12.75	0.457	0	0	0	0	0	0
Cheese, Swiss, sliced	14.000	53	5	3	0	11	255	1	0	0	(M)	3	0.2	100	300	0	(M)	(M)	(M)
Sub Total	202.076	513.04	14.982	4.089	0	36.829	1150.9	73.834	5.142	25.526(M)	15.12(M)	26.964	3.972	185.325	365.739	0.158	0(M)	0(M)	0.002(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	202.076	513.04	14.982	4.089	0	36.829	1150.9	73.834	5.142	25.526(M)	15.12(M)	26.964	3.972	185.325	365.739	0.158	0(M)	0(M)	0.002(M)
Per 100g	100.000	253.885	7.414	2.023	0	18.225	569.538	36.537	2.545	12.632(M)	7.482(M)	13.343	1.965	91.711	180.991	0.078	0(M)	0(M)	0.001(M)
Per Serving	202.076	513.04	14.982	4.089	0	36.829	1150.9	73.834	5.142	25.526(M)	15.12(M)	26.964	3.972	185.325	365.739	0.158	0(M)	0(M)	0.002(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: BEV, JUICE, DRAGON PUNCH, 6.75 OZ
LR100747

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
BEV, JUICE, DRAGON PUNCH	191.363	90	0	0	0	0	15	22	0	17	0	0	0.36	0	750	60	0	188	0
Sub Total	191.363	90	0	0	0	0	15	22	0	17	0	0	0.36	0	750	60	0	188	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	191.363	90	0	0	0	0	15	22	0	17	0	0	0.36	0	750	60	0	188	0
Per 100g	100.000	47.031	0	0	0	0	7.839	11.497	0	8.884	0	0	0.188	0	391.926	31.354	0	98.243	0
Per Serving	191.363	90	0	0	0	0	15	22	0	17	0	0	0.36	0	750	60	0	188	0

(M) Indicates missing nutrient values.

Recipe

Recipe Name: BEV, JUICE, WANGO MANGO, 6.75 OZ
LR100748

Recipe Code:

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
BEV, JUICE, WANGO MANGO, 6.75 OZ	191.363	80	0	0	0	0	30	22	0	20	0	0	1.08	0	750	60	0	188	0
Sub Total	191.363	80	0	0	0	0	30	22	0	20	0	0	1.08	0	750	60	0	188	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	191.363	80	0	0	0	0	30	22	0	20	0	0	1.08	0	750	60	0	188	0
Per 100g	100.000	41.805	0	0	0	0	15.677	11.497	0	10.451	0	0	0.564	0	391.926	31.354	0	98.243	0
Per Serving	191.363	80	0	0	0	0	30	22	0	20	0	0	1.08	0	750	60	0	188	0

(M) Indicates missing nutrient values.

Recipe

Recipe Name: Biscuit, Sausage, IW, 3.15oz.
LR100120

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Biscuit, Sausage, IW, 3.15oz	88.000	220	9	4.5	0	20	540	26	3	4	(M)	10	1.8	100	0	0	(M)	(M)	(M)
Sub Total	88.000	220	9	4.5	0	20	540	26	3	4	(M)	10	1.8	100	0	0	(M)	(M)	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	88.000	220	9	4.5	0	20	540	26	3	4	(M)	10	1.8	100	0	0	(M)	(M)	(M)
Per 100g	100.000	250	10.227	5.114	0	22.727	613.636	29.545	3.409	4.545	(M)	11.364	2.045	113.636	0	0	(M)	(M)	(M)
Per Serving	88.000	220	9	4.5	0	20	540	26	3	4	(M)	10	1.8	100	0	0	(M)	(M)	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: BREAD, BUN, HAMBURGER GLUTEN FREE IW
LR100772

Recipe Code:

Allergens:

Contains Egg

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
BREAD, BUN, HAMBURGER	77.000	200	6	0	0	0	370	37	5	5	5	4	0	0	0	0	0	100.11	0
Sub Total	77.000	200	6	0	0	0	370	37	5	5	5	4	0	0	0	0	0	100.11	0
Fat/Waste/Moisture	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	77.000	200	6	0	0	0	370	37	5	5	5	4	0	0	0	0	0	100.11	0
Per 100g	100.000	259.74	7.792	0	0	0	480.519	48.052	6.494	6.494	6.494	5.195	0	0	0	0	0	130.013	0
Per Serving	77.000	200	6	0	0	0	370	37	5	5	5	4	0	0	0	0	0	100.11	0

(M) Indicates missing nutrient values.

Recipe

Recipe Name: BREAD, SLICE, PUMPKIN
LR101018

Recipe Code:

Allergens:
Contains Egg, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
BREAD, SLICE, PUMPKIN	96.000	260	8	1.5	0	0	250	44	2	24	23	5	1.08	104	0	0	0	94	(M)
Sub Total	96.000	260	8	1.5	0	0	250	44	2	24	23	5	1.08	104	0	0	0	94	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	96.000	260	8	1.5	0	0	250	44	2	24	23	5	1.08	104	0	0	0	94	(M)
Per 100g	100.000	270.833	8.333	1.563	0	0	260.417	45.833	2.083	25	23.958	5.208	1.125	108.333	0	0	0	97.917	(M)
Per Serving	96.000	260	8	1.5	0	0	250	44	2	24	23	5	1.08	104	0	0	0	94	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: Chalupa, Bean & Cheese
LR101126

Recipe Code:

Allergens: Contains Gluten, Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Chalupa, Bean & Cheese	108.297	245.3	11.43	4	0	19.3	303	21	3	0.5	(M)	16.3	1.4	307.3	636.5	1.28	(M)	(M)	(M)
Sub Total	108.297	245.3	11.43	4	0	19.3	303	21	3	0.5	(M)	16.3	1.4	307.3	636.5	1.28	(M)	(M)	(M)
Fat/Waste/Moisture	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	108.297	245.3	11.43	4	0	19.3	303	21	3	0.5	(M)	16.3	1.4	307.3	636.5	1.28	(M)	(M)	(M)
Per 100g	100.000	226.507	10.554	3.694	0	17.821	279.786	19.391	2.77	0.462	(M)	15.051	1.293	283.757	587.736	1.182	(M)	(M)	(M)
Per Serving	108.297	245.3	11.43	4	0	19.3	303	21	3	0.5	(M)	16.3	1.4	307.3	636.5	1.28	(M)	(M)	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: ELE - BANANA MUFFIN
LR101129

Recipe Code:

Allergens: Contains Egg, Wheat

Number of Servings: 52.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
FRT, BANANA, WHOLE	1,632.000	1440	0	0	0	0	0	372	48	204	0	12	0	84	0	0	0	5843.04	0
Oil, Vegetable	327.000	2880	336	48	0	0	0	0	0	0	(M)	0	0	0	0	0	(M)	(M)	0
Sugar, Brown, light	165.000	309.375	0	0	0	0	0	82.5	0	82.5	82.5	0	0	0	0	0	0	0	0
Eggs, Frozen, Whole	401.432	610.875	39.271	13.09	0	1483.55	567.241	0	0	0	(M)	52.361	8.727	226.896	1745.36	0	8.727	(M)	(M)
Applesauce, Canned	366.000	180	0	0	0	0	72	45	6	33	0	0	4.32	30	0	72	(M)	(M)	(M)
Spice, Vanilla	156.000	449.28	0.094	0.016	0	0	14.04	19.734	0	0	(M)	0.094	0.197	17.16	0	0	(M)	(M)	82.025
Spice, Salt, Table	18.250	0	0	0	0	0	7073.34	0	0	(M)	(M)	0	0.06	4.38	0	0	(M)	(M)	0.036
Spice, Baking Soda	16.800	0	0	0	0	0	4517.65	0	0	0	(M)	0	0	0	0	0	(M)	(M)	(M)
Flour, Wheat	375.000	1226.25	7.125	1.875	0	0	0	274.5	37.5	1.537	(M)	52.5	14.25	127.5	0	0	(M)	(M)	(M)
Oats, Rolled	479.676	1800	36	6	0	0	0	300	48	12	0	60	0	0	0	0	0	1799.16	0
Spice, Cinnamon, ground	50.400	0	0	0	0	0	0	0	0	0	(M)	0	0	0	0	0	(M)	(M)	(M)
SPICE, ALLSPICE, GROUND	44.100	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sub Total	4,031.658	8895.78(M)	418.489(M)	68.981(M)	0(M)	1483.55(M)	12244.3(M)	1093.73(M)	139.5(M)	333.038(M)	82.5(M)	176.954(M)	27.554(M)	489.936(M)	1745.36(M)	72(M)	8.727(M)	7642.2(M)	82.061(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	4,031.658	8895.78(M)	418.489(M)	68.981(M)	0(M)	1483.55(M)	12244.3(M)	1093.73(M)	139.5(M)	333.038(M)	82.5(M)	176.954(M)	27.554(M)	489.936(M)	1745.36(M)	72(M)	8.727(M)	7642.2(M)	82.061(M)
Per 100g	100.000	220.648(M)	10.38(M)	1.711(M)	0(M)	36.798(M)	303.703(M)	27.129(M)	3.46(M)	8.261(M)	2.046(M)	4.389(M)	0.683(M)	12.152(M)	43.291(M)	1.786(M)	0.216(M)	189.555(M)	2.035(M)
Per Serving	77.532	171.073(M)	8.048(M)	1.327(M)	0(M)	28.53(M)	235.467(M)	21.033(M)	2.683(M)	6.405(M)	1.587(M)	3.403(M)	0.53(M)	9.422(M)	33.565(M)	1.385(M)	0.168(M)	146.965(M)	1.578(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: ELE- 3X3 Hamburger bun
LR-1138

Recipe Code:

Allergens: Contains Milk, Wheat

Tag(s): Grains/Breads
Number of Servings: 600.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Flour, 60-40 Blend	40,824.000	136080	680.4	0	0	0	0	28576.8	2721.6	1360.8	(M)	5443.2	1959.55	27216	0	0	(M)	(M)	(M)
Sugar, Granulated	4,536.000	34020	0	0	0	0	0	9072	0	9072	9072	0	0	0	0	0	0	0	0
Spice, Salt, Table	453.600	0	0	0	0	0	175806	0	0	(M)	(M)	0	1.497	108.864	0	0	(M)	(M)	0.907
Milk, nonfat, dry	1,814.400	6310.96	0	0	0	197.217	9860.87	946.643	0	946.643	(M)	631.096	0	23666.1	39443.5	94.664	(M)	(M)	(M)
Honey	1,360.800	14592	0	0	0	0	192	3936	9.6	3936	(M)	14.4	0	0	0	0	(M)	(M)	(M)
Oil, Soybean salad	4,536.000	41600	4480	640	0	0	0	0	0	(M)	(M)	0	0	0	0	0	(M)	(M)	(M)
Water, local	22,680.000	0	0	0	0	0	0	0	0	0	(M)	0	0	0	0	0	(M)	(M)	0
Spice, Yeast	1,360.800	5171.04	68.04	13.608	0	0	680.4	408.24	353.808	0	0	639.576	27.216	204.12	0	0	0	0	0
Sub Total	77,565.600	237774	5228.44	653.608	0	197.217	186540	42939.7	3085.01	15315.4(M)	9072(M)	6728.27	1988.27	51195.1	39443.5	94.664	0(M)	0(M)	0.907(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	77,565.600	237774	5228.44	653.608	0	197.217	186540	42939.7	3085.01	15315.4(M)	9072(M)	6728.27	1988.27	51195.1	39443.5	94.664	0(M)	0(M)	0.907(M)
Per 100g	100.000	306.546	6.741	0.843	0	0.254	240.493	55.359	3.977	19.745(M)	11.696(M)	8.674	2.563	66.002	50.852	0.122	0(M)	0(M)	0.001(M)
Per Serving	129.276	396.29	8.714	1.089	0	0.329	310.899	71.566	5.142	25.526(M)	15.12(M)	11.214	3.314	85.325	65.739	0.158	0(M)	0(M)	0.002(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: ELE- CK Hoagie Bun
LR101189

Recipe Code:

Allergens: Contains Milk, Wheat

Tag(s): Grains/Breads
Number of Servings: 600.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Flour, 60-40 Blend	40,824.000	136080	680.4	0	0	0	0	28576.8	2721.6	1360.8	(M)	5443.2	1959.55	27216	0	0	(M)	(M)	(M)
Sugar, Granulated	4,536.000	34020	0	0	0	0	0	9072	0	9072	9072	0	0	0	0	0	0	0	0
Spice, Salt, Table	453.600	0	0	0	0	0	175806	0	0	(M)	(M)	0	1.497	108.864	0	0	(M)	(M)	0.907
Milk, nonfat, dry	1,814.400	6310.96	0	0	0	197.217	9860.87	946.643	0	946.643	(M)	631.096	0	23666.1	39443.5	94.664	(M)	(M)	(M)
Honey	1,360.800	14592	0	0	0	0	192	3936	9.6	3936	(M)	14.4	0	0	0	0	(M)	(M)	(M)
Oil, Soybean salad	4,536.000	41600	4480	640	0	0	0	0	0	(M)	(M)	0	0	0	0	0	(M)	(M)	(M)
Water, local	22,680.000	0	0	0	0	0	0	0	0	0	(M)	0	0	0	0	0	(M)	(M)	0
Spice, Yeast	1,360.800	5171.04	68.04	13.608	0	0	680.4	408.24	353.808	0	0	639.576	27.216	204.12	0	0	0	0	0
Sub Total	77,565.600	237774	5228.44	653.608	0	197.217	186540	42939.7	3085.01	15315.4(M)	9072(M)	6728.27	1988.27	51195.1	39443.5	94.664	0(M)	0(M)	0.907(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	77,565.600	237774	5228.44	653.608	0	197.217	186540	42939.7	3085.01	15315.4(M)	9072(M)	6728.27	1988.27	51195.1	39443.5	94.664	0(M)	0(M)	0.907(M)
Per 100g	100.000	306.546	6.741	0.843	0	0.254	240.493	55.359	3.977	19.745(M)	11.696(M)	8.674	2.563	66.002	50.852	0.122	0(M)	0(M)	0.001(M)
Per Serving	129.276	396.29	8.714	1.089	0	0.329	310.899	71.566	5.142	25.526(M)	15.12(M)	11.214	3.314	85.325	65.739	0.158	0(M)	0(M)	0.002(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: ELE- Dinner Rolls
LR-1144

Recipe Code:

Allergens: Contains Milk, Wheat

Tag(s): Grains/Breads
Number of Servings: 1,200.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Flour, 60-40 Blend	40,824.000	136080	680.4	0	0	0	0	28576.8	2721.6	1360.8	(M)	5443.2	1959.55	27216	0	0	(M)	(M)	(M)
Sugar, Granulated	4,536.000	34020	0	0	0	0	0	9072	0	9072	9072	0	0	0	0	0	0	0	0
Spice, Salt, Table	453.600	0	0	0	0	0	175806	0	0	(M)	(M)	0	1.497	108.864	0	0	(M)	(M)	0.907
Milk, nonfat, dry	1,814.400	6310.96	0	0	0	197.217	9860.87	946.643	0	946.643	(M)	631.096	0	23666.1	39443.5	94.664	(M)	(M)	(M)
Honey	1,360.800	14592	0	0	0	0	192	3936	9.6	3936	(M)	14.4	0	0	0	0	(M)	(M)	(M)
Oil, Soybean salad	4,536.000	41600	4480	640	0	0	0	0	0	(M)	(M)	0	0	0	0	0	(M)	(M)	(M)
Water, local	22,680.000	0	0	0	0	0	0	0	0	0	(M)	0	0	0	0	0	(M)	(M)	0
Spice, Yeast	1,360.800	5171.04	68.04	13.608	0	0	680.4	408.24	353.808	0	0	639.576	27.216	204.12	0	0	0	0	0
Sub Total	77,565.600	237774	5228.44	653.608	0	197.217	186540	42939.7	3085.01	15315.4(M)	9072(M)	6728.27	1988.27	51195.1	39443.5	94.664	0(M)	0(M)	0.907(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	77,565.600	237774	5228.44	653.608	0	197.217	186540	42939.7	3085.01	15315.4(M)	9072(M)	6728.27	1988.27	51195.1	39443.5	94.664	0(M)	0(M)	0.907(M)
Per 100g	100.000	306.546	6.741	0.843	0	0.254	240.493	55.359	3.977	19.745(M)	11.696(M)	8.674	2.563	66.002	50.852	0.122	0(M)	0(M)	0.001(M)
Per Serving	64.638	198.145	4.357	0.545	0	0.164	155.45	35.783	2.571	12.763(M)	7.56(M)	5.607	1.657	42.663	32.87	0.079	0(M)	0(M)	0.001(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: ELE- Sloppy Joe
LR-1284

Recipe Code:

Allergens: Contains Soy, Wheat

Tag(s): Main Dishes
Number of Servings: 806.000 Serving Size: 3/4 Cup
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Spice, Mustard, Dry	268.800	1260.67	77.307	3.924	(M)	0	13.44	93.919	39.514	(M)	(M)	67.039	26.826	1400.45	166.656	8.064	(M)	(M)	18.44
Onion, Yellow, 20#	7,680.000	3072	7.68	3.072	0	0	307.2	717.312	130.56	(M)	(M)	84.48	16.128	1766.4	153.6	568.32	(M)	(M)	6843.65
Ketchup, Bulk	54,400.000	64000	0	0	0	0	544000	16000	0	12800	9600	0	0	0	320000	3840	(M)	(M)	(M)
Lemon Juice	3,904.000	819.84	11.322	1.562	0	0	819.84	252.979	15.616	(M)	(M)	15.616	5.075	429.44	585.6	968.192	(M)	(M)	3609.64
Sugar, Brown, light	4,032.000	7560	0	0	0	0	0	2016	0	2016	2016	0	0	0	0	0	0	0	0
Sauce, Worcestershire	1,920.000	0	0	0	0	0	21120	384	0	384	(M)	0	0	0	0	0	(M)	(M)	(M)
Vinegar, distilled	960.000	172.8	0	0	0	0	19.2	0.384	0	(M)	(M)	0	0.288	57.6	0	0	(M)	(M)	909.888
Sauce, BBQ	8,064.000	13440	0	0	0	0	58240	2912	224	2464	2240	0	179.2	6720	0	0	0	31373.4	0
Spice, Pepper, Black	76.800	0	0	0	0	0	0	0	0	(M)	(M)	0	0	0	0	0	(M)	(M)	(M)
Spice, Garlic Powder	67.200	223.104	0.511	0.094	0	0	17.472	48.861	6.653	(M)	(M)	11.29	1.848	53.76	0	12.096	(M)	(M)	4.334
Sub Total	81,372.800	90548.4	96.819	8.652	0(M)	0	624537	22425.5	416.342	17664(M)	13856(M)	178.424	229.365	10427.6	320906	5396.67	0(M)	31373.4(M)	11385.9(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	81,372.800	90548.4	96.819	8.652	0(M)	0	624537	22425.5	416.342	17664(M)	13856(M)	178.424	229.365	10427.6	320906	5396.67	0(M)	31373.4(M)	11385.9(M)
Per 100g	100.000	111.276	0.119	0.011	0(M)	0	767.501	27.559	0.512	21.707(M)	17.028(M)	0.219	0.282	12.815	394.365	6.632	0(M)	38.555(M)	13.992(M)
Per Serving	100.959	112.343	0.12	0.011	0(M)	0	774.86	27.823	0.517	21.916(M)	17.191(M)	0.221	0.285	12.938	398.146	6.696	0(M)	38.925(M)	14.126(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: HARD BOILED EGG & YOGURT BREAKFAST
LR101121

Recipe Code:

Allergens:

Contains Egg, Milk

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
EGG, HARD COOKED	50.000	80	5	1.5	5	185	60	1	0	1	0	6	1	25	0	0	1	0	(M)
Yogurt, Strawberry, Fat Free	113.400	120	0	0	0	5	110	25	0	20	11	5	0	480	0	0	6	289.99	(M)
Sub Total	163.400	200	5	1.5	5	190	170	26	0	21	11	11	1	505	0	0	7	289.99	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	163.400	200	5	1.5	5	190	170	26	0	21	11	11	1	505	0	0	7	289.99	(M)
Per 100g	100.000	122.399	3.06	0.918	3.06	116.279	104.039	15.912	0	12.852	6.732	6.732	0.612	309.058	0	0	4.284	177.472	(M)
Per Serving	163.400	200	5	1.5	5	190	170	26	0	21	11	11	1	505	0	0	7	289.99	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: K- 8 Chicken Caesar Salad
LR100620

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Tag(s): Salads and Salad Dressings
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Breadstick, (S)	36.000	110	4	1	0	0	200	17	2	2	2	3	0.72	0	0	0	(M)	(M)	(M)
Vegetable, Lettuce, Romaine	94.000	15.98	0.282	0.038	0	0	7.52	3.093	1.974	0	0	1.156	0.912	31.02	5458.58	22.56	(M)	(M)	88.933
Chicken, Fajita, diced	42.525	50.204	1.224	0	0	27.551	265.714	0.612	0	0	(M)	9.184	0.612	9.796	52.041	0	(M)	(M)	(M)
Cheese, Parmesan, grated	10.000	40	3	2	0	0	210	0	0	0	0	4	0	120	0	0	(M)	(M)	(M)
Sub Total	182.525	216.184	8.506	3.038	0	27.551	683.234	20.705	3.974	2	2(M)	17.34	2.244	160.816	5510.62	22.56	(M)	(M)	88.933(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	182.525	216.184	8.506	3.038	0	27.551	683.234	20.705	3.974	2	2(M)	17.34	2.244	160.816	5510.62	22.56	(M)	(M)	88.933(M)
Per 100g	100.000	118.441	4.66	1.664	0	15.094	374.324	11.344	2.177	1.096	1.096(M)	9.5	1.229	88.106	3019.11	12.36	(M)	(M)	48.724(M)
Per Serving	182.525	216.184	8.506	3.038	0	27.551	683.234	20.705	3.974	2	2(M)	17.34	2.244	160.816	5510.62	22.56	(M)	(M)	88.933(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: K-8 Chef's Salad
LR100390

Recipe Code:

Allergens: Contains Egg, Milk

Tag(s): Salads and Salad Dressings
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Lettuce, Romaine	70.500	11.985	0.211	0.028	0	0	5.64	2.319	1.481	0	0	0.867	0.684	23.265	4093.93	16.92	(M)	(M)	66.7
Ham, Diced	42.525	53.156	1.898	0.759	0	22.781	493.594	0	0	0	(M)	8.353	0.273	0	0	0.911	(M)	(M)	(M)
Cheese, Cheddar, Shredded	14.175	55.688	4.556	2.531	0	12.656	91.125	0.253	0	0	0	3.544	0	101.25	151.875	0	0.101	10.231	0
EGG, HARD COOKED	25.000	40	2.5	0.75	2.5	92.5	30	0.5	0	0.5	0	3	0.5	12.5	0	0	0.5	0	(M)
Vegetable, Tomato, raw	60.000	10.8	0.066	0.012	0	0	6.6	2.406	0.42	0	0	0.57	0.408	6.6	293.4	13.68	0	0	56.604
Vegetable, Cucumber, raw	6.500	0.848	0.006	0.002	0	0	0.113	0.205	0.028	0	0	0.037	0.016	0.904	5.935	0.158	(M)	(M)	5.383
Vegetable, Broccoli, raw	11.000	3.74	0.041	0.004	0	0	3.63	0.73	0.286	0	(M)	0.31	0.08	5.17	68.53	9.812	(M)	(M)	9.823
Sub Total	229.700	176.217	9.279	4.087	2.5	127.938	630.702	6.414	2.215	0.5	0(M)	16.681	1.961	149.689	4613.68	41.482	0.601(M)	10.231(M)	138.51(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	229.700	176.217	9.279	4.087	2.5	127.938	630.702	6.414	2.215	0.5	0(M)	16.681	1.961	149.689	4613.68	41.482	0.601(M)	10.231(M)	138.51(M)
Per 100g	100.000	76.716	4.04	1.779	1.088	55.698	274.576	2.792	0.964	0.218	0(M)	7.262	0.854	65.167	2008.57	18.059	0.262(M)	4.454(M)	60.3(M)
Per Serving	229.700	176.217	9.279	4.087	2.5	127.938	630.702	6.414	2.215	0.5	0(M)	16.681	1.961	149.689	4613.68	41.482	0.601(M)	10.231(M)	138.51(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: K-8 Chicken BLT Salad
LR100392

Recipe Code:

Allergens: Contains Milk

Tag(s): Salads and Salad Dressings
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Lettuce, Romaine	70.500	11.985	0.211	0.028	0	0	5.64	2.319	1.481	0	0	0.867	0.684	23.265	4093.93	16.92	(M)	(M)	66.7
Chicken, Diced, cooked, fully-cooked	42.525	55.688	2.025	0.506	0	30.375	207.563	1.012	0	0	0	9.619	0.506	0	0	0	0	227.706	0
Bacon, round, fully cooked	15.000	62.5	5	1.875	0	18.75	262.5	0	0	0	(M)	5	0	0	0	0	(M)	(M)	(M)
Cheese, Cheddar, shredded	14.175	55.688	4.556	2.531	0	12.656	91.125	0.253	0	0	0	3.544	0	101.25	151.875	0	0.101	10.231	0
Vegetable, Tomato, raw	56.700	10.206	0.062	0.011	0	0	6.237	2.274	0.397	0	0	0.539	0.386	6.237	277.263	12.928	0	0	53.491
Sub Total	198.900	196.066	11.855	4.952	0	61.781	573.064	5.859	1.877	0	0(M)	19.568	1.576	130.752	4523.07	29.848	0.101(M)	237.938(M)	120.191(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	198.900	196.066	11.855	4.952	0	61.781	573.064	5.859	1.877	0	0(M)	19.568	1.576	130.752	4523.07	29.848	0.101(M)	237.938(M)	120.191(M)
Per 100g	100.000	98.575	5.96	2.49	0	31.061	288.117	2.946	0.944	0	0(M)	9.838	0.792	65.738	2274.04	15.006	0.051(M)	119.627(M)	60.428(M)
Per Serving	198.900	196.066	11.855	4.952	0	61.781	573.064	5.859	1.877	0	0(M)	19.568	1.576	130.752	4523.07	29.848	0.101(M)	237.938(M)	120.191(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: K-8 CHICKEN SALAD W/ BREADSTICK
LR100867

Recipe Code:

Allergens:

Contains Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
ELE- Bread Sticks	74.548	222.76	4.357	0.545	0	0.164	155.45	43.168	3.802	12.763(M)	7.56(M)	8.068	1.657	42.663	32.87	0.079	0(M)	0(M)	0.001(M)
CK - Breaded Chicken Salad	175.571	199.542	8.987	1.489	0	38.732	307.495	13.669	2.879	0.005	0(M)	16.616	1.852	41.665	5271.18	21.91	0(M)	445.955(M)	86.635
Sub Total	250.119	422.302	13.344	2.034	0	38.896	462.945	56.837	6.681	12.768(M)	7.56(M)	24.684	3.509	84.328	5304.05	21.989	0(M)	445.955(M)	86.636(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	250.119	422.302	13.344	2.034	0	38.896	462.945	56.837	6.681	12.768(M)	7.56(M)	24.684	3.509	84.328	5304.05	21.989	0(M)	445.955(M)	86.636(M)
Per 100g	100.000	168.841	5.335	0.813	0	15.551	185.09	22.724	2.671	5.105(M)	3.023(M)	9.869	1.403	33.715	2120.61	8.791	0(M)	178.297(M)	34.638(M)
Per Serving	250.119	422.302	13.344	2.034	0	38.896	462.945	56.837	6.681	12.768(M)	7.56(M)	24.684	3.509	84.328	5304.05	21.989	0(M)	445.955(M)	86.636(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: K-8 Spicy Chicken Salad
LR100393

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Tag(s): Salads and Salad Dressings
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Tomato, raw	30.000	5.4	0.033	0.006	0	0	3.3	1.203	0.21	0	0	0.285	0.204	3.3	146.7	6.84	0	0	28.302
Cheese, Cheddar, shredded	14.175	55.688	4.556	2.531	0	12.656	91.125	0.253	0	0	0	3.544	0	101.25	151.875	0	0.101	10.231	0
Vegetable, Lettuce, Romaine	70.500	11.985	0.211	0.028	0	0	5.64	2.319	1.481	0	0	0.867	0.684	23.265	4093.93	16.92	(M)	(M)	66.7
Chicken, Strips, Hot & Spicy	115.000	327.155	17.845	2.974	0	74.353	535.345	11.897	1.487	2.974	(M)	29.741	2.141	0	0	0	(M)	(M)	(M)
Sub Total	229.675	400.228	22.646	5.54	0	87.01	635.41	15.672	3.178	2.974	0(M)	34.437	3.029	127.815	4392.51	23.76	0.101(M)	10.231(M)	95.002(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	229.675	400.228	22.646	5.54	0	87.01	635.41	15.672	3.178	2.974	0(M)	34.437	3.029	127.815	4392.51	23.76	0.101(M)	10.231(M)	95.002(M)
Per 100g	100.000	174.258	9.86	2.412	0	37.884	276.656	6.824	1.384	1.295	0(M)	14.994	1.319	55.65	1912.49	10.345	0.044(M)	4.455(M)	41.364(M)
Per Serving	229.675	400.228	22.646	5.54	0	87.01	635.41	15.672	3.178	2.974	0(M)	34.437	3.029	127.815	4392.51	23.76	0.101(M)	10.231(M)	95.002(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: K-8 Sub Sandwich, Ham
LR100395

Recipe Code:

Allergens: Contains Gluten, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Ham, Sliced 1/2oz.	70.875	75.938	2.531	0.633	0	37.969	442.969	2.531	0	1.266	1.266	13.922	0.633	7.467	0	0	12.049	810.177	0
Bread, Sub, Hoagie roll	80.000	160	0	0	0	0	210	29	2	3	3	7	1.8	40	0	0	(M)	(M)	(M)
Vegetable, Lettuce, Green leaf	2.400	0.36	0.004	0	0	0	0.672	0.067	0.031	0	(M)	0.033	0.021	0.864	177.72	0.432	(M)	(M)	2.282
Sub Total	153.275	236.298	2.535	0.633	0	37.969	653.641	31.598	2.031	4.266	4.266(M)	20.955	2.453	48.331	177.72	0.432	12.049(M)	810.177(M)	2.282(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	153.275	236.298	2.535	0.633	0	37.969	653.641	31.598	2.031	4.266	4.266(M)	20.955	2.453	48.331	177.72	0.432	12.049(M)	810.177(M)	2.282(M)
Per 100g	100.000	154.166	1.654	0.413	0	24.772	426.45	20.615	1.325	2.783	2.783(M)	13.671	1.601	31.532	115.948	0.282	7.861(M)	528.578(M)	1.489(M)
Per Serving	153.275	236.298	2.535	0.633	0	37.969	653.641	31.598	2.031	4.266	4.266(M)	20.955	2.453	48.331	177.72	0.432	12.049(M)	810.177(M)	2.282(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: K-8 Sub Sandwich, Turkey
LR100397

Recipe Code:

Allergens: Contains Gluten, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Bread, Sub, Hoagie roll	80.000	160	0	0	0	0	210	29	2	3	3	7	1.8	40	0	0	(M)	(M)	(M)
TURKEY,SLICED, USDA	70.875	76.842	1.528	0	0	30.737	705.134	1.528	0	0	0	15.368	0.551	0	0	0	0	0	0
Vegetable, Lettuce, Green leaf	2.400	0.36	0.004	0	0	0	0.672	0.067	0.031	0	(M)	0.033	0.021	0.864	177.72	0.432	(M)	(M)	2.282
Sub Total	153.275	237.202	1.531	0	0	30.737	915.806	30.595	2.031	3	3(M)	22.401	2.372	40.864	177.72	0.432	0(M)	0(M)	2.282(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	153.275	237.202	1.531	0	0	30.737	915.806	30.595	2.031	3	3(M)	22.401	2.372	40.864	177.72	0.432	0(M)	0(M)	2.282(M)
Per 100g	100.000	154.756	0.999	0	0	20.053	597.492	19.961	1.325	1.957	1.957(M)	14.615	1.548	26.661	115.948	0.282	0(M)	0(M)	1.489(M)
Per Serving	153.275	237.202	1.531	0	0	30.737	915.806	30.595	2.031	3	3(M)	22.401	2.372	40.864	177.72	0.432	0(M)	0(M)	2.282(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: K-8 TACO SALAD
LR101217

Recipe Code:

Allergens: Contains Milk, Soy
May contain Egg

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Chips, Tortilla	21.000	105	4.9	0.35	0	0	3.5	14.7	1.4	0	(M)	1.4	0.252	14	0	0	(M)	(M)	(M)
ELE- Taco Meat w/ Beef Grumbles	56.700	100.746	6.627	2.485	0	23.193	392.412	3.031	1.048	0	0(M)	7.674	1.55	14.357	185.895	0	(M)	(M)	0(M)
Vegetable, Lettuce, Romaine	47.000	7.99	0.141	0.019	0	0	3.76	1.546	0.987	0	0	0.578	0.456	15.51	2729.29	11.28	(M)	(M)	44.467
Cheese, Cheddar, Cheddar USDA	5.625	22.421	1.786	1.19	0	5.952	35.714	0	0	0	(M)	1.389	0.065	141.27	241.667	0	(M)	(M)	(M)
Vegetable, Tomatoes, Grapes	28.350	6.3	0	0	0	0	0	1.575	0.315	0.945	(M)	0.315	0.34	0	94.5	2.835	(M)	(M)	(M)
Sub Total	158.675	242.457	13.454	4.044	0	29.145	435.386	20.852	3.75	0.945	0(M)	11.356	2.664	185.137	3251.35	14.115	(M)	(M)	44.467(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	158.675	242.457	13.454	4.044	0	29.145	435.386	20.852	3.75	0.945	0(M)	11.356	2.664	185.137	3251.35	14.115	(M)	(M)	44.467(M)
Per 100g	100.000	152.801	8.479	2.549	0	18.368	274.389	13.142	2.363	0.596	0(M)	7.157	1.679	116.677	2049.06	8.896	(M)	(M)	28.024(M)
Per Serving	158.675	242.457	13.454	4.044	0	29.145	435.386	20.852	3.75	0.945	0(M)	11.356	2.664	185.137	3251.35	14.115	(M)	(M)	44.467(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: PARFAIT, YOGURT (VENDING)
LR101003

Recipe Code:

Allergens:

Contains Milk

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Yogurt, Strawberry, F&B	226.800	240	0	0	0	10	220	50	0	40	22	10	0	960	0	0	12	579.98	(M)
Frt, Blueberries, F&B	70.000	40	0.5	0	0	0	0	8.5	2	6	(M)	0	0	0	0	1.8	(M)	37.6	(M)
Granola, Bulk	10.631	44.888	1.417	0.118	0	0	9.45	7.087	0.118	2.126	(M)	1.181	0.34	4.725	0	0	(M)	(M)	(M)
Sub Total	307.431	324.887	1.917	0.118	0	10	229.45	65.588	2.118	48.126	22(M)	11.181	0.34	964.725	0	1.8	12(M)	617.58(M)	(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	307.431	324.887	1.917	0.118	0	10	229.45	65.588	2.118	48.126	22(M)	11.181	0.34	964.725	0	1.8	12(M)	617.58(M)	(M)
Per 100g	100.000	105.678	0.624	0.038	0	3.253	74.635	21.334	0.689	15.654	7.156(M)	3.637	0.111	313.802	0	0.585	3.903(M)	200.884(M)	(M)
Per Serving	307.431	324.887	1.917	0.118	0	10	229.45	65.588	2.118	48.126	22(M)	11.181	0.34	964.725	0	1.8	12(M)	617.58(M)	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: PIZZA, 16" DIA., 4 MEAT, PRIMO
LR100996

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Slice
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
PIZZA, 16" DIA., 4 MEAT, PRIMO	147.000	370	17	7	0	40	630	36	3	10	2	20	2.4	290	50	0	0	509.95	0
Sub Total	147.000	370	17	7	0	40	630	36	3	10	2	20	2.4	290	50	0	0	509.95	0
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	147.000	370	17	7	0	40	630	36	3	10	2	20	2.4	290	50	0	0	509.95	0
Per 100g	100.000	251.701	11.565	4.762	0	27.211	428.571	24.49	2.041	6.803	1.361	13.605	1.633	197.279	34.014	0	0	346.905	0
Per Serving	147.000	370	17	7	0	40	630	36	3	10	2	20	2.4	290	50	0	0	509.95	0

(M) Indicates missing nutrient values.

Recipe

Recipe Name: PIZZA, 16" DIA., BUFFALO CHICKEN, PRIMO
LR101103

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Slice
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
PIZZA, 16" DIA., BUFFALO CHICKEN	148.000	380	19	8	0	45	730	33	3	8	2	20	2	330	70	0	0	370	0
Sub Total	148.000	380	19	8	0	45	730	33	3	8	2	20	2	330	70	0	0	370	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	148.000	380	19	8	0	45	730	33	3	8	2	20	2	330	70	0	0	370	0
Per 100g	100.000	256.757	12.838	5.405	0	30.405	493.243	22.297	2.027	5.405	1.351	13.514	1.351	222.973	47.297	0	0	250	0
Per Serving	148.000	380	19	8	0	45	730	33	3	8	2	20	2	330	70	0	0	370	0

(M) Indicates missing nutrient values.

Recipe

Recipe Name: S - Grilled Chicken Patty on Bun
LR100652

Recipe Code:

Allergens: Contains Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Bun, Hamburger	59.000	150	1.5	0	0	0	310	28	3	4	4	6	1.8	50	0	0	0	109.98	0
CHICKEN, PATTY, UNBREADED, USDA	69.000	100	2.5	0	0	65	220	0	0	0	0	20	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Sub Total	128.000	250	4	0	0	65	530	28	3	4	4	26	1.8(M)	50(M)	0(M)	0(M)	0(M)	109.98(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	128.000	250	4	0	0	65	530	28	3	4	4	26	1.8(M)	50(M)	0(M)	0(M)	0(M)	109.98(M)	0(M)
Per 100g	100.000	195.313	3.125	0	0	50.781	414.063	21.875	2.344	3.125	3.125	20.313	1.406(M)	39.063(M)	0(M)	0(M)	0(M)	85.922(M)	0(M)
Per Serving	128.000	250	4	0	0	65	530	28	3	4	4	26	1.8(M)	50(M)	0(M)	0(M)	0(M)	109.98(M)	0(M)

(M) Indicates missing nutrient values.

Recipe Name: S - Wrap, Turkey
LR101227

Recipe Code:

Allergens:

Contains Gluten, Milk, Wheat

Tag(s): Main Dishes

Number of Servings: 1.000 Serving Size: 1 Each

Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000

Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Turkey, Sliced 1/2 lb	42.525	44.763	1.119	0	0	0.454	246.197	0.746	0	0	(M)	8.207	1.074	0	0	0	(M)	(M)	(M)
Cheese, American, Yellow Cheddar	14.175	40.5	3.038	1.772	0	7.594	141.75	1.012	0	0	0	3.544	0	104.287	0	0	0	102.313	(M)
Vegetable, Lettuce, Green Leaf	24.000	3.6	0.036	0.005	0	0	6.72	0.67	0.312	0	(M)	0.326	0.206	8.64	1777.2	4.32	(M)	(M)	22.817
Tortilla, Whole Wheat 10"	68.000	200	4	1	0	0	500	36	3	0	(M)	6	1.8	150	0	0	(M)	(M)	(M)
Sub Total	148.700	288.863	8.193	2.777	0	8.047	894.667	38.428	3.312	0	0(M)	18.077	3.081	262.928	1777.2	4.32	0(M)	102.313(M)	22.817(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	148.700	288.863	8.193	2.777	0	8.047	894.667	38.428	3.312	0	0(M)	18.077	3.081	262.928	1777.2	4.32	0(M)	102.313(M)	22.817(M)
Per 100g	100.000	194.259	5.509	1.867	0	5.412	601.659	25.843	2.227	0	0(M)	12.157	2.072	176.817	1195.16	2.905	0(M)	68.805(M)	15.344(M)
Per Serving	148.700	288.863	8.193	2.777	0	8.047	894.667	38.428	3.312	0	0(M)	18.077	3.081	262.928	1777.2	4.32	0(M)	102.313(M)	22.817(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SAN, WG CRUSTLESS COCOA CHICKPEA BUTTER
LR100976

Recipe Code:

Allergens:

Contains Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
SAN, WG CRUSTLESS COCOA	68.000	260	11	1.5	0	0	220	31	4	9	8	8	6	41	0	0	0	181.89	0
Sub Total	68.000	260	11	1.5	0	0	220	31	4	9	8	8	6	41	0	0	0	181.89	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	68.000	260	11	1.5	0	0	220	31	4	9	8	8	6	41	0	0	0	181.89	0
Per 100g	100.000	382.353	16.176	2.206	0	0	323.529	45.588	5.882	13.235	11.765	11.765	8.824	60.294	0	0	0	267.485	0
Per Serving	68.000	260	11	1.5	0	0	220	31	4	9	8	8	6	41	0	0	0	181.89	0

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC - BBQ BEEF RIB SANDWICH
LR101095

Recipe Code:

Allergens: Contains Gluten, Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Bread, Sub, Hoagie roll	80.000	160	0	0	0	0	210	29	2	3	3	7	1.8	40	0	0	(M)	(M)	(M)
BEEF, PATTY, BBQ RIB SHAPED, USDA	92.138	220	13	5	0	35	650	13	1	10	0	14	2	2	100	2	0	0	0
Sub Total	172.138	380	13	5	0	35	860	42	3	13	3	21	3.8	42	100	2	0(M)	0(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	172.138	380	13	5	0	35	860	42	3	13	3	21	3.8	42	100	2	0(M)	0(M)	0(M)
Per 100g	100.000	220.754	7.552	2.905	0	20.333	499.601	24.399	1.743	7.552	1.743	12.2	2.208	24.399	58.093	1.162	0(M)	0(M)	0(M)
Per Serving	172.138	380	13	5	0	35	860	42	3	13	3	21	3.8	42	100	2	0(M)	0(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC - Breakfast Hard Boiled Egg & Yogurt
LR101225

Recipe Code:

Allergens:

Contains Egg, Milk

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
EGG, HARD COOKED	50.000	80	5	1.5	5	185	60	1	0	1	0	6	1	25	0	0	1	0	(M)
Yogurt, Strawberry, Fat Free	113.000	119.577	0	0	0	4.982	109.612	24.912	0	19.929	10.961	4.982	0	478.307	0	0	5.979	288.967	(M)
Sub Total	163.000	199.577	5	1.5	5	189.982	169.612	25.912	0	20.929	10.961	10.982	1	503.307	0	0	6.979	288.967	(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	163.000	199.577	5	1.5	5	189.982	169.612	25.912	0	20.929	10.961	10.982	1	503.307	0	0	6.979	288.967	(M)
Per 100g	100.000	122.44	3.067	0.92	3.067	116.554	104.056	15.897	0	12.84	6.725	6.738	0.613	308.777	0	0	4.281	177.28	(M)
Per Serving	163.000	199.577	5	1.5	5	189.982	169.612	25.912	0	20.929	10.961	10.982	1	503.307	0	0	6.979	288.967	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC - Chicken Patty on Bun
LR100651

Recipe Code:

Allergens:

Contains Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Bun, Hamburger	59.000	150	1.5	0	0	0	310	28	3	4	4	6	1.8	50	0	0	0	109.98	0
Chicken, Patty, WG Fully cooked	106.000	190	9	2	0	35	390	13	2	1	0	15	1.6	20	0	0	0	210.09	(M)
Sub Total	165.000	340	10.5	2	0	35	700	41	5	5	4	21	3.4	70	0	0	0	320.07	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	165.000	340	10.5	2	0	35	700	41	5	5	4	21	3.4	70	0	0	0	320.07	0(M)
Per 100g	100.000	206.061	6.364	1.212	0	21.212	424.242	24.848	3.03	3.03	2.424	12.727	2.061	42.424	0	0	0	193.982	0(M)
Per Serving	165.000	340	10.5	2	0	35	700	41	5	5	4	21	3.4	70	0	0	0	320.07	0(M)

(M) Indicates missing nutrient values.

Recipe Name:

SEC - Chicken Wings w/ Breadstick
LR100962

Recipe Code:

Allergens:

Contains Milk, Wheat

Number of Servings:1.000Serving Size:1 Each

Moisture gain/loss%:0.000Fat gain/loss% :0.000

Waste gain/loss%:0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CHICKEN, WING, OVEN-ROASTED	77.000	210	17	4.5	0	95	250	1	0	0	0	14	0	10	0	0	0	339.81	0
Breadstick, (S)	36.000	110	4	1	0	0	200	17	2	2	2	3	0.72	0	0	0	(M)	(M)	(M)
Sub Total	113.000	320	21	5.5	0	95	450	18	2	2	2	17	0.72	10	0	0	0(M)	339.81(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	113.000	320	21	5.5	0	95	450	18	2	2	2	17	0.72	10	0	0	0(M)	339.81(M)	0(M)
Per 100g	100.000	283.186	18.584	4.867	0	84.071	398.23	15.929	1.77	1.77	1.77	15.044	0.637	8.85	0	0	0(M)	300.717(M)	0(M)
Per Serving	113.000	320	21	5.5	0	95	450	18	2	2	2	17	0.72	10	0	0	0(M)	339.81(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC - Cold Pack Combo
LR100644

Recipe Code:

Allergens: Contains Milk, Peanuts, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CUP, PEANUT BUTTER, 1/4 CUP	31.185	180	15	3	0	0	130	8	8	3	2	7	1	16	0	0	0	174.84	0
Cheese, Mozzarella, Cheddar	28.350	60	3	2	0	10	200	1	0	1	0	7	0	198	63	0	(M)	(M)	(M)
Cracker, Savory Wheat Bites	22.000	90	2.5	0	0	0	190	15	2	2	2	1	1	38	0	0	0	72.85	(M)
Vegetable, Celery, raw	50.500	10.773	0.114	0.027	0	0	53.867	2	1.077	0	(M)	0.465	0.135	26.933	302.327	2.087	(M)	(M)	64.256
Sub Total	132.035	340.773	20.614	5.027	0	10	573.867	26	11.077	6	4(M)	15.465	2.135	278.933	365.327	2.087	0(M)	247.69(M)	64.256(M)
Fat/Waste/Moisture	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	132.035	340.773	20.614	5.027	0	10	573.867	26	11.077	6	4(M)	15.465	2.135	278.933	365.327	2.087	0(M)	247.69(M)	64.256(M)
Per 100g	100.000	258.093	15.613	3.807	0	7.574	434.632	19.692	8.39	4.544	3.029(M)	11.713	1.617	211.257	276.689	1.581	0(M)	187.594(M)	48.666(M)
Per Serving	132.035	340.773	20.614	5.027	0	10	573.867	26	11.077	6	4(M)	15.465	2.135	278.933	365.327	2.087	0(M)	247.69(M)	64.256(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC - ROASTED CHICKEN DRUMSTICK & ONION RINGS
LR101214

Recipe Code:

Allergens:

Contains Milk, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Chicken, Drumstick, Crown	92.000	130	8	2	0	45	330	2	0	0	(M)	13	0.36	0	0	0	(M)	(M)	(M)
Veg, Onion Ring McCain	19.750	45	1.75	0.25	0	0	33.75	6.5	0.75	0.75	0.25	0.75	0.3	5	0	0	0	35.015	0
Sub Total	111.750	175	9.75	2.25	0	45	363.75	8.5	0.75	0.75	0.25(M)	13.75	0.66	5	0	0	0(M)	35.015(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	111.750	175	9.75	2.25	0	45	363.75	8.5	0.75	0.75	0.25(M)	13.75	0.66	5	0	0	0(M)	35.015(M)	0(M)
Per 100g	100.000	156.6	8.725	2.013	0	40.268	325.503	7.606	0.671	0.671	0.224(M)	12.304	0.591	4.474	0	0	0(M)	31.333(M)	0(M)
Per Serving	111.750	175	9.75	2.25	0	45	363.75	8.5	0.75	0.75	0.25(M)	13.75	0.66	5	0	0	0(M)	35.015(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC - Sandwich, Ham
LR101218

Recipe Code:

Allergens: Contains Soy, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
22 Ham, Sliced	56.700	60.75	2.025	0.506	0	30.375	313.875	2.025	0	1.012	1.012	11.138	0.506	5.974	0	0	9.639	648.142	0
Bread, Sliced Loaf,	56.000	160	2	0	0	0	320	30	2	4	0	6	1.8	0	0	0	0	0	0
Vegetable, Lettuce,	2.400	0.36	0.004	0	0	0	0.672	0.067	0.031	0	(M)	0.033	0.021	0.864	177.72	0.432	(M)	(M)	2.282
Sub Total	115.100	221.11	4.029	0.507	0	30.375	634.547	32.092	2.031	5.013	1.012(M)	17.17	2.327	6.838	177.72	0.432	9.639(M)	648.142(M)	2.282
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	115.100	221.11	4.029	0.507	0	30.375	634.547	32.092	2.031	5.013	1.012(M)	17.17	2.327	6.838	177.72	0.432	9.639(M)	648.142(M)	2.282
Per 100g	100.000	192.103	3.5	0.44	0	26.39	551.301	27.882	1.765	4.355	0.88(M)	14.918	2.022	5.941	154.405	0.375	8.374(M)	563.112(M)	1.982
Per Serving	115.100	221.11	4.029	0.507	0	30.375	634.547	32.092	2.031	5.013	1.012(M)	17.17	2.327	6.838	177.72	0.432	9.639(M)	648.142(M)	2.282

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC - Sandwich, Turkey
LR101219

Recipe Code:

Allergens: Contains Soy, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Bread, Sliced Loaf, TURKEY,SLICED, Vegetable, Lettuce, Sub Total	56.000 78.400 2.400 136.800	160 85 0.36 245.36	2 1.69 0.004 3.694	0 0 0 0	0 0 0 0	0 34 0 34	320 780 0.672 1100.67	30 1.69 0.067 31.757	2 0 0.031 2.031	4 0 0 4	0 0 (M) 0(M)	6 17 0.033 23.033	1.8 0.61 0.021 2.431	0 0 0.864 0.864	0 0 177.72 177.72	0 0 0.432 0.432	0 0 (M) 0(M)	0 0 (M) 0(M)	0 0 2.282 2.282
Fat/Waste/Moist Total	0.000 136.800	(M) 245.36	(M) 3.694	(M) 0	(M) 0	(M) 34	(M) 1100.67	(M) 31.757	(M) 2.031	(M) 4	(M) 0(M)	(M) 23.033	(M) 2.431	(M) 0.864	(M) 177.72	(M) 0.432	(M) 0(M)	(M) 0(M)	(M) 2.282
Per 100g	100.000	179.357	2.7	0	0	24.854	804.585	23.214	1.485	2.924	0(M)	16.837	1.777	0.632	129.912	0.316	0(M)	0(M)	1.668
Per Serving	136.800	245.36	3.694	0	0	34	1100.67	31.757	2.031	4	0(M)	23.033	2.431	0.864	177.72	0.432	0(M)	0(M)	2.282

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC - Sausage Biscuit & Scrambled Eggs
LR101125

Recipe Code:

Allergens:

Contains Egg, Milk, Peanuts, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
BISCUIT, BAKED, EZ	56.000	190	9	6	0	0	310	24	2	2	2	4	1.4	160	(M)	(M)	0	219.96	(M)
CRUST, WHOLE Sausage, Patty, Pork	42.000	180	17	6	0	30	130	1	0	0	0	5	2	0	0	0	0	0	0
EGG, SCRAMBLED, HDDA	56.700	90	6	2	0	190	260	2	0	0	0	6	0	20	0	0	1.2	0	0
Sub Total	154.700	460	32	14	0	220	700	27	2	2	2	15	3.4	180	0(M)	0(M)	1.2	219.96	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	154.700	460	32	14	0	220	700	27	2	2	2	15	3.4	180	0(M)	0(M)	1.2	219.96	0(M)
Per 100g	100.000	297.35	20.685	9.05	0	142.211	452.489	17.453	1.293	1.293	1.293	9.696	2.198	116.354	0(M)	0(M)	0.776	142.185	0(M)
Per Serving	154.700	460	32	14	0	220	700	27	2	2	2	15	3.4	180	0(M)	0(M)	1.2	219.96	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC - Tangerine Chicken Bowl
LR100965

Recipe Code:

Allergens: Contains Egg, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
CHICKEN, TANGERINE WG	111.000	190	4	1	0	45	380	25	2	13	13	14	1.44	0	0	0	0	0	0
SEC- Rice, Brown, cooked	102.125	83.644	0.739	0	0	0	0	18.205	0	0	(M)	1.968	0.355	0	0	0	(M)	(M)	0(M)
Sub Total	213.125	273.644	4.739	1	0	45	380	43.205	2	13	13(M)	15.968	1.795	0	0	0	0(M)	0(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	213.125	273.644	4.739	1	0	45	380	43.205	2	13	13(M)	15.968	1.795	0	0	0	0(M)	0(M)	0(M)
Per 100g	100.000	128.396	2.223	0.469	0	21.114	178.299	20.272	0.938	6.1	6.1(M)	7.492	0.842	0	0	0	0(M)	0(M)	0(M)
Per Serving	213.125	273.644	4.739	1	0	45	380	43.205	2	13	13(M)	15.968	1.795	0	0	0	0(M)	0(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC - Wrap, Turkey
LR101226

Recipe Code:

Allergens: Contains Gluten, Milk, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Turkey, Sliced 1/2 lb	42.525	44.763	1.119	0	0	0.454	246.197	0.746	0	0	(M)	8.207	1.074	0	0	0	(M)	(M)	(M)
Cheese, American, Yellow Cheddar	14.175	40.5	3.038	1.772	0	7.594	141.75	1.012	0	0	0	3.544	0	104.287	0	0	0	102.313	(M)
Vegetable, Lettuce, Green Leaf	24.000	3.6	0.036	0.005	0	0	6.72	0.67	0.312	0	(M)	0.326	0.206	8.64	1777.2	4.32	(M)	(M)	22.817
Tortilla, Whole Wheat 10"	68.000	200	4	1	0	0	500	36	3	0	(M)	6	1.8	150	0	0	(M)	(M)	(M)
Sub Total	148.700	288.863	8.193	2.777	0	8.047	894.667	38.428	3.312	0	0(M)	18.077	3.081	262.928	1777.2	4.32	0(M)	102.313(M)	22.817(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	148.700	288.863	8.193	2.777	0	8.047	894.667	38.428	3.312	0	0(M)	18.077	3.081	262.928	1777.2	4.32	0(M)	102.313(M)	22.817(M)
Per 100g	100.000	194.259	5.509	1.867	0	5.412	601.659	25.843	2.227	0	0(M)	12.157	2.072	176.817	1195.16	2.905	0(M)	68.805(M)	15.344(M)
Per Serving	148.700	288.863	8.193	2.777	0	8.047	894.667	38.428	3.312	0	0(M)	18.077	3.081	262.928	1777.2	4.32	0(M)	102.313(M)	22.817(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Bacon Burger on bun
LR-1039

Recipe Code:

Allergens:

Contains Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
19/20 Bacon, round, fully-cooked	7.500	40	3	1	0	7.5	155	0	0	1	0	2.5	0	0	0	0	0	0	0
Bun, Hamburger	59.000	150	1.5	0	0	0	310	28	3	4	4	6	1.8	50	0	0	0	109.98	0
Beef, Patty, All Beef, 2.0oz	56.000	170	14	6	0	40	85	0	0	0	0	10	1.08	0	0	0	0	0	0
Sub Total	122.500	360	18.5	7	0	47.5	550	28	3	5	4	18.5	2.88	50	0	0	0	109.98	0
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	122.500	360	18.5	7	0	47.5	550	28	3	5	4	18.5	2.88	50	0	0	0	109.98	0
Per 100g	100.000	293.878	15.102	5.714	0	38.776	448.98	22.857	2.449	4.082	3.265	15.102	2.351	40.816	0	0	0	89.78	0
Per Serving	122.500	360	18.5	7	0	47.5	550	28	3	5	4	18.5	2.88	50	0	0	0	109.98	0

(M) Indicates missing nutrient values.

Recipe Name:

SEC- Bacon, Egg & Cheese Biscuit
LR100167

Recipe Code:

Allergens:

Contains Egg, Milk

Number of Servings:1.000Serving Size:1 Each

Moisture gain/loss%:0.000Fat gain/loss% :0.000

Waste gain/loss%:0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Biscuits, pre-baked	63.786	282	10.5	2.46	0	0	669	45.46	3.53	(M)	(M)	7.06	2.54	78.39	0	0	(M)	(M)	0
19/20 Bacon, round, fully-cooked	7.500	40	3	1	0	7.5	155	0	0	1	0	2.5	0	0	0	0	0	0	0
Egg, Patty, 1.25oz	35.438	50.626	3.544	1.013	0	101.251	126.564	0	0	0	0	3.038	0.365	20.25	101.251	0	(M)	(M)	(M)
Cheese, American, Yellow, Slice	7.000	20	1.5	0.875	0	3.75	70	0.5	0	0	0	1.75	0	51.5	0	0	0	50.525	(M)
Sub Total	113.724	392.626	18.544	5.348	0	112.501	1020.56	45.96	3.53	1(M)	0(M)	14.348	2.905	150.14	101.251	0	0(M)	50.525(M)	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	113.724	392.626	18.544	5.348	0	112.501	1020.56	45.96	3.53	1(M)	0(M)	14.348	2.905	150.14	101.251	0	0(M)	50.525(M)	0(M)
Per 100g	100.000	345.244	16.306	4.702	0	98.925	897.404	40.414	3.104	0.879(M)	0(M)	12.616	2.554	132.022	89.033	0	0(M)	44.428(M)	0(M)
Per Serving	113.724	392.626	18.544	5.348	0	112.501	1020.56	45.96	3.53	1(M)	0(M)	14.348	2.905	150.14	101.251	0	0(M)	50.525(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Bacon, Egg & Cheese Waffle Sandwich
LR100998

Recipe Code:

Allergens: Contains Egg, Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
WAFFLES, MAPLE	40.000	100	3.5	0.5	0	5	170	15	1	5	4	2	0.7	20	0	0	0.2	49.82	(M)
Bacon, round, fully cooked	12.000	50	4	1.5	0	15	210	0	0	0	(M)	4	0	0	0	0	(M)	(M)	(M)
Egg, Patty, 1.25oz	35.438	50.626	3.544	1.013	0	101.251	126.564	0	0	0	0	3.038	0.365	20.25	101.251	0	(M)	(M)	(M)
Cheese, American, Yellow Slice	14.000	40	3	1.75	0	7.5	140	1	0	0	0	3.5	0	103	0	0	0	101.05	(M)
Sub Total	101.438	240.626	14.044	4.763	0	128.751	646.564	16	1	5	4(M)	12.538	1.065	143.25	101.251	0	0.2(M)	150.87(M)	(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	101.438	240.626	14.044	4.763	0	128.751	646.564	16	1	5	4(M)	12.538	1.065	143.25	101.251	0	0.2(M)	150.87(M)	(M)
Per 100g	100.000	237.215	13.845	4.695	0	126.926	637.398	15.773	0.986	4.929	3.943(M)	12.36	1.049	141.22	99.816	0	0.197(M)	148.731(M)	(M)
Per Serving	101.438	240.626	14.044	4.763	0	128.751	646.564	16	1	5	4(M)	12.538	1.065	143.25	101.251	0	0.2(M)	150.87(M)	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Cheesy Breadsticks w/Marinara
LR-1049

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
SAUCE, SPAGHETTI, MARINARA, CUP	85.050	61.236	2.381	0.34	0	0	95.256	10.206	1.361	6.804	(M)	1.361	0.735	13.608	340.2	4.082	(M)	(M)	(M)
Breadstick, Bosco, Cheese	170.100	318.938	10.631	6.379	0	31.894	467.775	36.146	4.253	2.126	2.126	21.262	2.126	472.027	0	0	4.253	169.887	0
Sub Total	255.150	380.173	13.012	6.719	0	31.894	563.031	46.352	5.614	8.93	2.126(M)	22.623	2.861	485.635	340.2	4.082	4.253(M)	169.887(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	255.150	380.173	13.012	6.719	0	31.894	563.031	46.352	5.614	8.93	2.126(M)	22.623	2.861	485.635	340.2	4.082	4.253(M)	169.887(M)	0(M)
Per 100g	100.000	149	5.1	2.633	0	12.5	220.667	18.167	2.2	3.5	0.833(M)	8.867	1.121	190.333	133.333	1.6	1.667(M)	66.583(M)	0(M)
Per Serving	255.150	380.173	13.012	6.719	0	31.894	563.031	46.352	5.614	8.93	2.126(M)	22.623	2.861	485.635	340.2	4.082	4.253(M)	169.887(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Chef's Salad
LR101215

Recipe Code:

Allergens: Contains Egg, Milk

Tag(s): Salads and Salad Dressings
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Lettuce, Romaine	70.500	11.985	0.211	0.028	0	0	5.64	2.319	1.481	0	0	0.867	0.684	23.265	4093.93	16.92	(M)	(M)	66.7
Ham, Sliced 1/2oz.	42.525	45.563	1.519	0.38	0	22.781	265.781	1.519	0	0.759	0.759	8.353	0.38	4.48	0	0	7.229	486.106	0
Cheese, Cheddar, shredded	14.175	55.688	4.556	2.531	0	12.656	91.125	0.253	0	0	0	3.544	0	101.25	151.875	0	0.101	10.231	0
Vegetable, Tomato, raw	60.000	10.8	0.066	0.012	0	0	6.6	2.406	0.42	0	0	0.57	0.408	6.6	293.4	13.68	0	0	56.604
Vegetable, Cucumber, raw	52.000	6.783	0.05	0.018	0	0	0.904	1.641	0.226	0	0	0.294	0.127	7.235	47.478	1.266	(M)	(M)	43.061
Vegetable, Broccoli, raw	11.000	3.74	0.041	0.004	0	0	3.63	0.73	0.286	0	(M)	0.31	0.08	5.17	68.53	9.812	(M)	(M)	9.823
EGG, HARD COOKED	50.000	80	5	1.5	5	185	60	1	0	1	0	6	1	25	0	0	1	0	(M)
Sub Total	300.200	214.558	11.443	4.474	5	220.438	433.681	9.869	2.413	1.759	0.759(M)	19.938	2.678	173	4655.22	41.678	8.33(M)	496.338(M)	176.188(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	300.200	214.558	11.443	4.474	5	220.438	433.681	9.869	2.413	1.759	0.759(M)	19.938	2.678	173	4655.22	41.678	8.33(M)	496.338(M)	176.188(M)
Per 100g	100.000	71.472	3.812	1.49	1.666	73.43	144.464	3.288	0.804	0.586	0.253(M)	6.642	0.892	57.628	1550.71	13.883	2.775(M)	165.336(M)	58.69(M)
Per Serving	300.200	214.558	11.443	4.474	5	220.438	433.681	9.869	2.413	1.759	0.759(M)	19.938	2.678	173	4655.22	41.678	8.33(M)	496.338(M)	176.188(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Chicken BLT Salad
LR-1001

Recipe Code:

Allergens: Contains Milk, Wheat

Tag(s): Salads and Salad Dressings
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Lettuce, Romaine	70.500	11.985	0.211	0.028	0	0	5.64	2.319	1.481	0	0	0.867	0.684	23.265	4093.93	16.92	(M)	(M)	66.7
Chicken, Diced, cooked, fully-cooked	42.525	55.688	2.025	0.506	0	30.375	207.563	1.012	0	0	0	9.619	0.506	0	0	0	0	227.706	0
19/20 Bacon, round, fully-cooked	15.000	80	6	2	0	15	310	0	0	2	0	5	0	0	0	0	0	0	0
Cheese, Cheddar, shredded	14.175	55.688	4.556	2.531	0	12.656	91.125	0.253	0	0	0	3.544	0	101.25	151.875	0	0.101	10.231	0
Vegetable, Tomato, raw	28.350	5.103	0.031	0.006	0	0	3.119	1.137	0.198	0	0	0.269	0.193	3.119	138.631	6.464	0	0	26.745
Breadstick, (S)	36.000	110	4	1	0	0	200	17	2	2	2	3	0.72	0	0	0	(M)	(M)	(M)
Sub Total	206.550	318.463	16.824	6.071	0	58.031	817.446	21.722	3.679	4	2	22.299	2.103	127.634	4384.44	23.384	0.101(M)	237.938(M)	93.445(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	206.550	318.463	16.824	6.071	0	58.031	817.446	21.722	3.679	4	2	22.299	2.103	127.634	4384.44	23.384	0.101(M)	237.938(M)	93.445(M)
Per 100g	100.000	154.182	8.145	2.939	0	28.095	395.762	10.517	1.781	1.937	0.968	10.796	1.018	61.793	2122.7	11.321	0.049(M)	115.196(M)	45.241(M)
Per Serving	206.550	318.463	16.824	6.071	0	58.031	817.446	21.722	3.679	4	2	22.299	2.103	127.634	4384.44	23.384	0.101(M)	237.938(M)	93.445(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Chicken Egg Roll & Dumplings
LR101216

Recipe Code:

Allergens: Contains Egg, Milk, Sesame, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Egg Roll, Chicken	85.000	160	5	1	0	35	390	19	3	2	1	10	1.6	40	50	7	0	390.1	0
Vegetable, Milk DUMPLING, VEGETABLE WHOLE	70.500	120	4.5	0.375	0	0	262.5	18	0.75	1.25	0.625	3	1.425	15	0	0	0	90.005	(M)
Sub Total	155.500	280	9.5	1.375	0	35	652.5	37	3.75	3.25	1.625	13	3.025	55	50	7	0	480.105	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	155.500	280	9.5	1.375	0	35	652.5	37	3.75	3.25	1.625	13	3.025	55	50	7	0	480.105	0(M)
Per 100g	100.000	180.064	6.109	0.884	0	22.508	419.614	23.794	2.412	2.09	1.045	8.36	1.945	35.37	32.154	4.502	0	308.749	0(M)
Per Serving	155.500	280	9.5	1.375	0	35	652.5	37	3.75	3.25	1.625	13	3.025	55	50	7	0	480.105	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Chicken, Popcorn Bowl
LR100256

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Popcorn Chicken	85.000	170	6	1.5	0	25	540	16	0	2	0	14	3	50	0	0	0	268.84	0
Gravy, Country, mix	28.350	106.313	3.544	3.544	0	0	779.625	17.719	0	0	(M)	0	0	3.544	0	0	0	106.596	(M)
SEC- Mashed Potatoes	223.735	142.483	2.375	0	0	0	23.747	31.663	3.167	0	0(M)	3.167	0	0	0	3.8	0(M)	522.343(M)	0
Breadstick, (S)	36.000	110	4	1	0	0	200	17	2	2	2	3	0.72	0	0	0	(M)	(M)	(M)
Sub Total	373.085	528.795	15.919	6.044	0	25	1543.37	82.382	5.167	4	2(M)	20.167	3.72	53.544	0	3.8	0(M)	897.779(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	373.085	528.795	15.919	6.044	0	25	1543.37	82.382	5.167	4	2(M)	20.167	3.72	53.544	0	3.8	0(M)	897.779(M)	0(M)
Per 100g	100.000	141.736	4.267	1.62	0	6.701	413.678	22.081	1.385	1.072	0.536(M)	5.405	0.997	14.352	0	1.018	0(M)	240.637(M)	0(M)
Per Serving	373.085	528.795	15.919	6.044	0	25	1543.37	82.382	5.167	4	2(M)	20.167	3.72	53.544	0	3.8	0(M)	897.779(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Egg & Cheese Biscuit
LR-1277

Recipe Code:

Allergens:

Contains Egg, Milk

Tag(s): Breakfast
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Egg, Patty, 1.25oz	35.438	50.626	3.544	1.013	0	101.251	126.564	0	0	0	0	3.038	0.365	20.25	101.251	0	(M)	(M)	(M)
Cheese, American, Yellow, Slice	14.000	40	3	1.75	0	7.5	140	1	0	0	0	3.5	0	103	0	0	0	101.05	(M)
Biscuits, pre-baked	63.786	282	10.5	2.46	0	0	669	45.46	3.53	(M)	(M)	7.06	2.54	78.39	0	0	(M)	(M)	0
Sub Total	113.224	372.626	17.044	5.223	0	108.751	935.564	46.46	3.53	0(M)	0(M)	13.598	2.905	201.64	101.251	0	0(M)	101.05(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	113.224	372.626	17.044	5.223	0	108.751	935.564	46.46	3.53	0(M)	0(M)	13.598	2.905	201.64	101.251	0	0(M)	101.05(M)	0(M)
Per 100g	100.000	329.105	15.053	4.613	0	96.05	826.295	41.034	3.118	0(M)	0(M)	12.009	2.565	178.09	89.426	0	0(M)	89.248(M)	0(M)
Per Serving	113.224	372.626	17.044	5.223	0	108.751	935.564	46.46	3.53	0(M)	0(M)	13.598	2.905	201.64	101.251	0	0(M)	101.05(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Egg & Cheese Waffle Sandwich
LR101000

Recipe Code:

Allergens: Contains Egg, Milk, Soy, Wheat

Tag(s): Breakfast
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Egg, Patty, 1.25oz	35.438	50.626	3.544	1.013	0	101.251	126.564	0	0	0	0	3.038	0.365	20.25	101.251	0	(M)	(M)	(M)
Cheese, American, Yellow, Cheddar	14.000	40	3	1.75	0	7.5	140	1	0	0	0	3.5	0	103	0	0	0	101.05	(M)
WAFFLES, MAPLE	40.000	100	3.5	0.5	0	5	170	15	1	5	4	2	0.7	20	0	0	0.2	49.82	(M)
Sub Total	89.438	190.626	10.044	3.263	0	113.751	436.564	16	1	5	4	8.538	1.065	143.25	101.251	0	0.2(M)	150.87(M)	(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	89.438	190.626	10.044	3.263	0	113.751	436.564	16	1	5	4	8.538	1.065	143.25	101.251	0	0.2(M)	150.87(M)	(M)
Per 100g	100.000	213.137	11.23	3.648	0	127.185	488.119	17.889	1.118	5.59	4.472	9.546	1.19	160.167	113.209	0	0.224(M)	168.687(M)	(M)
Per Serving	89.438	190.626	10.044	3.263	0	113.751	436.564	16	1	5	4	8.538	1.065	143.25	101.251	0	0.2(M)	150.87(M)	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Frenchbread w/Marinara Sauce
LR-1048

Recipe Code:

Allergens: Contains Gluten, Milk, Soy, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Pizza, Garlic & Cheese French	121.622	338.945	15.95	7.975	0	39.876	548.294	28.91	1.994	2.991	0.997	18.941	2.293	348.914	(M)	(M)	0	159.304	(M)
SAUCE, SPAGHETTI, MARINARA, CUP	85.050	61.236	2.381	0.34	0	0	95.256	10.206	1.361	6.804	(M)	1.361	0.735	13.608	340.2	4.082	(M)	(M)	(M)
Sub Total	206.672	400.181	18.331	8.315	0	39.876	643.55	39.116	3.355	9.795	0.997(M)	20.302	3.028	362.522	340.2(M)	4.082(M)	0(M)	159.304(M)	(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	206.672	400.181	18.331	8.315	0	39.876	643.55	39.116	3.355	9.795	0.997(M)	20.302	3.028	362.522	340.2(M)	4.082(M)	0(M)	159.304(M)	(M)
Per 100g	100.000	193.632	8.87	4.023	0	19.294	311.388	18.927	1.623	4.739	0.482(M)	9.823	1.465	175.41	164.609(M)	1.975(M)	0(M)	77.081(M)	(M)
Per Serving	206.672	400.181	18.331	8.315	0	39.876	643.55	39.116	3.355	9.795	0.997(M)	20.302	3.028	362.522	340.2(M)	4.082(M)	0(M)	159.304(M)	(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Ham, Egg & Cheese Biscuit
LR-1131

Recipe Code:

Allergens: Contains Egg, Milk, Soy, Wheat

Tag(s): Breakfast
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Ham, Sliced 1/2oz.	14.175	15.188	0.506	0.127	0	7.594	88.594	0.506	0	0.253	0.253	2.784	0.127	1.493	0	0	2.41	162.035	0
Cheese, American, Yellow Cheddar	14.175	40.5	3.038	1.772	0	7.594	141.75	1.012	0	0	0	3.544	0	104.287	0	0	0	102.313	(M)
Biscuit, Baked, pre-sliced	57.000	169.219	5.344	1.781	0	0	285	26.719	1.781	5.344	4.453	3.563	1.781	207.516	0	0	0	102.555	0
Egg, Patty, 1.25oz	35.438	50.626	3.544	1.013	0	101.251	126.564	0	0	0	0	3.038	0.365	20.25	101.251	0	(M)	(M)	(M)
Sub Total	120.788	275.532	12.431	4.692	0	116.439	641.908	28.238	1.781	5.597	4.706	12.928	2.272	333.547	101.251	0	2.41(M)	366.904(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	120.788	275.532	12.431	4.692	0	116.439	641.908	28.238	1.781	5.597	4.706	12.928	2.272	333.547	101.251	0	2.41(M)	366.904(M)	0(M)
Per 100g	100.000	228.112	10.292	3.885	0	96.399	531.434	23.378	1.475	4.634	3.896	10.703	1.881	276.142	83.826	0	1.995(M)	303.759(M)	0(M)
Per Serving	120.788	275.532	12.431	4.692	0	116.439	641.908	28.238	1.781	5.597	4.706	12.928	2.272	333.547	101.251	0	2.41(M)	366.904(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Hamburger on bun
LR-1038

Recipe Code:

Allergens: Contains Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Bun, Hamburger	59.000	150	1.5	0	0	0	310	28	3	4	4	6	1.8	50	0	0	0	109.98	0
Beef, Patty, All Beef, 2.0oz	56.000	170	14	6	0	40	85	0	0	0	0	10	1.08	0	0	0	0	0	0
Sub Total	115.000	320	15.5	6	0	40	395	28	3	4	4	16	2.88	50	0	0	0	109.98	0
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	115.000	320	15.5	6	0	40	395	28	3	4	4	16	2.88	50	0	0	0	109.98	0
Per 100g	100.000	278.261	13.478	5.217	0	34.783	343.478	24.348	2.609	3.478	3.478	13.913	2.504	43.478	0	0	0	95.635	0
Per Serving	115.000	320	15.5	6	0	40	395	28	3	4	4	16	2.88	50	0	0	0	109.98	0

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Nacho Grande
LR-1047

Recipe Code:

Allergens: Contains Milk, Soy

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Chips, Tortilla	56.700	283.5	13.23	0.945	0	0	9.45	39.69	3.78	0	(M)	3.78	0.68	37.8	0	0	(M)	(M)	(M)
Beef, Crumbles, Fully Cooked	42.525	98.609	7.396	2.773	0	25.885	106.004	0.616	0.616	0	(M)	8.012	1.233	16.024	0	0	(M)	(M)	(M)
Sauce, Jalapeno/Nacho	62.000	135.783	10.815	5.888	0	31.242	497.471	2.403	0	1.202	0	7.21	0	245.131	467.43	0	0	333.774	0
Sub Total	161.225	517.892	31.44	9.606	0	57.127	612.925	42.71	4.396	1.202	0(M)	19.002	1.913	298.954	467.43	0	0(M)	333.774(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	161.225	517.892	31.44	9.606	0	57.127	612.925	42.71	4.396	1.202	0(M)	19.002	1.913	298.954	467.43	0	0(M)	333.774(M)	0(M)
Per 100g	100.000	321.223	19.501	5.958	0	35.433	380.168	26.491	2.727	0.745	0(M)	11.786	1.187	185.427	289.924	0	0(M)	207.024(M)	0(M)
Per Serving	161.225	517.892	31.44	9.606	0	57.127	612.925	42.71	4.396	1.202	0(M)	19.002	1.913	298.954	467.43	0	0(M)	333.774(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Sausage & Cheese Biscuit
LR-1130

Recipe Code:

Allergens:

Contains Milk

Tag(s): Breakfast
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Cheese, American, Yellow, Slice	14.175	40.5	3.038	1.772	0	7.594	141.75	1.012	0	0	0	3.544	0	104.287	0	0	0	102.313	(M)
Biscuits, pre-baked	63.786	282	10.5	2.46	0	0	669	45.46	3.53	(M)	(M)	7.06	2.54	78.39	0	0	(M)	(M)	0
Sausage, Patty, Pork	42.000	180	17	6	0	30	130	1	0	0	0	5	2	0	0	0	0	0	0
Sub Total	119.961	502.5	30.538	10.232	0	37.594	940.75	47.473	3.53	0(M)	0(M)	15.604	4.54	182.678	0	0	0(M)	102.313(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	119.961	502.5	30.538	10.232	0	37.594	940.75	47.473	3.53	0(M)	0(M)	15.604	4.54	182.678	0	0	0(M)	102.313(M)	0(M)
Per 100g	100.000	418.886	25.456	8.529	0	31.338	784.213	39.573	2.943	0(M)	0(M)	13.007	3.785	152.281	0	0	0(M)	85.289(M)	0(M)
Per Serving	119.961	502.5	30.538	10.232	0	37.594	940.75	47.473	3.53	0(M)	0(M)	15.604	4.54	182.678	0	0	0(M)	102.313(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Sausage & Cheese Waffle Sandwich
LR100999

Recipe Code:

Allergens:

Contains Egg, Milk, Soy, Wheat

Tag(s): Breakfast
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
WAFFLES, MAPLE	40.000	100	3.5	0.5	0	5	170	15	1	5	4	2	0.7	20	0	0	0.2	49.82	(M)
CHEESE, AMERICAN, Sliced	14.175	40.5	3.038	1.772	0	7.594	141.75	1.012	0	0	0	3.544	0	104.287	0	0	0	102.313	(M)
SAUSAGE, PATTY, PORK	42.000	180	17	6	0	30	130	1	0	0	0	5	2	0	0	0	0	0	0
Sub Total	96.175	320.5	23.538	8.272	0	42.594	441.75	17.012	1	5	4	10.544	2.7	124.287	0	0	0.2	152.133	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	96.175	320.5	23.538	8.272	0	42.594	441.75	17.012	1	5	4	10.544	2.7	124.287	0	0	0.2	152.133	0(M)
Per 100g	100.000	333.247	24.474	8.601	0	44.288	459.319	17.689	1.04	5.199	4.159	10.963	2.807	129.231	0	0	0.208	158.184	0(M)
Per Serving	96.175	320.5	23.538	8.272	0	42.594	441.75	17.012	1	5	4	10.544	2.7	124.287	0	0	0.2	152.133	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Spicy Chicken Salad
LR-1053

Recipe Code:

Allergens: Contains Egg, Milk, Soy, Wheat

Tag(s): Salads and Salad Dressings
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Tomato, diced	30.000	5.4	0.033	0.006	0	0	3.3	1.203	0.21	0	0	0.285	0.204	3.3	146.7	6.84	0	0	28.302
Cheese, Cheddar, shredded	14.175	55.688	4.556	2.531	0	12.656	91.125	0.253	0	0	0	3.544	0	101.25	151.875	0	0.101	10.231	0
Vegetable, Lettuce, Romaine	70.500	11.985	0.211	0.028	0	0	5.64	2.319	1.481	0	0	0.867	0.684	23.265	4093.93	16.92	(M)	(M)	66.7
Chicken, Strips, Hot & Spicy	115.000	327.155	17.845	2.974	0	74.353	535.345	11.897	1.487	2.974	(M)	29.741	2.141	0	0	0	(M)	(M)	(M)
Breadstick, (S)	36.000	110	4	1	0	0	200	17	2	2	2	3	0.72	0	0	0	(M)	(M)	(M)
PC, Ranch Dressing	56.700	260	26	4	0	10	460	2	0	2	0	2	0	0	0	0	(M)	(M)	(M)
Sub Total	322.375	770.228	52.646	10.54	0	97.01	1295.41	34.672	5.178	6.974	2(M)	39.437	3.749	127.815	4392.51	23.76	0.101(M)	10.231(M)	95.002(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	322.375	770.228	52.646	10.54	0	97.01	1295.41	34.672	5.178	6.974	2(M)	39.437	3.749	127.815	4392.51	23.76	0.101(M)	10.231(M)	95.002(M)
Per 100g	100.000	238.923	16.331	3.269	0	30.092	401.833	10.755	1.606	2.163	0.62(M)	12.233	1.163	39.648	1362.55	7.37	0.031(M)	3.174(M)	29.469(M)
Per Serving	322.375	770.228	52.646	10.54	0	97.01	1295.41	34.672	5.178	6.974	2(M)	39.437	3.749	127.815	4392.51	23.76	0.101(M)	10.231(M)	95.002(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Sub Sandwich, Club
LR-1251

Recipe Code:

Allergens: Contains Gluten, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Bread, Sub, Hoagie roll	80.000	160	0	0	0	0	210	29	2	3	3	7	1.8	40	0	0	(M)	(M)	(M)
Ham, Sliced 1/2oz.	28.350	30.375	1.012	0.253	0	15.188	177.188	1.012	0	0.506	0.506	5.569	0.253	2.987	0	0	4.819	324.071	0
Turkey, Sliced 1/2oz	28.350	29.842	0.746	0	0	0.302	164.132	0.497	0	0	(M)	5.471	0.716	0	0	0	(M)	(M)	(M)
Vegetable, Lettuce, Green leaf	2.400	0.36	0.004	0	0	0	0.672	0.067	0.031	0	(M)	0.033	0.021	0.864	177.72	0.432	(M)	(M)	2.282
Sub Total	139.100	220.577	1.762	0.254	0	15.49	551.991	30.577	2.031	3.506	3.506(M)	18.072	2.79	43.851	177.72	0.432	4.819(M)	324.071(M)	2.282(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	139.100	220.577	1.762	0.254	0	15.49	551.991	30.577	2.031	3.506	3.506(M)	18.072	2.79	43.851	177.72	0.432	4.819(M)	324.071(M)	2.282(M)
Per 100g	100.000	158.574	1.267	0.182	0	11.136	396.83	21.982	1.46	2.521	2.521(M)	12.992	2.006	31.525	127.764	0.311	3.465(M)	232.977(M)	1.64(M)
Per Serving	139.100	220.577	1.762	0.254	0	15.49	551.991	30.577	2.031	3.506	3.506(M)	18.072	2.79	43.851	177.72	0.432	4.819(M)	324.071(M)	2.282(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Sub Sandwich, Egg Salad
LR100281

Recipe Code:

Allergens:
Contains Egg, Gluten, Wheat

Number of Servings: 8.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Eggs, Frozen, Diced	680.400	1080	72	24	0	2880	1680	24	0	0	(M)	72	8.64	480	4800	0	(M)	(M)	(M)
Mayonnaise, Bulk	170.097	396.893	39.689	5.67	0	113.398	1133.98	147.417	0	0	(M)	0	0	0	0	0	(M)	(M)	(M)
PC, Mustard 5.5g	16.500	0	0	0	0	0	195	0	0	0	(M)	0	0	0	0	3.6	(M)	(M)	(M)
Vegetable, Onion, Red or Yellow, raw	20.000	8	0.02	0.008	0	0	0.8	1.868	0.34	(M)	(M)	0.22	0.042	4.6	0.4	1.48	(M)	(M)	17.822
Bread, Sub, Hoagie roll	640.000	1280	0	0	0	0	1680	232	16	24	24	56	14.4	320	0	0	(M)	(M)	(M)
Pickle, Spears	3.333	0.139	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0
Sub Total	1,530.330	2765.03	111.709	29.678	0	2993.4	4699.78	405.285	16.34	24(M)	24(M)	128.22	23.082	804.6	4800.4	5.08	0(M)	0(M)	17.822(M)
Fat/Waste/Moist Chgs	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	1,530.330	2765.03	111.709	29.678	0	2993.4	4699.78	405.285	16.34	24(M)	24(M)	128.22	23.082	804.6	4800.4	5.08	0(M)	0(M)	17.822(M)
Per 100g	100.000	180.682	7.3	1.939	0	195.605	307.109	26.484	1.068	1.568(M)	1.568(M)	8.379	1.508	52.577	313.684	0.332	0(M)	0(M)	1.165(M)
Per Serving	191.291	345.629	13.964	3.71	0	374.175	587.472	50.661	2.042	3(M)	3(M)	16.027	2.885	100.575	600.05	0.635	0(M)	0(M)	2.228(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Sub Sandwich, Ham
LR-1226

Recipe Code:

Allergens: Contains Gluten, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
22 Ham, Sliced	56.700	60.75	2.025	0.506	0	30.375	313.875	2.025	0	1.012	1.012	11.138	0.506	5.974	0	0	9.639	648.142	0
Bread, Sub, Hoagie	80.000	160	0	0	0	0	210	29	2	3	3	7	1.8	40	0	0	(M)	(M)	(M)
Vegetable, Lettuce, Green leaf	2.400	0.36	0.004	0	0	0	0.672	0.067	0.031	0	(M)	0.033	0.021	0.864	177.72	0.432	(M)	(M)	2.282
Sub Total	139.100	221.11	2.029	0.507	0	30.375	524.547	31.092	2.031	4.013	4.013(M)	18.17	2.327	46.838	177.72	0.432	9.639(M)	648.142(M)	2.282(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	139.100	221.11	2.029	0.507	0	30.375	524.547	31.092	2.031	4.013	4.013(M)	18.17	2.327	46.838	177.72	0.432	9.639(M)	648.142(M)	2.282(M)
Per 100g	100.000	158.958	1.458	0.364	0	21.837	377.101	22.352	1.46	2.885	2.885(M)	13.063	1.673	33.672	127.764	0.311	6.93(M)	465.954(M)	1.64(M)
Per Serving	139.100	221.11	2.029	0.507	0	30.375	524.547	31.092	2.031	4.013	4.013(M)	18.17	2.327	46.838	177.72	0.432	9.639(M)	648.142(M)	2.282(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Sub Sandwich, Turkey
LR-1225

Recipe Code:

Allergens: Contains Gluten, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Bread, Sub, Hoagie roll	80.000	160	0	0	0	0	210	29	2	3	3	7	1.8	40	0	0	(M)	(M)	(M)
TURKEY,SLICED, USDA	78.400	85	1.69	0	0	34	780	1.69	0	0	0	17	0.61	0	0	0	0	0	0
Vegetable, Lettuce, Green leaf	2.400	0.36	0.004	0	0	0	0.672	0.067	0.031	0	(M)	0.033	0.021	0.864	177.72	0.432	(M)	(M)	2.282
Sub Total	160.800	245.36	1.694	0	0	34	990.672	30.757	2.031	3	3(M)	24.033	2.431	40.864	177.72	0.432	0(M)	0(M)	2.282(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	160.800	245.36	1.694	0	0	34	990.672	30.757	2.031	3	3(M)	24.033	2.431	40.864	177.72	0.432	0(M)	0(M)	2.282(M)
Per 100g	100.000	152.587	1.053	0	0	21.144	616.09	19.127	1.263	1.866	1.866(M)	14.946	1.512	25.413	110.522	0.269	0(M)	0(M)	1.419(M)
Per Serving	160.800	245.36	1.694	0	0	34	990.672	30.757	2.031	3	3(M)	24.033	2.431	40.864	177.72	0.432	0(M)	0(M)	2.282(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Taco Salad
LR-1248

Recipe Code:

Allergens: Contains Gluten, Milk, Soy, Wheat

Tag(s): Salads and Salad Dressings
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Tortilla, Whole Wheat, 10"	68.000	200	4	1	0	0	500	36	3	0	(M)	6	1.8	150	0	0	(M)	(M)	(M)
Vegetable, Lettuce, Romaine	70.500	11.985	0.211	0.028	0	0	5.64	2.319	1.481	0	0	0.867	0.684	23.265	4093.93	16.92	(M)	(M)	66.7
SEC, Taco Meat, 1 Cal. Per 100g	42.525	208.118	11.269	4.226	0	39.443	1550.1	12.511	3.253	0	0(M)	14.523	3.961	24.418	867.857	0	(M)	(M)	0(M)
Vegetable, Tomato, raw	60.000	10.8	0.066	0.012	0	0	6.6	2.406	0.42	0	0	0.57	0.408	6.6	293.4	13.68	0	0	56.604
Cheese, Cheddar, shredded	28.350	111.375	9.113	5.063	0	25.313	182.25	0.506	0	0	0	7.088	0	202.5	303.75	0	0.203	20.463	0
Olives, Black	8.009	12.5	1.25	0	0	0	62.5	0.5	0	0	(M)	0	0	0	0	0	(M)	(M)	(M)
Sub Total	277.384	554.778	25.91	10.329	0	64.756	2307.09	54.242	8.154	0	0(M)	29.048	6.853	406.783	5558.94	30.6	0.203(M)	20.463(M)	123.304(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	277.384	554.778	25.91	10.329	0	64.756	2307.09	54.242	8.154	0	0(M)	29.048	6.853	406.783	5558.94	30.6	0.203(M)	20.463(M)	123.304(M)
Per 100g	100.000	200.004	9.341	3.724	0	23.345	831.734	19.555	2.94	0	0(M)	10.472	2.47	146.65	2004.06	11.032	0.073(M)	7.377(M)	44.453(M)
Per Serving	277.384	554.778	25.91	10.329	0	64.756	2307.09	54.242	8.154	0	0(M)	29.048	6.853	406.783	5558.94	30.6	0.203(M)	20.463(M)	123.304(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Wrap, Ham
LR-1254

Recipe Code:

Allergens: Contains Gluten, Milk, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Ham, Sliced 1/2oz.	56.700	60.75	2.025	0.506	0	30.375	354.375	2.025	0	1.012	1.012	11.138	0.506	5.974	0	0	9.639	648.142	0
Cheese, American, Yellow Cheddar	14.175	40.5	3.038	1.772	0	7.594	141.75	1.012	0	0	0	3.544	0	104.287	0	0	0	102.313	(M)
Vegetable, Lettuce, Green Leaf	24.000	3.6	0.036	0.005	0	0	6.72	0.67	0.312	0	(M)	0.326	0.206	8.64	1777.2	4.32	(M)	(M)	22.817
Tortilla, Whole Wheat 10"	68.000	200	4	1	0	0	500	36	3	0	(M)	6	1.8	150	0	0	(M)	(M)	(M)
Sub Total	162.875	304.85	9.098	3.283	0	37.969	1002.85	39.707	3.312	1.012	1.012(M)	21.008	2.513	268.901	1777.2	4.32	9.639(M)	750.455(M)	22.817(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	162.875	304.85	9.098	3.283	0	37.969	1002.85	39.707	3.312	1.012	1.012(M)	21.008	2.513	268.901	1777.2	4.32	9.639(M)	750.455(M)	22.817(M)
Per 100g	100.000	187.168	5.586	2.016	0	23.312	615.715	24.379	2.033	0.622	0.622(M)	12.898	1.543	165.097	1091.14	2.652	5.918(M)	460.755(M)	14.009(M)
Per Serving	162.875	304.85	9.098	3.283	0	37.969	1002.85	39.707	3.312	1.012	1.012(M)	21.008	2.513	268.901	1777.2	4.32	9.639(M)	750.455(M)	22.817(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC- Wrap, Turkey
LR-1253

Recipe Code:

Allergens: Contains Gluten, Milk, Wheat

Tag(s): Main Dishes
Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Turkey, Sliced 1/2 lb	56.700	59.684	1.492	0	0	0.605	328.263	0.995	0	0	(M)	10.942	1.432	0	0	0	(M)	(M)	(M)
Cheese, American, Yellow Cheddar	14.175	40.5	3.038	1.772	0	7.594	141.75	1.012	0	0	0	3.544	0	104.287	0	0	0	102.313	(M)
Vegetable, Lettuce, Green Leaf	24.000	3.6	0.036	0.005	0	0	6.72	0.67	0.312	0	(M)	0.326	0.206	8.64	1777.2	4.32	(M)	(M)	22.817
Tortilla, Whole Wheat, 10"	68.000	200	4	1	0	0	500	36	3	0	(M)	6	1.8	150	0	0	(M)	(M)	(M)
Sub Total	162.875	303.784	8.566	2.777	0	8.199	976.733	38.677	3.312	0	0(M)	20.812	3.439	262.928	1777.2	4.32	0(M)	102.313(M)	22.817(M)
Fat/Waste/Moist Cheese	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	162.875	303.784	8.566	2.777	0	8.199	976.733	38.677	3.312	0	0(M)	20.812	3.439	262.928	1777.2	4.32	0(M)	102.313(M)	22.817(M)
Per 100g	100.000	186.514	5.259	1.705	0	5.034	599.683	23.746	2.033	0	0(M)	12.778	2.111	161.429	1091.14	2.652	0(M)	62.817(M)	14.009(M)
Per Serving	162.875	303.784	8.566	2.777	0	8.199	976.733	38.677	3.312	0	0(M)	20.812	3.439	262.928	1777.2	4.32	0(M)	102.313(M)	22.817(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC-Breadstick, Bosco, Cheese w/ Marinara
LR100309

Recipe Code:

Allergens: Contains Milk, Soy, Wheat

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Breadstick, Bosco, Cheese	122.000	228.75	7.625	4.575	0	22.875	335.5	25.925	3.05	1.525	1.525	15.25	1.525	338.55	0	0	3.05	121.847	0
SAUCE, SPAGHETTI, MARINARA, CUP	85.050	61.236	2.381	0.34	0	0	95.256	10.206	1.361	6.804	(M)	1.361	0.735	13.608	340.2	4.082	(M)	(M)	(M)
Sub Total	207.050	289.986	10.006	4.915	0	22.875	430.756	36.131	4.411	8.329	1.525(M)	16.611	2.26	352.158	340.2	4.082	3.05(M)	121.847(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	207.050	289.986	10.006	4.915	0	22.875	430.756	36.131	4.411	8.329	1.525(M)	16.611	2.26	352.158	340.2	4.082	3.05(M)	121.847(M)	0(M)
Per 100g	100.000	140.056	4.833	2.374	0	11.048	208.044	17.45	2.13	4.023	0.737(M)	8.023	1.092	170.084	164.308	1.972	1.473(M)	58.849(M)	0(M)
Per Serving	207.050	289.986	10.006	4.915	0	22.875	430.756	36.131	4.411	8.329	1.525(M)	16.611	2.26	352.158	340.2	4.082	3.05(M)	121.847(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC-Scrambled Eggs W/ Potato Wedges
LR101116

Recipe Code:

Allergens: Contains Egg, Milk
May contain Soy

Number of Servings: 1.000 Serving Size: 1 Each
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
EGG, SCRAMBLED, USDA	56.700	90	6	2	0	190	260	2	0	0	0	6	0	20	0	0	1.2	0	0
Potato, Wedges, Canned	56.700	81	2.7	0.338	0	0	81	12.825	1.35	0	(M)	1.35	0.338	0	0	0.81	(M)	310.588	(M)
Cheese, Cheddar, Cheddar, USDA	5.625	22.421	1.786	1.19	0	5.952	35.714	0	0	0	(M)	1.389	0.065	141.27	241.667	0	(M)	(M)	(M)
Sub Total	119.025	193.421	10.486	3.528	0	195.952	376.714	14.825	1.35	0	0(M)	8.739	0.403	161.27	241.667	0.81	1.2(M)	310.588(M)	0(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	119.025	193.421	10.486	3.528	0	195.952	376.714	14.825	1.35	0	0(M)	8.739	0.403	161.27	241.667	0.81	1.2(M)	310.588(M)	0(M)
Per 100g	100.000	162.504	8.81	2.964	0	164.631	316.5	12.455	1.134	0	0(M)	7.342	0.339	135.492	203.039	0.681	1.008(M)	260.943(M)	0(M)
Per Serving	119.025	193.421	10.486	3.528	0	195.952	376.714	14.825	1.35	0	0(M)	8.739	0.403	161.27	241.667	0.81	1.2(M)	310.588(M)	0(M)

(M) Indicates missing nutrient values.

Recipe

Recipe Name: SEC-Tomato & Cucumber Salad
LR100084

Recipe Code:

Allergens:

Contains Milk

Number of Servings: 25.000 Serving Size: 1/2 Cup
Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Vegetable, Tomato, raw	680.400	122.472	0.748	0.136	0	0	74.844	27.284	4.763	0	0	6.464	4.627	74.844	3327.16	155.131	0	0	641.889
Vegetable, Cucumber, raw	907.200	118.33	0.868	0.316	0	0	15.777	28.636	3.944	0	0	5.128	2.209	126.219	828.313	22.088	(M)	(M)	751.24
PC, Lt. Italian Dressing, 1.5oz	340.200	237.349	0	0	0	0	4746.98	47.47	0	47.47	(M)	0	0	0	0	0	(M)	(M)	(M)
Cheese, Parmesan, grated	15.000	60	4.5	3	0	0	315	0	0	0	0	6	0	180	0	0	(M)	(M)	(M)
Sub Total	1,942.800	538.151	6.116	3.452	0	0	5152.6	103.39	8.707	47.47	0(M)	17.591	6.836	381.063	4155.47	177.22	0(M)	0(M)	1393.13(M)
Fat/Waste/Moist	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	1,942.800	538.151	6.116	3.452	0	0	5152.6	103.39	8.707	47.47	0(M)	17.591	6.836	381.063	4155.47	177.22	0(M)	0(M)	1393.13(M)
Per 100g	100.000	27.7	0.315	0.178	0	0	265.215	5.322	0.448	2.443	0(M)	0.905	0.352	19.614	213.891	9.122	0(M)	0(M)	71.707(M)
Per Serving	77.712	21.526	0.245	0.138	0	0	206.104	4.136	0.348	1.899	0(M)	0.704	0.273	15.243	166.219	7.089	0(M)	0(M)	55.725(M)

(M) Indicates missing nutrient values.