

# Lawrence Public Schools USD 497

## 990230 - Apple & Yogurt Nachos

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900475	Apples, Red Delicious	1 CUP, sliced	110.00	36.363	0.000	0.000	7.273	*N/A*	0.000	0.000
990389	Yogurt, Vanilla Parfait Pouch	4 oz	113.40	100.352	0.000	50.176	11.039	*N/A*	0.502	0.000
990390	Granola, Bulk	1 oz	28.35	107.533	0.000	46.435	0.000	*N/A*	0.000	0.000
<b>Totals</b>			252.00	244.248	0.000	96.611	18.311	*N/A*	0.502	0.000
<b>% of Calories</b>					0.000%		29.988%	*N/A%*	1.849%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900475	Apples, Red Delicious	0.000	10.000	2.273	0.000	*N/A*	9.091	2.182	0.164	38.150	0.118
990389	Yogurt, Vanilla Parfait Pouch	0.000	20.070	0.000	3.011	*N/A*	120.423	0.000	0.000	*N/A*	*N/A*
990390	Granola, Bulk	0.000	23.462	1.955	2.444	*N/A*	0.000	0.000	0.704	*N/A*	*N/A*
<b>Totals</b>		0.000	53.532	4.228	5.454	*N/A*	129.513	2.182	0.867	*38.150*	*0.118*
<b>% of Calories</b>			87.668%		8.932%						

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# Lawrence Public Schools USD 497

## 990229 - Apple & Yogurt Nachos - CACFP

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900475	Apples, Red Delicious	1/2 CUP, sliced	55.00	18.182	0.000	0.000	3.636	*N/A*	0.000	0.000
990389	Yogurt, Vanilla Parfait Pouch	2 oz	56.70	50.176	0.000	25.088	5.519	*N/A*	0.251	0.000
		<b>Totals</b>	112.00	68.358	0.000	25.088	9.156	*N/A*	0.251	0.000
		<b>% of Calories</b>			0.000%		53.577%	*N/A%*	3.303%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)		
900475	Apples, Red Delicious	0.000	5.000	1.136	0.000	*N/A*	4.545	1.091	0.082	19.075	0.059	
990389	Yogurt, Vanilla Parfait Pouch	0.000	10.035	0.000	1.505	*N/A*	60.211	0.000	0.000	*N/A*	*N/A*	
		<b>Totals</b>	0.000	15.035	1.136	1.505	*N/A*	64.757	1.091	0.082	*19.075*	*0.059*
		<b>% of Calories</b>		87.979%		8.807%						

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# Lawrence Public Schools USD 497

**990245 - Apple Slices, Raw 1/4 cup**

**Number of Portions: 4.000**

**Size of Portion: 1/4 cup**

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Source: USD 497  
Group Code: FRUIT

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900475 Apples, Red Delicious	1 small 4/lb	26.50	8.760	0.000	0.000	1.752	*N/A*	0.000	0.000
<b>Totals</b>		26.00	8.760	0.000	0.000	1.752	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		80.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900475 Apples, Red Delicious	0.000	2.409	0.548	0.000	*N/A*	2.190	0.526	0.039	9.191	0.028
<b>Totals</b>		0.000	2.409	0.548	0.000	2.190	0.526	0.039	9.191	0.028
<b>% of Calories</b>			110.005%		0.000%					

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# Lawrence Public Schools USD 497

## 990140 - Apple Strudel Stick

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990403	Apple Strudel Stick	1 each	64.92	179.385	0.854	213.554	7.688	0.000	5.125	0.000
		<b>Totals</b>	65.00	179.385	0.854	213.554	7.688	0.000	5.125	0.000
		<b>% of Calories</b>			4.286%		17.143%	0.000%	25.714%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990403	Apple Strudel Stick	0.000	30.752	1.708	3.417	*N/A*	*N/A*	*N/A*	1.281	*N/A*	*N/A*
		<b>Totals</b>	0.000	30.752	1.708	3.417	*N/A*	*N/A*	*N/A*	1.281	*N/A*
		<b>% of Calories</b>		68.572%		7.619%					

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# Lawrence Public Schools USD 497

## 492 - Apples, Raw

Number of Portions: 138.000

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Source: USD 497  
Group Code: FRUIT

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900475 Apples, Red Delicious	1 (138 Ct. Case)	131.48	43.463	0.000	0.000	8.693	*N/A*	0.000	0.000
<b>Totals</b>		131.00	43.463	0.000	0.000	8.693	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		80.004%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900475 Apples, Red Delicious	0.000	11.952	2.716	0.000	*N/A*	10.866	2.608	0.196	45.598	0.141
<b>Totals</b>		0.000	11.952	2.716	0.000	10.866	2.608	0.196	45.598	0.141
<b>% of Calories</b>			110.001%		0.000%					

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# Lawrence Public Schools USD 497

## 990295 - Applesauce Cup

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990512 Applesauce Unsweetened Cup	1 each	127.57	49.833	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		128.00	49.833	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990512 Applesauce Unsweetened Cup	0.000	13.953	0.997	0.000	*N/A*	4.983	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	13.953	0.997	0.000	*N/A*	4.983	0.000	0.000	0.000
<b>% of Calories</b>			112.000%		0.000%					

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# Lawrence Public Schools USD 497

## 990212 - APPLESAUCE, UNSWTND

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900648 Applesauce, unswtnd	1 #10 CAN	127.57	52.284	0.000	10.457	9.411	*N/A*	0.000	0.000
<b>Totals</b>		128.00	52.284	0.000	10.457	9.411	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		71.999%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900648 Applesauce, unswtnd	0.000	13.594	2.091	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	13.594	2.091	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>% of Calories</b>			104.000%		0.000%					

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# Lawrence Public Schools USD 497

**990066 - APPLESAUCE, UNSWTND \*RESIZED\***

Number of Portions: 100.000

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Source: Mosaic  
Group Code: FRUIT

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900648 Applesauce, unswtnd	50 (1/2 cup)	61.00	25.000	0.000	5.000	4.500	*N/A*	0.000	0.000
<b>Totals</b>		61.00	25.000	0.000	5.000	4.500	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		72.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900648 Applesauce, unswtnd	0.000	6.500	1.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	6.500	1.000	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>% of Calories</b>			104.000%		0.000%					

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# Lawrence Public Schools USD 497

## 70 - Asian Vegetables

Number of Portions: 192.000

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: USD 497  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901587 ASIAN VEGETABLES	1 case	28.35	8.338	0.000	3.335	0.000	0.000	0.000	0.000
<b>Totals</b>		28.00	8.338	0.000	3.335	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901587 ASIAN VEGETABLES	0.000	1.668	0.667	0.667	*N/A*	12.007	0.000	0.334	*N/A*	*N/A*
<b>Totals</b>		0.000	1.668	0.667	0.667	*N/A*	0.000	0.334	*N/A*	*N/A*
<b>% of Calories</b>			80.000%		31.998%					

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# Lawrence Public Schools USD 497

## 990422 - Avocado Spread

Number of Portions: 3.000

Group Code: Condiments and Dressings

Size of Portion: 1 oz servings

\*Nutrients are based upon 1 Portion Size (1 oz servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990618	Sour Cream	2 oz	18.90	37.799	2.205	31.499	0.000	0.000	0.000
990447	Avocado, IW	1 each (.5 avo)	14.17	29.668	0.494	0.000	0.000	2.967	0.000
<b>Totals</b>			33.00	67.467	2.699	31.499	0.000	0.000	6.117
<b>% of Calories</b>				36.010%		0.000%	0.000%	81.597%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990618	Sour Cream	12.600	1.260	0.000	0.630	*N/A*	25.200	0.000	0.000	0.000
990447	Avocado, IW	0.000	0.989	0.659	0.330	*N/A*	1.648	0.000	0.132	*N/A*
<b>Totals</b>		12.600	2.249	0.659	0.960	*N/A*	26.848	0.000	0.132	*0.000*
<b>% of Calories</b>			13.333%		5.692%					

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# Lawrence Public Schools USD 497

## 491 - Baby Carrots

Number of Portions: 1.000

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Source: USD 497  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900446 Carrots - Baby	1 (1/4 cup)	35.00	12.500	0.000	27.500	1.500	*N/A*	0.000	0.000
<b>Totals</b>		35.00	12.500	0.000	27.500	1.500	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		48.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900446 Carrots - Baby	0.000	3.000	1.000	0.000	*N/A*	10.000	1.200	0.360	*N/A*	*N/A*
<b>Totals</b>		0.000	3.000	1.000	0.000	10.000	1.200	0.360	*N/A*	*N/A*
<b>% of Calories</b>			96.000%		0.000%					

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# Lawrence Public Schools USD 497

**990035 - Baby Carrots 1/2 cup**

Number of Portions: 1.000

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: Mosaic  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900446 Carrots - Baby	1 (1/2 cup)	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
<b>Totals</b>		70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		48.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900446 Carrots - Baby	0.000	6.000	2.000	0.000	*N/A*	20.000	2.400	0.720	*N/A*	*N/A*
<b>Totals</b>		0.000	6.000	2.000	0.000	20.000	2.400	0.720	*N/A*	*N/A*
<b>% of Calories</b>			96.000%		0.000%					

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# Lawrence Public Schools USD 497

## 990424 - Bagel Bistro Box (ES)

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990555	Mini Bagel, Plain	2 each	56.70	161.997	0.000	303.745	4.050	0.000	0.000
990561	Cream Cheese Plain, Cup	1 each	28.35	70.874	4.050	111.373	0.000	0.000	7.087
990524	Ham Sliced Lower Sodium Fully Cooked	2 slice	28.35	27.950	0.200	187.666	0.399	0.000	0.998
<b>Totals</b>			113.00	260.821	4.250	602.784	4.449	0.000	8.086
<b>% of Calories</b>					14.664%		6.823%	0.000%	27.901%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990555	Mini Bagel, Plain	0.000	32.399	0.000	6.075	*N/A*	0.000	0.000	3.402	0.000
990561	Cream Cheese Plain, Cup	20.250	2.025	0.000	1.012	*N/A*	32.399	0.000	0.000	0.000
990524	Ham Sliced Lower Sodium Fully Cooked	15.972	0.399	0.000	4.392	*N/A*	4.791	0.000	0.000	0.000
<b>Totals</b>		36.221	34.824	0.000	11.480	*N/A*	37.191	0.000	3.402	0.000
<b>% of Calories</b>			53.406%		17.606%					

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# Lawrence Public Schools USD 497

## 990329 - Bagel Bistro Box (MS/HS)

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990555	Mini Bagel, Plain	2 each	56.70	161.997	0.000	303.745	4.050	0.000	0.000
990561	Cream Cheese Plain, Cup	1 each	28.35	70.874	4.050	111.373	0.000	7.087	0.000
990524	Ham Sliced Lower Sodium Fully Cooked	2 1/2 slice	35.44	34.938	0.250	234.583	0.499	1.248	0.000
900451	Cucumber	1/2 CUP, slices	52.00	5.253	0.000	0.000	*N/A*	0.000	0.000
<b>Totals</b>			172.00	273.061	4.300	649.701	4.549	8.335	0.000
<b>% of Calories</b>					14.171%		6.664%	0.000%	27.473%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990555	0.000	32.399	0.000	6.075	*N/A*	0.000	0.000	3.402	0.000	0.000
990561	20.250	2.025	0.000	1.012	*N/A*	32.399	0.000	0.000	0.000	0.000
990524	19.965	0.499	0.000	5.490	*N/A*	5.989	0.000	0.000	0.000	0.000
900451	0.000	1.051	0.000	0.000	*N/A*	10.505	0.630	0.189	*N/A*	*N/A*
<b>Totals</b>		40.214	35.974	0.000	12.578	*N/A*	48.894	0.630	3.591	*0.000*
<b>% of Calories</b>			52.697%		18.425%					

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# Lawrence Public Schools USD 497

**990099 - Bagel, WG \*RESIZED\***

Number of Portions: 1.000

Size of Portion: 1/2 each

\*Nutrients are based upon 1 Portion Size (1/2 each)

Source: Mosaic  
Group Code: BREAKFAST

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900203 Bagel, Sliced WG	1/2 Sliced Bagel	32.60	80.500	0.000	103.500	2.875	*N/A*	0.575	0.000
<b>Totals</b>		33.00	80.500	0.000	103.500	2.875	*N/A*	0.575	0.000
<b>% of Calories</b>				0.000%		14.286%	*N/A%*	6.429%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900203 Bagel, Sliced WG	0.000	16.675	2.300	3.450	*N/A*	23.000	0.000	1.035	*N/A*	*N/A*
<b>Totals</b>		0.000	16.675	2.300	3.450	*N/A*	0.000	1.035	*N/A*	*N/A*
<b>% of Calories</b>			82.857%		17.143%					

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# Lawrence Public Schools USD 497

## 1288 - Bagels, Mini Cream Cheese

Number of Portions: 2.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903350	Bagels, Mini Cinnamon Cream Cheese	1 each	34.44	93.203	0.810	76.994	4.863	*N/A*	2.431	0.000
990391	Bagel, Mini Straw Cream Cheese	1 each	34.44	93.203	0.810	76.994	4.863	*N/A*	2.431	0.000
	<b>Totals</b>		69.00	186.406	1.621	153.988	9.726	*N/A*	4.863	0.000
	<b>% of Calories</b>				7.826%		20.871%	*N/A%*	23.478%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903350	4.052	17.020	0.810	2.431	*N/A*	8.105	0.000	0.584	*N/A*	*N/A*
990391	4.052	17.020	0.810	2.431	*N/A*	12.157	*N/A*	0.648	*N/A*	*N/A*
	<b>Totals</b>	8.105	34.039	1.621	4.863	*N/A*	20.262	*0.000*	1.232	*N/A*
	<b>% of Calories</b>		73.044%		10.435%					

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# Lawrence Public Schools USD 497

## 213 - Baked Beans HHFKA

Number of Portions: 100.000

Size of Portion: 1/2 Cup

\*Nutrients are based upon 1 Portion Size (1/2 Cup)

Source: Healthier KS  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902980	bean vegetarian	4 #10 can	127.01	146.545	0.000	361.478	10.747	0.000	0.000
990489	Sauce BBQ Smokey	9 cup	20.41	17.010	0.000	176.901	2.722	1.021	0.000
<b>Totals</b>			147.00	163.555	0.000	538.379	13.468	2.722	1.021
<b>% of Calories</b>					0.000%		32.938%	6.657%	5.616%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902980	bean vegetarian	0.000	29.309	4.885	6.839	*N/A*	48.848	0.000	1.856	0.000
990489	Sauce BBQ Smokey	0.000	4.082	0.680	0.680	*N/A*	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	33.391	5.565	7.519	*N/A*	48.848	0.000	1.856	0.000
<b>% of Calories</b>			81.664%		18.389%					

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# Lawrence Public Schools USD 497

## 990428 - Baked Mac & Cheese

Number of Portions: 38.000

Group Code: ENTREES

Size of Portion: 1 cup servings

\*Nutrients are based upon 1 Portion Size (1 cup servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990649 Cheddar Cheese Sauce	1 bag	59.68	126.253	5.739	436.146	0.000	0.000	9.182	0.000
990648 Queso Blanco Cheese Sauce	1 bag	59.68	125.649	6.282	460.712	0.000	0.000	10.471	0.000
75012 WATER,HOT	10 CUP	63.16	0.000	0.000	1.895	0.000	*N/A*	0.000	0.000
990650 Elbow Macaroni	4 LB	47.75	170.523	0.000	0.000	0.000	0.000	0.853	0.000
<b>Totals</b>		230.00	422.425	12.021	898.753	0.000	0.000	20.505	0.000
<b>% of Calories</b>				25.612%		0.000%	0.000%	43.688%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990649 Cheddar Cheese Sauce	28.694	2.296	0.000	6.887	*N/A*	298.416	0.000	0.000	0.000	0.000
990648 Queso Blanco Cheese Sauce	31.412	1.047	0.000	7.330	*N/A*	285.851	0.000	0.000	0.000	0.000
75012 WATER,HOT	0.000	0.000	0.000	0.000	*N/A*	1.263	0.000	0.006	63.095	0.063
990650 Elbow Macaroni	0.000	35.810	1.705	5.968	*N/A*	0.000	0.000	1.535	0.000	0.000
<b>Totals</b>		60.106	39.153	1.705	20.184	585.530	0.000	1.541	63.095	0.063
<b>% of Calories</b>			37.074%		19.113%					

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# Lawrence Public Schools USD 497

## 1281 - Banana Bread, WG, Super Bakery

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: slice

\*Nutrients are based upon 1 Portion Size (slice)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903344	Banana Bread, WG, Super Bakery	1 slice	96.39	261.052	1.506	240.971	24.097	8.032	0.000
		<b>Totals</b>	96.00	261.052	1.506	240.971	24.097	8.032	0.000
		<b>% of Calories</b>			5.192%	36.923%	*N/A%*	27.692%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903344	Banana Bread, WG, Super Bakery	0.000	45.182	2.008	5.020	*N/A*	100.404	0.000	1.084	*N/A*
		<b>Totals</b>	0.000	45.182	2.008	5.020	*N/A*	100.404	0.000	1.084
		<b>% of Calories</b>		69.231%		7.692%				

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# Lawrence Public Schools USD 497

## 990250 - Banana Muffin

Number of Portions: 54.000

Group Code: BREAKFAST

Size of Portion: muffin

\*Nutrients are based upon 1 Portion Size (muffin)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990426	Muffin Mix WG	1 bag	42.00	167.997	1.575	194.247	16.275	0.000	3.150	0.000
903133	Cinnamon Spice	2 tbsp	0.29	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
990618	Sour Cream	2 cup	8.89	17.778	1.037	14.815	0.000	0.000	1.481	0.000
990466	BANANA FRESH TIP GREEN	8 each	33.60	28.474	0.000	0.000	0.000	0.000	0.000	0.000
75010	WATER,COLD	2 cup	8.89	0.000	0.000	0.267	0.000	*N/A*	0.000	0.000
<b>Totals</b>			94.00	214.249	2.612	209.328	*16.275*	*0.000*	4.631	0.000
<b>% of Calories</b>					10.972%		*30.385%*	*0.000%*	19.455%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990426	Muffin Mix WG	0.000	32.024	1.575	2.625	*N/A*	36.749	0.000	0.840	*N/A*	*N/A*
903133	Cinnamon Spice	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990618	Sour Cream	5.926	0.593	0.000	0.296	*N/A*	11.852	0.000	0.000	0.000	0.000
990466	BANANA FRESH TIP GREEN	0.000	7.688	0.854	0.285	*N/A*	1.708	0.000	0.088	0.000	0.000
75010	WATER,COLD	0.000	0.000	0.000	0.000	*N/A*	0.178	0.000	0.001	8.880	0.009
<b>Totals</b>		5.926	40.305	2.429	3.206	*N/A*	50.487	0.000	0.929	*8.880*	*0.009*
<b>% of Calories</b>			75.249%		5.986%						

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# Lawrence Public Schools USD 497

## 990236 - Banana, fresh 1/4 cup

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: servings

\*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900477 Bananas, Gr Tip	1 med(7"to7-7/8")	59.00	54.280	0.109	0.590	*N/A*	*N/A*	0.283	0.000
<b>Totals</b>		59.00	54.280	0.109	0.590	*N/A*	*N/A*	0.283	0.000
<b>% of Calories</b>				1.809%		*N/A%*	*N/A%*	4.696%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900477 Bananas, Gr Tip	0.000	13.824	1.416	0.608	*N/A*	3.540	5.369	0.183	43.813	0.472
<b>Totals</b>		0.000	13.824	1.416	0.608	*N/A*	5.369	0.183	43.813	0.472
<b>% of Calories</b>			101.869%		4.480%					

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# Lawrence Public Schools USD 497

## 990208 - Bananas, Gr Tip

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900477	Bananas, Gr Tip	1 med(7"to7-7/8")	118.00	108.559	0.218	1.180	*N/A*	*N/A*	0.566	0.000
		<b>Totals</b>	118.00	108.559	0.218	1.180	*N/A*	*N/A*	0.566	0.000
		<b>% of Calories</b>			1.810%		*N/A%*	*N/A%*	4.696%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)		
900477	Bananas, Gr Tip	0.000	27.647	2.832	1.215	*N/A*	7.080	10.738	0.366	87.626	0.944	
		<b>Totals</b>	0.000	27.647	2.832	1.215	*N/A*	7.080	10.738	0.366	87.626	0.944
		<b>% of Calories</b>		101.870%		4.477%						

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# Lawrence Public Schools USD 497

## 990418 - BBQ Ribette Sandwich

Number of Portions: 52.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990441	ROLL HOAGIE WG	52 each	56.70	149.208	0.000	258.627	0.995	0.000	1.492	0.000
990636	BBQ Pork Ribette	52 ribette	87.88	212.133	4.041	585.890	0.000	0.000	12.122	0.000
990489	Sauce BBQ Smokey	4 cup	17.45	14.538	0.000	151.197	2.326	2.326	0.872	0.000
<b>Totals</b>			162.00	375.879	4.041	995.714	3.321	2.326	14.486	0.000
<b>% of Calories</b>					9.675%		3.534%	2.475%	34.686%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990441	ROLL HOAGIE WG	0.000	27.852	2.984	4.974	*N/A*	39.789	0.000	1.691	*N/A*
990636	BBQ Pork Ribette	35.355	11.112	1.010	14.142	*N/A*	37.376	0.000	2.020	0.000
990489	Sauce BBQ Smokey	0.000	3.489	0.582	0.582	*N/A*	0.000	0.000	0.000	0.000
<b>Totals</b>		35.355	42.453	4.576	19.697	*N/A*	77.165	0.000	3.711	*0.000*
<b>% of Calories</b>			45.177%		20.961%					

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# Lawrence Public Schools USD 497

## 990381 - BBQ Sauce

Number of Portions: 128.000

Group Code: Condiments and Dressings

Size of Portion: 2 tbsp

\*Nutrients are based upon 1 Portion Size (2 tbsp)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990489	Sauce BBQ Smokey	1 bottle	28.35	23.625	0.000	245.696	3.780	3.780	1.417	0.000
<b>Totals</b>			28.00	23.625	0.000	245.696	3.780	3.780	1.418	0.000
<b>% of Calories</b>					0.000%	64.000%	64.000%	54.000%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990489	Sauce BBQ Smokey	0.000	5.670	0.945	0.945	*N/A*	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	5.670	0.945	0.945	*N/A*	0.000	0.000	0.000	0.000
<b>% of Calories</b>			95.998%		16.000%					

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<sup>1</sup> - denotes required nutrient values

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# Lawrence Public Schools USD 497

## 990303 - Bean & Cheese Burrito

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990515 Bean & Cheese Burrito WG	1 burrito	127.57	289.032	3.987	398.665	0.000	0.000	8.970	0.000
<b>Totals</b>		128.00	289.032	3.987	398.665	0.000	0.000	8.970	0.000
<b>% of Calories</b>				12.414%		0.000%	0.000%	27.931%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990515 Bean & Cheese Burrito WG	9.967	39.867	7.973	15.947	*N/A*	199.333	0.000	2.691	0.000	0.000
<b>Totals</b>		9.967	39.867	7.973	15.947	*N/A*	199.332	0.000	2.691	0.000
<b>% of Calories</b>			55.172%		22.070%					

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# Lawrence Public Schools USD 497

## 1069 - BEANS GARBANZO

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
801 BEANS GARBANZO ,CANNED	1/2 CUP	120.00	120.001	0.000	369.233	3.692	*N/A*	1.846	0.000
<b>Totals</b>		120.00	120.001	0.000	369.233	3.692	*N/A*	1.846	0.000
<b>% of Calories</b>				0.000%		12.307%	*N/A%*	13.846%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
801 BEANS GARBANZO ,CANNED	0.000	20.308	5.538	6.462	*N/A*	36.923	0.000	1.662	0.000	0.000
<b>Totals</b>		0.000	20.308	5.538	6.462	36.923	0.000	1.662	0.000	0.000
<b>% of Calories</b>			67.692%		21.540%					

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# Lawrence Public Schools USD 497

## 990194 - BEANS, GREAT NORTHERN, CANNED

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902997 BEANS, GREAT NORTHERN, CANNED	1 (1/2 cup)	130.00	80.000	0.000	140.000	0.000	*N/A*	0.000	0.000
<b>Totals</b>		130.00	80.000	0.000	140.000	0.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902997 BEANS, GREAT NORTHERN, CANNED	0.000	15.000	5.000	6.000	*N/A*	0.000	0.000	1.800	*N/A*	*N/A*
<b>Totals</b>		0.000	15.000	5.000	6.000	0.000	0.000	1.800	*N/A*	*N/A*
<b>% of Calories</b>			75.000%		30.000%					

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# Lawrence Public Schools USD 497

## 1059 - BEANS,KIDNEY-NS

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
901478	Kidney Beans	1 (1/2 cup)	130.00	108.329	0.000	411.658	*N/A*	*N/A*	0.000	0.000
<b>Totals</b>			130.00	108.329	0.000	411.658	*N/A*	*N/A*	0.000	0.000
<b>% of Calories</b>					0.000%		*N/A%*	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
901478	Kidney Beans	0.000	17.329	5.408	7.579	*N/A*	65.000	0.000	1.612	*N/A*	*N/A*
<b>Totals</b>		0.000	17.329	5.408	7.579	*N/A*	65.000	0.000	1.612	*N/A*	*N/A*
<b>% of Calories</b>			63.987%		27.985%						

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# Lawrence Public Schools USD 497

## 990403 - Beef & Broccoli w/ Fried Rice

Number of Portions: 200.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990559	WG Vegetable Fried Rice	2 1/2 case	170.10	275.007	0.000	448.160	0.000	0.000	2.546	0.000
990567	Teriyaki Beef Dippers	2 case	79.38	152.233	3.806	413.204	0.000	0.000	8.699	0.000
900442	BROCCOLI FLORETS	1 1/2 case	40.82	13.917	0.000	13.917	0.000	*N/A*	0.000	0.000
990444	Sauce, Teriyaki Glaze	12 cup	13.61	17.010	0.000	351.534	3.402	0.000	0.000	0.000
<b>Totals</b>			304.00	458.167	3.806	1226.814	3.402	0.000	11.245	0.000
<b>% of Calories</b>					7.476%		2.970%	0.000%	22.090%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990559	WG Vegetable Fried Rice	0.000	55.001	4.074	6.111	*N/A*	10.185	0.000	0.713	0.000	0.000
990567	Teriyaki Beef Dippers	27.184	6.524	1.087	11.961	*N/A*	32.621	0.000	2.175	0.000	0.000
900442	BROCCOLI FLORETS	0.000	2.783	0.928	0.000	*N/A*	19.484	122.470	0.297	*N/A*	*N/A*
990444	Sauce, Teriyaki Glaze	0.000	3.780	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		27.184	68.089	6.089	18.072	*N/A*	62.291	122.470	3.185	*0.000*	*0.000*
<b>% of Calories</b>			59.445%		15.778%						

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# Lawrence Public Schools USD 497

## 990439 - Beef Burrito - SFSP

Number of Portions: 60.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990652	Beef Burrito - SFSP	1 case	141.75	319.431	6.988	628.880	0.998	0.000	14.973	0.000
	<b>Totals</b>		142.00	319.431	6.988	628.880	0.998	0.000	14.973	0.000
	<b>% of Calories</b>			19.688%		1.250%	0.000%	42.187%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990652	Beef Burrito - SFSP	29.947	29.947	2.995	15.972	*N/A*	219.609	0.000	3.294	0.000	0.000
	<b>Totals</b>	29.947	29.947	2.995	15.972	*N/A*	219.609	0.000	3.294	0.000	0.000
	<b>% of Calories</b>		37.500%		20.001%						

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# Lawrence Public Schools USD 497

## 990302 - Beef Pizza Pocket

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990518	Beef Pizza Pocket IW	1 each	126.44	321.114	7.024	602.090	1.003	0.000	14.049	0.000
<b>Totals</b>			126.00	321.114	7.024	602.090	1.003	0.000	14.049	0.000
<b>% of Calories</b>				19.688%		1.249%	0.000%	39.375%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990518	Beef Pizza Pocket IW	40.139	31.108	3.010	18.063	*N/A*	291.010	0.000	2.509	0.000
<b>Totals</b>		40.139	31.108	3.010	18.063	*N/A*	291.010	0.000	2.509	0.000
<b>% of Calories</b>			38.750%		22.500%					

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# Lawrence Public Schools USD 497

## 990308 - Biscuit Baked WG

Number of Portions: 144.000

Group Code: BREAKFAST

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990521 Biscuit Baked WG	144 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
<b>Totals</b>		64.00	209.299	4.983	398.665	2.990	1.993	9.967	0.000
<b>% of Calories</b>				21.429%		5.714%	3.809%	42.857%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990521 Biscuit Baked WG	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000	0.000
<b>Totals</b>		0.000	26.910	1.993	3.987	99.666	0.000	1.694	0.000	0.000
<b>% of Calories</b>			51.429%		7.620%					

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# Lawrence Public Schools USD 497

## 799 - Biscuits & Gravy-breakfast

Number of Portions: 100.000

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Source: USD 497  
Group Code: BREAKFAST

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-710	Gravy, Pepper Low Na+	100 (1/4 cup)	52.56	35.162	0.879	124.407	0.000	*N/A*	1.758	0.000
990387	Sausage, Chicken Patty	100 patty	42.52	80.999	1.519	303.745	0.000	*N/A*	6.075	0.000
990521	Biscuit Baked WG	100 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
<b>Totals</b>			159.00	325.460	7.381	826.817	2.990	1.993	17.800	0.000
<b>% of Calories</b>					20.411%		3.675%	2.449%	49.222%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-710	0.000	5.274	0.000	0.000	*N/A*	0.893	0.000	0.004	*44.607*	*0.045*	
990387	40.499	0.000	0.000	6.075	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*	
990521	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000	0.000	
<b>Totals</b>		40.499	32.184	1.993	10.062	*N/A*	100.559	0.000	1.698	*44.607*	*0.045*
<b>% of Calories</b>			39.555%		12.366%						

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# Lawrence Public Schools USD 497

## 276 - Black Bean and Corn Salsa

Number of Portions: 50.000

Source: Healthier KS

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
902970	Black Beans, Fancy Canned	1 1/3 #10 can	81.63	75.347	0.000	87.905	0.628	*N/A*	0.314	0.000
900151	CORN FROZEN	3 LB + 12 oz	34.02	29.264	0.000	0.000	0.000	0.000	0.183	0.000
900464	Green Bell Pepper	15 oz	8.50	1.437	0.000	2.299	0.230	*N/A*	0.000	0.000
901575	ONIONS,RED,RAW	5 oz, chopped	2.83	1.134	0.001	0.113	*N/A*	*N/A*	0.003	0.000
902965	Lemon Juice	1/2 cup	2.45	0.490	0.000	0.000	0.000	*N/A*	0.000	0.000
901196	Cumin, Ground	1 tbsp	0.13	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
903119	Garlic Powder	2 tsp	0.13	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
990484	Sauce Picante Mild	3 cup + 1/4 cup	16.64	5.200	0.000	130.000	0.000	0.000	0.000	0.000
902131	Vegetable Oil	1/4 cup	1.12	9.600	0.080	0.000	0.000	*N/A*	1.120	0.000
<b>Totals</b>			147.00	122.471	0.081	220.317	*0.858*	*0.000*	1.620	0.000
<b>% of Calories</b>					0.597%		*2.802%*	*0.000%*	11.903%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
902970	Black Beans, Fancy Canned	0.000	14.442	3.767	4.395	*N/A*	37.674	0.000	1.130	*N/A*	*N/A*
900151	CORN FROZEN	0.000	6.950	0.732	1.097	*N/A*	0.000	0.000	0.146	*N/A*	*N/A*
900464	Green Bell Pepper	0.000	0.345	0.115	0.057	*N/A*	1.149	6.551	0.041	*N/A*	*N/A*
901575	ONIONS,RED,RAW	0.000	0.265	0.048	0.031	*N/A*	0.652	0.210	0.006	2.526	0.010
902965	Lemon Juice	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
901196	Cumin, Ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903119	Garlic Powder	0.000	0.162	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990484	Sauce Picante Mild	0.000	1.040	0.520	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
902131	Vegetable Oil	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	23.203	5.182	5.581	*N/A*	39.475	6.761	1.324	*2.526*	*0.010*
<b>% of Calories</b>			75.783%		18.228%						

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# Lawrence Public Schools USD 497

## 990300 - Black Bean Burger w/ WG Bun

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903155 Bun, Hamburger	1 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
990517 Black Bean Burger	1 patty	82.21	150.391	1.003	320.834	1.003	0.000	5.013	0.000
<b>Totals</b>		139.00	280.391	1.003	570.834	4.003	0.000	6.513	0.000
<b>% of Calories</b>				3.218%		5.711%	0.000%	20.905%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903155 Bun, Hamburger	0.000	24.000	2.000	3.000	*N/A*	40.000	1.200	1.080	*N/A*	*N/A*
990517 Black Bean Burger	5.013	16.042	5.013	14.036	*N/A*	60.156	0.000	1.303	0.000	0.000
<b>Totals</b>		5.013	40.042	7.013	17.036	100.156	1.200	2.383	*0.000*	*0.000*
<b>% of Calories</b>			57.123%		24.303%					

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# Lawrence Public Schools USD 497

## 879 - Black Beans

Number of Portions: 24.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
902970	Black Beans, Fancy Canned	1 #10 can	127.57	117.759	0.000	137.386	0.981	*N/A*	0.491	0.000
R-990271	Mexican Seasoning	4 tsp	0.42	0.233	0.000	13.053	0.000	0.000	0.000	0.000
75010	WATER,COLD	4 cup	40.00	0.000	0.000	1.200	0.000	*N/A*	0.000	0.000
<b>Totals</b>			168.00	117.993	0.000	151.639	0.981	0.000	0.491	0.000
<b>% of Calories</b>					0.000%		3.326%	0.000%	3.743%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
902970	Black Beans, Fancy Canned	0.000	22.571	5.888	6.869	*N/A*	58.880	0.000	1.766	*N/A*	*N/A*
R-990271	Mexican Seasoning	0.000	0.047	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
75010	WATER,COLD	0.000	0.000	0.000	0.000	*N/A*	0.800	0.000	0.004	39.961	0.040
<b>Totals</b>		0.000	22.617	5.888	6.869	*0.000*	59.680	0.000	1.770	*39.961*	*0.040*
<b>% of Calories</b>			76.673%		23.286%						

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# Lawrence Public Schools USD 497

## 990355 - Black Beans for SW Shaker

Number of Portions: 25.000

Group Code: ENTREES

Size of Portion: 1/2 cup serving

\*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
902970	Black Beans, Fancy Canned	1 #10 can	122.47	113.049	0.000	131.891	0.942	*N/A*	0.471	0.000
900464	Green Bell Pepper	15 oz	17.01	2.873	0.000	4.597	0.460	*N/A*	0.000	0.000
903106	onion, red jumbo, fresh	5 oz	5.67	3.402	0.000	0.283	0.397	*N/A*	0.000	0.000
990568	JUICE LEMON CONC	1/4 cup	2.45	0.000	0.000	0.000	0.000	0.000	0.000	0.000
901196	Cumin, Ground	1 tbsp	0.25	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
990487	Spice Garlic Powder	2 tsp	0.26	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990484	Sauce Picante Mild	1 3/4 cup	17.92	5.600	0.000	140.000	0.000	0.000	0.000	0.000
902131	Vegetable Oil	2 TBSP	1.12	9.600	0.080	0.000	0.000	*N/A*	1.120	0.000
<b>Totals</b>			167.00	134.524	0.080	276.771	1.799	0.000	1.591	0.000
<b>% of Calories</b>					0.535%		5.349%	0.000%	10.644%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902970	Black Beans, Fancy Canned	0.000	21.668	5.652	6.595	*N/A*	56.525	0.000	1.696	*N/A*
900464	Green Bell Pepper	0.000	0.690	0.230	0.115	*N/A*	2.299	13.102	0.083	*N/A*
903106	onion, red jumbo, fresh	0.000	0.850	0.170	0.113	*N/A*	2.268	0.680	0.020	*N/A*
990568	JUICE LEMON CONC	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
901196	Cumin, Ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990484	Sauce Picante Mild	0.000	1.120	0.560	0.000	*N/A*	0.000	0.000	0.000	0.000
902131	Vegetable Oil	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
<b>Totals</b>		0.000	24.328	6.612	6.823	*N/A*	61.091	13.782	1.799	*0.000*
<b>% of Calories</b>			72.337%		20.288%					

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# Lawrence Public Schools USD 497

## 990377 - Blood Orange

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990607 Blood Orange	4 (1/4 cup)	32.75	15.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		33.00	15.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990607 Blood Orange	0.000	3.750	0.750	0.250	*N/A*	13.000	0.000	0.033	0.000	0.000
<b>Totals</b>		0.000	3.750	0.750	0.250	*N/A*	13.000	0.000	0.032	0.000
<b>% of Calories</b>			100.000%		6.667%					

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# Lawrence Public Schools USD 497

## 990421 - Blueberry Bread

Number of Portions: 75.000

Group Code: SNACKS

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990654 Blueberry Bread	1 case	96.77	272.155	1.512	251.996	24.192	0.000	8.064	0.000
<b>Totals</b>		97.00	272.155	1.512	251.996	24.192	0.000	8.064	0.000
<b>% of Calories</b>				5.000%		35.556%	0.000%	26.667%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990654 Blueberry Bread	0.000	45.359	2.016	5.040	*N/A*	46.367	0.000	1.008	0.000	0.000
<b>Totals</b>		0.000	45.359	2.016	5.040	*N/A*	46.367	0.000	1.008	0.000
<b>% of Calories</b>			66.667%		7.408%					

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# Lawrence Public Schools USD 497

## 990215 - BLUEBERRY IQF

Number of Portions: 194.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990464 Blueberry IQF	1 case	70.00	35.000	0.000	0.000	0.000	0.000	0.500	0.000
<b>Totals</b>		70.00	35.000	0.000	0.000	0.000	0.000	0.500	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	12.857%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990464 Blueberry IQF	0.000	8.500	2.000	0.000	*N/A*	5.000	0.000	0.150	0.000	0.000
<b>Totals</b>		0.000	8.500	2.000	0.000	*N/A*	5.000	0.150	0.000	0.000
<b>% of Calories</b>			97.143%		0.000%					

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# Lawrence Public Schools USD 497

## 990249 - Blueberry Muffin + Yogurt

Number of Portions: 3.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903331 Muffin, Blueberry, WG 2 oz (1g/b)	3 each	56.70	188.997	1.989	129.314	15.916	*N/A*	8.952	0.000
990424 Yogurt, Cherry	1 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
990425 Yogurt, Raspberry	1 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
903272 Yogurt, Strawberry & Banana	1 each	37.80	26.667	0.000	21.667	1.667	0.000	0.167	0.000
<b>Totals</b>		170.00	269.185	1.989	194.466	20.927	0.000	9.454	0.000
<b>% of Calories</b>				6.651%		31.097%	0.000%	31.607%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903331 Muffin, Blueberry, WG 2 oz (1g/b)	29.842	29.842	1.989	2.984	*N/A*	19.894	0.000	1.074	*N/A*	*N/A*
990424 Yogurt, Cherry	0.000	5.018	0.000	1.338	*N/A*	46.831	0.000	0.000	*N/A*	*N/A*
990425 Yogurt, Raspberry	0.000	5.018	0.000	1.338	*N/A*	46.831	0.000	0.000	*N/A*	*N/A*
903272 Yogurt, Strawberry & Banana	0.000	5.000	0.000	1.333	*N/A*	46.667	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		29.842	44.877	1.989	6.994	160.223	0.000	1.074	*N/A*	*N/A*
<b>% of Calories</b>			66.685%		10.393%					

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# Lawrence Public Schools USD 497

## 990432 - Blueberry Muffin SFSP

Number of Portions: 72.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903331 Muffin, Blueberry, WG 2 oz (1g/b)	1 case	56.70	188.997	1.989	129.314	15.916	*N/A*	8.952	0.000
<b>Totals</b>		57.00	188.997	1.989	129.314	15.916	*N/A*	8.953	0.000
<b>% of Calories</b>				9.473%		33.685%	*N/A%*	42.632%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903331 Muffin, Blueberry, WG 2 oz (1g/b)	29.842	29.842	1.989	2.984	*N/A*	19.894	0.000	1.074	*N/A*	*N/A*
<b>Totals</b>		29.842	29.842	1.989	2.984	19.894	0.000	1.074	*N/A*	*N/A*
<b>% of Calories</b>			63.158%		6.315%					

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# Lawrence Public Schools USD 497

## 990288 - Boneless Chicken Wings SFSP 24

Number of Portions: 29.000

Group Code: ENTREES

Size of Portion: serving (6 per)

\*Nutrients are based upon 1 Portion Size (serving (6 per))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990434	Chicken, Boneless Chicken Breast Chunk	1 case	156.41	294.421	2.760	1214.486	1.840	1.840	12.881	0.000
<b>Totals</b>			156.00	294.421	2.760	1214.486	1.840	1.840	12.881	0.000
<b>% of Calories</b>				8.438%		2.500%	2.500%	39.375%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990434	Chicken, Boneless Chicken Breast Chunk	55.204	25.762	0.000	22.082	*N/A*	16.561	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		55.204	25.762	0.000	22.082	*N/A*	16.561	0.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			35.000%		30.001%						

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# Lawrence Public Schools USD 497

## 990468 - Boneless Wings w/ Roll (Bakery)

Number of Portions: 94.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990498 Whole Wheat Roll 51%, 1 oz	1 Recipe	34.06	92.211	0.151	131.854	1.810	0.000	2.312	0.000
990434 Chicken, Boneless Chicken Breast Chunk	2 case	96.51	181.664	1.703	749.364	1.135	1.135	7.948	0.000
<b>Totals</b>		131.00	273.875	1.854	881.218	2.945	1.135	10.260	0.000
<b>% of Calories</b>				6.092%		4.301%	1.658%	33.716%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990498 Whole Wheat Roll 51%, 1 oz	0.263	15.216	1.337	3.003	*0.000*	14.887	0.000	0.710	*0.000*	*0.000*
990434 Chicken, Boneless Chicken Breast Chunk	34.062	15.896	0.000	13.625	*N/A*	10.219	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		34.325	31.112	1.337	16.628	*0.000*	0.000	0.710	*0.000*	*0.000*
<b>% of Calories</b>			45.440%		24.286%					

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# Lawrence Public Schools USD 497

## 990488 - Boneless Wings w/ Roll (Bakery) HS

Number of Portions: 29.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990434	Chicken, Boneless Chicken Breast Chunk	1 case	156.41	294.421	2.760	1214.486	1.840	1.840	12.881	0.000
R-990499	Whole Wheat Roll 51%, 2 oz	29 (2 oz Rolls)	64.03	173.355	0.284	247.886	3.402	0.000	4.347	0.000
<b>Totals</b>			220.00	467.776	3.044	1462.372	5.242	1.840	17.228	0.000
<b>% of Calories</b>					5.856%		4.482%	1.573%	33.146%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990434	55.204	25.762	0.000	22.082	*N/A*	16.561	0.000	0.000	*N/A*	*N/A*
R-990499	0.493	28.607	2.514	5.646	*0.000*	27.988	0.000	1.335	*0.000*	*0.000*
<b>Totals</b>		55.697	54.369	2.514	27.728	*0.000*	44.549	0.000	1.335	*0.000*
<b>% of Calories</b>			46.491%		23.710%					

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# Lawrence Public Schools USD 497

## 1280 - Bosco Stick WG (2) w/ sauce

Number of Portions: 54.000

Group Code: Meat/Meat Alt

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903284 BOSCO STICK, WG	1 case	161.28	423.353	6.048	544.310	2.016	*N/A*	12.096	0.000
990626 Marinara Sauce, Cup, Red Gold	54 dipping cup	70.87	39.929	0.000	199.645	0.998	0.000	0.000	0.000
<b>Totals</b>		232.00	463.281	6.048	743.955	3.014	0.000	12.096	0.000
<b>% of Calories</b>				11.749%		2.602%	0.000%	23.498%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903284 BOSCO STICK, WG	30.239	50.399	4.032	24.192	*N/A*	425.368	0.000	4.032	*N/A*	*N/A*
990626 Marinara Sauce, Cup, Red Gold	0.000	6.988	1.996	0.998	*N/A*	18.966	*N/A*	0.000	*N/A*	*N/A*
<b>Totals</b>		30.239	57.387	6.028	25.190	444.335	*0.000*	4.032	*N/A*	*N/A*
<b>% of Calories</b>			49.548%		21.749%					

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# Lawrence Public Schools USD 497

## 990366 - Braeburn Apples

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990394 Apple, Local Variety	4 (1/4 cup)	30.62	15.982	0.000	0.336	3.196	0.000	0.050	0.000
<b>Totals</b>		31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
<b>% of Calories</b>				0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990394 Apple, Local Variety	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	*N/A*	*N/A*
<b>Totals</b>		0.000	4.206	0.740	0.084	1.682	1.413	0.030	*N/A*	*N/A*
<b>% of Calories</b>			105.261%		2.102%					

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# Lawrence Public Schools USD 497

## 990261 - Breaded Beef Fingers w/ Roll

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990478 Breaded Beef Fingers	1 serving (4 each)	110.00	302.742	4.541	494.478	2.018	0.000	18.164	0.000
990433 Roll, WG (2.5 oz)	1 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
<b>Totals</b>		181.00	462.457	4.541	629.238	6.011	0.000	21.159	0.000
<b>% of Calories</b>				8.838%		5.199%	0.000%	41.178%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990478 Breaded Beef Fingers	35.320	19.174	2.018	15.137	*N/A*	40.366	0.000	2.725	0.000	0.000
990433 Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
<b>Totals</b>		35.320	48.122	5.013	22.125	50.348	0.000	4.322	0.000	0.000
<b>% of Calories</b>			41.623%		19.137%					

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# Lawrence Public Schools USD 497

## 990289 - Breaded Beef Fingers w/ WG Biscuit

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990478	Breaded Beef Fingers	1 serving (4 each)	110.00	302.742	4.541	494.478	2.018	0.000	18.164	0.000
990521	Biscuit Baked WG	1 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
<b>Totals</b>			174.00	512.041	9.524	893.143	5.008	1.993	28.131	0.000
<b>% of Calories</b>				16.741%		3.912%	1.557%	49.445%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990478	Breaded Beef Fingers	35.320	19.174	2.018	15.137	*N/A*	40.366	0.000	2.725	0.000	0.000
990521	Biscuit Baked WG	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000	0.000
<b>Totals</b>		35.320	46.084	4.012	19.124	*N/A*	140.032	0.000	4.419	0.000	0.000
<b>% of Calories</b>			36.000%		14.939%						

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# Lawrence Public Schools USD 497

## 990318 - Breakfast Bowl w/ WG Tortilla

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990572	Diced Breakfast Potatoes	4 oz	113.40	146.750	0.667	587.001	0.000	0.000	5.336	0.000
990570	Egg Scramble Mix	1 oz	28.35	32.008	0.686	34.294	0.000	0.000	2.058	0.000
990560	Chicken Sausage Link	1 link	21.26	32.434	0.541	126.131	0.000	0.000	1.802	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 oz	28.35	111.373	5.062	172.122	6.075	0.000	9.112	0.000
990571	Tortilla Whole Wheat &quot;	1 tortilla	29.00	90.000	1.000	130.000	0.000	0.000	2.500	0.000
<b>Totals</b>			220.00	412.565	7.956	1049.548	6.075	0.000	20.808	0.000
<b>% of Calories</b>					17.356%		5.890%	0.000%	45.393%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990572	Diced Breakfast Potatoes	0.000	26.682	1.334	2.668	*N/A*	13.341	0.000	0.534	0.000	0.000
990570	Egg Scramble Mix	78.876	0.686	0.000	2.744	*N/A*	16.690	0.000	0.457	0.000	0.000
990560	Chicken Sausage Link	19.821	0.000	0.000	3.604	*N/A*	0.000	0.721	0.324	0.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	25.312	1.012	0.000	6.075	*N/A*	200.471	0.000	0.101	0.000	0.000
990571	Tortilla Whole Wheat &quot;	0.000	14.000	2.000	2.000	*N/A*	36.000	0.000	1.000	0.000	0.000
<b>Totals</b>		124.008	42.380	3.334	17.090	*N/A*	266.502	0.721	2.416	0.000	0.000
<b>% of Calories</b>			41.089%		16.570%						

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# Lawrence Public Schools USD 497

## 990349 - Breakfast Pizza Turkey Sausage WG

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990527 Breakfast Pizza Turkey Sausage WG IW	1 each	90.72	200.627	1.745	270.411	1.745	0.000	6.106	0.000
<b>Totals</b>		91.00	200.627	1.745	270.411	1.745	0.000	6.106	0.000
<b>% of Calories</b>				7.826%		3.479%	0.000%	27.391%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990527 Breakfast Pizza Turkey Sausage WG IW	17.446	27.041	2.617	9.595	*N/A*	165.736	0.000	1.134	0.000	0.000
<b>Totals</b>		17.446	27.041	2.617	9.595	165.736	0.000	1.134	0.000	0.000
<b>% of Calories</b>			53.913%		19.130%					

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# Lawrence Public Schools USD 497

## 507 - Breakfast Pizza Turkey Sausage, WG Tonys 2023

Number of Portions: 100.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990015 Pizza-Brkfst Sausage	100 each	94.00	200.000	2.000	320.000	6.000	*N/A*	7.000	0.000
<b>Totals</b>		94.00	200.000	2.000	320.000	6.000	*N/A*	7.000	0.000
<b>% of Calories</b>				9.000%		12.000%	*N/A%*	31.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990015 Pizza-Brkfst Sausage	15.000	26.000	3.000	9.000	*N/A*	10.000	0.000	10.000	0.000	0.000
<b>Totals</b>		15.000	26.000	3.000	9.000	10.000	0.000	10.000	0.000	0.000
<b>% of Calories</b>			52.000%		18.000%					

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# Lawrence Public Schools USD 497

## 990313 - Breakfast Pizza, Turkey Bacon Scramble

Number of Portions: 128.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990556 Breakfast Pizza Bacon & Egg WG	1 case (128)	83.63	209.078	3.485	328.550	1.991	0.000	8.960	0.000
<b>Totals</b>		84.00	209.078	3.485	328.550	1.991	0.000	8.961	0.000
<b>% of Calories</b>				15.000%		3.809%	0.000%	38.571%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990556 Breakfast Pizza Bacon & Egg WG	59.736	22.899	1.991	9.956	*N/A*	159.297	0.000	1.493	0.000	0.000
<b>Totals</b>		59.736	22.899	1.991	9.956	159.297	0.000	1.493	0.000	0.000
<b>% of Calories</b>			43.809%		19.047%					

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# Lawrence Public Schools USD 497

## 990495 - Breakfast Sandwich IW (Grab & Go)

Number of Portions: 72.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990686 Egg & Cheese Breakfast Sandwich IW	36 each	46.49	114.983	2.000	174.974	1.000	0.000	4.499	0.000
990716 Turkey Sausage, Egg, & Cheese Breakfast Sandwich I	36 each	46.49	114.983	2.000	194.971	1.000	0.000	4.499	0.000
<b>Totals</b>		93.00	229.966	3.999	369.946	2.000	0.000	8.999	0.000
<b>% of Calories</b>				15.652%		3.479%	0.000%	35.218%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990686 Egg & Cheese Breakfast Sandwich IW	54.992	14.998	1.500	4.999	0.000	39.994	0.000	1.050	0.000	0.000
990716 Turkey Sausage, Egg, & Cheese Breakfast Sandwich I	42.494	15.498	1.000	4.999	0.000	39.994	0.000	1.050	0.000	0.000
<b>Totals</b>		97.486	30.496	2.500	9.999	79.988	0.000	2.100	0.000	0.000
<b>% of Calories</b>			53.043%		17.392%					

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# Lawrence Public Schools USD 497

## 990320 - Breakfast Taco

Number of Portions: 45.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990435	Tortilla, Flour, 6 inch	45 tortilla	61.80	182.366	1.520	476.179	2.026	2.026	4.559	0.000
990570	Egg Scramble Mix	1 bag	50.40	56.902	1.219	60.967	0.000	0.000	3.658	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 1/2 LB	15.12	59.399	2.700	91.798	3.240	0.000	4.860	0.000
990560	Chicken Sausage Link	45 link	21.26	32.434	0.541	126.131	0.000	0.000	1.802	0.000
<b>Totals</b>			149.00	331.101	5.980	755.075	5.266	2.026	14.879	0.000
<b>% of Calories</b>					16.254%		6.362%	2.448%	40.444%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990435	0.000	30.394	1.013	4.053	*N/A*	115.499	0.000	2.026	*N/A*	*N/A*	
990570	140.223	1.219	0.000	4.877	*N/A*	29.670	0.000	0.813	0.000	0.000	
990564	13.500	0.540	0.000	3.240	*N/A*	106.918	0.000	0.054	0.000	0.000	
990560	19.821	0.000	0.000	3.604	*N/A*	0.000	0.721	0.324	0.000	0.000	
<b>Totals</b>		173.544	32.154	1.013	15.774	*N/A*	252.087	0.721	3.218	*0.000*	*0.000*
<b>% of Calories</b>			38.845%		19.056%						

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# Lawrence Public Schools USD 497

## 990471 - Broccoli & Cauliflower

Number of Portions: 2.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup Serving

\*Nutrients are based upon 1 Portion Size (1/2 cup Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900442	BROCCOLI FLORETS	1/2 CUP, flowerets	17.75	6.051	0.000	6.051	0.000	*N/A*	0.000	0.000
900448	Cauliflower Florets	1/2 CUP	25.00	5.879	0.000	7.349	0.588	*N/A*	0.000	0.000
<b>Totals</b>			43.00	11.930	0.000	13.400	0.588	*N/A*	0.000	0.000
<b>% of Calories</b>					0.000%		19.715%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900442	BROCCOLI FLORETS	0.000	1.210	0.403	0.000	*N/A*	8.472	53.251	0.129	*N/A*	*N/A*
900448	Cauliflower Florets	0.000	1.176	0.588	0.588	*N/A*	5.879	12.346	0.106	*N/A*	*N/A*
<b>Totals</b>		0.000	2.386	0.991	0.588	*N/A*	14.351	65.597	0.235	*N/A*	*N/A*
<b>% of Calories</b>			80.000%		19.715%						

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# Lawrence Public Schools USD 497

## 990344 - Broccoli & Cauliflower

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900442	BROCCOLI FLORETS	1/8 CUP, flowerets	8.88	3.026	0.000	3.026	0.000	*N/A*	0.000	0.000
900448	Cauliflower Florets	1/8 CUP	12.50	2.939	0.000	3.674	0.294	*N/A*	0.000	0.000
<b>Totals</b>			21.00	5.965	0.000	6.700	0.294	*N/A*	0.000	0.000
<b>% of Calories</b>					0.000%		19.715%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900442	BROCCOLI FLORETS	0.000	0.605	0.202	0.000	*N/A*	4.236	26.625	0.065	*N/A*	*N/A*
900448	Cauliflower Florets	0.000	0.588	0.294	0.294	*N/A*	2.939	6.173	0.053	*N/A*	*N/A*
<b>Totals</b>		0.000	1.193	0.496	0.294	*N/A*	7.175	32.798	0.117	*N/A*	*N/A*
<b>% of Calories</b>			80.000%		19.715%						

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# Lawrence Public Schools USD 497

## 990244 - Broccoli & Celery 1/4 cup

Number of Portions: 2.000

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Source: Mosaic  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900442	BROCCOLI FLORETS	1/8 CUP, flowerets	4.44	1.513	0.000	1.513	0.000	*N/A*	0.000	0.000
990671	Celery	1/8 cup, strips	7.75	1.057	0.000	8.102	0.000	0.000	0.000	0.000
<b>Totals</b>			12.00	2.570	0.000	9.615	0.000	0.000	0.000	0.000
<b>% of Calories</b>					0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900442	BROCCOLI FLORETS	0.000	0.303	0.101	0.000	*N/A*	2.118	13.313	0.032	*N/A*	*N/A*
990671	Celery	0.000	0.282	0.141	0.000	*N/A*	2.818	0.634	0.025	0.000	0.000
<b>Totals</b>		0.000	0.584	0.242	0.000	*N/A*	4.936	13.947	0.058	*0.000*	*0.000*
<b>% of Calories</b>			90.957%		0.000%						

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# Lawrence Public Schools USD 497

**990096 - Broccoli Florets 1/2 cup**

Number of Portions: 1.000

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: Mosaic  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900442 BROCCOLI FLORETS	1/2 CUP, flowerets	35.50	12.102	0.000	12.102	0.000	*N/A*	0.000	0.000
<b>Totals</b>		36.00	12.102	0.000	12.102	0.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900442 BROCCOLI FLORETS	0.000	2.420	0.807	0.000	*N/A*	16.943	106.502	0.258	*N/A*	*N/A*
<b>Totals</b>		0.000	2.421	0.807	0.000	16.943	106.502	0.258	*N/A*	*N/A*
<b>% of Calories</b>			80.003%		0.000%					

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# Lawrence Public Schools USD 497

## 990493 - Brownie

Number of Portions: 100.000

Group Code: DESSERTS

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
902131	Vegetable Oil	1 cup + 1/2 cup	3.36	28.800	0.240	0.000	*N/A*	3.360	0.000	
900195	Sugar Granulated	3 LB + 4 oz	14.74	55.282	0.000	14.742	0.000	0.000	0.000	
900365	Vanilla, Imitation	1 tbsp	0.13	0.000	0.000	0.000	0.000	0.000	0.000	
900648	Applesauce, unswtnd	2 LB + 8 oz	11.34	4.647	0.000	0.837	*N/A*	0.000	0.000	
990697	Egg Whites, Liquid	1 LB + 8 oz	6.80	3.698	0.000	11.093	0.000	0.000	0.000	
990493	Flour, White Whole Wheat	1 LB + 14 oz	8.50	28.350	0.000	0.000	0.000	0.142	0.000	
990698	Cocoa Powder, unsweetened	12 oz	3.40	6.804	0.000	0.000	0.000	0.000	0.000	
990699	Baking Soda	2 tbsp	0.48	0.000	0.000	76.800	0.000	0.000	0.000	
<b>Totals</b>			49.00	127.580	0.240	88.823	15.578	0.000	3.502	
<b>% of Calories</b>					1.693%		48.842%	0.000%	24.702%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902131	Vegetable Oil	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	*N/A*	*N/A*
900195	Sugar Granulated	0.000	14.742	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900648	Applesauce, unswtnd	0.000	1.208	0.186	0.000	*N/A*	0.000	0.000	0.000	0.000
990697	Egg Whites, Liquid	0.000	0.000	0.000	0.740	0.000	0.000	0.000	0.000	0.000
990493	Flour, White Whole Wheat	0.000	5.953	0.850	1.134	*N/A*	0.000	0.306	0.000	0.000
990698	Cocoa Powder, unsweetened	0.000	2.041	1.361	0.680	0.000	6.804	0.885	0.000	0.000
990699	Baking Soda	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	23.945	2.397	2.554	*0.000*	6.804	1.191	*0.000*	*0.000*
<b>% of Calories</b>			75.073%		8.008%					

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# Lawrence Public Schools USD 497

## 990268 - Buffalo Chicken Bites w/ Roll

Number of Portions: 72.000

Group Code: ENTREES

Size of Portion: 4 each

\*Nutrients are based upon 1 Portion Size (4 each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990480	Chicken, Buffalo Bites	1 case	126.00	231.836	1.008	705.588	0.000	0.000	7.056	0.000
990433	Roll, WG (2.5 oz)	72 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
<b>Totals</b>			197.00	391.552	1.008	840.348	3.993	0.000	10.051	0.000
<b>% of Calories</b>				2.317%		4.079%	0.000%	23.102%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990480	Chicken, Buffalo Bites	45.359	21.168	0.000	19.152	*N/A*	18.144	0.000	2.016	0.000
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000
<b>Totals</b>		45.359	50.116	2.995	26.139	*N/A*	28.126	0.000	3.613	0.000
<b>% of Calories</b>			51.197%		26.703%					

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# Lawrence Public Schools USD 497

## 990480 - Buffalo Chicken Bites w/ WG Biscuit

Number of Portions: 72.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990480	Chicken, Buffalo Bites	1 case	126.00	231.836	1.008	705.588	0.000	0.000	7.056	0.000
990521	Biscuit Baked WG	1/2 case	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
<b>Totals</b>			190.00	441.135	5.991	1104.252	2.990	1.993	17.023	0.000
<b>% of Calories</b>					12.223%		2.711%	1.807%	34.729%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990480	Chicken, Buffalo Bites	45.359	21.168	0.000	19.152	*N/A*	18.144	0.000	2.016	0.000
990521	Biscuit Baked WG	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000
<b>Totals</b>		45.359	48.078	1.993	23.138	*N/A*	117.810	0.000	3.710	0.000
<b>% of Calories</b>			43.594%		20.980%					

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# Lawrence Public Schools USD 497

## 990486 - Build Your Own Burrito Bowl

Number of Portions: 120.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990185	Rice	5 Recipe	228.62	248.803	0.129	318.133	0.667	0.000	3.750	0.007
990503	Chicken Fajita Strips	10 LB	37.80	40.000	0.000	266.667	0.444	0.000	0.444	0.000
990554	Chicken Carnitas Shredded	11 LB	41.58	69.299	1.237	237.596	0.990	0.000	3.960	0.000
R-879	Black Beans	1 Recipe	33.60	23.599	0.000	30.328	0.196	0.000	0.098	0.000
<b>Totals</b>			342.00	381.700	1.366	852.723	2.298	0.000	8.253	0.007
<b>% of Calories</b>					3.222%		2.408%	0.000%	19.458%	0.016%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-990185	Rice	0.000	49.333	2.667	5.333	*0.000*	9.867	0.000	1.349	159.841	0.160
990503	Chicken Fajita Strips	22.222	1.778	0.000	6.667	*N/A*	0.000	0.000	0.444	0.000	0.000
990554	Chicken Carnitas Shredded	34.649	0.990	0.000	6.930	*N/A*	0.000	0.000	0.346	0.000	0.000
R-879	Black Beans	0.000	4.523	1.178	1.374	*0.000*	11.936	0.000	0.354	*7.992*	*0.008*
<b>Totals</b>		56.872	56.625	3.845	20.303	*0.000*	21.803	0.000	2.494	*167.833*	*0.168*
<b>% of Calories</b>			59.339%		21.276%						

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# Lawrence Public Schools USD 497

## 990481 - Build Your Own Pasta Bowl

Number of Portions: 80.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990475	Pasta, Cavatappi, Dry	1 bag (10 lbs)	56.70	202.496	0.000	0.000	0.000	1.012	0.000
990688	al Dente Pasta Sauce	2 #10 can	74.42	53.581	0.298	321.483	0.595	2.679	0.000
903338	Sauce, Alfredo, CN	5 LB	28.35	50.273	1.749	107.104	1.639	3.279	0.000
990503	Chicken Fajita Strips	7 LB + 1/2 LB	42.52	45.000	0.000	300.000	0.500	0.500	0.000
601590	Meatball	6 LB + 1/4 LB	35.44	96.186	3.037	111.373	0.506	7.087	0.000
<b>Totals</b>			237.00	447.536	5.084	839.960	3.241	14.558	0.000
<b>% of Calories</b>					10.224%		2.897%	29.275%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990475	0.000	42.524	2.025	7.087	*N/A*	0.000	0.000	1.822	0.000	0.000
990688	0.000	7.144	1.786	1.191	0.000	13.693	0.000	0.000	0.000	0.000
903338	9.836	2.186	0.000	3.279	*N/A*	103.279	0.000	0.000	*N/A*	*N/A*
990503	25.000	2.000	0.000	7.500	*N/A*	0.000	0.000	0.500	0.000	0.000
601590	17.718	2.025	0.506	7.087	*N/A*	20.250	0.822	0.729	0.000	0.000
<b>Totals</b>		52.555	55.879	4.317	26.144	*0.000*	137.221	0.822	3.051	*0.000*
<b>% of Calories</b>			49.944%		23.367%					

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# Lawrence Public Schools USD 497

## 990501 - Build Your Own Ramen Bowl - Cold

Number of Portions: 72.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990601	Cabbage - Green	4 LB + 1/2 LB	28.35	7.143	0.000	5.714	0.000	0.000	0.000
990711	Carrot Shrd 1/8	4 LB + 1/2 LB	28.35	11.340	0.000	19.845	0.000	0.000	0.000
903101	Mushroom, White fresh	2 LB + 1/4 LB	14.17	3.375	0.000	0.000	0.000	*N/A*	0.000
902971	Red Pepper, Fresh	8 pepper	12.60	3.457	0.000	0.384	0.000	0.000	0.000
900464	Green Bell Pepper	8 pepper	12.60	2.128	0.000	3.405	0.341	*N/A*	0.000
903103	Radish, fresh	2 LB + 1/4 LB	14.17	2.200	0.000	5.621	0.244	*N/A*	0.000
990589	Snow Peas	2 LB + 1/4 LB	14.17	6.254	0.000	0.000	0.000	0.000	0.000
990714	Sauce Soy Packet	72 packet	9.00	0.000	0.000	200.000	0.000	0.000	0.000
990715	Sriracha	1 bottle	11.02	7.875	0.000	220.496	0.000	0.000	0.000
<b>Totals</b>			144.00	43.771	0.000	455.466	0.585	0.000	0.000
<b>% of Calories</b>					0.000%		5.346%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990601	0.000	1.714	0.571	0.286	*N/A*	11.429	0.000	0.143	0.000	0.000
990711	0.000	2.835	0.850	0.283	0.000	9.355	0.000	0.085	0.000	0.000
903101	0.000	0.337	0.169	0.506	*N/A*	0.000	0.202	0.061	*N/A*	*N/A*
902971	0.000	0.768	0.230	0.154	*N/A*	0.845	0.000	0.055	*N/A*	*N/A*
900464	0.000	0.511	0.170	0.085	*N/A*	1.703	9.705	0.061	*N/A*	*N/A*
903103	0.000	0.489	0.244	0.000	*N/A*	2.444	4.399	0.000	*N/A*	*N/A*
990589	0.000	1.251	0.417	0.417	*N/A*	6.254	0.000	0.296	0.000	0.000
990714	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990715	0.000	1.575	0.000	0.000	0.000	1.575	0.000	0.173	0.000	0.000
<b>Totals</b>		0.000	9.480	2.653	1.731	*0.000*	33.604	14.307	0.874	*0.000*
<b>% of Calories</b>			86.635%		15.819%					

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# Lawrence Public Schools USD 497

## 990484 - Build Your Own Ramen Bowl - Hot

Number of Portions: 72.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
1 WATER,BOILING	8 gal	426.67	0.000	0.000	12.800	0.000	*N/A*	0.000	0.000
990690 Vegetable Base	2 cup	8.00	17.778	0.000	835.556	1.778	0.000	0.000	0.000
990712 Spice Ginger Ground	4 tsp	0.14	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990487 Spice Garlic Powder	8 tsp	0.36	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990713 Rice Vinegar	1 cup	3.15	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990710 Woodles	1 case	56.70	242.996	0.759	192.372	0.000	0.000	10.125	0.000
990721 Chicken, Diced, Cooked, Frozen	11 lb + 1 OZ	68.83	88.499	0.000	68.833	0.000	*N/A*	2.457	0.000
903179 Edamame / Soybeans	1 bag (2.5#)	15.75	18.750	0.094	0.937	0.375	*N/A*	0.750	0.000
<b>Totals</b>		580.00	368.022	0.853	1110.498	2.153	0.000	13.332	0.000
<b>% of Calories</b>				2.086%		2.340%	0.000%	32.604%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
1 WATER,BOILING	0.000	0.000	0.000	0.000	*N/A*	8.533	0.000	0.043	426.242	0.427
990690 Vegetable Base	0.000	3.556	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990712 Spice Ginger Ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990487 Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990713 Rice Vinegar	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990710 Woodles	0.000	34.424	4.050	6.075	0.000	12.150	0.000	1.519	0.000	0.000
990721 Chicken, Diced, Cooked, Frozen	51.625	0.000	0.000	14.744	*N/A*	0.000	1.473	0.441	*N/A*	*N/A*
903179 Edamame / Soybeans	0.000	1.125	0.000	1.687	*N/A*	7.500	0.900	0.337	*N/A*	*N/A*
<b>Totals</b>		51.625	39.105	4.050	22.506	*0.000*	28.183	2.373	*426.242*	*0.427*
<b>% of Calories</b>			42.503%		24.462%					

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# Lawrence Public Schools USD 497

## 137 - California Blend Veggies

Number of Portions: 212.000

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: USD 947  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900014 Vegetables, California Blend	1 case	51.35	16.672	0.000	13.338	0.000	0.000	0.000	0.000
<b>Totals</b>		51.00	16.672	0.000	13.338	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900014 Vegetables, California Blend	0.000	3.334	1.334	0.667	*N/A*	13.338	0.000	0.200	0.000	0.000
<b>Totals</b>		0.000	3.334	1.334	0.667	13.338	0.000	0.200	0.000	0.000
<b>% of Calories</b>			80.000%		16.003%					

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# Lawrence Public Schools USD 497

## 990285 - California Turkey Club Wrap

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Wrap

\*Nutrients are based upon 1 Portion Size (Wrap)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990584	Tortilla, Wrap, WW 12 inch	1 each	103.00	310.000	4.000	460.000	0.000	0.000	9.000	0.000
990415	Romaine, Whole Head	11 3/4 gram	11.75	2.115	0.000	0.000	0.139	0.000	0.000	0.000
900471	Tomatoes 5x6 Layer	1 oz	28.35	4.789	0.000	3.831	0.575	*N/A*	0.192	0.000
990447	Avocado, IW	1/4 each (.5 avo)	10.63	22.251	0.371	0.000	0.000	0.000	2.225	0.000
900009	Turkey, Breast Extra Lean Roasted, Sliced	2 slice	28.35	24.025	0.000	312.326	0.481	*N/A*	0.240	0.000
990524	Ham Sliced Lower Sodium Fully Cooked	1 1/4 slice	17.72	17.469	0.125	117.291	0.250	0.000	0.624	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 oz	28.35	111.373	5.062	172.122	6.075	0.000	9.112	0.000
990504	Miracle Whip	1 tbsp	14.40	38.400	0.480	91.200	0.960	0.000	3.360	0.000
<b>Totals</b>			243.00	530.422	10.038	1156.771	8.478	0.000	24.753	0.000
<b>% of Calories</b>					17.032%		6.393%	0.000%	42.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990584	Tortilla, Wrap, WW 12 inch	0.000	49.000	6.000	7.000	*N/A*	127.000	0.000	2.000	0.000	0.000
990415	Romaine, Whole Head	0.000	0.276	0.141	0.139	*N/A*	2.820	0.494	0.149	*N/A*	*N/A*
900471	Tomatoes 5x6 Layer	0.000	0.958	0.192	0.192	*N/A*	3.831	4.597	0.138	*N/A*	*N/A*
990447	Avocado, IW	0.000	0.742	0.494	0.247	*N/A*	1.236	0.000	0.099	*N/A*	*N/A*
900009	Turkey, Breast Extra Lean Roasted, Sliced	12.013	0.481	0.000	5.286	*N/A*	0.000	0.000	0.192	0.000	0.000
990524	Ham Sliced Lower Sodium Fully Cooked	9.982	0.250	0.000	2.745	*N/A*	2.995	0.000	0.000	0.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	25.312	1.012	0.000	6.075	*N/A*	200.471	0.000	0.101	0.000	0.000
990504	Miracle Whip	0.000	1.920	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		47.307	54.638	6.827	21.683	*N/A*	338.353	5.091	2.679	*0.000*	*0.000*
<b>% of Calories</b>			41.203%		16.352%						

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# Lawrence Public Schools USD 497

## 990348 - California Vegetable Blend

Number of Portions: 240.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900014 Vegetables, California Blend	1 case	45.36	14.727	0.000	11.782	0.000	0.000	0.000	0.000
<b>Totals</b>		45.00	14.727	0.000	11.782	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900014 Vegetables, California Blend	0.000	2.945	1.178	0.589	*N/A*	11.782	0.000	0.177	0.000	0.000
<b>Totals</b>		0.000	2.945	1.178	0.589	*N/A*	0.000	0.177	0.000	0.000
<b>% of Calories</b>			80.000%		15.998%					

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# Lawrence Public Schools USD 497

## 990368 - Cameo Apples

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990394 Apple, Local Variety	4 (1/4 cup)	30.62	15.982	0.000	0.336	3.196	0.000	0.050	0.000
<b>Totals</b>		31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
<b>% of Calories</b>				0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990394 Apple, Local Variety	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	*N/A*	*N/A*
<b>Totals</b>		0.000	4.206	0.740	0.084	1.682	1.413	0.030	*N/A*	*N/A*
<b>% of Calories</b>			105.261%		2.102%					

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# Lawrence Public Schools USD 497

## 990203 - Cantaloupe, Fresh, Local

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990395 Cantaloupe, Fresh, Local	1/2 cup	170.10	57.315	0.092	27.117	13.250	0.000	0.308	0.000
<b>Totals</b>		170.00	57.315	0.092	27.117	13.250	0.000	0.308	0.000
<b>% of Calories</b>				1.451%		92.471%	0.000%	4.838%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990395 Cantaloupe, Fresh, Local	0.000	13.867	1.541	1.417	*N/A*	15.407	62.307	0.333	*N/A*	*N/A*
<b>Totals</b>		0.000	13.867	1.541	1.417	*N/A*	62.307	0.333	*N/A*	*N/A*
<b>% of Calories</b>			96.775%		9.889%					

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# Lawrence Public Schools USD 497

## 990404 - Caramel Mini Cinni Bar

Number of Portions: 72.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990643 Caramel Mini Cinni Bar	1 case	66.09	210.273	1.001	280.364	8.010	0.000	6.008	0.000
<b>Totals</b>		66.00	210.273	1.001	280.364	8.010	0.000	6.008	0.000
<b>% of Calories</b>				4.286%		15.237%	0.000%	25.714%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990643 Caramel Mini Cinni Bar	0.000	35.046	2.003	5.007	*N/A*	30.039	0.000	1.502	0.000	0.000
<b>Totals</b>		0.000	35.046	2.003	5.007	30.039	0.000	1.502	0.000	0.000
<b>% of Calories</b>			66.667%		9.525%					

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# Lawrence Public Schools USD 497

## 990442 - Carrot

Number of Portions: 114.000

Group Code: VEGETABLES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990663	Carrot	1 bag	99.47	39.789	0.000	69.630	0.000	0.000	0.000
<b>Totals</b>			99.00	39.789	0.000	69.630	0.000	0.000	0.000
<b>% of Calories</b>					0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990663	Carrot	0.000	9.947	2.984	0.995	*N/A*	32.826	0.000	0.000	0.000
<b>Totals</b>		0.000	9.947	2.984	0.995	*N/A*	32.826	0.000	0.000	0.000
<b>% of Calories</b>			99.999%		10.003%					

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# Lawrence Public Schools USD 497

## 990235 - Carrots & Celery - 1/4 cup

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900446	Carrots - Baby	1/2 (1/4 cup)	17.50	6.250	0.000	13.750	0.750	*N/A*	0.000	0.000
990671	Celery	1/8 cup, strips	15.50	2.114	0.000	16.205	0.000	0.000	0.000	0.000
<b>Totals</b>			33.00	8.364	0.000	29.955	0.750	0.000	0.000	0.000
<b>% of Calories</b>					0.000%		35.868%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900446	Carrots - Baby	0.000	1.500	0.500	0.000	*N/A*	5.000	0.600	0.180	*N/A*	*N/A*
990671	Celery	0.000	0.564	0.282	0.000	*N/A*	5.636	1.268	0.051	0.000	0.000
<b>Totals</b>		0.000	2.064	0.782	0.000	*N/A*	10.636	1.868	0.231	*0.000*	*0.000*
<b>% of Calories</b>			98.690%		0.000%						

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# Lawrence Public Schools USD 497

## 990343 - Cauliflower

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900448	Cauliflower Florets	25.00	5.879	0.000	7.349	0.588	*N/A*	0.000	0.000
	<b>Totals</b>	25.00	5.879	0.000	7.349	0.588	*N/A*	0.000	0.000
	<b>% of Calories</b>			0.000%		40.007%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900448	0.000	1.176	0.588	0.588	*N/A*	5.879	12.346	0.106	*N/A*	*N/A*
	<b>Totals</b>	0.000	1.176	0.588	0.588	5.879	12.346	0.106	*N/A*	*N/A*
	<b>% of Calories</b>		80.000%		40.007%					

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# Lawrence Public Schools USD 497

## 990192 - Cauliflower Florets

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900448	Cauliflower Florets	1/2 CUP	50.00	11.758	0.000	14.697	1.176	0.000	0.000
		<b>Totals</b>	50.00	11.758	0.000	14.697	1.176	0.000	0.000
		<b>% of Calories</b>			0.000%	40.007%	*N/A*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900448	0.000	2.352	1.176	1.176	*N/A*	11.758	24.692	0.212	*N/A*	*N/A*
	<b>Totals</b>	0.000	2.352	1.176	1.176	11.758	24.692	0.212	*N/A*	*N/A*
	<b>% of Calories</b>		80.000%		40.007%					

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# Lawrence Public Schools USD 497

## 990290 - Cavatappi w/ Meat Sauce

Number of Portions: 75.000

Group Code: ENTREES

Size of Portion: servings

\*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990184	Meat Sauce	1 recipe	209.47	368.229	6.933	574.909	0.952	0.000	21.236	0.000
990417	Sauce, Marinara	1 #10 can	40.00	19.200	0.000	156.800	0.320	0.000	0.480	0.000
990475	Pasta, Cavatappi, Dry	1 bag (10 lbs)	60.48	215.996	0.000	0.000	0.000	0.000	1.080	0.000
<b>Totals</b>			310.00	603.425	6.933	731.709	1.272	0.000	22.796	0.000
<b>% of Calories</b>					10.341%		0.843%	0.000%	34.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-990184	Meat Sauce	68.606	11.431	2.858	15.627	*0.000*	42.086	0.000	1.614	*0.000*	*0.000*
990417	Sauce, Marinara	0.000	3.200	0.320	0.320	*N/A*	6.720	0.000	0.320	*N/A*	*N/A*
990475	Pasta, Cavatappi, Dry	0.000	45.359	2.160	7.560	*N/A*	0.000	0.000	1.944	0.000	0.000
<b>Totals</b>		68.606	59.990	5.338	23.507	*0.000*	48.806	0.000	3.878	*0.000*	*0.000*
<b>% of Calories</b>			39.766%		15.582%						

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# Lawrence Public Schools USD 497

## 990456 - Celery

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990676	Celery, Bulk	1/2 cup, strips	62.00	10.941	0.000	51.059	0.000	0.000	0.000
<b>Totals</b>			62.00	10.941	0.000	51.059	0.000	0.000	0.000
<b>% of Calories</b>					0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990676	Celery, Bulk	0.000	2.188	0.729	0.729	*N/A*	21.882	0.000	0.146	0.000
<b>Totals</b>		0.000	2.188	0.729	0.729	*N/A*	21.882	0.000	0.146	0.000
<b>% of Calories</b>			80.000%		26.652%					

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# Lawrence Public Schools USD 497

## 990242 - Celery 1/4 cup

Number of Portions: 2.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990671 Celery	1/2 cup, strips	31.00	4.227	0.000	32.409	0.000	0.000	0.000	0.000
<b>Totals</b>		31.00	4.227	0.000	32.409	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990671 Celery	0.000	1.127	0.564	0.000	*N/A*	11.273	2.536	0.101	0.000	0.000
<b>Totals</b>		0.000	1.127	0.564	0.000	*N/A*	11.273	2.536	0.101	0.000
<b>% of Calories</b>			106.676%		0.000%					

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# Lawrence Public Schools USD 497

## 990408 - Cereal Bar 1 oz

Number of Portions: 36.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990641	1 oz Cinnamon Toast Crunch Cereal Bar	12 each	13.33	53.333	0.000	40.000	2.667	0.000	1.167	0.000
990639	1 oz Cocoa Puff Cereal Bar	12 each	13.33	53.333	0.000	35.000	2.667	0.000	1.167	0.000
990640	1 oz Trix Cereal Bar	12 each	13.33	53.333	0.167	35.000	2.667	0.000	1.167	0.000
<b>Totals</b>			40.00	160.000	0.167	110.000	8.000	0.000	3.500	0.000
<b>% of Calories</b>					0.938%		20.000%	0.000%	19.688%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990641	1 oz Cinnamon Toast Crunch Cereal Bar	0.000	10.000	1.000	0.667	*N/A*	76.667	0.000	0.567	0.000	0.000
990639	1 oz Cocoa Puff Cereal Bar	0.000	9.667	1.000	1.000	*N/A*	86.667	0.000	0.700	0.000	0.000
990640	1 oz Trix Cereal Bar	0.000	9.667	1.000	0.667	*N/A*	86.667	0.000	0.567	0.000	0.000
<b>Totals</b>		0.000	29.333	3.000	2.333	*N/A*	250.000	0.000	1.833	0.000	0.000
<b>% of Calories</b>			73.333%		5.832%						

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# Lawrence Public Schools USD 497

## 1013 - Cereal- Cheerios

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: bowl

\*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903160 Cereal Cheerios WG Bowl	1 bowl	28.00	100.000	0.500	140.000	1.000	*N/A*	2.000	0.000
<b>Totals</b>		28.00	100.000	0.500	140.000	1.000	*N/A*	2.000	0.000
<b>% of Calories</b>				4.500%		4.000%	*N/A%*	18.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903160 Cereal Cheerios WG Bowl	0.000	20.000	3.000	3.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	20.000	3.000	3.000	*N/A*	0.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			80.000%		12.000%					

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# Lawrence Public Schools USD 497

## 1290 - Cereal, Bar, 2 oz, WG, Variety

Number of Portions: 2.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903353	Cereal, Bar, 2 oz, WG, Cinnamon Toast Crunch	1 each	35.00	130.000	0.250	100.000	7.500	*N/A*	2.500	0.000
903354	Cereal, Bar, 2 oz, WG, Lucky Charms	1 each	35.00	135.000	0.250	85.000	8.000	*N/A*	3.000	0.000
<b>Totals</b>			70.00	265.000	0.500	185.000	15.500	*N/A*	5.500	0.000
<b>% of Calories</b>					1.698%		23.396%	*N/A%*	18.679%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903353	0.000	26.000	2.500	2.000	*N/A*	150.000	0.000	1.350	0.000	0.000
903354	0.000	25.500	2.500	2.500	*N/A*	175.000	0.000	1.350	0.000	0.000
<b>Totals</b>		0.000	51.500	5.000	4.500	*N/A*	325.000	0.000	2.700	0.000
<b>% of Calories</b>			77.736%		6.792%					

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# Lawrence Public Schools USD 497

## 990129 - Cereal, CACFP

Number of Portions: 2.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903124	Cereal mini wheats frosted bowl	1 bowl	14.00	50.000	0.000	0.000	3.000	*N/A*	0.000	0.000
903160	Cereal Cheerios WG Bowl	1 bowl	14.00	50.000	0.250	70.000	0.500	*N/A*	1.000	0.000
<b>Totals</b>			28.00	100.000	0.250	70.000	3.500	*N/A*	1.000	0.000
<b>% of Calories</b>					2.250%		14.000%	*N/A%*	9.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903124	Cereal mini wheats frosted bowl	0.000	12.000	1.500	1.500	*N/A*	0.000	0.000	4.050	*N/A*	*N/A*
903160	Cereal Cheerios WG Bowl	0.000	10.000	1.500	1.500	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	22.000	3.000	3.000	*N/A*	0.000	0.000	4.050	*N/A*	*N/A*
<b>% of Calories</b>			88.000%		12.000%						

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# Lawrence Public Schools USD 497

## 1291 - Cereal, Cup, 2 oz, WG Variety

Number of Portions: 5.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903359 Cereal, Cup, 2 oz, WG, Lucky Charms (gf)	1 each	11.34	42.524	0.000	72.899	3.847	*N/A*	0.506	0.000
903355 Cereal, Cup, 2 oz WGR, Cinn Toast Crunch	1 each	11.34	42.524	0.101	64.799	2.227	*N/A*	1.012	0.000
903357 Cereal, Cup, 2 oz, WG, Cinnamon Chex (gf)	1 each	11.34	46.574	0.101	64.799	2.430	*N/A*	1.012	0.000
903356 Cereal, Cup, 2 oz, WGR, Cocoa Puffs	1 each	11.34	44.549	0.000	46.574	3.037	*N/A*	0.506	0.000
903358 Cereal, Cup, 2 oz, WGR, Honey Cheerios (gf)	1 each	11.34	42.524	0.101	68.849	2.430	*N/A*	0.607	0.000
<b>Totals</b>		57.00	218.696	0.304	317.919	13.972	*N/A*	3.645	0.000
<b>% of Calories</b>				1.250%		25.555%	*N/A%*	15.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903359 Cereal, Cup, 2 oz, WG, Lucky Charms (gf)	0.000	9.315	0.810	1.012	*N/A*	30.374	1.822	1.093	0.000	0.000
903355 Cereal, Cup, 2 oz WGR, Cinn Toast Crunch	0.000	8.910	1.417	0.607	*N/A*	20.250	1.215	0.911	0.000	0.000
903357 Cereal, Cup, 2 oz, WG, Cinnamon Chex (gf)	0.000	9.315	0.607	0.607	*N/A*	20.250	1.215	2.916	0.000	0.000
903356 Cereal, Cup, 2 oz, WGR, Cocoa Puffs	0.000	9.517	0.607	0.607	*N/A*	30.374	1.822	1.093	0.000	0.000
903358 Cereal, Cup, 2 oz, WGR, Honey Cheerios (gf)	0.000	8.910	1.012	1.215	*N/A*	30.374	1.822	1.093	0.000	0.000
<b>Totals</b>		0.000	45.967	4.455	4.050	131.623	7.897	7.108	0.000	0.000
<b>% of Calories</b>			84.074%		7.408%					

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# Lawrence Public Schools USD 497

## 1305 - Cereal, Rice Chex

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: bowl

\*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990460	Cereal, Rice Chex (1 oz)	1 each	28.35	111.373	0.000	232.871	2.025	0.000	0.506	0.000
	<b>Totals</b>		28.00	111.373	0.000	232.871	2.025	0.000	0.506	0.000
	<b>% of Calories</b>				0.000%		7.273%	0.000%	4.091%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990460	Cereal, Rice Chex (1 oz)	0.000	24.300	1.012	2.025	*N/A*	78.974	0.000	8.201	*N/A*	*N/A*
	<b>Totals</b>	0.000	24.300	1.012	2.025	*N/A*	78.974	0.000	8.201	*N/A*	*N/A*
	<b>% of Calories</b>		87.273%		7.273%						

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# Lawrence Public Schools USD 497

## 990228 - Cheese Cheddar Cubes

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: ounce

\*Nutrients are based upon 1 Portion Size (ounce)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990420 Cheese Cheddar Cubes	1 (serving - 4 cubes)	28.35	113.398	5.670	188.997	0.000	0.000	9.450	0.000
<b>Totals</b>		28.00	113.398	5.670	188.997	0.000	0.000	9.450	0.000
<b>% of Calories</b>				45.000%		0.000%	0.000%	75.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990420 Cheese Cheddar Cubes	28.350	0.000	0.000	6.615	*N/A*	201.281	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		28.350	0.000	0.000	6.615	201.281	0.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			0.000%		23.334%					

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# Lawrence Public Schools USD 497

## 990445 - Cheese Pizza WG - IW

Number of Portions: 72.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990666	Cheese Pizza WG - IW	1 case (72 ct)	126.44	280.975	6.021	411.428	2.007	0.000	12.042	0.000
		<b>Totals</b>	126.00	280.975	6.021	411.428	2.007	0.000	12.042	0.000
		<b>% of Calories</b>			19.286%		2.857%	0.000%	38.571%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990666	Cheese Pizza WG - IW	30.104	28.098	3.010	15.052	*N/A*	280.975	0.000	1.706	0.000	0.000
		<b>Totals</b>	30.104	28.098	3.010	15.052	*N/A*	280.975	0.000	1.706	0.000
		<b>% of Calories</b>		40.000%		21.428%					

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# Lawrence Public Schools USD 497

## 990447 - Cheese Quesadilla - SFSP

Number of Portions: 96.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990667	Cheese Quesadilla - SFSP	1 case (96 ct)	136.98	299.967	3.500	659.927	0.000	0.000	10.999	0.000
		<b>Totals</b>	137.00	299.967	3.500	659.927	0.000	0.000	10.999	0.000
		<b>% of Calories</b>			10.500%		0.000%	0.000%	33.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990667	Cheese Quesadilla - SFSP	14.998	33.996	4.000	15.998	*N/A*	359.960	0.000	2.400	0.000	0.000
		<b>Totals</b>	14.998	33.996	4.000	15.998	*N/A*	359.960	0.000	2.400	0.000
		<b>% of Calories</b>		45.333%		21.333%					

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# Lawrence Public Schools USD 497

## 1266 - Cheese, String Mozzarella

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900016	Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	6.000	0.000
		<b>Totals</b>	28.00	80.000	3.500	200.000	0.000	6.000	0.000
		<b>% of Calories</b>			39.375%	0.000%	*N/A*	67.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900016	Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000
		<b>Totals</b>	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000
		<b>% of Calories</b>		0.000%		30.000%				

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# Lawrence Public Schools USD 497

## 149 - CHEESEBURGER

Number of Portions: 100.000

Size of Portion: 1pattie,1 bun

\*Nutrients are based upon 1 Portion Size (1pattie,1 bun)

Source: USD 497  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900372	Cheese, Sliced, American Yellow Style	100 slice	14.17	50.624	2.531	253.121	0.000	*N/A*	4.556	0.000
903155	Bun, Hamburger	100 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
990388	Beef Patty Charbroiled	100 patty	70.87	177.185	5.537	232.555	0.000	*N/A*	13.289	0.000
<b>Totals</b>			142.00	357.809	8.068	735.676	3.000	*N/A*	19.345	0.000
<b>% of Calories</b>					20.294%		3.354%	*N/A%*	48.659%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900372	Cheese, Sliced, American Yellow Style	12.656	1.012	0.000	2.531	*N/A*	65.812	0.000	0.051	*N/A*
903155	Bun, Hamburger	0.000	24.000	2.000	3.000	*N/A*	40.000	1.200	1.080	*N/A*
990388	Beef Patty Charbroiled	33.222	1.107	1.107	12.181	*N/A*	33.222	0.000	2.215	*N/A*
<b>Totals</b>		45.878	26.120	3.107	17.713	*N/A*	139.034	1.200	3.345	*N/A*
<b>% of Calories</b>			29.200%		19.802%					

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# Lawrence Public Schools USD 497

## 990466 - Cheesy Egg Scramble

Number of Portions: 24.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
902938	Margarine, Liquid	1 as needed	1.17	8.333	0.167	9.167	0.000	*N/A*	0.917	0.000
990573	Liquid Egg	2 carton	75.60	115.041	2.465	106.824	0.000	0.000	7.396	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 LB + 2 oz	21.26	83.530	3.797	129.091	4.556	0.000	6.834	0.000
<b>Totals</b>			98.00	206.905	6.429	245.082	4.556	0.000	15.146	0.000
<b>% of Calories</b>					27.963%		8.808%	0.000%	65.884%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990573	Liquid Egg	279.386	0.000	0.000	9.861	*N/A*	42.730	0.000	1.643	0.000
990564	Cheese Cheddar Jack Fancy Shredded	18.984	0.759	0.000	4.556	*N/A*	150.354	0.000	0.076	0.000
<b>Totals</b>		298.370	0.759	0.000	14.417	*N/A*	193.083	0.000	1.719	0.000
<b>% of Calories</b>			1.468%		27.872%					

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# Lawrence Public Schools USD 497

## 882 - CHEEZ-IT WHOLE GRAIN CRACKER

Number of Portions: 1.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: pkg

\*Nutrients are based upon 1 Portion Size (pkg)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903237	CHEEZ-IT WHOLE GRAIN CRACKER	1 each	21.26	101.248	1.012	151.872	0.000	4.050	0.000
	<b>Totals</b>		21.00	101.248	1.013	151.872	0.000	4.050	0.000
	<b>% of Calories</b>				9.000%	0.000%	*N/A*	36.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903237	CHEEZ-IT WHOLE GRAIN CRACKER	0.000	14.175	1.012	2.025	*N/A*	101.248	0.000	0.729	*N/A*
	<b>Totals</b>	0.000	14.175	1.012	2.025	*N/A*	101.248	0.000	0.729	*N/A*
	<b>% of Calories</b>		56.000%		8.000%					

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# Lawrence Public Schools USD 497

## 990142 - Chef Salad Kit

Number of Portions: 1.000

Group Code: SALADS

Size of Portion: salads

\*Nutrients are based upon 1 Portion Size (salads)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990415	Romaine, Whole Head	2 cup	115.67	20.820	0.000	0.000	1.365	0.000	0.000	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	2 OZ	56.00	179.995	10.000	339.998	1.999	*N/A*	14.000	0.000
900431	Ham, sliced, smoked	2 1/2 slice	35.44	37.500	0.625	387.501	1.250	*N/A*	1.250	0.000
903320	Breadstick, Garlic	1 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
<b>Totals</b>			263.00	408.315	11.625	897.500	6.614	0.000	21.250	0.000
<b>% of Calories</b>					25.623%		6.479%	0.000%	46.839%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	0.000	2.718	1.388	1.365	*N/A*	27.760	4.858	1.469	*N/A*	*N/A*
990722	49.997	1.999	0.000	11.995	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
900431	18.750	1.250	0.000	5.625	*N/A*	0.000	0.000	0.250	*N/A*	*N/A*
903320	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
<b>Totals</b>		68.747	30.967	3.388	20.985	*N/A*	*37.760*	*4.858*	*3.159*	*N/A*
<b>% of Calories</b>			30.337%		20.558%					

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# Lawrence Public Schools USD 497

## 990434 - Cherry Strudel Bar

Number of Portions: 72.000

Group Code: BREAKFAST

Size of Portion: 1 each

\*Nutrients are based upon 1 Portion Size (1 each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990655	Cherry Strudel Bar	1 case	64.95	199.852	0.500	269.800	8.993	0.000	4.996	0.000
		<b>Totals</b>	65.00	199.852	0.500	269.800	8.993	0.000	4.996	0.000
		<b>% of Calories</b>			2.250%		17.999%	0.000%	22.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990655	Cherry Strudel Bar	0.000	37.972	1.999	4.996	*N/A*	0.000	0.000	1.599	0.000	0.000
		<b>Totals</b>	0.000	37.972	1.999	4.996	*N/A*	0.000	0.000	1.599	0.000
		<b>% of Calories</b>		76.000%		9.999%					

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# Lawrence Public Schools USD 497

## 1225 - Chicken & Waffles

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: 3 ch + 1 waffle

\*Nutrients are based upon 1 Portion Size (3 ch + 1 waffle)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903203	chicken tender (strip) WG	3 (1 strip)	119.92	266.485	2.379	447.315	0.952	*N/A*	12.373	0.000
902210	Waffle, WG	1 (1 waffle)	37.00	80.000	0.000	105.000	2.000	*N/A*	3.000	0.000
<b>Totals</b>			157.00	346.485	2.379	552.315	2.952	*N/A*	15.373	0.000
<b>% of Calories</b>					6.180%		3.408%	*N/A%*	39.930%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903203	chicken tender (strip) WG	57.104	15.228	1.903	23.793	*N/A*	16.179	0.000	1.903	*N/A*	*N/A*
902210	Waffle, WG	4.000	12.000	1.000	2.000	*N/A*	20.000	0.000	0.720	0.000	0.000
<b>Totals</b>		61.104	27.228	2.903	25.793	*N/A*	36.179	0.000	2.623	*0.000*	*0.000*
<b>% of Calories</b>			31.433%		29.777%						

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# Lawrence Public Schools USD 497

## 1274 - Chicken Alfredo Pasta

Number of Portions: 150.000

Group Code: ENTREES

Size of Portion: servings

\*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903338	Sauce, Alfredo, CN	1 case	90.72	160.874	5.596	342.732	5.246	*N/A*	10.492	0.000
990721	Chicken, Diced, Cooked, Frozen	10 lb	29.87	38.400	0.000	29.867	0.000	*N/A*	1.066	0.000
990475	Pasta, Cavatappi, Dry	32 3/4 LB	99.03	353.694	0.000	0.000	0.000	0.000	1.768	0.000
<b>Totals</b>			220.00	552.968	5.596	372.599	5.246	0.000	13.327	0.000
<b>% of Calories</b>					9.107%		3.795%	0.000%	21.690%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903338	Sauce, Alfredo, CN	31.475	6.995	0.000	10.492	*N/A*	330.492	0.000	0.000	*N/A*	*N/A*
990721	Chicken, Diced, Cooked, Frozen	22.400	0.000	0.000	6.397	*N/A*	0.000	0.639	0.191	*N/A*	*N/A*
990475	Pasta, Cavatappi, Dry	0.000	74.276	3.537	12.379	*N/A*	0.000	0.000	3.183	0.000	0.000
<b>Totals</b>		53.875	81.270	3.537	29.269	*N/A*	330.492	0.639	3.374	*0.000*	*0.000*
<b>% of Calories</b>			58.788%		21.172%						

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# Lawrence Public Schools USD 497

## 990314 - Chicken Biscuit Sandwich

Number of Portions: 25.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990521 Biscuit Baked WG	25 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
990548 Breakfast Chicken Patty 1.6 oz	25 each	45.36	95.758	1.008	216.716	0.000	0.000	4.536	0.000
<b>Totals</b>		109.00	305.057	5.991	615.381	2.990	1.993	14.503	0.000
<b>% of Calories</b>				17.676%		3.921%	2.613%	42.786%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990521 Biscuit Baked WG	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000	0.000
990548 Breakfast Chicken Patty 1.6 oz	12.600	6.048	7.056	7.056	*N/A*	0.000	0.000	1.008	0.000	0.000
<b>Totals</b>		12.600	32.958	9.049	11.043	99.666	0.000	2.702	0.000	0.000
<b>% of Calories</b>			43.215%		14.480%					

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# Lawrence Public Schools USD 497

## 990334 - Chicken Burrito Bowl

Number of Portions: 24.000

Group Code: ENTREES

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990185	Rice	1 Recipe	228.62	248.803	0.129	318.133	0.667	0.000	3.750	0.007
R-879	Black Beans	1 Recipe	168.00	117.993	0.000	151.639	0.981	0.000	0.491	0.000
990554	Chicken Carnitas Shredded	1 bag	94.50	157.497	2.812	539.990	2.250	0.000	9.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 1/2 LB	28.35	111.373	5.062	172.122	6.075	0.000	9.112	0.000
<b>Totals</b>			519.00	635.666	8.004	1181.884	9.973	0.000	22.353	0.007
<b>% of Calories</b>					11.332%		6.276%	0.000%	31.648%	0.010%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-990185	Rice	0.000	49.333	2.667	5.333	*0.000*	9.867	0.000	1.349	159.841	0.160
R-879	Black Beans	0.000	22.617	5.888	6.869	*0.000*	59.680	0.000	1.770	*39.961*	*0.040*
990554	Chicken Carnitas Shredded	78.749	2.250	0.000	15.750	*N/A*	0.000	0.000	0.787	0.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	25.312	1.012	0.000	6.075	*N/A*	200.471	0.000	0.101	0.000	0.000
<b>Totals</b>		104.061	75.213	8.555	34.027	*0.000*	270.018	0.000	4.008	*199.802*	*0.200*
<b>% of Calories</b>			47.329%		21.412%						

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# Lawrence Public Schools USD 497

## 990283 - Chicken Caesar Wrap

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Wrap

\*Nutrients are based upon 1 Portion Size (Wrap)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990584	Tortilla, Wrap, WW 12 inch	1 each	103.00	310.000	4.000	460.000	0.000	0.000	9.000	0.000
990415	Romaine, Whole Head	11 3/4 gram	11.75	2.115	0.000	0.000	0.139	0.000	0.000	0.000
990503	Chicken Fajita Strips	2 oz	56.70	60.000	0.000	400.000	0.667	0.000	0.667	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	1 OZ	28.00	89.998	5.000	169.999	1.000	*N/A*	7.000	0.000
990501	Dressing Caesar Creamy	1 oz	28.35	146.635	2.444	273.719	*N/A*	*N/A*	15.641	*N/A*
<b>Totals</b>			228.00	608.748	11.444	1303.719	*1.805*	*0.000*	32.308	*0.000*
<b>% of Calories</b>					16.919%		*1.186%*	*0.000%*	47.765%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990584	0.000	49.000	6.000	7.000	*N/A*	127.000	0.000	2.000	0.000	0.000
990415	0.000	0.276	0.141	0.139	*N/A*	2.820	0.494	0.149	*N/A*	*N/A*
990503	33.333	2.667	0.000	10.000	*N/A*	0.000	0.000	0.667	0.000	0.000
990722	24.998	1.000	0.000	5.998	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990501	*N/A*	0.978	*N/A*	0.978	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		*58.332*	53.920	*6.141*	24.114	*129.820*	*0.494*	*2.816*	*0.000*	*0.000*
<b>% of Calories</b>			35.430%		15.845%					

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# Lawrence Public Schools USD 497

## 990402 - Chicken Carnitas Tacos

Number of Portions: 50.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990435	Tortilla, Flour, 6 inch	100 tortilla	123.60	364.733	3.039	952.357	4.053	4.053	9.118	0.000
990554	Chicken Carnitas Shredded	1 bag	45.36	75.599	1.350	259.195	1.080	0.000	4.320	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 LB + 9 oz	14.17	55.687	2.531	86.061	3.037	0.000	4.556	0.000
<b>Totals</b>			183.00	496.018	6.921	1297.614	8.170	4.053	17.994	0.000
<b>% of Calories</b>					12.557%		6.588%	3.268%	32.650%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990435	Tortilla, Flour, 6 inch	0.000	60.789	2.026	8.105	*N/A*	230.997	0.000	4.053	*N/A*	*N/A*
990554	Chicken Carnitas Shredded	37.799	1.080	0.000	7.560	*N/A*	0.000	0.378	0.000	0.000	
990564	Cheese Cheddar Jack Fancy Shredded	12.656	0.506	0.000	3.037	*N/A*	100.236	0.000	0.051	0.000	0.000
<b>Totals</b>		50.455	62.375	2.026	18.702	*N/A*	331.233	0.000	4.481	*0.000*	*0.000*
<b>% of Calories</b>			50.301%		15.082%						

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# Lawrence Public Schools USD 497

## 990452 - Chicken Drumstick w/ WG Dinner Roll

Number of Portions: 95.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990438	Chicken, Drumstick Glazed Cooked	1 case	143.24	233.543	3.114	544.933	1.557	1.557	12.456	0.000
990669	Dinner Roll WG 1.125 oz	1/2 case	32.23	80.572	0.000	171.216	0.000	0.000	1.007	0.000
<b>Totals</b>			175.00	314.115	3.114	716.149	1.557	1.557	13.463	0.000
<b>% of Calories</b>				8.922%		1.983%	1.983%	38.574%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990438	Chicken, Drumstick Glazed Cooked	140.126	3.114	0.000	26.468	*N/A*	0.000	0.000	0.934	*N/A*	*N/A*
990669	Dinner Roll WG 1.125 oz	0.000	15.107	1.007	3.021	*N/A*	0.000	0.806	0.000	0.000	
<b>Totals</b>		140.126	18.221	1.007	29.490	*N/A*	0.000	0.000	1.740	*0.000*	*0.000*
<b>% of Calories</b>			23.203%		37.553%						

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# Lawrence Public Schools USD 497

## 990487 - Chicken Egg Rolls

Number of Portions: 36.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990547	Chicken Egg Roll WG	1 case (72)	170.10	320.183	2.001	780.445	4.002	2.001	10.006	0.000
<b>Totals</b>			170.00	320.183	2.001	780.445	4.002	2.001	10.006	0.000
<b>% of Calories</b>					5.625%		5.000%	2.500%	28.125%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990547	Chicken Egg Roll WG	70.040	38.022	6.003	20.011	*N/A*	80.046	14.008	3.202	0.000	0.000
<b>Totals</b>		70.040	38.022	6.003	20.011	*N/A*	80.046	14.008	3.202	0.000	0.000
<b>% of Calories</b>			47.500%		24.999%						

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# Lawrence Public Schools USD 497

## 990146 - Chicken Fry Stix

Number of Portions: 40.000

Group Code: ENTREES

Size of Portion: serving (4 per)

\*Nutrients are based upon 1 Portion Size (serving (4 per))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990422 Chicken, Fry Stix	1 case	113.40	254.567	3.471	659.560	0.000	0.000	15.043	0.000
<b>Totals</b>		113.00	254.567	3.471	659.560	0.000	0.000	15.043	0.000
<b>% of Calories</b>				12.273%		0.000%	0.000%	53.182%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990422 Chicken, Fry Stix	52.071	12.728	0.000	16.200	*N/A*	17.357	0.000	2.314	*N/A*	*N/A*
<b>Totals</b>		52.071	12.728	0.000	16.200	17.357	0.000	2.314	*N/A*	*N/A*
<b>% of Calories</b>			20.000%		25.455%					

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# Lawrence Public Schools USD 497

## 990293 - Chicken Fry Stix w/ WG Biscuit

Number of Portions: 46.000

Group Code: ENTREES

Size of Portion: serving (4 per)

\*Nutrients are based upon 1 Portion Size (serving (4 per))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990422	Chicken, Fry Stix	1 case	98.61	221.363	3.019	573.530	0.000	0.000	13.081	0.000
990521	Biscuit Baked WG	46 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
<b>Totals</b>			162.00	430.662	8.002	972.195	2.990	1.993	23.047	0.000
<b>% of Calories</b>					16.722%		2.777%	1.851%	48.164%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990422	Chicken, Fry Stix	45.279	11.068	0.000	14.087	*N/A*	15.093	0.000	2.012	*N/A*	*N/A*
990521	Biscuit Baked WG	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000	0.000
<b>Totals</b>		45.279	37.978	1.993	18.073	*N/A*	114.759	0.000	3.707	*0.000*	*0.000*
<b>% of Calories</b>			35.274%		16.786%						

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# Lawrence Public Schools USD 497

## 900006 - CHICKEN GRAVY

Number of Portions: 68.000

Group Code: SAUCE

Size of Portion: fl oz

\*Nutrients are based upon 1 Portion Size (fl oz)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990446	Gravy, Poultry Mix Low Sodium	1 pouch (made)	28.35	118.123	0.000	661.488	0.000	0.000	4.725	0.000
75012	WATER,HOT	2 qt	28.24	0.000	0.000	0.847	0.000	*N/A*	0.000	0.000
<b>Totals</b>			57.00	118.123	0.000	662.335	0.000	0.000	4.725	0.000
<b>% of Calories</b>					0.000%		0.000%	0.000%	36.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990446	Gravy, Poultry Mix Low Sodium	0.000	18.900	0.000	0.000	*N/A*	47.249	0.000	0.000	*N/A*
75012	WATER,HOT	0.000	0.000	0.000	0.000	*N/A*	0.565	0.000	0.003	28.207
<b>Totals</b>		0.000	18.900	0.000	0.000	*N/A*	47.814	0.000	0.003	*28.207*
<b>% of Calories</b>			64.000%		0.000%					

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# Lawrence Public Schools USD 497

## 1095 - Chicken Nuggets - SFSP

Number of Portions: 48.000

Group Code: Meat/Meat Alt

Size of Portion: Servings (5per)

\*Nutrients are based upon 1 Portion Size (Servings (5per))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903271	Chicken Nugget WG	1 case	97.81	230.822	2.563	414.696	1.056	0.919	12.177	0.156
		<b>Totals</b>	98.00	230.822	2.563	414.696	1.056	0.919	12.177	0.157
		<b>% of Calories</b>			9.991%		1.830%	1.593%	47.479%	0.610%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)		
903271	Chicken Nugget WG	40.521	13.077	1.907	17.478	*N/A*	22.398	0.000	1.702	*N/A*	*N/A*	
		<b>Totals</b>	40.521	13.077	1.907	17.478	*N/A*	22.398	0.000	1.702	*N/A*	*N/A*
		<b>% of Calories</b>		22.661%		30.288%						

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# Lawrence Public Schools USD 497

## 990478 - Chicken Nuggets w/ Brownie (Bakery) (MS/HS)

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903271	Chicken Nugget WG	3 case + 1/3 case	156.47	369.278	4.100	663.448	1.690	1.471	19.481	0.250
R-990493	Brownie	1 Recipe	48.76	127.580	0.240	88.823	15.578	0.000	3.502	0.000
<b>Totals</b>			205.00	496.858	4.340	752.271	17.268	1.471	22.983	0.250
<b>% of Calories</b>					7.861%		13.902%	1.184%	41.630%	0.454%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903271	Chicken Nugget WG	64.827	20.921	3.051	27.962	*N/A*	35.832	0.000	2.723	*N/A*
R-990493	Brownie	0.000	23.945	2.397	2.554	*0.000*	6.804	0.000	1.191	*0.000*
<b>Totals</b>		64.827	44.865	5.448	30.516	*0.000*	42.636	0.000	3.914	*0.000*
<b>% of Calories</b>			36.119%		24.567%					

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# Lawrence Public Schools USD 497

## 990470 - Chicken Nuggets w/ Brownie (ES)

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903271	Chicken Nugget WG	2 case + 4 (1 nugget)	94.67	223.430	2.480	401.416	1.022	0.890	11.787	0.151
R-990493	Brownie	1 Recipe	48.76	127.580	0.240	88.823	15.578	0.000	3.502	0.000
<b>Totals</b>			143.00	351.010	2.720	490.239	16.600	0.890	15.289	0.152
<b>% of Calories</b>					6.975%		18.917%	1.014%	39.200%	0.388%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903271	Chicken Nugget WG	39.223	12.658	1.846	16.918	*N/A*	21.680	0.000	1.647	*N/A*	*N/A*
R-990493	Brownie	0.000	23.945	2.397	2.554	*0.000*	6.804	0.000	1.191	*0.000*	*0.000*
<b>Totals</b>		39.223	36.603	4.243	19.472	*0.000*	28.484	0.000	2.838	*0.000*	*0.000*
<b>% of Calories</b>			41.711%		22.190%						

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# Lawrence Public Schools USD 497

## 990296 - Chicken Nuggets w/ WG Biscuit

Number of Portions: 48.000

Group Code: ENTREES

Size of Portion: servings

\*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903271	Chicken Nugget WG	48 (5 nuggets)	97.50	230.100	2.555	413.400	1.053	0.917	12.139	0.156
990521	Biscuit Baked WG	48 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
<b>Totals</b>			161.00	439.399	7.538	812.065	4.043	2.910	22.105	0.156
<b>% of Calories</b>				15.439%		3.680%	2.649%	45.277%	0.320%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903271	Chicken Nugget WG	40.394	13.036	1.901	17.423	*N/A*	22.328	0.000	1.697	*N/A*
990521	Biscuit Baked WG	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000
<b>Totals</b>		40.394	39.946	3.895	21.410	*N/A*	121.994	0.000	3.391	*0.000*
<b>% of Calories</b>			36.364%		19.490%					

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# Lawrence Public Schools USD 497

## 1004 - Chicken Nuggets w/roll

Number of Portions: 100.000

Group Code: Meat/Meat Alt

Size of Portion: servings

\*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903271	Chicken Nugget WG	100 (5 nuggets)	97.50	230.100	2.555	413.400	1.053	0.917	12.139	0.156
990433	Roll, WG (2.5 oz)	100 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
<b>Totals</b>			168.00	389.816	2.555	548.160	5.046	0.916	15.133	0.156
<b>% of Calories</b>					5.898%		5.178%	0.940%	34.940%	0.360%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903271	Chicken Nugget WG	40.394	13.036	1.901	17.423	*N/A*	22.328	0.000	1.697	*N/A*	*N/A*
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
<b>Totals</b>		40.394	41.984	4.896	24.411	*N/A*	32.310	0.000	3.294	*0.000*	*0.000*
<b>% of Calories</b>			43.081%		25.049%						

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# Lawrence Public Schools USD 497

## 990433 - Chicken Sausage & Cheese WG Biscuit Sandwich IW

Number of Portions: 200.000

Group Code: BREAKFAST

Size of Portion: 1 each

\*Nutrients are based upon 1 Portion Size (1 each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990656 Sausage & Cheese WG Biscuit Sandwich, IW	1 case	68.04	160.091	3.502	360.205	1.001	0.000	8.005	0.000
<b>Totals</b>		68.00	160.091	3.502	360.205	1.001	0.000	8.005	0.000
<b>% of Calories</b>				19.688%		2.501%	0.000%	45.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990656 Sausage & Cheese WG Biscuit Sandwich, IW	25.014	13.007	1.001	10.006	*N/A*	80.046	0.000	1.001	0.000	0.000
<b>Totals</b>		25.014	13.007	1.001	10.006	*N/A*	80.046	0.000	1.001	0.000
<b>% of Calories</b>			32.500%		25.001%					

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# Lawrence Public Schools USD 497

## 990440 - Chicken Tender - SFSP

Number of Portions: 110.000

Group Code: ENTREES

Size of Portion: 3 tenders per

\*Nutrients are based upon 1 Portion Size (3 tenders per

)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903203	chicken tender (strip) WG	110 (3 strips)	119.92	266.485	2.379	447.315	0.952	*N/A*	12.373	0.000
<b>Totals</b>			120.00	266.485	2.379	447.315	0.952	*N/A*	12.373	0.000
<b>% of Calories</b>				8.036%		1.429%		*N/A%*	41.786%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903203	chicken tender (strip) WG	57.104	15.228	1.903	23.793	*N/A*	16.179	0.000	1.903	*N/A*	*N/A*
<b>Totals</b>		57.104	15.228	1.903	23.793	*N/A*	16.179	0.000	1.903	*N/A*	*N/A*
<b>% of Calories</b>			22.857%		35.714%						

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# Lawrence Public Schools USD 497

## 990489 - Chicken Tenders w/ Dinner Roll (Bakery)

Number of Portions: 105.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903203	chicken tender (strip) WG	1 case	133.49	296.635	2.649	497.923	1.059	*N/A*	13.772	0.000
R-990498	Whole Wheat Roll 51%, 1 oz	1 1/8 Recipe	32.01	86.678	0.142	123.943	1.701	0.000	2.174	0.000
<b>Totals</b>			165.00	383.313	2.790	621.866	2.760	0.000	15.946	0.000
<b>% of Calories</b>				6.551%		2.880%	0.000%	37.440%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903203	chicken tender (strip) WG	63.565	16.951	2.119	26.485	*N/A*	18.010	0.000	2.119	*N/A*	*N/A*
R-990498	Whole Wheat Roll 51%, 1 oz	0.247	14.303	1.257	2.823	*0.000*	13.994	0.000	0.667	*0.000*	*0.000*
<b>Totals</b>		63.812	31.254	3.376	29.308	*0.000*	32.004	0.000	2.786	*0.000*	*0.000*
<b>% of Calories</b>			32.614%		30.584%						

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# Lawrence Public Schools USD 497

## 990165 - Chicken Wings w/ Roll

Number of Portions: 10.000

Group Code: ENTREES

Size of Portion: servings

\*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	10 serving (4 wings)	153.09	417.511	8.947	497.037	0.000	0.000	33.798	0.000
990433	Roll, WG (2.5 oz)	10 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
990444	Sauce, Teriyaki Glaze	2 (2 TBSP)	7.20	9.000	0.000	186.000	1.800	0.000	0.000	0.000
990489	Sauce BBQ Smokey	2 tbsp	2.83	2.362	0.000	24.570	0.378	0.378	0.142	0.000
990508	Frank's Hot Sauce	2 tbsp	2.83	0.000	0.000	107.728	0.000	0.000	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	2 (2 TBS)	6.00	12.000	0.100	64.000	0.200	0.000	0.800	0.000
<b>Totals</b>			243.00	600.589	9.047	1014.095	6.371	0.378	37.735	0.000
<b>% of Calories</b>					13.557%		4.243%	0.252%	56.547%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	188.874	1.988	0.000	27.834	*N/A*	19.881	0.000	0.000	*N/A*
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000
990444	Sauce, Teriyaki Glaze	0.000	2.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
990489	Sauce BBQ Smokey	0.000	0.567	0.094	0.094	*N/A*	0.000	0.000	0.000	0.000
990508	Frank's Hot Sauce	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	2.000	1.400	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>Totals</b>		190.874	34.904	3.089	34.916	*N/A*	29.864	0.000	1.597	*0.000*
<b>% of Calories</b>			23.246%		23.255%					

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# Lawrence Public Schools USD 497

## 990482 - Chicken Wings w/ Roll (Bakery)

Number of Portions: 88.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	1 case	154.63	421.728	9.037	502.057	0.000	0.000	34.140	0.000
R-990499	Whole Wheat Roll 51%, 2 oz	88 (2 oz Rolls)	64.03	173.355	0.284	247.886	3.402	0.000	4.347	0.000
990444	Sauce, Teriyaki Glaze	1 cup	2.58	3.222	0.000	66.578	0.644	0.000	0.000	0.000
990489	Sauce BBQ Smokey	1 cup	2.58	2.148	0.000	22.336	0.344	0.344	0.129	0.000
990508	Frank's Hot Sauce	1 cup	2.58	0.000	0.000	97.935	0.000	0.000	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	4 cup	10.31	20.618	0.172	109.962	0.344	0.000	1.375	0.000
<b>Totals</b>			237.00	621.070	9.492	1046.754	4.734	0.344	39.990	0.000
<b>% of Calories</b>					13.755%		3.049%	0.222%	57.950%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990445	190.782	2.008	0.000	28.115	*N/A*	20.082	0.000	0.000	*N/A*	*N/A*
R-990499	0.493	28.607	2.514	5.646	*0.000*	27.988	0.000	1.335	*0.000*	*0.000*
990444	0.000	0.716	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990489	0.000	0.515	0.086	0.086	*N/A*	0.000	0.000	0.000	0.000	0.000
990508	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900605	3.436	2.405	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		194.711	34.252	2.600	33.847	*0.000*	48.070	0.000	1.335	*0.000*
<b>% of Calories</b>			22.060%		21.799%					

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# Lawrence Public Schools USD 497

## 990378 - Chicken Wings w/ WG Biscuit

Number of Portions: 10.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990521	Biscuit Baked WG	10 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	10 serving (4 wings)	153.09	417.511	8.947	497.037	0.000	0.000	33.798	0.000
990444	Sauce, Teriyaki Glaze	2 (2 TBSP)	7.20	9.000	0.000	186.000	1.800	0.000	0.000	0.000
990489	Sauce BBQ Smokey	4 tbsp	5.67	4.725	0.000	49.139	0.756	0.756	0.283	0.000
990508	Frank's Hot Sauce	4 tbsp	5.67	0.000	0.000	215.457	0.000	0.000	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	1 1/4 cup	28.35	56.699	0.472	302.395	0.945	0.000	3.780	0.000
<b>Totals</b>			264.00	697.234	14.403	1648.693	6.491	2.749	47.829	0.000
<b>% of Calories</b>					18.591%		3.724%	1.577%	61.738%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990521	Biscuit Baked WG	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000	0.000
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	188.874	1.988	0.000	27.834	*N/A*	19.881	0.000	0.000	*N/A*	*N/A*
990444	Sauce, Teriyaki Glaze	0.000	2.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990489	Sauce BBQ Smokey	0.000	1.134	0.189	0.189	*N/A*	0.000	0.000	0.000	0.000	0.000
990508	Frank's Hot Sauce	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	9.450	6.615	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		198.324	38.647	2.182	32.010	*N/A*	119.548	0.000	1.694	*0.000*	*0.000*
<b>% of Calories</b>			22.172%		18.364%						

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# Lawrence Public Schools USD 497

## 990155 - Chicken, Boneless Wings

Number of Portions: 47.000

Source: Brakebush  
Group Code: ENTREES

Size of Portion: serving (4 per)

\*Nutrients are based upon 1 Portion Size (serving (4 per))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990434	Chicken, Boneless Chicken Breast Chunk	1 case	96.51	181.664	1.703	749.364	1.135	1.135	7.948	0.000
<b>Totals</b>			97.00	181.664	1.703	749.364	1.135	1.135	7.948	0.000
<b>% of Calories</b>				8.438%		2.499%	2.499%	39.375%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990434	Chicken, Boneless Chicken Breast Chunk	34.062	15.896	0.000	13.625	*N/A*	10.219	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		34.062	15.896	0.000	13.625	*N/A*	10.219	0.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			35.000%		30.000%						

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# Lawrence Public Schools USD 497

## 990163 - Chicken, Boneless Wings w/ Roll

Number of Portions: 47.000

Source: Brakebush  
Group Code: ENTREES

Size of Portion: serving (4 per)

\*Nutrients are based upon 1 Portion Size (serving (4 per))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990434	Chicken, Boneless Chicken Breast Chunk	1 case	96.51	181.664	1.703	749.364	1.135	1.135	7.948	0.000
990433	Roll, WG (2.5 oz)	47 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
		<b>Totals</b>	167.00	341.379	1.703	884.124	5.128	1.135	10.943	0.000
		<b>% of Calories</b>			4.490%		6.009%	1.330%	28.848%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)		
990434	Chicken, Boneless Chicken Breast Chunk	34.062	15.896	0.000	13.625	*N/A*	10.219	0.000	0.000	*N/A*	*N/A*	
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000	
		<b>Totals</b>	34.062	44.844	2.995	20.612	*N/A*	20.201	0.000	1.597	*0.000*	*0.000*
		<b>% of Calories</b>		52.545%		24.151%						

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# Lawrence Public Schools USD 497

## 990265 - Chicken, Buffalo Bites

Number of Portions: 72.000

Group Code: ENTREES

Size of Portion: 4 each

\*Nutrients are based upon 1 Portion Size (4 each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990480	Chicken, Buffalo Bites	1 case	126.00	231.836	1.008	705.588	0.000	0.000	7.056	0.000
		<b>Totals</b>	126.00	231.836	1.008	705.588	0.000	0.000	7.056	0.000
		<b>% of Calories</b>			3.913%	0.000%	0.000%	27.391%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990480	Chicken, Buffalo Bites	45.359	21.168	0.000	19.152	*N/A*	18.144	0.000	2.016	0.000	0.000
		<b>Totals</b>	45.359	21.168	0.000	19.152	*N/A*	18.144	0.000	2.016	0.000
		<b>% of Calories</b>		36.522%		33.044%					

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# Lawrence Public Schools USD 497

## 990177 - Chicken, Fry Stix w/ Roll

Number of Portions: 40.000

Group Code: ENTREES

Size of Portion: serving (4 per)

\*Nutrients are based upon 1 Portion Size (serving (4 per))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990422	Chicken, Fry Stix	1 case	113.40	254.567	3.471	659.560	0.000	0.000	15.043	0.000
990433	Roll, WG (2.5 oz)	40 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
<b>Totals</b>			184.00	414.283	3.471	794.320	3.993	0.000	18.037	0.000
<b>% of Calories</b>					7.541%		3.855%	0.000%	39.185%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990422	Chicken, Fry Stix	52.071	12.728	0.000	16.200	*N/A*	17.357	0.000	2.314	*N/A*	*N/A*
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
<b>Totals</b>		52.071	41.677	2.995	23.187	*N/A*	27.339	0.000	3.911	*0.000*	*0.000*
<b>% of Calories</b>			40.240%		22.388%						

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# Lawrence Public Schools USD 497

## 1030 - Chicken, Strip (WG), EC

Number of Portions: 1.000

Group Code: Meat/Meat Alt

Size of Portion: 2 tenders

\*Nutrients are based upon 1 Portion Size (2 tenders)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903203	chicken tender (strip) WG	1 (2 strips)	79.95	177.657	1.586	298.210	0.634	8.248	0.000
	<b>Totals</b>		80.00	177.657	1.586	298.210	0.634	8.248	0.000
	<b>% of Calories</b>			8.036%		1.427%	*N/A*	41.786%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903203	chicken tender (strip) WG	38.069	10.152	1.269	15.862	*N/A*	10.786	0.000	1.269	*N/A*
	<b>Totals</b>	38.069	10.152	1.269	15.862	*N/A*	10.786	0.000	1.269	*N/A*
	<b>% of Calories</b>		22.857%		35.714%					

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# Lawrence Public Schools USD 497

## 863 - Chickenwich

Number of Portions: 100.000

Group Code: Meat/Meat Alt

Size of Portion: 1pattie, 1bun

\*Nutrients are based upon 1 Portion Size (1pattie, 1bun)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903155 Bun, Hamburger	100 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
903204 chicken patty breaded whole grain	100 (1 pattie)	85.00	240.000	2.500	440.000	1.000	*N/A*	14.000	0.000
<b>Totals</b>		142.00	370.000	2.500	690.000	4.000	*N/A*	15.500	0.000
<b>% of Calories</b>				6.081%		4.324%	*N/A%*	37.703%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903155 Bun, Hamburger	0.000	24.000	2.000	3.000	*N/A*	40.000	1.200	1.080	*N/A*	*N/A*
903204 chicken patty breaded whole grain	25.000	16.000	3.000	14.000	*N/A*	30.000	0.000	1.900	*N/A*	*N/A*
<b>Totals</b>		25.000	40.000	5.000	17.000	70.000	1.200	2.980	*N/A*	*N/A*
<b>% of Calories</b>			43.243%		18.378%					

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# Lawrence Public Schools USD 497

## 990491 - Chickenwich (MS/HS)

Number of Portions: 120.000

Group Code: ENTREES

Size of Portion: Sandwiches

\*Nutrients are based upon 1 Portion Size (Sandwiches)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990644	MS/HS Chickenwich	1 1/2 case	113.40	210.740	1.004	592.078	0.000	0.000	6.021	0.000
903155	Bun, Hamburger	1 case	56.70	129.314	0.000	248.680	2.984	*N/A*	1.492	0.000
<b>Totals</b>			170.00	340.053	1.004	840.758	2.984	0.000	7.513	0.000
<b>% of Calories</b>					2.656%		3.510%	0.000%	19.885%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990644	MS/HS Chickenwich	50.176	19.067	0.000	19.067	*N/A*	26.092	0.000	2.007	0.000	0.000
903155	Bun, Hamburger	0.000	23.873	1.989	2.984	*N/A*	39.789	1.194	1.074	*N/A*	*N/A*
<b>Totals</b>		50.176	42.940	1.989	22.051	*N/A*	65.880	1.194	3.081	*0.000*	*0.000*
<b>% of Calories</b>			50.510%		25.938%						

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# Lawrence Public Schools USD 497

## 904 - Chili Lime Corn

Number of Portions: 50.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900151 CORN FROZEN	9 LB + 4 oz	83.91	72.185	0.000	0.000	0.000	0.000	0.451	0.000
R-716 Red Pepper, Fresh 1/4 cup	3 (1/4 cup)	3.40	0.933	0.000	0.104	0.000	0.000	0.000	0.000
902131 Vegetable Oil	1/4 cup	1.12	9.600	0.080	0.000	0.000	*N/A*	1.120	0.000
901501 LIME JUICE	2 tbsp + 2 TSP	16.00	4.736	0.000	5.413	0.000	*N/A*	0.000	0.000
900359 Salt 25#	1 tsp	0.12	0.000	0.000	50.551	0.000	0.000	0.000	0.000
903122 Pepper, black ground	1/2 tsp	0.02	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
903125 Chili Powder	2 TBSP	0.30	0.000	0.000	7.500	0.000	*N/A*	0.000	0.000
<b>Totals</b>		105.00	87.454	0.080	63.568	0.000	0.000	1.571	0.000
<b>% of Calories</b>				0.823%		0.000%	0.000%	16.169%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900151 CORN FROZEN	0.000	17.144	1.805	2.707	*N/A*	0.000	0.000	0.361	*N/A*	*N/A*
R-716 Red Pepper, Fresh 1/4 cup	0.000	0.207	0.062	0.041	*N/A*	0.228	0.000	0.015	*N/A*	*N/A*
902131 Vegetable Oil	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
901501 LIME JUICE	0.000	1.120	0.000	0.064	*N/A*	1.776	3.067	0.101	14.784	0.032
900359 Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903122 Pepper, black ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
903125 Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	18.471	1.867	2.812	*0.000*	3.067	0.476	*14.784*	*0.032*
<b>% of Calories</b>			84.485%		12.862%					

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# Lawrence Public Schools USD 497

## 990326 - Chili w/ Cinnamon Roll

Number of Portions: 50.000

Group Code: ENTREES

Size of Portion: 6 oz spoodle

\*Nutrients are based upon 1 Portion Size (6 oz spoodle)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990477	Cinnamon Roll, WGR	50 each	74.00	170.000	0.500	135.000	10.000	0.000	1.000	0.000
900429	Ground Beef 81/19, raw	6 5/8 LB	59.89	187.156	4.278	40.105	0.000	*N/A*	11.229	0.000
903120	onion chopped, dehydrated	3/4 cup	1.20	6.000	0.000	1.714	0.086	*N/A*	0.000	0.000
903125	Chili Powder	5 oz	2.83	0.000	0.000	70.874	0.000	*N/A*	0.000	0.000
901196	Cumin, Ground	3 1/2 tbsp	0.44	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
990346	Onion Powder	1 tbsp	0.19	0.705	0.000	0.141	0.000	*N/A*	0.000	0.000
990487	Spice Garlic Powder	3 tbsp	0.58	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900195	Sugar Granulated	2 tbsp	0.50	1.875	0.000	0.000	0.500	0.000	0.000	0.000
900359	Salt 25#	1/2 tbsp	0.18	0.000	0.000	75.827	0.000	0.000	0.000	0.000
990569	Tomato Puree	1/4 #10 can	15.04	7.160	0.000	3.580	0.000	0.000	0.000	0.000
990488	SAUCE TABASCO HOT	1 tbsp	0.28	0.000	0.000	0.070	0.000	0.000	0.000	0.000
901478	Kidney Beans	2 3/4 #10 can	168.40	140.324	0.000	533.243	*N/A*	*N/A*	0.000	0.000
990576	Tomato Juice	6 1/2 cup + 1 tbsp	29.77	23.920	0.000	334.878	0.000	0.000	0.000	0.000
75010	WATER,COLD	1 as needed	0.02	0.000	0.000	0.001	0.000	*N/A*	0.000	0.000
<b>Totals</b>			353.00	537.141	4.778	1195.433	*10.586*	*0.000*	12.229	0.000
<b>% of Calories</b>					8.005%		*7.883%*	*0.000%*	20.491%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990477	5.000	36.000	3.000	5.000	*N/A*	20.000	0.000	1.500	0.000	0.000	
900429	45.452	0.000	0.000	9.090	*N/A*	13.368	0.000	1.069	*N/A*	*N/A*	
903120	0.000	1.714	0.343	0.171	*N/A*	6.857	0.514	0.062	*N/A*	*N/A*	
903125	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*	
901196	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000	
990346	0.000	0.141	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*	
990487	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000	
900195	0.000	0.500	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
900359	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
990569	0.000	1.671	0.477	0.239	*N/A*	3.103	0.000	0.239	0.000	0.000	
990488	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000	
901478	0.000	22.447	7.005	9.817	*N/A*	84.198	0.000	2.088	*N/A*	*N/A*	
990576	0.000	5.316	0.000	1.063	*N/A*	12.757	0.000	0.532	0.000	0.000	
75010	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.020	0.000	
<b>Totals</b>		50.452	67.789	10.825	25.381	*0.000*	140.284	0.514	5.490	*0.020*	*0.000*

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		% of Calories		50.481%		18.901%								
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# Lawrence Public Schools USD 497

## 990186 - Chip, Sunchip, Harvest Cheddar

Number of Portions: 104.000

Group Code: MISCELLANEOUS

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990461	Chip, Sunchip, Harvest Cheddar	1 case	28.35	141.748	0.506	172.122	2.025	2.025	6.075	0.000
		<b>Totals</b>	28.00	141.748	0.506	172.122	2.025	2.025	6.075	0.000
		<b>% of Calories</b>			3.214%		5.714%	38.571%		0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990461	Chip, Sunchip, Harvest Cheddar	0.000	19.237	2.025	0.000	*N/A*	10.125	0.000	0.607	*N/A*
		<b>Totals</b>	0.000	19.237	2.025	0.000	*N/A*	10.125	0.000	0.607
		<b>% of Calories</b>		54.286%		0.000%				

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# Lawrence Public Schools USD 497

## 1188 - Chips and Salsa

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: 1 chip,1salsa

\*Nutrients are based upon 1 Portion Size (1 chip,1salsa)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903288	tortilla chips 2 oz package	1 bag (2 oz)	56.70	303.745	2.025	232.871	0.000	*N/A*	14.175	0.000
903304	salsa cup	1 each (3 oz)	43.00	15.000	0.000	96.000	1.000	*N/A*	0.000	0.000
<b>Totals</b>			100.00	318.745	2.025	328.871	1.000	*N/A*	14.175	0.000
<b>% of Calories</b>				5.718%		1.255%	*N/A%*	40.024%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903288	0.000	36.449	2.025	4.050	*N/A*	40.499	0.000	0.607	*N/A*	*N/A*
903304	0.000	3.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	0.000
<b>Totals</b>		0.000	39.449	2.025	4.050	*N/A*	40.499	0.607	*N/A*	*0.000*
<b>% of Calories</b>			49.506%		5.082%					

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# Lawrence Public Schools USD 497

## 1277 - Cinnamon Apples

Number of Portions: 50.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990680 Apples, Sliced in Water	2 #10 can	117.93	56.608	0.000	0.000	0.000	0.000	0.000	0.000
900381 Margarine Solid	4 oz	2.27	16.200	0.324	17.820	0.000	*N/A*	1.782	0.000
902043 SUGARS,BROWN,LIGHT	1/2 CUP, packed	2.20	8.360	0.000	0.616	*N/A*	*N/A*	0.000	*N/A*
900365 Vanilla, Imitation	4 oz	2.27	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903133 Cinnamon Spice	1 tsp	0.05	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
<b>Totals</b>		125.00	81.168	0.324	18.436	*0.000*	*0.000*	1.782	*0.000*
<b>% of Calories</b>				3.593%		*0.000%*	*0.000%*	19.759%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990680 Apples, Sliced in Water	0.000	14.152	2.830	0.000	0.000	6.604	0.000	0.000	0.000	0.000
900381 Margarine Solid	0.000	0.000	0.000	0.130	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
902043 SUGARS,BROWN,LIGHT	0.000	2.158	0.000	0.003	*N/A*	1.826	0.000	0.016	0.029	0.010
900365 Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903133 Cinnamon Spice	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	16.310	2.830	0.132	*0.000*	0.000	0.016	*0.029*	*0.010*
<b>% of Calories</b>			80.377%		0.651%					

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# Lawrence Public Schools USD 497

## 990160 - Cinnamon Puff

Number of Portions: 48.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990433	Roll, WG (2.5 oz)	48 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
902938	Margarine, Liquid	2/3 cup	3.15	22.511	0.450	24.762	0.000	*N/A*	2.476	0.000
R-990222	Cinnamon Sugar	1 cup	3.99	13.889	0.000	0.000	*3.704*	*0.000*	0.000	0.000
<b>Totals</b>			78.00	196.116	0.450	159.522	*7.697*	*0.000*	5.471	0.000
<b>% of Calories</b>					2.066%		*15.699%*	*0.000%*	25.107%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990433	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
902938	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990222	0.000	3.704	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
<b>Totals</b>		0.000	32.652	2.995	6.988	*0.000*	9.982	0.000	1.597	*0.000*
<b>% of Calories</b>			66.598%		14.253%					

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# Lawrence Public Schools USD 497

## 990259 - Cinnamon Roll, WGR

Number of Portions: 30.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990477	Cinnamon Roll, WGR	30 each	74.00	170.000	0.500	135.000	10.000	0.000	1.000	0.000
902938	Margarine, Liquid	5 tbsp	2.36	16.875	0.337	18.562	0.000	*N/A*	1.856	0.000
990507	Powdered Sugar	15 oz	14.17	56.699	0.000	0.000	13.702	0.000	0.000	0.000
902949	Milk 1% Lowfat	1 AS NEEDED	0.03	0.015	0.000	0.018	0.002	*N/A*	0.000	0.000
900365	Vanilla, Imitation	3 tsp	0.43	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			91.00	243.588	0.838	153.580	23.704	0.000	2.857	0.000
<b>% of Calories</b>					3.095%		38.925%	0.000%	10.554%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990477	5.000	36.000	3.000	5.000	*N/A*	20.000	0.000	1.500	0.000	0.000
902938	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990507	0.000	14.175	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
902949	0.002	0.002	0.000	0.001	*N/A*	0.044	0.000	0.000	*N/A*	*N/A*
900365	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		5.002	50.176	3.000	5.001	*0.000*	20.044	0.000	1.500	*0.000*
<b>% of Calories</b>			82.396%		8.212%					

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# Lawrence Public Schools USD 497

## 990222 - Cinnamon Sugar

Number of Portions: 13.500

Group Code: MISCELLANEOUS

Size of Portion: cup

\*Nutrients are based upon 1 Portion Size (cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900195	Sugar Granulated	12 cup	177.78	666.686	0.000	0.000	177.783	0.000	0.000
903133	Cinnamon Spice	1 1/2 cup	13.87	0.000	0.000	*N/A*	*N/A*	0.000	0.000
<b>Totals</b>			192.00	666.686	0.000	0.000	*177.783*	*0.000*	0.000
<b>% of Calories</b>					0.000%		*106.667%*	*0.000%*	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900195	Sugar Granulated	0.000	177.783	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903133	Cinnamon Spice	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	177.783	0.000	0.000	*0.000*	0.000	0.000	*0.000*	*0.000*
<b>% of Calories</b>			106.667%		0.000%					

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# Lawrence Public Schools USD 497

## 990278 - Coffee, Iced, HS only

Number of Portions: 21.000

Group Code: MISCELLANEOUS

Size of Portion: 12 oz

\*Nutrients are based upon 1 Portion Size (12 oz)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990492	Coffee Cold Brew Concentrate	32 oz	43.20	0.000	0.000	0.000	0.000	0.000	0.000
990496	Syrup Caramel Sugar Free	4 oz	5.40	0.000	0.000	0.000	0.000	0.000	0.000
990495	Syrup Vanilla Sugar Free	4 oz	5.40	0.000	0.000	0.000	0.000	0.000	0.000
902949	Milk 1% Lowfat	1 gal	185.90	81.970	1.230	98.364	9.017	*N/A*	2.049
<b>Totals</b>			240.00	81.970	1.230	98.364	9.017	0.000	2.049
<b>% of Calories</b>					13.501%		44.001%	0.000%	22.501%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990492	Coffee Cold Brew Concentrate	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990496	Syrup Caramel Sugar Free	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990495	Syrup Vanilla Sugar Free	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
902949	Milk 1% Lowfat	12.296	9.017	0.000	6.558	*N/A*	245.910	0.984	0.000	*N/A*
<b>Totals</b>		12.296	9.017	0.000	6.558	*N/A*	245.910	0.984	0.000	*0.000*
<b>% of Calories</b>			44.000%		32.002%					

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# Lawrence Public Schools USD 497

**990282 - Coffee, Iced, Sugar, HS only**

Number of Portions: 21.000

Group Code: MISCELLANEOUS

Size of Portion: 12 oz

\*Nutrients are based upon 1 Portion Size (12 oz)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990492	Coffee Cold Brew Concentrate	32 oz	43.20	0.000	0.000	0.000	0.000	0.000	0.000
902949	Milk 1% Lowfat	1 gal	185.90	81.970	1.230	98.364	9.017	*N/A*	2.049
990498	Syrup, Vanilla, Sugar	8 oz	10.80	38.571	0.000	0.000	8.871	0.000	0.000
<b>Totals</b>			240.00	120.541	1.230	98.364	17.888	0.000	2.049
<b>% of Calories</b>					9.181%		59.359%	0.000%	15.301%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990492	Coffee Cold Brew Concentrate	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
902949	Milk 1% Lowfat	12.296	9.017	0.000	6.558	*N/A*	245.910	0.984	*N/A*	*N/A*
990498	Syrup, Vanilla, Sugar	0.000	9.257	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>Totals</b>		12.296	18.274	0.000	6.558	*N/A*	245.910	0.984	0.000	*0.000*
<b>% of Calories</b>			60.639%		21.762%					

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# Lawrence Public Schools USD 497

## 990156 - Cookie, Chocolate Chip

Number of Portions: 192.000

Group Code: DESSERTS

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990436	Cookie Dough, Chocolate Chip	1 case	52.45	194.000	2.000	169.000	17.100	6.000	0.000
			<b>Totals</b>	52.00	194.000	2.000	169.000	6.000	0.000
			<b>% of Calories</b>		9.278%		35.258%	27.835%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990436	Cookie Dough, Chocolate Chip	15.000	33.500	2.800	3.000	*N/A*	19.000	0.004	1.190	*N/A*
		<b>Totals</b>	15.000	33.500	2.800	3.000	*N/A*	19.000	0.004	1.190
		<b>% of Calories</b>		69.072%		6.186%				

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# Lawrence Public Schools USD 497

## 876 - Corn

Number of Portions: 48.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900151 CORN FROZEN	24 cup	69.75	60.000	0.000	0.000	0.000	0.000	0.375	0.000
<b>Totals</b>		70.00	60.000	0.000	0.000	0.000	0.000	0.375	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	5.625%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900151 CORN FROZEN	0.000	14.250	1.500	2.250	*N/A*	0.000	0.000	0.300	*N/A*	*N/A*
<b>Totals</b>		0.000	14.250	1.500	2.250	*N/A*	0.000	0.300	*N/A*	*N/A*
<b>% of Calories</b>			95.000%		15.000%					

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# Lawrence Public Schools USD 497

**990045 - Corn \*RESIZED\***

Number of Portions: 48.000

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Source: Mosaic  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900151 CORN FROZEN	12 cup	34.88	30.000	0.000	0.000	0.000	0.000	0.188	0.000
<b>Totals</b>		35.00	30.000	0.000	0.000	0.000	0.000	0.188	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	5.625%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900151 CORN FROZEN	0.000	7.125	0.750	1.125	*N/A*	0.000	0.000	0.150	*N/A*	*N/A*
<b>Totals</b>		0.000	7.125	0.750	1.125	0.000	0.000	0.150	*N/A*	*N/A*
<b>% of Calories</b>			95.000%		15.000%					

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# Lawrence Public Schools USD 497

## 385 - Corn Dog 2024

Number of Portions: 100.000

Size of Portion: 1 Each

\*Nutrients are based upon 1 Portion Size (1 Each)

Source: USD 497  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990392 Corn Dog, WG, Chicken	100 serving (6)	113.97	241.200	2.513	391.950	5.025	*N/A*	8.040	0.000
<b>Totals</b>		114.00	241.200	2.513	391.950	5.025	*N/A*	8.040	0.000
<b>% of Calories</b>				9.375%		8.333%	*N/A%*	30.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990392 Corn Dog, WG, Chicken	40.200	30.150	5.025	9.045	*N/A*	80.400	0.000	1.809	*N/A*	*N/A*
<b>Totals</b>		40.200	30.150	5.025	9.045	80.400	0.000	1.809	*N/A*	*N/A*
<b>% of Calories</b>			50.000%		15.000%					

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# Lawrence Public Schools USD 497

## 990255 - Corn on the Cob

Number of Portions: 96.000

Group Code: VEGETABLES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990474	Corn on the Cob, Petite	1 case	141.75	150.086	0.000	0.000	0.000	4.169	0.000
902938	Margarine, Liquid	2 cup	4.72	33.749	0.675	37.124	0.000	3.712	0.000
900359	Salt 25#	1/8 CUP	0.38	0.000	0.000	157.974	0.000	0.000	0.000
<b>Totals</b>			147.00	183.835	0.675	195.098	0.000	7.882	0.000
<b>% of Calories</b>					3.305%		0.000%	38.585%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990474	0.000	28.350	3.335	6.670	*N/A*	0.000	0.000	0.000	0.000	0.000
902938	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900359	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	28.350	3.335	6.670	*0.000*	0.000	0.000	0.000	0.000
<b>% of Calories</b>			61.685%		14.513%					

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# Lawrence Public Schools USD 497

## 990342 - Country Breaded Beef Sticks

Number of Portions: 123.000

Group Code: ENTREES

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990478 Breaded Beef Fingers	1 case	110.63	304.492	4.567	497.337	2.030	0.000	18.270	0.000
<b>Totals</b>		111.00	304.492	4.567	497.337	2.030	0.000	18.270	0.000
<b>% of Calories</b>				13.500%		2.667%	0.000%	54.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990478 Breaded Beef Fingers	35.524	19.285	2.030	15.225	*N/A*	40.599	0.000	2.740	0.000	0.000
<b>Totals</b>		35.524	19.285	2.030	15.225	40.599	0.000	2.740	0.000	0.000
<b>% of Calories</b>			25.333%		20.001%					

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# Lawrence Public Schools USD 497

## 990472 - Country Breaded Beef Sticks w/ Roll (Bakery)

Number of Portions: 123.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990478 Breaded Beef Fingers	1 case	110.63	304.492	4.567	497.337	2.030	0.000	18.270	0.000
R-990498 Whole Wheat Roll 51%, 1 oz	1 1/4 Recipe	32.01	86.678	0.142	123.943	1.701	0.000	2.174	0.000
<b>Totals</b>		143.00	391.170	4.709	621.280	3.731	0.000	20.443	0.000
<b>% of Calories</b>				10.835%		3.815%	0.000%	47.035%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990478 Breaded Beef Fingers	35.524	19.285	2.030	15.225	*N/A*	40.599	0.000	2.740	0.000	0.000
R-990498 Whole Wheat Roll 51%, 1 oz	0.247	14.303	1.257	2.823	*0.000*	13.994	0.000	0.667	*0.000*	*0.000*
<b>Totals</b>		35.771	33.588	3.287	18.048	54.593	0.000	3.407	*0.000*	*0.000*
<b>% of Calories</b>			34.346%		18.455%					

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# Lawrence Public Schools USD 497

## 990226 - Cracker Ritz Original Bulk

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990419 Cracker Ritz Original Bulk	1 (1 oz eq (7 crackers))	23.00	115.000	1.438	186.875	1.438	0.000	6.469	0.000
<b>Totals</b>		23.00	115.000	1.438	186.875	1.438	0.000	6.469	0.000
<b>% of Calories</b>				11.250%		5.002%	0.000%	50.625%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990419 Cracker Ritz Original Bulk	0.000	14.375	0.000	0.000	*N/A*	28.750	0.000	0.719	*N/A*	*N/A*
<b>Totals</b>		0.000	14.375	0.000	0.000	*N/A*	0.000	0.719	*N/A*	*N/A*
<b>% of Calories</b>			50.000%		0.000%					

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# Lawrence Public Schools USD 497

## 990183 - Cracker, Graham, Tiger Bites

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990423	Cracker, Graham, Tiger Bites	1 each	28.35	121.498	1.012	101.248	8.100	0.000	4.050	0.000
		<b>Totals</b>	28.00	121.498	1.013	101.248	8.100	0.000	4.050	0.000
		<b>% of Calories</b>			7.500%		26.667%	0.000%	30.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990423	Cracker, Graham, Tiger Bites	0.000	21.262	1.012	2.025	*N/A*	0.000	0.000	0.810	*N/A*	*N/A*
		<b>Totals</b>	0.000	21.262	1.012	2.025	*N/A*	0.000	0.810	*N/A*	*N/A*
		<b>% of Calories</b>		70.000%		6.667%					

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# Lawrence Public Schools USD 497

## 990145 - Crackers & Protein Box

Number of Portions: 2.000

Group Code: ENTREES

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990419	Cracker Ritz Original Bulk	2 (1.5 oz eq (11 crackers))	36.14	180.700	2.259	293.638	2.259	0.000	10.164	0.000
990420	Cheese Cheddar Cubes	2 (serving - 4 cubes)	28.35	113.398	5.670	188.997	0.000	0.000	9.450	0.000
900431	Ham, sliced, smoked	2 1/2 slice	17.72	18.750	0.313	193.751	0.625	*N/A*	0.625	0.000
900009	Turkey, Breast Extra Lean Roasted, Sliced	1 serving (1 m/ma-2 oz)	28.35	24.025	0.000	312.325	0.481	*N/A*	0.240	0.000
<b>Totals</b>			111.00	336.873	8.241	988.710	3.364	0.000	20.480	0.000
<b>% of Calories</b>					22.017%		3.994%	0.000%	54.714%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990419	Cracker Ritz Original Bulk	0.000	22.588	0.000	0.000	*N/A*	45.175	0.000	1.129	*N/A*	*N/A*
990420	Cheese Cheddar Cubes	28.350	0.000	0.000	6.615	*N/A*	201.281	0.000	0.000	*N/A*	*N/A*
900431	Ham, sliced, smoked	9.375	0.625	0.000	2.813	*N/A*	0.000	0.000	0.125	*N/A*	*N/A*
900009	Turkey, Breast Extra Lean Roasted, Sliced	12.013	0.481	0.000	5.286	*N/A*	0.000	0.000	0.192	0.000	0.000
<b>Totals</b>		49.737	23.693	0.000	14.713	*N/A*	246.456	0.000	1.447	*0.000*	*0.000*
<b>% of Calories</b>			28.133%		17.470%						

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# Lawrence Public Schools USD 497

## 525 - Crackers, Fish Shaped(P1)

Number of Portions: 1.000

Size of Portion: 1 pkg

\*Nutrients are based upon 1 Portion Size (1 pkg)

Source: USD 497  
Group Code: SNACKS

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900261 Cracker, Goldfish, Ind Bags WG	1 INDIV BAG	21.00	100.000	0.500	170.000	0.000	*N/A*	3.500	0.000
<b>Totals</b>		21.00	100.000	0.500	170.000	0.000	*N/A*	3.500	0.000
<b>% of Calories</b>				4.500%		0.000%	*N/A%*	31.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900261 Cracker, Goldfish, Ind Bags WG	0.000	14.000	1.000	2.000	*N/A*	20.000	0.000	0.700	*N/A*	*N/A*
<b>Totals</b>		0.000	14.000	1.000	2.000	20.000	0.000	0.700	*N/A*	*N/A*
<b>% of Calories</b>			56.000%		8.000%					

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# Lawrence Public Schools USD 497

## 990427 - Cranberry Orange Muffin

Number of Portions: 58.000

Group Code: BREAKFAST

Size of Portion: Muffin

\*Nutrients are based upon 1 Portion Size (Muffin)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990426	Muffin Mix WG	1 bag	39.10	156.411	1.466	180.850	15.152	0.000	2.933	0.000
990497	Juice, Orange Gallon	6 cup	25.76	12.414	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	8 oz	3.91	7.821	0.456	6.517	0.000	0.000	0.652	0.000
990647	CRAISIN-CRANBERRIES DRIED (Bulk)	3 (1 cup)	8.28	26.897	0.000	1.034	5.586	0.000	0.103	0.000
<b>Totals</b>			77.00	203.542	1.923	188.402	20.739	0.000	3.688	0.000
<b>% of Calories</b>					8.501%		40.756%	0.000%	16.307%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990426	Muffin Mix WG	0.000	29.816	1.466	2.444	*N/A*	34.215	0.000	0.782	*N/A*	*N/A*
990497	Juice, Orange Gallon	0.000	3.000	0.000	0.207	*N/A*	2.793	0.000	0.033	0.000	0.000
990618	Sour Cream	2.607	0.261	0.000	0.130	*N/A*	5.214	0.000	0.000	0.000	0.000
990647	CRAISIN-CRANBERRIES DRIED (Bulk)	0.000	6.828	0.414	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		2.607	39.904	1.880	2.781	*N/A*	42.222	0.000	0.815	*0.000*	*0.000*
<b>% of Calories</b>			78.419%		5.465%						

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# Lawrence Public Schools USD 497

## 322 - CREAM CHEESE

Number of Portions: 1.000

Group Code: MISCELLANEOUS

Size of Portion: 1 TBSP

\*Nutrients are based upon 1 Portion Size (1 TBSP)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
1017 CHEESE,CREAM	1 TBSP	14.50	50.750	2.931	45.530	0.545	0.000	4.994	*N/A*
<b>Totals</b>		14.00	50.750	2.931	45.530	0.545	0.000	4.994	*N/A*
<b>% of Calories</b>				51.977%		4.296%	0.000%	88.560%	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
1017 CHEESE,CREAM	14.645	0.800	0.000	0.892	44.660	14.065	0.000	0.016	7.630	0.184
<b>Totals</b>		14.645	0.800	0.000	0.892	44.660	0.000	0.016	7.630	0.184
<b>% of Calories</b>			6.309%		7.031%					

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# Lawrence Public Schools USD 497

## 1034 - Crispito

Number of Portions: 36.000

Size of Portion: 2 Each

\*Nutrients are based upon 1 Portion Size (2 Each)

Source: USD 497

Group Code: Meat/Meat Alt

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900423 Crispito, Chicken Chili	1 case	195.61	544.486	6.050	746.147	2.017	*N/A*	28.233	0.000
<b>Totals</b>		196.00	544.486	6.050	746.147	2.017	*N/A*	28.233	0.000
<b>% of Calories</b>				10.000%		1.482%	*N/A%*	46.667%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900423 Crispito, Chicken Chili	50.415	46.382	6.050	24.199	*N/A*	80.665	0.000	3.630	0.000	0.000
<b>Totals</b>		50.415	46.382	6.050	24.199	80.665	0.000	3.630	0.000	0.000
<b>% of Calories</b>			34.074%		17.778%					

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# Lawrence Public Schools USD 497

**990136 - Croissant w/ Ham & Cheese Sandwich**

Number of Portions: 1.000

Size of Portion: 1 sandwich

\*Nutrients are based upon 1 Portion Size (1 sandwich)

Source: USD 497  
Group Code: BREAKFAST

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903302	Croissant	1 croissants	62.00	180.000	3.000	170.000	4.000	*N/A*	6.000	0.000
900372	Cheese, Sliced, American Yellow Style	1/2 slice	7.09	25.312	1.266	126.561	0.000	*N/A*	2.278	0.000
990524	Ham Sliced Lower Sodium Fully Cooked	2 slice	28.35	27.950	0.200	187.666	0.399	0.000	0.998	0.000
<b>Totals</b>			97.00	233.262	4.465	484.227	4.399	0.000	9.276	0.000
<b>% of Calories</b>					17.229%		7.543%	0.000%	35.791%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903302	0.000	26.000	3.000	4.000	*N/A*	20.000	0.000	1.440	*N/A*	*N/A*
900372	6.328	0.506	0.000	1.266	*N/A*	32.906	0.000	0.025	*N/A*	*N/A*
990524	15.972	0.399	0.000	4.392	*N/A*	4.791	0.000	0.000	0.000	0.000
<b>Totals</b>		22.300	26.906	3.000	9.658	57.697	0.000	1.465	*0.000*	*0.000*
<b>% of Calories</b>			46.138%		16.562%					

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# Lawrence Public Schools USD 497

## 990171 - Croutons, Homemade

Number of Portions: 1.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: 2 oz

\*Nutrients are based upon 1 Portion Size (2 oz)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903320 Breadstick, Garlic	1 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
<b>Totals</b>		56.00	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
<b>% of Calories</b>				5.294%		4.706%	*N/A%*	31.765%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903320 Breadstick, Garlic	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
<b>Totals</b>		0.000	25.000	2.000	2.000	10.000	*N/A*	1.440	*N/A*	*N/A*
<b>% of Calories</b>			58.824%		4.706%					

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# Lawrence Public Schools USD 497

## 990438 - Cucumber, SFSP

Number of Portions: 48.000

Group Code: VEGETABLES

Size of Portion: 1 cup

\*Nutrients are based upon 1 Portion Size (1 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900451 Cucumber	1 (24 each 1# case)	200.34	20.236	0.000	0.000	0.000	*N/A*	0.000	0.000
<b>Totals</b>		200.00	20.236	0.000	0.000	0.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900451 Cucumber	0.000	4.047	0.000	0.000	*N/A*	40.472	2.428	0.728	*N/A*	*N/A*
<b>Totals</b>		0.000	4.047	0.000	0.000	40.472	2.428	0.728	*N/A*	*N/A*
<b>% of Calories</b>			80.000%		0.000%					

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# Lawrence Public Schools USD 497

**990093 - CUCUMBER,RAW 1/2 cup**

Number of Portions: 1.000

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: Mosaic  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900451	Cucumber	1/4 CUP, slices	26.00	2.626	0.000	0.000	*N/A*	0.000	0.000
990421	LOCAL- CUCUMBER	1/4 cup, slices	26.00	2.627	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			52.00	5.253	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>					0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900451	0.000	0.525	0.000	0.000	*N/A*	5.253	0.315	0.095	*N/A*	*N/A*
990421	0.000	0.525	0.000	0.000	*N/A*	5.253	0.315	0.095	*N/A*	*N/A*
<b>Totals</b>		0.000	1.051	0.000	0.000	*N/A*	10.506	0.630	0.189	*N/A*
<b>% of Calories</b>			80.000%		0.000%					

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# Lawrence Public Schools USD 497

**990237 - CUCUMBER,RAW 1/4 cup**

Number of Portions: 1.000

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Source: Mosaic  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900451 Cucumber	1/4 CUP, slices	26.00	2.626	0.000	0.000	0.000	*N/A*	0.000	0.000
<b>Totals</b>		26.00	2.626	0.000	0.000	0.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900451 Cucumber	0.000	0.525	0.000	0.000	*N/A*	5.253	0.315	0.095	*N/A*	*N/A*
<b>Totals</b>		0.000	0.525	0.000	0.000	5.253	0.315	0.095	*N/A*	*N/A*
<b>% of Calories</b>			80.015%		0.000%					

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# Lawrence Public Schools USD 497

## 990376 - Daikon (White)

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990612 Daikon Radish - White	4 (1/4 cup)	29.00	5.000	0.000	11.250	0.000	0.000	0.000	0.000
<b>Totals</b>		29.00	5.000	0.000	11.250	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990612 Daikon Radish - White	0.000	1.000	0.500	0.250	*N/A*	7.250	0.000	0.098	0.000	0.000
<b>Totals</b>		0.000	1.000	0.500	0.250	7.250	0.000	0.098	0.000	0.000
<b>% of Calories</b>			80.000%		20.000%					

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# Lawrence Public Schools USD 497

## 990476 - Dill Chicken Bites w/ WG Onion Rings

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990707 Dill Chicken Bites	1 case	90.72	169.474	0.997	498.453	1.994	1.994	4.985	0.000
990708 Onion Rings, WG	3 bag + 1/2 bag	79.38	208.891	1.044	208.891	4.178	0.000	7.311	0.000
<b>Totals</b>		170.00	378.365	2.041	707.344	6.172	1.994	12.296	0.000
<b>% of Calories</b>				4.856%		6.525%	2.108%	29.247%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990707 Dill Chicken Bites	44.861	13.957	0.997	16.947	0.000	20.935	0.000	1.994	0.000	0.000
990708 Onion Rings, WG	0.000	31.334	2.089	3.133	0.000	52.223	0.000	1.044	0.000	0.000
<b>Totals</b>		44.861	45.290	3.086	20.081	73.158	0.000	3.038	0.000	0.000
<b>% of Calories</b>			47.880%		21.229%					

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# Lawrence Public Schools USD 497

**990451 - Dinner Roll WG 1.125 oz**

Number of Portions: 192.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990669	Dinner Roll WG 1.125 oz	1 case	31.89	79.733	0.000	169.433	0.000	0.000	0.997	0.000
		<b>Totals</b>	32.00	79.733	0.000	169.433	0.000	0.000	0.997	0.000
		<b>% of Calories</b>			0.000%		0.000%		11.250%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990669	Dinner Roll WG 1.125 oz	0.000	14.950	0.997	2.990	*N/A*	0.000	0.000	0.797	0.000	0.000
		<b>Totals</b>	0.000	14.950	0.997	2.990	*N/A*	0.000	0.000	0.797	0.000
		<b>% of Calories</b>		75.000%		15.000%					

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# Lawrence Public Schools USD 497

**990423 - Donut WG, IW**

Number of Portions: 80.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990642 Individually Wrapped Donut Ring	1 case	70.87	229.591	3.993	259.538	5.989	0.000	10.980	0.000
<b>Totals</b>		71.00	229.591	3.993	259.538	5.989	0.000	10.980	0.000
<b>% of Calories</b>				15.652%		10.434%	0.000%	43.043%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990642 Individually Wrapped Donut Ring	0.000	28.948	1.996	3.993	*N/A*	99.822	0.000	1.437	0.000	0.000
<b>Totals</b>		0.000	28.948	1.996	3.993	99.822	0.000	1.437	0.000	0.000
<b>% of Calories</b>			50.435%		6.957%					

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# Lawrence Public Schools USD 497

## 753 - Edamame

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903179 Edamame / Soybeans	1/2 cup	63.00	75.000	0.375	3.750	1.500	*N/A*	3.000	0.000
<b>Totals</b>		63.00	75.000	0.375	3.750	1.500	*N/A*	3.000	0.000
<b>% of Calories</b>				4.500%		8.000%	*N/A%*	36.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903179 Edamame / Soybeans	0.000	4.500	0.000	6.750	*N/A*	30.000	3.600	1.350	*N/A*	*N/A*
<b>Totals</b>		0.000	4.500	0.000	6.750	30.000	3.600	1.350	*N/A*	*N/A*
<b>% of Calories</b>			24.000%		36.000%					

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# Lawrence Public Schools USD 497

## 990409 - Egg & Cheese Biscuit

Number of Portions: 3.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990521 Biscuit Baked WG	3 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
900372 Cheese, Sliced, American Yellow Style	1 1/2 slice	7.09	25.312	1.266	126.561	0.000	*N/A*	2.278	0.000
900426 Egg Patty	3 each (1.5 oz)	42.52	69.226	0.989	138.451	0.989	*N/A*	4.945	0.000
<b>Totals</b>		113.00	303.837	7.238	663.677	3.979	1.993	17.189	0.000
<b>% of Calories</b>				21.439%		5.238%	2.624%	50.917%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990521 Biscuit Baked WG	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000	0.000
900372 Cheese, Sliced, American Yellow Style	6.328	0.506	0.000	1.266	*N/A*	32.906	0.000	0.025	*N/A*	*N/A*
900426 Egg Patty	113.728	0.989	0.000	3.956	*N/A*	1.978	0.000	3.956	0.000	0.000
<b>Totals</b>		120.056	28.405	1.993	9.208	134.550	0.000	5.675	*0.000*	*0.000*
<b>% of Calories</b>			37.395%		12.122%					

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# Lawrence Public Schools USD 497

## 990494 - Egg & Cheese Breakfast Sandwich IW

Number of Portions: 72.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990686 Egg & Cheese Breakfast Sandwich IW	72 each	92.99	229.966	3.999	349.949	2.000	0.000	8.999	0.000
<b>Totals</b>		93.00	229.966	3.999	349.949	2.000	0.000	8.999	0.000
<b>% of Calories</b>				15.652%		3.479%	0.000%	35.218%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990686 Egg & Cheese Breakfast Sandwich IW	109.984	29.996	3.000	9.999	0.000	79.988	0.000	2.100	0.000	0.000
<b>Totals</b>		109.984	29.996	3.000	9.999	79.988	0.000	2.100	0.000	0.000
<b>% of Calories</b>			52.174%		17.392%					

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# Lawrence Public Schools USD 497

## 1171 - Egg & Cheese Croissant

Number of Portions: 1.000

Size of Portion: 1cr,1ches,1egg

\*Nutrients are based upon 1 Portion Size

(1cr,1ches,1egg)

Source: USD 497

Group Code: BREAKFAST

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903302 Croissant	1 croissants	62.00	180.000	3.000	170.000	4.000	*N/A*	6.000	0.000
900426 Egg Patty	1 each (1.5 oz)	42.52	69.226	0.989	138.451	0.989	*N/A*	4.945	0.000
900372 Cheese, Sliced, American Yellow Style	1/2 slice	7.09	25.312	1.266	126.561	0.000	*N/A*	2.278	0.000
<b>Totals</b>		112.00	274.538	5.255	435.012	4.989	*N/A*	13.223	0.000
<b>% of Calories</b>				17.225%		7.269%	*N/A%*	43.347%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903302 Croissant	0.000	26.000	3.000	4.000	*N/A*	20.000	0.000	1.440	*N/A*	*N/A*
900426 Egg Patty	113.728	0.989	0.000	3.956	*N/A*	1.978	0.000	3.956	0.000	0.000
900372 Cheese, Sliced, American Yellow Style	6.328	0.506	0.000	1.266	*N/A*	32.906	0.000	0.025	*N/A*	*N/A*
<b>Totals</b>		120.056	27.495	3.000	9.221	54.884	0.000	5.421	*0.000*	*0.000*
<b>% of Calories</b>			40.060%		13.435%					

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# Lawrence Public Schools USD 497

## 990361 - English Cucumbers

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990585 English Cucumber	4 (1/4 cup)	50.25	7.500	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		50.00	7.500	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990585 English Cucumber	0.000	1.750	0.250	0.250	*N/A*	8.000	0.000	0.150	0.000	0.000
<b>Totals</b>		0.000	1.750	0.250	0.250	*N/A*	8.000	0.150	0.000	0.000
<b>% of Calories</b>			93.333%		13.333%					

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# Lawrence Public Schools USD 497

## 990367 - EverCrisp Apples

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990394 Apple, Local Variety	4 (1/4 cup)	30.62	15.982	0.000	0.336	3.196	0.000	0.050	0.000
<b>Totals</b>		31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
<b>% of Calories</b>				0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990394 Apple, Local Variety	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	*N/A*	*N/A*
<b>Totals</b>		0.000	4.206	0.740	0.084	1.682	1.413	0.030	*N/A*	*N/A*
<b>% of Calories</b>			105.261%		2.102%					

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# Lawrence Public Schools USD 497

## 990417 - Fajita Vegetable Blend

Number of Portions: 78.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup serving

\*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990633 Fajita Pepper Blend	1 case	87.23	25.656	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		87.00	25.656	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990633 Fajita Pepper Blend	0.000	6.157	1.026	1.026	*N/A*	13.341	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	6.157	1.026	1.026	*N/A*	13.341	0.000	0.000	0.000
<b>% of Calories</b>			95.999%		15.996%					

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# Lawrence Public Schools USD 497

## 990386 - Frank's Hot Sauce

Number of Portions: 256.000

Group Code: Condiments and Dressings

Size of Portion: tbsp

\*Nutrients are based upon 1 Portion Size (tbsp)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990508 Frank's Hot Sauce	1 gal	14.17	0.000	0.000	538.641	0.000	0.000	0.000	0.000
<b>Totals</b>		14.00	0.000	0.000	538.640	0.000	0.000	0.000	0.000
<b>% of Calories</b>				*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990508 Frank's Hot Sauce	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>% of Calories</b>			*N/A%*		*N/A%*					

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# Lawrence Public Schools USD 497

## 990319 - French Toast Bake

Number of Portions: 18.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
902938	Margarine, Liquid	2 tbsp	1.57	11.250	0.225	12.375	0.000	*N/A*	1.237	0.000
R-990259	Cinnamon Roll, WGR	24 each	121.34	324.784	1.117	204.773	31.605	0.000	3.809	0.000
990573	Liquid Egg	3 cup	37.80	57.521	1.233	53.412	0.000	0.000	3.698	0.000
902949	Milk 1% Lowfat	1 1/2 cup	20.33	8.965	0.134	10.759	0.986	*N/A*	0.224	0.000
900365	Vanilla, Imitation	3 tsp	0.72	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903133	Cinnamon Spice	3 tsp	0.43	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
990574	Sugar Free Syrup	1 cup	12.60	4.200	0.000	35.699	0.000	0.000	0.000	0.000
<b>Totals</b>			195.00	406.720	2.709	317.018	*32.592*	*0.000*	8.968	0.000
<b>% of Calories</b>					5.995%		*32.054%*	*0.000%*	19.845%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
R-990259	Cinnamon Roll, WGR	6.669	66.902	4.000	6.668	*0.000*	26.725	0.000	2.000	*0.000*
990573	Liquid Egg	139.693	0.000	0.000	4.930	*N/A*	21.365	0.000	0.822	0.000
902949	Milk 1% Lowfat	1.345	0.986	0.000	0.717	*N/A*	26.896	0.108	0.000	*N/A*
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903133	Cinnamon Spice	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	*N/A*	*N/A*
990574	Sugar Free Syrup	0.000	1.680	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>Totals</b>		147.707	69.568	4.000	12.316	*0.000*	74.987	0.108	2.822	*0.000*
<b>% of Calories</b>			68.419%		12.113%					

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# Lawrence Public Schools USD 497

## 990150 - French Toast Sticks w sausElem

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: servings

\*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903207	French Toast Sticks-WG	200 French Toast stick	84.00	240.000	1.000	260.000	10.000	*N/A*	7.000	0.000
990387	Sausage, Chicken Patty	100 patty	42.52	80.999	1.519	303.745	0.000	*N/A*	6.075	0.000
900199	Syrup PC, Maple	100 Individual Package	42.52	108.783	0.000	24.723	14.834	*N/A*	0.000	0.000
<b>Totals</b>			169.00	429.782	2.519	588.468	24.834	*N/A*	13.075	0.000
<b>% of Calories</b>					5.274%		23.113%	*N/A%*	27.380%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903207	French Toast Sticks-WG	10.000	38.000	2.000	6.000	*N/A*	40.000	0.000	0.720	*N/A*	*N/A*
990387	Sausage, Chicken Patty	40.499	0.000	0.000	6.075	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
900199	Syrup PC, Maple	0.000	27.690	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		50.499	65.690	2.000	12.075	*N/A*	40.000	0.000	0.720	*N/A*	*N/A*
<b>% of Calories</b>			61.138%		11.238%						

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# Lawrence Public Schools USD 497

## 990151 - French Toast Sticks w sausMSHS

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: servings

\*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903207	French Toast Sticks-WG	300 French Toast stick	126.00	360.000	1.500	390.000	15.000	*N/A*	10.500	0.000
990387	Sausage, Chicken Patty	200 patty	85.05	161.997	3.037	607.490	0.000	*N/A*	12.150	0.000
900199	Syrup PC, Maple	100 indiv packet	42.52	108.783	0.000	24.723	14.834	*N/A*	0.000	0.000
<b>Totals</b>			254.00	630.780	4.537	1022.213	29.834	*N/A*	22.650	0.000
<b>% of Calories</b>					6.474%		18.919%	*N/A%*	32.317%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903207	French Toast Sticks-WG	15.000	57.000	3.000	9.000	*N/A*	60.000	0.000	1.080	*N/A*	*N/A*
990387	Sausage, Chicken Patty	80.999	0.000	0.000	12.150	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
900199	Syrup PC, Maple	0.000	27.690	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		95.999	84.690	3.000	21.150	*N/A*	60.000	0.000	1.080	*N/A*	*N/A*
<b>% of Calories</b>			53.705%		13.412%						

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# Lawrence Public Schools USD 497

## 990347 - French Toast Sticks w/ Chicken Sausage (CACFP)

Number of Portions: 75.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903207	French Toast Sticks-WG	150 French Toast stick	84.00	240.000	1.000	260.000	10.000	*N/A*	7.000	0.000
990387	Sausage, Chicken Patty	150 patty	85.05	161.997	3.037	607.490	0.000	*N/A*	12.150	0.000
900199	Syrup PC, Maple	150 Individual Package	85.05	217.566	0.000	49.447	29.668	*N/A*	0.000	0.000
<b>Totals</b>			254.00	619.564	4.037	916.937	39.668	*N/A*	19.150	0.000
<b>% of Calories</b>					5.865%		25.610%	*N/A%*	27.818%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903207	French Toast Sticks-WG	10.000	38.000	2.000	6.000	*N/A*	40.000	0.000	0.720	*N/A*	*N/A*
990387	Sausage, Chicken Patty	80.999	0.000	0.000	12.150	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
900199	Syrup PC, Maple	0.000	55.380	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		90.999	93.381	2.000	18.150	*N/A*	40.000	0.000	0.720	*N/A*	*N/A*
<b>% of Calories</b>			60.288%		11.718%						

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# Lawrence Public Schools USD 497

## 959 - French Toast Sticks w/ Sausage - SFSP

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: servings

\*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903207 French Toast Sticks-WG	200 French Toast stick	84.00	240.000	1.000	260.000	10.000	*N/A*	7.000	0.000
990387 Sausage, Chicken Patty	200 patty	85.05	161.997	3.037	607.490	0.000	*N/A*	12.150	0.000
900199 Syrup PC, Maple	200 Individual Package	85.05	217.566	0.000	49.447	29.668	*N/A*	0.000	0.000
<b>Totals</b>		254.00	619.564	4.037	916.937	39.668	*N/A*	19.150	0.000
<b>% of Calories</b>				5.865%		25.610%	*N/A%*	27.818%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903207 French Toast Sticks-WG	10.000	38.000	2.000	6.000	*N/A*	40.000	0.000	0.720	*N/A*	*N/A*
990387 Sausage, Chicken Patty	80.999	0.000	0.000	12.150	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
900199 Syrup PC, Maple	0.000	55.380	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		90.999	93.381	2.000	18.150	*N/A*	40.000	0.720	*N/A*	*N/A*
<b>% of Calories</b>			60.288%		11.718%					

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# Lawrence Public Schools USD 497

## 990448 - French Toast Sticks w/ Veggie Sausage

Number of Portions: 112.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903207	French Toast Sticks-WG	224 French Toast stick	84.00	240.000	1.000	260.000	10.000	*N/A*	7.000	0.000
990668	Veggie Sausage Patty	112 serving (2 patty)	75.98	139.957	0.000	499.847	0.000	0.000	4.998	0.000
<b>Totals</b>			160.00	379.957	1.000	759.847	10.000	0.000	11.999	0.000
<b>% of Calories</b>					2.369%		10.528%	0.000%	28.421%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903207	French Toast Sticks-WG	10.000	38.000	2.000	6.000	*N/A*	40.000	0.000	0.720	*N/A*	*N/A*
990668	Veggie Sausage Patty	0.000	7.998	1.999	17.994	*N/A*	39.988	0.000	3.199	0.000	0.000
<b>Totals</b>		10.000	45.998	3.999	23.994	*N/A*	79.988	0.000	3.919	*0.000*	*0.000*
<b>% of Calories</b>			48.424%		25.260%						

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# Lawrence Public Schools USD 497

## 990137 - French Toast, Mini Cinnamon Rush

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990399 French Toast, Mini Cinnamon Rush	1 Each	93.00	220.000	1.000	200.000	10.000	0.000	7.000	0.000
<b>Totals</b>		93.00	220.000	1.000	200.000	10.000	0.000	7.000	0.000
<b>% of Calories</b>				4.091%		18.182%	0.000%	28.636%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990399 French Toast, Mini Cinnamon Rush	0.000	37.000	2.000	4.000	*N/A*	80.000	0.000	1.700	*N/A*	*N/A*
<b>Totals</b>		0.000	37.000	2.000	4.000	80.000	0.000	1.700	*N/A*	*N/A*
<b>% of Calories</b>			67.273%		7.273%					

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# Lawrence Public Schools USD 497

## 990294 - Frozen Carrots

Number of Portions: 8.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup serving

\*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
902944	Carrot, Sliced Cc Medium Frozen	8 .5 cup, slices	78.00	32.118	0.000	55.059	0.000	*N/A*	0.000	0.000
<b>Totals</b>			78.00	32.118	0.000	55.059	0.000	*N/A*	0.000	0.000
<b>% of Calories</b>					0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
902944	Carrot, Sliced Cc Medium Frozen	0.000	6.424	1.835	0.918	*N/A*	33.035	2.294	0.404	*N/A*	*N/A*
<b>Totals</b>		0.000	6.424	1.835	0.918	*N/A*	33.035	2.294	0.404	*N/A*	*N/A*
<b>% of Calories</b>			79.999%		11.433%						

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# Lawrence Public Schools USD 497

## 990292 - Frozen Green Beans

Number of Portions: 16.000

Group Code: VEGETABLES

Size of Portion: 4 oz servings

\*Nutrients are based upon 1 Portion Size (4 oz servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990511 Green Bean Cut Grade A Frozen, SFSP	4 LB	113.40	44.595	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		113.00	44.595	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990511 Green Bean Cut Grade A Frozen, SFSP	0.000	8.919	2.548	2.548	*N/A*	50.965	0.000	1.019	0.000	0.000
<b>Totals</b>		0.000	8.919	2.548	2.548	*N/A*	50.965	0.000	1.019	0.000
<b>% of Calories</b>			79.999%		22.855%					

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# Lawrence Public Schools USD 497

## 990182 - Fruit & Veggie Bar, Academy

Number of Portions: 67.000

Group Code: Food Bars, Assorted

Size of Portion: cups

\*Nutrients are based upon 1 Portion Size (cups)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990415 Romaine, Whole Head	1 head	6.77	1.219	0.000	0.000	0.080	0.000	0.000	0.000
903107 spinach flat leaf	1 bag (2.5#)	33.85	0.199	0.000	0.995	0.000	*N/A*	0.000	0.000
990440 LETTUCE FRESH ARCADN BLEND	1 bag	20.31	3.106	0.000	17.921	0.000	0.000	0.000	0.000
900446 Carrots - Baby	1 (1/2 cup)	1.04	0.373	0.000	0.821	0.045	*N/A*	0.000	0.000
902971 Red Pepper, Fresh	1/4 cup	0.85	0.232	0.000	0.026	0.000	0.000	0.000	0.000
900012 Tomatoes, Cherry	1/4 cup	0.63	0.114	0.000	0.032	*N/A*	*N/A*	0.000	0.000
900471 Tomatoes 5x6 Layer	1/4 CUP, chop/slice	0.67	0.113	0.000	0.091	0.014	*N/A*	0.005	0.000
903104 pea, green frozen	1/4 cup	0.50	0.448	0.000	0.000	0.028	*N/A*	0.000	0.000
900464 Green Bell Pepper	1/4 CUP, sliced	0.34	0.058	0.000	0.093	0.009	*N/A*	0.000	0.000
903103 Radish, fresh	1 (1/4 cup)	0.43	0.067	0.000	0.172	0.007	*N/A*	0.000	0.000
903361 Jicama, Fresh	1/4 CUP	0.90	0.336	0.000	0.037	0.000	*N/A*	0.000	0.000
900451 Cucumber	1/4 CUP, slices	0.39	0.039	0.000	0.000	0.000	*N/A*	0.000	0.000
900442 BROCCOLI FLORETS	1/2 CUP, chopped	0.66	0.224	0.000	0.224	0.000	*N/A*	0.000	0.000
900448 Cauliflower Florets	1/4 CUP	0.37	0.088	0.000	0.110	0.009	*N/A*	0.000	0.000
990671 Celery	1/4 cup, strips	0.46	0.063	0.000	0.484	0.000	0.000	0.000	0.000
902970 Black Beans, Fancy Canned	1/4 cup	0.85	0.781	0.000	0.911	0.007	*N/A*	0.003	0.000
801 BEANS GARBANZO ,CANNED	1 (1/2 cup)	1.94	1.940	0.000	5.970	0.060	*N/A*	0.030	0.000
901478 Kidney Beans	1/4 CUP	0.97	0.808	0.000	3.072	*N/A*	*N/A*	0.000	0.000
902997 BEANS, GREAT NORTHERN, CANNED	1 (1/4 cup)	0.97	0.597	0.000	1.045	0.000	*N/A*	0.000	0.000
903179 Edamame / Soybeans	1/4 cup	0.47	0.560	0.003	0.028	0.011	*N/A*	0.022	0.000
R-1304 Fruit, Canned Variety	1 (1/2 cup)	1.81	0.915	0.000	0.094	0.140	0.000	0.000	0.000
R-117 Fruit, Fresh Assorted	1 (1/2 cup)	1.01	0.470	0.000	0.053	*0.071*	*0.000*	0.002	0.000
R-364 Juice 4 oz Assorted 2025	1 (4 oz cups)	1.69	0.940	0.000	0.097	0.193	*N/A*	0.000	0.000
R-810 Juice, Frozen Slushie Cup	1 each	1.86	1.269	0.000	0.560	0.284	*N/A*	0.000	0.000
903106 onion, red jumbo, fresh	5 tbsp	1.06	0.635	0.000	0.053	0.074	*N/A*	0.000	0.000
990453 Onion, Yellow Jumbo	5 tbsp	0.24	0.072	0.000	0.007	0.015	0.000	0.000	0.000
<b>Totals</b>		81.00	15.666	0.003	32.894	*1.045*	*0.000*	0.062	0.000
<b>% of Calories</b>				0.178%		*26.682%*	*0.000%*	3.539%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415 Romaine, Whole Head	0.000	0.159	0.081	0.080	*N/A*	1.625	0.284	0.086	*N/A*	*N/A*
903107 spinach flat leaf	0.000	0.040	0.000	0.000	*N/A*	1.592	0.358	0.029	*N/A*	*N/A*
990440 LETTUCE FRESH ARCADN BLEND	0.000	0.717	0.000	0.239	*N/A*	13.381	*N/A*	0.239	*N/A*	*N/A*

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<sup>1</sup> - denotes required nutrient values

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900446	Carrots - Baby	0.000	0.090	0.030	0.000	*N/A*	0.299	0.036	0.011	*N/A*	*N/A*
902971	Red Pepper, Fresh	0.000	0.052	0.015	0.010	*N/A*	0.057	0.000	0.004	*N/A*	*N/A*
900012	Tomatoes, Cherry	0.000	0.025	0.008	0.006	*N/A*	0.063	0.080	0.001	*N/A*	*N/A*
900471	Tomatoes 5x6 Layer	0.000	0.023	0.005	0.005	*N/A*	0.091	0.109	0.003	*N/A*	*N/A*
903104	pea, green frozen	0.000	0.073	0.028	0.028	*N/A*	0.112	0.000	0.008	*N/A*	*N/A*
900464	Green Bell Pepper	0.000	0.014	0.005	0.002	*N/A*	0.046	0.264	0.002	*N/A*	*N/A*
903103	Radish, fresh	0.000	0.015	0.007	0.000	*N/A*	0.075	0.134	0.000	*N/A*	*N/A*
903361	Jicama, Fresh	0.000	0.082	0.045	0.007	*N/A*	0.149	0.000	0.003	*N/A*	*N/A*
900451	Cucumber	0.000	0.008	0.000	0.000	*N/A*	0.078	0.005	0.001	*N/A*	*N/A*
900442	BROCCOLI FLORETS	0.000	0.045	0.015	0.000	*N/A*	0.313	1.970	0.005	*N/A*	*N/A*
900448	Cauliflower Florets	0.000	0.018	0.009	0.009	*N/A*	0.088	0.184	0.002	*N/A*	*N/A*
990671	Celery	0.000	0.017	0.008	0.000	*N/A*	0.168	0.038	0.002	0.000	0.000
902970	Black Beans, Fancy Canned	0.000	0.150	0.039	0.046	*N/A*	0.391	0.000	0.012	*N/A*	*N/A*
801	BEANS GARBANZO ,CANNED	0.000	0.328	0.090	0.104	*N/A*	0.597	0.000	0.027	0.000	0.000
901478	Kidney Beans	0.000	0.129	0.040	0.057	*N/A*	0.485	0.000	0.012	*N/A*	*N/A*
902997	BEANS, GREAT NORTHERN, CANNED	0.000	0.112	0.037	0.045	*N/A*	0.000	0.000	0.013	*N/A*	*N/A*
903179	Edamame / Soybeans	0.000	0.034	0.000	0.050	*N/A*	0.224	0.027	0.010	*N/A*	*N/A*
R-1304	Fruit, Canned Variety	0.000	0.228	0.019	0.005	*N/A*	0.072	0.048	0.002	*0.000*	*0.000*
R-117	Fruit, Fresh Assorted	0.000	0.118	0.018	0.006	*N/A*	0.107	0.158	0.002	*0.155*	*0.001*
R-364	Juice 4 oz Assorted 2025	0.000	0.218	0.000	0.000	*N/A*	0.045	0.896	0.000	*N/A*	*N/A*
R-810	Juice, Frozen Slushie Cup	0.000	0.313	0.000	0.000	*N/A*	1.194	0.896	0.005	*N/A*	*N/A*
903106	onion, red jumbo, fresh	0.000	0.159	0.032	0.021	*N/A*	0.423	0.127	0.004	*N/A*	*N/A*
990453	Onion, Yellow Jumbo	0.000	0.018	0.005	0.002	*N/A*	0.066	0.000	0.001	*N/A*	*N/A*
	<b>Totals</b>	0.000	3.182	0.535	0.721	*N/A*	21.740	*5.615*	0.483	*0.155*	*0.001*
	<b>% of Calories</b>		81.246%		18.409%						

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## 1311 - Fruit & Veggie Bar, MS/HS 2024

Number of Portions: 67.000

Group Code: Food Bars, Assorted

Size of Portion: cups

\*Nutrients are based upon 1 Portion Size (cups)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990415 Romaine, Whole Head	1 head	6.77	1.219	0.000	0.000	0.080	0.000	0.000	0.000
903107 spinach flat leaf	1 bag (2.5#)	33.85	0.199	0.000	0.995	0.000	*N/A*	0.000	0.000
990440 LETTUCE FRESH ARCADN BLEND	1 bag	20.31	3.106	0.000	17.921	0.000	0.000	0.000	0.000
900446 Carrots - Baby	1 (1/2 cup)	1.04	0.373	0.000	0.821	0.045	*N/A*	0.000	0.000
902971 Red Pepper, Fresh	1/4 cup	0.85	0.232	0.000	0.026	0.000	0.000	0.000	0.000
900012 Tomatoes, Cherry	1/4 cup	0.63	0.114	0.000	0.032	*N/A*	*N/A*	0.000	0.000
900471 Tomatoes 5x6 Layer	1/4 CUP, chop/slice	0.67	0.113	0.000	0.091	0.014	*N/A*	0.005	0.000
903104 pea, green frozen	1/4 cup	0.50	0.448	0.000	0.000	0.028	*N/A*	0.000	0.000
900464 Green Bell Pepper	1/4 CUP, sliced	0.34	0.058	0.000	0.093	0.009	*N/A*	0.000	0.000
903103 Radish, fresh	1 (1/4 cup)	0.43	0.067	0.000	0.172	0.007	*N/A*	0.000	0.000
903361 Jicama, Fresh	1/4 CUP	0.90	0.336	0.000	0.037	0.000	*N/A*	0.000	0.000
900451 Cucumber	1/4 CUP, slices	0.39	0.039	0.000	0.000	0.000	*N/A*	0.000	0.000
900442 BROCCOLI FLORETS	1/2 CUP, chopped	0.66	0.224	0.000	0.224	0.000	*N/A*	0.000	0.000
900448 Cauliflower Florets	1/4 CUP	0.37	0.088	0.000	0.110	0.009	*N/A*	0.000	0.000
990671 Celery	1/4 cup, strips	0.46	0.063	0.000	0.484	0.000	0.000	0.000	0.000
902970 Black Beans, Fancy Canned	1/4 cup	0.85	0.781	0.000	0.911	0.007	*N/A*	0.003	0.000
801 BEANS GARBANZO ,CANNED	1 (1/2 cup)	1.94	1.940	0.000	5.970	0.060	*N/A*	0.030	0.000
901478 Kidney Beans	1/4 CUP	0.97	0.808	0.000	3.072	*N/A*	*N/A*	0.000	0.000
902997 BEANS, GREAT NORTHERN, CANNED	1 (1/4 cup)	0.97	0.597	0.000	1.045	0.000	*N/A*	0.000	0.000
903179 Edamame / Soybeans	1/4 cup	0.47	0.560	0.003	0.028	0.011	*N/A*	0.022	0.000
R-1304 Fruit, Canned Variety	1 (1/2 cup)	1.81	0.915	0.000	0.094	0.140	0.000	0.000	0.000
R-117 Fruit, Fresh Assorted	1 (1/2 cup)	1.01	0.470	0.000	0.053	*0.071*	*0.000*	0.002	0.000
R-364 Juice 4 oz Assorted 2025	1 (4 oz cups)	1.69	0.940	0.000	0.097	0.193	*N/A*	0.000	0.000
R-810 Juice, Frozen Slushie Cup	1 each	1.86	1.269	0.000	0.560	0.284	*N/A*	0.000	0.000
903106 onion, red jumbo, fresh	5 tbsp	1.06	0.635	0.000	0.053	0.074	*N/A*	0.000	0.000
990453 Onion, Yellow Jumbo	5 tbsp	0.24	0.072	0.000	0.007	0.015	0.000	0.000	0.000
<b>Totals</b>		81.00	15.666	0.003	32.894	*1.045*	*0.000*	0.062	0.000
<b>% of Calories</b>				0.178%		*26.682%*	*0.000%*	3.539%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415 Romaine, Whole Head	0.000	0.159	0.081	0.080	*N/A*	1.625	0.284	0.086	*N/A*	*N/A*
903107 spinach flat leaf	0.000	0.040	0.000	0.000	*N/A*	1.592	0.358	0.029	*N/A*	*N/A*
990440 LETTUCE FRESH ARCADN BLEND	0.000	0.717	0.000	0.239	*N/A*	13.381	*N/A*	0.239	*N/A*	*N/A*

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900446	Carrots - Baby	0.000	0.090	0.030	0.000	*N/A*	0.299	0.036	0.011	*N/A*	*N/A*
902971	Red Pepper, Fresh	0.000	0.052	0.015	0.010	*N/A*	0.057	0.000	0.004	*N/A*	*N/A*
900012	Tomatoes, Cherry	0.000	0.025	0.008	0.006	*N/A*	0.063	0.080	0.001	*N/A*	*N/A*
900471	Tomatoes 5x6 Layer	0.000	0.023	0.005	0.005	*N/A*	0.091	0.109	0.003	*N/A*	*N/A*
903104	pea, green frozen	0.000	0.073	0.028	0.028	*N/A*	0.112	0.000	0.008	*N/A*	*N/A*
900464	Green Bell Pepper	0.000	0.014	0.005	0.002	*N/A*	0.046	0.264	0.002	*N/A*	*N/A*
903103	Radish, fresh	0.000	0.015	0.007	0.000	*N/A*	0.075	0.134	0.000	*N/A*	*N/A*
903361	Jicama, Fresh	0.000	0.082	0.045	0.007	*N/A*	0.149	0.000	0.003	*N/A*	*N/A*
900451	Cucumber	0.000	0.008	0.000	0.000	*N/A*	0.078	0.005	0.001	*N/A*	*N/A*
900442	BROCCOLI FLORETS	0.000	0.045	0.015	0.000	*N/A*	0.313	1.970	0.005	*N/A*	*N/A*
900448	Cauliflower Florets	0.000	0.018	0.009	0.009	*N/A*	0.088	0.184	0.002	*N/A*	*N/A*
990671	Celery	0.000	0.017	0.008	0.000	*N/A*	0.168	0.038	0.002	0.000	0.000
902970	Black Beans, Fancy Canned	0.000	0.150	0.039	0.046	*N/A*	0.391	0.000	0.012	*N/A*	*N/A*
801	BEANS GARBANZO ,CANNED	0.000	0.328	0.090	0.104	*N/A*	0.597	0.000	0.027	0.000	0.000
901478	Kidney Beans	0.000	0.129	0.040	0.057	*N/A*	0.485	0.000	0.012	*N/A*	*N/A*
902997	BEANS, GREAT NORTHERN, CANNED	0.000	0.112	0.037	0.045	*N/A*	0.000	0.000	0.013	*N/A*	*N/A*
903179	Edamame / Soybeans	0.000	0.034	0.000	0.050	*N/A*	0.224	0.027	0.010	*N/A*	*N/A*
R-1304	Fruit, Canned Variety	0.000	0.228	0.019	0.005	*N/A*	0.072	0.048	0.002	*0.000*	*0.000*
R-117	Fruit, Fresh Assorted	0.000	0.118	0.018	0.006	*N/A*	0.107	0.158	0.002	*0.155*	*0.001*
R-364	Juice 4 oz Assorted 2025	0.000	0.218	0.000	0.000	*N/A*	0.045	0.896	0.000	*N/A*	*N/A*
R-810	Juice, Frozen Slushie Cup	0.000	0.313	0.000	0.000	*N/A*	1.194	0.896	0.005	*N/A*	*N/A*
903106	onion, red jumbo, fresh	0.000	0.159	0.032	0.021	*N/A*	0.423	0.127	0.004	*N/A*	*N/A*
990453	Onion, Yellow Jumbo	0.000	0.018	0.005	0.002	*N/A*	0.066	0.000	0.001	*N/A*	*N/A*
	<b>Totals</b>	0.000	3.182	0.535	0.721	*N/A*	21.740	*5.615*	0.483	*0.155*	*0.001*
	<b>% of Calories</b>		81.246%		18.409%						

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## 990379 - Fruit Bar or Fruit Crunchable

Number of Portions: 5.000

Group Code: FRUIT

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990615	Fruit Bar, Mini, Apple	1 each	4.40	14.000	0.000	3.000	2.400	0.000	0.000	0.000
990613	Fruit Bar, Mini, Apple Banana	1 each	4.40	14.000	0.000	2.000	2.600	0.000	0.000	0.000
990614	Fruit Bar, Mini, Apple Cinnamon	1 each	4.40	14.000	0.000	3.000	2.400	0.000	0.000	0.000
990617	Fruit Crunch, Apple	1 each	2.00	8.000	0.000	0.000	1.400	0.000	0.000	0.000
990616	Fruit Crunch, Apple Cinnamon	1 each	2.00	8.000	0.000	8.000	1.400	0.000	0.000	0.000
<b>Totals</b>			17.00	58.000	0.000	16.000	10.200	0.000	0.000	0.000
<b>% of Calories</b>					0.000%		70.345%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990615	Fruit Bar, Mini, Apple	0.000	3.200	0.200	0.000	*N/A*	0.000	0.000	0.020	0.000	0.000
990613	Fruit Bar, Mini, Apple Banana	0.000	3.200	0.200	0.200	*N/A*	2.000	0.000	0.080	0.000	0.000
990614	Fruit Bar, Mini, Apple Cinnamon	0.000	3.200	0.200	0.000	*N/A*	2.000	0.000	0.020	0.000	0.000
990617	Fruit Crunch, Apple	0.000	1.800	0.400	0.000	*N/A*	0.000	0.000	0.020	0.000	0.000
990616	Fruit Crunch, Apple Cinnamon	0.000	1.800	0.400	0.000	*N/A*	0.000	0.000	0.020	0.000	0.000
<b>Totals</b>		0.000	13.200	1.400	0.200	*N/A*	4.000	0.000	0.160	0.000	0.000
<b>% of Calories</b>			91.034%		1.379%						

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## 990246 - fruit cocktail, in light-syrup 1/4 cup

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902216 fruit cocktail, in light-syrup canned	1 #10 can	62.61	30.293	0.000	5.049	5.554	*N/A*	0.000	0.000
<b>Totals</b>		63.00	30.293	0.000	5.049	5.554	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		73.337%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902216 fruit cocktail, in light-syrup canned	0.000	8.583	0.000	0.000	*N/A*	0.000	0.606	0.000	0.000	0.000
<b>Totals</b>		0.000	8.583	0.000	0.000	*N/A*	0.606	0.000	0.000	0.000
<b>% of Calories</b>			113.333%		0.000%					

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## 990210 - fruit cocktail, in light-syrup canned

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902216 fruit cocktail, in light-syrup canned	1 #10 can	125.21	60.586	0.000	10.098	11.107	*N/A*	0.000	0.000
<b>Totals</b>		125.00	60.586	0.000	10.098	11.107	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		73.330%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902216 fruit cocktail, in light-syrup canned	0.000	17.166	0.000	0.000	*N/A*	0.000	1.212	0.000	0.000	0.000
<b>Totals</b>		0.000	17.166	0.000	0.000	*N/A*	1.212	0.000	0.000	0.000
<b>% of Calories</b>			113.332%		0.000%					

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# Lawrence Public Schools USD 497

## 990251 - Fruit Smoothie & Banana Muffin

Number of Portions: 3.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990250	Banana Muffin	3 muffin	93.67	214.249	2.612	209.328	*16.275*	4.631	0.000
R-990218	Smoothie, Berry Banana	1 (8 oz)	77.96	61.469	0.000	17.559	5.680	0.167	0.000
R-990217	Smoothie, Orange Dream	1 (8 oz)	77.03	48.570	0.222	22.790	5.502	0.445	0.000
R-990219	Smoothie, Tropical Escape	1 (8 oz)	79.89	63.716	0.000	16.725	6.374	0.167	0.000
<b>Totals</b>			329.00	388.005	2.834	266.402	*33.831*	5.411	0.000
<b>% of Calories</b>					6.574%		*34.877%*	12.550%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990250	5.926	40.305	2.429	3.206	*N/A*	50.487	0.000	0.929	*8.880*	*0.009*
R-990218	0.000	13.889	0.541	1.184	*N/A*	41.222	10.000	0.056	*0.000*	*0.000*
R-990217	2.223	9.927	0.333	1.486	*N/A*	48.743	0.000	0.047	0.000	0.000
R-990219	0.000	14.494	0.541	1.184	*N/A*	41.222	4.409	0.144	*0.000*	*0.000*
<b>Totals</b>		8.149	78.615	3.844	7.059	181.674	14.409	1.176	*8.880*	*0.009*
<b>% of Calories</b>			81.045%		7.277%					

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# Lawrence Public Schools USD 497

## 990405 - Fruit Smoothie w/ Muffin

Number of Portions: 3.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990218	Smoothie, Berry Banana	1 (8 oz)	77.96	61.469	0.000	17.559	5.680	0.000	0.167	0.000
R-990217	Smoothie, Orange Dream	1 (8 oz)	77.03	48.570	0.222	22.790	5.502	0.000	0.445	0.000
R-990219	Smoothie, Tropical Escape	1 (8 oz)	79.89	63.716	0.000	16.725	6.374	0.000	0.167	0.000
R-990250	Banana Muffin	2 muffin	62.44	142.833	1.741	139.552	*10.850*	*0.000*	3.088	0.000
R-990427	Cranberry Orange Muffin	1 Muffin	25.68	67.847	0.641	62.801	6.913	0.000	1.229	0.000
<b>Totals</b>			323.00	384.436	2.605	259.426	*35.319*	*0.000*	5.096	0.000
<b>% of Calories</b>					6.097%		*36.749%*	*0.000%*	11.930%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-990218	Smoothie, Berry Banana	0.000	13.889	0.541	1.184	*N/A*	41.222	10.000	0.056	*0.000*	*0.000*
R-990217	Smoothie, Orange Dream	2.223	9.927	0.333	1.486	*N/A*	48.743	0.000	0.047	0.000	0.000
R-990219	Smoothie, Tropical Escape	0.000	14.494	0.541	1.184	*N/A*	41.222	4.409	0.144	*0.000*	*0.000*
R-990250	Banana Muffin	3.951	26.870	1.619	2.137	*N/A*	33.658	0.000	0.619	*5.920*	*0.006*
R-990427	Cranberry Orange Muffin	0.869	13.301	0.627	0.927	*N/A*	14.074	0.000	0.272	*0.000*	*0.000*
<b>Totals</b>		7.043	78.481	3.661	6.918	*N/A*	178.919	14.409	1.138	*5.920*	*0.006*
<b>% of Calories</b>			81.658%		7.198%						

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# Lawrence Public Schools USD 497

## 1304 - Fruit, Canned Variety

Number of Portions: 12.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990506	Orange, Mandarin Canned	8 oz	18.90	9.450	0.000	1.350	2.295	0.000	0.000	0.000
902216	fruit cocktail, in light-syrup canned	1 cup	20.17	9.758	0.000	1.626	1.789	*N/A*	0.000	0.000
902191	Peach, Sliced in Light-Syrup Canned Yellow	1 cup slice/half	20.92	10.121	0.000	1.687	1.856	*N/A*	0.000	0.000
902936	Pear sliced in juice	1 cup, halves	20.92	11.952	0.000	0.000	1.942	*N/A*	0.000	0.000
900648	Applesauce, unswtnd	1 CUP	20.33	8.333	0.000	1.667	1.500	*N/A*	0.000	0.000
900040	PINEAPPLE TIDBIT in juice	1 CUP	20.33	11.667	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			122.00	61.281	0.000	6.330	9.382	0.000	0.000	0.000
<b>% of Calories</b>					0.000%		61.239%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990506	0.000	2.295	0.135	0.135	*N/A*	2.700	2.835	0.097	0.000	0.000
902216	0.000	2.765	0.000	0.000	*N/A*	0.000	0.195	0.000	0.000	0.000
902191	0.000	2.362	0.169	0.000	*N/A*	0.000	0.202	0.000	0.000	0.000
902936	0.000	2.988	0.448	0.000	*N/A*	2.092	0.000	0.000	*N/A*	*N/A*
900648	0.000	2.167	0.333	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900040	0.000	2.667	0.167	0.167	*N/A*	0.000	0.000	0.067	0.000	0.000
<b>Totals</b>		0.000	15.243	1.252	0.302	*N/A*	4.792	3.233	0.164	*0.000*
<b>% of Calories</b>			99.494%		1.971%					

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# Lawrence Public Schools USD 497

## 990056 - Fruit, Canned Variety 1/2 Cup

Number of Portions: 4.500

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: Mosaic  
Group Code: FRUIT

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990506	Orange, Mandarin Canned	4 oz	25.20	12.600	0.000	1.800	3.060	0.000	0.000	0.000
902216	fruit cocktail, in light-syrup canned	1/2 cup	26.89	13.011	0.000	2.168	2.385	*N/A*	0.000	0.000
902191	Peach, Sliced in Light-Syrup Canned Yellow	1/2 cup slice/half	27.89	13.495	0.000	2.249	2.474	*N/A*	0.000	0.000
902936	Pear sliced in juice	1/2 cup, halves	27.89	15.937	0.000	0.000	2.590	*N/A*	0.000	0.000
900040	PINEAPPLE TIDBIT in juice	1/2 CUP	27.11	15.556	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			135.00	70.597	0.000	6.218	10.509	0.000	0.000	0.000
<b>% of Calories</b>					0.000%		59.544%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990506	0.000	3.060	0.180	0.180	*N/A*	3.600	3.780	0.130	0.000	0.000	
902216	0.000	3.686	0.000	0.000	*N/A*	0.000	0.260	0.000	0.000	0.000	
902191	0.000	3.149	0.225	0.000	*N/A*	0.000	0.270	0.000	0.000	0.000	
902936	0.000	3.984	0.598	0.000	*N/A*	2.789	0.000	0.000	*N/A*	*N/A*	
900040	0.000	3.556	0.222	0.222	*N/A*	0.000	0.000	0.089	0.000	0.000	
<b>Totals</b>		0.000	17.435	1.225	0.402	*N/A*	6.389	4.310	0.218	*0.000*	*0.000*
<b>% of Calories</b>			98.785%		2.278%						

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# Lawrence Public Schools USD 497

## 117 - Fruit, Fresh Assorted

Number of Portions: 24.000

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: USD 497  
Group Code: FRUIT

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900475	Apples, Red Delicious	1 medium, 3/lb.	5.75	1.901	0.000	0.000	0.380	*N/A*	0.000	0.000
900477	Bananas, Gr Tip	1 med(7"to7-7/8")	4.92	4.523	0.009	0.049	*N/A*	*N/A*	0.024	0.000
900481	Orange, fresh	1 med 2-5/8"dia	5.46	2.565	0.001	0.000	*N/A*	*N/A*	0.007	0.000
902937	Pear, raw fresh	1 small	6.17	3.343	0.000	0.000	0.594	*N/A*	0.000	0.000
901298	GRAPES,CONCORD,RAW	1/2 CUP	1.92	1.369	0.000	0.228	0.304	*N/A*	0.000	0.000
902214	Watermelon, raw	1/2 cup, pieces	0.12	0.034	0.000	0.000	*N/A*	*N/A*	0.000	0.000
990394	Apple, Local Variety	1 cup	5.10	2.664	0.000	0.056	0.533	0.000	0.008	0.000
990395	Cantaloupe, Fresh, Local	1 cup	14.17	4.776	0.008	2.260	1.104	0.000	0.026	0.000
990396	LOCAL- WATERMELON	1 cup	12.07	3.665	0.000	0.129	0.733	0.000	0.017	0.000
990397	PEACHES, Local, Fresh	1 cup	6.42	2.950	0.000	0.833	0.538	0.000	0.017	0.000
990398	PEAR, Local, Fresh	1 cup	5.83	3.675	0.000	0.010	0.567	0.000	0.009	0.000
<b>Totals</b>			68.00	31.465	0.018	3.566	*4.753*	*0.000*	0.108	0.000
<b>% of Calories</b>					0.503%		*60.423%*	*0.000%*	3.095%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900475	Apples, Red Delicious	0.000	0.523	0.119	0.000	*N/A*	0.475	0.114	0.009	1.994	0.006
900477	Bananas, Gr Tip	0.000	1.152	0.118	0.051	*N/A*	0.295	0.447	0.015	3.651	0.039
900481	Orange, fresh	0.000	0.641	0.131	0.051	*N/A*	2.183	2.904	0.005	4.735	0.024
902937	Pear, raw fresh	0.000	0.966	0.223	0.000	*N/A*	0.743	0.223	0.013	0.000	0.000
901298	GRAPES,CONCORD,RAW	0.000	0.350	0.015	0.000	*N/A*	0.304	0.018	0.000	0.000	0.000
902214	Watermelon, raw	0.000	0.009	0.000	0.000	*N/A*	0.008	0.006	0.000	*N/A*	*N/A*
990394	Apple, Local Variety	0.000	0.701	0.123	0.014	*N/A*	0.280	0.236	0.005	*N/A*	*N/A*
990395	Cantaloupe, Fresh, Local	0.000	1.156	0.128	0.118	*N/A*	1.284	5.192	0.028	*N/A*	*N/A*
990396	LOCAL- WATERMELON	0.000	0.905	0.047	0.073	*N/A*	0.862	0.957	0.023	*N/A*	*N/A*
990397	PEACHES, Local, Fresh	0.000	0.650	0.096	0.058	*N/A*	0.257	0.263	0.022	*N/A*	*N/A*
990398	PEAR, Local, Fresh	0.000	0.879	0.181	0.022	*N/A*	0.467	0.257	0.010	*N/A*	*N/A*
<b>Totals</b>		0.000	7.932	1.183	0.388	*N/A*	7.159	10.617	0.131	*10.380*	*0.070*
<b>% of Calories</b>			100.832%		4.932%						

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# Lawrence Public Schools USD 497

## 990135 - Fruit, PY25 Variety

Number of Portions: 14.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-117 Fruit, Fresh Assorted	5 (1/2 cup)	24.26	11.238	0.006	1.274	*1.698*	*0.000*	0.039	0.000
902950 Strawberry frozen	1 cup, thawed	15.79	5.638	0.000	0.000	1.015	*N/A*	0.000	0.000
903105 mango frozen chunks	1 cup	10.00	6.429	0.000	0.000	0.000	0.000	0.036	0.000
R-990056 Fruit, Canned Variety 1/2 Cup	5 (1/2 cup)	48.21	25.213	0.000	2.221	3.753	0.000	0.000	0.000
<b>Totals</b>		98.00	48.517	0.006	3.494	*6.466*	*0.000*	0.074	0.000
<b>% of Calories</b>				0.117%		*53.309%*	*0.000%*	1.380%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-117 Fruit, Fresh Assorted	0.000	2.833	0.423	0.139	*N/A*	2.557	3.792	0.047	*3.707*	*0.025*	
902950 Strawberry frozen	0.000	1.466	0.338	0.000	*N/A*	2.255	6.089	0.081	*N/A*	*N/A*	
903105 mango frozen chunks	0.000	1.500	0.143	0.071	*N/A*	0.000	0.000	0.000	0.000	0.000	
R-990056 Fruit, Canned Variety 1/2 Cup	0.000	6.227	0.438	0.144	*N/A*	2.282	1.539	0.078	*0.000*	*0.000*	
<b>Totals</b>		0.000	12.025	1.341	0.354	*N/A*	7.094	11.420	0.206	*3.707*	*0.025*
<b>% of Calories</b>			99.143%		2.919%						

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# Lawrence Public Schools USD 497

## 990369 - Fuji Apples

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990394 Apple, Local Variety	4 (1/4 cup)	30.62	15.982	0.000	0.336	3.196	0.000	0.050	0.000
<b>Totals</b>		31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
<b>% of Calories</b>				0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990394 Apple, Local Variety	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	*N/A*	*N/A*
<b>Totals</b>		0.000	4.206	0.740	0.084	1.682	1.413	0.030	*N/A*	*N/A*
<b>% of Calories</b>			105.261%		2.102%					

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# Lawrence Public Schools USD 497

## 990287 - Garlic Avocado Aioli

Number of Portions: 64.000

Group Code: Condiments and Dressings

Size of Portion: 1 tbsp

\*Nutrients are based upon 1 Portion Size (1 tbsp)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990447	Avocado, IW	2 each (.5 avo)	1.33	2.781	0.046	0.000	0.000	0.278	0.000
990504	Miracle Whip	3 1/2 cup	12.60	33.600	0.420	79.800	0.840	2.940	0.000
990487	Spice Garlic Powder	2 tbsp	0.30	0.000	0.000	0.000	0.000	0.000	0.000
75010	WATER,COLD	1/4 cup	0.94	0.000	0.000	0.028	0.000	0.000	0.000
<b>Totals</b>			15.00	36.381	0.466	79.828	0.840	3.218	0.000
<b>% of Calories</b>					11.538%		9.236%	79.610%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990447	Avocado, IW	0.000	0.093	0.062	0.031	*N/A*	0.155	0.000	0.012	*N/A*
990504	Miracle Whip	0.000	1.680	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
75010	WATER,COLD	0.000	0.000	0.000	0.000	*N/A*	0.019	0.000	0.937	0.001
<b>Totals</b>		0.000	1.773	0.062	0.031	*N/A*	0.173	0.000	0.937	0.001
<b>% of Calories</b>			19.490%		0.341%					

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# Lawrence Public Schools USD 497

## 990419 - Goldfish & String Cheese

Number of Portions: 50.000

Group Code: SNACKS

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900261	Cracker, Goldfish, Ind Bags WG	50 INDIV BAG	21.00	100.000	0.500	170.000	0.000	*N/A*	3.500	0.000
900016	Cheese, string 1 oz 2023	50 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
		<b>Totals</b>	49.00	180.000	4.000	370.000	0.000	*N/A*	9.500	0.000
		<b>% of Calories</b>			20.000%		0.000%	*N/A%*	47.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)		
900261	Cracker, Goldfish, Ind Bags WG	0.000	14.000	1.000	2.000	*N/A*	20.000	0.000	0.700	*N/A*	*N/A*	
900016	Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000	0.000	
		<b>Totals</b>	15.000	14.000	1.000	8.000	*N/A*	220.000	0.000	0.700	*0.000*	*0.000*
		<b>% of Calories</b>		31.111%		17.778%						

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# Lawrence Public Schools USD 497

## 990420 - Goldfish Pretzels & String Cheese

Number of Portions: 50.000

Group Code: SNACKS

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990408 Cracker, Pretzel, Goldfish, WG, Ind	50 bag	21.00	90.000	0.000	200.000	0.000	0.000	1.500	0.000
900016 Cheese, string 1 oz 2023	50 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
<b>Totals</b>		49.00	170.000	3.500	400.000	0.000	0.000	7.500	0.000
<b>% of Calories</b>				18.529%		0.000%	0.000%	39.706%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990408 Cracker, Pretzel, Goldfish, WG, Ind	0.000	16.000	1.000	2.000	*N/A*	10.000	0.000	0.700	*N/A*	*N/A*
900016 Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000	0.000
<b>Totals</b>		15.000	16.000	1.000	8.000	*N/A*	210.000	0.700	*0.000*	*0.000*
<b>% of Calories</b>			37.647%		18.824%					

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# Lawrence Public Schools USD 497

## 990479 - Grab n' Go Salads - HS

Number of Portions: 4.000

Group Code: SALADS

Size of Portion: Salads

\*Nutrients are based upon 1 Portion Size (Salads)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990172	Salad, Chef	1 each	54.90	67.338	0.563	141.377	1.050	0.000	2.628	0.000
R-990170	Salad, Chicken Caesar	1 each	59.09	90.279	1.814	136.441	1.091	0.000	4.630	0.000
R-990167	Salad, Cobb	1 each	65.53	89.589	0.934	141.377	1.050	0.000	4.854	0.000
R-990169	Salad, Southwest	1 each	67.90	135.247	2.143	189.879	0.396	0.000	7.821	0.000
602138	Dressing,Ranch,Single Serve PKT	1 paket (1.5 oz)	10.63	49.447	0.865	79.115	0.000	0.000	5.439	0.000
990449	Dressing, Balsamic Vinaigrette	1 packet	10.63	30.375	0.380	108.842	0.253	0.000	2.784	0.000
990451	Dressing, Caesar	1 Packet	10.63	51.919	0.989	98.894	0.247	0.000	5.686	0.000
990452	Dressing, Jalapeno Ranch	1 serving (1 oz)	7.09	35.437	0.633	86.061	0.000	0.000	3.797	0.000
<b>Totals</b>			286.00	549.630	8.321	981.986	4.086	0.000	37.640	0.000
<b>% of Calories</b>					13.625%		2.974%	0.000%	61.634%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-990172	Salad, Chef	6.471	7.472	0.847	2.783	*N/A*	13.706	*1.215*	0.853	*N/A*	*N/A*
R-990170	Salad, Chicken Caesar	11.268	7.681	0.847	3.846	*N/A*	*15.839*	*1.215*	*0.853*	*N/A*	*N/A*
R-990167	Salad, Cobb	6.471	8.214	1.342	3.030	*N/A*	14.942	*1.215*	0.952	*N/A*	*N/A*
R-990169	Salad, Southwest	6.328	12.294	1.675	3.248	*N/A*	57.009	1.215	0.742	*N/A*	*N/A*
602138	Dressing,Ranch,Single Serve PKT	2.472	0.494	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990449	Dressing, Balsamic Vinaigrette	0.000	1.266	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990451	Dressing, Caesar	0.000	0.247	0.000	0.247	*N/A*	6.428	0.000	0.000	*N/A*	*N/A*
990452	Dressing, Jalapeno Ranch	2.531	0.506	0.000	0.253	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		35.541	38.175	4.710	13.407	*N/A*	*107.924*	*4.858*	*3.398*	*N/A*	*N/A*
<b>% of Calories</b>			27.782%		9.757%						

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# Lawrence Public Schools USD 497

## 990362 - Granny Smith

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990586	Granny Smith Apple - Local	4 (1/4 cup)	31.18	17.166	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			31.00	17.166	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990586	Granny Smith Apple - Local	0.000	4.291	0.858	0.000	*N/A*	1.430	0.000	0.046	0.000
<b>Totals</b>		0.000	4.291	0.858	0.000	*N/A*	1.430	0.000	0.046	0.000
<b>% of Calories</b>			99.998%		0.000%					

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# Lawrence Public Schools USD 497

## 1306 - Granola Bar, Oats & Honey 1.5oz

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903364 Granola Bar, Oats & Honey (1.5 oz)	1 each (1.5 oz)	42.52	192.372	1.012	141.748	11.137	*N/A*	7.087	0.000
<b>Totals</b>		43.00	192.372	1.013	141.748	11.137	*N/A*	7.087	0.000
<b>% of Calories</b>				4.737%		23.157%	*N/A%*	33.158%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903364 Granola Bar, Oats & Honey (1.5 oz)	0.000	29.362	2.025	3.037	*N/A*	0.000	0.000	1.093	*N/A*	*N/A*
<b>Totals</b>		0.000	29.362	2.025	3.037	0.000	0.000	1.093	*N/A*	*N/A*
<b>% of Calories</b>			61.053%		6.315%					

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# Lawrence Public Schools USD 497

## 990467 - Grape Jelly Crescent Roll

Number of Portions: 72.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990717 Grape Jelly Crescent	1 case	64.95	185.577	0.844	219.318	5.905	0.000	5.061	0.000
<b>Totals</b>		65.00	185.577	0.844	219.318	5.905	0.000	5.061	0.000
<b>% of Calories</b>				4.091%		12.728%	0.000%	24.545%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990717 Grape Jelly Crescent	0.000	29.524	1.687	4.218	0.000	0.000	0.000	1.350	0.000	0.000
<b>Totals</b>		0.000	29.524	1.687	4.218	0.000	0.000	1.350	0.000	0.000
<b>% of Calories</b>			63.636%		9.092%					

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# Lawrence Public Schools USD 497

## 990358 - Grape Tomatoes

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990610 Grape Tomato	1 cup	25.00	4.032	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		25.00	4.032	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990610 Grape Tomato	0.000	0.806	0.403	0.000	*N/A*	2.419	0.000	0.069	0.000	0.000
<b>Totals</b>		0.000	0.807	0.403	0.000	*N/A*	2.419	0.069	0.000	0.000
<b>% of Calories</b>			80.010%		0.000%					

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# Lawrence Public Schools USD 497

## 990205 - GRAPES,CONCORD,RAW

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901298 GRAPES,CONCORD,RAW	1/2 CUP	46.00	32.857	0.000	5.476	7.302	*N/A*	0.000	0.000
<b>Totals</b>		46.00	32.857	0.000	5.476	7.302	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		88.894%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901298 GRAPES,CONCORD,RAW	0.000	8.397	0.365	0.000	*N/A*	7.302	0.438	0.000	0.000	0.000
<b>Totals</b>		0.000	8.397	0.365	0.000	7.302	0.438	0.000	0.000	0.000
<b>% of Calories</b>			102.222%		0.000%					

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# Lawrence Public Schools USD 497

**990248 - GRAPES,CONCORD,RAW 1/4 cup**

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901298 GRAPES,CONCORD,RAW	1/2 CUP	23.00	16.429	0.000	2.738	3.651	*N/A*	0.000	0.000
<b>Totals</b>		23.00	16.429	0.000	2.738	3.651	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		88.892%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901298 GRAPES,CONCORD,RAW	0.000	4.198	0.183	0.000	*N/A*	3.651	0.219	0.000	0.000	0.000
<b>Totals</b>		0.000	4.198	0.183	0.000	3.651	0.219	0.000	0.000	0.000
<b>% of Calories</b>			102.219%		0.000%					

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# Lawrence Public Schools USD 497

## 710 - Gravy, Pepper Low Na+

Number of Portions: 43.000

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Source: USD 497  
Group Code: SAUCE

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903154	Gravy, Pepper Low Na+	1 pkg	7.91	35.162	0.879	123.068	0.000	*N/A*	1.758	0.000
75012	WATER,HOT	2 qt	44.65	0.000	0.000	1.340	0.000	*N/A*	0.000	0.000
<b>Totals</b>			53.00	35.162	0.879	124.407	0.000	*N/A*	1.758	0.000
<b>% of Calories</b>					22.501%		0.000%	*N/A%*	45.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903154	0.000	5.274	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
75012	0.000	0.000	0.000	0.000	*N/A*	0.893	0.000	0.004	44.607	0.045
<b>Totals</b>		0.000	5.274	0.000	0.000	*N/A*	0.893	0.004	*44.607*	*0.045*
<b>% of Calories</b>			60.000%		0.000%					

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# Lawrence Public Schools USD 497

## 875 - Green beans

Number of Portions: 24.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902176 Green Beans, canned, cut	1 #10 can	119.30	14.913	0.000	139.188	0.994	*N/A*	0.000	0.000
<b>Totals</b>		119.00	14.913	0.000	139.188	0.994	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		26.661%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902176 Green Beans, canned, cut	0.000	2.983	0.994	0.994	*N/A*	28.832	*N/A*	0.994	*N/A*	*N/A*
<b>Totals</b>		0.000	2.983	0.994	0.994	28.832	*N/A*	0.994	*N/A*	*N/A*
<b>% of Calories</b>			80.000%		26.661%					

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<sup>1</sup> - denotes required nutrient values

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# Lawrence Public Schools USD 497

**990037 - Green beans \*RESIZED\***

Number of Portions: 24.000

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Source: Mosaic  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902176 Green Beans, canned, cut	1/2 #10 can	59.65	7.457	0.000	69.594	0.497	*N/A*	0.000	0.000
<b>Totals</b>		60.00	7.457	0.000	69.594	0.497	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		26.660%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902176 Green Beans, canned, cut	0.000	1.491	0.497	0.497	*N/A*	14.416	*N/A*	0.497	*N/A*	*N/A*
<b>Totals</b>		0.000	1.491	0.497	0.497	14.416	*N/A*	0.497	*N/A*	*N/A*
<b>% of Calories</b>			79.995%		26.660%					

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# Lawrence Public Schools USD 497

**990087 - Green Bell Pepper 1/2 cup**

Number of Portions: 1.000

Size of Portion: 1/2 Cup

\*Nutrients are based upon 1 Portion Size (1/2 Cup)

Source: Mosaic  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900464	Green Bell Pepper	1/4 CUP, sliced	23.00	3.885	0.000	6.216	0.622	*N/A*	0.000	0.000
990411	LOCAL- PEPPER, GREEN BELL	1/4 cup	37.20	6.284	0.000	10.054	1.005	0.000	0.000	0.000
<b>Totals</b>			60.00	10.169	0.000	16.271	1.627	0.000	0.000	0.000
<b>% of Calories</b>					0.000%		63.998%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900464	Green Bell Pepper	0.000	0.932	0.311	0.155	*N/A*	3.108	17.716	0.112	*N/A*	*N/A*
990411	LOCAL- PEPPER, GREEN BELL	0.000	1.508	0.503	0.251	*N/A*	0.503	28.655	0.181	*N/A*	*N/A*
<b>Totals</b>		0.000	2.441	0.814	0.407	*N/A*	3.611	46.371	0.293	*N/A*	*N/A*
<b>% of Calories</b>			96.002%		16.009%						

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# Lawrence Public Schools USD 497

## 990357 - Green Pepper, Fresh

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900464	Green Bell Pepper	1 CUP, sliced	23.00	3.885	0.000	6.216	0.622	0.000	0.000
<b>Totals</b>			23.00	3.885	0.000	6.216	0.622	0.000	0.000
<b>% of Calories</b>				0.000%		64.041%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900464	Green Bell Pepper	0.000	0.932	0.311	0.155	*N/A*	3.108	17.716	0.112	*N/A*
<b>Totals</b>		0.000	0.932	0.311	0.155	*N/A*	3.108	17.716	0.112	*N/A*
<b>% of Calories</b>			96.000%		15.959%					

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# Lawrence Public Schools USD 497

## 990304 - Grilled Cheese

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903156	Bread, White Whole Grain	2 (1 slice)	56.00	140.000	0.000	230.000	2.000	*N/A*	1.000	0.000
900372	Cheese, Sliced, American Yellow Style	4 slice	56.70	202.497	10.125	1012.486	0.000	*N/A*	18.225	0.000
<b>Totals</b>			113.00	342.497	10.125	1242.486	2.000	*N/A*	19.225	0.000
<b>% of Calories</b>				26.606%		2.336%	*N/A%*	50.518%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903156	Bread, White Whole Grain	0.000	28.000	2.000	6.000	*N/A*	40.000	0.000	1.440	*N/A*	*N/A*
900372	Cheese, Sliced, American Yellow Style	50.624	4.050	0.000	10.125	*N/A*	263.246	0.000	0.202	*N/A*	*N/A*
<b>Totals</b>		50.624	32.050	2.000	16.125	*N/A*	303.246	0.000	1.642	*N/A*	*N/A*
<b>% of Calories</b>			37.431%		18.832%						

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# Lawrence Public Schools USD 497

## 1276 - Grilled Cheese on Pretzel Bun

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903316	Pretzel Bun, WW	1 each	62.37	160.952	1.006	40.238	2.012	2.515	0.000
900372	Cheese, Sliced, American Yellow Style	4 slice	56.70	202.497	10.125	1012.486	0.000	18.225	0.000
<b>Totals</b>			119.00	363.449	11.131	1052.724	2.012	20.740	0.000
<b>% of Calories</b>				27.563%		2.214%	*N/A*	51.357%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903316	Pretzel Bun, WW	0.000	29.173	3.018	5.030	*N/A*	20.119	0.000	1.811	*N/A*
900372	Cheese, Sliced, American Yellow Style	50.624	4.050	0.000	10.125	*N/A*	263.246	0.000	0.202	*N/A*
<b>Totals</b>		50.624	33.223	3.018	15.155	*N/A*	283.365	0.000	2.013	*N/A*
<b>% of Calories</b>			36.564%		16.679%					

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# Lawrence Public Schools USD 497

## 990449 - Grilled Cheese Sandwich

Number of Portions: 120.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990531 Grilled Cheese Sandwich	1 case	113.40	300.456	7.754	629.989	2.908	0.969	13.569	0.000
<b>Totals</b>		113.00	300.456	7.754	629.989	2.908	0.969	13.569	0.000
<b>% of Calories</b>				23.226%		3.871%	1.290%	40.645%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990531 Grilled Cheese Sandwich	38.769	29.076	1.938	15.507	*N/A*	427.423	0.000	1.938	0.000	0.000
<b>Totals</b>		38.769	29.076	1.938	15.507	427.423	0.000	1.938	0.000	0.000
<b>% of Calories</b>			38.710%		20.645%					

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# Lawrence Public Schools USD 497

## 565 - Grilled Chicken Sandwich

Number of Portions: 1.000

Size of Portion: Sandwich

\*Nutrients are based upon 1 Portion Size (Sandwich)

Source: USD 497  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990442	Chicken, Patty Unbreaded Grilled	1 each	74.28	160.596	2.509	411.528	0.000	0.000	11.041	0.000
903155	Bun, Hamburger	1 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
<b>Totals</b>			131.00	290.596	2.509	661.528	3.000	0.000	12.541	0.000
<b>% of Calories</b>					7.772%		4.129%	0.000%	38.841%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990442	40.149	4.015	0.000	12.045	*N/A*	51.190	0.000	1.004	*N/A*	*N/A*
903155	0.000	24.000	2.000	3.000	*N/A*	40.000	1.200	1.080	*N/A*	*N/A*
<b>Totals</b>		40.149	28.015	2.000	15.045	*N/A*	91.190	1.200	2.084	*N/A*
<b>% of Calories</b>			38.562%		20.709%					

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# Lawrence Public Schools USD 497

## 990161 - Ham & Cheese Hoagie

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990441	ROLL HOAGIE WG	3 each	56.70	149.208	0.000	258.627	0.995	0.000	1.492	0.000
990524	Ham Sliced Lower Sodium Fully Cooked	7 1/2 slice	35.44	34.938	0.250	234.583	0.499	0.000	1.248	0.000
900372	Cheese, Sliced, American Yellow Style	2 slice	9.45	33.750	1.687	168.748	0.000	*N/A*	3.037	0.000
903113	Cheese, cheddar mild sliced	2 slice	14.00	53.333	2.667	90.000	*N/A*	*N/A*	4.667	0.000
903114	cheese, provolone sliced .75 oz	2 slice	14.17	46.667	2.333	120.000	0.000	*N/A*	4.000	0.000
<b>Totals</b>			130.00	317.895	6.937	871.957	*1.494*	*0.000*	14.444	0.000
<b>% of Calories</b>					19.640%		*1.880%*	*0.000%*	40.893%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990441	ROLL HOAGIE WG	0.000	27.852	2.984	4.974	*N/A*	39.789	0.000	1.691	*N/A*	*N/A*
990524	Ham Sliced Lower Sodium Fully Cooked	19.965	0.499	0.000	5.490	*N/A*	5.989	0.000	0.000	0.000	0.000
900372	Cheese, Sliced, American Yellow Style	8.437	0.675	0.000	1.687	*N/A*	43.874	0.000	0.034	*N/A*	*N/A*
903113	Cheese, cheddar mild sliced	13.333	0.000	0.000	3.333	*N/A*	100.000	0.000	0.000	*N/A*	*N/A*
903114	cheese, provolone sliced .75 oz	10.000	0.000	0.000	3.333	*N/A*	106.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		51.735	29.026	2.984	18.818	*N/A*	295.652	0.000	1.725	*0.000*	*0.000*
<b>% of Calories</b>			36.523%		23.678%						

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# Lawrence Public Schools USD 497

## 990276 - Ham & Cheese on Hamburger Bun

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Sandwich

\*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903155	Bun, Hamburger	1 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	1.500	0.000
900431	Ham, sliced, smoked	2 1/2 slice	35.44	37.500	0.625	387.501	1.250	1.250	0.000
900372	Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	9.112	0.000
903113	Cheese, cheddar mild sliced	2 slice	42.00	160.000	8.000	270.000	*N/A*	14.000	0.000
903114	cheese, provolone sliced .75 oz	2 slice	42.52	140.000	7.000	360.000	0.000	12.000	0.000
<b>Totals</b>			205.00	568.749	20.687	1773.744	*4.250*	37.862	0.000
<b>% of Calories</b>					32.736%		*2.989%*	59.914%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903155	0.000	24.000	2.000	3.000	*N/A*	40.000	1.200	1.080	*N/A*	*N/A*
900431	18.750	1.250	0.000	5.625	*N/A*	0.000	0.000	0.250	*N/A*	*N/A*
900372	25.312	2.025	0.000	5.062	*N/A*	131.623	0.000	0.101	*N/A*	*N/A*
903113	40.000	0.000	0.000	10.000	*N/A*	300.000	0.000	0.000	*N/A*	*N/A*
903114	30.000	0.000	0.000	10.000	*N/A*	318.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		114.062	27.275	2.000	33.687	789.623	1.200	1.431	*N/A*	*N/A*
<b>% of Calories</b>			19.182%		23.692%					

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# Lawrence Public Schools USD 497

## 1048 - Ham and Cheese Sandwich

Number of Portions: 3.000

Group Code: SANDWICHES

Size of Portion: Sandwich

\*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903156 Bread, White Whole Grain	6 (1 slice)	56.00	140.000	0.000	230.000	2.000	*N/A*	1.000	0.000
900431 Ham, sliced, smoked	7 1/2 slice	35.44	37.500	0.625	387.501	1.250	*N/A*	1.250	0.000
900372 Cheese, Sliced, American Yellow Style	1 slice	4.72	16.875	0.844	84.374	0.000	*N/A*	1.519	0.000
903113 Cheese, cheddar mild sliced	1 slice	7.00	26.667	1.333	45.000	*N/A*	*N/A*	2.333	0.000
903114 cheese, provolone sliced .75 oz	1 slice	7.09	23.333	1.167	60.000	0.000	*N/A*	2.000	0.000
<b>Totals</b>		110.00	244.375	3.969	806.875	*3.250*	*N/A*	8.102	0.000
<b>% of Calories</b>				14.616%		*5.320%*	*N/A%*	29.839%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903156 Bread, White Whole Grain	0.000	28.000	2.000	6.000	*N/A*	40.000	0.000	1.440	*N/A*	*N/A*
900431 Ham, sliced, smoked	18.750	1.250	0.000	5.625	*N/A*	0.000	0.000	0.250	*N/A*	*N/A*
900372 Cheese, Sliced, American Yellow Style	4.219	0.337	0.000	0.844	*N/A*	21.937	0.000	0.017	*N/A*	*N/A*
903113 Cheese, cheddar mild sliced	6.667	0.000	0.000	1.667	*N/A*	50.000	0.000	0.000	*N/A*	*N/A*
903114 cheese, provolone sliced .75 oz	5.000	0.000	0.000	1.667	*N/A*	53.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		34.635	29.588	2.000	15.802	*N/A*	164.937	0.000	1.707	*N/A*
<b>% of Calories</b>			48.430%		25.865%					

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# Lawrence Public Schools USD 497

## 990273 - Ham and Cheese Sandwich Recipes

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Each

\*Nutrients are based upon 1 Portion Size (Each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990161	Ham & Cheese Hoagie	1 each	129.76	317.895	6.937	871.957	*1.494*	*0.000*	14.444	0.000
R-1048	Ham and Cheese Sandwich	1 Sandwich	110.25	244.375	3.969	806.875	*3.250*	*N/A*	8.102	0.000
R-990275	Ham and Cheese on Pretzel Bun	1 Sandwich	135.43	332.202	8.318	806.487	*3.262*	*N/A*	15.469	0.000
R-990276	Ham & Cheese on Hamburger Bun	1 Sandwich	205.31	568.749	20.687	1773.744	*4.250*	*N/A*	37.862	0.000
<b>Totals</b>			581.00	1463.221	39.912	4259.063	*12.256*	*0.000*	75.878	0.000
<b>% of Calories</b>					24.549%		*3.350%*	*0.000%*	46.671%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-990161	51.735	29.026	2.984	18.818	*N/A*	295.652	0.000	1.725	*0.000*	*0.000*	
R-1048	34.635	29.588	2.000	15.802	*N/A*	164.937	0.000	1.707	*N/A*	*N/A*	
R-990275	50.521	31.098	3.018	19.009	*N/A*	269.993	0.000	2.094	*N/A*	*N/A*	
R-990276	114.062	27.275	2.000	33.687	*N/A*	789.623	1.200	1.431	*N/A*	*N/A*	
<b>Totals</b>		250.953	116.986	10.002	87.316	*N/A*	1520.205	1.200	6.957	*0.000*	*0.000*
<b>% of Calories</b>			31.980%		23.870%						

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# Lawrence Public Schools USD 497

## 161 - Hamburger

Number of Portions: 100.000

Size of Portion: 1 pattie, 1 bun

\*Nutrients are based upon 1 Portion Size (1 pattie, 1 bun)

Source: USD 497  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903155	Bun, Hamburger	100 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
990388	Beef Patty Charbroiled	100 pattie	70.87	177.185	5.537	232.555	0.000	*N/A*	13.289	0.000
<b>Totals</b>			128.00	307.184	5.537	482.555	3.000	*N/A*	14.789	0.000
<b>% of Calories</b>				16.223%		3.906%		*N/A%*	43.329%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903155	Bun, Hamburger	0.000	24.000	2.000	3.000	*N/A*	40.000	1.200	1.080	*N/A*	*N/A*
990388	Beef Patty Charbroiled	33.222	1.107	1.107	12.181	*N/A*	33.222	0.000	2.215	*N/A*	*N/A*
<b>Totals</b>		33.222	25.107	3.107	15.181	*N/A*	73.222	1.200	3.295	*N/A*	*N/A*
<b>% of Calories</b>			32.694%		19.768%						

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# Lawrence Public Schools USD 497

## 990436 - Hash Brown Patty

Number of Portions: 120.000

Group Code: VEGETABLES

Size of Portion: 2 patties

\*Nutrients are based upon 1 Portion Size (2 patties)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990658 Hash Brown Patty	1 case	127.76	239.553	1.996	538.995	0.000	0.000	11.978	0.000
<b>Totals</b>		128.00	239.553	1.996	538.995	0.000	0.000	11.978	0.000
<b>% of Calories</b>				7.500%		0.000%	0.000%	45.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990658 Hash Brown Patty	0.000	29.944	1.996	1.996	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	29.944	1.996	1.996	*N/A*	0.000	0.000	0.000	0.000
<b>% of Calories</b>			50.000%		3.333%					

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# Lawrence Public Schools USD 497

## 990490 - Hoagies

Number of Portions: 12.000

Group Code: SANDWICHES

Size of Portion: Hoagies

\*Nutrients are based upon 1 Portion Size (Hoagies)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990161	Ham & Cheese Hoagie	6 each	64.88	158.948	3.469	435.979	*0.747*	*0.000*	7.222	0.000
R-990221	Turkey & Cheese Hoagie	6 each	113.14	299.253	10.031	1009.761	*0.978*	*0.000*	18.542	0.000
<b>Totals</b>			178.00	458.200	13.500	1445.740	*1.725*	*0.000*	25.764	0.000
<b>% of Calories</b>				26.516%		*1.506%*	*0.000%*	50.607%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990161	25.868	14.513	1.492	9.409	*N/A*	147.826	0.000	0.863	*0.000*	*0.000*
R-990221	59.669	15.419	1.492	20.304	*N/A*	394.706	0.000	1.089	*0.000*	*0.000*
<b>Totals</b>		85.536	29.932	2.984	29.712	*N/A*	542.532	0.000	1.951	*0.000*
<b>% of Calories</b>			26.130%		25.938%					

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# Lawrence Public Schools USD 497

## 990502 - Homemade Blueberry Scones

Number of Portions: 144.000

Source: Pickney Bakery

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990720	Pan Spray, Professional	1 as needed	0.01	0.000	0.000	0.000	0.000	0.000	0.000
990493	Flour, White Whole Wheat	7 LB + 11 oz	24.22	80.717	0.000	0.000	0.000	0.404	0.000
900195	Sugar Granulated	2 LB	6.30	23.625	0.000	0.000	6.300	0.000	0.000
990705	Baking Powder	4 oz	0.79	0.000	0.000	0.000	0.000	0.000	0.000
990699	Baking Soda	1 oz	0.20	0.000	0.000	31.499	0.000	0.000	0.000
900359	Salt 25#	1 tbsp	0.13	0.000	0.000	52.658	0.000	0.000	0.000
990703	Butter Solid Salted	4 LB	12.60	89.998	6.300	80.999	0.000	9.900	0.000
990704	Buttermilk	2 qt	12.60	6.111	0.083	14.444	0.000	0.111	0.000
900365	Vanilla, Imitation	2 oz	0.39	0.000	0.000	0.000	0.000	0.000	0.000
990573	Liquid Egg	9 oz	1.77	2.696	0.058	2.504	0.000	0.173	0.000
990464	Blueberry IQF	3 LB	9.45	4.725	0.000	0.000	0.000	0.067	0.000
990550	Honey Glaze for Donut	6 tbsp	0.88	3.125	0.021	0.000	0.688	0.042	0.000
<b>Totals</b>			69.00	210.998	6.462	182.104	6.987	10.697	0.000
<b>% of Calories</b>					27.562%		13.246%	45.627%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990720	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990493	0.000	16.951	2.422	3.229	*N/A*	0.000	0.000	0.872	0.000	0.000
900195	0.000	6.300	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990705	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990699	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900359	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990703	27.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990704	0.556	0.778	0.000	0.500	0.000	16.667	0.000	0.000	0.000	0.000
900365	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990573	6.548	0.000	0.000	0.231	*N/A*	1.001	0.000	0.039	0.000	0.000
990464	0.000	1.147	0.270	0.000	*N/A*	0.675	0.000	0.020	0.000	0.000
990550	0.000	0.708	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		34.103	25.884	2.692	3.960	*0.000*	18.343	0.931	0.000	0.000
<b>% of Calories</b>			49.070%		7.507%					

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# Lawrence Public Schools USD 497

## 990503 - Homemade Cinnamon Scones

Number of Portions: 144.000

Source: Pickney Bakery

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990720	Pan Spray, Professional	1 as needed	0.01	0.000	0.000	0.000	0.000	0.000	0.000	
990493	Flour, White Whole Wheat	7 LB + 11 oz	24.22	80.717	0.000	0.000	0.000	0.404	0.000	
900195	Sugar Granulated	2 LB	6.30	23.625	0.000	0.000	6.300	0.000	0.000	
990705	Baking Powder	4 oz	0.79	0.000	0.000	0.000	0.000	0.000	0.000	
990699	Baking Soda	1 oz	0.20	0.000	0.000	31.499	0.000	0.000	0.000	
903133	Cinnamon Spice	4 tbsp	0.22	0.000	0.000	0.000	*N/A*	*N/A*	0.000	
900359	Salt 25#	1 tbsp	0.13	0.000	0.000	52.658	0.000	0.000	0.000	
990703	Butter Solid Salted	4 LB	12.60	89.998	6.300	80.999	0.000	9.900	0.000	
990704	Buttermilk	2 qt	12.60	6.111	0.083	14.444	0.000	0.111	0.000	
990573	Liquid Egg	9 oz	1.77	2.696	0.058	2.504	0.000	0.173	0.000	
900365	Vanilla, Imitation	2 oz	0.39	0.000	0.000	0.000	0.000	0.000	0.000	
990550	Honey Glaze for Donut	6 tbsp	0.88	3.125	0.021	0.000	0.688	0.000	0.042	
<b>Totals</b>			60.00	206.273	6.462	182.104	*6.987*	*0.000*	10.630	0.000
<b>% of Calories</b>					28.194%		*13.549%*	*0.000%*	46.378%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990720	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990493	0.000	16.951	2.422	3.229	*N/A*	0.000	0.000	0.872	0.000	0.000
900195	0.000	6.300	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990705	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990699	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903133	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
900359	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990703	27.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990704	0.556	0.778	0.000	0.500	0.000	16.667	0.000	0.000	0.000	0.000
990573	6.548	0.000	0.000	0.231	*N/A*	1.001	0.000	0.039	0.000	0.000
900365	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990550	0.000	0.708	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		34.103	24.737	2.422	3.960	*0.000*	17.668	0.000	0.910	*0.000*
<b>% of Calories</b>			47.969%		7.679%					

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# Lawrence Public Schools USD 497

## 990464 - Homemade Scones

Number of Portions: 144.000

Source: Pickney Bakery  
Group Code: BREAKFAST

Size of Portion: Scones

\*Nutrients are based upon 1 Portion Size (Scones)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990502	Homemade Blueberry Scones	1/2 Recipe	34.66	105.499	3.231	91.052	3.494	0.000	5.349	0.000
R-990503	Homemade Cinnamon Scones	1/2 Recipe	30.05	103.137	3.231	91.052	*3.494*	*0.000*	5.315	0.000
<b>Totals</b>			65.00	208.636	6.462	182.104	*6.987*	*0.000*	10.663	0.000
<b>% of Calories</b>					27.874%		*13.396%*	*0.000%*	45.998%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990502	Homemade Blueberry Scones	17.052	12.942	1.346	1.980	*0.000*	9.172	0.000	0.466	0.000
R-990503	Homemade Cinnamon Scones	17.052	12.368	1.211	1.980	*0.000*	8.834	0.000	0.455	*0.000*
<b>Totals</b>		34.103	25.310	2.557	3.960	*0.000*	18.006	0.000	0.920	*0.000*
<b>% of Calories</b>			48.525%		7.592%					

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# Lawrence Public Schools USD 497

## 990492 - Honey Graham Crackers

Number of Portions: 150.000

Group Code: SNACKS

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990684 CRACKER GRAHAM HNY W/FIBER	1 case	22.11	90.454	0.000	90.454	5.025	0.000	2.513	0.000
<b>Totals</b>		22.00	90.454	0.000	90.454	5.025	0.000	2.513	0.000
<b>% of Calories</b>				0.000%		22.221%	0.000%	25.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990684 CRACKER GRAHAM HNY W/FIBER	0.000	17.086	1.005	1.005	0.000	10.050	0.000	0.704	0.000	0.000
<b>Totals</b>		0.000	17.086	1.005	1.005	10.050	0.000	0.704	0.000	0.000
<b>% of Calories</b>			75.556%		4.444%					

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# Lawrence Public Schools USD 497

## 990384 - Honey Mustard

Number of Portions: 128.000

Group Code: Condiments and Dressings

Size of Portion: 2 tbsp

\*Nutrients are based upon 1 Portion Size (2 tbsp)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990620	DRESSING HONEY MUSTARD	1 jar	28.35	97.451	1.329	124.029	6.201	0.000	7.087	0.000
<b>Totals</b>			28.00	97.451	1.329	124.029	6.201	0.000	7.087	0.000
<b>% of Calories</b>				12.273%		25.453%	0.000%	65.455%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990620	DRESSING HONEY MUSTARD	8.859	7.973	0.000	0.000	*N/A*	0.000	*N/A*	0.000	*N/A*
<b>Totals</b>		8.859	7.973	0.000	0.000	*N/A*	0.000	*N/A*	0.000	*N/A*
<b>% of Calories</b>			32.727%		0.000%					

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# Lawrence Public Schools USD 497

## 69 - Hot Dog on WG Bun

Number of Portions: 100.000

Size of Portion: 1hotdog,1bun

\*Nutrients are based upon 1 Portion Size  
(1hotdog,1bun)

Source: USD 497  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902213 hot dog, All Beef 8:1	100 hot dog	57.00	170.000	6.000	500.000	0.000	*N/A*	15.000	0.000
903166 bun hot dog bun WG	100 bun	57.00	130.000	0.000	250.000	1.000	*N/A*	1.500	0.000
<b>Totals</b>		114.00	300.000	6.000	750.000	1.000	*N/A*	16.500	0.000
<b>% of Calories</b>				18.000%		1.333%	*N/A%*	49.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902213 hot dog, All Beef 8:1	25.000	1.000	0.000	6.000	*N/A*	0.000	0.000	0.720	0.000	0.000
903166 bun hot dog bun WG	0.000	26.000	3.000	4.000	*N/A*	11.000	0.000	2.000	*N/A*	*N/A*
<b>Totals</b>		25.000	27.000	3.000	10.000	*N/A*	0.000	2.720	*0.000*	*0.000*
<b>% of Calories</b>			36.000%		13.333%					

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# Lawrence Public Schools USD 497

## 1285 - Hot Ham/Cheese-Pretzel Bun

Number of Portions: 1.000

Size of Portion: sandwich

\*Nutrients are based upon 1 Portion Size (sandwich)

Source: USD 497  
Group Code: SANDWICHES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900372	Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	*N/A*	9.112	0.000
903316	Pretzel Bun, WW	1 each	62.37	160.952	1.006	40.238	2.012	*N/A*	2.515	0.000
900431	Ham, sliced, smoked	2 1/2 slice	35.44	37.500	0.625	387.501	1.250	*N/A*	1.250	0.000
<b>Totals</b>			126.00	299.701	6.693	933.982	3.262	*N/A*	12.877	0.000
<b>% of Calories</b>					20.100%		4.354%	*N/A%*	38.670%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900372	25.312	2.025	0.000	5.062	*N/A*	131.623	0.000	0.101	*N/A*	*N/A*
903316	0.000	29.173	3.018	5.030	*N/A*	20.119	0.000	1.811	*N/A*	*N/A*
900431	18.750	1.250	0.000	5.625	*N/A*	0.000	0.000	0.250	*N/A*	*N/A*
<b>Totals</b>		44.062	32.448	3.018	15.717	*N/A*	151.742	0.000	2.162	*N/A*
<b>% of Calories</b>			43.306%		20.977%					

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# Lawrence Public Schools USD 497

## 990391 - Hummus cup-Sabra brand

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903265 Hummus cup-Sabra brand	1 (2 oz cup)	56.70	150.000	1.500	250.000	0.000	*N/A*	11.000	0.000
<b>Totals</b>		57.00	150.000	1.500	250.000	0.000	*N/A*	11.000	0.000
<b>% of Calories</b>				9.000%		0.000%	*N/A%*	66.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903265 Hummus cup-Sabra brand	0.000	9.000	3.000	4.000	*N/A*	25.000	0.000	0.180	*N/A*	*N/A*
<b>Totals</b>		0.000	9.000	3.000	4.000	25.000	0.000	0.180	*N/A*	*N/A*
<b>% of Calories</b>			24.000%		10.667%					

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# Lawrence Public Schools USD 497

## 955 - Hummus Plate - SFSP

Number of Portions: 50.000

Group Code: Meat/Meat Alt

Size of Portion: 1hummus,1c,1br

\*Nutrients are based upon 1 Portion Size  
(1hummus,1c,1br)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903265	Hummus cup-Sabra brand	50 (2 oz cup)	56.70	150.000	1.500	250.000	0.000	*N/A*	11.000	0.000
903206	Flatbread, WG 2023	50 (1 FLATBREAD)	56.70	164.610	0.915	301.785	1.829	*N/A*	4.572	0.000
900016	Cheese, string 1 oz 2023	50 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
<b>Totals</b>			141.00	394.610	5.915	751.785	1.829	*N/A*	21.573	0.000
<b>% of Calories</b>					13.489%		1.854%	*N/A%*	49.201%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903265	0.000	9.000	3.000	4.000	*N/A*	25.000	0.000	0.180	*N/A*	*N/A*
903206	0.000	25.606	2.744	5.487	*N/A*	27.435	0.000	1.372	*N/A*	*N/A*
900016	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000	0.000
<b>Totals</b>		15.000	34.606	5.744	15.487	252.435	0.000	1.552	*0.000*	*0.000*
<b>% of Calories</b>			35.079%		15.699%					

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# Lawrence Public Schools USD 497

## 990299 - Individual Cheese Pizza

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990514 IW Cheese Pizza WG	1 pizza	126.44	280.975	6.021	411.428	2.007	0.000	12.042	0.000
<b>Totals</b>		126.00	280.975	6.021	411.428	2.007	0.000	12.042	0.000
<b>% of Calories</b>				19.286%		2.857%	0.000%	38.571%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990514 IW Cheese Pizza WG	30.104	28.098	3.010	15.052	*N/A*	280.975	0.000	1.706	0.000	0.000
<b>Totals</b>		30.104	28.098	3.010	15.052	280.975	0.000	1.706	0.000	0.000
<b>% of Calories</b>			40.000%		21.428%					

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# Lawrence Public Schools USD 497

## 990257 - Italian Cavatappi Bake w/ Breadstick

Number of Portions: 60.000

Group Code: ENTREES

Size of Portion: #4 scoop

\*Nutrients are based upon 1 Portion Size (#4 scoop)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990417	Sauce, Marinara	1 1/2 #10 can	75.00	36.000	0.000	294.000	0.600	0.000	0.900	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	3 1/2 lb	26.13	83.998	4.667	158.666	0.933	*N/A*	6.533	0.000
990475	Pasta, Cavatappi, Dry	5 LB	37.80	134.998	0.000	0.000	0.000	0.675	0.000	
990430	Cheese, Cottage 2%	5 LB	37.80	30.106	0.502	113.733	0.335	0.836	0.000	
990417	Sauce, Marinara	1/2 #10 can	25.00	12.000	0.000	98.000	0.200	0.300	0.000	
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	1 1/2 lb	11.20	35.999	2.000	68.000	0.400	*N/A*	2.800	0.000
903320	Breadstick, Garlic	70 breadstick (1.96 oz)	64.83	198.333	1.167	198.333	2.333	*N/A*	7.000	0.000
<b>Totals</b>			278.00	531.433	8.335	930.731	4.801	0.000	19.045	0.000
<b>% of Calories</b>					14.116%		3.614%	0.000%	32.253%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990417	Sauce, Marinara	0.000	6.000	0.600	0.600	*N/A*	12.600	0.000	0.600	*N/A*
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	23.332	0.933	0.000	5.598	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990475	Pasta, Cavatappi, Dry	0.000	28.350	1.350	4.725	*N/A*	0.000	1.215	0.000	0.000
990430	Cheese, Cottage 2%	5.018	1.673	0.000	4.349	*N/A*	33.451	0.000	0.000	*N/A*
990417	Sauce, Marinara	0.000	2.000	0.200	0.200	*N/A*	4.200	0.200	*N/A*	*N/A*
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	9.999	0.400	0.000	2.399	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
903320	Breadstick, Garlic	0.000	29.167	2.333	2.333	*N/A*	11.667	*N/A*	1.680	*N/A*
<b>Totals</b>		38.349	68.522	4.483	20.204	*N/A*	*61.917*	*0.000*	*3.695*	*0.000*
<b>% of Calories</b>			51.575%		15.207%					

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# Lawrence Public Schools USD 497

## 990469 - Italian Dunkers

Number of Portions: 150.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990496	Whole Wheat Breadstick 51%, 1 oz	2 Recipe + 1/2 Recipe	60.44	184.962	1.046	251.120	2.835	0.000	8.077	0.000
R-990184	Meat Sauce	1 recipe	104.73	184.114	3.467	287.454	0.476	10.618	0.000	
<b>Totals</b>			165.00	369.076	4.513	538.574	3.311	18.696	0.000	
<b>% of Calories</b>				11.005%		3.588%	0.000%	45.589%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990496	0.412	23.839	2.095	4.705	*0.000*	23.323	0.000	1.112	*0.000*	*0.000*
R-990184	34.303	5.715	1.429	7.814	*0.000*	21.043	0.000	0.807	*0.000*	*0.000*
<b>Totals</b>		34.715	29.554	3.524	12.519	*0.000*	44.367	0.000	1.919	*0.000*
<b>% of Calories</b>			32.030%		13.568%					

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# Lawrence Public Schools USD 497

## 990153 - Italian Vegetables

Number of Portions: 128.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990431	Vegetables, Italian Blend	1 case	85.05	30.017	0.000	20.011	0.000	0.000	0.000
		<b>Totals</b>	85.00	30.017	0.000	20.011	0.000	0.000	0.000
		<b>% of Calories</b>			0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990431	Vegetables, Italian Blend	0.000	6.003	2.001	2.001	*N/A*	22.013	0.000	1.001	*N/A*
		<b>Totals</b>	0.000	6.003	2.001	2.001	*N/A*	22.013	0.000	1.001
		<b>% of Calories</b>		80.000%		26.665%				

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# Lawrence Public Schools USD 497

## 990383 - Jalapeno Ranch

Number of Portions: 128.000

Group Code: Condiments and Dressings

Size of Portion: 2 tbsp = 1 oz

\*Nutrients are based upon 1 Portion Size (2 tbsp = 1 oz)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990452 Dressing, Jalapeno Ranch	1 jar	28.35	141.748	2.531	344.244	0.000	0.000	15.187	0.000
<b>Totals</b>		28.00	141.748	2.531	344.244	0.000	0.000	15.187	0.000
<b>% of Calories</b>				16.071%		0.000%	0.000%	96.428%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990452 Dressing, Jalapeno Ranch	10.125	2.025	0.000	1.012	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		10.125	2.025	0.000	1.012	0.000	0.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			5.714%		2.856%					

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# Lawrence Public Schools USD 497

**990407 - Jalapenos, sliced**

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup serving

\*Nutrients are based upon 1 Portion Size (1/4 cup serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
	<b>Totals</b>	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	<b>% of Calories</b>			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
	<b>Totals</b>	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	<b>% of Calories</b>		*N/A%*		*N/A%*					

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# Lawrence Public Schools USD 497

## 990191 - Jicama, Fresh

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903361 Jicama, Fresh	1/2 CUP	120.00	45.000	0.000	5.000	0.000	*N/A*	0.000	0.000
<b>Totals</b>		120.00	45.000	0.000	5.000	0.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903361 Jicama, Fresh	0.000	11.000	6.000	1.000	*N/A*	20.000	0.000	0.360	*N/A*	*N/A*
<b>Totals</b>		0.000	11.000	6.000	1.000	20.000	0.000	0.360	*N/A*	*N/A*
<b>% of Calories</b>			97.778%		8.889%					

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# Lawrence Public Schools USD 497

## 364 - Juice 4 oz Assorted 2025

Number of Portions: 100.000

Size of Portion: 4 oz cups

\*Nutrients are based upon 1 Portion Size (4 oz cups)

Source: USD 497  
Group Code: JUICE

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900395	Juice apple 4 oz.	70 each (4 oz)	79.38	42.000	0.000	3.500	8.400	*N/A*	0.000	0.000
900398	Juice Orange 4 oz,	15 (4 oz cup)	17.01	9.000	0.000	0.000	1.800	*N/A*	0.000	0.000
900401	Juice Grape 4 Oz	15 (4 oz cup)	17.01	12.000	0.000	3.000	2.700	*N/A*	0.000	0.000
<b>Totals</b>			113.00	63.000	0.000	6.500	12.900	*N/A*	0.000	0.000
<b>% of Calories</b>					0.000%		81.905%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900395	Juice apple 4 oz.	0.000	9.800	0.000	0.000	*N/A*	0.000	42.000	0.000	*N/A*
900398	Juice Orange 4 oz,	0.000	1.950	0.000	0.000	*N/A*	0.000	9.000	0.000	*N/A*
900401	Juice Grape 4 Oz	0.000	2.850	0.000	0.000	*N/A*	3.000	9.000	0.000	*N/A*
<b>Totals</b>		0.000	14.600	0.000	0.000	*N/A*	3.000	60.000	0.000	*N/A*
<b>% of Calories</b>			92.698%		0.000%					

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# Lawrence Public Schools USD 497

**990400 - Juice 8 oz Assorted 204 (ASP only)**

Number of Portions: 100.000

Size of Portion: 8 oz (2 cups)

\*Nutrients are based upon 1 Portion Size (8 oz (2 cups))

Source: USD 497  
Group Code: JUICE

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900395	Juice apple 4 oz.	140 each (4 oz)	158.76	84.000	0.000	7.000	16.800	*N/A*	0.000	0.000
900398	Juice Orange 4 oz,	30 (4 oz cup)	34.02	18.000	0.000	0.000	3.600	*N/A*	0.000	0.000
900401	Juice Grape 4 Oz	30 (4 oz cup)	34.02	24.000	0.000	6.000	5.400	*N/A*	0.000	0.000
<b>Totals</b>			227.00	126.000	0.000	13.000	25.800	*N/A*	0.000	0.000
<b>% of Calories</b>					0.000%		81.905%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900395	Juice apple 4 oz.	0.000	19.600	0.000	0.000	*N/A*	0.000	84.000	0.000	*N/A*	*N/A*
900398	Juice Orange 4 oz,	0.000	3.900	0.000	0.000	*N/A*	0.000	18.000	0.000	*N/A*	*N/A*
900401	Juice Grape 4 Oz	0.000	5.700	0.000	0.000	*N/A*	6.000	18.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	29.200	0.000	0.000	*N/A*	6.000	120.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			92.698%		0.000%						

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# Lawrence Public Schools USD 497

**990395 - Juice apple 4 oz.**

Number of Portions: 1.000

Group Code: JUICE

Size of Portion: 4 oz serving

\*Nutrients are based upon 1 Portion Size (4 oz serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900395 Juice apple 4 oz.	72 each (4 oz)	8164.66	4320.000	0.000	360.000	864.000	*N/A*	0.000	0.000
<b>Totals</b>		8165.00	4320.000	0.000	360.000	864.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		80.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900395 Juice apple 4 oz.	0.000	1008.000	0.000	0.000	*N/A*	0.000	4320.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	1008.000	0.000	0.000	*N/A*	4320.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			93.333%		0.000%					

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# Lawrence Public Schools USD 497

## 990307 - Juice Box Asst. SFSP

Number of Portions: 40.000

Group Code: JUICE

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990519	Apple Juice Box	8 juice box	23.98	12.000	0.000	0.000	0.000	0.000	0.000
990520	Berry Juice Box	8 juice box	23.98	12.000	0.000	2.000	0.000	0.000	0.000
990673	Fruit Punch Juice Box	8 juice box	23.98	12.000	0.000	1.000	0.000	0.000	0.000
990674	Grape Juice Box	8 juice box	23.98	16.000	0.000	2.000	0.000	0.000	0.000
990672	Orange Juice Box	8 juice box	23.98	12.000	0.000	2.000	0.000	0.000	0.000
<b>Totals</b>			120.00	64.000	0.000	7.000	0.000	0.000	0.000
<b>% of Calories</b>					0.000%		0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990519	Apple Juice Box	0.000	2.800	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990520	Berry Juice Box	0.000	3.400	0.000	0.000	*N/A*	2.000	0.000	0.000	0.000
990673	Fruit Punch Juice Box	0.000	3.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990674	Grape Juice Box	0.000	4.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990672	Orange Juice Box	0.000	3.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	16.200	0.000	0.000	*N/A*	2.000	0.000	0.000	0.000
<b>% of Calories</b>			101.250%		0.000%					

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# Lawrence Public Schools USD 497

## 990396 - Juice Grape 4 Oz

Number of Portions: 1.000

Group Code: JUICE

Size of Portion: 4 oz servings

\*Nutrients are based upon 1 Portion Size (4 oz servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900401 Juice Grape 4 Oz	1 (4 oz cup)	113.40	80.000	0.000	20.000	18.000	*N/A*	0.000	0.000
<b>Totals</b>		113.00	80.000	0.000	20.000	18.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		90.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900401 Juice Grape 4 Oz	0.000	19.000	0.000	0.000	*N/A*	20.000	60.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	19.000	0.000	0.000	20.000	60.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			95.000%		0.000%					

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# Lawrence Public Schools USD 497

**990200 - Juice Orange 4 oz,**

**Number of Portions: 1.000**

**Group Code: JUICE**

**Size of Portion: each**

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900398 Juice Orange 4 oz,	1 (4 oz cup)	113.40	60.000	0.000	0.000	12.000	*N/A*	0.000	0.000
<b>Totals</b>		113.00	60.000	0.000	0.000	12.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		80.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900398 Juice Orange 4 oz,	0.000	13.000	0.000	0.000	*N/A*	0.000	60.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	13.000	0.000	0.000	*N/A*	60.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			86.667%		0.000%					

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# Lawrence Public Schools USD 497

## 810 - Juice, Frozen Slushie Cup

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903196	Juice, Frozen Slushy Cup - Blue Rasp Lem	1 each (4.4 oz)	62.37	40.000	0.000	22.500	9.500	*N/A*	0.000	0.000
990432	Juice, Frozen Slushy Cup - Kiwi Straw	1 each (4.4 oz)	62.37	45.000	0.000	15.000	9.500	*N/A*	0.000	0.000
<b>Totals</b>			125.00	85.000	0.000	37.500	19.000	*N/A*	0.000	0.000
<b>% of Calories</b>					0.000%		89.412%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903196	Juice, Frozen Slushy Cup - Blue Rasp Lem	0.000	10.000	0.000	0.000	*N/A*	40.000	30.000	0.180	*N/A*	*N/A*
990432	Juice, Frozen Slushy Cup - Kiwi Straw	0.000	11.000	0.000	0.000	*N/A*	40.000	30.000	0.180	*N/A*	*N/A*
<b>Totals</b>		0.000	21.000	0.000	0.000	*N/A*	80.000	60.000	0.360	*N/A*	*N/A*
<b>% of Calories</b>			98.824%		0.000%						

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# Lawrence Public Schools USD 497

## 990198 - Juice, Frozen Slushy Cup - Blue Rasp Lem

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903196 Juice, Frozen Slushy Cup - Blue Rasp Lem	1 each (4.4 oz)	124.74	80.000	0.000	45.000	19.000	*N/A*	0.000	0.000
<b>Totals</b>		125.00	80.000	0.000	45.000	19.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		95.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903196 Juice, Frozen Slushy Cup - Blue Rasp Lem	0.000	20.000	0.000	0.000	*N/A*	80.000	60.000	0.360	*N/A*	*N/A*
<b>Totals</b>		0.000	20.000	0.000	0.000	80.000	60.000	0.360	*N/A*	*N/A*
<b>% of Calories</b>			100.000%		0.000%					

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# Lawrence Public Schools USD 497

## 990197 - Juice, Frozen Slushy Cup - Kiwi Straw

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990432 Juice, Frozen Slushy Cup - Kiwi Straw	1 each (4.4 oz)	124.74	90.000	0.000	30.000	19.000	*N/A*	0.000	0.000
<b>Totals</b>		125.00	90.000	0.000	30.000	19.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		84.444%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990432 Juice, Frozen Slushy Cup - Kiwi Straw	0.000	22.000	0.000	0.000	*N/A*	80.000	60.000	0.360	*N/A*	*N/A*
<b>Totals</b>		0.000	22.000	0.000	0.000	80.000	60.000	0.360	*N/A*	*N/A*
<b>% of Calories</b>			97.778%		0.000%					

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# Lawrence Public Schools USD 497

## 990380 - Ketchup

Number of Portions: 114.000

Group Code: Condiments and Dressings

Size of Portion: 2 tbsp

\*Nutrients are based upon 1 Portion Size (2 tbsp)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990619 Ketchup, Jug w/ Pump	1 jug	28.35	33.352	0.000	266.819	6.670	0.000	0.000	0.000
<b>Totals</b>		28.00	33.352	0.000	266.819	6.670	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		79.995%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990619 Ketchup, Jug w/ Pump	0.000	8.338	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	8.338	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>% of Calories</b>			100.001%		0.000%					

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# Lawrence Public Schools USD 497

**990371 - Kiwi**

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/2 kiwi

\*Nutrients are based upon 1 Portion Size (1/2 kiwi)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990605 Kiwi	4 (1/2 kiwi)	38.00	22.500	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		38.00	22.500	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990605 Kiwi	0.000	5.500	1.000	0.500	*N/A*	13.000	0.000	0.120	0.000	0.000
<b>Totals</b>		0.000	5.500	1.000	0.500	*N/A*	13.000	0.120	0.000	0.000
<b>% of Calories</b>			97.778%		8.889%					

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# Lawrence Public Schools USD 497

## 990370 - Kohlrabi (Green)

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990596 Kohlrabi	4 (1 slice)	15.99	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		16.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990596 Kohlrabi	0.000	0.999	0.999	0.000	*N/A*	3.997	0.000	0.060	0.000	0.000
<b>Totals</b>		0.000	0.999	0.999	0.000	*N/A*	3.997	0.000	0.000	0.000
<b>% of Calories</b>			*N/A%*		*N/A%*					

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# Lawrence Public Schools USD 497

## 990474 - Lasagna w/ Garlic Breadstick (Bakery)

Number of Portions: 110.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990687	Lasagna Rolls	1 case	121.77	209.602	1.996	239.545	0.000	0.000	3.493	0.000
990688	al Dente Pasta Sauce	1 case + 1 #10 can	189.53	136.461	0.758	818.767	1.516	0.000	6.823	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	3 lb + 7 OZ	14.00	44.999	2.500	85.000	0.500	*N/A*	3.500	0.000
R-990496	Whole Wheat Breadstick 51%, 1 oz	1 Recipe + 1/8 Recipe	36.27	110.977	0.628	150.672	1.701	0.000	4.846	0.000
<b>Totals</b>			362.00	502.039	5.882	1293.983	3.717	0.000	18.663	0.000
<b>% of Calories</b>					10.545%		2.962%	0.000%	33.457%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990687	Lasagna Rolls	4.991	28.945	1.996	14.972	0.000	179.659	0.000	1.298	0.000	0.000
990688	al Dente Pasta Sauce	0.000	18.195	4.549	3.032	0.000	34.873	0.000	0.000	0.000	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	12.499	0.500	0.000	2.999	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
R-990496	Whole Wheat Breadstick 51%, 1 oz	0.247	14.303	1.257	2.823	*0.000*	13.994	0.000	0.667	*0.000*	*0.000*
<b>Totals</b>		17.737	61.943	7.802	23.826	*0.000*	*228.526*	*0.000*	*1.965*	*0.000*	*0.000*
<b>% of Calories</b>			49.353%		18.983%						

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# Lawrence Public Schools USD 497

## 990188 - LETTUCE FRESH ARCADN BLEND

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: cup

\*Nutrients are based upon 1 Portion Size (cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990440	LETTUCE FRESH ARCADN BLEND	1 cup	50.00	7.647	0.000	44.118	0.000	0.000	0.000
	<b>Totals</b>		50.00	7.647	0.000	44.118	0.000	0.000	0.000
	<b>% of Calories</b>				0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990440	LETTUCE FRESH ARCADN BLEND	0.000	1.765	0.000	0.588	*N/A*	32.941	*N/A*	0.588	*N/A*
	<b>Totals</b>	0.000	1.765	0.000	0.588	*N/A*	32.941	*N/A*	0.588	*N/A*
	<b>% of Calories</b>		92.308%		30.757%					

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# Lawrence Public Schools USD 497

## 990363 - LudaCrisp Apples

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990594 LudaCrisp Apples - Local	4 (1/4 cup)	30.62	15.982	0.000	0.336	3.196	0.000	0.050	0.000
<b>Totals</b>		31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
<b>% of Calories</b>				0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990594 LudaCrisp Apples - Local	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	0.000	0.000
<b>Totals</b>		0.000	4.206	0.740	0.084	1.682	1.413	0.030	0.000	0.000
<b>% of Calories</b>			105.261%		2.102%					

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# Lawrence Public Schools USD 497

## 990335 - Mac & Cheese Bites

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving (5 per)

\*Nutrients are based upon 1 Portion Size (Serving (5 per))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990558 Mac & Cheese Bites	1 serving (5 per)	150.00	383.333	8.333	650.000	3.333	0.000	18.333	0.000
<b>Totals</b>		150.00	383.333	8.333	650.000	3.333	0.000	18.333	0.000
<b>% of Calories</b>				19.565%		3.478%	0.000%	43.043%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990558 Mac & Cheese Bites	41.667	31.667	3.333	21.667	*N/A*	516.667	0.000	1.500	0.000	0.000
<b>Totals</b>		41.667	31.667	3.333	21.667	516.667	0.000	1.500	0.000	0.000
<b>% of Calories</b>			33.044%		22.609%					

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# Lawrence Public Schools USD 497

## 990209 - MANDARIN ORANGES

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990506 Orange, Mandarin Canned	1 #10 can	88.08	44.042	0.000	6.292	10.696	0.000	0.000	0.000
<b>Totals</b>		88.00	44.042	0.000	6.292	10.696	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		97.144%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990506 Orange, Mandarin Canned	0.000	10.696	0.629	0.629	*N/A*	12.583	13.213	0.453	0.000	0.000
<b>Totals</b>		0.000	10.696	0.629	0.629	*N/A*	12.583	13.213	0.453	0.000
<b>% of Calories</b>			97.143%		5.713%					

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# Lawrence Public Schools USD 497

## 990247 - MANDARIN ORANGES 1/4

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990506 Orange, Mandarin Canned	1 #10 can	44.04	22.021	0.000	3.146	5.348	0.000	0.000	0.000
<b>Totals</b>		44.00	22.021	0.000	3.146	5.348	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		97.144%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990506 Orange, Mandarin Canned	0.000	5.348	0.315	0.315	*N/A*	6.292	6.606	0.227	0.000	0.000
<b>Totals</b>		0.000	5.348	0.315	0.315	*N/A*	6.606	0.227	0.000	0.000
<b>% of Calories</b>			97.144%		5.722%					

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# Lawrence Public Schools USD 497

## 990360 - Mango

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990604 Mango, Fresh	1 (1 cup, sliced)	41.25	25.000	0.000	0.000	0.000	0.000	0.125	0.000
<b>Totals</b>		41.00	25.000	0.000	0.000	0.000	0.000	0.125	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	4.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990604 Mango, Fresh	0.000	6.250	0.750	0.250	*N/A*	4.500	0.000	0.065	0.000	0.000
<b>Totals</b>		0.000	6.250	0.750	0.250	*N/A*	4.500	0.065	0.000	0.000
<b>% of Calories</b>			100.000%		4.000%					

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# Lawrence Public Schools USD 497

## 990216 - mango frozen chunks

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903105 mango frozen chunks	1 cup	70.00	45.000	0.000	0.000	0.000	0.000	0.250	0.000
<b>Totals</b>		70.00	45.000	0.000	0.000	0.000	0.000	0.250	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	5.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903105 mango frozen chunks	0.000	10.500	1.000	0.500	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	10.500	1.000	0.500	*N/A*	0.000	0.000	0.000	0.000
<b>% of Calories</b>			93.333%		4.444%					

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# Lawrence Public Schools USD 497

## 990241 - mango frozen chunks 1/4

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903105 mango frozen chunks	1 cup	35.00	22.500	0.000	0.000	0.000	0.000	0.125	0.000
<b>Totals</b>		35.00	22.500	0.000	0.000	0.000	0.000	0.125	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	5.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903105 mango frozen chunks	0.000	5.250	0.500	0.250	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	5.250	0.500	0.250	*N/A*	0.000	0.000	0.000	0.000
<b>% of Calories</b>			93.333%		4.444%					

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# Lawrence Public Schools USD 497

## 409 - Mashed Potatoes

Number of Portions: 504.000

Size of Portion: 1/2 Cups

\*Nutrients are based upon 1 Portion Size (1/2 Cups)

Source: USD 497  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990437 Potato, Mashed	1 case	18.90	70.874	0.000	291.370	0.000	0.000	0.787	0.000
75012 WATER,HOT	12 gal + 3 qt	97.14	0.000	0.000	2.914	0.000	*N/A*	0.000	0.000
<b>Totals</b>		116.00	70.874	0.000	294.284	0.000	0.000	0.788	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	10.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990437 Potato, Mashed	0.000	13.387	0.787	1.575	*N/A*	7.875	0.000	0.236	0.000	0.000
75012 WATER,HOT	0.000	0.000	0.000	0.000	*N/A*	1.943	0.000	0.010	97.046	0.097
<b>Totals</b>		0.000	13.387	0.787	1.575	*N/A*	9.818	0.246	97.046	0.097
<b>% of Calories</b>			75.555%		8.889%					

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# Lawrence Public Schools USD 497

## 990389 - Mayonnaise Lite, packet

Number of Portions: 200.000

Group Code: Condiments and Dressings

Size of Portion: packet

\*Nutrients are based upon 1 Portion Size (packet)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990623	Mayonnaise, Lite	1 case	12.40	31.009	0.000	87.858	0.000	0.000	3.101	0.000
		<b>Totals</b>	12.00	31.009	0.000	87.858	0.000	0.000	3.101	0.000
		<b>% of Calories</b>			0.000%		0.000%	90.000%		0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990623	Mayonnaise, Lite	5.168	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
		<b>Totals</b>	5.168	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000
		<b>% of Calories</b>		0.000%		0.000%				

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# Lawrence Public Schools USD 497

## 990184 - Meat Sauce

Number of Portions: 120.000

Group Code: ENTREES

Size of Portion: 3 oz servings

\*Nutrients are based upon 1 Portion Size (3 oz servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990688	al Dente Pasta Sauce	3 #10 can	74.42	53.581	0.298	321.483	0.595	0.000	2.679	0.000
900429	Ground Beef 81/19, raw	15 LB	56.50	176.562	4.036	37.835	0.000	*N/A*	10.594	0.000
<b>Totals</b>			131.00	230.143	4.333	359.318	0.595	0.000	13.273	0.000
<b>% of Calories</b>				16.946%		1.034%	0.000%	51.904%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990688	al Dente Pasta Sauce	0.000	7.144	1.786	1.191	0.000	13.693	0.000	0.000	0.000
900429	Ground Beef 81/19, raw	42.879	0.000	0.000	8.576	*N/A*	12.612	0.000	1.009	*N/A*
<b>Totals</b>		42.879	7.144	1.786	9.767	*0.000*	26.304	0.000	1.009	*0.000*
<b>% of Calories</b>			12.417%		16.976%					

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# Lawrence Public Schools USD 497

## 266 - Meatball Sub Sandwich

Number of Portions: 50.000

Size of Portion: EACH

\*Nutrients are based upon 1 Portion Size (EACH)

Source: USD 497  
Group Code: SANDWICHES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990417	Sauce, Marinara	25 (1/2 cup)	62.50	30.000	0.000	245.000	0.500	0.000	0.750	0.000
601590	Meatball	50 (5 piece serving size)	70.87	192.372	6.075	222.746	1.012	0.000	14.175	0.000
990441	ROLL HOAGIE WG	50 each	56.70	149.208	0.000	258.627	0.995	0.000	1.492	0.000
903114	cheese, provolone sliced .75 oz	50 slice	21.26	70.000	3.500	180.000	0.000	*N/A*	6.000	0.000
<b>Totals</b>			211.00	441.580	9.575	906.373	2.507	0.000	22.417	0.000
<b>% of Calories</b>					19.515%		2.271%	0.000%	45.688%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990417	Sauce, Marinara	0.000	5.000	0.500	0.500	*N/A*	10.500	0.000	0.500	*N/A*	*N/A*
601590	Meatball	35.437	4.050	1.012	14.175	*N/A*	40.499	1.644	1.458	0.000	0.000
990441	ROLL HOAGIE WG	0.000	27.852	2.984	4.974	*N/A*	39.789	0.000	1.691	*N/A*	*N/A*
903114	cheese, provolone sliced .75 oz	15.000	0.000	0.000	5.000	*N/A*	159.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		50.437	36.902	4.497	24.648	*N/A*	249.788	1.644	3.649	*0.000*	*0.000*
<b>% of Calories</b>			33.427%		22.327%						

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# Lawrence Public Schools USD 497

## 990425 - Mediterranean Bistro Box (ES)

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903206 Flatbread, WG 2023	1 (1 FLATBREAD)	56.70	164.610	0.915	301.785	1.829	*N/A*	4.572	0.000
903265 Hummus cup-Sabra brand	1 (2 oz cup)	56.70	150.000	1.500	250.000	0.000	*N/A*	11.000	0.000
900016 Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
<b>Totals</b>		141.00	394.610	5.915	751.785	1.829	*N/A*	21.573	0.000
<b>% of Calories</b>				13.489%		1.854%	*N/A%*	49.201%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903206 Flatbread, WG 2023	0.000	25.606	2.744	5.487	*N/A*	27.435	0.000	1.372	*N/A*	*N/A*
903265 Hummus cup-Sabra brand	0.000	9.000	3.000	4.000	*N/A*	25.000	0.000	0.180	*N/A*	*N/A*
900016 Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000	0.000
<b>Totals</b>		15.000	34.606	5.744	15.487	252.435	0.000	1.552	*0.000*	*0.000*
<b>% of Calories</b>			35.079%		15.699%					

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# Lawrence Public Schools USD 497

## 990328 - Mediterranean Bistro Box (MS/HS)

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903206 Flatbread, WG 2023	1 (1 FLATBREAD)	56.70	164.610	0.915	301.785	1.829	*N/A*	4.572	0.000
903265 Hummus cup-Sabra brand	1 (2 oz cup)	56.70	150.000	1.500	250.000	0.000	*N/A*	11.000	0.000
900016 Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
900451 Cucumber	1/4 CUP, slices	26.00	2.626	0.000	0.000	0.000	*N/A*	0.000	0.000
900446 Carrots - Baby	1 (1/4 cup)	35.00	12.500	0.000	27.500	1.500	*N/A*	0.000	0.000
<b>Totals</b>		202.00	409.736	5.915	779.285	3.329	*N/A*	21.573	0.000
<b>% of Calories</b>				12.991%		3.250%	*N/A%*	47.385%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903206 Flatbread, WG 2023	0.000	25.606	2.744	5.487	*N/A*	27.435	0.000	1.372	*N/A*	*N/A*
903265 Hummus cup-Sabra brand	0.000	9.000	3.000	4.000	*N/A*	25.000	0.000	0.180	*N/A*	*N/A*
900016 Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000	0.000
900451 Cucumber	0.000	0.525	0.000	0.000	*N/A*	5.253	0.315	0.095	*N/A*	*N/A*
900446 Carrots - Baby	0.000	3.000	1.000	0.000	*N/A*	10.000	1.200	0.360	*N/A*	*N/A*
<b>Totals</b>		15.000	38.131	6.744	15.487	267.688	1.515	2.006	*0.000*	*0.000*
<b>% of Calories</b>			37.225%		15.119%					

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# Lawrence Public Schools USD 497

## 990271 - Mexican Seasoning

Number of Portions: 10.500

Group Code: MISCELLANEOUS

Size of Portion: cup

\*Nutrients are based upon 1 Portion Size (cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903125	Chili Powder	3 cup	34.29	0.000	0.000	857.143	0.000	0.000	0.000
903126	Paprika	1 1/2 cup	15.77	0.000	0.000	0.000	0.000	0.000	0.000
901196	Cumin, Ground	2 cup	19.20	0.000	0.000	0.000	0.000	0.000	0.000
990487	Spice Garlic Powder	1 cup	14.63	0.000	0.000	0.000	0.000	0.000	0.000
990346	Onion Powder	1 1/4 cup	18.29	67.189	0.000	13.438	0.000	0.000	0.000
990491	Spice Oregano	1 1/2 cup	12.15	0.000	0.000	0.000	0.000	0.000	0.000
900359	Salt 25#	4 tbsps	6.95	0.000	0.000	2888.665	0.000	0.000	0.000
<b>Totals</b>			121.00	67.189	0.000	3759.246	0.000	0.000	0.000
<b>% of Calories</b>					0.000%		0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903125	Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
903126	Paprika	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
901196	Cumin, Ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990346	Onion Powder	0.000	13.438	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
990491	Spice Oregano	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	13.438	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*
<b>% of Calories</b>			79.999%		0.000%					

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# Lawrence Public Schools USD 497

**990393 - Milk 1% Lowfat**

Number of Portions: 50.000

Group Code: Milk & Milk Products

Size of Portion: 8 oz servings

\*Nutrients are based upon 1 Portion Size (8 oz servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902949 Milk 1% Lowfat	50 (1/2 pint container)	226.80	100.000	1.500	120.000	11.000	*N/A*	2.500	0.000
<b>Totals</b>		227.00	100.000	1.500	120.000	11.000	*N/A*	2.500	0.000
<b>% of Calories</b>				13.500%		44.000%	*N/A%*	22.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902949 Milk 1% Lowfat	15.000	11.000	0.000	8.000	*N/A*	300.000	1.200	0.000	*N/A*	*N/A*
<b>Totals</b>		15.000	11.000	0.000	8.000	300.000	1.200	0.000	*N/A*	*N/A*
<b>% of Calories</b>			44.000%		32.000%					

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# Lawrence Public Schools USD 497

**990394 - Milk Choc 1%**

Number of Portions: 50.000

Group Code: Milk & Milk Products

Size of Portion: 8 oz servings

\*Nutrients are based upon 1 Portion Size (8 oz servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903273 Milk Choc 1%	50 carton	226.80	130.000	1.500	130.000	18.000	*N/A*	2.500	0.000
<b>Totals</b>		227.00	130.000	1.500	130.000	18.000	*N/A*	2.500	0.000
<b>% of Calories</b>				10.385%		55.385%	*N/A%*	17.308%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903273 Milk Choc 1%	10.000	20.000	0.000	8.000	*N/A*	303.000	*N/A*	0.000	*N/A*	*N/A*
<b>Totals</b>		10.000	20.000	0.000	8.000	303.000	*N/A*	0.000	*N/A*	*N/A*
<b>% of Calories</b>			61.538%		24.615%					

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# Lawrence Public Schools USD 497

## 990392 - Milk, 1%, Strawberry 1/2 pint

Number of Portions: 50.000

Group Code: Milk & Milk Products

Size of Portion: 8 oz servings

\*Nutrients are based upon 1 Portion Size (8 oz servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990505 Milk, 1%, Strawberry 1/2 pint	50 (1/2 pint)	226.80	140.000	1.500	100.000	22.000	11.000	2.500	0.000
<b>Totals</b>		227.00	140.000	1.500	100.000	22.000	11.000	2.500	0.000
<b>% of Calories</b>				9.643%		62.857%	31.429%	16.071%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990505 Milk, 1%, Strawberry 1/2 pint	10.000	22.000	0.000	8.000	*N/A*	290.000	0.000	0.000	0.000	0.000
<b>Totals</b>		10.000	22.000	0.000	8.000	290.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>			62.857%		22.857%					

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# Lawrence Public Schools USD 497

## 990435 - Milk, Assorted - SFSP

Number of Portions: 54.000

Group Code: Milk & Milk Products

Size of Portion: 8 oz

\*Nutrients are based upon 1 Portion Size (8 oz)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990659	Chocolate Milk 1% - Shelf Stable	1 case	113.40	70.000	0.750	75.000	11.000	5.500	1.250	0.000
990660	Milk 1% - Shelf Stable	1 case	113.40	50.000	0.750	52.500	6.000	0.000	1.250	0.000
<b>Totals</b>			227.00	120.000	1.500	127.500	17.000	5.500	2.500	0.000
<b>% of Calories</b>					11.250%		56.667%	18.333%	18.750%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990659	Chocolate Milk 1% - Shelf Stable	5.000	11.500	0.500	4.000	*N/A*	150.000	0.000	0.250	0.000
990660	Milk 1% - Shelf Stable	5.000	6.000	0.000	4.000	*N/A*	150.000	0.000	0.000	0.000
<b>Totals</b>		10.000	17.500	0.500	8.000	*N/A*	300.000	0.000	0.250	0.000
<b>% of Calories</b>			58.333%		26.667%					

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# Lawrence Public Schools USD 497

## 81 - Milk, Assorted 2024

Number of Portions: 152.000

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Source: USD 497  
Group Code: MILK

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902949 Milk 1% Lowfat	3 (1/2 pint container)	4.48	1.974	0.030	2.368	0.217	*N/A*	0.049	0.000
900491 Milk-Skim White 1/2 PT	2 carton, 1/2 pint	2.98	1.053	0.000	1.579	0.145	*N/A*	0.000	0.000
903273 Milk Choc 1%	95 carton	141.75	81.250	0.938	81.250	11.250	*N/A*	1.563	0.000
990405 MILK SOY VAN CREAMY PEARL	1 each	1.49	0.921	0.003	0.724	0.092	0.000	0.030	0.000
990406 Milk, Soy, Organic Pearl	1 each	1.49	0.855	0.003	0.724	0.066	0.000	0.030	0.000
990505 Milk, 1%, Strawberry 1/2 pint	50 (1/2 pint)	74.60	46.053	0.493	32.895	7.237	3.618	0.822	0.000
<b>Totals</b>		227.00	132.105	1.467	119.539	19.007	3.618	2.493	0.000
<b>% of Calories</b>				9.995%		57.551%	10.955%	16.987%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902949 Milk 1% Lowfat	0.296	0.217	0.000	0.158	*N/A*	5.921	0.024	0.000	*N/A*	*N/A*
900491 Milk-Skim White 1/2 PT	0.066	0.145	0.000	0.105	*N/A*	3.947	0.016	0.000	1.185	0.010
903273 Milk Choc 1%	6.250	12.500	0.000	5.000	*N/A*	189.375	*N/A*	0.000	*N/A*	*N/A*
990405 MILK SOY VAN CREAMY PEARL	0.000	0.112	0.013	0.053	*N/A*	1.974	0.000	0.007	*N/A*	*N/A*
990406 Milk, Soy, Organic Pearl	0.000	0.086	0.013	0.053	*N/A*	1.816	0.000	0.007	*N/A*	*N/A*
990505 Milk, 1%, Strawberry 1/2 pint	3.289	7.237	0.000	2.632	*N/A*	95.395	0.000	0.000	0.000	0.000
<b>Totals</b>		9.901	20.296	0.026	8.000	298.428	*0.039*	0.014	*1.185*	*0.010*
<b>% of Calories</b>			61.454%		24.223%					

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# Lawrence Public Schools USD 497

## 1166 - Mini Corn Dogs

Number of Portions: 40.000

Group Code: Meat/Meat Alt

Size of Portion: 6 per serving

\*Nutrients are based upon 1 Portion Size (6 per serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990392 Corn Dog, WG, Chicken	1 case	113.40	240.000	2.500	390.000	5.000	*N/A*	8.000	0.000
<b>Totals</b>		113.00	240.000	2.500	390.000	5.000	*N/A*	8.000	0.000
<b>% of Calories</b>				9.375%		8.333%	*N/A%*	30.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990392 Corn Dog, WG, Chicken	40.000	30.000	5.000	9.000	*N/A*	80.000	0.000	1.800	*N/A*	*N/A*
<b>Totals</b>		40.000	30.000	5.000	9.000	80.000	0.000	1.800	*N/A*	*N/A*
<b>% of Calories</b>			50.000%		15.000%					

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# Lawrence Public Schools USD 497

## 990461 - Mini Maple Pancake - SFSP

Number of Portions: 72.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990678 Mini Maple Pancake - SFSP	1 case	85.90	199.765	0.999	209.753	9.988	0.000	5.993	0.000
<b>Totals</b>		86.00	199.765	0.999	209.753	9.988	0.000	5.993	0.000
<b>% of Calories</b>				4.500%		19.999%	0.000%	27.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990678 Mini Maple Pancake - SFSP	0.000	34.959	3.995	3.995	*N/A*	39.953	0.000	3.596	0.000	0.000
<b>Totals</b>		0.000	34.959	3.995	3.995	39.953	0.000	3.596	0.000	0.000
<b>% of Calories</b>			70.000%		7.999%					

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# Lawrence Public Schools USD 497

## 990457 - Muffin & Yogurt - SFSP

Number of Portions: 9.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903331 Muffin, Blueberry, WG 2 oz (1g/b)	3 each	18.90	62.999	0.663	43.105	5.305	*N/A*	2.984	0.000
R-990427 Cranberry Orange Muffin	3 Muffin	25.68	67.847	0.641	62.801	6.913	0.000	1.229	0.000
R-990250 Banana Muffin	3 muffin	31.22	71.416	0.871	69.776	*5.425*	*0.000*	1.544	0.000
990424 Yogurt, Cherry	3 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
990425 Yogurt, Raspberry	3 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
903272 Yogurt, Strawberry & Banana	3 each	37.80	26.667	0.000	21.667	1.667	0.000	0.167	0.000
<b>Totals</b>		189.00	282.450	2.175	240.834	*22.655*	*0.000*	6.258	0.000
<b>% of Calories</b>				6.929%		*32.084%*	*0.000%*	19.942%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903331 Muffin, Blueberry, WG 2 oz (1g/b)	9.947	9.947	0.663	0.995	*N/A*	6.631	0.000	0.358	*N/A*	*N/A*
R-990427 Cranberry Orange Muffin	0.869	13.301	0.627	0.927	*N/A*	14.074	0.000	0.272	*0.000*	*0.000*
R-990250 Banana Muffin	1.975	13.435	0.810	1.069	*N/A*	16.829	0.000	0.310	*2.960*	*0.003*
990424 Yogurt, Cherry	0.000	5.018	0.000	1.338	*N/A*	46.831	0.000	0.000	*N/A*	*N/A*
990425 Yogurt, Raspberry	0.000	5.018	0.000	1.338	*N/A*	46.831	0.000	0.000	*N/A*	*N/A*
903272 Yogurt, Strawberry & Banana	0.000	5.000	0.000	1.333	*N/A*	46.667	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		12.792	51.719	2.099	7.000	*N/A*	177.863	0.000	0.939	*2.960*
<b>% of Calories</b>			73.243%		9.913%					

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# Lawrence Public Schools USD 497

## 189 - Muffin, Blueberry, Ind. WG

Number of Portions: 1.000

Size of Portion: muffin

\*Nutrients are based upon 1 Portion Size (muffin)

Source: USD 497

Group Code: BREAD/ROLLS/STARCH

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903331 Muffin, Blueberry, WG 2 oz (1g/b)	1 each	56.70	188.997	1.989	129.314	15.916	*N/A*	8.952	0.000
<b>Totals</b>		57.00	188.997	1.989	129.314	15.916	*N/A*	8.953	0.000
<b>% of Calories</b>				9.473%		33.685%	*N/A%*	42.632%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903331 Muffin, Blueberry, WG 2 oz (1g/b)	29.842	29.842	1.989	2.984	*N/A*	19.894	0.000	1.074	*N/A*	*N/A*
<b>Totals</b>		29.842	29.842	1.989	2.984	19.894	0.000	1.074	*N/A*	*N/A*
<b>% of Calories</b>			63.158%		6.315%					

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# Lawrence Public Schools USD 497

## 990148 - Muffin, Chocolate Chip, WG

Number of Portions: 57.000

Group Code: BREAKFAST

Size of Portion: muffin

\*Nutrients are based upon 1 Portion Size (muffin)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990426	Muffin Mix WG	1 bag	39.79	159.155	1.492	184.023	15.418	0.000	2.984	0.000
75010	WATER,COLD	4 cup	16.84	0.000	0.000	0.505	0.000	*N/A*	0.000	0.000
990427	Chocolate Chips, Mini, Semi Sweet	3 cup	12.63	58.947	2.105	0.000	7.579	7.579	3.368	0.000
<b>Totals</b>			69.00	218.102	3.597	184.528	22.997	7.579	6.353	0.000
<b>% of Calories</b>					14.844%		42.177%	13.900%	26.214%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990426	Muffin Mix WG	0.000	30.339	1.492	2.487	*N/A*	34.815	0.000	0.796	*N/A*	*N/A*
75010	WATER,COLD	0.000	0.000	0.000	0.000	*N/A*	0.337	0.000	0.002	16.826	0.017
990427	Chocolate Chips, Mini, Semi Sweet	0.000	8.421	0.842	0.842	*N/A*	0.000	0.000	1.011	*N/A*	*N/A*
<b>Totals</b>		0.000	38.760	2.334	3.329	*N/A*	35.152	0.000	1.808	*16.826*	*0.017*
<b>% of Calories</b>			71.086%		6.105%						

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# Lawrence Public Schools USD 497

## 1063 - Mushroom, White fresh

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903101	Mushroom, White fresh	1/2 cup	113.40	27.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			113.00	27.000	0.000	0.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903101	Mushroom, White fresh	0.000	2.700	1.350	4.050	*N/A*	0.000	1.620	0.486	*N/A*
<b>Totals</b>		0.000	2.700	1.350	4.050	*N/A*	0.000	1.620	0.486	*N/A*
<b>% of Calories</b>			40.000%		60.000%					

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# Lawrence Public Schools USD 497

**990388 - Mustard, bulk**

Number of Portions: 768.000

Group Code: Condiments and Dressings

Size of Portion: tsp

\*Nutrients are based upon 1 Portion Size (tsp)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990622 MUSTARD, Bulk	1 jar	4.72	4.725	0.000	47.249	0.000	0.000	0.000	0.000
<b>Totals</b>		5.00	4.725	0.000	47.249	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990622 MUSTARD, Bulk	0.000	0.000	0.000	0.000	*N/A*	0.000	*N/A*	0.057	*N/A*	*N/A*
<b>Totals</b>		0.000	0.000	0.000	0.000	*N/A*	*N/A*	0.057	*N/A*	*N/A*
<b>% of Calories</b>			0.000%		0.000%					

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# Lawrence Public Schools USD 497

**990387 - Mustard, packet**

Number of Portions: 1000.000

Group Code: Condiments and Dressings

Size of Portion: packets

\*Nutrients are based upon 1 Portion Size (packets)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990621 MUSTARD PKT	1 case	5.50	0.000	0.000	59.557	0.000	0.000	0.000	0.000
<b>Totals</b>		5.00	0.000	0.000	59.557	0.000	0.000	0.000	0.000
<b>% of Calories</b>				*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990621 MUSTARD PKT	0.000	0.000	0.000	0.000	*N/A*	0.000	*N/A*	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	0.000	0.000	0.000	*N/A*	*N/A*	0.000	*N/A*	*N/A*
<b>% of Calories</b>			*N/A%*		*N/A%*					

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# Lawrence Public Schools USD 497

**990195 - onion, red jumbo, fresh**

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903106	onion, red jumbo, fresh	1/2 cup	113.40	68.039	0.000	5.670	7.938	0.000	0.000
		<b>Totals</b>	113.00	68.039	0.000	5.670	7.938	0.000	0.000
		<b>% of Calories</b>			0.000%	46.667%	*N/A*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903106	0.000	17.010	3.402	2.268	*N/A*	45.359	13.608	0.408	*N/A*	*N/A*
		<b>Totals</b>	0.000	17.010	3.402	2.268	*N/A*	45.359	13.608	0.408
		<b>% of Calories</b>		100.000%		13.334%				

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# Lawrence Public Schools USD 497

## 990196 - Onion, Yellow Jumbo

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990453	Onion, Yellow Jumbo	1/2 cup	26.00	7.730	0.000	0.703	1.581	0.000	0.000	0.000
<b>Totals</b>			26.00	7.730	0.000	0.703	1.581	0.000	0.000	0.000
<b>% of Calories</b>					0.000%		81.811%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990453	Onion, Yellow Jumbo	0.000	1.932	0.527	0.176	*N/A*	7.027	0.000	0.127	*N/A*	*N/A*
<b>Totals</b>		0.000	1.932	0.527	0.176	*N/A*	7.027	0.000	0.127	*N/A*	*N/A*
<b>% of Calories</b>			99.995%		9.107%						

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# Lawrence Public Schools USD 497

## 990323 - Orange Chicken w/ Fried Rice

Number of Portions: 172.000

Group Code: ENTREES

Size of Portion: 4 oz spoodle

\*Nutrients are based upon 1 Portion Size (4 oz spoodle)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990551 Orange Chicken	1 case	114.72	172.075	0.574	321.206	11.472	0.000	3.441	0.000
990559 WG Vegetable Fried Rice	2 case	158.23	255.821	0.000	416.893	0.000	0.000	2.369	0.000
<b>Totals</b>		273.00	427.895	0.574	738.099	11.472	0.000	5.810	0.000
<b>% of Calories</b>				1.206%		10.724%	0.000%	12.221%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990551 Orange Chicken	45.887	21.796	0.000	12.619	*N/A*	0.000	0.000	0.826	0.000	0.000
990559 WG Vegetable Fried Rice	0.000	51.164	3.790	5.685	*N/A*	9.475	0.000	0.663	0.000	0.000
<b>Totals</b>		45.887	72.960	3.790	18.304	9.475	0.000	1.489	0.000	0.000
<b>% of Calories</b>			68.204%		17.111%					

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# Lawrence Public Schools USD 497

## 990463 - Orange Chicken w/ Fried Rice - SFSP

Number of Portions: 192.000

Group Code: ENTREES

Size of Portion: 4 oz spoodle

\*Nutrients are based upon 1 Portion Size (4 oz spoodle)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990551	Orange Chicken	1 case	102.77	154.150	0.514	287.747	10.277	0.000	3.083	0.000
990559	WG Vegetable Fried Rice	1 1/4 case	88.59	143.233	0.000	233.417	0.000	0.000	1.326	0.000
<b>Totals</b>			191.00	297.383	0.514	521.164	10.277	0.000	4.409	0.000
<b>% of Calories</b>					1.555%		13.823%	0.000%	13.344%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990551	Orange Chicken	41.107	19.526	0.000	11.304	*N/A*	0.000	0.000	0.740	0.000	0.000
990559	WG Vegetable Fried Rice	0.000	28.647	2.122	3.183	*N/A*	5.305	0.000	0.371	0.000	0.000
<b>Totals</b>		41.107	48.172	2.122	14.487	*N/A*	5.305	0.000	1.111	0.000	0.000
<b>% of Calories</b>			64.795%		19.486%						

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# Lawrence Public Schools USD 497

## 990477 - Orange Chicken w/ Steamed Rice

Number of Portions: 172.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990185	Rice	7 Recipe	223.30	243.017	0.126	310.735	0.651	0.000	3.663	0.007
990551	Orange Chicken	1 case	114.72	172.075	0.574	321.206	11.472	0.000	3.441	0.000
<b>Totals</b>			338.00	415.092	0.700	631.941	12.123	0.000	7.104	0.007
<b>% of Calories</b>					1.517%		11.682%	0.000%	15.404%	0.015%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990185	Rice	0.000	48.186	2.605	5.209	*0.000*	9.638	0.000	1.318	156.124	0.156
990551	Orange Chicken	45.887	21.796	0.000	12.619	*N/A*	0.000	0.000	0.826	0.000	0.000
<b>Totals</b>		45.887	69.982	2.605	17.828	*0.000*	9.638	0.000	2.144	156.124	0.156
<b>% of Calories</b>			67.438%		17.180%						

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# Lawrence Public Schools USD 497

## 990207 - Orange Slices, Fresh - 1/4 cup

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900481	Orange, fresh	1 med 2-5/8" dia	65.50	30.785	0.010	0.000	*N/A*	*N/A*	0.079	0.000
<b>Totals</b>			66.00	30.785	0.010	0.000	*N/A*	*N/A*	0.079	0.000
<b>% of Calories</b>					0.287%		*N/A%*	*N/A%*	2.298%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900481	Orange, fresh	0.000	7.696	1.572	0.616	*N/A*	26.200	34.846	0.066	56.821	0.288
<b>Totals</b>		0.000	7.696	1.572	0.616	*N/A*	26.200	34.846	0.066	56.821	0.288
<b>% of Calories</b>			100.001%		8.004%						

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# Lawrence Public Schools USD 497

## 990443 - Orange, Fresh

Number of Portions: 138.000

Group Code: FRUIT

Size of Portion: 1/2 cup serving

\*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990664 ORANGE FRSH	1 case (138 ct)	131.48	68.299	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		131.00	68.299	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990664 ORANGE FRSH	0.000	16.221	2.561	0.854	*N/A*	32.442	0.000	0.307	0.000	0.000
<b>Totals</b>		0.000	16.221	2.561	0.854	32.442	0.000	0.307	0.000	0.000
<b>% of Calories</b>			95.001%		5.002%					

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# Lawrence Public Schools USD 497

## 990485 - Oven Roasted Chicken Bites w/ Biscuit

Number of Portions: 116.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990709	Oven Roasted Chicken Bites	1 case	117.31	139.653	0.000	782.055	1.397	1.397	2.793	0.000
990521	Biscuit Baked WG	116 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
<b>Totals</b>			181.00	348.952	4.983	1180.720	4.387	3.390	12.760	0.000
<b>% of Calories</b>					12.853%		5.029%	3.886%	32.909%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990709	Oven Roasted Chicken Bites	76.809	2.793	0.000	23.741	0.000	0.000	0.000	0.000	0.000
990521	Biscuit Baked WG	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000
<b>Totals</b>		76.809	29.703	1.993	27.728	*0.000*	99.666	0.000	1.694	0.000
<b>% of Calories</b>			34.048%		31.784%					

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# Lawrence Public Schools USD 497

## 990350 - Pancake Sausage Breakfast Bites

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: Serving (3 per)

\*Nutrients are based upon 1 Portion Size (Serving (3 per))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990528 Sausage & Pancake Bites	1 serving (3 each)	76.00	230.000	3.500	490.000	5.000	0.000	13.000	0.000
<b>Totals</b>		76.00	230.000	3.500	490.000	5.000	0.000	13.000	0.000
<b>% of Calories</b>				13.696%		8.696%	0.000%	50.870%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990528 Sausage & Pancake Bites	25.000	20.000	2.000	8.000	*N/A*	40.000	0.000	1.400	0.000	0.000
<b>Totals</b>		25.000	20.000	2.000	8.000	*N/A*	40.000	0.000	1.400	0.000
<b>% of Calories</b>			34.783%		13.913%					

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# Lawrence Public Schools USD 497

## 483 - Pancake Sausage Wrap

Number of Portions: 60.000

Source: USD 497  
Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990400 SAUSAGE & PANCAKE WRP WHLGR CN	60 each	71.00	140.000	1.500	360.000	6.000	*N/A*	5.000	0.000
<b>Totals</b>		71.00	140.000	1.500	360.000	6.000	*N/A*	5.000	0.000
<b>% of Calories</b>				9.643%		17.143%	*N/A%*	32.143%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990400 SAUSAGE & PANCAKE WRP WHLGR CN	10.000	16.000	2.000	8.000	*N/A*	50.000	*N/A*	1.000	*N/A*	*N/A*
<b>Totals</b>		10.000	16.000	2.000	8.000	*N/A*	*N/A*	1.000	*N/A*	*N/A*
<b>% of Calories</b>			45.714%		22.857%					

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# Lawrence Public Schools USD 497

## 990431 - Pancake Sausage Wrap SFSP

Number of Portions: 40.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990657 Pancake Sausage Wrap IW	1 case	71.16	140.310	1.503	360.797	6.013	0.000	5.011	0.000
<b>Totals</b>		71.00	140.310	1.503	360.797	6.013	0.000	5.011	0.000
<b>% of Calories</b>				9.643%		17.142%	0.000%	32.143%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990657 Pancake Sausage Wrap IW	10.022	16.035	2.004	8.018	*N/A*	50.111	0.000	1.002	0.000	0.000
<b>Totals</b>		10.022	16.035	2.004	8.018	50.111	0.000	1.002	0.000	0.000
<b>% of Calories</b>			45.714%		22.858%					

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# Lawrence Public Schools USD 497

## 990231 - Pancakes, Mini, WG

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990470 Pancakes, Mini, WG	1 each	85.00	200.000	0.000	200.000	12.000	0.000	4.000	0.000
<b>Totals</b>		85.00	200.000	0.000	200.000	12.000	0.000	4.000	0.000
<b>% of Calories</b>				0.000%		24.000%	0.000%	18.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990470 Pancakes, Mini, WG	5.000	38.000	2.000	3.000	*N/A*	50.000	0.000	1.000	0.000	0.000
<b>Totals</b>		5.000	38.000	2.000	3.000	*N/A*	50.000	0.000	1.000	0.000
<b>% of Calories</b>			76.000%		6.000%					

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# Lawrence Public Schools USD 497

**990190 - pea, green frozen**

**Number of Portions: 1.000**

**Group Code: VEGETABLES**

**Size of Portion: 1/2 cup**

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903104 pea, green frozen	1/2 cup	66.75	60.000	0.000	0.000	3.750	*N/A*	0.000	0.000
<b>Totals</b>		67.00	60.000	0.000	0.000	3.750	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		25.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903104 pea, green frozen	0.000	9.750	3.750	3.750	*N/A*	15.000	0.000	1.050	*N/A*	*N/A*
<b>Totals</b>		0.000	9.750	3.750	3.750	15.000	0.000	1.050	*N/A*	*N/A*
<b>% of Calories</b>			65.000%		25.000%					

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# Lawrence Public Schools USD 497

**990239 - pea, green frozen 1/4 cup**

Number of Portions: 2.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903104 pea, green frozen	1/2 cup	33.38	30.000	0.000	0.000	1.875	*N/A*	0.000	0.000
<b>Totals</b>		33.00	30.000	0.000	0.000	1.875	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		25.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903104 pea, green frozen	0.000	4.875	1.875	1.875	*N/A*	7.500	0.000	0.525	*N/A*	*N/A*
<b>Totals</b>		0.000	4.875	1.875	1.875	7.500	0.000	0.525	*N/A*	*N/A*
<b>% of Calories</b>			65.000%		25.000%					

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# Lawrence Public Schools USD 497

## 990234 - Peach, Sliced in Light-Syrup 1/4 cup

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902191 Peach, Sliced in Light-Syrup Canned Yellow	1 #10 can	62.61	30.293	0.000	5.049	5.554	*N/A*	0.000	0.000
<b>Totals</b>		63.00	30.293	0.000	5.049	5.554	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		73.337%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902191 Peach, Sliced in Light-Syrup Canned Yellow	0.000	7.068	0.505	0.000	*N/A*	0.000	0.606	0.000	0.000	0.000
<b>Totals</b>		0.000	7.068	0.505	0.000	*N/A*	0.606	0.000	0.000	0.000
<b>% of Calories</b>			93.332%		0.000%					

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# Lawrence Public Schools USD 497

## 990211 - Peach, Sliced in Light-Syrup Canned Yellow

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902191 Peach, Sliced in Light-Syrup Canned Yellow	1 #10 can	125.21	60.586	0.000	10.098	11.107	*N/A*	0.000	0.000
<b>Totals</b>		125.00	60.586	0.000	10.098	11.107	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		73.330%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902191 Peach, Sliced in Light-Syrup Canned Yellow	0.000	14.137	1.010	0.000	*N/A*	0.000	1.212	0.000	0.000	0.000
<b>Totals</b>		0.000	14.137	1.010	0.000	*N/A*	1.212	0.000	0.000	0.000
<b>% of Calories</b>			93.332%		0.000%					

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# Lawrence Public Schools USD 497

## 990202 - PEACHES, Local, Fresh

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990397 PEACHES, Local, Fresh	1 cup	154.00	70.800	0.000	20.000	12.900	0.000	0.416	0.000
<b>Totals</b>		154.00	70.800	0.000	20.000	12.900	0.000	0.416	0.000
<b>% of Calories</b>				0.000%		72.881%	0.000%	5.288%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990397 PEACHES, Local, Fresh	0.000	15.600	2.310	1.400	*N/A*	6.160	6.310	0.524	*N/A*	*N/A*
<b>Totals</b>		0.000	15.600	2.310	1.400	6.160	6.310	0.524	*N/A*	*N/A*
<b>% of Calories</b>			88.136%		7.910%					

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# Lawrence Public Schools USD 497

## 990298 - Peanut Butter & Jelly w/ String Cheese

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903328	Uncrustable, 2.6 oz, WG (1/1)	1 each	73.71	300.000	3.500	280.000	15.000	16.000	0.000
900016	Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	6.000	0.000
<b>Totals</b>			102.00	380.000	7.000	480.000	15.000	22.000	0.000
<b>% of Calories</b>				16.579%		15.789%	*N/A*	52.105%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903328	0.000	32.000	4.000	9.000	*N/A*	40.000	0.000	1.080	*N/A*	*N/A*
900016	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000	0.000
<b>Totals</b>		15.000	32.000	4.000	15.000	*N/A*	240.000	0.000	1.080	*0.000*
<b>% of Calories</b>			33.684%		15.789%					

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# Lawrence Public Schools USD 497

## 990243 - Pear sliced in juice 1/2 cup

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902936 Pear sliced in juice	1 #10 can	125.21	71.549	0.000	0.000	11.627	*N/A*	0.000	0.000
<b>Totals</b>		125.00	71.549	0.000	0.000	11.627	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		65.002%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902936 Pear sliced in juice	0.000	17.887	2.683	0.000	*N/A*	12.521	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	17.887	2.683	0.000	12.521	0.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			100.000%		0.000%					

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# Lawrence Public Schools USD 497

**990206 - Pear, raw fresh**

Number of Portions: 110.000

Group Code: FRUIT

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902937 Pear, raw fresh	1 case (110 ct)	181.44	98.369	0.000	0.000	17.488	*N/A*	0.000	0.000
<b>Totals</b>		181.00	98.369	0.000	0.000	17.488	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		71.112%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902937 Pear, raw fresh	0.000	28.418	6.558	0.000	*N/A*	21.860	6.558	0.393	0.000	0.000
<b>Totals</b>		0.000	28.418	6.558	0.000	21.860	6.558	0.393	0.000	0.000
<b>% of Calories</b>			115.556%		0.000%					

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# Lawrence Public Schools USD 497

## 990345 - Pear, sliced in juice

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902936 Pear sliced in juice	1 #10 can	62.61	35.774	0.000	0.000	5.813	*N/A*	0.000	0.000
<b>Totals</b>		63.00	35.774	0.000	0.000	5.813	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		64.997%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902936 Pear sliced in juice	0.000	8.944	1.342	0.000	*N/A*	6.261	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	8.944	1.342	0.000	6.261	0.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			100.001%		0.000%					

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# Lawrence Public Schools USD 497

## 381 - Peas & Carrots

Number of Portions: 213.330

Size of Portion: 1/2 Cup Serving

\*Nutrients are based upon 1 Portion Size (1/2 Cup Serving)

Source: USD 497  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990429 Peas & Carrots	30 LB	63.79	36.659	0.000	14.664	0.000	0.000	0.000	0.000
<b>Totals</b>		64.00	36.659	0.000	14.664	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990429 Peas & Carrots	0.000	6.599	2.200	2.200	*N/A*	11.731	0.000	0.733	*N/A*	*N/A*
<b>Totals</b>		0.000	6.599	2.200	2.200	11.731	0.000	0.733	*N/A*	*N/A*
<b>% of Calories</b>			72.001%		24.005%					

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# Lawrence Public Schools USD 497

## 990232 - Peas & Carrots - 1/4 cup

Number of Portions: 426.000

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Source: USD 497  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990429 Peas & Carrots	30 LB	31.94	18.358	0.000	7.343	0.000	0.000	0.000	0.000
<b>Totals</b>		32.00	18.358	0.000	7.343	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990429 Peas & Carrots	0.000	3.304	1.101	1.101	*N/A*	5.875	0.000	0.367	*N/A*	*N/A*
<b>Totals</b>		0.000	3.305	1.101	1.101	5.875	0.000	0.367	*N/A*	*N/A*
<b>% of Calories</b>			72.001%		23.990%					

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# Lawrence Public Schools USD 497

## 990398 - PICKLE sliced dill hamburger krinkle cut

Number of Portions: 275.000

Group Code: Condiments and Dressings

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990625 PICKLE sliced dill hamburger krinkle cut	1 bucket	75.21	0.000	0.000	698.414	0.000	0.000	0.000	0.000
<b>Totals</b>		75.00	0.000	0.000	698.414	0.000	0.000	0.000	0.000
<b>% of Calories</b>				*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990625 PICKLE sliced dill hamburger krinkle cut	0.000	0.000	0.000	0.000	*N/A*	53.724	*N/A*	0.215	*N/A*	*N/A*
<b>Totals</b>		0.000	0.000	0.000	0.000	53.724	*N/A*	0.215	*N/A*	*N/A*
<b>% of Calories</b>			*N/A%*		*N/A%*					

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# Lawrence Public Schools USD 497

**990406 - Pico de Gallo**

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup serving

\*Nutrients are based upon 1 Portion Size (1/4 cup serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
	<b>Totals</b>	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	<b>% of Calories</b>			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
	<b>Totals</b>	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	<b>% of Calories</b>		*N/A%*		*N/A%*					

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# Lawrence Public Schools USD 497

## 990213 - PINEAPPLE TIDBIT in juice 1/2 cup

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900040 PINEAPPLE TIDBIT in juice	1 #10 CAN	125.21	71.842	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		125.00	71.842	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900040 PINEAPPLE TIDBIT in juice	0.000	16.421	1.026	1.026	*N/A*	0.000	0.000	0.411	0.000	0.000
<b>Totals</b>		0.000	16.421	1.026	1.026	*N/A*	0.000	0.411	0.000	0.000
<b>% of Calories</b>			91.428%		5.713%					

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# Lawrence Public Schools USD 497

## 990341 - Pineapple Tidbits

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900040	PINEAPPLE TIDBIT in juice	1 #10 CAN	62.61	35.921	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			63.00	35.921	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900040	PINEAPPLE TIDBIT in juice	0.000	8.211	0.513	0.513	*N/A*	0.000	0.000	0.205	0.000
<b>Totals</b>		0.000	8.211	0.513	0.513	*N/A*	0.000	0.000	0.205	0.000
<b>% of Calories</b>			91.428%		5.713%					

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# Lawrence Public Schools USD 497

## 990365 - Pink Lady Apples

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990394 Apple, Local Variety	4 (1/4 cup)	30.62	15.982	0.000	0.336	3.196	0.000	0.050	0.000
<b>Totals</b>		31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
<b>% of Calories</b>				0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990394 Apple, Local Variety	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	*N/A*	*N/A*
<b>Totals</b>		0.000	4.206	0.740	0.084	1.682	1.413	0.030	*N/A*	*N/A*
<b>% of Calories</b>			105.261%		2.102%					

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# Lawrence Public Schools USD 497

## 990225 - Pizza Bagel (Turkey Sausage)

Number of Portions: 96.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990469	Pizza Bagel	1 case (96 servings)	96.96	225.000	3.000	475.000	3.000	2.000	6.000	0.000
<b>Totals</b>			97.00	225.000	3.000	475.000	3.000	2.000	6.000	0.000
<b>% of Calories</b>					12.000%		5.333%	3.556%	24.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990469	Pizza Bagel	57.000	32.000	3.000	12.000	*N/A*	129.000	0.000	2.000	0.000	0.000
<b>Totals</b>		57.000	32.000	3.000	12.000	*N/A*	129.000	0.000	2.000	0.000	0.000
<b>% of Calories</b>			56.889%		21.333%						

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# Lawrence Public Schools USD 497

## 990426 - Pizza Bistro Box (ES)

Number of Portions: 4.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903206 Flatbread, WG 2023	4 (1 FLATBREAD)	56.70	164.610	0.915	301.785	1.829	*N/A*	4.572	0.000
990722 Cheese, Mozzarella, Low Moisture Part Skim, S	8 OZ	56.00	179.995	10.000	339.998	1.999	*N/A*	14.000	0.000
990626 Marinara Sauce, Cup, Red Gold	4 dipping cup	70.87	39.929	0.000	199.645	0.998	0.000	0.000	0.000
<b>Totals</b>		184.00	384.534	10.914	841.428	4.826	0.000	18.573	0.000
<b>% of Calories</b>				25.545%		5.020%	0.000%	43.469%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903206 Flatbread, WG 2023	0.000	25.606	2.744	5.487	*N/A*	27.435	0.000	1.372	*N/A*	*N/A*
990722 Cheese, Mozzarella, Low Moisture Part Skim, S	49.997	1.999	0.000	11.995	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990626 Marinara Sauce, Cup, Red Gold	0.000	6.988	1.996	0.998	*N/A*	18.966	*N/A*	0.000	*N/A*	*N/A*
<b>Totals</b>		49.997	34.593	4.740	18.480	*N/A*	*0.000*	*1.372*	*N/A*	*N/A*
<b>% of Calories</b>			35.984%		19.223%					

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# Lawrence Public Schools USD 497

## 990330 - Pizza Bistro Box (MS/HS)

Number of Portions: 4.000

Group Code: ENTREES

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903206 Flatbread, WG 2023	4 (1 FLATBREAD)	56.70	164.610	0.915	301.785	1.829	*N/A*	4.572	0.000
990722 Cheese, Mozzarella, Low Moisture Part Skim, S	8 OZ	56.00	179.995	10.000	339.998	1.999	*N/A*	14.000	0.000
900464 Green Bell Pepper	1/2 CUP	18.60	3.142	0.000	5.027	0.503	*N/A*	0.000	0.000
902971 Red Pepper, Fresh	1/2 cup	28.35	7.779	0.000	0.864	0.000	0.000	0.000	0.000
903101 Mushroom, White fresh	1/2 cup	28.35	6.750	0.000	0.000	0.000	*N/A*	0.000	0.000
903106 onion, red jumbo, fresh	1/2 cup	28.35	17.010	0.000	1.417	1.984	*N/A*	0.000	0.000
990626 Marinara Sauce, Cup, Red Gold	4 dipping cup	70.87	39.929	0.000	199.645	0.998	0.000	0.000	0.000
<b>Totals</b>		287.00	419.214	10.914	848.737	7.314	0.000	18.573	0.000
<b>% of Calories</b>				23.432%		6.979%	0.000%	39.873%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903206 Flatbread, WG 2023	0.000	25.606	2.744	5.487	*N/A*	27.435	0.000	1.372	*N/A*	*N/A*
990722 Cheese, Mozzarella, Low Moisture Part Skim, S	49.997	1.999	0.000	11.995	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
900464 Green Bell Pepper	0.000	0.754	0.251	0.126	*N/A*	2.514	14.327	0.090	*N/A*	*N/A*
902971 Red Pepper, Fresh	0.000	1.729	0.519	0.346	*N/A*	1.901	0.000	0.123	*N/A*	*N/A*
903101 Mushroom, White fresh	0.000	0.675	0.337	1.012	*N/A*	0.000	0.405	0.121	*N/A*	*N/A*
903106 onion, red jumbo, fresh	0.000	4.252	0.850	0.567	*N/A*	11.340	3.402	0.102	*N/A*	*N/A*
990626 Marinara Sauce, Cup, Red Gold	0.000	6.988	1.996	0.998	*N/A*	18.966	*N/A*	0.000	*N/A*	*N/A*
<b>Totals</b>		49.997	42.003	6.698	20.531	*62.156*	*18.134*	*1.809*	*N/A*	*N/A*
<b>% of Calories</b>			40.078%		19.590%					

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# Lawrence Public Schools USD 497

## 990353 - Pizza Hut Hand Tossed, Variety

Number of Portions: 32.000

Group Code: ENTREES

Size of Portion: 1 slice

\*Nutrients are based upon 1 Portion Size (1 slice)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990542	Cheese Pizza, Hand Tossed, Pizza Hut	8 Slice	31.47	79.919	1.748	157.340	0.749	0.000	2.997	0.000
990544	Italian Sausage Pizza, Hand Tossed, Pizza Hut	8 Slice	34.52	95.043	2.001	190.086	0.750	0.000	4.502	0.000
990543	Pepperoni Pizza, Hand Tossed, Pizza Hut	8 Slice	32.25	84.994	1.750	174.987	0.750	0.000	3.750	0.000
990545	Veggie Pizza, Hand Tossed, Pizza Hut	8 Slice	38.13	79.749	1.745	159.498	0.997	0.000	2.991	0.000
<b>Totals</b>			136.00	339.704	7.244	681.910	3.246	0.000	14.239	0.000
<b>% of Calories</b>					19.191%		3.822%	0.000%	37.725%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990542	Cheese Pizza, Hand Tossed, Pizza Hut	9.990	8.991	0.749	3.996	*N/A*	94.903	0.000	0.674	0.000	0.000
990544	Italian Sausage Pizza, Hand Tossed, Pizza Hut	11.255	9.004	0.750	4.252	*N/A*	80.036	0.000	0.750	0.000	0.000
990543	Pepperoni Pizza, Hand Tossed, Pizza Hut	11.249	8.749	0.750	4.000	*N/A*	71.245	0.000	0.700	0.000	0.000
990545	Veggie Pizza, Hand Tossed, Pizza Hut	9.969	9.221	0.997	3.987	*N/A*	80.497	0.000	0.673	0.000	0.000
<b>Totals</b>		42.463	35.965	3.246	16.235	*N/A*	326.681	0.000	2.797	0.000	0.000
<b>% of Calories</b>			42.349%		19.117%						

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# Lawrence Public Schools USD 497

## 990352 - Pizza Hut WG, Variety

Number of Portions: 32.000

Group Code: ENTREES

Size of Portion: 1 slice

\*Nutrients are based upon 1 Portion Size (1 slice)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990537	Pizza Cheese WG, Pizza Hut	8 Slice	30.26	75.032	1.751	145.063	0.500	0.000	3.251	0.000
990538	Pizza Pepperoni WG, Pizza Hut	8 Slice	31.18	82.327	1.746	159.664	0.499	0.000	3.992	0.000
990539	Pizza WG Italian Sausage, Pizza Hut	8 Slice	33.38	89.682	1.993	176.872	0.498	0.000	4.733	0.000
990540	Pizza WG Veggie, Pizza Hut	8 Slice	37.00	77.492	1.750	144.985	1.000	0.000	3.250	0.000
<b>Totals</b>			132.00	324.533	7.240	626.584	2.497	0.000	15.226	0.000
<b>% of Calories</b>					20.078%		3.078%	0.000%	42.225%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990537	Pizza Cheese WG, Pizza Hut	8.754	7.753	1.000	4.002	*N/A*	100.043	*N/A*	0.500	0.000	0.000
990538	Pizza Pepperoni WG, Pizza Hut	9.979	7.484	0.998	3.992	*N/A*	82.327	*N/A*	0.499	0.000	0.000
990539	Pizza WG Italian Sausage, Pizza Hut	11.210	7.723	0.996	4.484	*N/A*	84.699	0.000	0.498	0.000	0.000
990540	Pizza WG Veggie, Pizza Hut	8.749	7.999	1.250	4.250	*N/A*	89.991	0.000	0.500	0.000	0.000
<b>Totals</b>		38.692	30.959	4.245	16.727	*N/A*	357.060	*0.000*	1.997	0.000	0.000
<b>% of Calories</b>			38.159%		20.617%						

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# Lawrence Public Schools USD 497

## 1172 - Pizza Kit - SFSP

Number of Portions: 1.000

Group Code: Meat/Meat Alt

Size of Portion: pack

\*Nutrients are based upon 1 Portion Size (pack)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903206 Flatbread, WG 2023	1 (1 FLATBREAD)	56.70	164.610	0.915	301.785	1.829	*N/A*	4.572	0.000
900016 Cheese, string 1 oz 2023	2 string cheese stick	56.00	160.000	7.000	400.000	0.000	*N/A*	12.000	0.000
990626 Marinara Sauce, Cup, Red Gold	1 dipping cup	70.87	39.929	0.000	199.645	0.998	0.000	0.000	0.000
<b>Totals</b>		184.00	364.539	7.915	901.430	2.827	0.000	16.573	0.000
<b>% of Calories</b>				19.540%		3.102%	0.000%	40.915%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903206 Flatbread, WG 2023	0.000	25.606	2.744	5.487	*N/A*	27.435	0.000	1.372	*N/A*	*N/A*
900016 Cheese, string 1 oz 2023	30.000	0.000	0.000	12.000	*N/A*	400.000	0.000	0.000	0.000	0.000
990626 Marinara Sauce, Cup, Red Gold	0.000	6.988	1.996	0.998	*N/A*	18.966	*N/A*	0.000	*N/A*	*N/A*
<b>Totals</b>		30.000	32.594	4.740	18.485	446.401	*0.000*	1.372	*0.000*	*0.000*
<b>% of Calories</b>			35.764%		20.283%					

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# Lawrence Public Schools USD 497

## 990141 - Pizza, Dominos, Variety

Number of Portions: 24.000

Group Code: ENTREES

Size of Portion: Slice

\*Nutrients are based upon 1 Portion Size (Slice)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990413	Pizza, Dominos, Cheese	8 slice	44.98	79.967	1.166	153.269	1.000	0.333	2.666	0.000
990412	Pizza, Dominos, Pepperoni	8 slice	45.00	86.667	1.333	163.333	1.000	0.333	3.000	0.000
990414	Pizza, Dominos, Sausage	8 slice	46.67	96.667	1.667	176.667	1.000	0.333	4.667	0.000
<b>Totals</b>			137.00	263.300	4.166	493.269	3.000	1.000	10.332	0.000
<b>% of Calories</b>					14.241%		4.558%	1.519%	35.317%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990413	Pizza, Dominos, Cheese	4.998	9.329	1.000	6.997	*N/A*	179.925	0.000	0.666	*N/A*	*N/A*
990412	Pizza, Dominos, Pepperoni	6.667	9.333	1.000	6.667	*N/A*	159.667	0.000	0.667	*N/A*	*N/A*
990414	Pizza, Dominos, Sausage	6.667	9.333	1.000	6.333	*N/A*	138.667	0.000	0.667	*N/A*	*N/A*
<b>Totals</b>		18.331	27.996	3.000	19.997	*N/A*	478.258	0.000	2.000	*N/A*	*N/A*
<b>% of Calories</b>			42.531%		30.379%						

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# Lawrence Public Schools USD 497

## 990399 - Pizza, Sausage Homemade 16"

Number of Portions: 8.000

Group Code: Meat/Meat Alt

Size of Portion: 1 Slice

\*Nutrients are based upon 1 Portion Size (1 Slice)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	8 oz	28.35	91.123	4.050	222.746	0.000	0.000	6.075	0.000
990630	Sausage crumbles	1 LB	56.70	141.748	3.544	637.864	1.012	0.000	10.125	0.000
<b>Totals</b>			159.00	401.004	8.094	1195.674	3.942	0.000	19.700	0.000
<b>% of Calories</b>					18.165%		3.932%	0.000%	44.213%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903282	dough, pizza 16"	0.000	27.000	2.000	5.000	*N/A*	9.710	0.000	0.850	*N/A*	*N/A*
902179	Sauce, Pizza Tomato Midwest w/basil	0.000	1.627	0.465	0.465	*N/A*	0.000	0.837	0.251	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	20.250	2.025	1.012	6.075	0.000	192.372	0.000	0.000	0.000	0.000
990630	Sausage crumbles	20.250	4.050	2.025	9.112	*N/A*	30.374	0.000	1.114	0.000	0.000
<b>Totals</b>		40.499	34.702	5.502	20.652	*0.000*	232.456	0.837	2.215	*0.000*	*0.000*
<b>% of Calories</b>			34.615%		20.600%						

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# Lawrence Public Schools USD 497

## 644 - Pizza,3 Cheese HS Homemade 16"

Number of Portions: 8.000

Size of Portion: 1 slice

\*Nutrients are based upon 1 Portion Size (1 slice)

Source: USD 497

Group Code: Meat/Meat Alt

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	10 oz	35.44	113.904	5.062	278.433	0.000	7.594	0.000	0.000
903113	Cheese, cheddar mild sliced	3 oz	10.63	40.499	2.025	68.343	*N/A*	*N/A*	3.544	0.000
903112	Cheese pepper jack sliced	3 oz	10.63	40.499	2.025	63.280	0.000	0.000	3.037	0.000
<b>Totals</b>			131.00	363.036	9.612	745.120	*2.929*	*0.000*	17.675	0.000
<b>% of Calories</b>					23.830%		*3.227%*	*0.000%*	43.817%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903282	0.000	27.000	2.000	5.000	*N/A*	9.710	0.000	0.850	*N/A*	*N/A*
902179	0.000	1.627	0.465	0.465	*N/A*	0.000	0.837	0.251	0.000	0.000
990681	25.312	2.531	1.266	7.594	0.000	240.465	0.000	0.000	0.000	0.000
903113	10.125	0.000	0.000	2.531	*N/A*	75.936	0.000	0.000	*N/A*	*N/A*
903112	10.125	0.000	0.000	2.531	*N/A*	79.480	0.000	0.000	0.000	0.000
<b>Totals</b>		45.562	31.158	3.730	18.121	*0.000*	405.591	0.837	1.101	*0.000*
<b>% of Calories</b>			34.330%		19.966%					

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# Lawrence Public Schools USD 497

## 61 - PIZZA,ASSORT TONY'S SMART

Number of Portions: 96.000

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Source: USD 497  
Group Code: PIZZA

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900026 Pizza, Pepperoni (Pork) Tony's 4x6 WG	48 EACH	63.50	140.006	1.750	320.015	1.000	*N/A*	5.500	0.000
900028 PIZZA, CHEESE TONY'S SMART	48 EACH	63.79	139.533	2.492	214.282	0.997	*N/A*	5.482	0.000
<b>Totals</b>		127.00	279.539	4.242	534.297	1.997	*N/A*	10.982	0.000
<b>% of Calories</b>				13.657%		2.858%	*N/A%*	35.357%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900026 Pizza, Pepperoni (Pork) Tony's 4x6 WG	7.500	16.501	2.000	7.500	*N/A*	120.005	0.000	1.350	0.000	0.000
900028 PIZZA, CHEESE TONY'S SMART	12.458	15.947	1.993	7.973	*N/A*	129.566	0.000	1.096	0.000	0.000
<b>Totals</b>		19.959	32.447	3.993	15.474	249.572	0.000	2.446	0.000	0.000
<b>% of Calories</b>			46.430%		22.142%					

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# Lawrence Public Schools USD 497

## 893 - Pizza, Buffalo Chicken HS 16"

Number of Portions: 8.000

Source: USD 497

Group Code: ENTREES

Size of Portion: 1 slice

\*Nutrients are based upon 1 Portion Size (1 slice)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
900605	Ranch Dressing Kraft Light Done Right	3/4 cup	21.26	42.524	0.354	226.796	0.709	0.000	2.835	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	10 OZ	35.44	112.502	5.625	187.503	0.000	*N/A*	8.750	0.000
902981	Tomato Sauce	2 oz	7.09	2.324	0.000	32.532	0.232	*N/A*	0.000	0.000
903241	hot sauce	1 oz	3.54	0.000	0.000	140.533	0.000	*N/A*	0.000	0.000
990731	Chicken, Fajita Seasoned Strips, Cooked, Froz	10 oz	35.44	45.033	0.737	223.695	0.737	*N/A*	1.474	0.000
901575	ONIONS,RED,RAW	1/2 CUP, chopped	10.00	4.000	0.004	0.400	*N/A*	*N/A*	0.010	0.000
<b>Totals</b>			173.00	366.383	7.221	1081.459	*3.678*	*0.000*	16.569	0.000
<b>% of Calories</b>					17.738%		*4.015%*	*0.000%*	40.702%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903282	0.000	27.000	2.000	5.000	*N/A*	9.710	0.000	0.850	*N/A*	*N/A*
900605	7.087	4.961	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900870	18.750	0.000	0.000	7.500	*N/A*	250.004	0.000	0.000	0.000	0.000
902981	0.000	0.581	0.116	0.000	*N/A*	0.000	0.279	0.084	*N/A*	*N/A*
903241	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990731	27.315	0.737	0.000	6.644	*N/A*	0.000	0.000	0.131	*N/A*	*N/A*
901575	0.000	0.934	0.170	0.110	*N/A*	2.300	0.740	0.021	8.911	0.035
<b>Totals</b>		53.152	34.213	2.286	19.255	*N/A*	262.014	1.019	*8.911*	*0.035*
<b>% of Calories</b>			37.352%		21.022%					

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

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<sup>1</sup> - denotes required nutrient values

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# Lawrence Public Schools USD 497

**638 - Pizza,Cheese HS Homemade 16"**

Number of Portions: 8.000

Size of Portion: 1 slice

\*Nutrients are based upon 1 Portion Size (1 slice)

Source: USD 497  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	16 oz	56.70	182.247	8.100	445.492	0.000	0.000	12.150	0.000
<b>Totals</b>			131.00	350.380	8.600	780.557	2.929	0.000	15.650	0.000
<b>% of Calories</b>					22.090%		3.344%		40.199%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903282	0.000	27.000	2.000	5.000	*N/A*	9.710	0.000	0.850	*N/A*	*N/A*
902179	0.000	1.627	0.465	0.465	*N/A*	0.000	0.837	0.251	0.000	0.000
990681	40.499	4.050	2.025	12.150	0.000	384.743	0.000	0.000	0.000	0.000
<b>Totals</b>		40.499	32.677	4.490	17.615	*0.000*	394.453	0.837	1.101	*0.000*
<b>% of Calories</b>			37.304%		20.110%					

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# Lawrence Public Schools USD 497

## 891 - Pizza, Garlic Chicken-HS 16"

Number of Portions: 8.000

Source: USD 497

Group Code: ENTREES

Size of Portion: 1 slice

\*Nutrients are based upon 1 Portion Size (1 slice)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903282 dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
R-892 Alfredo pizza sauce	1 (3 oz)	12.07	45.518	1.137	386.175	*0.000*	*N/A*	1.707	*0.000*
903107 spinach flat leaf	1 cup	6.25	0.037	0.000	0.184	0.000	*N/A*	0.000	0.000
990731 Chicken, Fajita Seasoned Strips, Cooked, Froz	3 1/4 oz	11.52	14.636	0.240	72.701	0.240	*N/A*	0.479	0.000
900870 CHEESE,MOZZARELLA,PIZZA CHEESE	12 OZ	42.53	135.002	6.750	225.004	0.000	*N/A*	10.500	0.000
<b>Totals</b>		133.00	355.193	8.626	954.064	*2.240*	*N/A*	16.186	*0.000*
<b>% of Calories</b>				21.857%		*2.523%*	*N/A%*	41.012%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903282 dough, pizza 16"	0.000	27.000	2.000	5.000	*N/A*	9.710	0.000	0.850	*N/A*	*N/A*	
R-892 Alfredo pizza sauce	0.000	7.083	0.012	1.139	*N/A*	45.875	0.014	0.012	*0.002*	*0.002*	
903107 spinach flat leaf	0.000	0.007	0.000	0.000	*N/A*	0.294	0.066	0.005	*N/A*	*N/A*	
990731 Chicken, Fajita Seasoned Strips, Cooked, Froz	8.877	0.240	0.000	2.159	*N/A*	0.000	0.000	0.043	*N/A*	*N/A*	
900870 CHEESE,MOZZARELLA,PIZZA CHEESE	22.500	0.000	0.000	9.000	*N/A*	300.005	0.000	0.000	0.000	0.000	
<b>Totals</b>		31.378	34.330	2.012	17.298	*N/A*	355.884	0.080	0.910	*0.002*	*N/A*
<b>% of Calories</b>			38.660%		19.480%						

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# Lawrence Public Schools USD 497

## 643 - Pizza,Ham&CheeseHS Homemade 16

Number of Portions: 8.000

Size of Portion: 1 slice

\*Nutrients are based upon 1 Portion Size (1 slice)

Source: USD 497

Group Code: Meat/Meat Alt

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	4 oz	14.17	45.562	2.025	111.373	0.000	0.000	3.037	0.000
990564	Cheese Cheddar Jack Fancy Shredded	4 oz	14.17	55.687	2.531	86.061	3.037	0.000	4.556	0.000
900431	Ham, sliced, smoked	10 oz	35.44	37.500	0.625	387.500	1.250	*N/A*	1.250	0.000
901575	ONIONS,RED,RAW	7/8 oz	2.83	1.134	0.001	0.113	*N/A*	*N/A*	0.003	0.000
<b>Totals</b>			141.00	308.015	5.682	920.112	*7.217*	*0.000*	12.347	0.000
<b>% of Calories</b>					16.604%		*9.372%*		36.076%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903282	0.000	27.000	2.000	5.000	*N/A*	9.710	0.000	0.850	*N/A*	*N/A*	
902179	0.000	1.627	0.465	0.465	*N/A*	0.000	0.837	0.251	0.000	0.000	
990681	10.125	1.012	0.506	3.037	0.000	96.186	0.000	0.000	0.000	0.000	
990564	12.656	0.506	0.000	3.037	*N/A*	100.236	0.000	0.051	0.000	0.000	
900431	18.750	1.250	0.000	5.625	*N/A*	0.000	0.000	0.250	*N/A*	*N/A*	
901575	0.000	0.265	0.048	0.031	*N/A*	0.652	0.210	0.006	2.526	0.010	
<b>Totals</b>		41.531	31.660	3.019	17.196	*0.000*	206.784	1.046	1.408	*2.526*	*0.010*
<b>% of Calories</b>			41.115%		22.331%						

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# Lawrence Public Schools USD 497

## 640 - Pizza,Hawaiian HS Homemade 16"

Number of Portions: 8.000

Source: USD 497

Group Code: ENTREES

Size of Portion: 1 slice

\*Nutrients are based upon 1 Portion Size (1 slice)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	8 oz	28.35	91.123	4.050	222.746	0.000	0.000	6.075	0.000
900431	Ham, sliced, smoked	10 oz	35.44	37.500	0.625	387.500	1.250	*N/A*	1.250	0.000
900040	PINEAPPLE TIDBIT in juice	4 oz	14.17	8.133	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			152.00	304.889	5.175	945.310	4.179	0.000	10.825	0.000
<b>% of Calories</b>					15.276%		5.483%	0.000%	31.954%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903282	0.000	27.000	2.000	5.000	*N/A*	9.710	0.000	0.850	*N/A*	*N/A*
902179	0.000	1.627	0.465	0.465	*N/A*	0.000	0.837	0.251	0.000	0.000
990681	20.250	2.025	1.012	6.075	0.000	192.372	0.000	0.000	0.000	0.000
900431	18.750	1.250	0.000	5.625	*N/A*	0.000	0.000	0.250	*N/A*	*N/A*
900040	0.000	1.859	0.116	0.116	*N/A*	0.000	0.000	0.046	0.000	0.000
<b>Totals</b>		39.000	33.761	3.593	17.281	*0.000*	202.082	0.837	1.397	*0.000*
<b>% of Calories</b>			44.292%		22.672%					

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# Lawrence Public Schools USD 497

## 642 - Pizza,HS Homemade Assorted 16"

Number of Portions: 240.000

Source: USD 497

Group Code: ENTREES

Size of Portion: slices

\*Nutrients are based upon 1 Portion Size (slices)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-638 Pizza,Cheese HS Homemade 16"	40 (1 slice)	21.85	58.397	1.433	130.093	0.488	0.000	2.608	0.000
R-640 Pizza,Hawaiian HS Homemade 16"	40 (1 slice)	25.40	50.815	0.862	157.552	0.697	0.000	1.804	0.000
R-639 Pizza,Pepperoni HS Homemade 16	40 (1 slice)	25.40	74.934	2.024	190.336	*0.488*	*0.000*	4.144	0.000
R-641 Pizza,Veggie HS Homemade 16"	40 (1 slice)	26.47	60.901	1.434	143.179	*0.530*	*0.000*	2.785	0.000
R-643 Pizza,Ham&CheeseHS Homemade 16	20 (1 slice)	11.75	25.668	0.474	76.676	*0.601*	*0.000*	1.029	0.000
R-644 Pizza,3 Cheese HS Homemade 16"	20 (1 slice)	10.93	30.253	0.801	62.093	*0.244*	*0.000*	1.473	0.000
R-645 Pizza,SupremeHS Homemade 16"	20 (1 slice)	12.52	28.790	0.646	74.708	*0.318*	*0.016*	1.234	0.000
R-646 Pizza,Ham/Cheese/Apple HS 16"	20 (1 slice)	11.22	27.574	0.668	64.162	*0.296*	*N/A*	1.321	0.000
<b>Totals</b>		146.00	357.331	8.342	898.798	*3.663*	*0.016*	16.398	0.000
<b>% of Calories</b>				21.010%		*4.100%*	*0.018%*	41.302%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-638 Pizza,Cheese HS Homemade 16"	6.750	5.446	0.748	2.936	*0.000*	65.742	0.140	0.184	*0.000*	*0.000*	
R-640 Pizza,Hawaiian HS Homemade 16"	6.500	5.627	0.599	2.880	*0.000*	33.680	0.140	0.233	*0.000*	*0.000*	
R-639 Pizza,Pepperoni HS Homemade 16	10.294	5.446	0.748	3.645	*0.000*	65.742	0.140	0.269	*0.000*	*0.000*	
R-641 Pizza,Veggie HS Homemade 16"	6.750	5.840	0.798	2.965	*0.000*	68.085	1.458	0.258	*1.485*	*0.006*	
R-643 Pizza,Ham&CheeseHS Homemade 16	3.461	2.638	0.252	1.433	*0.000*	17.232	0.087	0.117	*0.211*	*0.001*	
R-644 Pizza,3 Cheese HS Homemade 16"	3.797	2.596	0.311	1.510	*0.000*	33.799	0.070	0.092	*0.000*	*0.000*	
R-645 Pizza,SupremeHS Homemade 16"	3.982	2.659	0.300	1.583	*0.000*	25.758	0.273	0.111	*0.211*	*0.001*	
R-646 Pizza,Ham/Cheese/Apple HS 16"	3.156	2.438	0.205	1.471	*N/A*	25.914	0.070	0.102	*0.000*	*0.000*	
<b>Totals</b>		44.689	32.690	3.961	18.422	*0.000*	335.952	2.376	1.365	*1.906*	*0.007*
<b>% of Calories</b>			36.594%		20.622%						

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# Lawrence Public Schools USD 497

## 639 - Pizza,Pepperoni HS Homemade 16

Number of Portions: 8.000

Size of Portion: 1 slice

\*Nutrients are based upon 1 Portion Size (1 slice)

Source: USD 497  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
902181	Pepperoni, Sliced 14-16 ct	6 oz	21.26	99.223	3.544	361.456	*N/A*	*N/A*	9.214	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	16 oz	56.70	182.247	8.100	445.492	0.000	0.000	12.150	0.000
<b>Totals</b>			152.00	449.603	12.144	1142.013	*2.929*	*0.000*	24.863	0.000
<b>% of Calories</b>					24.308%		*2.606%*	*0.000%*	49.771%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903282	0.000	27.000	2.000	5.000	*N/A*	9.710	0.000	0.850	*N/A*	*N/A*	
902179	0.000	1.627	0.465	0.465	*N/A*	0.000	0.837	0.251	0.000	0.000	
902181	21.262	0.000	0.000	4.252	*N/A*	0.000	0.000	0.510	*N/A*	*N/A*	
990681	40.499	4.050	2.025	12.150	0.000	384.743	0.000	0.000	0.000	0.000	
<b>Totals</b>		61.761	32.677	4.490	21.867	*0.000*	394.453	0.837	1.611	*0.000*	*0.000*
<b>% of Calories</b>			29.071%		19.454%						

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# Lawrence Public Schools USD 497

## 645 - Pizza,SupremeHS Homemade 16"

Number of Portions: 8.000

Size of Portion: 1 slice

\*Nutrients are based upon 1 Portion Size (1 slice)

Source: USD 497

Group Code: Meat/Meat Alt

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	8 oz	28.35	91.123	4.050	222.746	0.000	0.000	6.075	0.000
903112	Cheese pepper jack sliced	4 oz	14.17	53.999	2.700	84.374	0.000	0.000	4.050	0.000
900431	Ham, sliced, smoked	5 oz	17.72	18.750	0.313	193.750	0.625	*N/A*	0.625	0.000
990682	Turkey Pepperoni Sliced	2 oz	7.09	11.191	0.187	59.683	0.187	0.187	0.560	0.000
901575	ONIONS,RED,RAW	7/8 oz	2.83	1.134	0.001	0.113	*N/A*	*N/A*	0.003	0.000
900464	Green Bell Pepper	7/8 oz	2.83	0.479	0.000	0.766	0.077	*N/A*	0.000	0.000
903101	Mushroom, White fresh	7/8 oz	2.83	0.675	0.000	0.000	0.000	*N/A*	0.000	0.000
<b>Totals</b>			150.00	345.484	7.750	896.497	*3.818*	*0.187*	14.812	0.000
<b>% of Calories</b>					20.189%		*4.420%*	*0.217%*	38.586%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903282	0.000	27.000	2.000	5.000	*N/A*	9.710	0.000	0.850	*N/A*	*N/A*	
902179	0.000	1.627	0.465	0.465	*N/A*	0.000	0.837	0.251	0.000	0.000	
990681	20.250	2.025	1.012	6.075	0.000	192.372	0.000	0.000	0.000	0.000	
903112	13.500	0.000	0.000	3.375	*N/A*	105.973	0.000	0.000	0.000	0.000	
900431	9.375	0.625	0.000	2.813	*N/A*	0.000	0.000	0.125	*N/A*	*N/A*	
990682	4.663	0.187	0.000	1.119	0.000	0.000	0.000	0.075	0.000	0.000	
901575	0.000	0.265	0.048	0.031	*N/A*	0.652	0.210	0.006	2.526	0.010	
900464	0.000	0.115	0.038	0.019	*N/A*	0.383	2.184	0.014	*N/A*	*N/A*	
903101	0.000	0.067	0.034	0.101	*N/A*	0.000	0.040	0.012	*N/A*	*N/A*	
<b>Totals</b>		47.787	31.910	3.597	18.998	*0.000*	309.090	3.271	1.332	*2.526*	*0.010*
<b>% of Calories</b>			36.946%		21.996%						

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# Lawrence Public Schools USD 497

## 641 - Pizza,Veggie HS Homemade 16"

Number of Portions: 8.000

Size of Portion: 1 slice

\*Nutrients are based upon 1 Portion Size (1 slice)

Source: USD 497  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
901575	ONIONS,RED,RAW	1/2 CUP, chopped	10.00	4.000	0.004	0.400	*N/A*	*N/A*	0.010	0.000
902180	Olive, Ripe Premium Sliced	1/2 cup	8.40	9.450	0.000	75.600	*N/A*	*N/A*	1.050	0.000
900464	Green Bell Pepper	1/2 CUP, chopped	9.31	1.573	0.000	2.517	0.252	*N/A*	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	16 oz	56.70	182.247	8.100	445.492	0.000	0.000	12.150	0.000
<b>Totals</b>			159.00	365.403	8.604	859.073	*3.181*	*0.000*	16.710	0.000
<b>% of Calories</b>					21.192%		*3.482%*	*0.000%*	41.157%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903282	0.000	27.000	2.000	5.000	*N/A*	9.710	0.000	0.850	*N/A*	*N/A*	
902179	0.000	1.627	0.465	0.465	*N/A*	0.000	0.837	0.251	0.000	0.000	
901575	0.000	0.934	0.170	0.110	*N/A*	2.300	0.740	0.021	8.911	0.035	
902180	0.000	1.050	0.000	0.000	*N/A*	10.500	0.000	0.378	*N/A*	*N/A*	
900464	0.000	0.378	0.126	0.063	*N/A*	1.258	7.173	0.045	*N/A*	*N/A*	
990681	40.499	4.050	2.025	12.150	0.000	384.743	0.000	0.000	0.000	0.000	
<b>Totals</b>		40.499	35.038	4.786	17.787	*0.000*	408.512	8.750	1.545	*8.911*	*0.035*
<b>% of Calories</b>			38.356%		19.471%						

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# Lawrence Public Schools USD 497

## 990441 - Potato

Number of Portions: 120.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup serving

\*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990662 Potato	1 case (120 ct)	189.00	140.470	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		189.00	140.470	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990662 Potato	0.000	33.202	2.554	3.831	*N/A*	25.540	0.000	1.405	0.000	0.000
<b>Totals</b>		0.000	33.202	2.554	3.831	25.540	0.000	1.405	0.000	0.000
<b>% of Calories</b>			94.546%		10.909%					

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# Lawrence Public Schools USD 497

## 1114 - Potato Assorted

Number of Portions: 5.000

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: USD497

Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903325	Potato, Hash Brown	2 each	25.51	52.000	0.800	100.000	0.400	*N/A*	3.200	0.000
903281	CRINKLE CUT FRY	2 1/2 oz	14.29	22.675	0.119	41.150	0.036	*N/A*	0.747	0.000
903300	tator tots	2 1/2 oz	14.29	22.652	0.174	62.728	0.000	*N/A*	1.220	0.000
903346	Potato, Smiles	1 (1/2 cup (4 smiles))	13.66	25.721	0.161	36.974	0.000	*N/A*	0.965	0.000
902189	Sweet Potato Fry, Crink Cut	1 (1/2 cup serving)	17.97	33.833	0.211	50.749	0.211	*N/A*	1.269	0.000
<b>Totals</b>			86.00	156.881	1.465	291.602	0.647	*N/A*	7.400	0.000
<b>% of Calories</b>					8.404%		1.650%	*N/A%*	42.454%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903325	Potato, Hash Brown	0.000	5.600	1.200	0.400	*N/A*	3.200	*N/A*	0.144	*N/A*	*N/A*
903281	CRINKLE CUT FRY	0.000	3.658	0.000	0.330	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
903300	tator tots	0.000	2.788	0.174	0.174	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
903346	Potato, Smiles	0.000	4.019	0.322	0.322	*N/A*	0.000	0.000	0.058	*N/A*	*N/A*
902189	Sweet Potato Fry, Crink Cut	0.000	5.075	0.211	0.211	*N/A*	4.229	0.000	0.076	0.000	0.000
<b>Totals</b>		0.000	21.140	1.907	1.437	*N/A*	7.429	*0.000*	0.278	*0.000*	*0.000*
<b>% of Calories</b>			53.900%		3.664%						

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# Lawrence Public Schools USD 497

## 990174 - Potato, Crinkle Cut Fries

Number of Portions: 27.000

Group Code: VEGETABLES

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990454	Potato, Crinkle Cut Fries	5 LB	84.00	118.586	0.494	34.588	0.000	0.000	4.447	0.000
		<b>Totals</b>	84.00	118.586	0.494	34.588	0.000	0.000	4.447	0.000
		<b>% of Calories</b>			3.750%		0.000%		33.750%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990454	Potato, Crinkle Cut Fries	0.000	19.764	0.988	0.988	*N/A*	9.882	0.000	0.296	0.000	0.000
		<b>Totals</b>	0.000	19.764	0.988	0.988	*N/A*	9.882	0.000	0.296	0.000
		<b>% of Calories</b>		66.667%		3.333%					

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# Lawrence Public Schools USD 497

## 990175 - Potato, Hash Brown Rounds

Number of Portions: 189.000

Group Code: VEGETABLES

Size of Portion: serving (2 per)

\*Nutrients are based upon 1 Portion Size (serving (2 per))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990455 Potato, Hash Brown Rounds	30 LB	72.00	89.998	0.000	189.997	0.000	0.000	2.500	0.000
<b>Totals</b>		72.00	89.998	0.000	189.997	0.000	0.000	2.500	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	25.001%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990455 Potato, Hash Brown Rounds	0.000	15.000	2.000	1.000	*N/A*	10.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	15.000	2.000	1.000	*N/A*	0.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			66.667%		4.445%					

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# Lawrence Public Schools USD 497

## 990176 - Potato, Seasoned Spirals

Number of Portions: 177.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990456	Potato, Seasoned Spirals	1 case	61.50	100.826	0.000	191.570	0.000	0.000	3.025	0.000
		<b>Totals</b>	62.00	100.826	0.000	191.570	0.000	0.000	3.025	0.000
		<b>% of Calories</b>			0.000%		0.000%	0.000%	27.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)		
990456	Potato, Seasoned Spirals	1.512	17.140	1.008	1.008	*N/A*	10.083	0.000	0.302	*N/A*	*N/A*	
		<b>Totals</b>	1.512	17.141	1.008	1.008	*N/A*	10.083	0.000	0.302	*N/A*	*N/A*
		<b>% of Calories</b>		68.000%		3.999%						

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# Lawrence Public Schools USD 497

## 1300 - Potato, Smiles 1/2 cup

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903346	Potato, Smiles	1 (1/2 cup (4 smiles))	68.32	128.607	0.804	184.872	0.000	4.823	0.000
		<b>Totals</b>	68.00	128.607	0.804	184.872	0.000	4.823	0.000
		<b>% of Calories</b>			5.625%	0.000%	*N/A*	33.750%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903346	Potato, Smiles	0.000	20.095	1.608	1.608	*N/A*	0.000	0.000	0.289	*N/A*
		<b>Totals</b>	0.000	20.095	1.608	1.608	*N/A*	0.000	0.289	*N/A*
		<b>% of Calories</b>		62.500%		5.001%				

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# Lawrence Public Schools USD 497

## 990240 - Potato, Smiles 1/2 cup

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 c (4 each)

\*Nutrients are based upon 1 Portion Size (1/2 c (4 each))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903346 Potato, Smiles	1 (1/2 cup (4 smiles))	68.32	128.607	0.804	184.872	0.000	*N/A*	4.823	0.000
<b>Totals</b>		68.00	128.607	0.804	184.872	0.000	*N/A*	4.823	0.000
<b>% of Calories</b>				5.625%		0.000%	*N/A%*	33.750%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903346 Potato, Smiles	0.000	20.095	1.608	1.608	*N/A*	0.000	0.000	0.289	*N/A*	*N/A*
<b>Totals</b>		0.000	20.095	1.608	1.608	*N/A*	0.000	0.289	*N/A*	*N/A*
<b>% of Calories</b>			62.500%		5.001%					

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# Lawrence Public Schools USD 497

## 990138 - Potato, Stuffed Hashbrown (Early Riser)

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990401 Potato, Stuffed Hashbrown (Early Riser)	1 each	85.05	230.131	4.002	450.257	2.001	1.001	11.006	0.000
<b>Totals</b>		85.00	230.131	4.002	450.257	2.001	1.001	11.006	0.000
<b>% of Calories</b>				15.652%		3.478%	1.740%	43.044%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990401 Potato, Stuffed Hashbrown (Early Riser)	70.040	24.014	3.002	8.005	*N/A*	110.063	*N/A*	1.301	*N/A*	*N/A*
<b>Totals</b>		70.040	24.014	3.002	8.005	110.063	*N/A*	1.301	*N/A*	*N/A*
<b>% of Calories</b>			41.739%		13.914%					

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# Lawrence Public Schools USD 497

## 1005 - PreK Chicken Nuggets

Number of Portions: 100.000

Group Code: Meat/Meat Alt

Size of Portion: 5 nuggets

\*Nutrients are based upon 1 Portion Size (5 nuggets)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903271	Chicken Nugget WG	100 (5 nuggets)	97.50	230.100	2.555	413.400	1.053	0.917	12.139	0.156
<b>Totals</b>			98.00	230.100	2.555	413.400	1.053	0.916	12.139	0.156
<b>% of Calories</b>				9.992%		1.831%	1.592%	47.479%	0.610%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903271	Chicken Nugget WG	40.394	13.036	1.901	17.423	*N/A*	22.328	0.000	1.697	*N/A*
<b>Totals</b>		40.394	13.036	1.901	17.423	*N/A*	22.328	0.000	1.696	*N/A*
<b>% of Calories</b>			22.661%		30.288%					

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# Lawrence Public Schools USD 497

## 945 - PreK Milk, Assorted

Number of Portions: 80.000

Size of Portion: Each

\*Nutrients are based upon 1 Portion Size (Each)

Source: USD 497  
Group Code: MILK

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902949 Milk 1% Lowfat	40 (1/2 pint container)	113.40	50.000	0.750	60.000	5.500	*N/A*	1.250	0.000
900491 Milk-Skim White 1/2 PT	40 carton, 1/2 pint	113.40	40.000	0.000	60.000	5.500	*N/A*	0.000	0.000
<b>Totals</b>		227.00	90.000	0.750	120.000	11.000	*N/A*	1.250	0.000
<b>% of Calories</b>				7.500%		48.889%	*N/A%*	12.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902949 Milk 1% Lowfat	7.500	5.500	0.000	4.000	*N/A*	150.000	0.600	0.000	*N/A*	*N/A*
900491 Milk-Skim White 1/2 PT	2.500	5.500	0.000	4.000	*N/A*	150.000	0.600	0.000	45.040	0.370
<b>Totals</b>		10.000	11.000	0.000	8.000	300.000	1.200	0.000	*45.040*	*0.370*
<b>% of Calories</b>			48.889%		35.556%					

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# Lawrence Public Schools USD 497

## 990483 - Pretzel Dog, WG Beef

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990706 Pretzel Dog, WG Beef	1 case	117.93	344.409	6.262	490.522	6.262	6.262	18.786	0.000
<b>Totals</b>		118.00	344.409	6.262	490.522	6.262	6.262	18.786	0.000
<b>% of Calories</b>				16.364%		7.273%	7.273%	49.091%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990706 Pretzel Dog, WG Beef	36.528	34.441	2.087	11.480	0.000	20.873	0.000	2.609	0.000	0.000
<b>Totals</b>		36.528	34.441	2.087	11.480	0.000	20.873	0.000	2.609	0.000
<b>% of Calories</b>			40.000%		13.333%					

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# Lawrence Public Schools USD 497

## 1282 - Pretzel, Soft, WG w/ Cheese

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903345 Pretzel, Soft, WG 2.2 oz	1 each	62.37	140.833	0.000	150.893	0.000	*N/A*	0.503	0.000
903334 cheese, cheddar, cup	1 each	85.05	190.108	6.003	570.325	0.000	*N/A*	10.006	0.000
<b>Totals</b>		147.00	330.941	6.004	721.217	0.000	*N/A*	10.509	0.000
<b>% of Calories</b>				16.327%		0.000%	*N/A%*	28.579%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903345 Pretzel, Soft, WG 2.2 oz	0.000	30.179	3.018	5.030	*N/A*	20.119	0.000	1.811	*N/A*	*N/A*
903334 cheese, cheddar, cup	30.017	14.008	0.000	10.006	*N/A*	250.143	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		30.017	44.187	3.018	15.036	270.262	0.000	1.811	*N/A*	*N/A*
<b>% of Calories</b>			53.407%		18.174%					

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# Lawrence Public Schools USD 497

## 990227 - Pretzels

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: package

\*Nutrients are based upon 1 Portion Size (package)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990408	Cracker, Pretzel, Goldfish, WG, Ind	1 bag	21.00	90.000	0.000	200.000	0.000	0.000	1.500	0.000
		<b>Totals</b>	21.00	90.000	0.000	200.000	0.000	0.000	1.500	0.000
		<b>% of Calories</b>			0.000%		0.000%	15.000%		0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990408	0.000	16.000	1.000	2.000	*N/A*	10.000	0.000	0.700	*N/A*	*N/A*	
		<b>Totals</b>	0.000	16.000	1.000	2.000	*N/A*	10.000	0.000	0.700	*N/A*
		<b>% of Calories</b>		71.111%		8.889%					

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## 990356 - Protein Bistro Box (ES)

Number of Portions: 4.000

Group Code: ENTREES

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990419	Cracker Ritz Original Bulk	4 (1.5 oz eq (11 crackers))	36.14	180.700	2.259	293.638	2.259	0.000	10.164	0.000
990562	Peanut Butter, Creamy, Cup	4 each	21.26	121.498	1.519	96.186	1.012	0.000	10.125	0.000
990420	Cheese Cheddar Cubes	4 (serving - 6 cubes)	42.52	170.097	8.505	283.495	0.000	0.000	14.175	0.000
<b>Totals</b>			100.00	472.295	12.282	673.319	3.271	0.000	34.464	0.000
<b>% of Calories</b>					23.405%		2.770%	0.000%	65.674%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990419	Cracker Ritz Original Bulk	0.000	22.588	0.000	0.000	*N/A*	45.175	0.000	1.129	*N/A*
990562	Peanut Butter, Creamy, Cup	0.000	6.075	2.025	5.062	*N/A*	10.125	0.000	0.304	0.000
990420	Cheese Cheddar Cubes	42.524	0.000	0.000	9.922	*N/A*	301.923	0.000	0.000	*N/A*
<b>Totals</b>		42.524	28.662	2.025	14.985	*N/A*	357.222	0.000	1.433	*0.000*
<b>% of Calories</b>			24.275%		12.691%					

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# Lawrence Public Schools USD 497

## 990331 - Protein Bistro Box (MS/HS)

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990419	Cracker Ritz Original Bulk	1 (2 oz eq(17 crackers))	46.20	231.000	2.888	375.375	2.888	0.000	12.994	0.000
990562	Peanut Butter, Creamy, Cup	1 each	21.26	121.498	1.519	96.186	1.012	0.000	10.125	0.000
990420	Cheese Cheddar Cubes	1 (serving - 6 cubes)	42.52	170.097	8.505	283.495	0.000	0.000	14.175	0.000
R-990379	Fruit Bar or Fruit Crunchable	1 each	17.20	58.000	0.000	16.000	10.200	0.000	0.000	0.000
<b>Totals</b>			127.00	580.595	12.911	771.056	14.100	0.000	37.293	0.000
<b>% of Calories</b>					20.014%		9.714%	0.000%	57.810%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990419	Cracker Ritz Original Bulk	0.000	28.875	0.000	0.000	*N/A*	57.750	0.000	1.444	*N/A*	*N/A*
990562	Peanut Butter, Creamy, Cup	0.000	6.075	2.025	5.062	*N/A*	10.125	0.000	0.304	0.000	0.000
990420	Cheese Cheddar Cubes	42.524	0.000	0.000	9.922	*N/A*	301.923	0.000	0.000	*N/A*	*N/A*
R-990379	Fruit Bar or Fruit Crunchable	0.000	13.200	1.400	0.200	*N/A*	4.000	0.000	0.160	0.000	0.000
<b>Totals</b>		42.524	48.150	3.425	15.185	*N/A*	373.797	0.000	1.907	*0.000*	*0.000*
<b>% of Calories</b>			33.173%		10.462%						

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# Lawrence Public Schools USD 497

## 990321 - Pulled Chicken w/ Baked Beans

Number of Portions: 65.000

Group Code: ENTREES

Size of Portion: Each

\*Nutrients are based upon 1 Portion Size (Each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990552	Smoked Pulled Chicken	1 case	69.78	124.613	2.492	336.456	0.000	0.000	8.723	0.000
990489	Sauce BBQ Smokey	4 cup	13.96	11.631	0.000	120.958	1.861	1.861	0.698	0.000
903155	Bun, Hamburger	65 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
R-213	Baked Beans HHFKA	65 (1/4 cup)	73.71	81.778	0.000	269.190	6.734	1.361	0.510	0.000
<b>Totals</b>			214.00	348.021	2.492	976.603	11.595	3.222	11.431	0.000
<b>% of Calories</b>					6.445%		13.327%	3.703%	29.561%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990552	Smoked Pulled Chicken	74.768	0.000	0.000	12.461	*N/A*	0.000	0.000	0.498	0.000	0.000
990489	Sauce BBQ Smokey	0.000	2.791	0.465	0.465	*N/A*	0.000	0.000	0.000	0.000	0.000
903155	Bun, Hamburger	0.000	24.000	2.000	3.000	*N/A*	40.000	1.200	1.080	*N/A*	*N/A*
R-213	Baked Beans HHFKA	0.000	16.696	2.783	3.760	*N/A*	24.424	0.000	0.928	0.000	0.000
<b>Totals</b>		74.768	43.487	5.248	19.686	*N/A*	64.424	1.200	2.506	*0.000*	*0.000*
<b>% of Calories</b>			49.982%		22.626%						

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# Lawrence Public Schools USD 497

## 990267 - Pulled Pork Sandwich with Baked Beans

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990481	pork, pulled with sauce	2 oz	56.70	141.748	2.531	202.496	9.112	9.112	7.087	0.000
903155	Bun, Hamburger	1 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
R-213	Baked Beans HHFKA	1/2 (1/2 Cup)	73.71	81.778	0.000	269.190	6.734	1.361	0.510	0.000
<b>Totals</b>			187.00	353.525	2.531	721.686	18.846	10.473	9.098	0.000
<b>% of Calories</b>					6.444%		21.324%	11.850%	23.161%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990481	pork, pulled with sauce	35.437	9.112	0.000	8.100	*N/A*	0.000	0.000	0.405	0.000	0.000
903155	Bun, Hamburger	0.000	24.000	2.000	3.000	*N/A*	40.000	1.200	1.080	*N/A*	*N/A*
R-213	Baked Beans HHFKA	0.000	16.696	2.783	3.760	*N/A*	24.424	0.000	0.928	0.000	0.000
<b>Totals</b>		35.437	49.808	4.782	14.859	*N/A*	64.424	1.200	2.413	*0.000*	*0.000*
<b>% of Calories</b>			56.356%		16.812%						

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# Lawrence Public Schools USD 497

## 990315 - Pumpkin Bread

Number of Portions: 75.000

Group Code: BREAKFAST

Size of Portion: slice

\*Nutrients are based upon 1 Portion Size (slice)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990557 Pumpkin Bread WG	1 case (75)	96.77	262.075	1.512	241.916	23.184	0.000	8.064	0.000
<b>Totals</b>		97.00	262.075	1.512	241.916	23.184	0.000	8.064	0.000
<b>% of Calories</b>				5.192%		35.385%	0.000%	27.692%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990557 Pumpkin Bread WG	0.000	44.351	2.016	5.040	*N/A*	114.910	0.000	1.008	0.000	0.000
<b>Totals</b>		0.000	44.351	2.016	5.040	114.910	0.000	1.008	0.000	0.000
<b>% of Calories</b>			67.692%		7.692%					

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# Lawrence Public Schools USD 497

## 720 - Radish, fresh

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903103 Radish, fresh	1 (1/2 cup)	58.00	9.000	0.000	23.000	1.000	*N/A*	0.000	0.000
<b>Totals</b>		58.00	9.000	0.000	23.000	1.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		44.444%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903103 Radish, fresh	0.000	2.000	1.000	0.000	*N/A*	10.000	18.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	2.000	1.000	0.000	10.000	18.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			88.889%		0.000%					

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# Lawrence Public Schools USD 497

## 990284 - Ranch Chicken Wrap

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Wrap

\*Nutrients are based upon 1 Portion Size (Wrap)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990584	Tortilla, Wrap, WW 12 inch	1 each	103.00	310.000	4.000	460.000	0.000	9.000	0.000
990415	Romaine, Whole Head	11 3/4 gram	11.75	2.115	0.000	0.000	0.000	0.000	0.000
900471	Tomatoes 5x6 Layer	1 oz	28.35	4.789	0.000	3.831	*N/A*	0.192	0.000
990503	Chicken Fajita Strips	2 oz	56.70	60.000	0.000	400.000	0.667	0.667	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 oz	28.35	111.373	5.062	172.122	6.075	9.112	0.000
900605	Ranch Dressing Kraft Light Done Right	1 oz	28.35	56.699	0.472	302.395	0.945	3.780	0.000
<b>Totals</b>			256.00	544.976	9.535	1338.348	8.400	22.751	0.000
<b>% of Calories</b>					15.746%		6.165%	37.571%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990584	0.000	49.000	6.000	7.000	*N/A*	127.000	0.000	2.000	0.000	0.000
990415	0.000	0.276	0.141	0.139	*N/A*	2.820	0.494	0.149	*N/A*	*N/A*
900471	0.000	0.958	0.192	0.192	*N/A*	3.831	4.597	0.138	*N/A*	*N/A*
990503	33.333	2.667	0.000	10.000	*N/A*	0.000	0.000	0.667	0.000	0.000
990564	25.312	1.012	0.000	6.075	*N/A*	200.471	0.000	0.101	0.000	0.000
900605	9.450	6.615	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		68.095	60.528	6.333	23.405	334.122	5.091	3.055	*0.000*	*0.000*
<b>% of Calories</b>			44.426%		17.179%					

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# Lawrence Public Schools USD 497

## 990382 - Ranch Dressing, Light

Number of Portions: 128.000

Group Code: Condiments and Dressings

Size of Portion: 2 tbsp

\*Nutrients are based upon 1 Portion Size (2 tbsp )

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900605 Ranch Dressing Kraft Light Done Right	1 (1 Gallon)	28.35	56.699	0.472	302.395	0.945	0.000	3.780	0.000
<b>Totals</b>		28.00	56.699	0.473	302.395	0.945	0.000	3.780	0.000
<b>% of Calories</b>				7.500%		6.667%	0.000%	59.999%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900605 Ranch Dressing Kraft Light Done Right	9.450	6.615	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		9.450	6.615	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>% of Calories</b>			46.667%		0.000%					

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# Lawrence Public Schools USD 497

## 990414 - Red & Green Pepper Strips

Number of Portions: 10.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup serving

\*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900464	Green Bell Pepper	2 1/2 CUP, sliced	23.00	3.885	0.000	6.216	0.622	*N/A*	0.000	0.000
902971	Red Pepper, Fresh	2 1/2 cup	56.70	15.558	0.000	1.729	0.000	0.000	0.000	0.000
<b>Totals</b>			80.00	19.443	0.000	7.945	0.622	0.000	0.000	0.000
<b>% of Calories</b>					0.000%		12.796%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900464	Green Bell Pepper	0.000	0.932	0.311	0.155	*N/A*	3.108	17.716	0.112	*N/A*	*N/A*
902971	Red Pepper, Fresh	0.000	3.457	1.037	0.691	*N/A*	3.803	0.000	0.245	*N/A*	*N/A*
<b>Totals</b>		0.000	4.390	1.348	0.847	*N/A*	6.911	17.716	0.357	*N/A*	*N/A*
<b>% of Calories</b>			90.309%		17.425%						

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# Lawrence Public Schools USD 497

## 990256 - Red Pepper, Fresh 1/2 cup

Number of Portions: 2.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902971 Red Pepper, Fresh	2 (1/2 cup)	113.40	31.115	0.000	3.457	0.000	0.000	0.000	0.000
<b>Totals</b>		113.00	31.115	0.000	3.457	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902971 Red Pepper, Fresh	0.000	6.915	2.074	1.383	*N/A*	7.606	0.000	0.491	*N/A*	*N/A*
<b>Totals</b>		0.000	6.915	2.074	1.383	7.606	0.000	0.491	*N/A*	*N/A*
<b>% of Calories</b>			88.890%		17.779%					

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# Lawrence Public Schools USD 497

## 716 - Red Pepper, Fresh 1/4 cup

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902971 Red Pepper, Fresh	2 (1/2 cup)	56.70	15.558	0.000	1.729	0.000	0.000	0.000	0.000
<b>Totals</b>		57.00	15.558	0.000	1.729	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902971 Red Pepper, Fresh	0.000	3.457	1.037	0.691	*N/A*	3.803	0.000	0.245	*N/A*	*N/A*
<b>Totals</b>		0.000	3.457	1.037	0.691	3.803	0.000	0.245	*N/A*	*N/A*
<b>% of Calories</b>			88.888%		17.766%					

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# Lawrence Public Schools USD 497

## 103 - Refried Bean, Vegetarian (P2)

Number of Portions: 20.000

Size of Portion: 1/2 CUP

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Source: USD 497

Group Code: BREAD/ROLLS/STARCH

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900023 Refried Bean, Vegetarian	20 (1/2 cup)	38.00	140.000	0.000	320.000	0.000	0.000	2.500	0.000
75012 WATER,HOT	1/2 gal	96.00	0.000	0.000	2.880	0.000	*N/A*	0.000	0.000
<b>Totals</b>		134.00	140.000	0.000	322.880	0.000	0.000	2.500	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	16.071%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900023 Refried Bean, Vegetarian	0.000	24.000	7.000	7.000	*N/A*	7.000	0.000	1.100	*N/A*	*N/A*
75012 WATER,HOT	0.000	0.000	0.000	0.000	*N/A*	1.920	0.000	0.010	95.904	0.096
<b>Totals</b>		0.000	24.000	7.000	7.000	8.920	0.000	1.110	*95.904*	*0.096*
<b>% of Calories</b>			68.571%		20.000%					

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# Lawrence Public Schools USD 497

## 990185 - Rice

Number of Portions: 24.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: #4 scoop (1 c)

\*Nutrients are based upon 1 Portion Size (#4 scoop (1 c))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990689 Rice Brown Parboiled Whole Grain Quick Cook, Dry	2 qt	62.67	226.667	0.000	0.000	0.000	0.000	2.000	0.000
990487 Spice Garlic Powder	3 tbsp	1.20	0.000	0.000	0.000	0.000	0.000	0.000	0.000
4582 OIL,CANOLA	3 TBSP	1.75	15.470	0.129	0.000	0.000	0.000	1.750	0.007
1 WATER,BOILING	1 gal	160.00	0.000	0.000	4.800	0.000	*N/A*	0.000	0.000
990690 Vegetable Base	4 tbsp	3.00	6.667	0.000	313.333	0.667	0.000	0.000	0.000
<b>Totals</b>		229.00	248.803	0.129	318.133	0.667	0.000	3.750	0.007
<b>% of Calories</b>				0.466%		1.072%	0.000%	13.565%	0.025%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990689 Rice Brown Parboiled Whole Grain Quick Cook, Dry	0.000	48.000	2.667	5.333	0.000	6.667	0.000	1.333	0.000	0.000
990487 Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
4582 OIL,CANOLA	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
1 WATER,BOILING	0.000	0.000	0.000	0.000	*N/A*	3.200	0.000	0.016	159.841	0.160
990690 Vegetable Base	0.000	1.333	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	49.333	2.667	5.333	*0.000*	9.867	1.349	159.841	0.160
<b>% of Calories</b>			79.313%		8.574%					

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# Lawrence Public Schools USD 497

## 872 - Roasted Broccoli

Number of Portions: 36.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900442	BROCCOLI FLORETS	18 CUP, flowerets	35.50	12.102	0.000	12.102	0.000	*N/A*	0.000	0.000
902131	Vegetable Oil	3 TBSP	1.17	10.000	0.083	0.000	0.000	*N/A*	1.167	0.000
R-772	Savory Seasoning (Chef Rick's)	3 tbsp	13.06	31.206	0.000	636.599	0.000	0.000	0.000	0.000
<b>Totals</b>			50.00	53.308	0.083	648.701	0.000	0.000	1.167	0.000
<b>% of Calories</b>					1.406%		0.000%	0.000%	19.697%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900442	BROCCOLI FLORETS	0.000	2.420	0.807	0.000	*N/A*	16.943	106.502	0.258	*N/A*	*N/A*
902131	Vegetable Oil	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
R-772	Savory Seasoning (Chef Rick's)	0.000	5.474	0.000	0.768	*0.000*	7.678	0.000	0.138	*0.000*	*0.000*
<b>Totals</b>		0.000	7.895	0.807	0.768	*0.000*	24.621	106.502	0.396	*0.000*	*0.000*
<b>% of Calories</b>			59.238%		5.763%						

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# Lawrence Public Schools USD 497

**990077 - Roasted Broccoli \*RESIZED\***

Number of Portions: 36.000

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Source: Mosaic  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900442	BROCCOLI FLORETS	0.00	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
902131	Vegetable Oil	1 1/2 TBSP	0.58	5.000	0.042	0.000	*N/A*	0.583	0.000
R-772	Savory Seasoning (Chef Rick&#39;s)	1 1/2 tbsp	6.53	15.603	0.000	318.299	0.000	0.000	0.000
<b>Totals</b>		7.00	20.603	0.042	318.299	0.000	0.000	0.583	0.000
<b>% of Calories</b>				1.822%		0.000%	0.000%	25.480%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900442	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
902131	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
R-772	0.000	2.737	0.000	0.384	*0.000*	3.839	0.000	0.069	*0.000*	*0.000*
<b>Totals</b>		0.000	2.737	0.000	0.384	*0.000*	3.839	0.000	0.069	*0.000*
<b>% of Calories</b>			53.140%		7.455%					

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# Lawrence Public Schools USD 497

## 874 - Roasted carrots

Number of Portions: 48.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902944 Carrot, Sliced Cc Medium Frozen	24 cup	77.60	31.953	0.000	54.776	0.000	*N/A*	0.000	0.000
902131 Vegetable Oil	1 TBSP	0.29	2.500	0.021	0.000	0.000	*N/A*	0.292	0.000
R-772 Savory Seasoning (Chef Rick&#39;s)	1 tbsp	3.27	7.801	0.000	159.150	0.000	0.000	0.000	0.000
<b>Totals</b>		81.00	42.254	0.021	213.926	0.000	0.000	0.292	0.000
<b>% of Calories</b>				0.443%		0.000%	0.000%	6.213%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902944 Carrot, Sliced Cc Medium Frozen	0.000	6.391	1.826	0.913	*N/A*	32.866	2.282	0.402	*N/A*	*N/A*
902131 Vegetable Oil	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
R-772 Savory Seasoning (Chef Rick&#39;s)	0.000	1.369	0.000	0.192	*0.000*	1.920	0.000	0.035	*0.000*	*0.000*
<b>Totals</b>		0.000	7.759	1.826	1.105	34.785	2.282	0.436	*0.000*	*0.000*
<b>% of Calories</b>			73.452%		10.461%					

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# Lawrence Public Schools USD 497

## 990473 - Roasted Cauliflower

Number of Portions: 82.000

Group Code: VEGETABLES

Size of Portion: 1/2 c. Servings

\*Nutrients are based upon 1 Portion Size (1/2 c. Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900448 Cauliflower Florets	1 case	66.38	15.610	0.000	19.512	1.561	*N/A*	0.000	0.000
<b>Totals</b>		66.00	15.610	0.000	19.512	1.561	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		40.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900448 Cauliflower Florets	0.000	3.122	1.561	1.561	*N/A*	15.610	32.780	0.281	*N/A*	*N/A*
<b>Totals</b>		0.000	3.122	1.561	1.561	*N/A*	32.780	0.281	*N/A*	*N/A*
<b>% of Calories</b>			80.000%		40.000%					

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# Lawrence Public Schools USD 497

**990154 - Roll, WG 2.5 oz**

Number of Portions: 1.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990433 Roll, WG (2.5 oz)	1 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
<b>Totals</b>		71.00	159.716	0.000	134.760	3.993	0.000	2.995	0.000
<b>% of Calories</b>				0.000%		10.000%	0.000%	16.875%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990433 Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
<b>Totals</b>		0.000	28.949	2.995	6.988	9.982	0.000	1.597	0.000	0.000
<b>% of Calories</b>			72.500%		17.501%					

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# Lawrence Public Schools USD 497

## 990455 - Romaine Lettuce

Number of Portions: 12.000

Group Code: VEGETABLES

Size of Portion: cups

\*Nutrients are based upon 1 Portion Size (cups)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990670 Romaine Lettuce	2 head	75.60	13.341	0.000	4.447	0.000	0.000	0.445	0.000
<b>Totals</b>		76.00	13.341	0.000	4.447	0.000	0.000	0.445	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	30.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990670 Romaine Lettuce	0.000	2.668	1.779	0.889	*N/A*	23.124	0.000	0.640	0.000	0.000
<b>Totals</b>		0.000	2.668	1.779	0.889	23.124	0.000	0.640	0.000	0.000
<b>% of Calories</b>			80.000%		26.655%					

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# Lawrence Public Schools USD 497

## 990143 - Romaine, Whole Head, Chopped

Number of Portions: 12.000

Group Code: VEGETABLES

Size of Portion: cup

\*Nutrients are based upon 1 Portion Size (cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990415 Romaine, Whole Head	1 head	37.80	6.804	0.000	0.000	0.446	0.000	0.000	0.000
<b>Totals</b>		38.00	6.804	0.000	0.000	0.446	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		26.220%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415 Romaine, Whole Head	0.000	0.888	0.454	0.446	*N/A*	9.072	1.588	0.480	*N/A*	*N/A*
<b>Totals</b>		0.000	0.888	0.454	0.446	9.072	1.588	0.480	*N/A*	*N/A*
<b>% of Calories</b>			52.222%		26.220%					

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# Lawrence Public Schools USD 497

## 990375 - Rutabaga

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990597 Rutabaga	4 (1/4 cup)	37.25	10.014	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		37.00	10.014	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990597 Rutabaga	0.000	2.403	0.401	0.401	*N/A*	4.006	0.000	0.172	0.000	0.000
<b>Totals</b>		0.000	2.403	0.401	0.401	*N/A*	4.006	0.000	0.000	0.000
<b>% of Calories</b>			95.998%		16.018%					

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# Lawrence Public Schools USD 497

## 990173 - Salad Showcase - HS

Number of Portions: 4.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990172	Salad, Chef	1 each	54.90	67.338	0.563	141.377	1.050	0.000	2.628	0.000
R-990170	Salad, Chicken Caesar	1 each	59.09	90.279	1.814	136.441	1.091	0.000	4.630	0.000
R-990167	Salad, Cobb	1 each	65.53	89.589	0.934	141.377	1.050	0.000	4.854	0.000
R-990169	Salad, Southwest	1 each	67.90	135.247	2.143	189.879	0.396	0.000	7.821	0.000
602138	Dressing,Ranch,Single Serve PKT	1 paket (1.5 oz)	10.63	49.447	0.865	79.115	0.000	0.000	5.439	0.000
990449	Dressing, Balsamic Vinaigrette	1 packet	10.63	30.375	0.380	108.842	0.253	0.000	2.784	0.000
990450	Dressing, Asian Sesame	1 serving (1 oz)	7.09	28.792	0.443	99.666	1.329	0.000	2.658	0.000
990451	Dressing, Caesar	1 Packet	10.63	51.919	0.989	98.894	0.247	0.000	5.686	0.000
990452	Dressing, Jalapeno Ranch	1 serving (1 oz)	7.09	35.437	0.633	86.061	0.000	0.000	3.797	0.000
<b>Totals</b>			293.00	578.422	8.764	1081.652	5.415	0.000	40.298	0.000
<b>% of Calories</b>					13.636%		3.745%	0.000%	62.701%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-990172	Salad, Chef	6.471	7.472	0.847	2.783	*N/A*	13.706	*1.215*	0.853	*N/A*	*N/A*
R-990170	Salad, Chicken Caesar	11.268	7.681	0.847	3.846	*N/A*	*15.839*	*1.215*	*0.853*	*N/A*	*N/A*
R-990167	Salad, Cobb	6.471	8.214	1.342	3.030	*N/A*	14.942	*1.215*	0.952	*N/A*	*N/A*
R-990169	Salad, Southwest	6.328	12.294	1.675	3.248	*N/A*	57.009	1.215	0.742	*N/A*	*N/A*
602138	Dressing,Ranch,Single Serve PKT	2.472	0.494	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990449	Dressing, Balsamic Vinaigrette	0.000	1.266	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990450	Dressing, Asian Sesame	0.000	1.329	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990451	Dressing, Caesar	0.000	0.247	0.000	0.247	*N/A*	6.428	0.000	0.000	*N/A*	*N/A*
990452	Dressing, Jalapeno Ranch	2.531	0.506	0.000	0.253	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		35.541	39.504	4.710	13.407	*N/A*	*107.924*	*4.858*	*3.398*	*N/A*	*N/A*
<b>% of Calories</b>			27.319%		9.271%						

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# Lawrence Public Schools USD 497

## 990172 - Salad, Chef

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990415	Romaine, Whole Head	6 cup	115.67	20.820	0.000	0.000	1.365	0.000	0.000
990442	Chicken, Patty Unbreaded Grilled	1 each	24.76	53.532	0.836	137.176	0.000	0.000	3.680
900431	Ham, sliced, smoked	1 (5 slices (2 m/ma))	23.62	25.000	0.417	258.334	0.833	*N/A*	0.833
903320	Breadstick, Garlic	3 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000
<b>Totals</b>			220.00	269.352	2.253	565.509	4.198	0.000	10.514
<b>% of Calories</b>					7.528%		6.234%	0.000%	35.130%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	0.000	2.718	1.388	1.365	*N/A*	27.760	4.858	1.469	*N/A*	*N/A*
990442	13.383	1.338	0.000	4.015	*N/A*	17.063	0.000	0.335	*N/A*	*N/A*
900431	12.500	0.833	0.000	3.750	*N/A*	0.000	0.000	0.167	*N/A*	*N/A*
903320	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
<b>Totals</b>		25.883	29.890	3.388	11.130	54.823	*4.858*	3.410	*N/A*	*N/A*
<b>% of Calories</b>			44.388%		16.529%					

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# Lawrence Public Schools USD 497

## 990170 - Salad, Chicken Caesar

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990415	Romaine, Whole Head	6 cup	115.67	20.820	0.000	0.000	1.365	0.000	0.000
990442	Chicken, Patty Unbreaded Grilled	1 1/2 each	37.14	80.298	1.255	205.764	0.000	0.000	5.520
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	3 OZ	28.00	89.998	5.000	169.999	1.000	*N/A*	7.000
R-990171	Croutons, Homemade	3 (2 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000
<b>Totals</b>			236.00	361.116	7.255	545.763	4.364	0.000	18.521
<b>% of Calories</b>					18.080%		4.834%	0.000%	46.158%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	0.000	2.718	1.388	1.365	*N/A*	27.760	4.858	1.469	*N/A*	*N/A*
990442	20.075	2.007	0.000	6.022	*N/A*	25.595	0.000	0.502	*N/A*	*N/A*
990722	24.998	1.000	0.000	5.998	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
R-990171	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
<b>Totals</b>		45.073	30.725	3.388	15.385	*63.355*	*4.858*	*3.411*	*N/A*	*N/A*
<b>% of Calories</b>			34.034%		17.042%					

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# Lawrence Public Schools USD 497

## 990167 - Salad, Cobb

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990415	Romaine, Whole Head	6 cup	115.67	20.820	0.000	0.000	1.365	0.000	0.000
990447	Avocado, IW	3 each (.5 avo)	42.52	89.004	1.483	0.000	0.000	8.900	0.000
990442	Chicken, Patty Unbreaded Grilled	1 each	24.76	53.532	0.836	137.176	0.000	3.680	0.000
900431	Ham, sliced, smoked	1 (5 slices (2 m/ma))	23.62	25.000	0.417	258.334	0.833	*N/A*	0.833
903320	Breadstick, Garlic	3 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000
<b>Totals</b>			262.00	358.356	3.737	565.509	4.198	0.000	19.414
<b>% of Calories</b>					9.384%		4.686%	0.000%	48.758%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	0.000	2.718	1.388	1.365	*N/A*	27.760	4.858	1.469	*N/A*	*N/A*
990447	0.000	2.967	1.978	0.989	*N/A*	4.945	0.000	0.396	*N/A*	*N/A*
990442	13.383	1.338	0.000	4.015	*N/A*	17.063	0.000	0.335	*N/A*	*N/A*
900431	12.500	0.833	0.000	3.750	*N/A*	0.000	0.000	0.167	*N/A*	*N/A*
903320	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
<b>Totals</b>		25.883	32.857	5.366	12.119	59.768	*4.858*	3.806	*N/A*	*N/A*
<b>% of Calories</b>			36.675%		13.527%					

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# Lawrence Public Schools USD 497

## 990169 - Salad, Southwest

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990415	Romaine, Whole Head	6 cup	115.67	20.820	0.000	0.000	1.365	0.000	0.000
990447	Avocado, IW	3 each (.5 avo)	42.52	89.004	1.483	0.000	0.000	8.900	0.000
902970	Black Beans, Fancy Canned	3 oz	28.35	26.169	0.000	30.530	0.218	*N/A*	0.109
900006	Cheese, American Shred	3 oz	28.35	101.248	5.062	496.116	0.000	*N/A*	8.100
903288	tortilla chips 2 oz package	3 bag (2 oz)	56.70	303.745	2.025	232.871	0.000	*N/A*	14.175
<b>Totals</b>			272.00	540.986	8.571	759.517	1.583	0.000	31.284
<b>% of Calories</b>					14.259%		1.170%	0.000%	52.045%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	Romaine, Whole Head	0.000	2.718	1.388	1.365	*N/A*	27.760	4.858	1.469	*N/A*
990447	Avocado, IW	0.000	2.967	1.978	0.989	*N/A*	4.945	0.000	0.396	*N/A*
902970	Black Beans, Fancy Canned	0.000	5.016	1.308	1.527	*N/A*	13.084	0.000	0.393	*N/A*
900006	Cheese, American Shred	25.312	2.025	0.000	5.062	*N/A*	141.748	0.000	0.101	*N/A*
903288	tortilla chips 2 oz package	0.000	36.449	2.025	4.050	*N/A*	40.499	0.000	0.607	*N/A*
<b>Totals</b>		25.312	49.175	6.699	12.993	*N/A*	228.036	4.858	2.966	*N/A*
<b>% of Calories</b>			36.360%		9.607%					

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# Lawrence Public Schools USD 497

## 990390 - Salsa -- Pre-portioned Dipping Cup

Number of Portions: 84.000

Group Code: Condiments and Dressings

Size of Portion: 3 oz servings

\*Nutrients are based upon 1 Portion Size (3 oz servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990624 SALSA DIPPING CUP	1 case	85.05	29.327	0.000	190.626	0.000	0.000	0.000	0.000
<b>Totals</b>		85.00	29.327	0.000	190.626	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990624 SALSA DIPPING CUP	0.000	5.865	0.000	0.000	*N/A*	0.000	*N/A*	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	5.865	0.000	0.000	*N/A*	*N/A*	0.000	*N/A*	*N/A*
<b>% of Calories</b>			80.000%		0.000%					

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# Lawrence Public Schools USD 497

## 990286 - Sandwich Wrap Box

Number of Portions: 6.000

Group Code: SANDWICHES

Size of Portion: Box

\*Nutrients are based upon 1 Portion Size (Box)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990285	California Turkey Club Wrap	2 Wrap	80.85	176.807	3.346	385.590	2.826	0.000	8.251	0.000
R-990283	Chicken Caesar Wrap	2 Wrap	75.93	202.916	3.815	434.573	*0.602*	*0.000*	10.769	*0.000*
R-990284	Ranch Chicken Wrap	2 Wrap	85.50	181.659	3.178	446.116	2.800	0.000	7.584	0.000
902191	Peach, Sliced in Light-Syrup Canned Yellow	1/2 cup	20.92	10.121	0.000	1.687	1.856	*N/A*	0.000	0.000
902936	Pear sliced in juice	1/2 cup, halves	20.92	11.952	0.000	0.000	1.942	*N/A*	0.000	0.000
902216	fruit cocktail, in light-syrup canned	1/2 cup	20.17	9.758	0.000	1.626	1.789	*N/A*	0.000	0.000
900648	Applesauce, unswtnd	1/2 CUP	20.33	8.333	0.000	1.667	1.500	*N/A*	0.000	0.000
900040	PINEAPPLE TIDBIT in juice	1/2 CUP	20.33	11.667	0.000	0.000	0.000	0.000	0.000	0.000
990506	Orange, Mandarin Canned	1 (1/2 cup)	23.33	11.667	0.000	1.667	2.833	0.000	0.000	0.000
900446	Carrots - Baby	1 1/2 cup	35.00	12.500	0.000	27.500	1.500	*N/A*	0.000	0.000
900451	Cucumber	1/2 CUP, slices	8.67	0.875	0.000	0.000	0.000	*N/A*	0.000	0.000
900012	Tomatoes, Cherry	1/2 cup	14.17	2.551	0.000	0.709	*N/A*	*N/A*	0.000	0.000
900442	BROCCOLI FLORETS	1/2 CUP, flowerets	5.92	2.017	0.000	2.017	0.000	*N/A*	0.000	0.000
<b>Totals</b>			432.00	642.824	10.339	1303.152	*17.648*	*0.000*	26.604	*0.000*
<b>% of Calories</b>					14.475%		*10.982%*	*0.000%*	37.247%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990285	California Turkey Club Wrap	15.769	18.213	2.276	7.228	*N/A*	112.784	1.697	0.893	*0.000*
R-990283	Chicken Caesar Wrap	*19.444*	17.973	*2.047*	8.038	*N/A*	*43.273*	*0.165*	*0.939*	*0.000*
R-990284	Ranch Chicken Wrap	22.698	20.176	2.111	7.802	*N/A*	111.374	1.697	1.018	*0.000*
902191	Peach, Sliced in Light-Syrup Canned Yellow	0.000	2.362	0.169	0.000	*N/A*	0.000	0.202	0.000	0.000
902936	Pear sliced in juice	0.000	2.988	0.448	0.000	*N/A*	2.092	0.000	0.000	*N/A*
902216	fruit cocktail, in light-syrup canned	0.000	2.765	0.000	0.000	*N/A*	0.000	0.195	0.000	0.000
900648	Applesauce, unswtnd	0.000	2.167	0.333	0.000	*N/A*	0.000	0.000	0.000	0.000
900040	PINEAPPLE TIDBIT in juice	0.000	2.667	0.167	0.167	*N/A*	0.000	0.000	0.067	0.000
990506	Orange, Mandarin Canned	0.000	2.833	0.167	0.167	*N/A*	3.333	3.500	0.120	0.000
900446	Carrots - Baby	0.000	3.000	1.000	0.000	*N/A*	10.000	1.200	0.360	*N/A*
900451	Cucumber	0.000	0.175	0.000	0.000	*N/A*	1.751	0.105	0.032	*N/A*
900012	Tomatoes, Cherry	0.000	0.556	0.170	0.128	*N/A*	1.417	1.786	0.026	*N/A*
900442	BROCCOLI FLORETS	0.000	0.403	0.134	0.000	*N/A*	2.824	17.750	0.043	*N/A*
<b>Totals</b>		*57.911*	76.277	*9.022*	23.528	*N/A*	*288.849*	*28.298*	*3.497*	*0.000*
<b>% of Calories</b>			47.464%		14.640%					

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# Lawrence Public Schools USD 497

## 990397 - SAUCE TABASCO HOT

Number of Portions: 30.000

Group Code: Condiments and Dressings

Size of Portion: 1 tsp

\*Nutrients are based upon 1 Portion Size (1 tsp)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990488 SAUCE TABASCO HOT	10 tbsp	4.73	0.000	0.000	1.167	0.000	0.000	0.000	0.000
<b>Totals</b>		5.00	0.000	0.000	1.167	0.000	0.000	0.000	0.000
<b>% of Calories</b>				*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990488 SAUCE TABASCO HOT	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>% of Calories</b>			*N/A%*		*N/A%*					

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# Lawrence Public Schools USD 497

## 990270 - Sauce, Sweet Chili

Number of Portions: 48.000

Size of Portion: TBSP

\*Nutrients are based upon 1 Portion Size (TBSP)

Source: Maddie  
Group Code: SAUCE

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990444	Sauce, Teriyaki Glaze	8 (2 TBSP)	6.00	7.500	0.000	155.000	1.500	0.000	0.000	
902971	Red Pepper, Fresh	3/4 pepper	1.77	0.486	0.000	0.054	0.000	0.000	0.000	
903126	Paprika	1 tsp	0.05	0.000	0.000	0.000	*N/A*	0.000	0.000	
990482	SPICE RED PEPPER CRUSHED	2 tsp	0.08	0.238	0.004	0.000	*N/A*	0.013	0.000	
<b>Totals</b>			8.00	8.224	0.004	155.054	1.508	0.000	0.013	
<b>% of Calories</b>					0.460%		73.346%	0.000%	1.368%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990444	Sauce, Teriyaki Glaze	0.000	1.667	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
902971	Red Pepper, Fresh	0.000	0.108	0.032	0.022	*N/A*	0.119	0.000	0.008	*N/A*
903126	Paprika	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
990482	SPICE RED PEPPER CRUSHED	0.000	0.021	0.042	0.008	*N/A*	0.113	0.000	0.004	0.000
<b>Totals</b>		0.000	1.796	0.074	0.030	*N/A*	0.231	0.000	0.012	*0.000*
<b>% of Calories</b>			87.330%		1.459%					

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# Lawrence Public Schools USD 497

## 662 - Sausage Biscuit Sandwich (Chicken Sausage)

Number of Portions: 100.000

Size of Portion: 1biscuit,1sausa

\*Nutrients are based upon 1 Portion Size

(1biscuit,1sausa)

Source: USD 497  
Group Code: BREAKFAST

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990387 Sausage, Chicken Patty	100 patty	42.52	80.999	1.519	303.745	0.000	*N/A*	6.075	0.000
990521 Biscuit Baked WG	100 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
<b>Totals</b>		106.00	290.298	6.502	702.410	2.990	1.993	16.042	0.000
<b>% of Calories</b>				20.158%		4.120%	2.746%	49.733%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990387 Sausage, Chicken Patty	40.499	0.000	0.000	6.075	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990521 Biscuit Baked WG	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000	0.000
<b>Totals</b>		40.499	26.910	1.993	10.062	*N/A*	99.666	0.000	1.694	*0.000*
<b>% of Calories</b>			37.079%		13.864%					

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# Lawrence Public Schools USD 497

## 990411 - Sausage Croissant

Number of Portions: 3.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903302	Croissant	3 croissants	62.00	180.000	3.000	170.000	4.000	6.000	0.000
990387	Sausage, Chicken Patty	3 patty	42.52	80.999	1.519	303.745	0.000	6.075	0.000
<b>Totals</b>			105.00	260.999	4.519	473.745	4.000	12.075	0.000
<b>% of Calories</b>				15.582%		6.130%	*N/A*	41.638%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903302	0.000	26.000	3.000	4.000	*N/A*	20.000	0.000	1.440	*N/A*	*N/A*
990387	40.499	0.000	0.000	6.075	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		40.499	26.000	3.000	10.075	20.000	0.000	1.440	*N/A*	*N/A*
<b>% of Calories</b>			39.847%		15.441%					

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# Lawrence Public Schools USD 497

## 772 - Savory Seasoning (Chef Rick's)

Number of Portions: 1.000

Group Code: MISCELLANEOUS

Size of Portion: batch

\*Nutrients are based upon 1 Portion Size (batch)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990346	Onion Powder	1/2 cup	76.80	282.192	0.000	56.438	0.000	0.000	0.000
88	MUSTARD ,DRY	1/2 CUP	55.28	92.136	0.000	0.000	*N/A*	0.000	0.000
900359	Salt 25#	1 tbsp	18.25	0.000	0.000	7582.746	0.000	0.000	0.000
903122	Pepper, black ground	1 TBSP	6.40	0.141	0.000	0.000	*N/A*	0.000	0.000
<b>Totals</b>			157.00	374.469	0.000	7639.185	0.000	0.000	0.000
<b>% of Calories</b>					0.000%		0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990346	Onion Powder	0.000	56.438	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
88	MUSTARD ,DRY	0.000	9.214	0.000	9.214	*N/A*	92.136	0.000	1.658	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903122	Pepper, black ground	0.000	0.038	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
<b>Totals</b>		0.000	65.690	0.000	9.214	*0.000*	92.136	0.000	1.658	*0.000*
<b>% of Calories</b>			70.168%		9.842%					

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# Lawrence Public Schools USD 497

## 990252 - Scone, WGR Cinnamon Chip

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990471 Scone, WGR Cinnamon Chip	1 each	70.87	239.573	4.991	249.556	7.986	0.000	9.982	0.000
<b>Totals</b>		71.00	239.573	4.991	249.556	7.986	0.000	9.982	0.000
<b>% of Calories</b>				18.750%		13.334%	0.000%	37.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990471 Scone, WGR Cinnamon Chip	14.973	33.940	2.995	3.993	*N/A*	29.947	0.000	1.398	0.000	0.000
<b>Totals</b>		14.973	33.940	2.995	3.993	29.947	0.000	1.398	0.000	0.000
<b>% of Calories</b>			56.667%		6.667%					

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# Lawrence Public Schools USD 497

## 990253 - Scone, WGR Mixed Berry

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990472 Scone, WGR Mixed Berry	1 each	70.87	229.591	3.494	249.556	9.982	0.000	7.986	0.000
<b>Totals</b>		71.00	229.591	3.494	249.556	9.982	0.000	7.986	0.000
<b>% of Calories</b>				13.696%		17.391%	0.000%	31.304%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990472 Scone, WGR Mixed Berry	14.973	36.934	2.995	3.993	*N/A*	19.964	0.000	1.398	0.000	0.000
<b>Totals</b>		14.973	36.934	2.995	3.993	19.964	0.000	1.398	0.000	0.000
<b>% of Calories</b>			64.348%		6.957%					

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# Lawrence Public Schools USD 497

## 522 - Scrambled Eggs (P2)

Number of Portions: 37.000

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: USD 497  
Group Code: BREAKFAST

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990570 Egg Scramble Mix	1 gal + 1 1/4 qt	124.86	140.971	3.021	151.041	0.000	0.000	9.062	0.000
<b>Totals</b>		125.00	140.971	3.021	151.041	0.000	0.000	9.062	0.000
<b>% of Calories</b>				19.286%		0.000%	0.000%	57.857%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990570 Egg Scramble Mix	347.394	3.021	0.000	12.083	*N/A*	73.507	0.000	2.014	0.000	0.000
<b>Totals</b>		347.394	3.021	0.000	12.083	73.507	0.000	2.014	0.000	0.000
<b>% of Calories</b>			8.571%		34.285%					

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# Lawrence Public Schools USD 497

## 990218 - Smoothie, Berry Banana

Number of Portions: 16.000

Size of Portion: 8 oz

\*Nutrients are based upon 1 Portion Size (8 oz)

Source: Yoplait  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990465	Yogurt, Strawberry (for parfaits)	1 Bag	113.40	100.352	0.000	50.176	11.039	0.000	0.502	0.000
900395	Juice apple 4 oz.	8 each (4 oz)	56.70	30.000	0.000	2.500	6.000	*N/A*	0.000	0.000
990466	BANANA FRESH TIP GREEN	2 LB + 4 oz	63.79	54.056	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			234.00	184.408	0.000	52.676	17.039	0.000	0.502	0.000
<b>% of Calories</b>					0.000%		36.959%	0.000%	2.449%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990465	Yogurt, Strawberry (for parfaits)	0.000	20.070	0.000	3.011	*N/A*	120.423	0.000	0.000	0.000
900395	Juice apple 4 oz.	0.000	7.000	0.000	0.000	*N/A*	0.000	30.000	0.000	*N/A*
990466	BANANA FRESH TIP GREEN	0.000	14.595	1.622	0.541	*N/A*	3.243	0.000	0.168	0.000
<b>Totals</b>		0.000	41.666	1.622	3.551	*N/A*	123.666	30.000	0.168	*0.000*
<b>% of Calories</b>			90.377%		7.702%					

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# Lawrence Public Schools USD 497

## 990217 - Smoothie, Orange Dream

Number of Portions: 16.000

Size of Portion: 8 oz

\*Nutrients are based upon 1 Portion Size (8 oz)

Source: Yoplait  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900612	Yogurt for parfaits (lowfat vanilla)	4 LB	113.40	93.387	0.667	63.369	12.007	*N/A*	1.334	0.000
900648	Applesauce, unswtnd	4 CUP	61.00	25.000	0.000	5.000	4.500	*N/A*	0.000	0.000
990497	Juice, Orange Gallon	32 oz	56.70	27.325	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			231.00	145.711	0.667	68.369	16.507	0.000	1.334	0.000
<b>% of Calories</b>					4.120%		45.314%	0.000%	8.240%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900612	6.670	16.676	0.000	4.002	*N/A*	140.080	0.000	0.067	0.000	0.000
900648	0.000	6.500	1.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990497	0.000	6.603	0.000	0.455	*N/A*	6.148	0.000	0.073	0.000	0.000
<b>Totals</b>		6.670	29.780	1.000	4.458	*N/A*	146.228	0.000	0.140	0.000
<b>% of Calories</b>			81.750%		12.238%					

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# Lawrence Public Schools USD 497

## 990219 - Smoothie, Tropical Escape

Number of Portions: 16.000

Size of Portion: 8 oz

\*Nutrients are based upon 1 Portion Size (8 oz)

Source: Yoplait  
Group Code: BREAKFAST

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990389	Yogurt, Vanilla Parfait Pouch	1 Pouch	113.40	100.352	0.000	50.176	11.039	*N/A*	0.502	0.000
990466	BANANA FRESH TIP GREEN	2 LB + 4 oz	63.79	54.056	0.000	0.000	0.000	0.000	0.000	0.000
990467	Juice, Pineapple (bulk)	2 LB + 3 1/4 oz	62.49	36.740	0.000	0.000	8.083	0.000	0.000	0.000
<b>Totals</b>			240.00	191.148	0.000	50.176	19.121	0.000	0.502	0.000
<b>% of Calories</b>					0.000%		40.013%	0.000%	2.363%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990389	Yogurt, Vanilla Parfait Pouch	0.000	20.070	0.000	3.011	*N/A*	120.423	0.000	0.000	*N/A*
990466	BANANA FRESH TIP GREEN	0.000	14.595	1.622	0.541	*N/A*	0.000	0.168	0.000	0.000
990467	Juice, Pineapple (bulk)	0.000	8.818	0.000	0.000	*N/A*	0.000	13.226	0.265	0.000
<b>Totals</b>		0.000	43.483	1.622	3.551	*N/A*	123.666	13.226	0.432	*0.000*
<b>% of Calories</b>			90.994%		7.431%					

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<sup>1</sup> - denotes required nutrient values

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# Lawrence Public Schools USD 497

## 990139 - Snack Bar, Cinnamon Toast

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990402	Snack Bar, Cinnamon Toast	1 each	66.90	209.581	2.015	233.764	10.479	6.449	0.000
	<b>Totals</b>		67.00	209.581	2.015	233.764	10.479	6.449	0.000
	<b>% of Calories</b>			8.654%		20.000%	*N/A*	27.693%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990402	0.000	33.049	2.418	4.836	*N/A*	24.182	*N/A*	1.290	*N/A*	*N/A*
	<b>Totals</b>	0.000	33.049	2.418	4.836	24.182	*N/A*	1.290	*N/A*	*N/A*
	<b>% of Calories</b>		63.077%		9.230%					

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# Lawrence Public Schools USD 497

## 990372 - Snacking Peppers

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990611 Peppers, Mini Assorted Sweet	4 (1/4 cup)	21.25	7.500	0.000	8.750	0.750	0.000	0.000	0.000
<b>Totals</b>		21.00	7.500	0.000	8.750	0.750	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		40.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990611 Peppers, Mini Assorted Sweet	0.000	1.500	0.250	0.250	*N/A*	0.000	0.000	0.150	0.000	0.000
<b>Totals</b>		0.000	1.500	0.250	0.250	*N/A*	0.000	0.150	0.000	0.000
<b>% of Calories</b>			80.000%		13.333%					

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# Lawrence Public Schools USD 497

## 990373 - Snow Peas

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990589	Snow Peas	4 (1/4 cup)	17.00	7.500	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			17.00	7.500	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>					0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990589	Snow Peas	0.000	1.500	0.500	0.500	*N/A*	7.500	0.000	0.355	0.000
<b>Totals</b>		0.000	1.500	0.500	0.500	*N/A*	7.500	0.000	0.355	0.000
<b>% of Calories</b>			80.000%		26.667%					

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# Lawrence Public Schools USD 497

## 990401 - Soft Pretzel Bistro Box (HS)

Number of Portions: 5.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990530	WG Soft Pretzel IW	5 each	62.37	140.833	0.000	150.893	0.000	0.000	0.503	0.000
990420	Cheese Cheddar Cubes	30 (serving - 6 cubes)	255.15	1020.583	51.029	1700.972	0.000	0.000	85.049	0.000
990562	Peanut Butter, Creamy, Cup	5 each	21.26	121.498	1.519	96.186	1.012	0.000	10.125	0.000
990486	White Cheese Sauce	6 oz	34.02	87.792	4.390	395.064	0.000	0.000	7.133	0.000
990615	Fruit Bar, Mini, Apple	1 each	4.40	14.000	0.000	3.000	2.400	0.000	0.000	0.000
990613	Fruit Bar, Mini, Apple Banana	1 each	4.40	14.000	0.000	2.000	2.600	0.000	0.000	0.000
990614	Fruit Bar, Mini, Apple Cinnamon	1 each	4.40	14.000	0.000	3.000	2.400	0.000	0.000	0.000
990617	Fruit Crunch, Apple	1 each	2.00	8.000	0.000	0.000	1.400	0.000	0.000	0.000
990616	Fruit Crunch, Apple Cinnamon	1 each	2.00	8.000	0.000	8.000	1.400	0.000	0.000	0.000
<b>Totals</b>			390.00	1428.706	56.938	2359.114	11.212	0.000	102.810	0.000
<b>% of Calories</b>					35.867%		3.139%	0.000%	64.764%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990530	WG Soft Pretzel IW	0.000	30.179	3.018	5.030	*N/A*	26.155	0.000	1.811	0.000	0.000
990420	Cheese Cheddar Cubes	255.146	0.000	0.000	59.534	*N/A*	1811.535	0.000	0.000	*N/A*	*N/A*
990562	Peanut Butter, Creamy, Cup	0.000	6.075	2.025	5.062	*N/A*	10.125	0.000	0.304	0.000	0.000
990486	White Cheese Sauce	21.948	0.549	0.000	4.938	*N/A*	139.919	0.000	0.000	0.000	0.000
990615	Fruit Bar, Mini, Apple	0.000	3.200	0.200	0.000	*N/A*	0.000	0.000	0.020	0.000	0.000
990613	Fruit Bar, Mini, Apple Banana	0.000	3.200	0.200	0.200	*N/A*	2.000	0.000	0.080	0.000	0.000
990614	Fruit Bar, Mini, Apple Cinnamon	0.000	3.200	0.200	0.000	*N/A*	2.000	0.000	0.020	0.000	0.000
990617	Fruit Crunch, Apple	0.000	1.800	0.400	0.000	*N/A*	0.000	0.000	0.020	0.000	0.000
990616	Fruit Crunch, Apple Cinnamon	0.000	1.800	0.400	0.000	*N/A*	0.000	0.000	0.020	0.000	0.000
<b>Totals</b>		277.094	50.002	6.443	74.764	*N/A*	1991.733	0.000	2.274	*0.000*	*0.000*
<b>% of Calories</b>			13.999%		20.932%						

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# Lawrence Public Schools USD 497

## 990274 - Soft Tacos

Number of Portions: 50.000

Group Code: ENTREES

Size of Portion: 2 tacos

\*Nutrients are based upon 1 Portion Size (2 tacos)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900429	Ground Beef 81/19, raw	10 LB	90.40	282.499	6.457	60.536	0.000	*N/A*	16.950	0.000
990407	Local - Beef, Ground 81/19	10 LB	90.72	224.000	6.400	60.000	0.000	0.000	16.800	0.000
R-990271	Mexican Seasoning	1 3/4 cup	4.24	2.352	0.000	131.574	0.000	0.000	0.000	0.000
903122	Pepper, black ground	1 tsp	0.04	0.001	0.000	0.000	0.000	*N/A*	0.000	0.000
900359	Salt 25#	1 tsp	0.12	0.000	0.000	50.551	0.000	0.000	0.000	0.000
75010	WATER,COLD	2 1/2 cup	12.00	0.000	0.000	0.360	0.000	*N/A*	0.000	0.000
990435	Tortilla, Flour, 6 inch	100 tortilla	123.60	364.733	3.039	952.357	4.053	4.053	9.118	0.000
900002	CHEESE BLEND, AMERICAN SHRD	3 LB + 2 oz	28.35	70.000	3.000	410.000	1.000	*N/A*	4.000	0.000
<b>Totals</b>			349.00	943.584	18.897	1665.378	5.053	4.053	46.868	0.000
<b>% of Calories</b>					18.024%		2.142%	1.718%	44.703%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900429	Ground Beef 81/19, raw	68.607	0.000	0.000	13.721	*N/A*	20.179	0.000	1.614	*N/A*	*N/A*
990407	Local - Beef, Ground 81/19	64.000	0.000	0.000	16.000	*N/A*	16.000	0.000	1.440	*N/A*	*N/A*
R-990271	Mexican Seasoning	0.000	0.470	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
903122	Pepper, black ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
75010	WATER,COLD	0.000	0.000	0.000	0.000	*N/A*	0.240	0.000	0.001	11.988	0.012
990435	Tortilla, Flour, 6 inch	0.000	60.789	2.026	8.105	*N/A*	230.997	0.000	4.053	*N/A*	*N/A*
900002	CHEESE BLEND, AMERICAN SHRD	15.000	2.000	0.000	7.000	*N/A*	200.000	0.000	0.000	0.000	0.000
<b>Totals</b>		147.607	63.259	2.026	44.827	*0.000*	467.416	0.000	7.108	*11.988*	*0.012*
<b>% of Calories</b>			26.817%		19.003%						

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# Lawrence Public Schools USD 497

## 990429 - Soy Milk - Plain

Number of Portions: 24.000

Group Code: Milk & Milk Products

Size of Portion: 8 oz servings

\*Nutrients are based upon 1 Portion Size (8 oz servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990406 Milk, Soy, Organic Pearl	24 each	226.80	130.000	0.500	110.000	10.000	0.000	4.500	0.000
<b>Totals</b>		227.00	130.000	0.500	110.000	10.000	0.000	4.500	0.000
<b>% of Calories</b>				3.462%		30.769%	0.000%	31.154%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990406 Milk, Soy, Organic Pearl	0.000	13.000	2.000	8.000	*N/A*	276.000	0.000	1.100	*N/A*	*N/A*
<b>Totals</b>		0.000	13.000	2.000	8.000	276.000	0.000	1.100	*N/A*	*N/A*
<b>% of Calories</b>			40.000%		24.615%					

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# Lawrence Public Schools USD 497

## 990430 - Soy Milk - Vanilla

Number of Portions: 24.000

Group Code: Milk & Milk Products

Size of Portion: 8 oz servings

\*Nutrients are based upon 1 Portion Size (8 oz servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990405 MILK SOY VAN CREAMY PEARL	24 each	226.80	140.000	0.500	110.000	14.000	0.000	4.500	0.000
<b>Totals</b>		227.00	140.000	0.500	110.000	14.000	0.000	4.500	0.000
<b>% of Calories</b>				3.214%		40.000%	0.000%	28.929%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990405 MILK SOY VAN CREAMY PEARL	0.000	17.000	2.000	8.000	*N/A*	300.000	0.000	1.100	*N/A*	*N/A*
<b>Totals</b>		0.000	17.000	2.000	8.000	*N/A*	0.000	1.100	*N/A*	*N/A*
<b>% of Calories</b>			48.571%		22.857%					

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# Lawrence Public Schools USD 497

## 990144 - Spaghetti w/ Meat Sauce

Number of Portions: 120.000

Group Code: ENTREES

Size of Portion: servings

\*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990416	Spaghetti	15 LB	56.70	198.944	0.000	0.000	0.000	0.995	0.000
990417	Sauce, Marinara	1 #10 can	25.00	12.000	0.000	98.000	0.200	0.300	0.000
R-990184	Meat Sauce	1 recipe	130.92	230.143	4.333	359.318	0.595	13.273	0.000
<b>Totals</b>			213.00	441.087	4.333	457.318	0.795	14.567	0.000
<b>% of Calories</b>				8.842%		0.721%	0.000%	29.724%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990416	Spaghetti	0.000	41.778	1.989	6.963	*N/A*	0.000	1.790	*N/A*	*N/A*
990417	Sauce, Marinara	0.000	2.000	0.200	0.200	*N/A*	4.200	0.200	*N/A*	*N/A*
R-990184	Meat Sauce	42.879	7.144	1.786	9.767	*0.000*	26.304	1.009	*0.000*	*0.000*
<b>Totals</b>		42.879	50.922	3.975	16.930	*0.000*	30.504	2.999	*0.000*	*0.000*
<b>% of Calories</b>			46.179%		15.353%					

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# Lawrence Public Schools USD 497

## 366 - Spicy Chicken Sandwich

Number of Portions: 100.000

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Source: USD 497  
Group Code: SANDWICHES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903209 CHICKEN Patty Breaded Spicy WG	100 each	113.00	220.000	1.000	370.000	0.000	0.000	7.000	0.000
903155 Bun, Hamburger	100 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
<b>Totals</b>		170.00	350.000	1.000	620.000	3.000	0.000	8.500	0.000
<b>% of Calories</b>				2.571%		3.429%	0.000%	21.857%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903209 CHICKEN Patty Breaded Spicy WG	50.000	19.000	2.000	20.000	*N/A*	14.000	0.000	2.000	*N/A*	*N/A*
903155 Bun, Hamburger	0.000	24.000	2.000	3.000	*N/A*	40.000	1.200	1.080	*N/A*	*N/A*
<b>Totals</b>		50.000	43.000	4.000	23.000	54.000	1.200	3.080	*N/A*	*N/A*
<b>% of Calories</b>			49.143%		26.286%					

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# Lawrence Public Schools USD 497

## 990262 - Spicy Chicken Sandwich - Elem

Number of Portions: 100.000

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Source: USD 497  
Group Code: SANDWICHES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903209 CHICKEN Patty Breaded Spicy WG	100 each	113.00	220.000	1.000	370.000	0.000	0.000	7.000	0.000
903155 Bun, Hamburger	100 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
<b>Totals</b>		170.00	350.000	1.000	620.000	3.000	0.000	8.500	0.000
<b>% of Calories</b>				2.571%		3.429%	0.000%	21.857%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903209 CHICKEN Patty Breaded Spicy WG	50.000	19.000	2.000	20.000	*N/A*	14.000	0.000	2.000	*N/A*	*N/A*
903155 Bun, Hamburger	0.000	24.000	2.000	3.000	*N/A*	40.000	1.200	1.080	*N/A*	*N/A*
<b>Totals</b>		50.000	43.000	4.000	23.000	54.000	1.200	3.080	*N/A*	*N/A*
<b>% of Calories</b>			49.143%		26.286%					

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# Lawrence Public Schools USD 497

## 990187 - spinach flat leaf

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: cup

\*Nutrients are based upon 1 Portion Size (cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903107	spinach flat leaf	1 cup	50.00	0.294	0.000	1.470	0.000	*N/A*	0.000	0.000
<b>Totals</b>			50.00	0.294	0.000	1.470	0.000	*N/A*	0.000	0.000
<b>% of Calories</b>					0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903107	spinach flat leaf	0.000	0.059	0.000	0.000	*N/A*	2.352	0.529	0.042	*N/A*	*N/A*
<b>Totals</b>		0.000	0.059	0.000	0.000	*N/A*	2.352	0.529	0.042	*N/A*	*N/A*
<b>% of Calories</b>			80.000%		0.000%						

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# Lawrence Public Schools USD 497

## 990338 - Steamed Carrots

Number of Portions: 48.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup serving

\*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902944 Carrot, Sliced Cc Medium Frozen	24 cup	77.60	31.953	0.000	54.776	0.000	*N/A*	0.000	0.000
<b>Totals</b>		78.00	31.953	0.000	54.776	0.000	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902944 Carrot, Sliced Cc Medium Frozen	0.000	6.391	1.826	0.913	*N/A*	32.866	2.282	0.402	*N/A*	*N/A*
<b>Totals</b>		0.000	6.391	1.826	0.913	32.866	2.282	0.402	*N/A*	*N/A*
<b>% of Calories</b>			80.000%		11.429%					

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# Lawrence Public Schools USD 497

## 990258 - Steamed Edamame

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903179	Edamame / Soybeans	1/2 cup	63.00	75.000	0.375	3.750	1.500	*N/A*	3.000	0.000
900359	Salt 25#	1 dash	0.40	0.000	0.000	166.197	0.000	0.000	0.000	0.000
<b>Totals</b>			63.00	75.000	0.375	169.947	1.500	0.000	3.000	0.000
<b>% of Calories</b>					4.500%		8.000%	0.000%	36.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903179	Edamame / Soybeans	0.000	4.500	0.000	6.750	*N/A*	30.000	3.600	1.350	*N/A*	*N/A*
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
<b>Totals</b>		0.000	4.500	0.000	6.750	*0.000*	30.000	3.600	1.350	*0.000*	*0.000*
<b>% of Calories</b>			24.000%		36.000%						

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# Lawrence Public Schools USD 497

## 990413 - Steamed Peas

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup serving

\*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
	<b>Totals</b>	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	<b>% of Calories</b>			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
	<b>Totals</b>	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	<b>% of Calories</b>		*N/A%*		*N/A%*					

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# Lawrence Public Schools USD 497

## 990214 - Strawberry frozen

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
902950	Strawberry frozen	1 cup, thawed	110.50	39.464	0.000	0.000	7.104	*N/A*	0.000	0.000
<b>Totals</b>			110.00	39.464	0.000	0.000	7.104	*N/A*	0.000	0.000
<b>% of Calories</b>					0.000%		72.005%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
902950	Strawberry frozen	0.000	10.261	2.368	0.000	*N/A*	15.786	42.621	0.568	*N/A*	*N/A*
<b>Totals</b>		0.000	10.261	2.368	0.000	*N/A*	15.786	42.621	0.568	*N/A*	*N/A*
<b>% of Calories</b>			104.001%		0.000%						

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# Lawrence Public Schools USD 497

## 990238 - Strawberry frozen 1/4 cup

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902950	Strawberry frozen	1 cup, thawed	55.25	19.732	0.000	0.000	3.552	0.000	0.000
<b>Totals</b>			55.00	19.732	0.000	0.000	3.552	0.000	0.000
<b>% of Calories</b>				0.000%		72.005%	*N/A*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902950	0.000	5.130	1.184	0.000	*N/A*	7.893	21.311	0.284	*N/A*	*N/A*
<b>Totals</b>		0.000	5.130	1.184	0.000	7.893	21.311	0.284	*N/A*	*N/A*
<b>% of Calories</b>			104.002%		0.000%					

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# Lawrence Public Schools USD 497

## 990454 - String Cheese

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900016	Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	6.000	0.000
		<b>Totals</b>	28.00	80.000	3.500	200.000	0.000	6.000	0.000
		<b>% of Calories</b>			39.375%	0.000%	*N/A*	67.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900016	Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	200.000	0.000	0.000	0.000	0.000
		<b>Totals</b>	15.000	0.000	0.000	6.000	0.000	0.000	0.000	0.000
		<b>% of Calories</b>		0.000%		30.000%				

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# Lawrence Public Schools USD 497

## 990339 - Sugar Snap Peas

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990590	PEA SUGAR SNAP	4 (1/2 cup)	34.00	15.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			34.00	15.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990590	PEA SUGAR SNAP	0.000	3.000	1.000	1.000	*N/A*	15.000	0.000	0.710	0.000
<b>Totals</b>		0.000	3.000	1.000	1.000	*N/A*	15.000	0.000	0.710	0.000
<b>% of Calories</b>			80.000%		26.667%					

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# Lawrence Public Schools USD 497

## 990364 - SunCrisp Apples

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990394 Apple, Local Variety	4 (1/4 cup)	30.62	15.982	0.000	0.336	3.196	0.000	0.050	0.000
<b>Totals</b>		31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
<b>% of Calories</b>				0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990394 Apple, Local Variety	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	*N/A*	*N/A*
<b>Totals</b>		0.000	4.206	0.740	0.084	1.682	1.413	0.030	*N/A*	*N/A*
<b>% of Calories</b>			105.261%		2.102%					

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# Lawrence Public Schools USD 497

## 1163 - Super Nachos

Number of Portions: 104.000

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Source: USD 497  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990272	Taco Meat	1 Recipe	51.35	136.948	3.104	116.837	0.000	0.000	8.149	0.000
900023	Refried Bean, Vegetarian	1 Bag + 1/4 Bag	9.65	35.552	0.000	81.261	0.000	0.000	0.635	0.000
903288	tortilla chips 2 oz package	104 bag (2 oz)	56.70	303.745	2.025	232.871	0.000	*N/A*	14.175	0.000
990409	Sauce, Cheese, Yellow Pouch	1 bag + 1/2 bag	43.34	69.906	3.146	202.729	0.000	0.000	4.893	0.000
		<b>Totals</b>	161.00	546.151	8.275	633.698	0.000	0.000	27.852	0.000
		<b>% of Calories</b>			13.637%		0.000%	0.000%	45.897%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)		
R-990272	Taco Meat	32.984	0.226	0.000	6.597	*0.000*	9.817	0.000	0.777	*5.764*	*0.006*	
900023	Refried Bean, Vegetarian	0.000	6.095	1.778	1.778	*N/A*	1.778	0.000	0.279	*N/A*	*N/A*	
903288	tortilla chips 2 oz package	0.000	36.449	2.025	4.050	*N/A*	40.499	0.000	0.607	*N/A*	*N/A*	
990409	Sauce, Cheese, Yellow Pouch	13.981	2.097	0.000	3.495	*N/A*	113.249	0.000	0.000	*N/A*	*N/A*	
		<b>Totals</b>	46.965	44.867	3.803	15.920	*0.000*	165.342	0.000	1.663	*5.764*	*0.006*
		<b>% of Calories</b>		32.861%		11.660%						

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# Lawrence Public Schools USD 497

**990223 - Super Nachos - Vegetarian**

Number of Portions: 100.000

Source: USD 497  
Group Code: ENTREES

Size of Portion: serving

\*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900023	Refried Bean, Vegetarian	4 Bag + 5/8 Bag	38.70	142.568	0.000	325.870	0.000	0.000	2.546	0.000
903288	tortilla chips 2 oz package	100 bag (2 oz)	56.70	303.745	2.025	232.871	0.000	*N/A*	14.175	0.000
990409	Sauce, Cheese, Yellow Pouch	1 bag + 1/2 bag	45.08	72.703	3.272	210.838	0.000	0.000	5.089	0.000
<b>Totals</b>			140.00	519.016	5.297	769.579	0.000	0.000	21.810	0.000
<b>% of Calories</b>					9.185%		0.000%	0.000%	37.819%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900023	Refried Bean, Vegetarian	0.000	24.440	7.128	7.128	*N/A*	7.128	0.000	1.120	*N/A*
903288	tortilla chips 2 oz package	0.000	36.449	2.025	4.050	*N/A*	40.499	0.000	0.607	*N/A*
990409	Sauce, Cheese, Yellow Pouch	14.541	2.181	0.000	3.635	*N/A*	117.778	0.000	0.000	*N/A*
<b>Totals</b>		14.541	63.071	9.153	14.813	*N/A*	165.406	0.000	1.728	*N/A*
<b>% of Calories</b>			48.608%		11.416%					

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# Lawrence Public Schools USD 497

## 990354 - SW Chicken Wrap

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Wrap

\*Nutrients are based upon 1 Portion Size (Wrap)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990415	Romaine, Whole Head	1/2 oz	14.17	2.551	0.000	0.000	0.167	0.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 oz	28.35	111.373	5.062	172.122	6.075	0.000	9.112
990503	Chicken Fajita Strips	2 oz	56.70	60.000	0.000	400.000	0.667	0.000	0.667
R-276	Black Bean and Corn Salsa	1 (1/2 cup)	147.45	122.471	0.081	220.317	*0.858*	*0.000*	1.620
990452	Dressing, Jalapeno Ranch	1 serving (1 oz)	28.35	141.748	2.531	344.244	0.000	0.000	15.187
990584	Tortilla, Wrap, WW 12 inch	1 each	103.00	310.000	4.000	460.000	0.000	0.000	9.000
<b>Totals</b>			378.00	748.143	11.675	1596.683	*7.767*	*0.000*	35.586
<b>% of Calories</b>					14.045%		*4.153%*	*0.000%*	42.809%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	Romaine, Whole Head	0.000	0.333	0.170	0.167	*N/A*	3.402	0.595	0.180	*N/A*
990564	Cheese Cheddar Jack Fancy Shredded	25.312	1.012	0.000	6.075	*N/A*	200.471	0.000	0.101	0.000
990503	Chicken Fajita Strips	33.333	2.667	0.000	10.000	*N/A*	0.000	0.000	0.667	0.000
R-276	Black Bean and Corn Salsa	0.000	23.203	5.182	5.581	*N/A*	39.475	6.761	1.324	*2.526*
990452	Dressing, Jalapeno Ranch	10.125	2.025	0.000	1.012	*N/A*	0.000	0.000	0.000	*N/A*
990584	Tortilla, Wrap, WW 12 inch	0.000	49.000	6.000	7.000	*N/A*	127.000	0.000	2.000	0.000
<b>Totals</b>		68.770	78.240	11.352	29.836	*N/A*	370.348	7.356	4.272	*2.526*
<b>% of Calories</b>			41.832%		15.952%					

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# Lawrence Public Schools USD 497

## 990450 - Sweet & Sour Chicken w/ Fried Rice (SFSP)

Number of Portions: 175.000

Group Code: ENTREES

Size of Portion: 4 oz & 1/2 cup

\*Nutrients are based upon 1 Portion Size (4 oz & 1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990479	Chicken, Sweet & Sour w/ Sauce	1 case	112.75	157.850	0.564	225.500	10.148	0.000	3.383	0.000
990559	WG Vegetable Fried Rice	1 case + 1/4 case	97.20	157.147	0.000	256.091	0.000	0.000	1.455	0.000
<b>Totals</b>			210.00	314.997	0.564	481.591	10.148	0.000	4.838	0.000
<b>% of Calories</b>					1.611%		12.886%	0.000%	13.822%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990479	Chicken, Sweet & Sour w/ Sauce	45.100	20.295	0.000	12.403	*N/A*	0.000	6.765	4.510	0.000	0.000
990559	WG Vegetable Fried Rice	0.000	31.429	2.328	3.492	*N/A*	5.820	0.000	0.407	0.000	0.000
<b>Totals</b>		45.100	51.724	2.328	15.895	*N/A*	5.820	6.765	4.917	0.000	0.000
<b>% of Calories</b>			65.682%		20.184%						

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# Lawrence Public Schools USD 497

## 990475 - Sweet & Sour Chicken w/ Steamed Rice (ES)

Number of Portions: 182.000

Group Code: ENTREES

Size of Portion: 4 oz & 1 c.

\*Nutrients are based upon 1 Portion Size (4 oz & 1 c.)

Ingredient		Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990185	Rice	7 Recipe	211.03	229.664	0.119	293.661	0.616	0.000	3.462	0.006
990479	Chicken, Sweet & Sour w/ Sauce	1 case	108.41	151.779	0.542	216.827	9.757	0.000	3.252	0.000
<b>Totals</b>			319.00	381.443	0.661	510.488	10.373	0.000	6.714	0.006
<b>% of Calories</b>					1.560%		10.878%	0.000%	15.841%	0.015%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990185	Rice	0.000	45.538	2.462	4.923	*0.000*	9.108	0.000	1.245	147.546	0.148
990479	Chicken, Sweet & Sour w/ Sauce	43.365	19.514	0.000	11.925	*N/A*	0.000	6.505	4.337	0.000	0.000
<b>Totals</b>		43.365	65.053	2.462	16.848	*0.000*	9.108	6.505	5.582	147.546	0.148
<b>% of Calories</b>			68.218%		17.668%						

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# Lawrence Public Schools USD 497

## 990385 - Syrup, Pancake

Number of Portions: 100.000

Group Code: Condiments and Dressings

Size of Portion: servings

\*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900199 Syrup PC, Maple	1 case	42.52	108.783	0.000	24.723	14.834	*N/A*	0.000	0.000
<b>Totals</b>		43.00	108.783	0.000	24.723	14.834	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		54.545%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900199 Syrup PC, Maple	0.000	27.690	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	27.690	0.000	0.000	*N/A*	0.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			101.818%		0.000%					

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# Lawrence Public Schools USD 497

## 990272 - Taco Meat

Number of Portions: 52.000

Group Code: ENTREES

Size of Portion: 2 oz

\*Nutrients are based upon 1 Portion Size (2 oz)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900429	Ground Beef 81/19, raw	10 LB	86.92	271.634	6.209	58.207	0.000	*N/A*	16.298	0.000
R-990271	Mexican Seasoning	1 3/4 cup	4.08	2.261	0.000	126.513	0.000	0.000	0.000	0.000
903122	Pepper, black ground	1 tsp	0.04	0.001	0.000	0.000	0.000	*N/A*	0.000	0.000
900359	Salt 25#	1 tsp	0.12	0.000	0.000	48.607	0.000	0.000	0.000	0.000
75010	WATER,COLD	2 1/2 cup	11.54	0.000	0.000	0.346	0.000	*N/A*	0.000	0.000
<b>Totals</b>			103.00	273.896	6.209	233.674	0.000	0.000	16.298	0.000
<b>% of Calories</b>					20.402%		0.000%	0.000%	53.554%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900429	Ground Beef 81/19, raw	65.968	0.000	0.000	13.194	*N/A*	19.402	0.000	1.552	*N/A*	*N/A*
R-990271	Mexican Seasoning	0.000	0.452	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
903122	Pepper, black ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
75010	WATER,COLD	0.000	0.000	0.000	0.000	*N/A*	0.231	0.000	0.001	11.527	0.012
<b>Totals</b>		65.968	0.453	0.000	13.194	*0.000*	19.633	0.000	1.553	*11.527*	*0.012*
<b>% of Calories</b>			0.661%		19.269%						

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# Lawrence Public Schools USD 497

## 1157 - Tater Tots

Number of Portions: 160.000

Group Code: VEGETABLES

Size of Portion: servings-9 per

\*Nutrients are based upon 1 Portion Size (servings-9 per)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903300	tator tots	6 bag (5#)	85.05	134.833	1.037	373.384	0.000	*N/A*	7.260	0.000
<b>Totals</b>			85.00	134.833	1.037	373.384	0.000	*N/A*	7.260	0.000
<b>% of Calories</b>					6.923%		0.000%	*N/A%*	48.461%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903300	tator tots	0.000	16.595	1.037	1.037	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	16.595	1.037	1.037	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			49.231%		3.076%						

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# Lawrence Public Schools USD 497

## 990233 - Tater Tots 1/4 cup

Number of Portions: 320.000

Group Code: VEGETABLES

Size of Portion: servings-5 per

\*Nutrients are based upon 1 Portion Size (servings-5 per)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903300	tator tots	6 bag (5#)	42.52	67.416	0.519	186.692	0.000	*N/A*	3.630	0.000
<b>Totals</b>			43.00	67.416	0.519	186.692	0.000	*N/A*	3.630	0.000
<b>% of Calories</b>				6.923%		0.000%	*N/A%*	48.462%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903300	tator tots	0.000	8.297	0.519	0.519	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		0.000	8.297	0.519	0.519	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>% of Calories</b>			49.231%		3.079%						

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# Lawrence Public Schools USD 497

## 990460 - Teriyaki Chicken Bowl

Number of Portions: 200.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990185	Rice	6 Recipe + 1/4 Recipe	171.46	186.602	0.097	238.600	0.500	0.000	2.813	0.005
990503	Chicken Fajita Strips	3 case + 3/4 case	85.05	90.000	0.000	600.000	1.000	0.000	1.000	0.000
900464	Green Bell Pepper	3 gal, chopped	35.76	6.041	0.000	9.665	0.966	*N/A*	0.000	0.000
902971	Red Pepper, Fresh	3 gal	54.43	14.935	0.000	1.659	0.000	0.000	0.000	0.000
990444	Sauce, Teriyaki Glaze	1 gal + 2 1/4 qt	28.35	35.437	0.000	732.362	7.087	0.000	0.000	0.000
902131	Vegetable Oil	3/4 gal	13.44	115.200	0.960	0.000	0.000	*N/A*	13.440	0.000
<b>Totals</b>			388.00	448.215	1.057	1582.286	9.554	0.000	17.253	0.005
<b>% of Calories</b>					2.122%		8.526%	0.000%	34.642%	0.010%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-990185	0.000	37.000	2.000	4.000	*0.000*	7.400	0.000	1.012	119.881	0.120	
990503	50.000	4.000	0.000	15.000	*N/A*	0.000	0.000	1.000	0.000	0.000	
900464	0.000	1.450	0.483	0.242	*N/A*	4.832	27.545	0.174	*N/A*	*N/A*	
902971	0.000	3.319	0.996	0.664	*N/A*	3.651	0.000	0.236	*N/A*	*N/A*	
990444	0.000	7.875	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*	
902131	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*	
<b>Totals</b>		50.000	53.644	3.479	19.905	*0.000*	15.884	27.545	2.421	*119.881*	*0.120*
<b>% of Calories</b>			47.873%		17.764%						

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# Lawrence Public Schools USD 497

## 990162 - Teriyaki Chicken Dumplings

Number of Portions: 8.000

Group Code: ENTREES

Size of Portion: servings(6 per)

\*Nutrients are based upon 1 Portion Size (servings(6 per))

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990443	Dumpling, Chicken & Vegetable, WGR	1 bag	141.75	251.996	0.525	577.490	3.150	1.050	7.350	0.000
990444	Sauce, Teriyaki Glaze	2 (2 TBSP)	9.00	11.250	0.000	232.500	2.250	0.000	0.000	0.000
<b>Totals</b>			151.00	263.246	0.525	809.990	5.400	1.050	7.350	0.000
<b>% of Calories</b>					1.795%		8.205%	1.595%	25.128%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990443	Dumpling, Chicken & Vegetable, WGR	36.749	32.549	2.100	17.850	*N/A*	36.749	0.000	3.150	*N/A*	*N/A*
990444	Sauce, Teriyaki Glaze	0.000	2.500	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		36.749	35.049	2.100	17.850	*N/A*	36.749	0.000	3.150	*N/A*	*N/A*
<b>% of Calories</b>			53.257%		27.123%						

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# Lawrence Public Schools USD 497

## 990322 - Teriyaki Chicken Dumplings w/ Chicken Egg Roll

Number of Portions: 16.000

Group Code: ENTREES

Size of Portion: Serving

\*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990443	Dumpling, Chicken & Vegetable, WGR	1 bag	70.87	125.998	0.262	288.745	1.575	0.525	3.675	0.000
990547	Chicken Egg Roll WG	16 serving (1)	85.05	160.091	1.001	390.223	2.001	1.001	5.003	0.000
990444	Sauce, Teriyaki Glaze	2 (2 TBSP)	4.50	5.625	0.000	116.250	1.125	0.000	0.000	0.000
<b>Totals</b>			160.00	291.714	1.263	795.217	4.701	1.526	8.678	0.000
<b>% of Calories</b>					3.897%		6.446%	2.092%	26.773%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990443	Dumpling, Chicken & Vegetable, WGR	18.375	16.275	1.050	8.925	*N/A*	18.375	0.000	1.575	*N/A*	*N/A*
990547	Chicken Egg Roll WG	35.020	19.011	3.002	10.006	*N/A*	40.023	7.004	1.601	0.000	0.000
990444	Sauce, Teriyaki Glaze	0.000	1.250	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		53.395	36.536	4.052	18.931	*N/A*	58.397	7.004	3.176	*0.000*	*0.000*
<b>% of Calories</b>			50.098%		25.958%						

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# Lawrence Public Schools USD 497

## 990317 - Three Cheese Egg Bites w/ Mini Bagel

Number of Portions: 38.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990555	Mini Bagel, Plain	38 each	28.35	80.999	0.000	151.872	2.025	0.000	0.000	
902938	Margarine, Liquid	1/4 cup	1.49	10.658	0.213	11.723	0.000	*N/A*	1.172	
990573	Liquid Egg	8 cup	47.75	72.658	1.557	67.468	0.000	0.000	4.671	
990430	Cheese, Cottage 2%	4 cup	23.79	18.947	0.316	71.579	0.211	0.000	0.526	
990564	Cheese Cheddar Jack Fancy Shredded	1 LB	11.94	46.894	2.132	72.472	2.558	0.000	3.837	
990488	SAUCE TABASCO HOT	2 tsp	0.25	0.000	0.000	0.061	0.000	0.000	0.000	
900359	Salt 25#	1 tsp	0.16	0.000	0.000	66.515	0.000	0.000	0.000	
<b>Totals</b>			114.00	230.155	4.217	441.691	4.793	0.000	10.206	
<b>% of Calories</b>					16.492%		8.330%	0.000%	39.911%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990555	Mini Bagel, Plain	0.000	16.200	0.000	3.037	*N/A*	0.000	0.000	1.701	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990573	Liquid Egg	176.455	0.000	0.000	6.228	*N/A*	26.987	0.000	1.038	0.000
990430	Cheese, Cottage 2%	3.158	1.053	0.000	2.737	*N/A*	21.053	0.000	0.000	*N/A*
990564	Cheese Cheddar Jack Fancy Shredded	10.658	0.426	0.000	2.558	*N/A*	84.409	0.000	0.043	0.000
990488	SAUCE TABASCO HOT	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		190.270	17.679	0.000	14.560	*0.000*	132.449	0.000	2.782	*0.000*
<b>% of Calories</b>			30.725%		25.305%					

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# Lawrence Public Schools USD 497

## 990189 - Tomatoes 5x6 Layer

Number of Portions: 2.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900471	Tomatoes 5x6 Layer	1 CUP, chop/slice	90.00	15.203	0.000	12.162	1.824	0.608	0.000
		<b>Totals</b>	90.00	15.203	0.000	12.162	1.824	0.608	0.000
		<b>% of Calories</b>			0.000%	47.991%	*N/A*	35.999%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900471	Tomatoes 5x6 Layer	0.000	3.041	0.608	0.608	*N/A*	12.162	14.595	0.438	*N/A*
		<b>Totals</b>	0.000	3.041	0.608	0.608	*N/A*	12.162	14.595	0.438
		<b>% of Calories</b>		79.997%		15.997%				

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# Lawrence Public Schools USD 497

## 990103 - Tomatoes, Cherry 1/2 cup

Number of Portions: 2.000

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: Mosaic  
Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900012	Tomatoes, Cherry	1/2 cup	42.52	7.654	0.000	2.126	*N/A*	*N/A*	0.000	0.000
990410	LOCAL- TOMATO, CHERRY	1/2 cup	42.52	7.654	0.000	2.126	0.000	0.000	0.000	0.000
<b>Totals</b>			85.00	15.309	0.000	4.252	*0.000*	*0.000*	0.000	0.000
<b>% of Calories</b>					0.000%		*0.000%*	*0.000%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900012	Tomatoes, Cherry	0.000	1.667	0.510	0.383	*N/A*	4.252	5.358	0.077	*N/A*	*N/A*
990410	LOCAL- TOMATO, CHERRY	0.000	1.667	0.510	0.383	*N/A*	4.252	5.358	0.077	*N/A*	*N/A*
<b>Totals</b>		0.000	3.334	1.021	0.765	*N/A*	8.505	10.716	0.153	*N/A*	*N/A*
<b>% of Calories</b>			87.110%		19.988%						

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# Lawrence Public Schools USD 497

## 990221 - Turkey & Cheese Hoagie

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990441	ROLL HOAGIE WG	1 each	56.70	149.208	0.000	258.627	0.995	0.000	1.492	0.000
900009	Turkey, Breast Extra Lean Roasted, Sliced	4 slice	56.70	48.050	0.000	624.652	0.961	*N/A*	0.481	0.000
900372	Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	*N/A*	9.112	0.000
903113	Cheese, cheddar mild sliced	2 slice	42.00	160.000	8.000	270.000	*N/A*	*N/A*	14.000	0.000
903114	cheese, provolone sliced .75 oz	2 slice	42.52	140.000	7.000	360.000	0.000	*N/A*	12.000	0.000
<b>Totals</b>			226.00	598.506	20.062	2019.522	*1.956*	*0.000*	37.085	0.000
<b>% of Calories</b>					30.169%		*1.307%*	*0.000%*	55.766%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990441	ROLL HOAGIE WG	0.000	27.852	2.984	4.974	*N/A*	39.789	0.000	1.691	*N/A*	*N/A*
900009	Turkey, Breast Extra Lean Roasted, Sliced	24.025	0.961	0.000	10.571	*N/A*	0.000	0.000	0.384	0.000	0.000
900372	Cheese, Sliced, American Yellow Style	25.312	2.025	0.000	5.062	*N/A*	131.623	0.000	0.101	*N/A*	*N/A*
903113	Cheese, cheddar mild sliced	40.000	0.000	0.000	10.000	*N/A*	300.000	0.000	0.000	*N/A*	*N/A*
903114	cheese, provolone sliced .75 oz	30.000	0.000	0.000	10.000	*N/A*	318.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		119.337	30.838	2.984	40.607	*N/A*	789.412	0.000	2.177	*0.000*	*0.000*
<b>% of Calories</b>			20.610%		27.139%						

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# Lawrence Public Schools USD 497

## 306 - TURKEY & CHEESE SANDWICH

Number of Portions: 1.000

Source: USD 497

Group Code: SANDWICHES

Size of Portion: Sandwich

\*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903156	Bread, White Whole Grain	1 (2 slices)	56.00	140.000	0.000	230.000	2.000	*N/A*	1.000	0.000
900009	Turkey, Breast Extra Lean Roasted, Sliced	4 slice	56.70	48.050	0.000	624.652	0.961	*N/A*	0.481	0.000
900372	Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	*N/A*	9.112	0.000
903113	Cheese, cheddar mild sliced	2 slice	42.00	160.000	8.000	270.000	*N/A*	*N/A*	14.000	0.000
903114	cheese, provolone sliced .75 oz	2 slice	42.52	140.000	7.000	360.000	0.000	*N/A*	12.000	0.000
<b>Totals</b>			226.00	589.299	20.062	1990.895	*2.961*	*N/A*	36.593	0.000
<b>% of Calories</b>					30.640%		*2.010%*	*N/A%*	55.886%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
903156	Bread, White Whole Grain	0.000	28.000	2.000	6.000	*N/A*	40.000	0.000	1.440	*N/A*	*N/A*
900009	Turkey, Breast Extra Lean Roasted, Sliced	24.025	0.961	0.000	10.571	*N/A*	0.000	0.384	0.000	0.000	
900372	Cheese, Sliced, American Yellow Style	25.312	2.025	0.000	5.062	*N/A*	131.623	0.101	*N/A*	*N/A*	
903113	Cheese, cheddar mild sliced	40.000	0.000	0.000	10.000	*N/A*	300.000	0.000	0.000	*N/A*	*N/A*
903114	cheese, provolone sliced .75 oz	30.000	0.000	0.000	10.000	*N/A*	318.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		119.337	30.986	2.000	41.633	*N/A*	789.623	0.000	1.926	*0.000*	*0.000*
<b>% of Calories</b>			21.032%		28.259%						

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# Lawrence Public Schools USD 497

## 990280 - Turkey and Cheese on Hamburger Bun

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Sandwich

\*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903155	Bun, Hamburger	1 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	1.500	0.000
900009	Turkey, Breast Extra Lean Roasted, Sliced	4 slice	56.70	48.050	0.000	624.652	0.961	0.481	0.000
900372	Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	9.112	0.000
903113	Cheese, cheddar mild sliced	2 slice	42.00	160.000	8.000	270.000	*N/A*	14.000	0.000
903114	cheese, provolone sliced .75 oz	2 slice	42.52	140.000	7.000	360.000	0.000	12.000	0.000
<b>Totals</b>			227.00	579.299	20.062	2010.895	*3.961*	37.093	0.000
<b>% of Calories</b>					31.169%		*2.735%*	57.628%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903155 Bun, Hamburger	0.000	24.000	2.000	3.000	*N/A*	40.000	1.200	1.080	*N/A*	*N/A*
900009 Turkey, Breast Extra Lean Roasted, Sliced	24.025	0.961	0.000	10.571	*N/A*	0.000	0.000	0.384	0.000	0.000
900372 Cheese, Sliced, American Yellow Style	25.312	2.025	0.000	5.062	*N/A*	131.623	0.000	0.101	*N/A*	*N/A*
903113 Cheese, cheddar mild sliced	40.000	0.000	0.000	10.000	*N/A*	300.000	0.000	0.000	*N/A*	*N/A*
903114 cheese, provolone sliced .75 oz	30.000	0.000	0.000	10.000	*N/A*	318.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		119.337	26.986	2.000	38.633	789.623	1.200	1.566	*0.000*	*0.000*
<b>% of Calories</b>			18.634%		26.676%					

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# Lawrence Public Schools USD 497

## 990281 - Turkey and Cheese on Pretzel Bun

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Sandwich

\*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903316	Pretzel Bun, WW	1 each	62.37	160.952	1.006	40.238	2.012	2.515	0.000
900009	Turkey, Breast Extra Lean Roasted, Sliced	4 slice	56.70	48.050	0.000	624.652	0.961	0.481	0.000
900372	Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	9.112	0.000
903113	Cheese, cheddar mild sliced	2 slice	42.00	160.000	8.000	270.000	*N/A*	14.000	0.000
903114	cheese, provolone sliced .75 oz	2 slice	42.52	140.000	7.000	360.000	0.000	12.000	0.000
<b>Totals</b>			232.00	610.251	21.068	1801.133	*2.973*	38.108	0.000
<b>% of Calories</b>					31.072%		*1.949%*	56.201%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903316	Pretzel Bun, WW	0.000	29.173	3.018	5.030	*N/A*	20.119	0.000	1.811	*N/A*
900009	Turkey, Breast Extra Lean Roasted, Sliced	24.025	0.961	0.000	10.571	*N/A*	0.000	0.384	0.000	0.000
900372	Cheese, Sliced, American Yellow Style	25.312	2.025	0.000	5.062	*N/A*	131.623	0.000	0.101	*N/A*
903113	Cheese, cheddar mild sliced	40.000	0.000	0.000	10.000	*N/A*	300.000	0.000	0.000	*N/A*
903114	cheese, provolone sliced .75 oz	30.000	0.000	0.000	10.000	*N/A*	318.000	0.000	0.000	*N/A*
<b>Totals</b>		119.337	32.159	3.018	40.663	*N/A*	769.742	0.000	2.296	*0.000*
<b>% of Calories</b>			21.079%		26.653%					

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# Lawrence Public Schools USD 497

## 990279 - Turkey and Cheese Sandwich Recipes

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Sandwich

\*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990221 Turkey & Cheese Hoagie	1 each	226.27	598.506	20.062	2019.522	*1.956*	*0.000*	37.085	0.000
R-306 TURKEY & CHEESE SANDWICH	1 Sandwich	225.57	589.299	20.062	1990.895	*2.961*	*N/A*	36.593	0.000
R-990280 Turkey and Cheese on Hamburger Bun	1 Sandwich	226.57	579.299	20.062	2010.895	*3.961*	*N/A*	37.093	0.000
R-990281 Turkey and Cheese on Pretzel Bun	1 Sandwich	231.94	610.251	21.068	1801.133	*2.973*	*N/A*	38.108	0.000
<b>Totals</b>		910.00	2377.355	81.256	7822.445	*11.851*	*0.000*	148.878	0.000
<b>% of Calories</b>				30.761%		*1.994%*	*0.000%*	56.361%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
R-990221 Turkey & Cheese Hoagie	119.337	30.838	2.984	40.607	*N/A*	789.412	0.000	2.177	*0.000*	*0.000*	
R-306 TURKEY & CHEESE SANDWICH	119.337	30.986	2.000	41.633	*N/A*	789.623	0.000	1.926	*0.000*	*0.000*	
R-990280 Turkey and Cheese on Hamburger Bun	119.337	26.986	2.000	38.633	*N/A*	789.623	1.200	1.566	*0.000*	*0.000*	
R-990281 Turkey and Cheese on Pretzel Bun	119.337	32.159	3.018	40.663	*N/A*	769.742	0.000	2.296	*0.000*	*0.000*	
<b>Totals</b>		477.348	120.969	10.002	161.536	*N/A*	3138.400	1.200	7.965	*0.000*	*0.000*
<b>% of Calories</b>			20.353%		27.179%						

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# Lawrence Public Schools USD 497

## 990437 - Turkey Pepperoni Pizza Pocket

Number of Portions: 48.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990661 Turkey Pepperoni Pizza Pocket - IW	1 case	126.44	301.045	5.017	592.055	1.003	0.000	12.042	0.000
<b>Totals</b>		126.00	301.045	5.017	592.055	1.003	0.000	12.042	0.000
<b>% of Calories</b>				15.000%		1.333%	0.000%	36.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990661 Turkey Pepperoni Pizza Pocket - IW	30.104	31.108	3.010	19.066	*N/A*	240.836	0.000	2.709	0.000	0.000
<b>Totals</b>		30.104	31.108	3.010	19.066	240.836	0.000	2.709	0.000	0.000
<b>% of Calories</b>			41.333%		25.333%					

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# Lawrence Public Schools USD 497

## 990444 - Turkey Sausage & Pepperoni Calzone

Number of Portions: 60.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990665 Turkey Sausage & Pepperoni Calzone	1 case	132.96	249.930	1.999	519.855	0.000	0.000	5.998	0.000
<b>Totals</b>		133.00	249.930	1.999	519.855	0.000	0.000	5.998	0.000
<b>% of Calories</b>				7.200%		0.000%	0.000%	21.600%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990665 Turkey Sausage & Pepperoni Calzone	14.996	30.991	3.999	18.995	*N/A*	339.905	0.000	2.499	0.000	0.000
<b>Totals</b>		14.996	30.991	3.999	18.995	*N/A*	0.000	2.499	0.000	0.000
<b>% of Calories</b>			49.600%		30.401%					

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# Lawrence Public Schools USD 497

## 990410 - Turkey Sausage Breakfast Burrito

Number of Portions: 72.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990638 Turkey Sausage Breakfast Burrito	1 case	70.87	169.698	2.995	259.538	0.000	0.000	6.988	0.000
<b>Totals</b>		71.00	169.698	2.995	259.538	0.000	0.000	6.988	0.000
<b>% of Calories</b>				15.883%		0.000%	0.000%	37.059%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990638 Turkey Sausage Breakfast Burrito	49.911	17.968	1.996	8.984	*N/A*	98.824	0.000	1.607	0.000	0.000
<b>Totals</b>		49.911	17.968	1.996	8.984	*N/A*	98.824	0.000	1.607	0.000
<b>% of Calories</b>			42.353%		21.176%					

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# Lawrence Public Schools USD 497

## 990351 - Turkey Sausage Breakfast Pizza WG IW

Number of Portions: 100.000

Group Code: BREAKFAST

Size of Portion: 1 serving

\*Nutrients are based upon 1 Portion Size (1 serving)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990527 Breakfast Pizza Turkey Sausage WG IW	1 case	90.72	200.627	1.745	270.411	1.745	0.000	6.106	0.000
<b>Totals</b>		91.00	200.627	1.745	270.411	1.745	0.000	6.106	0.000
<b>% of Calories</b>				7.826%		3.479%	0.000%	27.391%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990527 Breakfast Pizza Turkey Sausage WG IW	17.446	27.041	2.617	9.595	*N/A*	165.736	0.000	1.134	0.000	0.000
<b>Totals</b>		17.446	27.041	2.617	9.595	165.736	0.000	1.134	0.000	0.000
<b>% of Calories</b>			53.913%		19.130%					

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# Lawrence Public Schools USD 497

## 990346 - Uncrustable & String Cheese (CACFP)

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Each

\*Nutrients are based upon 1 Portion Size (Each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903328	Uncrustable, 2.6 oz, WG (1/1)	1 each	73.71	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
900016	Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
		<b>Totals</b>	102.00	380.000	7.000	480.000	15.000	*N/A*	22.000	0.000
		<b>% of Calories</b>			16.579%		15.789%	*N/A%*	52.105%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)		
903328	Uncrustable, 2.6 oz, WG (1/1)	0.000	32.000	4.000	9.000	*N/A*	40.000	0.000	1.080	*N/A*	*N/A*	
900016	Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000	0.000	
		<b>Totals</b>	15.000	32.000	4.000	15.000	*N/A*	240.000	0.000	1.080	*0.000*	*0.000*
		<b>% of Calories</b>		33.684%		15.789%						

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# Lawrence Public Schools USD 497

## 990309 - Un-Crustable & String Cheese (SFSP)

Number of Portions: 72.000

Group Code: ENTREES

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903328	Uncrustable, 2.6 oz, WG (1/1)	1 case	73.71	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
900016	Cheese, string 1 oz 2023	72 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
<b>Totals</b>			102.00	380.000	7.000	480.000	15.000	*N/A*	22.000	0.000
<b>% of Calories</b>					16.579%		15.789%	*N/A%*	52.105%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903328	0.000	32.000	4.000	9.000	*N/A*	40.000	0.000	1.080	*N/A*	*N/A*
900016	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000	0.000
<b>Totals</b>		15.000	32.000	4.000	15.000	*N/A*	240.000	0.000	1.080	*0.000*
<b>% of Calories</b>			33.684%		15.789%					

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# Lawrence Public Schools USD 497

## 990312 - Uncrustable (ES/MS Field Trips Only)

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903328 Uncrustable, 2.6 oz, WG (1/1)	1 each	73.71	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
<b>Totals</b>		74.00	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
<b>% of Calories</b>				10.500%		20.000%	*N/A%*	48.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903328 Uncrustable, 2.6 oz, WG (1/1)	0.000	32.000	4.000	9.000	*N/A*	40.000	0.000	1.080	*N/A*	*N/A*
<b>Totals</b>		0.000	32.000	4.000	9.000	40.000	0.000	1.080	*N/A*	*N/A*
<b>% of Calories</b>			42.667%		12.000%					

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# Lawrence Public Schools USD 497

## 990504 - Uncrustable Kit - Elem

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: pack

\*Nutrients are based upon 1 Portion Size (pack)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903328	Uncrustable, 2.6 oz, WG (1/1)	3 each	73.71	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
900016	Cheese, string 1 oz 2023	3 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
903327	Pretzel, Twist Heartzels (ind. bags)	1 bag	6.61	26.667	0.000	66.667	0.000	*N/A*	0.333	0.000
900261	Cracker, Goldfish, Ind Bags WG	1 INDIV BAG	7.00	33.333	0.167	56.667	0.000	*N/A*	1.167	0.000
990408	Cracker, Pretzel, Goldfish, WG, Ind	1 bag	7.00	30.000	0.000	66.667	0.000	0.000	0.500	0.000
<b>Totals</b>			122.00	470.000	7.167	670.000	15.000	0.000	24.000	0.000
<b>% of Calories</b>					13.723%		12.766%	0.000%	45.957%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903328	0.000	32.000	4.000	9.000	*N/A*	40.000	0.000	1.080	*N/A*	*N/A*
900016	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000	0.000
903327	0.000	5.333	0.667	0.667	*N/A*	6.667	0.000	0.240	*N/A*	*N/A*
900261	0.000	4.667	0.333	0.667	*N/A*	6.667	0.000	0.233	*N/A*	*N/A*
990408	0.000	5.333	0.333	0.667	*N/A*	3.333	0.000	0.233	*N/A*	*N/A*
<b>Totals</b>		15.000	47.333	5.333	17.000	*N/A*	256.667	0.000	1.787	*0.000*
<b>% of Calories</b>			40.284%		14.468%					

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# Lawrence Public Schools USD 497

## 1269 - Uncrustable Kit - MS/HS

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: pack

\*Nutrients are based upon 1 Portion Size (pack)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903328	Uncrustable, 2.6 oz, WG (1/1)	3 each	73.71	300.000	3.500	280.000	15.000	16.000	0.000
900016	Cheese, string 1 oz 2023	3 string cheese stick	28.00	80.000	3.500	200.000	0.000	6.000	0.000
903327	Pretzel, Twist Heartzels (ind. bags)	1 bag	6.61	26.667	0.000	66.667	0.000	0.333	0.000
900261	Cracker, Goldfish, Ind Bags WG	1 INDIV BAG	7.00	33.333	0.167	56.667	0.000	1.167	0.000
990408	Cracker, Pretzel, Goldfish, WG, Ind	1 bag	7.00	30.000	0.000	66.667	0.000	0.500	0.000
R-990379	Fruit Bar or Fruit Crunchable	3 each	17.20	58.000	0.000	16.000	10.200	0.000	0.000
<b>Totals</b>			140.00	528.000	7.167	686.000	25.200	24.000	0.000
<b>% of Calories</b>					12.216%		19.091%	40.909%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903328	0.000	32.000	4.000	9.000	*N/A*	40.000	0.000	1.080	*N/A*	*N/A*
900016	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000	0.000
903327	0.000	5.333	0.667	0.667	*N/A*	6.667	0.000	0.240	*N/A*	*N/A*
900261	0.000	4.667	0.333	0.667	*N/A*	6.667	0.000	0.233	*N/A*	*N/A*
990408	0.000	5.333	0.333	0.667	*N/A*	3.333	0.000	0.233	*N/A*	*N/A*
R-990379	0.000	13.200	1.400	0.200	*N/A*	4.000	0.000	0.160	0.000	0.000
<b>Totals</b>		15.000	60.533	6.733	17.200	260.667	0.000	1.947	*0.000*	*0.000*
<b>% of Calories</b>			45.859%		13.030%					

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# Lawrence Public Schools USD 497

## 990446 - Veggie Chicken Tenders & Dinner Roll

Number of Portions: 53.000

Group Code: ENTREES

Size of Portion: 3 tender 1 roll

\*Nutrients are based upon 1 Portion Size (3 tender 1 roll)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990679 Veggie Chicken Tenders	1 case	85.58	231.579	2.014	372.539	0.000	0.000	14.096	0.000
990669 Dinner Roll WG 1.125 oz	53 roll	31.89	79.733	0.000	169.433	0.000	0.000	0.997	0.000
<b>Totals</b>		117.00	311.312	2.014	541.972	0.000	0.000	15.093	0.000
<b>% of Calories</b>				5.822%		0.000%	0.000%	43.633%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990679 Veggie Chicken Tenders	0.000	13.089	3.021	14.096	*N/A*	60.412	0.000	2.014	0.000	0.000
990669 Dinner Roll WG 1.125 oz	0.000	14.950	0.997	2.990	*N/A*	0.000	0.000	0.797	0.000	0.000
<b>Totals</b>		0.000	28.039	4.017	17.086	*N/A*	60.412	2.811	0.000	0.000
<b>% of Calories</b>			36.027%		21.954%					

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# Lawrence Public Schools USD 497

## 990415 - Veggie Wrap

Number of Portions: 3.000

Group Code: SANDWICHES

Size of Portion: Wrap

\*Nutrients are based upon 1 Portion Size (Wrap)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990584	Tortilla, Wrap, WW 12 inch	3 each	103.00	310.000	4.000	460.000	0.000	0.000	9.000	0.000
R-990422	Avocado Spread	3 (1 oz servings)	33.07	67.467	2.699	31.499	0.000	0.000	6.117	0.000
990415	Romaine, Whole Head	1 1/2 cup	28.92	5.205	0.000	0.000	0.341	0.000	0.000	0.000
900471	Tomatoes 5x6 Layer	3/4 CUP, chopped	45.00	7.601	0.000	6.081	0.912	*N/A*	0.304	0.000
R-276	Black Bean and Corn Salsa	3 (1/2 cup)	147.45	122.471	0.081	220.317	*0.858*	*0.000*	1.620	0.000
990564	Cheese Cheddar Jack Fancy Shredded	3 oz	28.35	111.373	5.062	172.122	6.075	0.000	9.112	0.000
990452	Dressing, Jalapeno Ranch	1 1/2 oz	14.17	70.874	1.266	172.122	0.000	0.000	7.594	0.000
<b>Totals</b>			400.00	694.991	13.109	1062.141	*8.186*	*0.000*	33.747	0.000
<b>% of Calories</b>					16.975%		*4.711%*	*0.000%*	43.701%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990584	Tortilla, Wrap, WW 12 inch	0.000	49.000	6.000	7.000	*N/A*	127.000	0.000	2.000	0.000	0.000
R-990422	Avocado Spread	12.600	2.249	0.659	0.960	*N/A*	26.848	0.000	0.132	*0.000*	*0.000*
990415	Romaine, Whole Head	0.000	0.680	0.347	0.341	*N/A*	6.940	1.214	0.367	*N/A*	*N/A*
900471	Tomatoes 5x6 Layer	0.000	1.520	0.304	0.304	*N/A*	6.081	7.297	0.219	*N/A*	*N/A*
R-276	Black Bean and Corn Salsa	0.000	23.203	5.182	5.581	*N/A*	39.475	6.761	1.324	*2.526*	*0.010*
990564	Cheese Cheddar Jack Fancy Shredded	25.312	1.012	0.000	6.075	*N/A*	200.471	0.000	0.101	0.000	0.000
990452	Dressing, Jalapeno Ranch	5.062	1.012	0.000	0.506	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
<b>Totals</b>		42.974	78.677	12.492	20.767	*N/A*	406.815	15.273	4.143	*2.526*	*0.010*
<b>% of Calories</b>			45.282%		11.952%						

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# Lawrence Public Schools USD 497

## 1287 - Waffles, Mini, WG Ind

Number of Portions: 72.000

Group Code: BREAKFAST

Size of Portion: each

\*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903349 Waffle, Mini, WG Ind.	1 case	70.02	186.138	0.886	150.683	10.636	*N/A*	5.318	0.000
<b>Totals</b>		70.00	186.138	0.886	150.683	10.636	*N/A*	5.318	0.000
<b>% of Calories</b>				4.286%		22.856%	*N/A%*	25.714%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903349 Waffle, Mini, WG Ind.	0.000	32.796	1.773	2.659	*N/A*	17.727	0.000	1.276	*N/A*	*N/A*
<b>Totals</b>		0.000	32.796	1.773	2.659	17.727	0.000	1.276	*N/A*	*N/A*
<b>% of Calories</b>			70.476%		5.714%					

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

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# Lawrence Public Schools USD 497

## 990359 - Watermelon Radish

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup )

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990593 Watermelon Radish	1 (1 cup, slices)	29.00	5.000	0.000	11.250	0.000	0.000	0.000	0.000
<b>Totals</b>		29.00	5.000	0.000	11.250	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990593 Watermelon Radish	0.000	1.000	0.500	0.250	*N/A*	7.250	0.000	0.098	0.000	0.000
<b>Totals</b>		0.000	1.000	0.500	0.250	*N/A*	7.250	0.000	0.000	0.000
<b>% of Calories</b>			80.000%		20.000%					

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# Lawrence Public Schools USD 497

## 990204 - Watermelon, raw

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: 1/2 cup

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902214 Watermelon, raw	3 1/4 oz	92.14	26.325	0.000	0.000	*N/A*	*N/A*	0.000	0.000
<b>Totals</b>		92.00	26.325	0.000	0.000	*N/A*	*N/A*	0.000	0.000
<b>% of Calories</b>				0.000%		*N/A%*	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902214 Watermelon, raw	0.000	6.910	0.329	0.329	*N/A*	6.581	4.936	0.237	*N/A*	*N/A*
<b>Totals</b>		0.000	6.910	0.329	0.329	*N/A*	4.936	0.237	*N/A*	*N/A*
<b>% of Calories</b>			104.998%		4.999%					

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# Lawrence Public Schools USD 497

## 990316 - WG Donut Ring

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: Donut

\*Nutrients are based upon 1 Portion Size (Donut)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990549	Donut Ring WG	1 each	69.46	231.521	3.523	332.182	6.040	0.000	9.060	0.000
990550	Honey Glaze for Donut	1 tbsp	21.00	75.000	0.500	0.000	16.500	0.000	1.000	0.000
<b>Totals</b>			90.00	306.521	4.023	332.182	22.540	0.000	10.060	0.000
<b>% of Calories</b>					11.813%		29.414%	0.000%	29.536%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990549	Donut Ring WG	0.000	32.212	3.020	5.033	*N/A*	20.132	0.000	1.510	0.000	0.000
990550	Honey Glaze for Donut	0.000	17.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.000	49.212	3.020	5.033	*N/A*	20.132	0.000	1.510	0.000	0.000
<b>% of Calories</b>			64.220%		6.568%						

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# Lawrence Public Schools USD 497

**990496 - Whole Wheat Breadstick 51%, 1 oz**

Number of Portions: 100.000

Size of Portion: 1 oz servings

\*Nutrients are based upon 1 Portion Size (1 oz servings)

Source: Pickney Bakery  
Group Code: BREAD/ROLLS/STARCH

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990493	Flour, White Whole Wheat	1 LB + 14 oz	8.50	28.350	0.000	0.000	0.000	0.142	0.000
990695	Flour, All Purpose	1 LB + 12 oz	7.94	29.105	0.000	0.000	0.000	0.000	0.000
990692	Dry Milk, Instant, Nonfat	4 oz	1.13	3.944	0.000	5.916	0.000	0.000	0.000
900195	Sugar Granulated	6 oz	1.70	6.379	0.000	0.000	1.701	0.000	0.000
990693	Yeast, Instant Dry	2 oz	0.57	1.890	0.000	0.236	0.000	0.047	0.000
900359	Salt 25#	1 oz	0.28	0.000	0.000	117.790	0.000	0.000	0.000
902131	Vegetable Oil	7 oz	1.98	17.010	0.142	0.000	*N/A*	1.984	0.000
990694	Water, temped	1 qt + 2 tbsp	9.90	0.000	0.000	0.000	0.000	0.000	0.000
902938	Margarine, Liquid	12 oz	3.40	24.300	0.486	26.730	0.000	*N/A*	0.000
990487	Spice Garlic Powder	3 oz	0.85	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			36.00	110.977	0.628	150.672	1.701	0.000	4.846
<b>% of Calories</b>					5.091%		6.131%	0.000%	39.303%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990493	Flour, White Whole Wheat	0.000	5.953	0.850	1.134	*N/A*	0.000	0.000	0.306	0.000
990695	Flour, All Purpose	0.000	5.821	0.265	1.058	0.000	0.000	0.000	0.344	0.000
990692	Dry Milk, Instant, Nonfat	0.247	0.592	0.000	0.394	0.000	13.805	0.000	0.005	0.000
900195	Sugar Granulated	0.000	1.701	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990693	Yeast, Instant Dry	0.000	0.236	0.142	0.236	0.000	0.189	0.000	0.012	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902131	Vegetable Oil	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	*N/A*	*N/A*
990694	Water, temped	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>Totals</b>		0.247	14.303	1.257	2.823	*0.000*	13.994	0.000	0.667	*0.000*
<b>% of Calories</b>			51.554%		10.175%					

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# Lawrence Public Schools USD 497

**990497 - Whole Wheat Breadstick 51%, 2 oz**

Number of Portions: 50.000

Size of Portion: 2 oz servings

\*Nutrients are based upon 1 Portion Size (2 oz servings)

Source: Pickney Bakery  
Group Code: BREAD/ROLLS/STARCH

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990493	Flour, White Whole Wheat	1 LB + 14 oz	17.01	56.699	0.000	0.000	0.000	0.283	0.000
990695	Flour, All Purpose	1 LB + 12 oz	15.88	58.211	0.000	0.000	0.000	0.000	0.000
990692	Dry Milk, Instant, Nonfat	4 oz	2.27	7.889	0.000	11.833	0.000	0.000	0.000
900195	Sugar Granulated	6 oz	3.40	12.757	0.000	0.000	3.402	0.000	0.000
990693	Yeast, Instant Dry	2 oz	1.13	3.780	0.000	0.472	0.000	0.094	0.000
900359	Salt 25#	1 oz	0.57	0.000	0.000	235.580	0.000	0.000	0.000
902131	Vegetable Oil	7 oz	3.97	34.019	0.283	0.000	*N/A*	3.969	0.000
990694	Water, temped	1 qt + 2 tbsp	19.80	0.000	0.000	0.000	0.000	0.000	0.000
902938	Margarine, Liquid	12 oz	6.80	48.599	0.972	53.459	0.000	*N/A*	5.346
990487	Spice Garlic Powder	3 oz	1.70	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			73.00	221.954	1.256	301.345	3.402	0.000	9.693
<b>% of Calories</b>					5.091%		6.131%	0.000%	39.303%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990493	Flour, White Whole Wheat	0.000	11.907	1.701	2.268	*N/A*	0.000	0.000	0.612	0.000
990695	Flour, All Purpose	0.000	11.642	0.529	2.117	0.000	0.000	0.000	0.688	0.000
990692	Dry Milk, Instant, Nonfat	0.493	1.183	0.000	0.789	0.000	27.610	0.000	0.010	0.000
900195	Sugar Granulated	0.000	3.402	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990693	Yeast, Instant Dry	0.000	0.472	0.283	0.472	0.000	0.378	0.000	0.025	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902131	Vegetable Oil	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	*N/A*	*N/A*
990694	Water, temped	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
<b>Totals</b>		0.493	28.607	2.514	5.646	*0.000*	27.988	0.000	1.335	*0.000*
<b>% of Calories</b>			51.554%		10.175%					

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# Lawrence Public Schools USD 497

**990498 - Whole Wheat Roll 51%, 1 oz**

Number of Portions: 100.000

Size of Portion: 1 oz servings

\*Nutrients are based upon 1 Portion Size (1 oz servings)

Source: Pickney Bakery  
Group Code: BREAD/ROLLS/STARCH

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990493	Flour, White Whole Wheat	1 LB + 14 oz	8.50	28.350	0.000	0.000	0.000	0.142	0.000
990695	Flour, All Purpose	1 LB + 12 oz	7.94	29.105	0.000	0.000	0.000	0.000	0.000
990692	Dry Milk, Instant, Nonfat	4 oz	1.13	3.944	0.000	5.916	0.000	0.000	0.000
900195	Sugar Granulated	6 oz	1.70	6.379	0.000	0.000	1.701	0.000	0.000
990693	Yeast, Instant Dry	2 oz	0.57	1.890	0.000	0.236	0.000	0.047	0.000
900359	Salt 25#	1 oz	0.28	0.000	0.000	117.790	0.000	0.000	0.000
902131	Vegetable Oil	7 oz	1.98	17.010	0.142	0.000	*N/A*	1.984	0.000
990694	Water, temped	1 qt + 2 tbsp	9.90	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			32.00	86.678	0.142	123.943	1.701	2.174	0.000
<b>% of Calories</b>					1.471%		7.850%	22.568%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990493	Flour, White Whole Wheat	0.000	5.953	0.850	1.134	*N/A*	0.000	0.306	0.000	0.000
990695	Flour, All Purpose	0.000	5.821	0.265	1.058	0.000	0.000	0.344	0.000	0.000
990692	Dry Milk, Instant, Nonfat	0.247	0.592	0.000	0.394	0.000	13.805	0.005	0.000	0.000
900195	Sugar Granulated	0.000	1.701	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990693	Yeast, Instant Dry	0.000	0.236	0.142	0.236	0.000	0.189	0.012	0.000	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902131	Vegetable Oil	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	*N/A*	*N/A*
990694	Water, temped	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.247	14.303	1.257	2.823	*0.000*	13.994	0.667	*0.000*	*0.000*
<b>% of Calories</b>			66.007%		13.028%					

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# Lawrence Public Schools USD 497

**990499 - Whole Wheat Roll 51%, 2 oz**

Number of Portions: 50.000

Size of Portion: 2 oz Rolls

\*Nutrients are based upon 1 Portion Size (2 oz Rolls)

Source: Pickney Bakery  
Group Code: BREAD/ROLLS/STARCH

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990493	Flour, White Whole Wheat	1 LB + 14 oz	17.01	56.699	0.000	0.000	0.000	0.283	0.000
990695	Flour, All Purpose	1 LB + 12 oz	15.88	58.211	0.000	0.000	0.000	0.000	0.000
990692	Dry Milk, Instant, Nonfat	4 oz	2.27	7.889	0.000	11.833	0.000	0.000	0.000
900195	Sugar Granulated	6 oz	3.40	12.757	0.000	0.000	3.402	0.000	0.000
990693	Yeast, Instant Dry	2 oz	1.13	3.780	0.000	0.472	0.000	0.094	0.000
900359	Salt 25#	1 oz	0.57	0.000	0.000	235.580	0.000	0.000	0.000
902131	Vegetable Oil	7 oz	3.97	34.019	0.283	0.000	*N/A*	3.969	0.000
990694	Water, temped	1 qt + 2 tbsp	19.80	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			64.00	173.355	0.284	247.886	3.402	0.000	4.347
<b>% of Calories</b>					1.472%		7.850%	0.000%	22.568%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990493	Flour, White Whole Wheat	0.000	11.907	1.701	2.268	*N/A*	0.000	0.000	0.612	0.000
990695	Flour, All Purpose	0.000	11.642	0.529	2.117	0.000	0.000	0.000	0.688	0.000
990692	Dry Milk, Instant, Nonfat	0.493	1.183	0.000	0.789	0.000	27.610	0.000	0.010	0.000
900195	Sugar Granulated	0.000	3.402	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990693	Yeast, Instant Dry	0.000	0.472	0.283	0.472	0.000	0.378	0.000	0.025	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902131	Vegetable Oil	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	*N/A*	*N/A*
990694	Water, temped	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		0.493	28.607	2.514	5.646	*0.000*	27.988	0.000	1.335	*0.000*
<b>% of Calories</b>			66.007%		13.028%					

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# Lawrence Public Schools USD 497

## 990462 - Wrap, Cheesy Chicken Fajita (hot wrap) - LHS menu

Number of Portions: 250.000

Group Code: ENTREES

Size of Portion: wrap

\*Nutrients are based upon 1 Portion Size (wrap)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990503	Chicken Fajita Strips	31 LB + 4 oz	56.70	60.000	0.000	400.000	0.667	0.000	0.667	0.000
990564	Cheese Cheddar Jack Fancy Shredded	15 LB + 10 oz	28.35	111.373	5.062	172.122	6.075	0.000	9.112	0.000
990584	Tortilla, Wrap, WW 12 inch	250 each	103.00	310.000	4.000	460.000	0.000	0.000	9.000	0.000
900464	Green Bell Pepper	15 LB + 10 oz	28.35	4.789	0.000	7.662	0.766	*N/A*	0.000	0.000
990487	Spice Garlic Powder	3/4 cup	0.46	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903125	Chili Powder	3/4 cup	0.36	0.000	0.000	9.000	0.000	*N/A*	0.000	0.000
990346	Onion Powder	3/4 cup	0.46	1.693	0.000	0.339	0.000	*N/A*	0.000	0.000
990580	Red Onions, Fresh	15 LB + 10 oz	28.35	11.093	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>			246.00	498.948	9.062	1049.123	7.508	0.000	18.779	0.000
<b>% of Calories</b>					16.347%		6.019%	0.000%	33.873%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990503	Chicken Fajita Strips	33.333	2.667	0.000	10.000	*N/A*	0.000	0.000	0.667	0.000
990564	Cheese Cheddar Jack Fancy Shredded	25.312	1.012	0.000	6.075	*N/A*	200.471	0.000	0.101	0.000
990584	Tortilla, Wrap, WW 12 inch	0.000	49.000	6.000	7.000	*N/A*	127.000	0.000	2.000	0.000
900464	Green Bell Pepper	0.000	1.149	0.383	0.192	*N/A*	3.831	21.837	0.138	*N/A*
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
903125	Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
990346	Onion Powder	0.000	0.339	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
990580	Red Onions, Fresh	0.000	2.712	0.493	0.247	*N/A*	6.409	0.000	0.059	0.000
<b>Totals</b>		58.645	56.879	6.876	23.513	*N/A*	337.712	21.837	2.965	*0.000*
<b>% of Calories</b>			45.599%		18.850%					

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# Lawrence Public Schools USD 497

## 990374 - Yellow Pepper

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990597 Rutabaga	4 (1/4 cup)	37.25	10.014	0.000	0.000	0.000	0.000	0.000	0.000
<b>Totals</b>		37.00	10.014	0.000	0.000	0.000	0.000	0.000	0.000
<b>% of Calories</b>				0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990597 Rutabaga	0.000	2.403	0.401	0.401	*N/A*	4.006	0.000	0.172	0.000	0.000
<b>Totals</b>		0.000	2.403	0.401	0.401	*N/A*	4.006	0.000	0.000	0.000
<b>% of Calories</b>			95.998%		16.018%					

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# Lawrence Public Schools USD 497

## 990465 - Yogurt & Banana Muffins (Bakery)

Number of Portions: 54.000

Group Code: BREAKFAST

Size of Portion: Servings

\*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990424	Yogurt, Cherry	18 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
990425	Yogurt, Raspberry	18 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
903272	Yogurt, Strawberry & Banana	18 each	37.80	26.667	0.000	21.667	1.667	0.000	0.167	0.000
R-990250	Banana Muffin	1 Recipe	93.67	214.249	2.612	209.328	*16.275*	*0.000*	4.631	0.000
<b>Totals</b>			207.00	294.437	2.612	274.481	*21.287*	*0.000*	5.133	0.000
<b>% of Calories</b>					7.984%		*28.919%*		15.689%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990424	Yogurt, Cherry	0.000	5.018	0.000	1.338	*N/A*	46.831	0.000	0.000	*N/A*	*N/A*
990425	Yogurt, Raspberry	0.000	5.018	0.000	1.338	*N/A*	46.831	0.000	0.000	*N/A*	*N/A*
903272	Yogurt, Strawberry & Banana	0.000	5.000	0.000	1.333	*N/A*	46.667	0.000	0.000	*N/A*	*N/A*
R-990250	Banana Muffin	5.926	40.305	2.429	3.206	*N/A*	50.487	0.000	0.929	*8.880*	*0.009*
<b>Totals</b>		5.926	55.340	2.429	7.215	*N/A*	190.816	0.000	0.929	*8.880*	*0.009*
<b>% of Calories</b>			75.181%		9.802%						

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# Lawrence Public Schools USD 497

## 990147 - Yogurt & Grahams Bundle

Number of Portions: 30.000

Group Code: ENTREES

Size of Portion: bundles

\*Nutrients are based upon 1 Portion Size (bundles)

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990424	Yogurt, Cherry	10 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
990425	Yogurt, Raspberry	10 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
903272	Yogurt, Strawberry & Banana	10 each	37.80	26.667	0.000	21.667	1.667	0.000	0.167	0.000
990423	Cracker, Graham, Tiger Bites	30 each	28.35	121.498	1.012	101.248	8.100	0.000	4.050	0.000
<b>Totals</b>			142.00	201.686	1.013	166.401	13.112	0.000	4.551	0.000
<b>% of Calories</b>					4.518%		26.005%	0.000%	20.309%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
990424	Yogurt, Cherry	0.000	5.018	0.000	1.338	*N/A*	46.831	0.000	0.000	*N/A*	*N/A*
990425	Yogurt, Raspberry	0.000	5.018	0.000	1.338	*N/A*	46.831	0.000	0.000	*N/A*	*N/A*
903272	Yogurt, Strawberry & Banana	0.000	5.000	0.000	1.333	*N/A*	46.667	0.000	0.000	*N/A*	*N/A*
990423	Cracker, Graham, Tiger Bites	0.000	21.262	1.012	2.025	*N/A*	0.000	0.000	0.810	*N/A*	*N/A*
<b>Totals</b>		0.000	36.297	1.012	6.034	*N/A*	140.329	0.000	0.810	*N/A*	*N/A*
<b>% of Calories</b>			71.988%		11.967%						

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# Lawrence Public Schools USD 497

## 1028 - Yogurt Parfait

Number of Portions: 1.000

Size of Portion: parfait

\*Nutrients are based upon 1 Portion Size (parfait)

Source: USD 497  
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories <sup>1</sup> (kcal)	Sat Fat <sup>1</sup> (g)	Sodium <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900612	Yogurt for parfaits (lowfat vanilla)	8 oz	226.80	186.773	1.334	126.739	24.014	*N/A*	2.668	0.000
R-931	Yogurt parfait fruit	2 (1/4 cup)	80.80	41.000	0.000	2.000	3.400	0.000	0.150	0.000
990390	Granola, Bulk	1 (1/2 cup)	52.00	197.241	0.000	85.172	0.000	*N/A*	0.000	0.000
<b>Totals</b>			360.00	425.015	1.334	213.911	27.414	0.000	2.818	0.000
<b>% of Calories</b>					2.825%		25.801%	0.000%	5.968%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900612	Yogurt for parfaits (lowfat vanilla)	13.341	33.352	0.000	8.005	*N/A*	280.160	0.000	0.133	0.000
R-931	Yogurt parfait fruit	0.000	9.700	1.300	0.200	*N/A*	0.000	0.600	0.150	*0.000*
990390	Granola, Bulk	0.000	43.034	3.586	4.483	*N/A*	0.000	0.000	1.291	*N/A*
<b>Totals</b>		13.341	86.087	4.886	12.687	*N/A*	280.160	0.600	1.574	*0.000*
<b>% of Calories</b>			81.020%		11.940%					

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