

BREAD/ROLLS/STARCH

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000299 - Biscuit Dough 2.1oz	170	7.00	4.50	0.00	0.00	380.00	23.00	3.00	2.00	4.00
000459 - Biscuit, Dough, 2.5 oz WG	210	9.00	4.50	0.00	0.00	290.00	28.00	2.00	3.00	5.00
000196 - Bread, WG Slice	80	1.00	0.00	0.00	0.00	135.00	16.00	2.00	2.00	3.00
000123 - Bread, WG, 2 slices	160	2.00	0.00	0.00	0.00	270.00	32.00	4.00	4.00	6.00
001040 - Breadstick, Bake Crafters	80	1.50	0.00	0.00	0.00	65.00	14.00	1.00	1.00	2.00
000357 - Bun, Coney, 2 oz	150	2.00	0.00	0.00	0.00	180.00	28.00	2.00	4.00	5.00
000717 - Bun, Hamburger, 3.5"	110	1.50	0.00	0.00	0.00	190.00	20.00	2.00	3.00	4.00
000358 - Bun, Hamburger, 4"	150	2.00	0.00	0.00	0.00	180.00	28.00	2.00	4.00	5.00
000940 - Bun, Sub, 5"	160	2.50	0.50	0.00	0.00	190.00	29.00	2.00	4.00	5.00
001092 - Cheez-Its	100	3.50	1.00	0.00	5.00	150.01	14.00	1.00	0.00	2.00
000556 - Crackers, Goldfish, Cheddar	100	3.50	0.50	0.00	0.00	170.00	14.00	1.00	0.00	2.00
000075 - Crackers, Goldfish, Graham	120	4.00	1.00	0.00	0.00	150.00	19.00	1.00	6.00	2.00
000964 - Crackers, Graham 2 ct	60	1.50	0.00	0.00	0.00	70.00	11.00	0.00	4.00	0.00
000967 - Crackers, Graham 3 ct	90	2.00	0.00	0.00	0.00	105.00	16.00	1.00	5.00	1.00
000660 - Crackers, Saltine - 4-2ct pac	100	2.00	0.00	0.00	0.00	360.00	20.00	0.00	0.00	0.00
000491 - Crackers, Saltine, 2ct pk	25	0.50	0.00	0.00	0.00	90.00	5.00	0.00	0.00	0.00
000455 - Pancakes, 2 each	160	3.00	0.00	0.00	10.00	180.00	30.00	2.00	10.00	4.00
001106 - Penne Pasta, 1/2 cup	95	0.50	0.00	0.00	0.00	0.00	20.50	2.00	1.00	3.50
000753 - Rice, Brown WG, 1 cup, UB	170	1.50	0.00	0.00	0.00	0.00	36.00	2.00	0.00	4.00
001037 - Roll, Dinner AM	70	1.00	0.00	0.00	0.00	110.00	12.00	1.00	2.00	3.00
000951 - Roll, WG 1.25 oz	80	1.50	0.00	0.00	0.00	70.00	14.00	2.00	2.00	3.00
000917 - Roll, WG 2.5 oz Rich	160	3.00	0.50	0.00	0.00	135.00	30.00	3.00	4.00	7.00
000870 - Roll, WG, 2.1 oz Rich	110	2.50	0.50	0.00	0.00	170.00	19.00	4.00	0.00	5.00
001088 - Rotini Noodles, 1/2 cup	95	0.50	0.00	0.00	0.00	0.00	20.50	2.00	1.00	3.50
000302 - Tortilla Chips, 1oz	120	4.50	0.50	0.00	0.00	75.00	20.00	2.00	0.00	2.00
000235 - Tortilla, Flour, 6"	90	2.50	1.50	0.00	0.00	75.00	15.00	2.00	1.00	2.00

BREAKFAST

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000983 - Apple Crunch Bar	260	8.00	2.00	0.00	0.00	90.00	42.00	2.00	16.00	4.00
001105 - Apple Strudel	210	6.00	1.00	0.00	0.00	250.00	36.00	2.00	10.00	4.00
001043 - Biscuit & Gravy	344	18.00	10.90	0.00	25.00	830.00	33.00	2.00	4.00	11.00
000639 - Biscuit, Sausage	270	12.00	5.50	0.00	40.00	570.00	26.00	2.00	3.00	15.00
001031 - Bread, Banana	260	8.00	1.50	0.00	0.00	240.00	45.00	2.00	24.00	5.00
000104 - Breakfast Round	270	8.00	3.00	0.00	0.00	180.00	44.00	6.00	18.00	5.00
001053 - Cereal, Apple Jacks WG RS,	100	0.50	0.00	0.00	0.00	160.00	24.00	2.00	8.00	2.00
000709 - Cereal, Cheerios, Bowl	100	0.00	0.00	0.00	0.00	140.00	20.00	3.00	1.00	3.00
000849 - Cereal, Cheerios,Fruity, Bowl	120	1.50	0.00	0.00	0.00	140.00	25.00	2.00	9.00	2.00
001057 - Cereal, Cherrios Honey Nut	110	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00
000712 - Cereal, Cinn Toast, Bowl	110	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00
001055 - Cereal, CoCoa Puffs WG RS	120	1.50	0.00	0.00	0.00	125.00	25.00	2.00	8.00	2.00
000711 - Cereal, Fruit Loops, WG,1oz	100	0.50	0.00	0.00	0.00	170.00	24.00	2.00	8.00	2.00
000129 - Cereal, Lucky Charms, Bowl	110	1.00	0.00	0.00	0.00	180.00	23.00	2.00	10.00	2.00
000127 - Cereal, Mini Wheat, Bowl	100	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00

Legend: *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
001066 - Cereal, Reese's Puffs	120	3.00	0.50	0.00	0.00	160.00	21.00	1.00	9.00	2.00
000929 - Cereal, Rice Krispies, Bowl	70	0.00	0.00	0.00	0.00	90.00	16.00	0.00	2.00	1.00
001100 - Cherry Strudel	210	6.00	1.00	0.00	0.00	260.00	36.00	2.00	11.00	4.00
000818 - Cinn Roll, Rich's w/ Icing	210	2.63	0.86	0.00	5.07	151.96	43.50	3.00	10.80	5.04
001121 - Cinnamon Crumb Cake	250	7.00	1.00	0.00	20.00	190.00	43.00	2.00	22.00	4.00
001126 - Cinnamon French Toast Cra	210	7.00	2.00	0.00	0.00	170.00	38.00	2.00	13.00	3.00
001120 - Cinnamon Pull Apart	230	7.00	1.50	0.00	0.00	280.00	41.00	3.00	14.00	5.00
001076 - Cinnamon Roll, Homemade	271	6.29	1.37	*0.00*	13.18	100.45	47.16	1.86	9.29	6.43
000925 - Donut Holes, Rich's	323	15.63	7.01	0.00	0.00	312.59	42.44	2.66	18.02	4.83
001091 - Donut Pull Apart	240	11.00	4.50	0.00	0.00	300.00	31.00	2.00	8.00	4.00
000021 - Donut, Glazed, SupBak	230	11.00	4.00	0.00	0.00	260.00	29.00	2.00	6.00	5.00
000998 - Egg & Cheese Sandwich	233	10.51	5.63	0.00	78.80	485.94	26.51	2.00	3.25	8.77
000996 - Eggo, Mini Cinn Waffles	190	5.00	1.50	0.00	0.00	210.00	34.00	4.00	8.00	4.00
000997 - Eggo, Mini Confetti Pancakes	210	7.00	1.00	0.00	10.00	210.00	36.00	4.00	11.00	4.00
001093 - Eggo, Mini French Toast Cho	200	5.00	1.50	0.00	0.00	210.00	37.00	6.00	11.00	5.00
001127 - Eggo, Mini Fruit Loop Waffle	180	6.00	1.50	0.00	0.00	210.00	32.00	3.00	5.00	4.00
000926 - Glaze, Powdered Sugar	75	0.06	0.04	*0.00*	0.35	3.19	18.96	0.00	18.60	0.19
900006 - GRANOLA	95	0.73	0.13	*0.00*	0.00	49.73	21.18	1.44	*13.35*	1.95
001017 - Granola/Oatmeal Bar CC	140	4.50	1.00	0.00	5.00	75.00	23.00	1.00	9.00	2.00
000463 - Muffin, Blueberry 2 oz	170	6.00	1.00	0.00	10.00	120.00	27.00	1.00	14.00	2.00
000878 - Muffin, Choc 2 oz	200	8.00	1.50	0.00	10.00	125.00	29.00	2.00	14.00	3.00
000047 - Pancake Wrap, WG	200	10.00	2.50	0.00	25.00	310.00	17.00	3.00	4.00	7.00
000993 - Pancakes, Cinnamon	210	6.00	1.00	0.00	5.00	300.00	36.00	3.00	11.00	4.00
000636 - Pizza, Brkst, WG, saus & gra	210	7.00	2.00	0.00	15.00	330.00	25.00	3.00	5.00	10.00
001124 - Pop-Tart Whole Grain	170	2.50	1.00	0.00	0.00	115.00	36.00	3.00	14.00	2.00
001097 - Strawberry Boli	240	5.00	2.50	0.00	0.00	270.00	41.00	0.00	14.00	5.00
000596 - Toast w/ Marg	100	3.33	0.00	0.00	0.00	166.67	16.00	2.00	2.00	3.00
001044 - Uncrustable, PButter & Jelly	300	16.00	3.50	0.00	0.00	280.00	32.00	4.00	15.00	9.00

DESSERTS

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000888 - Cookie, Carnival	170	6.00	1.50	0.00	10.00	125.00	27.00	2.00	13.00	2.00
000003 - Cookie, Choc Chip, 1oz	100	3.50	1.00	0.00	5.00	80.00	17.00	1.00	8.00	1.00
001095 - Cookie, Dbl Choc	190	6.00	2.00	0.00	25.00	190.00	33.00	3.00	17.00	3.00
000864 - Cookie, Fortune	37	0.33	0.17	0.00	0.00	0.00	8.00	0.00	0.37	0.67
005006 - Cookie, Oatmeal CC	161	4.66	1.40	0.00	17.02	76.44	27.35	1.46	14.15	3.21
000146 - Cookie, Snickerdoodle	100	2.50	0.50	0.00	10.00	135.00	19.00	0.00	9.00	1.00
000514 - Cookie, Sugar	190	6.00	2.00	0.00	20.00	200.00	35.00	4.00	17.00	3.00
000718 - Cookie, Sugar, 1oz	100	3.00	1.00	0.00	10.00	105.00	18.00	2.00	9.00	1.00

ENTREES

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000894 - BBQ Western Nachos	364	19.68	8.56	0.00	66.41	836.55	28.52	2.04	5.71	20.15

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001018 - Beef Nacho	313	17.71	7.64	0.00	52.08	702.68	24.40	3.29	0.00	17.23
000816 - Breadstick Cheese Stuffed	240	9.00	5.00	0.00	25.00	410.00	25.00	2.00	4.00	16.00
000033 - Burrito MS	305	11.07	6.09	0.00	34.13	488.51	35.02	5.58	3.58	19.94
000737 - Burrito, Beef	351	14.92	8.07	0.00	47.71	370.29	35.01	5.31	4.18	22.14
001110 - Caesar Turkey Wrap	472	28.34	9.06	0.00	84.48	889.57	34.09	4.50	2.00	23.99
001112 - Carnita Pork	123	6.46	2.57	0.00	46.08	293.51	0.94	0.19	0.07	14.36
000089 - Cheese Sticks, Brd, Mozz	300	12.00	4.00	0.00	20.00	540.00	32.00	4.00	2.00	20.00
000699 - Cheese, American, 1 slice	35	2.00	1.25	0.00	7.50	105.00	1.00	0.00	1.00	3.50
000770 - Cheese, American, 4 slices	160	10.00	6.00	0.00	30.00	600.00	4.00	0.00	4.00	12.00
000871 - Cheese, Cheddar, Shred, 1/4	110	9.00	6.00	0.00	30.00	190.00	1.00	0.00	0.00	6.00
000931 - Cheese, Mozz Stick String, 1	60	3.00	2.00	0.00	10.00	200.00	1.00	0.00	1.00	7.00
001099 - Cheese, Shredded Am	70	4.50	2.50	0.00	15.00	470.00	2.00	0.00	1.00	7.00
001111 - Cheesy Bread	260	11.00	6.00	0.00	5.00	420.00	27.00	3.00	3.00	14.00
000597 - Chef Salad, Egg & Cheese	179	11.65	6.08	0.00	135.37	253.27	8.23	2.87	2.68	9.77
000598 - Chef Salad, Ham & Cheese	181	11.15	7.08	0.00	48.37	450.27	10.23	2.87	3.68	11.77
000179 - Chicken & Noodles, 1 cup	182	3.27	0.40	0.00	65.37	166.72	19.50	0.40	0.80	16.35
000886 - Chicken Bites	210	8.00	1.00	0.00	40.00	460.00	15.00	2.00	1.00	19.00
000895 - Chicken Drumstick	190	11.00	2.50	0.00	50.00	450.00	5.00	1.00	0.00	16.00
000568 - Chicken Nuggets	240	14.00	2.50	0.00	20.00	470.00	16.00	3.00	1.00	13.00
000015 - Chicken Patty Brd., Tyson	240	13.02	2.50	0.00	25.04	460.68	15.02	3.00	1.00	14.02
001085 - Chicken Patty, Grilled	100	2.50	0.00	0.00	65.00	220.00	0.00	0.00	0.00	20.00
001025 - Chicken Tenders, Brd WG	230	11.00	2.00	0.00	45.00	400.00	12.00	2.00	2.00	20.00
000954 - Chicken Tenders, Spicy	218	11.91	1.98	0.00	49.61	357.20	7.94	1.98	1.98	19.84
001008 - Chicken Teriyaki w/ Glaze	142	4.02	2.01	0.00	74.30	931.32	6.73	0.00	5.95	18.86
000943 - Chicken, Boneless Wings	200	8.75	1.88	0.00	25.00	337.50	12.50	2.50	0.00	17.50
000885 - Chicken, Popcorn	229	10.00	2.14	0.00	79.00	571.00	16.00	2.86	0.00	18.57
000030 - Coney Sauce, 1 oz	40	1.65	0.61	0.00	12.12	114.88	2.75	0.55	2.20	3.58
000404 - Corndog, Chicken	240	9.00	2.50	0.00	40.00	470.00	30.00	2.00	8.00	9.00
000013 - Corndogs, Mini	270	11.00	2.00	0.00	35.00	360.00	33.00	3.00	12.00	9.00
000928 - Egg, Hard Boiled	70	5.00	0.00	0.00	210.00	70.00	0.00	0.00	0.00	6.00
000558 - Fish, Pollock, Filet, Brd.	170	7.00	1.00	0.00	35.00	230.00	16.00	1.00	0.00	11.00
000332 - Fish, Pollock, Rect., Brd.	170	7.00	1.00	0.00	35.00	270.00	16.00	1.00	1.00	11.00
000751 - Ham, diced ckd	34	1.18	0.34	0.00	15.19	340.87	1.01	0.00	1.01	4.73
000161 - Hamburger Patty	130	8.00	3.50	0.00	35.00	250.00	1.00	1.00	0.00	12.00
000352 - Hot Dog	170	16.00	5.00	0.00	45.00	580.00	1.00	0.00	1.00	6.00
000853 - Peanut Butter 2 TBSP	200	16.00	3.00	0.00	0.00	160.00	8.00	2.00	3.00	7.00
000932 - Peanut Butter Cup, 4 Tbsp	400	32.00	6.00	0.00	0.00	320.00	16.00	4.00	6.00	14.00
000890 - Pizza, Cheese	300	11.00	5.00	0.00	25.00	440.00	34.00	4.00	8.00	16.00
001027 - Pizza, Cheese Nardone	336	16.00	10.00	0.00	41.00	435.00	27.00	3.00	6.00	20.00
000892 - Pizza, Pepperoni	310	12.00	5.00	0.00	25.00	530.00	34.00	4.00	8.00	16.00
001013 - Pork CarnitaTotcho Bowl	257	12.77	4.00	0.00	51.35	301.79	16.52	1.09	0.80	17.43
001033 - Pork Fritter	240	15.00	4.00	0.00	35.00	340.00	12.00	1.00	1.00	14.00
001005 - Pulled Pork Totcho Bowl	346	16.15	4.72	0.00	65.01	735.39	26.64	1.64	2.70	22.81
000742 - Rotini Pasta w/ Meat Sauce	310	16.00	6.00	0.00	39.00	610.00	24.00	4.00	8.00	18.00
000952 - Salisbury Steak, 2.6 oz	200	14.00	6.00	0.00	45.00	350.00	4.00	1.00	1.00	14.00
000700 - Salisbury Steak, 3 oz	200	14.00	6.00	0.00	45.00	350.00	4.00	1.00	1.00	14.00
000118 - Salisbury Steak, Homemade	271	15.21	5.55	*0.79*	72.75	87.10	12.10	1.88	*0.62*	20.37

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001117 - Sausage Patty EL	120	10.00	3.50	0.00	25.00	170.00	1.00	0.00	0.00	6.00
003002 - Shredded BBQ Sandwich	341	11.50	4.00	0.00	72.00	783.00	31.81	2.00	12.45	26.00
001125 - Shredded Pork Nachos	361	20.94	8.90	0.00	73.92	559.85	22.05	2.03	0.80	21.80
000748 - Sliced Cheese Sandwich	308	11.85	6.00	0.00	30.00	849.12	33.53	3.69	7.69	17.54
000564 - Spaghetti Sauce, JTM beef	180	8.00	3.00	0.00	57.00	308.99	9.00	2.00	7.00	16.00
000173 - Spaghetti Sauce, NMCSC	322	10.97	4.16	0.00	58.48	239.96	32.30	3.39	4.86	22.52
000756 - Taco Meat, Elementary	90	3.94	1.42	0.00	27.60	234.23	3.94	1.58	1.58	10.25
000757 - Taco Meat, NMMS & NMHS	114	5.00	1.80	0.00	35.00	297.00	5.00	2.00	2.00	13.00
001034 - Tacos Beef, Soft Shell 2	360	14.16	7.71	0.00	43.60	594.53	36.80	6.29	5.18	22.62
000526 - Toasted Cheese, MS & EL	297	11.55	4.54	0.00	22.50	632.31	35.00	4.00	7.00	16.50
000837 - Toasted Cheese, NMHS	347	15.34	6.19	0.00	30.00	761.15	36.00	4.00	8.00	20.00
001023 - Turkey & Noodle w/ Roast 1	226	7.21	2.40	0.00	68.09	530.47	20.00	0.40	0.80	20.24
001039 - Yogurt, 4oz, Danimals	70	0.00	0.00	0.00	5.00	70.00	12.00	0.00	9.00	4.00
000934 - Yogurt, Cheese Stick, w/Grai	364	8.18	2.50	0.00	15.00	497.00	55.83	3.68	19.39	15.68
001119 - Yougurt, 4 oz, Dannon NF	70	0.00	0.00	0.00	5.00	70.00	12.00	0.00	9.00	4.00

FRUIT

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
001038 - Apple Special 1/2 cup	86	1.63	0.52	0.00	0.00	22.53	17.90	1.90	14.77	0.01
000064 - Apples,Fresh	70	0.00	0.00	0.00	0.00	0.00	19.00	3.00	14.00	0.00
001102 - Applesauce, Cinnamon	55	0.00	0.00	0.00	0.00	10.95	13.37	1.27	12.01	0.01
000658 - Applesauce,1/2 cup	50	0.00	0.00	0.00	0.00	10.00	12.00	1.00	11.00	0.00
000068 - Banana, Fresh	90	0.33	0.11	0.00	0.00	1.01	23.07	2.63	12.35	1.10
000255 - Blueberries, Fz, 1/2 cup	40	0.00	0.00	0.00	0.00	2.00	10.00	3.00	5.00	0.00
000991 - Craisins 1.16 oz	110	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	0.00
000912 - Frozen Fruit Cup	70	0.00	0.00	0.00	0.00	5.00	18.00	3.00	15.00	0.00
001089 - Frozen Fruit Pop	50	1.00	0.50	0.00	5.00	25.00	10.00	0.00	10.00	1.00
000074 - Fruit, Mixed, 1/2 cup	60	0.00	0.00	0.00	0.00	10.00	17.00	0.00	13.00	0.00
000422 - Grapes, Fresh, 1/2 cup	62	0.32	0.10	0.00	0.00	1.84	15.78	0.83	14.95	0.58
000714 - Kiwi, Fresh	42	0.36	0.02	0.00	0.00	2.07	10.12	2.07	6.20	0.79
000085 - Oranges, Fresh, 1/2 cup	40	0.00	0.00	0.00	0.00	0.00	10.50	2.00	7.00	1.00
000659 - Oranges, Mandarin, 1/2 cup	60	0.00	0.00	0.00	0.00	10.00	14.00	0.00	11.00	1.00
000437 - Peaches, 1/2 cup	60	0.00	0.00	0.00	0.00	5.00	14.00	1.00	13.00	0.00
000090 - Pear, Fresh	95	0.23	0.04	0.00	0.00	1.66	25.28	5.15	16.19	0.60
000438 - Pears, 1/2 cup	60	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	0.00
000767 - Pineapple Tidbits in Juice	70	0.00	0.00	0.00	0.00	0.00	18.00	1.00	15.00	0.00
000094 - Plum, Fresh	30	0.18	0.01	0.00	0.00	0.00	7.54	0.92	6.55	0.46
000097 - Raisins, small box	114	0.17	0.02	0.00	0.00	4.00	30.09	1.40	29.00	1.17
000099 - Strawberries, Fresh	46	0.43	0.02	0.00	0.00	1.44	11.06	2.88	7.04	0.96
000779 - Strawberries, FZ sliced, 1/2 c	39	0.00	0.00	0.00	0.00	2.00	10.00	2.00	5.00	0.00

JUICE

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000434 - Juice, Apple 4 oz, GFS	50	0.00	0.00	0.00	0.00	10.00	13.00	0.00	12.00	0.00
000441 - Juice, Grape 4 oz, GFS	80	0.00	0.00	0.00	0.00	0.00	19.00	0.00	18.00	0.00
000443 - Juice, Orange 4 oz, GFS	60	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00
001016 - VBlend Juice	50	0.00	0.00	0.00	0.00	35.00	13.00	0.00	12.00	0.00

MILK

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
001068 - Milk, 1% Lact. free, 1/2 pint	100	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	8.00
000475 - Milk, Choc Skim, 1/2 pint	110	0.00	0.00	0.00	5.00	210.00	19.00	0.00	18.00	8.00
000202 - Milk, Chocolate 1%, 1/2 pint	130	2.50	1.50	0.00	10.00	190.00	20.00	0.00	18.00	8.00
000230 - Milk, 1% Lowfat, 1/2 pint	100	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00
000231 - Milk, Skim, 1/2 pint	80	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00

MISCELLANEOUS

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000125 - Apple Butter, 1 Tbsp	30	0.00	0.00	0.00	0.00	0.00	8.00	0.00	6.00	0.00
001026 - BBQ Sauce Packet	20	0.00	0.00	0.00	0.00	90.00	5.00	0.00	4.00	0.00
000328 - BBQ Sauce, 1 Tbsp	23	0.00	0.00	0.00	0.00	93.33	5.83	0.00	4.67	0.00
000407 - Cheese, Parmesan, Grated,	20	2.00	1.00	0.00	5.00	70.00	0.00	0.00	0.00	2.00
001009 - Chow Mein Noodles	65	3.00	1.00	0.00	0.00	130.00	9.00	1.00	0.00	1.50
000387 - Dressing, French FF, 1 Tbsp	23	0.00	0.00	0.00	0.00	160.00	5.00	0.00	4.00	0.00
001035 - Dressing, French Lite packet	30	2.00	0.00	0.00	0.00	40.00	3.00	0.00	3.00	0.00
000765 - Dressing, Honey Mustard 1 T	18	0.69	0.13	0.00	8.16	44.89	3.21	0.01	1.25	0.13
001109 - Dressing, Italian Fat Free	15	0.00	0.00	0.00	0.00	260.00	3.00	0.00	2.00	0.00
001024 - Dressing, Ranch FF packet	10	0.00	0.00	0.00	0.00	125.00	2.00	0.00	0.00	0.00
000908 - Dressing, Ranch, LC 1 Tbsp	13	0.76	0.38	0.00	1.98	46.27	1.31	0.00	0.93	0.50
000789 - Gravy, Brown, LS 1/4 cup	25	0.50	0.00	0.00	0.00	130.00	5.00	0.00	0.00	0.00
000790 - Gravy, Poultry LS, 1/4 cup	40	1.00	0.00	0.00	0.00	130.00	6.00	0.00	1.00	1.00
000902 - Hot Sauce, Crown Collection	0	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	0.00
000655 - Jelly, Grape, ind. pkt	36	0.00	0.00	0.00	0.00	2.00	9.00	0.00	8.00	0.00
000804 - Ketchup LS pkt	10	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00
000903 - Ketchup, Red Gold LS, 1 Tbs	20	0.00	0.00	0.00	0.00	50.00	4.00	0.00	4.00	0.00
000020 - Margarine Cup, GFS	20	2.33	0.00	0.00	0.00	31.67	0.00	0.00	0.00	0.00
000701 - Marinara Sauce, RG, 2 oz	21	0.00	0.00	0.00	0.00	191.36	2.83	1.42	2.83	1.42
000819 - Mayo, Light, 1 Tbsp	25	1.10	0.20	0.00	13.00	52.50	4.00	0.00	1.00	0.20
000755 - Mustard, 1 Tbsp	0	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	0.00
000223 - Mustard, ind pkt	5	0.00	0.00	0.00	0.00	50.00	0.50	0.00	0.00	0.50
000986 - Ranch, dipping cup	70	6.00	1.00	0.00	5.00	125.00	5.00	0.00	3.00	0.00
000102 - Salsa, 2 oz	20	0.00	0.00	0.00	0.00	136.86	3.91	1.95	1.95	0.00
001020 - Salsa, scratch	19	0.27	0.03	0.00	0.00	170.31	3.68	0.93	1.97	0.85
000488 - Sour Cream, LC, .75 oz	21	1.42	0.71	0.00	3.54	24.81	2.13	0.00	1.42	0.71
001012 - Soy Sauce Packet	0	0.00	0.00	0.00	0.00	300.00	0.00	0.00	0.00	0.00
000349 - Syrup, Pancake, 1.5 oz	121	0.00	0.00	0.00	0.00	30.38	30.38	0.00	22.28	0.00

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000126 - Tartar Sauce, 1 Tbsp	27	1.55	0.00	0.00	6.20	102.32	3.19	0.00	2.24	0.06

SANDWICHES

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000729 - Deli Ham & Ch Sand EL	213	5.40	2.01	0.00	34.08	1039.18	24.04	2.00	7.04	16.61
001048 - Deli Ham & Ch Sand Sec	286	7.03	2.76	0.00	42.94	1287.23	34.05	2.00	9.05	20.65
001056 - Deli Sub, Combo Turkey & H	302	8.04	3.27	0.00	58.27	1027.56	32.02	2.00	5.51	26.60
000746 - Deli Turkey & Ch Sand Sec	288	8.14	3.57	0.00	51.53	762.96	31.57	2.00	5.00	22.15
009875 - Deli Turkey & Cheese Sand	238	7.14	3.07	0.00	51.53	762.96	22.57	2.00	4.00	21.15
000747 - Peanut B & Jelly Sand. 2 oz	584	33.85	6.00	0.00	0.00	571.12	54.52	7.69	17.69	19.54

SNACKS

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
001058 - Doritos, Cool Ranch	130	5.00	0.50	0.00	0.00	180.00	20.00	2.00	0.00	2.00
000792 - Doritos, Nacho RF	130	5.00	0.50	0.00	0.00	200.00	20.00	2.00	0.00	2.00
001063 - Doritos, Spicy	130	5.00	0.50	0.00	0.00	200.00	20.00	2.00	1.00	2.00
001060 - Doritos, White Nacho	130	5.00	1.00	0.00	0.00	170.00	20.00	2.00	1.00	2.00

SOUPS

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000105 - Chicken Noodle Soup, 1 cup	109	2.75	0.75	0.01	35.46	82.31	9.97	0.70	0.77	10.41
000579 - Tomato Soup, 6 oz	92	2.84	1.42	0.00	7.09	42.52	14.17	2.13	9.21	2.13

VEGETABLES

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000249 - Baked Beans, 1/2 cup	126	0.01	0.00	0.00	0.00	303.84	26.73	4.10	12.27	5.08
000256 - Broccoli, Fresh, 1/4 cup	12	0.00	0.00	0.00	0.00	16.25	2.75	1.25	0.50	1.00
000258 - Broccoli, Steamed, 1/2 cup	27	0.00	0.00	0.00	0.00	26.33	5.12	3.00	1.00	3.00
000022 - Carrots, Baby, Fresh, 1/4 cup	13	0.00	0.00	0.00	0.00	22.50	3.00	1.00	1.50	0.23
000261 - Carrots, Steamed, 1/2 cup	35	1.24	0.00	0.00	0.00	62.44	7.70	2.49	3.73	0.00
000264 - Cauliflower, raw: fresh	6	0.07	0.03	0.00	0.00	7.50	1.24	0.50	0.48	0.48
000267 - Celery, Sticks, Fresh, 1/2 cup	10	0.00	0.00	0.00	0.00	50.00	2.00	1.00	1.00	0.50
000671 - Coleslaw, Creamy, 1/4 cup	26	0.66	0.12	0.00	7.28	38.09	5.03	0.94	2.29	0.58
000271 - Corn, Steamed, 1/2 cup	70	1.00	0.00	0.00	0.00	20.46	16.52	2.00	1.00	2.00
000377 - Cucumber, Fresh, 1/4 cup	4	0.03	0.01	0.00	0.00	0.52	0.94	0.13	0.43	0.17
000487 - French Fries, CC, 1/2 cup	90	2.00	0.00	0.00	0.00	20.05	13.03	2.00	0.00	1.00
000135 - Green Beans, 1/2 cup	22	0.04	0.00	0.00	0.00	156.87	4.16	2.08	2.08	1.12
001113 - Hasbrowns, Rounds	89	2.47	0.00	0.00	0.00	187.66	14.81	1.98	0.00	0.99
000692 - Lettuce, Romaine, 1 cup	10	0.00	0.00	0.00	0.00	0.00	2.00	1.00	0.00	0.00

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000317 - Lettuce,Iceberg,Fresh 3/4 cu	8	0.08	0.01	0.00	0.00	5.40	1.60	0.65	1.06	0.49
000115 - Mixed Vegetables, 1/2 cup	80	0.00	0.00	0.00	0.00	50.66	13.76	3.29	3.29	2.19
000500 - Onions, Fresh, 1 slice	6	0.01	0.01	0.00	0.00	0.56	1.31	0.24	0.59	0.15
000040 - Peas, steamed, 1/4 cup	37	0.12	0.02	0.00	0.00	43.29	6.75	2.04	2.00	2.34
000752 - Peppers, Jalapeno, 1 oz	5	0.00	0.00	0.00	0.00	280.00	1.00	1.00	0.00	0.00
000691 - Peppers, Red, Fresh, 1/4 cup	6	0.07	0.01	0.00	0.00	0.92	1.39	0.48	0.97	0.23
000330 - Potato Baked	145	0.20	0.05	0.00	0.00	15.59	32.98	3.43	1.84	3.90
000821 - Potato Wedges w/ Seasonin	91	2.69	0.00	0.00	0.00	19.19	16.40	0.96	0.00	0.90
000557 - Potato, Rounds, LS, 1/2 cup	91	3.52	0.00	0.00	0.00	160.99	14.09	1.01	0.00	1.01
000845 - Potato, Smiles, 4 each	130	4.50	0.50	0.00	0.00	180.00	20.00	2.00	0.00	2.00
000656 - Potato, Wedges,1/2 cup, Mc	90	2.69	0.00	0.00	0.00	17.94	16.15	0.90	0.00	0.90
001067 - Potatoes, Whipped,1/2 cup,	70	0.50	0.00	0.00	0.00	95.00	14.00	1.00	0.00	2.00
000866 - Refried beans L/F 1/2 cup	140	0.50	0.00	0.00	0.00	140.00	24.00	9.00	0.00	9.00
000684 - Refried Beans, 1/2 cup	102	2.54	1.02	0.00	0.00	589.06	15.23	5.08	1.02	5.08
001036 - Tomato, Slices 2	5	0.06	0.01	0.00	0.00	1.50	1.17	0.36	0.79	0.26
000318 - Tomatoes,Fresh, 1/4 cup	8	0.00	0.00	0.00	0.00	2.50	1.75	0.50	1.25	0.50

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