000972 - "Chicken" & Cheddar Sandwich

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Sandwich
Alternate Menu Name: Just Eats

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903280s Baguette..... 1/4 Baguette
904252s "Chicken" (V) Just Meat..... 2 5/8 OZ
904064s Cheddar Cheese, Yellow Sliced.... 1 Slice
011253 LETTUCE,GRN LEAF,RAW..... 1 leaf inner
902781s TOMATOES,RED,RIPE,RAW..... 1 slice

*Nutrients are based upon 1 Portion Size (Sandwich)

Calories	451	kcal	Cholester	28.00	mg	Total Sugars	*1.14*	g	Calcium	235.56	mg	29.83%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	14.96	g	Sodium	1220.02	mg	Protein	30.84	g	Iron	3.02	mg	14.58%	Calories from Sat Fat
Saturated F	7.31	g	Carbohydr	46.29	g	Vitamin A	*17.76*	RAE	Water[1]	*31.35*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	5.42	g	Vitamin C	*4.04*	mg	Ash[1]	*0.17*	g	41.01%	Calories from Carbohydrates
												27.32%	Calories from Protein

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000918 - "Chicken" Ranch Wrap

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: wraps
Alternate Menu Name: Wrap

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

903546s Ranch Dressing..... 1/4 CUP
902494s 12" Flour Wheat..... 1 Each
904202s "Chicken" Vegan..... 4 OZ
902781s TOMATOES,RED,RIPE,RAW.... 2 slice
011253 LETTUCE,GRN LEAF,RAW..... 2 Leaf

*Nutrients are based upon 1 Portion Size (wraps)

Calories	496	kcal	Cholester	10.00	mg	Total Sugars	*1.91*	g	Calcium	*139.10*	mg	31.49%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	17.37	g	Sodium	1265.14	mg	Protein	35.96	g	Iron	*2.46*	mg	10.76%	Calories from Sat Fat
Saturated F	5.94	g	Carbohydr	49.13	g	Vitamin A	*177.60	RAE	Water[1]	*99.17*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	9.50	g	Vitamin C	*12.61*	mg	Ash[1]	*0.58*	g	39.58%	Calories from Carbohydrates
												28.98%	Calories from Protein

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000651 - Bagel & Cream Cheese

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1.0000
Size of Portion: 1 EACH
Alternate Menu Name: Par Baked Bagel

Meat/Alt:	0.5 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

903933s BAGEL, PLAIN, Dos Pisano.... 1 BAGEL
903369s Cream Cheese..... 1 OZ

*Nutrients are based upon 1 Portion Size (1 EACH)

Calories	393	kcal	Cholester	*20.00*	mg	Total Sugars	*5.87*	g	Calcium	40.00	mg	21.09%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	9.20	g	Sodium	598.90	mg	Protein	12.73	g	Iron	2.64	mg	*9.17%*	Calories from Sat Fat
Saturated F	*4.00*	g	Carbohydr	68.45	g	Vitamin A	*N/A*	RAE	Water[1]	*0.00*	g	*N/A*%	Calories from Trans Fat
Trans Fat	*N/A*	g	Dietary Fib	8.80	g	Vitamin C	0.00	mg	Ash[1]	*0.00*	g	69.74%	Calories from Carbohydrates
												12.97%	Calories from Protein

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900846 - Banana Chocolate Chunk Bar

Recipe HACCP Process: #1 No Cook

Source: ELEM
Number of Portions: 1
Size of Portion: bar
Alternate Menu Name: Banana Chocolate Bar

Meat/Alt: 0 oz
Grains: 2 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903290s Banana Chocolate Chunk Bar.... 1 Bar

*Nutrients are based upon 1 Portion Size (bar)

Calories	280	kcal	Cholester	15.00	mg	Total Sugars	23.00	g	Calcium	20.00	mg
						Added Sugars	*N/A*	g			
Total Fat	8.00	g	Sodium	220.00	mg	Protein	5.00	g	Iron	1.80	mg
Saturated F	3.00	g	Carbohydr	48.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g
Trans Fat	0.00	g	Dietary Fib	3.00	g	Vitamin C	*N/A*	mg	Ash[1]	*N/A*	g

25.72%	Calories from Total Fat
9.64%	Calories from Sat Fat
0.00%	Calories from Trans Fat
68.57%	Calories from Carbohydrates
7.14%	Calories from Protein

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000982 - BBQ Chicken Nachos

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Plate
Alternate Menu Name: BBQ Chicken Nachos

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

R-000940 BBQ Chicken, Chopped..... 1 Portion
R-000941 Refried Beans, Vegetarian..... 1/2 Cup
R-000795 Salad Bar Elem, Nacho Bar..... 1 (1 cup)
904233s Chips, Tortilla Salted..... 1 Bag
903777s Cheese, Cheddar Yellow, Shredded.... 2 OZ

*Nutrients are based upon 1 Portion Size (Plate)

Calories	2373	kcal	Cholester	*140.60*	mg	Total Sugars	*33.08*	g	Calcium	*127.71*	mg	27.70%	Calories from Total Fat
						Added Sugars	*5.58*	g					
Total Fat	73.05	g	Sodium	*10147.97	mg	Protein	109.20	g	Iron	*24.16*	mg	*6.74%*	Calories from Sat Fat
Saturated F	*17.77*	g	Carbohydr	299.83	g	Vitamin A	*3.88*	RAE	Water[1]	*328.16*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	86.86	g	Vitamin C	*6.59*	mg	Ash[1]	*0.38*	g	50.54%	Calories from Carbohydrates
												18.41%	Calories from Protein

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000969 - BBQ Chicken Wings, Veg, H.Roll

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 6 wings
Alternate Menu Name: Buffalo Wings,Veg/H.Rol

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904219s Chicken Wings, Fully Cooked Glazed Bone-In....	1 (6 Pieces)
903274s BBQ Sauce.....	1 TBSP
904217s Hawaiian Dinner roll 51% WW.....	1 (1)
799938s CARROTS,RAW.....	2 OZ, 1/4" SLICES
011143 CELERY,RAW.....	2 OZ

*Nutrients are based upon 1 Portion Size (6 wings)

Calories	539	kcal	Cholester	141.88	mg	Total Sugars	*12.74*	g	Calcium	113.02	mg	47.77%	Calories from Total Fat
						Added Sugars	*3.98*	g					
Total Fat	28.61	g	Sodium	811.75	mg	Protein	25.81	g	Iron	2.45	mg	11.30%	Calories from Sat Fat
Saturated F	6.77	g	Carbohydr	46.46	g	Vitamin A	*12.47*	RAE	Water[1]	*104.17*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.48	g	Vitamin C	*6.90*	mg	Ash[1]	*0.98*	g	34.48%	Calories from Carbohydrates
												19.15%	Calories from Protein

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000940 - BBQ Chicken, Chopped

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Portion
Alternate Menu Name: BBQ Chicken, Chopped

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904231s Chicken, BBQ - Chopped, Brookwood.... 3 OZ

*Nutrients are based upon 1 Portion Size (Portion)

Calories	141	kcal	Cholester	62.84	mg	Total Sugars	9.90	g	Calcium	20.83	mg	29.43%	Calories from Total Fat
						Added Sugars	5.58	g					
Total Fat	4.63	g	Sodium	*N/A*	mg	Protein	12.10	g	Iron	0.76	mg	7.65%	Calories from Sat Fat
Saturated F	1.20	g	Carbohydr	12.49	g	Vitamin A	3.81	RAE	Water[1]	43.47	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	0.00	g	Vitamin C	0.00	mg	Ash[1]	*N/A*	g	35.31%	Calories from Carbohydrates
												34.21%	Calories from Protein

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000913 - Birria and Cheese Pupusa

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 1 ea.
Alternate Menu Name: Birria and Cheese Pupusa

Meat/Alt: 2 oz
Grains: 2 oz
Fruit: 0.5 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904197s Birria and Cheese Pupusa.... 1 (1)
R-000879 Pupusa Salad (Curtido)..... 1 (4oz)

*Nutrients are based upon 1 Portion Size (1 ea.)

Calories	270	kcal	Cholester	24.46	mg	Total Sugars	*2.30*	g	Calcium	230.41	mg	36.51%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	10.96	g	Sodium	956.29	mg	Protein	11.81	g	Iron	1.35	mg	9.09%	Calories from Sat Fat
Saturated F	2.73	g	Carbohydr	32.67	g	Vitamin A	*2.02*	RAE	Water[1]	*57.65*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	1.42	g	Vitamin C	*15.22*	mg	Ash[1]	*0.47*	g	48.40%	Calories from Carbohydrates
												17.49%	Calories from Protein

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000971 - Blueberry Muffin O.S.

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Muffin
Alternate Menu Name: Blueberry Muffin Otis S.

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904251s Muffin, Wild Blueberry Otis Spunkmeyer.... 1 Muffin

*Nutrients are based upon 1 Portion Size (Muffin)

Calories	380	kcal	Cholester	90.00	mg	Total Sugars	32.00	g	Calcium	50.00	mg	28.42%	Calories from Total Fat
						Added Sugars	31.00	g					
Total Fat	12.00	g	Sodium	260.00	mg	Protein	6.00	g	Iron	2.00	mg	9.47%	Calories from Sat Fat
Saturated F	4.00	g	Carbohydr	61.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	5.00	g	Vitamin C	*N/A*	mg	Ash[1]	*N/A*	g	64.21%	Calories from Carbohydrates
												6.32%	Calories from Protein

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000846 - Breakfast Burrito

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Burrito
Alternate Menu Name: Winter 25-26
Secondary
Vegetarian

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903765s tortilla flour wheat 10"..... 1 Tortilla
904101s Eggs, Scrambled Cooked Cage Free.... 1 1/2 OZ
903777s Cheese, Cheddar Yellow, Shredded..... 1/2 OZ
R-000843 Salsa, Housemade ..... 1 (1/4 Cup Serving)
904110s Potato, Tater Triangle Hashbrown..... 1 Hashbrown Triangle

*Nutrients are based upon 1 Portion Size (Burrito)

Calories	422	kcal	Cholester	159.47	mg	Total Sugars	*1.19*	g	Calcium	*42.29*	mg	38.79%	Calories from Total Fat
						Added Sugars	*0.40*	g					
Total Fat	18.18	g	Sodium	1365.15	mg	Protein	14.07	g	Iron	*0.65*	mg	14.02%	Calories from Sat Fat
Saturated F	6.57	g	Carbohydr	48.43	g	Vitamin A	*7.16*	RAE	Water[1]	*0.31*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	7.51	g	Vitamin C	*3.84*	mg	Ash[1]	*0.06*	g	45.92%	Calories from Carbohydrates
												13.34%	Calories from Protein

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000871 - Breakfast Sandwich E

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Sandwich

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904013s English Muffin, WG (Bubba's)..... 1 Muffin
001123 EGG,WHL,RAW,FRSH..... 1 large
904064s Cheddar Cheese, Yellow Sliced.... 1 Slice

*Nutrients are based upon 1 Portion Size (Sandwich)

Calories	316	kcal	Cholester	214.00	mg	Total Sugars	1.28	g	Calcium	309.00	mg	43.09%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	15.15	g	Sodium	496.00	mg	Protein	18.78	g	Iron	2.68	mg	19.52%	Calories from Sat Fat
Saturated F	6.86	g	Carbohydr	25.26	g	Vitamin A	*80.00*	RAE	Water[1]	*38.08*	g	0.05%	Calories from Trans Fat
Trans Fat	0.02	g	Dietary Fib	2.00	g	Vitamin C	*0.00*	mg	Ash[1]	*0.53*	g	31.92%	Calories from Carbohydrates
												23.73%	Calories from Protein

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000922 - Broccoli, Roasted

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 12
Size of Portion: Cup
Alternate Menu Name:
Broccoli, Roasted

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904209s Broccoli, Florets.... 1 LB
799986s SALT, KOSHER.... 1 TBSP
902880s Olive Oil Blend..... 2 TBSP

*Nutrients are based upon 1 Portion Size (Cup)

Calories	*44*	kcal	Cholester	*0.00*	mg	Total Sugars	*0.00*	g	Calcium	*0.00*	mg	*96.92%*	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	*4.72*	g	Sodium	*390.00*	mg	Protein	*0.00*	g	Iron	*0.00*	mg	*13.85%*	Calories from Sat Fat
Saturated F	*0.68*	g	Carbohydr	*0.00*	g	Vitamin A	*N/A*	RAE	Water[1]	*0.00*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	*0.00*	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g	*0.00%*	Calories from Carbohydrates
												0.00%	Calories from Protein

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900677 - Cheese Pizza

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Slice
Alternate Menu Name:
Cheese Pizza

903425s Pizza - Cheese Piazza.... 1 slice

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

*Nutrients are based upon 1 Portion Size (Slice)

Calories	360	kcal	Cholester	30.00	mg	Total Sugars	4.00	g	Calcium	450.00	mg	42.50%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	17.00	g	Sodium	510.00	mg	Protein	20.00	g	Iron	2.70	mg	20.00%	Calories from Sat Fat
Saturated F	8.00	g	Carbohydr	34.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.00	g	Vitamin C	6.00	mg	Ash[1]	*N/A*	g	37.78%	Calories from Carbohydrates
												22.22%	Calories from Protein

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000881 - Cheeseburger & Fries E

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: burger
Alternate Menu Name: Winter 25-26

Meat/Alt:	3 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

903180s Don Lee 100% Beef Pattie..... 1 patty
903817s Hamburger bun Ww- BIMBO..... 1 Bun
904010s Seasoned Wedges - Simplot..... 1 Serving (8 pieces)
904064s Cheddar Cheese, Yellow Sliced.... 1 Slice

*Nutrients are based upon 1 Portion Size (burger)

Calories	442	kcal	Cholester	73.00	mg	Total Sugars	*1.50*	g	Calcium	392.52	mg	46.87%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	23.00	g	Sodium	853.84	mg	Protein	26.48	g	Iron	7.85	mg	18.29%	Calories from Sat Fat
Saturated F	8.98	g	Carbohydr	33.20	g	Vitamin A	*0.00*	RAE	Water[1]	*11.09*	g	0.02%	Calories from Trans Fat
Trans Fat	0.01	g	Dietary Fib	4.58	g	Vitamin C	*0.00*	mg	Ash[1]	*1.03*	g	30.07%	Calories from Carbohydrates
												23.99%	Calories from Protein

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000916 - Chicken Chow Mein

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 2 Cups
Alternate Menu Name: Chicken Chow Mein

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0.5 Cup
Milk:	0 Cup

904200s Chow Mein 51% Whole Grain Noodle.....	2 7/8 OZ
904201s Seasoned Hand Pulled Chicken 80% Dark Meat.....	2 1/2 OZ
011749 CABBAGE,COMMON,FRESHLY HARVEST,RAW....	1/2 CUP, shredded
799938s CARROTS,RAW.....	1/4 CUP, grated

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

Calories	325	kcal	Cholester	86.00	mg	Total Sugars	*5.00*	g	Calcium	44.52	mg
						Added Sugars	*5.00*	g			
Total Fat	8.83	g	Sodium	1059.28	mg	Protein	26.68	g	Iron	3.28	mg
Saturated F	1.02	g	Carbohydr	41.51	g	Vitamin A	*2.10*	RAE	Water[1]	*56.66*	g
Trans Fat	0.00	g	Dietary Fib	5.57	g	Vitamin C	*19.47*	mg	Ash[1]	*0.52*	g

24.47%	Calories from Total Fat
2.83%	Calories from Sat Fat
0.00%	Calories from Trans Fat
51.15%	Calories from Carbohydrates
32.87%	Calories from Protein

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000822 - Chicken Nuggets & Tots w/Roll

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: serving
Alternate Menu Name: Winter 25-26
Secondary

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904082s Chicken Chunks Breaded WG, Tyson.... 1 Serving (5 nuggets)
904031s Tater Gems, Reduced Soduim..... 1 Serving/10 pieces
904217s Hawaiian Dinner roll 51% WW..... 1 (1)

*Nutrients are based upon 1 Portion Size (serving)

Calories	559	kcal	Cholester	55.00	mg	Total Sugars	4.98	g	Calcium	56.70	mg	35.38%	Calories from Total Fat
						Added Sugars	4.98	g					
Total Fat	21.98	g	Sodium	1008.89	mg	Protein	28.98	g	Iron	3.95	mg	5.63%	Calories from Sat Fat
Saturated F	3.50	g	Carbohydr	62.85	g	Vitamin A	*0.00*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.99	g	Vitamin C	*0.00*	mg	Ash[1]	*N/A*	g	44.96%	Calories from Carbohydrates
												20.73%	Calories from Protein

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000875 - Chimi Nada - Bean & Cheese

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Serving

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904158s Chimi Nada - Bean & Cheese.... 1 Chimi Nada

*Nutrients are based upon 1 Portion Size (Serving)

Calories	350	kcal	Cholester	20.00	mg	Total Sugars	2.00	g	Calcium	250.00	mg	33.43%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	13.00	g	Sodium	510.00	mg	Protein	17.00	g	Iron	3.60	mg	12.86%	Calories from Sat Fat
Saturated F	5.00	g	Carbohydr	43.00	g	Vitamin A	400.00	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	7.00	g	Vitamin C	2.40	mg	Ash[1]	*N/A*	g	49.14%	Calories from Carbohydrates
												19.43%	Calories from Protein

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000566 - Chocolate Muffin

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Muffin

Meat/Alt:	0 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904008s Chocolate Muffin, Otis Spunkmeyer.... 1 Muffin

*Nutrients are based upon 1 Portion Size (Muffin)

Calories	390	kcal	Cholester	85.00	mg	Total Sugars	34.00	g	Calcium	40.00	mg	27.69%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	12.00	g	Sodium	260.00	mg	Protein	8.00	g	Iron	2.70	mg	9.23%	Calories from Sat Fat
Saturated F	4.00	g	Carbohydr	63.00	g	Vitamin A	0.00	RAE	Water[1]	0.00	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	5.00	g	Vitamin C	0.00	mg	Ash[1]	0.00	g	64.62%	Calories from Carbohydrates
												8.21%	Calories from Protein

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000919 - Chs Ravioli, Marinara, Brdstk

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Meal
Alternate Menu Name: Ravioli Marinara Bdstick

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0.5 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904204s Breaded Square Cheese Ravioli..... 161 GRAM
904179s Marinara Sauce BDiN 6X 104OZ.... 1/2 CUP
904205s Bread Sticks, WG, LS, 5"..... 1 (1)

*Nutrients are based upon 1 Portion Size (Meal)

Calories	510	kcal	Cholester	5.00	mg	Total Sugars	11.00	g	Calcium	230.00	mg	15.88%	Calories from Total Fat
						Added Sugars	1.00	g					
Total Fat	9.00	g	Sodium	1305.00	mg	Protein	21.00	g	Iron	5.88	mg	3.53%	Calories from Sat Fat
Saturated F	2.00	g	Carbohydr	87.00	g	Vitamin A	*0.00*	RAE	Water[1]	*0.00*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	8.00	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g	68.24%	Calories from Carbohydrates
												16.47%	Calories from Protein

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000937 - Cinnamon Swirls

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Swirl
Alternate Menu Name:
Cinnamon Roll

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904228s Cinnamon Swirls, WG.... 1 Roll

*Nutrients are based upon 1 Portion Size (Swirl)

Calories	300	kcal	Cholester	10.00	mg	Total Sugars	22.00	g	Calcium	50.00	mg	27.00%	Calories from Total Fat
						Added Sugars	22.00	g					
Total Fat	9.00	g	Sodium	125.00	mg	Protein	6.00	g	Iron	2.00	mg	7.50%	Calories from Sat Fat
Saturated F	2.50	g	Carbohydr	48.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.00	g	Vitamin C	*N/A*	mg	Ash[1]	*N/A*	g	64.00%	Calories from Carbohydrates
												8.00%	Calories from Protein

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900611 - Cinnamon Toast Crunch

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: 1 bowl

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

902989s Cinnamon Toast Crunch.... 4 OZ

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

Calories	425	kcal	Cholester	0.00	mg	Total Sugars	22.27	g	Calcium	263.25	mg	21.43%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	10.13	g	Sodium	647.99	mg	Protein	6.07	g	Iron	9.11	mg	0.00%	Calories from Sat Fat
Saturated F	0.00	g	Carbohydr	89.10	g	Vitamin A	*N/A*	RAE	Water[1]	0.00	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	14.17	g	Vitamin C	0.00	mg	Ash[1]	0.00	g	83.81%	Calories from Carbohydrates
												5.71%	Calories from Protein

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900612 - French Toast Sticks

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 1 package

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

903325s French Toast Sticks WG/IW Bake Crafters.... 3 OZ
903831s Syrup, Pancake Natural Syrup..... 1 OZ
904116s Jelly..... 1 Serving

*Nutrients are based upon 1 Portion Size (1 package)

Calories	356	kcal	Cholester	10.00	mg	Total Sugars	*29.36*	g	Calcium	40.00	mg	17.68%	Calories from Total Fat
						Added Sugars	*6.07*	g					
Total Fat	7.00	g	Sodium	275.19	mg	Protein	*0.00*	g	Iron	0.72	mg	2.53%	Calories from Sat Fat
Saturated F	1.00	g	Carbohydr	68.37	g	Vitamin A	*0.00*	RAE	Water[1]	*0.00*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	2.00	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g	76.73%	Calories from Carbohydrates
												0.00%	Calories from Protein

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000381 - Frosted Flakes Elem

Recipe HACCP Process: #1 No Cook

Source:
Number of Portions: 1
Size of Portion: Serving
Alternate Menu Name:
Elementary

Meat/Alt: 0 oz
Grains: 1 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

1oz
903803s Frosted Flakes.... 1 (1 Bowl)

*Nutrients are based upon 1 Portion Size (Serving)

Calories	216	kcal	Cholester	0.00	mg	Total Sugars	20.63	g	Calcium	0.00	mg	0.00%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	0.00	g	Sodium	265.26	mg	Protein	2.95	g	Iron	7.07	mg	0.00%	Calories from Sat Fat
Saturated F	0.00	g	Carbohydr	50.11	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	0.98	g	Vitamin C	0.00	mg	Ash[1]	*N/A*	g	92.73%	Calories from Carbohydrates
												5.45%	Calories from Protein

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000862 - Fruit,Yogurt, & Granola Parait

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Parfait
Alternate Menu Name: Elementary-Parfait

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904055s IQF Strawberries	1/4 CUP
904056s IQF Blueberries	1/4 CUP
904057s Granola Cinn WG (Post) #07485	1 oz. portion
904059s Straus Vanilla Yogurt	4 OZ

*Nutrients are based upon 1 Portion Size (Parfait)

Calories	306	kcal	Cholester	29.35	mg	Total Sugars	21.00	g	Calcium	*8.00*	mg	23.74%	Calories from Total Fat
						Added Sugars	3.00	g					
Total Fat	8.08	g	Sodium	125.93	mg	Protein	13.60	g	Iron	*0.96*	mg	9.80%	Calories from Sat Fat
Saturated F	3.34	g	Carbohydr	42.45	g	Vitamin A	*0.00*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.79	g	Vitamin C	*0.00*	mg	Ash[1]	*N/A*	g	55.47%	Calories from Carbohydrates
												17.77%	Calories from Protein

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000981 - Guacamole

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 1/4 Cup
Alternate Menu Name: Guacamole

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904260s Avocados Chunky Pulp, Frozen.... 1 LB
902813s LIME JUICE..... 6 OZ
799986s SALT, KOSHER..... 1 TSP

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

Calories	968	kcal	Cholester	0.00	mg	Total Sugars	*5.09*	g	Calcium	18.88	mg	85.32%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	91.72	g	Sodium	1668.50	mg	Protein	10.87	g	Iron	5.66	mg	14.22%	Calories from Sat Fat
Saturated F	15.29	g	Carbohydr	42.48	g	Vitamin A	*1019.1	RAE	Water[1]	*157.17*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	25.48	g	Vitamin C	54.01	mg	Ash[1]	*0.34*	g	17.56%	Calories from Carbohydrates
												4.49%	Calories from Protein

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000970 - Huli Huli "Meaball" (V) Rice

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Portion
Alternate Menu Name: Huli Huli "Meaball" Rice

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904172s	Impossible Meatballs Planet Based....	5 Pieces
R-000921	Huli Huli Sauce.....	1 (4 oz.)
R-000810	Rice, White Jasmine.....	1 (8 oz cups)
R-000922	Broccoli, Roasted	1/2 Cup

*Nutrients are based upon 1 Portion Size (Portion)

Calories	*7544*	kcal	Cholester	*0.00*	mg	Total Sugars	*219.40	g	Calcium	*1273.97*	mg	*2.59%*	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	*21.69*	g	Sodium	*61222.73	mg	Protein	*76.80*	g	Iron	*28.31*	mg	*0.60%*	Calories from Sat Fat
Saturated F	*5.06*	g	Carbohydr	*1788.10*	g	Vitamin A	*341.76	RAE	Water[1]	*152.92*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	*29.45*	g	Vitamin C	*298.80	mg	Ash[1]	*5.52*	g	*94.81%*	Calories from Carbohydrates
												4.07%	Calories from Protein

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000920 - Huli Huli Chicken over Rice

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Portion
Alternate Menu Name: Huli Huli Chicken Rice

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904107s Mango Jalapeno Chicken Meatballs RC.... 4 OZ
R-000921 Huli Huli Sauce..... 1 (4 oz.)
R-000810 Rice, White Jasmine..... 1 (8 oz cups)
R-000922 Broccoli, Roasted ..... 1/2 Cup

*Nutrients are based upon 1 Portion Size (Portion)

Calories	*7461*	kcal	Cholester	*86.15*	mg	Total Sugars	*227.09	g	Calcium	*1273.97*	mg	*1.47%*	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	*12.15*	g	Sodium	*61288.70	mg	Protein	*79.10*	g	Iron	*28.31*	mg	*0.42%*	Calories from Sat Fat
Saturated F	*3.45*	g	Carbohydr	*1787.02*	g	Vitamin A	*341.76	RAE	Water[1]	*152.92*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	*27.76*	g	Vitamin C	*298.80	mg	Ash[1]	*5.52*	g	*95.81%*	Calories from Carbohydrates
												4.24%	Calories from Protein

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000921 - Huli Huli Sauce

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 40
Size of Portion: 4 oz.
Alternate Menu Name: Huli Huli BBQ

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

901530s SUGARS,BROWN,LIGHT	1 QT, packed
902642s Ketchup	1/4 GALLON
904208s Pineapple Tidbits in Juice	64 OZ
903140s SOY SAUCE (Light) #4897641	1 QT
903745s Cider Vinegar	2 CUP
011216 GINGER ROOT,RAW	2 TBSP
902724s GARLIC, MINCED	2 TBSP
002028 PAPRIKA	2 TBSP
002030 PEPPER,BLACK	1 TBSP, ground

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

Calories	176	kcal	Cholester	0.00	mg	Total Sugars	*5.48*	g	Calcium	31.53	mg	0.27%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	0.05	g	Sodium	1511.62	mg	Protein	*1.52*	g	Iron	0.71	mg	0.05%	Calories from Sat Fat
Saturated F	0.01	g	Carbohydr	43.26	g	Vitamin A	*8.54*	RAE	Water[1]	*0.59*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	0.62	g	Vitamin C	*7.47*	mg	Ash[1]	*0.14*	g	98.20%	Calories from Carbohydrates
												3.44%	Calories from Protein

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000883 - Imposs. Chsburger & Fries E

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: burger
Alternate Menu Name: Winter 25-26

Meat/Alt:	3 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

903795s Impossible Burger Patty 2.8oz..... 1 Plant Based Patty
903817s Hamburger bun Ww- BIMBO..... 1 Bun
904010s Seasoned Wedges - Simplot..... 1 Serving (8 pieces)
904064s Cheddar Cheese, Yellow Sliced.... 1 Slice

*Nutrients are based upon 1 Portion Size (burger)

Calories	482	kcal	Cholester	28.00	mg	Total Sugars	1.50	g	Calcium	502.52	mg	44.85%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	24.00	g	Sodium	938.84	mg	Protein	25.49	g	Iron	8.31	mg	18.64%	Calories from Sat Fat
Saturated F	9.98	g	Carbohydr	39.20	g	Vitamin A	*0.00*	RAE	Water[1]	*11.09*	g	0.02%	Calories from Trans Fat
Trans Fat	0.01	g	Dietary Fib	7.58	g	Vitamin C	*0.00*	mg	Ash[1]	*1.03*	g	32.55%	Calories from Carbohydrates
												21.17%	Calories from Protein

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000823 - Imposs.Nuggets & Tots w/Roll

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: serving
Alternate Menu Name: Winter 25-26
Secondary

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

Vegetarian/Vegan

904084s Impossible Nuggets..... 1 Serving (5 nuggets)
904031s Tater Gems, Reduced Soduim.... 1 Serving/10 pieces
904217s Hawaiian Dinner roll 51% WW.... 1 (1)

*Nutrients are based upon 1 Portion Size (serving)

Calories	549	kcal	Cholester	0.00	mg	Total Sugars	4.98	g	Calcium	156.70	mg	37.67%	Calories from Total Fat
						Added Sugars	3.98	g					
Total Fat	22.98	g	Sodium	848.89	mg	Protein	17.98	g	Iron	3.85	mg	4.92%	Calories from Sat Fat
Saturated F	3.00	g	Carbohydr	67.85	g	Vitamin A	*0.00*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.99	g	Vitamin C	*0.00*	mg	Ash[1]	*N/A*	g	49.42%	Calories from Carbohydrates
												13.10%	Calories from Protein

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000912 - J. Corn Dog W/Fries

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 4 oz.
Alternate Menu Name: Jumbo Corn Dog w/Fries

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904194s Jumbo Chicken Corn Dog..... 1 (1)
000116s POTATO, SAVORY SEASONED POTATOE WEDGE.... 1 (3 OZ)

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

Calories	420	kcal	Cholester	45.00	mg	Total Sugars	*12.00*	g	Calcium	*25.00*	mg	42.86%	Calories from Total Fat
						Added Sugars	*12.00*	g					
Total Fat	20.00	g	Sodium	1200.25	mg	Protein	13.00	g	Iron	1.72	mg	10.72%	Calories from Sat Fat
Saturated F	5.00	g	Carbohydr	47.01	g	Vitamin A	*N/A*	RAE	Water[1]	*0.00*	g	*N/A*%	Calories from Trans Fat
Trans Fat	*N/A*	g	Dietary Fib	4.00	g	Vitamin C	*18.01*	mg	Ash[1]	*N/A*	g	44.76%	Calories from Carbohydrates
												12.38%	Calories from Protein

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000872 - Maple Waffle

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Serving

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904156s Waffle, Eggo 4"..... 1 (2 Waffles)
903831s Syrup, Pancake Natural Syrup.... 1 Serving

*Nutrients are based upon 1 Portion Size (Serving)

Calories	317	kcal	Cholester	1.00	mg	Total Sugars	24.46	g	Calcium	371.40	mg	23.28%	Calories from Total Fat
						Added Sugars	*3.00*	g					
Total Fat	8.20	g	Sodium	561.19	mg	Protein	5.60	g	Iron	5.10	mg	5.68%	Calories from Sat Fat
Saturated F	2.00	g	Carbohydr	59.26	g	Vitamin A	*257.00	RAE	Water[1]	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.40	g	Vitamin C	0.00	mg	Ash[1]	*0.00*	g	74.78%	Calories from Carbohydrates
												7.07%	Calories from Protein

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000544 - Munchable

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Munchable Box
Alternate Menu Name: Winter 25-26 Elementary

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0.5 Cup
Vegetable:	0.5 Cup
Milk:	0 Cup

903744s GoGurt Mix Berry..... 1 Tube
900359s CHEESE,MOZZARELLA,STRING CHEESE.... 1 Stick
904069s Goldfish Crackers, Cheddar..... 1 Package
903503s CARROTS, BABY-CUT, FRESH, PEELED..... 1 Bag
903999s STONE FRUIT (AgLink)..... 1 medium (2-2/3" dia)

*Nutrients are based upon 1 Portion Size (Munchable Box)

Calories	419	kcal	Cholester	30.31	mg	Total Sugars	*15.58*	g	Calcium	*293.24*	mg	29.32%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	13.66	g	Sodium	605.68	mg	Protein	16.26	g	Iron	*2.91*	mg	11.03%	Calories from Sat Fat
Saturated F	5.14	g	Carbohydr	58.33	g	Vitamin A	*24.00*	RAE	Water[1]	*146.48*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	*5.71*	g	Vitamin C	*12.15*	mg	Ash[1]	*1.70*	g	55.67%	Calories from Carbohydrates
												15.52%	Calories from Protein

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900943 - Oatmeal Chocolate Bar

Recipe HACCP Process: #1 No Cook

Source: K-12
Number of Portions: 1
Size of Portion: BAR

Meat/Alt: 0 oz
Grains: 2 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903370s Oatmeal Chocolate Chunk Breakfast Bar.... 1 Bar

*Nutrients are based upon 1 Portion Size (BAR)

Calories	290	kcal	Cholester	20.00	mg	Total Sugars	22.00	g	Calcium	20.00	mg	27.93%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	9.00	g	Sodium	240.00	mg	Protein	5.00	g	Iron	1.80	mg	9.31%	Calories from Sat Fat
Saturated F	3.00	g	Carbohydr	47.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.00	g	Vitamin C	0.00	mg	Ash[1]	*N/A*	g	64.83%	Calories from Carbohydrates
												6.90%	Calories from Protein

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900828 - Pepperoni Pizza- E

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: serving
Alternate Menu Name: WM 16" Pepp Pizza

Meat/Alt: 2 oz
Grains: 2 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903239s Pepperoni Pizza WM 16".... 1 slice

*Nutrients are based upon 1 Portion Size (serving)

Calories	370	kcal	Cholester	35.00	mg	Total Sugars	4.00	g	Calcium	400.00	mg	43.78%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	18.00	g	Sodium	580.00	mg	Protein	20.00	g	Iron	1.80	mg	21.89%	Calories from Sat Fat
Saturated F	9.00	g	Carbohydr	34.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.00	g	Vitamin C	9.00	mg	Ash[1]	*N/A*	g	36.76%	Calories from Carbohydrates
												21.62%	Calories from Protein

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000911 - Poffitz Pancake Bites

Source: Darrell
Number of Portions: 120
Size of Portion: 8 bites
Alternate Menu Name: Pancake Bites
Jam/Syrup

Recipe HACCP Process:

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904192s Pancake, Bites, Poffitz WG Bulk.... 68 GRAM
904116s Jelly..... 2 Serving
903831s Syrup, Pancake Natural Syrup..... 1 Serving

*Nutrients are based upon 1 Portion Size (8 bites)

Calories	3	kcal	Cholester	0.33	mg	Total Sugars	0.42	g	Calcium	0.30	mg
						Added Sugars	*0.19*	g			
Total Fat	0.10	g	Sodium	2.54	mg	Protein	0.03	g	Iron	0.01	mg
Saturated F	0.01	g	Carbohydr	0.64	g	Vitamin A	*0.00*	RAE	Water[1]	*0.00*	g
Trans Fat	0.00	g	Dietary Fib	0.02	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g

26.87%	Calories from Total Fat
2.24%	Calories from Sat Fat
0.00%	Calories from Trans Fat
76.13%	Calories from Carbohydrates
3.98%	Calories from Protein

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000974 - Pull Aparts with Marinara Sc.

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Package
Alternate Menu Name: Pull Aparts with Marinar

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904253s Pull Apart Italian Cheese and Garlic.... 1 Package
904179s Marinara Sauce BDiN 6X 104OZ..... 2 OZ

*Nutrients are based upon 1 Portion Size (Package)

Calories	322	kcal	Cholester	30.00	mg	Total Sugars	7.23	g	Calcium	375.72	mg	38.79%	Calories from Total Fat
						Added Sugars	3.00	g					
Total Fat	13.89	g	Sodium	734.30	mg	Protein	14.45	g	Iron	2.28	mg	16.75%	Calories from Sat Fat
Saturated F	6.00	g	Carbohydr	35.57	g	Vitamin A	*0.00*	RAE	Water[1]	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	2.00	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g	44.14%	Calories from Carbohydrates
												17.93%	Calories from Protein

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000879 - Pupusa Salad (Curtido)

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 40
Size of Portion: 4oz

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

011109 CABBAGE,RAW.....	3 1/2 LB, shredded
901063s ONO,RAW.....	9 OZ, thinly sliced
902794s CARROTS,RAW.....	1 LB
901071s OREGANO ,DRIED.....	2 TBSP, leaves + 2 TSP, leaves
799986s SALT, KOSHER.....	2 TBSP
002030 PEPPER,BLACK.....	2 TSP, ground
002048 VINEGAR,CIDER.....	1 CUP + 1/4 CUP
903760s Municipal Water, H2O....	3 CUP + 3/4 CUP

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

Calories	30	kcal	Cholester	4.46	mg	Total Sugars	*1.30*	g	Calcium	21.41	mg	28.65%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	0.96	g	Sodium	256.29	mg	Protein	1.81	g	Iron	0.35	mg	6.78%	Calories from Sat Fat
Saturated F	0.23	g	Carbohydr	3.67	g	Vitamin A	*2.02*	RAE	Water[1]	*57.65*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	1.42	g	Vitamin C	15.22	mg	Ash[1]	*0.47*	g	48.89%	Calories from Carbohydrates
												24.12%	Calories from Protein

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000884 - Pupusa, Bean and Cheese

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: serving

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0.25 Cup
Milk:	0 Cup

904163s Pupusa, Bean and Cheese.... 1 Pupusa
R-000879 Pupusa Salad (Curtido)..... 1 (4oz)

*Nutrients are based upon 1 Portion Size (serving)

Calories	330	kcal	Cholester	24.46	mg	Total Sugars	*2.30*	g	Calcium	321.41	mg	35.33%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	12.96	g	Sodium	836.29	mg	Protein	14.81	g	Iron	2.15	mg	12.89%	Calories from Sat Fat
Saturated F	4.73	g	Carbohydr	37.67	g	Vitamin A	*2.02*	RAE	Water[1]	*57.65*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	5.42	g	Vitamin C	15.22	mg	Ash[1]	*0.47*	g	45.66%	Calories from Carbohydrates
												17.95%	Calories from Protein

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000941 - Refried Beans, Vegetarian

Recipe HACCP Process: #2 Same Day Service

Source:
Number of Portions: .5
Size of Portion: Cup
Alternate Menu Name: Rosarita Refried Beans

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904232s Refried Beans, Vegetarian.... 1 GAL
014555 WATER,BTLD,GENERIC..... 1 CUP

*Nutrients are based upon 1 Portion Size (Cup)

Calories	3520	kcal	Cholester	0.00	mg	Total Sugars	31.99	g	Calcium	47.40	mg	20.45%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	79.99	g	Sodium	18569.48	mg	Protein	159.99	g	Iron	44.81	mg	0.00%	Calories from Sat Fat
Saturated F	0.00	g	Carbohydr	512.00	g	Vitamin A	*0.00*	RAE	Water[1]	*473.91*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	159.99	g	Vitamin C	*0.00*	mg	Ash[1]	*0.33*	g	58.18%	Calories from Carbohydrates
												18.18%	Calories from Protein

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000810 - Rice, White Jasmine

Source: Darrell
Number of Portions: 44
Size of Portion: 8 oz cups

Recipe HACCP Process: #2 Same Day Service

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904094s RICE,JASMINE WHITE,LONG-GRAIN,REG,ENR,CKD.... 4 QT
904074s Tap Water..... 6 QT

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

Calories	204	kcal	Cholester	0.00	mg	Total Sugars Added Sugars	0.00 g 0.00 g	Calcium	12.93	mg	0.00% Calories from Total Fat
Total Fat	0.00	g	Sodium	2.59	mg	Protein	0.00 g	Iron	0.00	mg	0.00% Calories from Sat Fat
Saturated F	0.00	g	Carbohydr	45.96	g	Vitamin A	0.00 RAE	Water[1]	129.25	g	0.00% Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	1.28	g	Vitamin C	0.00 mg	Ash[1]	0.09	g	90.00% Calories from Carbohydrates
											0.00% Calories from Protein

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000795 - Salad Bar Elem, Nacho Bar

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 100
Size of Portion: 1 cup
Alternate Menu Name: Nachos Salad Bar
BUILD YOUR OWN

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

SALAD BAR

902471s LETTUCE, SHREDDED	50 CUP, shredded
902781s TOMATOES,RED,RIPE,RAW	5 LB, diced
903777s Cheese, Cheddar Yellow, Shredded	3 1/2 LB
903981s Pears, Halves, Extra Light Syrup, Canned	25 CUP
903414s JICAMA	5 1/2 LB
R-000843 Salsa, Housemade	1 (1/4 Cup Serving)
902458s JALAPENO PEPPERS	1 #10 can

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

Calories	109	kcal	Cholester	*17.01*	mg	Total Sugars	*6.18*	g	Calcium	*23.18*	mg	43.00%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	5.20	g	Sodium	373.48	mg	Protein	3.96	g	Iron	*0.99*	mg	*28.23%*	Calories from Sat Fat
Saturated F	*3.41*	g	Carbohydr	11.35	g	Vitamin A	*0.07*	RAE	Water[1]	*47.74*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	2.86	g	Vitamin C	*6.59*	mg	Ash[1]	*0.21*	g	41.70%	Calories from Carbohydrates
												14.54%	Calories from Protein

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000843 - Salsa, Housemade

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 250
Size of Portion: 1/4 Cup Serving
Alternate Menu Name: Winter 25-26
Secondary

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

902921s TOMATOES, CANNED, DICED....	3 #10 CAN
904104s Tomatillo, Diced Canned	2 #10 Can
002026 ONION POWDER.....	1 CUP
002020 GARLIC POWDER.....	1 CUP
904105s Red Chili Flake	1 CUP
799986s SALT, KOSHER.....	1 1/2 CUP
019335 SUGARS,GRANULATED.....	1/2 CUP
069047s CILANTRO FRESH,RAW.....	2 BUNCH
903443s Jalapenos.....	1 CUP

*Nutrients are based upon 1 Portion Size (1/4 Cup Serving)

Calories	18	kcal	Cholester	0.00	mg	Total Sugars	*1.19*	g	Calcium	*14.96*	mg	3.48%	Calories from Total Fat
						Added Sugars	*0.40*	g					
Total Fat	0.07	g	Sodium	521.53	mg	Protein	0.48	g	Iron	*0.29*	mg	0.70%	Calories from Sat Fat
Saturated F	0.01	g	Carbohydr	3.91	g	Vitamin A	*7.16*	RAE	Water[1]	*0.31*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	0.51	g	Vitamin C	*3.84*	mg	Ash[1]	*0.06*	g	87.86%	Calories from Carbohydrates
												10.73%	Calories from Protein

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000834 - Sausage, Egg & Cheese Sandwich

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: EACH

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

001125 EGG,YOLK,RAW,FRSH..... 1 large
903857s English Muffin WG..... 1 EACH
902511s CHEESE, CHEDDAR..... 1 OZ
904012s Sausage Patty, Chicken (Tyson).... 1 Patty

*Nutrients are based upon 1 Portion Size (EACH)

Calories	384	kcal	Cholester	*254.45*	mg	Total Sugars	*0.10*	g	Calcium	291.61	mg	48.05%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	20.51	g	Sodium	666.95	mg	Protein	*20.70*	g	Iron	2.90	mg	20.20%	Calories from Sat Fat
Saturated F	8.62	g	Carbohydr	25.49	g	Vitamin A	*64.77*	RAE	Water[1]	*9.89*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	2.98	g	Vitamin C	*0.00*	mg	Ash[1]	*0.29*	g	26.54%	Calories from Carbohydrates
												21.55%	Calories from Protein

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000900 - Smoothie w/ Granola Bar

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: serving

Meat/Alt:	1 oz
Grains:	1.25 oz
Fruit:	0.5 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904183s Smoothie, Banana Strawberry.... 1 Bottle/serving
904182s Granola Bar, Nature's Valley..... 1 serving/2 bars/pkg

*Nutrients are based upon 1 Portion Size (serving)

Calories	320	kcal	Cholester	0.00	mg	Total Sugars	31.00	g	Calcium	*120.00*	mg	19.69%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	7.00	g	Sodium	210.00	mg	Protein	8.00	g	Iron	1.44	mg	2.81%	Calories from Sat Fat
Saturated F	1.00	g	Carbohydr	65.00	g	Vitamin A	*0.00*	RAE	Water[1]	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.00	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g	81.25%	Calories from Carbohydrates
												10.00%	Calories from Protein

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000876 - Sunbutter & Jelly Sandwich Box

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Box

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904011s Bread, Sliced, WW Bimbo..... 2 Slice
904161s Sunbutter Cup, Voyage 1.5oz..... 1 Serving
904162s Jam, Strawberry, no HFCS..... 1 Serving
900359s CHEESE,MOZZARELLA,STRING CHEESE.... 1 Stick
009201 ORANGES,RAW,CALIFORNIA,VALENCIAS.... 1 fruit (2-5/8" dia)

*Nutrients are based upon 1 Portion Size (Box)

Calories	580	kcal	Cholester	15.31	mg	Total Sugars	*17.00*	g	Calcium	338.64	mg	45.07%	Calories from Total Fat
						Added Sugars	*14.00*	g					
Total Fat	29.04	g	Sodium	559.69	mg	Protein	20.62	g	Iron	2.62	mg	10.30%	Calories from Sat Fat
Saturated F	6.63	g	Carbohydr	64.47	g	Vitamin A	*14.52*	RAE	Water[1]	117.64	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	8.02	g	Vitamin C	58.69	mg	Ash[1]	1.56	g	44.47%	Calories from Carbohydrates
												14.22%	Calories from Protein

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900400 - Taco Nada Turkey **Recipe HACCP Process: #2 Same Day Service**

Source: Darrell
Number of Portions: 1
Size of Portion: nada
Alternate Menu Name: Bell Tasty

902850s Taco Nada.... 1 serving

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

*Nutrients are based upon 1 Portion Size (nada)

Calories	250	kcal	Cholester	30.00	mg	Total Sugars	*N/A*	g	Calcium	50.00	mg	28.80%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	8.00	g	Sodium	450.00	mg	Protein	16.00	g	Iron	2.70	mg	7.20%	Calories from Sat Fat
Saturated F	2.00	g	Carbohydr	32.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.00	g	Vitamin C	4.80	mg	Ash[1]	*N/A*	g	51.20%	Calories from Carbohydrates
												25.60%	Calories from Protein

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000825 - Teriyaki Chicken Rice Bowl

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: bowl
Alternate Menu Name: Winter 25-26
Secondary

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904090s Chicken, Teriyaki BBQ, Yang's.... 1 Serving
R-000810 Rice, White Jasmine..... 1 cups
011090 BROCCOLI,RAW..... 1/2 CUP, florets

*Nutrients are based upon 1 Portion Size (bowl)

Calories	145	kcal	Cholester	70.00	mg	Total Sugars	9.75	g	Calcium	30.68	mg	22.74%	Calories from Total Fat
						Added Sugars	9.00	g					
Total Fat	3.66	g	Sodium	494.52	mg	Protein	16.24	g	Iron	1.04	mg	6.52%	Calories from Sat Fat
Saturated F	1.05	g	Carbohydr	12.92	g	Vitamin A	*13.64*	RAE	Water[1]	*39.29*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	1.14	g	Vitamin C	*39.25*	mg	Ash[1]	*0.38*	g	35.66%	Calories from Carbohydrates
												44.81%	Calories from Protein

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000840 - Teriyaki Tofu Rice Bowl

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: bowl
Alternate Menu Name: Winter
25-26 Secondary

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

R-000810 Rice, White Jasmine..... 1 cups
011090 BROCCOLI,RAW..... 1/2 CUP, florets
R-000832 Tofu Method..... 1 = 1 cup serving
123614 Teriyaki Sauce..... 2 TBSPS

*Nutrients are based upon 1 Portion Size (bowl)

Calories	13196	kcal	Cholester	7.41	mg	Total Sugars	*2645.7	g	Calcium	2529.91	mg	2.41%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	35.28	g	Sodium	49828.49	mg	Protein	126.08	g	Iron	0.42	mg	0.29%	Calories from Sat Fat
Saturated F	4.23	g	Carbohydr	3124.90	g	Vitamin A	*13.64*	RAE	Water[1]	*41.07*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	43.11	g	Vitamin C	189.78	mg	Ash[1]	*0.40*	g	94.72%	Calories from Carbohydrates
												3.82%	Calories from Protein

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000917 - Tofu Chow Mein Recipe

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 2 Cups
Alternate Menu Name: Tofu Chow Mein Recipe

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904092s Tofu, Premium Tofu Ex Firm ..... 2 1/2 OZ
904200s Chow Mein 51% Whole Grain Noodle..... 2 7/8 OZ
011749 CABBAGE,COMMON,FRESHLY HARVEST,RAW.... 1/2 CUP, shredded
799938s CARROTS,RAW..... 1/4 CUP, grated

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

Calories	266	kcal	Cholester	22.08	mg	Total Sugars	*5.00*	g	Calcium	35.53	mg	26.63%	Calories from Total Fat
						Added Sugars	*5.00*	g					
Total Fat	7.88	g	Sodium	903.61	mg	Protein	14.35	g	Iron	2.28	mg	1.47%	Calories from Sat Fat
Saturated F	0.44	g	Carbohydr	42.18	g	Vitamin A	*2.10*	RAE	Water[1]	*56.66*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	7.24	g	Vitamin C	*19.47*	mg	Ash[1]	*0.52*	g	63.34%	Calories from Carbohydrates
												21.55%	Calories from Protein

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000832 - Tofu Method

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1.5
Size of Portion: = 1 cup serving

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904092s Tofu, Premium Tofu Ex Firm .... 1 1/2 CUP
799986s SALT, KOSHER..... 1 TSP
020027 CORNSTARCH..... 1/4 CUP
902880s Olive Oil Blend..... 1 TBSP

*Nutrients are based upon 1 Portion Size (= 1 cup serving)

Calories	494	kcal	Cholester	7.41	mg	Total Sugars	*0.00*	g	Calcium	0.43	mg	58.76%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	32.25	g	Sodium	1071.57	mg	Protein	23.77	g	Iron	0.10	mg	7.62%	Calories from Sat Fat
Saturated F	4.18	g	Carbohydr	25.40	g	Vitamin A	*0.00*	RAE	Water[1]	*1.77*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	6.12	g	Vitamin C	0.00	mg	Ash[1]	*0.02*	g	20.57%	Calories from Carbohydrates
												19.25%	Calories from Protein

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900402 - Trky Breakfast Taco Nada

Recipe HACCP Process: #2 Same Day Service

Source: StanUnion
Number of Portions: 1
Size of Portion: serving
Alternate Menu Name: Breakfast Nada

902850s Taco Nada.... 1 serving

Meat/Alt:	1.5 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

*Nutrients are based upon 1 Portion Size (serving)

Calories	250	kcal	Cholester	30.00	mg	Total Sugars	*N/A*	g	Calcium	50.00	mg	28.80%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	8.00	g	Sodium	450.00	mg	Protein	16.00	g	Iron	2.70	mg	7.20%	Calories from Sat Fat
Saturated F	2.00	g	Carbohydr	32.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.00	g	Vitamin C	4.80	mg	Ash[1]	*N/A*	g	51.20%	Calories from Carbohydrates
												25.60%	Calories from Protein

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000973 - Turkey / Cheddar Sandwich ELE

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Sandwich
Alternate Menu Name: Elementry T&C Sando

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

903280s Baguette..... 1/4 Baguette
904037s Turkey, Oven Roasted..... 2 OZ
904064s Cheddar Cheese, Yellow Sliced.... 1 Slice
011253 LETTUCE,GRN LEAF,RAW..... 1 leaf inner
902781s TOMATOES,RED,RIPE,RAW..... 1 slice

*Nutrients are based upon 1 Portion Size (Sandwich)

Calories	372	kcal	Cholester	48.25	mg	Total Sugars	*0.14*	g	Calcium	205.56	mg	26.54%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	10.98	g	Sodium	1194.51	mg	Protein	23.97	g	Iron	2.29	mg	12.84%	Calories from Sat Fat
Saturated F	5.31	g	Carbohydr	41.29	g	Vitamin A	*17.76*	RAE	Water[1]	*31.35*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	4.42	g	Vitamin C	*4.04*	mg	Ash[1]	*0.17*	g	44.36%	Calories from Carbohydrates
												25.76%	Calories from Protein

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000983 - Vegetarian Refried Bean Nachos

Recipe HACCP Process: #3 Complex Food Preparation

Source: Darrell
Number of Portions: 1
Size of Portion: Plate
Alternate Menu Name: Vegetarian Nachos

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

R-000941 Refried Beans, Vegetarian..... 1/2 Cup
R-000795 Salad Bar Elem, Nacho Bar..... 1 (1 cup)
904233s Chips, Tortilla Salted..... 1 Bag
903777s Cheese, Cheddar Yellow, Shredded.... 2 OZ

*Nutrients are based upon 1 Portion Size (Plate)

Calories	2232	kcal	Cholester	*77.76*	mg	Total Sugars	*23.18*	g	Calcium	*106.88*	mg	27.59%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	68.42	g	Sodium	10147.97	mg	Protein	97.10	g	Iron	*23.40*	mg	*6.68%*	Calories from Sat Fat
Saturated F	*16.56*	g	Carbohydr	287.35	g	Vitamin A	*0.07*	RAE	Water[1]	*284.69*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	86.86	g	Vitamin C	*6.59*	mg	Ash[1]	*0.38*	g	51.50%	Calories from Carbohydrates
												17.40%	Calories from Protein

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