

Lawrence Public Schools

USD 497

990512 - Blondie Apples

Number of Portions: 2.000

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990394	Apple, Local Variety	2 (1/2 cup)	61.23	31.963	0.000	0.673	6.393	0.000	0.101	0.000
		Totals	61.00	31.963	0.000	0.673	6.393	0.000	0.101	0.000
		% of Calories			0.000%		80.005%	0.000%	2.841%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990394	Apple, Local Variety	0.000	8.411	1.480	0.168	*N/A*	3.365	2.826	0.061	*N/A*	*N/A*
	Totals	0.000	8.411	1.480	0.168	*N/A*	3.365	2.826	0.061	*N/A*	*N/A*
	% of Calories		105.264%		2.102%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	112.00	68.358	0.000	25.088	9.156	*N/A*	0.251	0.000
	% of Calories			0.000%		53.577%	*N/A%*	3.303%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	15.035	1.136	1.505	64.757	1.091	0.082	*19.075*	*0.059*
	% of Calories		87.979%		8.807%					

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Lawrence Public Schools

USD 497

990715 - Apple Cinnamon Muffin (Bakery)

Number of Portions: 54.000

Group Code: BREAKFAST

Size of Portion: muffin

*Nutrients are based upon 1 Portion Size (muffin)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
75010	Water, Cold	3/4 cup + 2 tbsp	3.89	0.000	0.000	0.117	0.000	*N/A*	0.000	0.000
900648	Applesauce, unswtnd	1 LB + 9 5/8 oz	13.44	5.508	0.000	1.102	0.991	*N/A*	0.000	0.000
903133	Cinnamon Spice	3 tbsp	0.43	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
900365	Vanilla, Imitation	2 tsp	0.16	0.000	0.000	0.000	0.000	0.000	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
R-990555	Streusel	1/8 Recipe	2.52	10.716	0.210	2.700	1.240	0.000	0.330	0.000
		Totals	71.00	201.999	2.822	212.980	*18.506*	*0.000*	4.961	0.000
		% of Calories			12.573%		*36.646%*	*0.000%*	22.105%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
75010	Water, Cold	0.000	0.000	0.000	0.000	*N/A*	0.078	0.000	0.000	3.885	0.004
900648	Applesauce, unswtnd	0.000	1.432	0.220	0.000	*N/A*	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*
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	5.926	0.593	0.000	0.296	*N/A*	11.852	0.000	0.000	0.000	0.000
R-990555	Streusel	0.900	1.941	0.031	0.095	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	6.826	35.990	1.827	3.017	*0.000*	48.679	0.000	0.840	*3.885*	*0.004*
	% of Calories		71.267%		5.974%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	26.00	8.760	0.000	0.000	1.752	*N/A*	0.000	0.000
	% of Calories			0.000%		80.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	2.409	0.548	0.000	*N/A*	2.190	0.526	9.191	0.028
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	65.00	179.385	0.854	213.554	7.688	0.000	5.125	0.000
	% of Calories			4.286%		17.143%	0.000%	25.714%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	30.752	1.708	3.417	*N/A*	*N/A*	1.281	*N/A*	*N/A*
	% of Calories		68.572%		7.619%					

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Lawrence Public Schools

USD 497

492 - Apples

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900475 Apples, Red Delicious	17 1/4 EACH	17.25	5.702	0.000	0.000	1.140	*N/A*	0.000	0.000
990749 APPLE GLDN XFCY FRSH	17 1/4 each	17.25	9.496	0.000	0.000	0.000	0.000	0.000	0.000
990394 Apple, Local Variety	17 1/4 each	24.81	12.948	0.000	0.273	2.590	0.000	0.041	0.000
990743 Autumn Crisp Apples -- Local FFVP	17 1/4 apple	17.25	9.496	0.000	0.000	0.000	0.000	0.000	0.000
990740 Blondie Apples - Local	17 1/4 apple	17.25	9.496	0.000	0.000	0.000	0.000	0.000	0.000
990586 Granny Smith Apple	17 1/4 apple	24.81	13.655	0.000	0.000	0.000	0.000	0.000	0.000
990742 Johnathan Apples - Local FFVP	17 1/4 apple	17.25	9.496	0.000	0.000	0.000	0.000	0.000	0.000
990750 FFVP only -- Gala Apples Wfcy Fresh	17 1/4 apple	17.25	13.168	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	153.00	83.457	0.000	0.273	3.730	0.000	0.041	0.000
	% of Calories			0.000%		17.877%	0.000%	0.441%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900475 Apples, Red Delicious	0.000	1.568	0.356	0.000	*N/A*	1.426	0.342	0.026	5.983	0.019
990749 APPLE GLDN XFCY FRSH	0.000	2.374	0.475	0.000	0.000	1.108	0.000	0.022	0.000	0.000
990394 Apple, Local Variety	0.000	3.407	0.600	0.068	*N/A*	1.363	1.145	0.025	*N/A*	*N/A*
990743 Autumn Crisp Apples -- Local FFVP	0.000	2.374	0.475	0.000	0.000	1.108	0.000	0.022	0.000	0.000
990740 Blondie Apples - Local	0.000	2.374	0.475	0.000	0.000	1.108	0.000	0.022	0.000	0.000
990586 Granny Smith Apple	0.000	3.414	0.683	0.000	*N/A*	1.138	0.000	0.036	0.000	0.000
990742 Johnathan Apples - Local FFVP	0.000	2.374	0.475	0.000	0.000	1.108	0.000	0.022	0.000	0.000
990750 FFVP only -- Gala Apples Wfcy Fresh	0.000	3.160	0.527	0.000	0.000	0.000	0.000	0.158	0.000	0.000
	Totals	0.000	21.045	4.065	0.068	*0.000*	8.358	1.487	*5.983*	*0.019*
	% of Calories		100.868%		0.326%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	128.00	49.833	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	13.953	0.997	0.000	*N/A*	4.983	0.000	0.000	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	128.00	52.284	0.000	10.457	9.411	*N/A*	0.000	0.000
	% of Calories			0.000%		71.999%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	13.594	2.091	0.000	*N/A*	0.000	0.000	0.000	0.000
	% of Calories		104.000%		0.000%					

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Lawrence Public Schools

USD 497

990066 - APPLESAUCE, UNSWTND *RESIZED*

Number of Portions: 100.000

Source: Mosaic

Group Code: FRUIT

Size of Portion: 1/4 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	61.00	25.000	0.000	5.000	4.500	*N/A*	0.000	0.000
	% of Calories			0.000%		72.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	6.500	1.000	0.000	*N/A*	0.000	0.000	0.000	0.000
	% of Calories		104.000%		0.000%					

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Lawrence Public Schools

USD 497

990506 - Asian Pears - Local

Number of Portions: 100.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990735 Local - Asian Pears	50 Asian Pear	61.00	33.072	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	61.00	33.072	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990735 Local - Asian Pears	0.000	9.187	1.837	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	9.187	1.837	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories		111.112%		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	28.00	8.338	0.000	3.335	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	1.668	0.667	0.667	*N/A*	0.000	0.334	*N/A*	*N/A*
	% of Calories		80.000%		31.998%					

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Lawrence Public Schools

USD 497

990515 - Autumn Crisp Apples

Number of Portions: 2.000

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990394	Apple, Local Variety	2 (1/2 cup)	61.23	31.963	0.000	0.673	6.393	0.000	0.101	0.000
		Totals	61.00	31.963	0.000	0.673	6.393	0.000	0.101	0.000
		% of Calories			0.000%		80.005%	0.000%	2.841%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990394	Apple, Local Variety	0.000	8.411	1.480	0.168	*N/A*	3.365	2.826	0.061	*N/A*	*N/A*
	Totals	0.000	8.411	1.480	0.168	*N/A*	3.365	2.826	0.061	*N/A*	*N/A*
	% of Calories		105.264%		2.102%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	3.150	0.000
990447	Avocado, IW	1 each (.5 avo)	14.17	29.668	0.494	0.000	0.000	0.000	2.967	0.000
Totals			33.00	67.467	2.699	31.499	0.000	0.000	6.117	0.000
% of Calories					36.010%		0.000%	0.000%	81.597%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000
990447	Avocado, IW	0.000	0.989	0.659	0.330	*N/A*	1.648	0.000	0.132	*N/A*	*N/A*
Totals		12.600	2.249	0.659	0.960	*N/A*	26.848	0.000	0.132	*0.000*	*0.000*
% of Calories			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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	35.00	12.500	0.000	27.500	1.500	*N/A*	0.000	0.000
	% of Calories			0.000%		48.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	3.000	1.000	0.000	*N/A*	10.000	1.200	0.360	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
	% of Calories			0.000%		48.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	6.000	2.000	0.000	*N/A*	20.000	2.400	0.720	*N/A*
	% of Calories		96.000%		0.000%					

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Lawrence Public Schools

USD 497

990548 - Baby Carrots with Tops

Number of Portions: 60.000

Group Code: VEGETABLES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990765 Baby Carrots with Tops	1 case	37.80	12.600	0.000	25.200	0.000	0.000	0.000	0.000
	Totals	38.00	12.600	0.000	25.200	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990765 Baby Carrots with Tops		0.000	2.520	0.000	0.000	0.000	12.600	0.000	0.328	0.000	0.000
	Totals	0.000	2.520	0.000	0.000	0.000	12.600	0.000	0.328	0.000	0.000
	% of Calories		80.000%		0.000%						

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Lawrence Public Schools

USD 497

990549 - Baby White Turnip

Number of Portions: 160.000

Group Code: VEGETABLES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990766 Baby White Turnip	1 case	56.70	60.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	57.00	60.000	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990766 Baby White Turnip	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories		0.000%		0.000%					

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Lawrence Public Schools

USD 497

990691 - Bagel

Number of Portions: 84.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990845 Bagel White WG	1 case	56.70	149.208	0.000	218.838	1.989	0.000	0.995	0.000
	Totals	57.00	149.208	0.000	218.838	1.989	0.000	0.995	0.000
	% of Calories			0.000%		5.332%	0.000%	6.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990845 Bagel White WG		0.000	30.836	2.984	5.968	0.000	53.715	0.000	1.989	0.000	0.000
	Totals	0.000	30.836	2.984	5.968	0.000	53.715	0.000	1.989	0.000	0.000
	% of Calories		82.667%		15.999%						

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Lawrence Public Schools

USD 497

990734 - Bagel & Cream Cheese

Number of Portions: 84.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990845	Bagel White WG	1 case	56.70	149.208	0.000	218.838	1.989	0.000	0.995	0.000
990561	Cream Cheese Plain, Cup	84 each	28.35	70.874	4.050	111.373	0.000	0.000	7.087	0.000
Totals			85.00	220.082	4.050	330.211	1.989	0.000	8.082	0.000
% of Calories					16.562%		3.615%	0.000%	33.051%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990845	Bagel White WG	0.000	30.836	2.984	5.968	0.000	53.715	0.000	1.989	0.000	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	0.000
Totals		20.250	32.861	2.984	6.981	*0.000*	86.114	0.000	1.989	0.000	0.000
% of Calories			59.726%		12.688%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	33.00	80.500	0.000	103.500	2.875	*N/A*	0.575	0.000
	% of Calories			0.000%		14.286%	*N/A%*	6.429%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	16.675	2.300	3.450	*N/A*	0.000	1.035	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	69.00	186.406	1.621	153.988	9.726	*N/A*	4.863	0.000
		% of Calories			7.826%		20.871%	*N/A%*	23.478%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903350	Bagels, Mini Cinnamon Cream Cheese	4.052	17.020	0.810	2.431	*N/A*	8.105	0.000	0.584	*N/A*	*N/A*
990391	Bagel, Mini Straw Cream Cheese	4.052	17.020	0.810	2.431	*N/A*	12.157	*N/A*	0.648	*N/A*	*N/A*
		Totals	8.105	34.039	1.621	4.863	20.262	*0.000*	1.232	*N/A*	*N/A*
		% of Calories		73.044%		10.435%					

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Lawrence Public Schools

USD 497

213 - Baked Beans HHFKA

Number of Portions: 100.000

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.000
990489	Sauce BBQ Smokey	9 cup	20.41	17.010	0.000	176.901	2.722	2.722	1.021	0.000
Totals			147.00	163.555	0.000	538.379	13.468	2.722	1.021	0.000
% of Calories					0.000%		32.938%	6.657%	5.616%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000
990489	Sauce BBQ Smokey	0.000	4.082	0.680	0.680	*N/A*	0.000	0.000	0.000	0.000	0.000
Totals		0.000	33.391	5.565	7.519	*N/A*	48.848	0.000	1.856	0.000	0.000
% of Calories			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)

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
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, Dry	4 LB	47.75	170.523	0.000	0.000	0.000	0.000	0.853	0.000
		Totals	230.00	422.425	12.021	898.753	0.000	0.000	20.505	0.000
		% of Calories			25.612%		0.000%	0.000%	43.688%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
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, Dry		0.000	35.810	1.705	5.968	*N/A*	0.000	0.000	1.535	0.000	0.000
		Totals	60.106	39.153	1.705	20.184	*N/A*	585.530	0.000	1.541	63.095	0.063
		% of Calories		37.074%		19.113%						

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Lawrence Public Schools

USD 497

990579 - Banana Bread Brownies (ES)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990703	Butter Solid Salted	1 LB	4.54	32.399	2.268	29.159	0.000	0.000	3.564	0.000
900195	Sugar Granulated	2 LB	9.07	34.019	0.000	0.000	9.072	0.000	0.000	0.000
990618	Sour Cream	2 LB	9.07	18.144	1.058	15.120	0.000	0.000	1.512	0.000
990573	Liquid Egg	15 fl. oz	4.25	6.471	0.139	6.009	0.000	0.000	0.416	0.000
990798	Banana Slice IQF	3 LB	13.61	13.608	0.000	0.000	0.000	0.000	0.000	0.000
900365	Vanilla, Imitation	2 tbsp + 2 tsp	0.35	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	2 LB	9.07	33.263	0.000	0.000	0.000	0.000	0.151	0.000
990699	Baking Soda	4 tsp	0.32	0.000	0.000	51.200	0.000	0.000	0.000	0.000
990791	Kosher Salt	2 tsp + 1/2 tsp	0.15	0.000	0.000	60.243	0.000	0.000	0.000	0.000
		Totals	50.00	137.905	3.465	161.731	9.072	0.000	5.643	0.000
		% of Calories			22.613%		26.314%	0.000%	36.828%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990703	Butter Solid Salted	9.720	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900195	Sugar Granulated	0.000	9.072	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	6.048	0.605	0.000	0.302	*N/A*	12.096	0.000	0.000	0.000
990573	Liquid Egg	15.715	0.000	0.000	0.555	*N/A*	2.404	0.000	0.092	0.000
990798	Banana Slice IQF	0.000	3.110	0.389	0.194	0.000	0.000	0.039	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
990758	Flour, White Whole Wheat (Hudson)	0.000	6.653	1.210	1.210	0.000	3.629	0.000	0.302	0.000
990699	Baking Soda	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	31.483	19.440	1.598	2.261	*0.000*	18.128	0.000	0.434	0.000
	% of Calories		56.386%		6.558%					

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990613 - Banana Bread Brownies (FSHS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990703	Butter Solid Salted	1 LB	9.07	64.799	4.536	58.319	0.000	0.000	7.128	0.000
900195	Sugar Granulated	2 LB	18.14	68.039	0.000	0.000	18.144	0.000	0.000	0.000
990618	Sour Cream	2 LB	18.14	36.287	2.117	30.239	0.000	0.000	3.024	0.000
990573	Liquid Egg	15 fl. oz	8.50	12.942	0.277	12.018	0.000	0.000	0.832	0.000
990798	Banana Slice IQF	3 LB	27.22	27.216	0.000	0.000	0.000	0.000	0.000	0.000
900365	Vanilla, Imitation	2 tbsp + 2 tsp	0.69	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	2 LB	18.14	66.527	0.000	0.000	0.000	0.000	0.302	0.000
990699	Baking Soda	4 tsp	0.64	0.000	0.000	102.400	0.000	0.000	0.000	0.000
990791	Kosher Salt	2 tsp + 1/2 tsp	0.30	0.000	0.000	120.486	0.000	0.000	0.000	0.000
		Totals	101.00	275.810	6.930	323.462	18.144	0.000	11.286	0.000
		% of Calories			22.613%		26.314%	0.000%	36.828%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990703	Butter Solid Salted	19.440	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900195	Sugar Granulated	0.000	18.144	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	12.096	1.210	0.000	0.605	*N/A*	24.192	0.000	0.000	0.000
990573	Liquid Egg	31.431	0.000	0.000	1.109	*N/A*	4.807	0.000	0.185	0.000
990798	Banana Slice IQF	0.000	6.221	0.778	0.389	0.000	0.000	0.078	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
990758	Flour, White Whole Wheat (Hudson)	0.000	13.305	2.419	2.419	0.000	7.257	0.000	0.605	0.000
990699	Baking Soda	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	62.966	38.879	3.197	4.522	*0.000*	36.256	0.000	0.867	0.000
	% of Calories		56.386%		6.558%					

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990614 - Banana Bread Brownies (LHS)

Number of Portions: 50.000

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Source: Pickney Bakery

Group Code: DESSERTS

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat	
990703	Butter Solid Salted	1 LB	9.07	64.799	4.536	58.319	0.000	0.000	7.128	0.000
900195	Sugar Granulated	2 LB	18.14	68.039	0.000	0.000	18.144	0.000	0.000	0.000
990618	Sour Cream	2 LB	18.14	36.287	2.117	30.239	0.000	0.000	3.024	0.000
990573	Liquid Egg	15 fl. oz	8.50	12.942	0.277	12.018	0.000	0.000	0.832	0.000
990798	Banana Slice IQF	3 LB	27.22	27.216	0.000	0.000	0.000	0.000	0.000	0.000
900365	Vanilla, Imitation	2 tbsp + 2 tsp	0.69	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	2 LB	18.14	66.527	0.000	0.000	0.000	0.000	0.302	0.000
990699	Baking Soda	4 tsp	0.64	0.000	0.000	102.400	0.000	0.000	0.000	0.000
990791	Kosher Salt	2 tsp + 1/2 tsp	0.30	0.000	0.000	120.486	0.000	0.000	0.000	0.000
		Totals	101.00	275.810	6.930	323.462	18.144	0.000	11.286	0.000
		% of Calories			22.613%		26.314%	0.000%	36.828%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990703	Butter Solid Salted	19.440	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900195	Sugar Granulated	0.000	18.144	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	12.096	1.210	0.000	0.605	*N/A*	24.192	0.000	0.000	0.000	0.000
990573	Liquid Egg	31.431	0.000	0.000	1.109	*N/A*	4.807	0.000	0.185	0.000	0.000
990798	Banana Slice IQF	0.000	6.221	0.778	0.389	0.000	0.000	0.000	0.078	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	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	13.305	2.419	2.419	0.000	7.257	0.000	0.605	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	0.000
990791	Kosher Salt	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	62.966	38.879	3.197	4.522	*0.000*	36.256	0.000	0.867	0.000	0.000
	% of Calories		56.386%		6.558%						

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990637 - Banana Bread Brownies (MS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990703	Butter Solid Salted	1 LB	9.07	64.799	4.536	58.319	0.000	0.000	7.128	0.000
900195	Sugar Granulated	2 LB	18.14	68.039	0.000	0.000	18.144	0.000	0.000	0.000
990618	Sour Cream	2 LB	18.14	36.287	2.117	30.239	0.000	0.000	3.024	0.000
990573	Liquid Egg	15 fl. oz	8.50	12.942	0.277	12.018	0.000	0.000	0.832	0.000
990798	Banana Slice IQF	3 LB	27.22	27.216	0.000	0.000	0.000	0.000	0.000	0.000
900365	Vanilla, Imitation	2 tbsp + 2 tsp	0.69	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	2 LB	18.14	66.527	0.000	0.000	0.000	0.000	0.302	0.000
990699	Baking Soda	4 tsp	0.64	0.000	0.000	102.400	0.000	0.000	0.000	0.000
990791	Kosher Salt	2 tsp + 1/2 tsp	0.30	0.000	0.000	120.486	0.000	0.000	0.000	0.000
		Totals	101.00	275.810	6.930	323.462	18.144	0.000	11.286	0.000
		% of Calories			22.613%		26.314%	0.000%	36.828%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990703	Butter Solid Salted	19.440	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900195	Sugar Granulated	0.000	18.144	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	12.096	1.210	0.000	0.605	*N/A*	24.192	0.000	0.000	0.000
990573	Liquid Egg	31.431	0.000	0.000	1.109	*N/A*	4.807	0.000	0.185	0.000
990798	Banana Slice IQF	0.000	6.221	0.778	0.389	0.000	0.000	0.000	0.078	0.000
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	13.305	2.419	2.419	0.000	7.257	0.000	0.605	0.000
990699	Baking Soda	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	62.966	38.879	3.197	4.522	*0.000*	36.256	0.000	0.867	0.000
	% of Calories		56.386%		6.558%					

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990596 - Banana Bread Brownies (MS/HS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat	
990703	Butter Solid Salted	1 LB	9.07	64.799	4.536	58.319	0.000	0.000	7.128	0.000
900195	Sugar Granulated	2 LB	18.14	68.039	0.000	0.000	18.144	0.000	0.000	0.000
990618	Sour Cream	2 LB	18.14	36.287	2.117	30.239	0.000	0.000	3.024	0.000
990573	Liquid Egg	15 fl. oz	8.50	12.942	0.277	12.018	0.000	0.000	0.832	0.000
990790	Banana, ripe, mashed	3 LB	27.22	23.064	0.000	0.000	0.000	0.000	0.000	0.000
900365	Vanilla, Imitation	2 tbsp + 2 tsp	0.69	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	2 LB	18.14	66.527	0.000	0.000	0.000	0.000	0.302	0.000
990699	Baking Soda	4 tsp	0.64	0.000	0.000	102.400	0.000	0.000	0.000	0.000
990791	Kosher Salt	2 tsp + 1/2 tsp	0.30	0.000	0.000	120.486	0.000	0.000	0.000	0.000
		Totals	101.00	271.658	6.930	323.462	18.144	0.000	11.286	0.000
		% of Calories			22.959%		26.716%	0.000%	37.391%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990703	Butter Solid Salted	19.440	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900195	Sugar Granulated	0.000	18.144	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	12.096	1.210	0.000	0.605	*N/A*	24.192	0.000	0.000	0.000
990573	Liquid Egg	31.431	0.000	0.000	1.109	*N/A*	4.807	0.000	0.185	0.000
990790	Banana, ripe, mashed	0.000	6.227	0.692	0.231	*N/A*	1.384	0.000	0.071	0.000
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	13.305	2.419	2.419	0.000	7.257	0.000	0.605	0.000
990699	Baking Soda	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	62.966	38.886	3.111	4.364	*0.000*	37.640	0.000	0.861	0.000
	% of Calories		57.257%		6.426%					

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¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990611 - Banana Bread Brownies (New York)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990703	Butter Solid Salted	1 LB	4.54	32.399	2.268	29.159	0.000	0.000	3.564	0.000
900195	Sugar Granulated	2 LB	9.07	34.019	0.000	0.000	9.072	0.000	0.000	0.000
990618	Sour Cream	2 LB	9.07	18.144	1.058	15.120	0.000	0.000	1.512	0.000
990573	Liquid Egg	15 fl. oz	4.25	6.471	0.139	6.009	0.000	0.000	0.416	0.000
990798	Banana Slice IQF	3 LB	13.61	13.608	0.000	0.000	0.000	0.000	0.000	0.000
900365	Vanilla, Imitation	2 tbsp + 2 tsp	0.35	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	2 LB	9.07	33.263	0.000	0.000	0.000	0.000	0.151	0.000
990699	Baking Soda	4 tsp	0.32	0.000	0.000	51.200	0.000	0.000	0.000	0.000
990791	Kosher Salt	2 tsp + 1/2 tsp	0.15	0.000	0.000	60.243	0.000	0.000	0.000	0.000
		Totals	50.00	137.905	3.465	161.731	9.072	0.000	5.643	0.000
		% of Calories			22.613%		26.314%	0.000%	36.828%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990703	Butter Solid Salted	9.720	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900195	Sugar Granulated	0.000	9.072	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	6.048	0.605	0.000	0.302	*N/A*	12.096	0.000	0.000	0.000
990573	Liquid Egg	15.715	0.000	0.000	0.555	*N/A*	2.404	0.000	0.092	0.000
990798	Banana Slice IQF	0.000	3.110	0.389	0.194	0.000	0.000	0.039	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
990758	Flour, White Whole Wheat (Hudson)	0.000	6.653	1.210	1.210	0.000	3.629	0.000	0.302	0.000
990699	Baking Soda	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	31.483	19.440	1.598	2.261	*0.000*	18.128	0.000	0.434	0.000
	% of Calories		56.386%		6.558%					

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990610 - Banana Bread Brownies (SCHWGLR)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990703	Butter Solid Salted	1 LB	4.54	32.399	2.268	29.159	0.000	0.000	3.564	0.000
900195	Sugar Granulated	2 LB	9.07	34.019	0.000	0.000	9.072	0.000	0.000	0.000
990618	Sour Cream	2 LB	9.07	18.144	1.058	15.120	0.000	0.000	1.512	0.000
990573	Liquid Egg	15 fl. oz	4.25	6.471	0.139	6.009	0.000	0.000	0.416	0.000
990790	Banana, ripe, mashed	3 LB	13.61	11.532	0.000	0.000	0.000	0.000	0.000	0.000
900365	Vanilla, Imitation	2 tbsp + 2 tsp	0.35	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	2 LB	9.07	33.263	0.000	0.000	0.000	0.000	0.151	0.000
990699	Baking Soda	4 tsp	0.32	0.000	0.000	51.200	0.000	0.000	0.000	0.000
990791	Kosher Salt	2 tsp + 1/2 tsp	0.15	0.000	0.000	60.243	0.000	0.000	0.000	0.000
		Totals	50.00	135.829	3.465	161.731	9.072	0.000	5.643	0.000
		% of Calories			22.959%		26.716%	0.000%	37.391%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990703	Butter Solid Salted	9.720	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900195	Sugar Granulated	0.000	9.072	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	6.048	0.605	0.000	0.302	*N/A*	12.096	0.000	0.000	0.000
990573	Liquid Egg	15.715	0.000	0.000	0.555	*N/A*	2.404	0.000	0.092	0.000
990790	Banana, ripe, mashed	0.000	3.114	0.346	0.115	*N/A*	0.692	0.000	0.036	0.000
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	6.653	1.210	1.210	0.000	3.629	0.000	0.302	0.000
990699	Baking Soda	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	31.483	19.443	1.556	2.182	*0.000*	18.820	0.000	0.431	0.000
	% of Calories		57.257%		6.426%					

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Lawrence Public Schools

USD 497

990612 - Banana Bread Brownies (SF)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990703	Butter Solid Salted	1 LB	4.54	32.399	2.268	29.159	0.000	0.000	3.564	0.000
900195	Sugar Granulated	2 LB	9.07	34.019	0.000	0.000	9.072	0.000	0.000	0.000
990618	Sour Cream	2 LB	9.07	18.144	1.058	15.120	0.000	0.000	1.512	0.000
990573	Liquid Egg	15 fl. oz	4.25	6.471	0.139	6.009	0.000	0.000	0.416	0.000
990790	Banana, ripe, mashed	3 LB	13.61	11.532	0.000	0.000	0.000	0.000	0.000	0.000
900365	Vanilla, Imitation	2 tbsp + 2 tsp	0.35	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	2 LB	9.07	33.263	0.000	0.000	0.000	0.000	0.151	0.000
990699	Baking Soda	4 tsp	0.32	0.000	0.000	51.200	0.000	0.000	0.000	0.000
990791	Kosher Salt	2 tsp + 1/2 tsp	0.15	0.000	0.000	60.243	0.000	0.000	0.000	0.000
		Totals	50.00	135.829	3.465	161.731	9.072	0.000	5.643	0.000
		% of Calories			22.959%		26.716%	0.000%	37.391%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990703	Butter Solid Salted	9.720	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900195	Sugar Granulated	0.000	9.072	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	6.048	0.605	0.000	0.302	*N/A*	12.096	0.000	0.000	0.000
990573	Liquid Egg	15.715	0.000	0.000	0.555	*N/A*	2.404	0.000	0.092	0.000
990790	Banana, ripe, mashed	0.000	3.114	0.346	0.115	*N/A*	0.692	0.000	0.036	0.000
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	6.653	1.210	1.210	0.000	3.629	0.000	0.302	0.000
990699	Baking Soda	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	31.483	19.443	1.556	2.182	*0.000*	18.820	0.000	0.431	0.000
	% of Calories		57.257%		6.426%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	8.032	0.000
	Totals	96.00	261.052	1.506	240.971	24.097	*N/A*	8.032	0.000
	% of Calories			5.192%		36.923%	*N/A%*	27.692%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*N/A*
	Totals	0.000	45.182	2.008	5.020	100.404	0.000	1.084	*N/A*	*N/A*
	% of Calories		69.231%		7.692%					

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Lawrence Public Schools

USD 497

990250 - Banana Muffin (Bakery)

Number of Portions: 54.000

Group Code: BREAKFAST

Size of Portion: muffin

*Nutrients are based upon 1 Portion Size (muffin)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
R-990555	Streusel	1/8 Recipe	2.52	10.716	0.210	2.700	1.240	0.000	0.330	0.000
		Totals	96.00	224.965	2.822	212.028	*17.515*	*0.000*	4.961	0.000
		% of Calories			11.290%		*31.143%*	*0.000%*	19.849%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
R-990555	Streusel	0.900	1.941	0.031	0.095	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	6.826	42.246	2.461	3.301	*0.000*	50.487	0.000	0.929	*8.880*	*0.009*
	% of Calories		75.115%		5.869%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	59.00	54.280	0.109	0.590	*N/A*	*N/A*	0.283	0.000
	% of Calories			1.809%		*N/A%*	*N/A%*	4.696%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	13.824	1.416	0.608	*N/A*	5.369	0.183	43.813	0.472
	% of Calories		101.869%		4.480%					

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Lawrence Public Schools

USD 497

990208 - Bananas

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	118.00	108.559	0.218	1.180	*N/A*	*N/A*	0.566	0.000
		% of Calories			1.810%		*N/A%*	*N/A%*	4.696%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	27.647	2.832	1.215	*N/A*	10.738	0.366	87.626	0.944
		% of Calories		101.870%		4.477%					

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Lawrence Public Schools

USD 497

990723 - BBQ Chicken Bites w/ Cornbread

Number of Portions: 156.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990775	Popcorn Chicken	1 case	95.34	254.983	2.772	388.018	0.000	0.000	14.412
990489	Sauce BBQ Smokey	1/2 bottle	11.63	9.692	0.000	100.798	1.551	1.551	0.582
990776	Cornbread Mini Loaf Whole Grain	1 case + 1/8 case	56.99	179.968	0.500	89.984	14.997	0.000	5.999
		Totals	164.00	444.643	3.272	578.800	16.548	1.551	20.993
		% of Calories			6.622%		14.887%	1.395%	42.491%
									0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990775	Popcorn Chicken	22.172	15.521	3.326	15.521	0.000	33.259	0.000	2.106	0.000
990489	Sauce BBQ Smokey	0.000	2.326	0.388	0.388	*N/A*	0.000	0.000	0.000	0.000
990776	Cornbread Mini Loaf Whole Grain	14.997	28.995	1.000	2.999	0.000	20.996	0.000	1.000	0.000
	Totals	37.170	46.842	4.713	18.908	*0.000*	54.255	0.000	3.106	0.000
	% of Calories		42.139%		17.010%					

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Lawrence Public Schools

USD 497

990713 - BBQ or Buffalo Bites w/ Cornbread

Number of Portions: 156.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990775	Popcorn Chicken	1 case	95.34	254.983	2.772	388.018	0.000	0.000	14.412	0.000
990508	Frank's Hot Sauce	1/2 gal	11.63	0.000	0.000	441.961	0.000	0.000	0.000	0.000
990489	Sauce BBQ Smokey	1/2 bottle	11.63	9.692	0.000	100.798	1.551	1.551	0.582	0.000
990776	Cornbread Mini Loaf Whole Grain	1 case + 1/8 case	56.99	179.968	0.500	89.984	14.997	0.000	5.999	0.000
		Totals	176.00	444.643	3.272	1020.761	16.548	1.551	20.993	0.000
		% of Calories			6.622%		14.887%	1.395%	42.491%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990775	Popcorn Chicken	22.172	15.521	3.326	15.521	0.000	33.259	0.000	2.106	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
990489	Sauce BBQ Smokey	0.000	2.326	0.388	0.388	*N/A*	0.000	0.000	0.000	0.000	0.000
990776	Cornbread Mini Loaf Whole Grain	14.997	28.995	1.000	2.999	0.000	20.996	0.000	1.000	0.000	0.000
	Totals	37.170	46.842	4.713	18.908	*0.000*	54.255	0.000	3.106	0.000	0.000
	% of Calories		42.139%		17.010%						

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	162.00	375.879	4.041	995.714	3.321	2.326	14.486	0.000
		% of Calories			9.675%		3.534%	2.475%	34.686%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
990636	BBQ Pork Ribette	35.355	11.112	1.010	14.142	*N/A*	37.376	0.000	2.020	0.000	0.000
990489	Sauce BBQ Smokey	0.000	3.489	0.582	0.582	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	35.355	42.453	4.576	19.697	*N/A*	77.165	0.000	3.711	*0.000*	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	28.00	23.625	0.000	245.696	3.780	3.780	1.418	0.000
	% of Calories			0.000%		64.000%	64.000%	54.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000
	Totals	0.000	5.670	0.945	0.945	*N/A*	0.000	0.000	0.000	0.000
	% of Calories		95.998%		16.000%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	128.00	289.032	3.987	398.665	0.000	0.000	8.970	0.000
	% of Calories			12.414%		0.000%	0.000%	27.931%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	9.967	39.867	7.973	15.947	*N/A*	199.332	0.000	2.691	0.000
	% of Calories		55.172%		22.070%					

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Lawrence Public Schools

USD 497

990742 - 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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
801 BEANS GARBANZO ,CANNED	6 (1/2 cup)	32.50	32.500	0.000	100.000	1.000	*N/A*	0.500	0.000
902997 BEANS, GREAT NORTHERN, CANNED	6 (1/2 cup)	32.50	20.000	0.000	35.000	0.000	*N/A*	0.000	0.000
902970 Black Beans, Fancy Canned	6 (1/2 cup)	32.50	30.000	0.000	35.000	0.250	*N/A*	0.125	0.000
901478 Kidney Beans	6 (1/2 cup)	32.50	27.082	0.000	102.915	*N/A*	*N/A*	0.000	0.000
	Totals	130.00	109.582	0.000	272.914	*1.250*	*N/A*	0.625	0.000
	% of Calories			0.000%		*4.563%*	*N/A%*	5.133%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
801 BEANS GARBANZO ,CANNED	0.000	5.500	1.500	1.750	*N/A*	10.000	0.000	0.450	0.000	0.000
902997 BEANS, GREAT NORTHERN, CANNED	0.000	3.750	1.250	1.500	*N/A*	0.000	0.000	0.450	*N/A*	*N/A*
902970 Black Beans, Fancy Canned	0.000	5.750	1.500	1.750	*N/A*	15.000	0.000	0.450	*N/A*	*N/A*
901478 Kidney Beans	0.000	4.332	1.352	1.895	*N/A*	16.250	0.000	0.403	*N/A*	*N/A*
	Totals	0.000	19.332	5.602	6.895	41.250	0.000	1.753	*0.000*	*0.000*
	% of Calories		70.567%		25.168%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	120.00	120.001	0.000	369.233	3.692	*N/A*	1.846	0.000
	% of Calories			0.000%		12.307%	*N/A%*	13.846%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	20.308	5.538	6.462	36.923	0.000	1.662	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	130.00	80.000	0.000	140.000	0.000	*N/A*	0.000	0.000
	% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	15.000	5.000	6.000	*N/A*	0.000	0.000	1.800	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	130.00	108.329	0.000	411.658	*N/A*	*N/A*	0.000	0.000
	% of Calories			0.000%		*N/A%*	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	17.329	5.408	7.579	*N/A*	65.000	0.000	1.612	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	304.00	458.167	3.806	1226.814	3.402	0.000	11.245	0.000
		% of Calories			7.476%		2.970%	0.000%	22.090%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	27.184	68.089	6.089	18.072	*N/A*	62.291	122.470	3.185	*0.000*	*0.000*
	% of Calories		59.445%		15.778%						

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Lawrence Public Schools

USD 497

990439 - Beef Burrito

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990652	Beef Burrito	1 case	141.75	319.431	6.988	628.880	0.998	0.000	14.973	0.000
		Totals	142.00	319.431	6.988	628.880	0.998	0.000	14.973	0.000
		% of Calories			19.688%		1.250%	0.000%	42.187%	0.000%

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

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Lawrence Public Schools

USD 497

990655 - Beef in a Blanket

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990653	Dough, Whole Wheat (HKM Recipe 877)	12 1/2 pound	63.19	164.504	0.280	244.637	3.917	0.000	4.265	0.000
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
990796	Butter Spray	100 as needed	1.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	121.00	334.504	6.280	744.637	3.917	0.000	19.265	0.000
		% of Calories			16.896%		4.684%	0.000%	51.832%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990653	Dough, Whole Wheat (HKM Recipe 877)	0.487	29.561	2.874	5.467	*0.000*	27.621	0.000	0.950	*0.000*	*0.000*
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
990796	Butter Spray	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	25.487	30.561	2.874	11.467	*0.000*	27.621	0.000	1.670	*0.000*	*0.000*
	% of Calories		36.545%		13.712%						

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Lawrence Public Schools

USD 497

990746 - Beef in a Blanket (EC)

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
R-990653 Dough, Whole Wheat (HKM Recipe 877)	12 1/2 pound	63.19	164.504	0.280	244.637	3.917	0.000	4.265	0.000	
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	
990796 Butter Spray	100 as needed	1.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
		Totals	121.00	334.504	6.280	744.637	3.917	0.000	19.265	0.000
		% of Calories			16.896%		4.684%	0.000%	51.832%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990653	Dough, Whole Wheat (HKM Recipe 877)	0.487	29.561	2.874	5.467	*0.000*	27.621	0.000	0.950	*0.000*	*0.000*
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
990796	Butter Spray	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	25.487	30.561	2.874	11.467	*0.000*	27.621	0.000	1.670	*0.000*	*0.000*
	% of Calories		36.545%		13.712%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	126.00	321.114	7.024	602.090	1.003	0.000	14.049	0.000
	% of Calories			19.688%		1.249%	0.000%	39.375%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000
	Totals	40.139	31.108	3.010	18.063	291.010	0.000	2.509	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	64.00	209.299	4.983	398.665	2.990	1.993	9.967	0.000
	% of Calories			21.429%		5.714%	3.809%	42.857%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000	0.000
	% of Calories		51.429%		7.620%						

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Lawrence Public Schools

USD 497

799 - Biscuits & Gravy

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			159.00	325.460	7.381	826.817	2.990	1.993	17.800	0.000
% of Calories					20.411%		3.675%	2.449%	49.222%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-710	Gravy, Pepper Low Na+	0.000	5.274	0.000	0.000	*N/A*	0.893	0.000	0.004	*44.607*	*0.045*
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
Totals		40.499	32.184	1.993	10.062	*N/A*	100.559	0.000	1.698	*44.607*	*0.045*
% of Calories			39.555%		12.366%						

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Lawrence Public Schools

USD 497

276 - Black Bean and Corn Salsa

Number of Portions: 50.000

Size of Portion: 1/2 cup

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

Source: Healthier KS

Group Code: VEGETABLES

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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	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
		Totals	147.00	122.471	0.081	220.317	*0.858*	*0.000*	1.620	0.000
		% of Calories			0.597%		*2.802%*	*0.000%*	11.903%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	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*
	Totals	0.000	23.203	5.182	5.581	*N/A*	39.475	6.761	1.324	*2.526*	*0.010*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			139.00	280.391	1.003	570.834	4.003	0.000	6.513	0.000
% of Calories					3.218%		5.711%	0.000%	20.905%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		5.013	40.042	7.013	17.036	*N/A*	100.156	1.200	2.383	*0.000*	*0.000*
% of Calories			57.123%		24.303%						

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Lawrence Public Schools

USD 497

990679 - Black Beans

Number of Portions: 20.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902970 Black Beans, Fancy Canned	1 #10 can	153.09	141.311	0.000	164.863	1.178	*N/A*	0.589	0.000
	Totals	153.00	141.311	0.000	164.863	1.178	*N/A*	0.589	0.000
	% of Calories			0.000%		3.334%	*N/A%*	3.750%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902970 Black Beans, Fancy Canned	0.000	27.085	7.066	8.243	*N/A*	70.656	0.000	2.120	*N/A*	*N/A*
	Totals	0.000	27.085	7.066	8.243	70.656	0.000	2.120	*N/A*	*N/A*
	% of Calories		76.667%		23.333%					

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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)

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	167.00	134.524	0.080	276.771	1.799	0.000	1.591	0.000
		% of Calories			0.535%		5.349%	0.000%	10.644%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*N/A*
900464	Green Bell Pepper	0.000	0.690	0.230	0.115	*N/A*	2.299	13.102	0.083	*N/A*	*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*	*N/A*
990568	JUICE LEMON CONC	0.000	0.000	0.000	0.000	*N/A*	0.000	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	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
990484	Sauce Picante Mild	0.000	1.120	0.560	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*
	Totals	0.000	24.328	6.612	6.823	*N/A*	61.091	13.782	1.799	*0.000*	*0.000*
	% of Calories		72.337%		20.288%						

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Lawrence Public Schools

USD 497

990377 - Blood Orange

Number of Portions: 120.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990607 Blood Orange	1 case	75.60	34.625	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	76.00	1038.760	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990607 Blood Orange	0.000	8.656	1.731	0.577	*N/A*	30.009	0.000	0.075	0.000	0.000
	Totals	0.000	259.690	51.938	17.313	*N/A*	900.259	0.000	2.251	0.000
	% of Calories		100.000%		6.667%					

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Lawrence Public Schools
USD 497

990550 - Blueberries

Number of Portions: 80.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990767	Fresh Blueberries	1 case	72.29	42.524	0.000	0.000	0.000	0.000	0.000	0.000
Totals			72.00	42.524	0.000	0.000	0.000	0.000	0.000	0.000
% of Calories					0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990767	Fresh Blueberries	0.000	10.631	2.126	0.000	0.000	4.252	0.000	0.202	0.000	0.000
Totals		0.000	10.631	2.126	0.000	0.000	4.252	0.000	0.202	0.000	0.000
% of Calories			100.001%		0.000%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	97.00	272.155	1.512	251.996	24.192	0.000	8.064	0.000
	% of Calories			5.000%		35.556%	0.000%	26.667%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	45.359	2.016	5.040	*N/A*	46.367	0.000	1.008	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	70.00	35.000	0.000	0.000	0.000	0.000	0.500	0.000
	% of Calories			0.000%		0.000%	0.000%	12.857%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	8.500	2.000	0.000	*N/A*	5.000	0.000	0.150	0.000
	% of Calories		97.143%		0.000%					

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Lawrence Public Schools

USD 497

990559 - Blueberry Muffin (Bakery)

Number of Portions: 54.000

Group Code: BREAKFAST

Size of Portion: muffin

*Nutrients are based upon 1 Portion Size (muffin)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
900365	Vanilla, Imitation	2 tsp	0.16	0.000	0.000	0.000	0.000	0.000	0.000	0.000
75010	Water, Cold	4 cup	17.78	0.000	0.000	0.533	0.000	*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
990464	Blueberry IQF	2 LB	16.80	8.400	0.000	0.000	0.000	0.000	0.120	0.000
R-990555	Streusel	1/8 Recipe	2.52	10.716	0.210	2.700	1.240	0.000	0.330	0.000
		Totals	88.00	204.890	2.822	212.295	17.515	0.000	5.081	0.000
		% of Calories			12.396%		34.194%	0.000%	22.321%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
900365	Vanilla, Imitation	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*	0.356	0.000	0.002	17.761	0.018
990618	Sour Cream	5.926	0.593	0.000	0.296	*N/A*	11.852	0.000	0.000	0.000	0.000
990464	Blueberry IQF	0.000	2.040	0.480	0.000	*N/A*	1.200	0.000	0.036	0.000	0.000
R-990555	Streusel	0.900	1.941	0.031	0.095	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	6.826	36.598	2.086	3.017	*0.000*	50.157	0.000	0.878	*17.761*	*0.018*
	% of Calories		71.448%		5.890%						

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Lawrence Public Schools

USD 497

990594 - Boneless Wings w/ 1 oz Roll (Bakery) EC

Number of Portions: 44.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat	
990434	Chicken, Boneless Chicken Breast Chunk	1 case	103.09	194.050	1.819	800.456	1.213	1.213	8.490	0.000
R-990498	Whole Wheat Roll 51%, 1 oz	44 (1 oz servings)	32.01	83.344	0.142	123.943	1.984	0.000	2.161	0.000
		Totals	135.00	277.394	1.961	924.399	3.197	1.213	10.650	0.000
		% of Calories			6.362%		4.610%	1.749%	34.555%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990434	Chicken, Boneless Chicken Breast Chunk	36.384	16.979	0.000	14.554	*N/A*	10.915	0.000	0.000	*N/A*
R-990498	Whole Wheat Roll 51%, 1 oz	0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	0.481	*0.000*
	Totals	36.631	31.956	1.456	17.324	*0.000*	24.909	0.000	0.481	*0.000*
	% of Calories		46.081%		24.981%					

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Lawrence Public Schools

USD 497

990468 - Boneless Wings w/ 2 oz Roll (Bakery) ES

Number of Portions: 44.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990434	Chicken, Boneless Chicken Breast Chunk	1 case	103.09	194.050	1.819	800.456	1.213	1.213	8.490	0.000
R-990499	Whole Wheat Roll 51%, 2 oz	44 (2 oz Rolls)	64.03	166.689	0.284	247.886	3.969	0.000	4.321	0.000
Totals			167.00	360.739	2.103	1048.342	5.182	1.213	12.811	0.000
% of Calories					5.246%		5.746%	1.345%	31.962%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990434	Chicken, Boneless Chicken Breast Chunk	36.384	16.979	0.000	14.554	*N/A*	10.915	0.000	0.000	*N/A*	*N/A*
R-990499	Whole Wheat Roll 51%, 2 oz	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
Totals		36.877	46.933	2.912	20.094	*0.000*	38.903	0.000	0.962	*0.000*	*0.000*
% of Calories			52.041%		22.281%						

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Lawrence Public Schools

USD 497

990588 - Boneless Wings w/ Cinnamon Puff (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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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-990563	Cinnamon Puff	29 (2 oz Rolls)	78.50	241.955	1.256	301.345	*11.080*	*0.000*	9.667	0.000
		Totals	235.00	536.376	4.016	1515.831	*12.920*	*1.840*	22.548	0.000
		% of Calories			6.738%		*9.635%*	*1.372%*	37.834%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
R-990563	Cinnamon Puff	0.493	37.065	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
		Totals	55.697	62.827	2.912	27.622	44.549	0.000	0.962	*0.000*	*0.000*
		% of Calories		46.853%	20.599%						

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Lawrence Public Schools

USD 497

990488 - Boneless Wings w/ Roll 2 oz (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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		Totals	220.00	461.110	3.044	1462.372	5.809	1.840	17.202	0.000
		% of Calories			5.941%		5.039%	1.596%	33.575%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
	Totals	55.697	55.716	2.912	27.622	*0.000*	44.549	0.000	0.962	*0.000*
	% of Calories		48.332%		23.961%					

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Lawrence Public Schools
USD 497

990544 - Bosc Pear

Number of Portions: 90.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990760	Bosc Pear	1 case	201.60	109.299	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	202.00	109.299	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990760	Bosc Pear	0.000	30.361	6.072	0.000	0.000	18.217	0.000	0.364	0.000	0.000
		Totals	0.000	30.361	6.072	0.000	18.217	0.000	0.364	0.000	0.000
		% of Calories		111.111%		0.000%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	232.00	463.281	6.048	743.955	3.014	0.000	12.096	0.000
	% of Calories			11.749%		2.602%	0.000%	23.498%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	30.239	57.387	6.028	25.190	*N/A*	*0.000*	4.032	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
	% of Calories			0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	*N/A*	*N/A*
	% of Calories		105.261%		2.102%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	174.00	512.041	9.524	893.143	5.008	1.993	28.131	0.000
	% of Calories			16.741%		3.912%	1.557%	49.445%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	35.320	46.084	4.012	19.124	140.032	0.000	4.419	0.000	0.000
	% of Calories		36.000%		14.939%					

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Lawrence Public Schools

USD 497

990530 - Breadstick 1 oz (EC)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990496	Whole Wheat Breadstick 51%, 1 oz	1 Recipe	36.27	107.644	0.628	150.672	1.984	0.000	4.834	0.000
		Totals	36.00	107.644	0.628	150.672	1.984	0.000	4.834	0.000
		% of Calories			5.248%		7.372%	0.000%	40.412%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990496	Whole Wheat Breadstick 51%, 1 oz	0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	0.481	*0.000*	*0.000*
		Totals	0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	*0.000*	*0.000*
		% of Calories		55.653%		10.293%					

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Lawrence Public Schools

USD 497

990531 - Breadstick 1 oz (NY)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990496	Whole Wheat Breadstick 51%, 1 oz	1 Recipe	36.27	107.644	0.628	150.672	1.984	0.000	4.834	0.000
		Totals	36.00	107.644	0.628	150.672	1.984	0.000	4.834	0.000
		% of Calories			5.248%		7.372%	0.000%	40.412%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990496	Whole Wheat Breadstick 51%, 1 oz	0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	0.481	*0.000*	*0.000*
		Totals	0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	*0.000*	*0.000*
		% of Calories		55.653%		10.293%					

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Lawrence Public Schools

USD 497

990527 - Breadstick 2 oz (ES)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990529 - Breadstick 2 oz (HS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990528 - Breadstick 2 oz (MS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990532 - Breadstick 2 oz (SF)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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 6"	1 tortilla	29.00	90.000	1.000	130.000	0.000	0.000	2.500	0.000
		Totals	220.00	412.565	7.956	1049.548	6.075	0.000	20.808	0.000
		% of Calories			17.356%		5.890%	0.000%	45.393%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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 6"	0.000	14.000	2.000	2.000	*N/A*	36.000	0.000	1.000	0.000	0.000
	Totals	124.008	42.380	3.334	17.090	*N/A*	266.502	0.721	2.416	0.000	0.000
	% of Calories		41.089%		16.570%						

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Lawrence Public Schools

USD 497

990685 - Breakfast Grain, SFSP

Number of Portions: 3.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990470	Pancakes, Mini, WG	1 each	28.33	66.667	0.000	66.667	4.000	0.000	1.333	0.000
903349	Waffle, Mini, WG Ind.	1 package (each)	23.34	62.046	0.295	50.228	3.545	*N/A*	1.773	0.000
902210	Waffle, WG	1 (1 waffle)	12.33	26.667	0.000	35.000	0.667	*N/A*	1.000	0.000
		Totals	64.00	155.379	0.296	151.894	8.212	0.000	4.106	0.000
		% of Calories			1.712%		21.141%	0.000%	23.784%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990470	Pancakes, Mini, WG	1.667	12.667	0.667	1.000	*N/A*	16.667	0.000	0.333	0.000	0.000
903349	Waffle, Mini, WG Ind.	0.000	10.932	0.591	0.886	*N/A*	5.909	0.000	0.425	*N/A*	*N/A*
902210	Waffle, WG	1.333	4.000	0.333	0.667	*N/A*	6.667	0.000	0.240	0.000	0.000
	Totals	3.000	27.599	1.591	2.553	*N/A*	29.242	0.000	0.999	*0.000*	*0.000*
	% of Calories		71.048%		6.572%						

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Lawrence Public Schools

USD 497

507 - Breakfast Pizza - Turkey Sausage

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	94.00	200.000	2.000	320.000	6.000	*N/A*	7.000	0.000
	% of Calories			9.000%		12.000%	*N/A%*	31.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	15.000	26.000	3.000	9.000	10.000	0.000	10.000	0.000	0.000
	% of Calories		52.000%		18.000%					

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Lawrence Public Schools

USD 497

990659 - Breakfast Round (ubr), chocolate 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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990819 Breakfast Round (ubr), chocolate chip	1 each	62.37	271.607	3.018	181.071	19.113	18.107	8.048	0.000
	Totals	62.00	271.606	3.018	181.071	19.113	18.107	8.048	0.000
	% of Calories			10.000%		28.148%	26.667%	26.667%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990819 Breakfast Round (ubr), chocolate chip	5.030	44.262	5.030	5.030	0.000	30.179	0.000	1.710	0.000	0.000
	Totals	5.030	44.262	5.030	5.030	30.178	0.000	1.710	0.000	0.000
	% of Calories		65.185%		7.408%					

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Lawrence Public Schools

USD 497

990741 - Breakfast Round (ubr), chocolate chip, VM

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total Fat	Trans Fat
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	(g)	(g)
990819	Breakfast Round (ubr), chocolate chip	1 each	62.37	271.607	3.018	181.071	19.113	18.107	8.048
R-990681	Fruit, 4 oz cup variety	1 each	117.86	59.944	0.000	0.000	0.000	0.000	0.000
R-364	Juice 4 oz Assorted	1 (4 oz cups)	113.40	63.000	0.000	6.500	12.900	*N/A*	0.000
990659	Chocolate Milk 1% - Shelf Stable	1 carton	226.80	140.000	1.500	150.000	22.000	11.000	2.500
		Totals	520.00	534.550	4.518	337.571	54.013	29.107	10.548
		% of Calories			7.606%		40.418%	21.781%	17.759%
									0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990819	Breakfast Round (ubr), chocolate chip	5.030	44.262	5.030	5.030	0.000	30.179	0.000	1.710	0.000	0.000
R-990681	Fruit, 4 oz cup variety	0.000	15.318	0.999	0.667	*0.000*	1.661	0.000	0.000	0.000	0.000
R-364	Juice 4 oz Assorted	0.000	14.600	0.000	0.000	*N/A*	3.000	60.000	0.000	*N/A*	*N/A*
990659	Chocolate Milk 1% - Shelf Stable	10.000	23.000	1.000	8.000	*N/A*	300.000	0.000	0.500	0.000	0.000
	Totals	15.030	97.180	7.029	13.697	*0.000*	334.839	60.000	2.210	*0.000*	*0.000*
	% of Calories		72.719%		10.249%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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 Brkfst Sandwich IW	36 each	46.49	114.983	2.000	194.971	1.000	0.000	4.499	0.000
		Totals	93.00	229.966	3.999	369.946	2.000	0.000	8.999	0.000
		% of Calories			15.652%		3.479%	0.000%	35.218%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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 Brkfst Sandwich IW	42.494	15.498	1.000	4.999	0.000	39.994	0.000	1.050	0.000	0.000
	Totals	97.486	30.496	2.500	9.999	0.000	79.988	0.000	2.100	0.000	0.000
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
990573	Liquid Egg	2 carton	40.32	61.355	1.315	56.973	0.000	0.000	3.944	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
		Totals	139.00	335.554	6.075	751.081	5.266	2.026	15.165	0.000
		% of Calories			16.294%		6.277%	2.415%	40.675%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990435	Tortilla, Flour, 6 inch	0.000	30.394	1.013	4.053	*N/A*	115.499	0.000	2.026	*N/A*	*N/A*
990573	Liquid Egg	149.006	0.000	0.000	5.259	*N/A*	22.789	0.000	0.877	0.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	13.500	0.540	0.000	3.240	*N/A*	106.918	0.000	0.054	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
	Totals	182.326	30.934	1.013	16.155	*N/A*	245.206	0.721	3.281	*0.000*	*0.000*
	% of Calories		36.876%		19.258%						

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Lawrence Public Schools

USD 497

990537 - Broccoli

Number of Portions: 43.000

Group Code: VEGETABLES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient			Quantity	(g)	(kcal)	(g)	Sugars	Sugars	Fat	Fat
900442	BROCCOLI FLORETS	1 Bag (3#)	31.65	10.788	0.000	10.788	0.000	*N/A*	0.000	0.000
		Totals	32.00	10.788	0.000	10.788	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900442	BROCCOLI FLORETS	0.000	2.158	0.719	0.000	*N/A*	15.104	94.938	0.230	*N/A*	*N/A*
		Totals	0.000	2.158	0.719	0.000	15.104	94.938	0.230	*N/A*	*N/A*
		% of Calories		80.004%		0.000%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	43.00	11.930	0.000	13.400	0.588	*N/A*	0.000	0.000
		% of Calories			0.000%		19.715%	*N/A%*	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	2.386	0.991	0.588	*N/A*	14.351	65.597	0.235	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
900448	Cauliflower Florets	1/8 CUP	12.50	2.939	0.000	3.674	0.294	*N/A*	0.000
		Totals	21.00	5.965	0.000	6.700	0.294	*N/A*	0.000
		% of Calories			0.000%		19.715%	*N/A%*	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
900448	Cauliflower Florets	0.000	0.588	0.294	0.294	*N/A*	2.939	6.173	0.053	*N/A*
		Totals	0.000	1.193	0.496	0.294	*N/A*	7.175	32.798	0.117
		% of Calories		80.000%		19.715%				

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Lawrence Public Schools

USD 497

990244 - Broccoli & Celery 1/4 cup

Number of Portions: 2.000

Source: Mosaic

Group Code: VEGETABLES

Size of Portion: 1/4 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	12.00	2.570	0.000	9.615	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	0.584	0.242	0.000	*N/A*	4.936	13.947	0.058	*0.000*
	% of Calories		90.957%		0.000%					

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Lawrence Public Schools

USD 497

990096 - Broccoli Florets

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	36.00	12.102	0.000	12.102	0.000	*N/A*	0.000	0.000
	% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	2.421	0.807	0.000	*N/A*	106.502	0.258	*N/A*	*N/A*
	% of Calories		80.003%		0.000%					

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Lawrence Public Schools

USD 497

990493 - Brownie

Number of Portions: 100.000

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Source: Pickney Bakery

Group Code: DESSERTS

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.000	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	0.929	*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
990758	Flour, White Whole Wheat (Hudson)	1 LB + 14 oz	8.50	31.184	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
		Totals	49.00	130.415	0.240	88.823	15.578	0.000	3.502
		% of Calories			1.656%		47.780%	0.000%	24.165%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
990758	Flour, White Whole Wheat (Hudson)	0.000	6.237	1.134	1.134	0.000	3.402	0.000	0.283	0.000
990698	Cocoa Powder, unsweetened	0.000	2.041	1.361	0.680	0.000	6.804	0.000	0.885	0.000
990699	Baking Soda	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	24.228	2.681	2.554	*0.000*	10.206	0.000	1.168	*0.000*
	% of Calories		74.311%		7.833%					

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990520 - Brownie (ES)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990493	Brownie	1 Recipe	48.76	130.415	0.240	88.823	15.578	0.000	3.502	0.000
		Totals	49.00	130.415	0.240	88.823	15.578	0.000	3.502	0.000
		% of Calories			1.656%		47.780%	0.000%	24.165%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990493	Brownie	0.000	24.228	2.681	2.554	*0.000*	10.206	0.000	1.168	*0.000*	*0.000*
		Totals	0.000	24.228	2.681	2.554	*0.000*	10.206	0.000	1.168	*0.000*
		% of Calories		74.311%		7.833%					

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Lawrence Public Schools

USD 497

990536 - Brownie (FSHS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
R-990493	Brownie	1 Recipe	97.52	260.830	0.480	177.646	31.156	0.000	7.003	0.000
		Totals	98.00	260.830	0.480	177.646	31.156	0.000	7.003	0.000
		% of Calories			1.656%		47.780%	0.000%	24.165%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990493	Brownie	0.000	48.456	5.362	5.108	*0.000*	20.412	0.000	2.336	*0.000*	*0.000*
	Totals	0.000	48.456	5.362	5.108	*0.000*	20.412	0.000	2.336	*0.000*	*0.000*
	% of Calories		74.311%		7.833%						

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990521 - Brownie (LHS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
R-990493	Brownie	1 Recipe	97.52	260.830	0.480	177.646	31.156	0.000	7.003	0.000
		Totals	98.00	260.830	0.480	177.646	31.156	0.000	7.003	0.000
		% of Calories			1.656%		47.780%	0.000%	24.165%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990493	Brownie	0.000	48.456	5.362	5.108	*0.000*	20.412	0.000	2.336	*0.000*	*0.000*
	Totals	0.000	48.456	5.362	5.108	*0.000*	20.412	0.000	2.336	*0.000*	*0.000*
	% of Calories		74.311%		7.833%						

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990522 - Brownie (MS/HS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
R-990493	Brownie	1 Recipe	97.52	260.830	0.480	177.646	31.156	0.000	7.003	0.000
		Totals	98.00	260.830	0.480	177.646	31.156	0.000	7.003	0.000
		% of Calories			1.656%		47.780%	0.000%	24.165%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990493	Brownie	0.000	48.456	5.362	5.108	*0.000*	20.412	0.000	2.336	*0.000*	*0.000*
	Totals	0.000	48.456	5.362	5.108	*0.000*	20.412	0.000	2.336	*0.000*	*0.000*
	% of Calories		74.311%		7.833%						

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Lawrence Public Schools

USD 497

990609 - Brownie (New York)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
R-990493	Brownie	1 Recipe	48.76	130.415	0.240	88.823	15.578	0.000	3.502	0.000
		Totals	49.00	130.415	0.240	88.823	15.578	0.000	3.502	0.000
		% of Calories			1.656%		47.780%	0.000%	24.165%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990493	Brownie	0.000	24.228	2.681	2.554	*0.000*	10.206	0.000	1.168	*0.000*	*0.000*
	Totals	0.000	24.228	2.681	2.554	*0.000*	10.206	0.000	1.168	*0.000*	*0.000*
	% of Calories		74.311%		7.833%						

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Lawrence Public Schools

USD 497

990608 - Brownie (SCHWGLR)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990493 Brownie	1 Recipe	48.76	130.415	0.240	88.823	15.578	0.000	3.502	0.000
	Totals	49.00	130.415	0.240	88.823	15.578	0.000	3.502	0.000
	% of Calories			1.656%		47.780%	0.000%	24.165%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990493 Brownie	0.000	24.228	2.681	2.554	*0.000*	10.206	0.000	1.168	*0.000*	*0.000*
	Totals	0.000	24.228	2.681	2.554	*0.000*	10.206	0.000	1.168	*0.000*
	% of Calories		74.311%		7.833%					

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Lawrence Public Schools

USD 497

990523 - Brownie (SF)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
R-990493	Brownie	1 Recipe	48.76	130.415	0.240	88.823	15.578	0.000	3.502	0.000
		Totals	49.00	130.415	0.240	88.823	15.578	0.000	3.502	0.000
		% of Calories			1.656%		47.780%	0.000%	24.165%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990493	Brownie	0.000	24.228	2.681	2.554	*0.000*	10.206	0.000	1.168	*0.000*	*0.000*
	Totals	0.000	24.228	2.681	2.554	*0.000*	10.206	0.000	1.168	*0.000*	*0.000*
	% of Calories		74.311%		7.833%						

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Lawrence Public Schools

USD 497

990722 - Buffalo Bites w/ Cornbread

Number of Portions: 156.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990775	Popcorn Chicken	1 case	95.34	254.983	2.772	388.018	0.000	0.000	14.412	0.000
990508	Frank's Hot Sauce	1/2 gal	11.63	0.000	0.000	441.961	0.000	0.000	0.000	0.000
990776	Cornbread Mini Loaf Whole Grain	1 case + 1/8 case	56.99	179.968	0.500	89.984	14.997	0.000	5.999	0.000
		Totals	164.00	434.951	3.272	919.963	14.997	0.000	20.411	0.000
		% of Calories			6.769%		13.792%	0.000%	42.234%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990775	Popcorn Chicken	22.172	15.521	3.326	15.521	0.000	33.259	0.000	2.106	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
990776	Cornbread Mini Loaf Whole Grain	14.997	28.995	1.000	2.999	0.000	20.996	0.000	1.000	0.000	0.000
	Totals	37.170	44.516	4.326	18.520	*0.000*	54.255	0.000	3.106	0.000	0.000
	% of Calories		40.938%		17.032%						

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Lawrence Public Schools

USD 497

990726 - Buffalo Chicken Salad - Only in HS Vending

Number of Portions: 3.000

Group Code: SALADS

Size of Portion: Salads

*Nutrients are based upon 1 Portion Size (Salads)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990670	Romaine Lettuce	6 cup	115.67	20.412	0.000	6.804	0.000	0.000	0.680	0.000
990503	Chicken Fajita Strips	4 1/2 oz	42.52	45.000	0.000	300.000	0.500	0.000	0.500	0.000
990508	Frank's Hot Sauce	1/2 cup	37.80	0.000	0.000	1436.375	0.000	0.000	0.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	4 1/2 oz	42.52	167.060	7.594	258.183	9.112	0.000	13.669	0.000
900012	Tomatoes, Cherry	3 (1/2 cup)	70.87	12.757	0.000	3.544	*N/A*	*N/A*	0.000	0.000
990676	Celery	3 (1/2 cup, diced)	60.10	10.606	0.000	49.495	0.000	0.000	0.000	0.000
903320	Breadstick, Garlic	3 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
900446	Carrots - Baby	3 (1/2 cup)	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
903361	Jicama, Fresh	1 1/2 CUP	50.00	18.750	0.000	2.083	0.000	*N/A*	0.000	0.000
900475	Apples, Red Delicious	3 medium, 3/lb.	138.00	45.620	0.000	0.000	9.124	*N/A*	0.000	0.000
602138	Dressing,Ranch,Single Serve PKT	3 paket (1.5 oz)	42.52	197.787	3.461	316.460	0.000	0.000	21.757	0.000
		Totals	726.00	712.992	12.055	2597.943	*23.736*	*0.000*	42.606	0.000
		% of Calories			15.217%		*13.316%*	*0.000%*	53.780%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990670	Romaine Lettuce	0.000	4.082	2.722	1.361	*N/A*	35.380	0.000	0.980	0.000	0.000
990503	Chicken Fajita Strips	25.000	2.000	0.000	7.500	*N/A*	0.000	0.000	0.500	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
990564	Cheese Cheddar Jack Fancy Shredded	37.968	1.519	0.000	9.112	*N/A*	300.707	0.000	0.152	0.000	0.000
900012	Tomatoes, Cherry	0.000	2.778	0.850	0.638	*N/A*	7.087	8.930	0.128	*N/A*	*N/A*
990676	Celery	0.000	2.121	0.707	0.707	*N/A*	21.212	0.000	0.141	0.000	0.000
903320	Breadstick, Garlic	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
900446	Carrots - Baby	0.000	6.000	2.000	0.000	*N/A*	20.000	2.400	0.720	*N/A*	*N/A*
903361	Jicama, Fresh	0.000	4.583	2.500	0.417	*N/A*	8.333	0.000	0.150	*N/A*	*N/A*
900475	Apples, Red Delicious	0.000	12.545	2.851	0.000	*N/A*	11.405	2.737	0.205	47.861	0.148
602138	Dressing,Ranch,Single Serve PKT	9.889	1.978	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
		Totals	72.857	62.607	13.630	21.735	414.125	*14.067*	4.416	*47.861*	*0.148*
		% of Calories		35.124%		12.194%					

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Lawrence Public Schools

USD 497

990591 - Buffalo 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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
990508 Frank's Hot Sauce	1 oz	28.35	0.000	0.000	1077.281	0.000	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
990564 Cheese Cheddar Jack Fancy Shredded	1 oz	28.35	111.373	5.062	172.122	6.075	0.000	9.112	0.000
900605 Ranch Dressing Kraft Light Done Right	1 oz	28.35	56.699	0.472	302.395	0.945	0.000	3.780	0.000
	Totals	256.00	540.187	9.535	2411.798	7.825	0.000	22.559	0.000
	% of Calories			15.886%		5.794%	0.000%	37.585%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
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
990503 Chicken Fajita Strips	33.333	2.667	0.000	10.000	*N/A*	0.000	0.000	0.667	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
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
	Totals	68.095	59.570	6.141	23.214	330.291	0.494	2.917	*0.000*	*0.000*
	% of Calories		44.111%		17.190%					

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Lawrence Public Schools

USD 497

990737 - Buffalo Chicken Wrap, VM

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Wrap

*Nutrients are based upon 1 Portion Size (Wrap)

		Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity								
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	0.139	0.000	0.000
990508	Frank's Hot Sauce	1 oz	28.35	0.000	0.000	1077.281	0.000	0.000	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
990676	Celery	1/2 cup, sticks	74.28	13.107	0.000	61.168	0.000	0.000	0.000
903361	Jicama, Fresh	1 (1/2 cup)	50.00	18.750	0.000	2.083	0.000	0.000	0.000
900446	Carrots - Baby	1 (1/2 cup)	70.00	25.000	0.000	55.000	3.000	0.000	0.000
900475	Apples, Red Delicious	1 medium, 3/lb.	138.00	45.620	0.000	0.000	9.124	0.000	0.000
	Totals		589.00	642.664	9.535	2530.049	19.949	22.559	0.000
	% of Calories				13.353%		12.416%	31.592%	0.000%

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient											
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*
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
990503	Chicken Fajita Strips	33.333	2.667	0.000	10.000	*N/A*	0.000	0.000	0.667	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
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
990676	Celery	0.000	2.621	0.874	0.874	*N/A*	26.215	0.000	0.175	0.000	0.000
903361	Jicama, Fresh	0.000	4.583	2.500	0.417	*N/A*	8.333	0.000	0.150	*N/A*	*N/A*
900446	Carrots - Baby	0.000	6.000	2.000	0.000	*N/A*	20.000	2.400	0.720	*N/A*	*N/A*
900475	Apples, Red Delicious	0.000	12.545	2.851	0.000	*N/A*	11.405	2.737	0.205	47.861	0.148
	Totals	68.095	85.320	14.366	24.504	*N/A*	396.245	5.631	4.167	*47.861*	*0.148*
	% of Calories		53.104%		15.252%						

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
990554	Chicken Carnitas Shredded	11 LB	41.58	69.299	1.237	237.596	0.990	0.000	3.960	0.000
R-879	Seasoned Black Beans	1 Recipe	33.60	23.599	0.000	30.328	0.196	0.000	0.098	0.000
R-990272	Taco Meat	1 Recipe	44.50	118.688	2.690	101.259	0.000	0.000	7.062	0.000
900006	Cheese, American Shred	1 Bag	18.90	67.499	3.375	330.744	0.000	*N/A*	5.400	0.000
		Totals	367.00	527.887	7.432	1018.060	1.853	0.000	20.270	0.007
		% of Calories			12.671%		1.404%	0.000%	34.559%	0.012%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
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	Seasoned Black Beans	0.000	4.523	1.178	1.374	*0.000*	11.936	0.000	0.354	*7.992*	*0.008*
R-990272	Taco Meat	28.586	0.196	0.000	5.717	*0.000*	8.508	0.000	0.673	*4.995*	*0.005*
900006	Cheese, American Shred	16.875	1.350	0.000	3.375	*N/A*	94.498	0.000	0.067	*N/A*	*N/A*
	Totals	80.110	56.393	3.845	22.729	*0.000*	124.809	0.000	2.790	*172.828*	*0.173*
	% of Calories		42.731%		17.223%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	237.00	447.536	5.084	839.960	3.241	14.558	0.000
		% of Calories			10.224%		2.897%	29.275%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	52.555	55.879	4.317	26.144	*0.000*	137.221	0.822	3.051
		% of Calories		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)

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
990601	Cabbage - Green	4 LB + 1/2 LB	28.35	7.143	0.000	5.714	0.000	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	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	0.000
902971	Red Pepper, Fresh	8 pepper	12.60	3.457	0.000	0.384	0.000	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	0.000
903103	Radish, fresh	2 LB + 1/4 LB	14.17	2.200	0.000	5.621	0.244	*N/A*	0.000	0.000
990589	Snow Peas	2 LB + 1/4 LB	14.17	6.254	0.000	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	0.000
990715	Sriracha	1 bottle	11.02	7.875	0.000	220.496	0.000	0.000	0.000	0.000
		Totals	144.00	43.771	0.000	455.466	0.585	0.000	0.000	0.000
		% of Calories			0.000%		5.346%	0.000%	0.000%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
990601	Cabbage - Green		0.000	1.714	0.571	0.286	*N/A*	11.429	0.000	0.143	0.000	0.000
990711	Carrot Shrd 1/8		0.000	2.835	0.850	0.283	0.000	9.355	0.000	0.085	0.000	0.000
903101	Mushroom, White fresh		0.000	0.337	0.169	0.506	*N/A*	0.000	0.202	0.061	*N/A*	*N/A*
902971	Red Pepper, Fresh		0.000	0.768	0.230	0.154	*N/A*	0.845	0.000	0.055	*N/A*	*N/A*
900464	Green Bell Pepper		0.000	0.511	0.170	0.085	*N/A*	1.703	9.705	0.061	*N/A*	*N/A*
903103	Radish, fresh		0.000	0.489	0.244	0.000	*N/A*	2.444	4.399	0.000	*N/A*	*N/A*
990589	Snow Peas		0.000	1.251	0.417	0.417	*N/A*	6.254	0.000	0.296	0.000	0.000
990714	Sauce Soy Packet		0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990715	Sriracha		0.000	1.575	0.000	0.000	0.000	1.575	0.000	0.173	0.000	0.000
		Totals	0.000	9.480	2.653	1.731	*0.000*	33.604	14.307	0.874	*0.000*	*0.000*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	1 cup	4.00	8.889	0.000	417.778	0.889	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	4 tbsp	0.53	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	55.94	239.756	0.749	189.807	0.000	0.000	9.990	0.000
990721 Chicken, Diced, Cooked, Frozen	4 lb + 8 OZ	28.00	36.000	0.000	28.000	0.000	*N/A*	1.000	0.000
903179 Edamame / Soybeans	2 3/4 bag (2.5#)	42.52	50.624	0.253	2.531	1.012	*N/A*	2.025	0.000
	Totals	561.00	335.268	1.002	650.916	1.901	0.000	13.014	0.000
	% of Calories			2.691%		2.268%	0.000%	34.936%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	1.778	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	33.965	3.996	5.994	0.000	11.988	0.000	1.498	0.000	0.000
990721 Chicken, Diced, Cooked, Frozen	21.000	0.000	0.000	5.998	*N/A*	0.000	0.599	0.179	*N/A*	*N/A*
903179 Edamame / Soybeans	0.000	3.037	0.000	4.556	*N/A*	20.250	2.430	0.911	*N/A*	*N/A*
	Totals	21.000	38.781	3.996	16.548	*0.000*	40.771	3.029	*426.242*	*0.427*
	% of Calories		46.268%		19.743%					

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Lawrence Public Schools

USD 497

990577 - Buttered 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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
902944	Carrot, Sliced Cc Medium Frozen	24 cup	77.60	31.953	0.000	54.776	0.000	*N/A*	0.000	0.000
902938	Margarine, Liquid	3/4 cup	3.54	25.312	0.506	27.843	0.000	*N/A*	2.784	0.000
900359	Salt 25#	2 tsp	0.25	0.000	0.000	105.315	0.000	0.000	0.000	0.000
		Totals	81.00	57.265	0.506	187.935	0.000	0.000	2.784	0.000
		% of Calories			7.956%		0.000%	0.000%	43.759%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	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	0.000
	Totals	0.000	6.391	1.826	0.913	*0.000*	32.866	2.282	0.402	*0.000*	*0.000*
	% of Calories		44.639%		6.377%						

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Lawrence Public Schools

USD 497

990576 - Buttered 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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900151	Corn	24 cup	69.75	60.000	0.000	0.000	0.000	0.000	0.375	0.000
902938	Margarine, Liquid	3/4 cup	3.54	25.312	0.506	27.843	0.000	*N/A*	2.784	0.000
900359	Salt 25#	2 tsp	0.25	0.000	0.000	105.315	0.000	0.000	0.000	0.000
Totals			74.00	85.312	0.506	133.159	0.000	0.000	3.159	0.000
% of Calories					5.340%		0.000%	0.000%	33.329%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900151	Corn	0.000	14.250	1.500	2.250	*N/A*	0.000	0.000	0.300	*N/A*	*N/A*
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	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	0.000
Totals		0.000	14.250	1.500	2.250	*0.000*	0.000	0.000	0.300	*0.000*	*0.000*
% of Calories			66.814%		10.550%						

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Lawrence Public Schools

USD 497

990575 - Buttered Peas

Number of Portions: 143.000

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903104	pea, green frozen	1 case (30#)	63.44	57.024	0.000	0.000	3.564	*N/A*	0.000	0.000
902938	Margarine, Liquid	2 cup + 1/2 cup	3.96	28.321	0.566	31.153	0.000	*N/A*	3.115	0.000
900359	Salt 25#	1/4 CUP	0.51	0.000	0.000	212.105	0.000	0.000	0.000	0.000
		Totals	68.00	85.345	0.566	243.258	3.564	0.000	3.115	0.000
		% of Calories			5.973%		16.704%	0.000%	32.852%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903104	pea, green frozen	0.000	9.266	3.564	3.564	*N/A*	14.256	0.000	0.998	*N/A*	*N/A*
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	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	0.000
		Totals	0.000	9.266	3.564	3.564	*0.000*	14.256	0.000	0.998	*0.000*
		% of Calories		43.430%		16.704%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	51.00	16.672	0.000	13.338	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	3.334	1.334	0.667	*N/A*	13.338	0.000	0.200	0.000
	% of Calories		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)

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
	Ingredient	Quantity								
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
990623	Mayonnaise Packet, Lite	1 oz	28.35	70.874	0.000	200.809	0.000	0.000	7.087	0.000
		Totals	256.00	562.896	9.558	1266.380	7.518	0.000	28.481	0.000
		% of Calories			15.282%		5.342%	0.000%	45.537%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
990623	Mayonnaise Packet, Lite	11.812	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	59.119	52.718	6.827	21.683	*N/A*	338.353	5.091	2.679	*0.000*	*0.000*
	% of Calories		37.462%		15.408%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	45.00	14.727	0.000	11.782	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	2.945	1.178	0.589	11.782	0.000	0.177	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
	% of Calories			0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	*N/A*
	% of Calories		105.261%		2.102%					

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Lawrence Public Schools

USD 497

990657 - Canned Vegetables (SFSP)

Number of Portions: 24.000

Group Code: VEGETABLES

Size of Portion: 1/8 cup

*Nutrients are based upon 1 Portion Size (1/8 cup)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990811	Green Beans, Canned (15.25 oz)	1 can	18.01	2.252	0.000	43.533	0.150	0.000	0.000	0.000
990810	Corn, Canned (15.25 oz)	1 can	18.01	8.647	0.000	46.115	1.009	0.000	0.144	0.000
990812	Peas, Canned (15.25 oz)	1 Can	18.01	11.529	0.000	54.762	0.865	0.432	0.000	0.000
Totals			54.00	22.427	0.000	144.410	2.024	0.432	0.144	0.000
% of Calories					0.000%		36.099%	7.705%	5.783%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990811	Green Beans, Canned (15.25 oz)	0.000	0.450	0.150	0.150	0.000	4.503	0.000	0.105	0.000	0.000
990810	Corn, Canned (15.25 oz)	0.000	1.873	0.288	0.144	0.000	1.441	0.000	0.058	0.000	0.000
990812	Peas, Canned (15.25 oz)	0.000	2.306	0.576	0.576	0.000	2.882	0.000	0.144	0.000	0.000
Totals		0.000	4.630	1.015	0.871	0.000	8.827	0.000	0.307	0.000	0.000
% of Calories			82.570%		15.535%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	170.00	57.315	0.092	27.117	13.250	0.000	0.308	0.000
	% of Calories			1.451%		92.471%	0.000%	4.838%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	13.867	1.541	1.417	*N/A*	15.407	62.307	0.333	*N/A*
	% of Calories		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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990643	Caramel Mini Cinni Bar	1 case	66.09	210.273	1.001	280.364	8.010	0.000	6.008	0.000
		Totals	66.00	210.273	1.001	280.364	8.010	0.000	6.008	0.000
		% of Calories			4.286%		15.237%	0.000%	25.714%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	35.046	2.003	5.007	*N/A*	30.039	0.000	1.502	0.000	0.000
	% of Calories		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: .5 cup

*Nutrients are based upon 1 Portion Size (.5 cup)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	99.00	39.789	0.000	69.630	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	9.947	2.984	0.995	*N/A*	32.826	0.000	0.000
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			33.00	8.364	0.000	29.955	0.750	0.000	0.000	0.000
% of Calories					0.000%		35.868%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		0.000	2.064	0.782	0.000	*N/A*	10.636	1.868	0.231	*0.000*	*0.000*
% of Calories			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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total Fat	Trans Fat	
Ingredient			Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	(g)	(g)
900448	Cauliflower Florets	1/4 CUP	25.00	5.879	0.000	7.349	0.588	*N/A*	0.000	0.000	
		Totals	25.00	5.879	0.000	7.349	0.588	*N/A*	0.000	0.000	
		% of Calories			0.000%		40.007%	*N/A%*	0.000%	0.000%	

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

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Lawrence Public Schools

USD 497

990538 - Cauliflower (Multi-color)

Number of Portions: 120.000

Group Code: VEGETABLES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient			Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990751	FFVP only -- Cauliflower (Multi-color)	1 case	86.94	21.735	0.103	25.875	0.000	0.000	0.259	0.000	
		Totals	87.00	21.735	0.104	25.875	0.000	0.000	0.259	0.000	
		% of Calories			4.286%		0.000%	0.000%	10.712%	0.000%	

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990751	FFVP only -- Cauliflower (Multi-color)	0.000	4.347	1.759	1.656	0.000	19.147	0.000	0.365	0.000	0.000
	Totals	0.000	4.347	1.759	1.656	0.000	19.147	0.000	0.365	0.000	0.000
	% of Calories		79.998%		30.476%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	0.000	0.000
	Totals	50.00	11.758	0.000	14.697	1.176	*N/A*	0.000	0.000
	% of Calories			0.000%		40.007%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900448 Cauliflower Florets	0.000	2.352	1.176	1.176	*N/A*	11.758	24.692	0.212	*N/A*	*N/A*
	Totals	0.000	2.352	1.176	1.176	*N/A*	11.758	24.692	0.212	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	310.00	603.425	6.933	731.709	1.272	0.000	22.796	0.000
		% of Calories			10.341%		0.843%	0.000%	34.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	68.606	59.990	5.338	23.507	48.806	0.000	3.878	*0.000*	*0.000*
		% of Calories		39.766%		15.582%					

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Lawrence Public Schools

USD 497

990587 - Cavatappi w/ Meatballs

Number of Portions: 40.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990475	Pasta, Cavatappi, Dry	1/2 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	148.83	107.161	0.595	642.967	1.191	5.358	0.000
601590	Meatball	5/8 case	70.87	192.372	6.075	222.746	1.012	14.175	0.000
	Totals		276.00	502.029	6.670	865.713	2.203	20.545	0.000
	% of Calories			11.958%		1.755%	0.000%	36.832%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990475	Pasta, Cavatappi, Dry	0.000	42.524	2.025	7.087	*N/A*	0.000	0.000	1.822	0.000
990688	al Dente Pasta Sauce	0.000	14.288	3.572	2.381	0.000	27.386	0.000	0.000	0.000
601590	Meatball	35.437	4.050	1.012	14.175	*N/A*	40.499	1.644	1.458	0.000
	Totals	35.437	60.862	6.609	23.643	*0.000*	67.885	1.644	3.280	0.000
	% of Calories		48.493%		18.838%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990676	Celery	1/2 cup, strips	62.00	10.941	0.000	51.059	0.000	0.000	0.000	0.000
		Totals	62.00	10.941	0.000	51.059	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990676	Celery	0.000	2.188	0.729	0.729	*N/A*	21.882	0.000	0.146	0.000	0.000
		Totals	0.000	2.188	0.729	*N/A*	21.882	0.000	0.146	0.000	0.000
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	31.00	4.227	0.000	32.409	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	1.127	0.564	0.000	11.273	2.536	0.101	0.000	0.000
	% of Calories		106.676%		0.000%					

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Lawrence Public Schools

USD 497

990733 - Cereal & String Cheese

Number of Portions: 6.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990818	Cereal, Cocoa Puffs (Reduced Sugar) (1 oz)	1 each	5.02	20.090	0.000	20.927	1.005	1.005	0.251	0.000
903160	Cereal Cheerios WG Bowl	1 bowl	4.67	16.667	0.083	23.333	0.167	*N/A*	0.333	0.000
990820	Cereal, Honey Cheerios	1 each	4.72	18.562	0.000	28.687	1.012	1.012	0.253	0.000
903124	Cereal mini wheats frosted bowl	1 bowl	4.67	16.667	0.000	0.000	1.000	*N/A*	0.000	0.000
990823	Cereal, Lucky Charms (Reduced Sugar) 1 oz	1 each	4.72	18.562	0.000	37.124	1.012	1.012	0.253	0.000
990460	Cereal, Rice Chex (1 oz)	1 each	4.72	18.562	0.000	38.812	0.337	0.000	0.084	0.000
900016	Cheese, string 1 oz 2023	6 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
		Totals	57.00	189.110	3.583	348.884	4.534	3.029	7.175	0.000
		% of Calories			17.053%		9.590%	6.407%	34.147%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990818	Cereal, Cocoa Puffs (Reduced Sugar) (1 oz)	0.000	4.185	0.335	0.335	0.000	18.416	0.000	0.452	0.000	0.000
903160	Cereal Cheerios WG Bowl	0.000	3.333	0.500	0.500	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990820	Cereal, Honey Cheerios	0.000	3.712	0.337	0.506	0.000	13.500	0.000	0.405	0.000	0.000
903124	Cereal mini wheats frosted bowl	0.000	4.000	0.500	0.500	*N/A*	0.000	0.000	1.350	*N/A*	*N/A*
990823	Cereal, Lucky Charms (Reduced Sugar) 1 oz	0.000	3.712	0.337	0.506	0.000	15.187	0.000	0.472	0.000	0.000
990460	Cereal, Rice Chex (1 oz)	0.000	4.050	0.169	0.337	*N/A*	13.162	0.000	1.367	*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
	Totals	15.000	22.994	2.179	8.685	*0.000*	260.265	0.000	4.046	*0.000*	*0.000*
	% of Calories		48.635%		18.370%						

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Lawrence Public Schools

USD 497

990732 - Cereal & Yogurt

Number of Portions: 6.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990818 Cereal, Cocoa Puffs (Reduced Sugar) (1 oz)	1 each	5.02	20.090	0.000	20.927	1.005	1.005	0.251	0.000
903160 Cereal Cheerios WG Bowl	1 bowl	4.67	16.667	0.083	23.333	0.167	*N/A*	0.333	0.000
990820 Cereal, Honey Cheerios	1 each	4.72	18.562	0.000	28.687	1.012	1.012	0.253	0.000
903124 Cereal mini wheats frosted bowl	1 bowl	4.67	16.667	0.000	0.000	1.000	*N/A*	0.000	0.000
990823 Cereal, Lucky Charms (Reduced Sugar) 1 oz	1 each	4.72	18.562	0.000	37.124	1.012	1.012	0.253	0.000
990460 Cereal, Rice Chex (1 oz)	1 each	4.72	18.562	0.000	38.812	0.337	0.000	0.084	0.000
990424 Yogurt, Cherry	2 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
990425 Yogurt, Raspberry	2 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
903272 Yogurt, Strawberry & Banana	2 each	37.80	26.667	0.000	21.667	1.667	0.000	0.167	0.000
	Totals	142.00	189.298	0.083	214.037	9.545	3.029	1.676	0.000
	% of Calories			0.396%		20.169%	6.400%	7.970%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990818 Cereal, Cocoa Puffs (Reduced Sugar) (1 oz)	0.000	4.185	0.335	0.335	0.000	18.416	0.000	0.452	0.000	0.000
903160 Cereal Cheerios WG Bowl	0.000	3.333	0.500	0.500	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990820 Cereal, Honey Cheerios	0.000	3.712	0.337	0.506	0.000	13.500	0.000	0.405	0.000	0.000
903124 Cereal mini wheats frosted bowl	0.000	4.000	0.500	0.500	*N/A*	0.000	0.000	1.350	*N/A*	*N/A*
990823 Cereal, Lucky Charms (Reduced Sugar) 1 oz	0.000	3.712	0.337	0.506	0.000	15.187	0.000	0.472	0.000	0.000
990460 Cereal, Rice Chex (1 oz)	0.000	4.050	0.169	0.337	*N/A*	13.162	0.000	1.367	*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*
	Totals	0.000	38.029	2.179	6.694	*0.000*	200.594	0.000	4.046	*0.000*
	% of Calories		80.358%		14.145%					

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total Fat	Trans Fat
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	(g)	(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
		Totals	40.00	160.000	0.167	110.000	8.000	0.000	3.500	0.000
		% of Calories			0.938%		20.000%	0.000%	19.688%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990641	0.000	10.000	1.000	0.667	*N/A*	76.667	0.000	0.567	0.000	0.000
990639	0.000	9.667	1.000	1.000	*N/A*	86.667	0.000	0.700	0.000	0.000
990640	0.000	9.667	1.000	0.667	*N/A*	86.667	0.000	0.567	0.000	0.000
	Totals	0.000	29.333	3.000	2.333	*N/A*	250.000	0.000	1.833	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	28.00	100.000	0.500	140.000	1.000	*N/A*	2.000	0.000
	% of Calories			4.500%		4.000%	*N/A%*	18.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	20.000	3.000	3.000	*N/A*	0.000	0.000	*N/A*	*N/A*
	% of Calories		80.000%		12.000%					

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Lawrence Public Schools

USD 497

990661 - CEREAL FRSTD MINI WHEAT BWLPK

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990821 CEREAL FRSTD MINI WHEAT BWLPK	1 each	28.35	101.248	0.000	0.000	6.075	6.075	0.506	0.000
	Totals	28.00	101.248	0.000	0.000	6.075	6.075	0.506	0.000
	% of Calories			0.000%		24.000%	24.000%	4.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990821 CEREAL FRSTD MINI WHEAT BWLPK	0.000	24.300	3.037	2.025	0.000	0.000	0.000	8.505	0.000	0.000
	Totals	0.000	24.300	3.037	2.025	0.000	0.000	8.505	0.000	0.000
	% of Calories		96.000%		8.000%					

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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)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
903124	Cereal mini wheats frosted bowl	1 bowl	14.00	50.000	0.000	0.000	3.000	*N/A*	0.000
903160	Cereal Cheerios WG Bowl	1 bowl	14.00	50.000	0.250	70.000	0.500	*N/A*	1.000
		Totals	28.00	100.000	0.250	70.000	3.500	*N/A*	1.000
		% of Calories			2.250%		14.000%	*N/A%*	9.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	22.000	3.000	3.000	*N/A*	0.000	0.000	4.050	*N/A*	*N/A*
	% of Calories		88.000%		12.000%						

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Lawrence Public Schools

USD 497

990658 - Cereal, Cocoa Puffs (Reduced Sugar) (1 oz)

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990818 Cereal, Cocoa Puffs (Reduced Sugar) (1 oz)	1 each	30.14	120.542	0.000	125.565	6.027	6.027	1.507	0.000
	Totals	30.00	120.542	0.000	125.565	6.027	6.027	1.507	0.000
	% of Calories			0.000%		20.000%	20.000%	11.250%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990818 Cereal, Cocoa Puffs (Reduced Sugar) (1 oz)		0.000	25.113	2.009	2.009	0.000	110.497	0.000	2.712	0.000	0.000
	Totals	0.000	25.113	2.009	2.009	0.000	110.497	0.000	2.712	0.000	0.000
	% of Calories		83.333%		6.667%						

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Lawrence Public Schools

USD 497

990660 - Cereal, Honey Cheerios

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990820	Cereal, Honey Cheerios	1 each	28.35	111.373	0.000	172.122	6.075	6.075	1.519	0.000
		Totals	28.00	111.373	0.000	172.122	6.075	6.075	1.519	0.000
		% of Calories			0.000%		21.819%	21.819%	12.273%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990820	Cereal, Honey Cheerios	0.000	22.275	2.025	3.037	0.000	80.999	0.000	2.430	0.000	0.000
	Totals	0.000	22.275	2.025	3.037	0.000	80.999	0.000	2.430	0.000	0.000
	% of Calories		80.000%		10.907%						

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Lawrence Public Schools

USD 497

990664 - Cereal, Lucky Charms (Reduced Sugar) 1 oz

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990823 Cereal, Lucky Charms (Reduced Sugar) 1 oz	1 each	28.35	111.373	0.000	222.746	6.075	6.075	1.519	0.000
	Totals	28.00	111.373	0.000	222.746	6.075	6.075	1.519	0.000
	% of Calories			0.000%		21.819%	21.819%	12.273%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990823 Cereal, Lucky Charms (Reduced Sugar) 1 oz	0.000	22.275	2.025	3.037	0.000	91.123	0.000	2.835	0.000	0.000
	Totals	0.000	22.275	2.025	3.037	0.000	91.123	0.000	0.000	0.000
	% of Calories		80.000%		10.907%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	28.00	111.373	0.000	232.871	2.025	0.000	0.506	0.000
	% of Calories			0.000%		7.273%	0.000%	4.091%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	24.300	1.012	2.025	*N/A*	78.974	0.000	8.201	*N/A*
	% of Calories		87.273%		7.273%					

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Lawrence Public Schools

USD 497

990673 - Cereal, Variety, 1 oz bowl

Number of Portions: 6.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990818 Cereal, Cocoa Puffs (Reduced Sugar) (1 oz)	1 each	5.02	20.090	0.000	20.927	1.005	1.005	0.251	0.000
903160 Cereal Cheerios WG Bowl	1 bowl	4.67	16.667	0.083	23.333	0.167	*N/A*	0.333	0.000
990820 Cereal, Honey Cheerios	1 each	4.72	18.562	0.000	28.687	1.012	1.012	0.253	0.000
903124 Cereal mini wheats frosted bowl	1 bowl	4.67	16.667	0.000	0.000	1.000	*N/A*	0.000	0.000
990823 Cereal, Lucky Charms (Reduced Sugar) 1 oz	1 each	4.72	18.562	0.000	37.124	1.012	1.012	0.253	0.000
990460 Cereal, Rice Chex (1 oz)	1 each	4.72	18.562	0.000	38.812	0.337	0.000	0.084	0.000
	Totals	29.00	109.110	0.083	148.884	4.534	3.029	1.175	0.000
	% of Calories			0.687%		16.622%	11.104%	9.693%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990818 Cereal, Cocoa Puffs (Reduced Sugar) (1 oz)	0.000	4.185	0.335	0.335	0.000	18.416	0.000	0.452	0.000	0.000
903160 Cereal Cheerios WG Bowl	0.000	3.333	0.500	0.500	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990820 Cereal, Honey Cheerios	0.000	3.712	0.337	0.506	0.000	13.500	0.000	0.405	0.000	0.000
903124 Cereal mini wheats frosted bowl	0.000	4.000	0.500	0.500	*N/A*	0.000	0.000	1.350	*N/A*	*N/A*
990823 Cereal, Lucky Charms (Reduced Sugar) 1 oz	0.000	3.712	0.337	0.506	0.000	15.187	0.000	0.472	0.000	0.000
990460 Cereal, Rice Chex (1 oz)	0.000	4.050	0.169	0.337	*N/A*	13.162	0.000	1.367	*N/A*	*N/A*
	Totals	0.000	22.994	2.179	2.685	*0.000*	60.265	0.000	4.046	*0.000*
	% of Calories		84.295%		9.843%					

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Lawrence Public Schools

USD 497

990676 - Cheese Calzone

Number of Portions: 33.000

Size of Portion: Calzones

*Nutrients are based upon 1 Portion Size (Calzones)

Source: Pickney Bakery

Group Code: ENTREES

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
R-990670	Whole Wheat Garlic Breadstick 51%	1 Recipe	111.11	328.618	1.902	570.522	6.014	0.000	14.647	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	2 LB + 1 oz	28.35	16.266	0.000	130.129	1.859	*N/A*	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	4 LB + 2 oz	56.70	182.247	8.100	445.492	0.000	0.000	12.150	0.000
990800	Garlic Butter, Spray	25 (1/4 sec spray)	0.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	196.00	527.131	10.002	1146.143	7.873	0.000	26.797	0.000
		% of Calories			17.077%		5.974%	0.000%	45.752%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
R-990670	Whole Wheat Garlic Breadstick 51%		0.747	45.869	4.413	8.393	*0.000*	42.648	0.000	1.458	*0.000*	*0.000*
902179	Sauce, Pizza Tomato Midwest w/basil		0.000	3.253	0.929	0.929	*N/A*	0.000	1.673	0.502	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY		40.499	4.050	2.025	12.150	0.000	384.743	0.000	0.000	0.000	0.000
990800	Garlic Butter, Spray		0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	41.246	53.172	7.367	21.472	*0.000*	427.391	1.673	1.960	*0.000*	*0.000*
		% of Calories		40.349%		16.293%						

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient			Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990420	Cheese Cheddar Cubes	1 (serving - 4 cubes)	28.35	113.398	5.670	188.997	0.000	0.000	9.450	0.000	
		Totals	28.00	113.398	5.670	188.997	0.000	0.000	9.450	0.000	
		% of Calories			45.000%		0.000%	0.000%	75.000%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	28.350	0.000	0.000	6.615	*N/A*	201.281	0.000	0.000
		% of Calories		0.000%		23.334%				

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Lawrence Public Schools

USD 497

61 - Cheese Pizza - CACFP/SFSP

Number of Portions: 96.000

Source: USD 497

Group Code: PIZZA

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900028	PIZZA, CHEESE TONY'S SMART	96 EACH	127.57	279.066	4.983	428.565	1.993	1.993	10.963	0.000
		Totals	128.00	279.066	4.983	428.565	1.993	1.993	10.963	0.000
		% of Calories			16.071%		2.857%	2.857%	35.357%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900028	PIZZA, CHEESE TONY'S SMART	24.917	31.893	3.987	15.947	0.000	259.132	0.000	2.193	0.000	0.000
		Totals	24.917	31.893	3.987	15.947	0.000	259.132	0.000	2.193	0.000
		% of Calories		45.714%		22.858%					

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
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
		Totals	126.00	280.975	6.021	411.428	2.007	0.000	12.042	0.000
		% of Calories			19.286%		2.857%	0.000%	38.571%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	30.104	28.098	3.010	15.052	*N/A*	280.975	0.000	1.706	0.000	0.000
	% of Calories		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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient			Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990667	Cheese Quesadilla - SFSP	1 case (96 ct)	136.98	299.967	3.500	659.927	0.000	0.000	10.999	0.000	
		Totals	137.00	299.967	3.500	659.927	0.000	0.000	10.999	0.000	
		% of Calories			10.500%		0.000%	0.000%	33.000%	0.000%	

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	14.998	33.996	4.000	15.998	*N/A*	359.960	0.000	2.400	0.000	0.000
	% of Calories		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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
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
		Totals	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
		% of Calories			39.375%		0.000%	*N/A%*	67.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	15.000	0.000	0.000	6.000	*N/A*	200.000	0.000	0.000
		% of Calories			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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	142.00	357.809	8.068	735.676	3.000	*N/A*	19.345	0.000
		% of Calories			20.294%		3.354%	*N/A%*	48.659%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*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*
990388	Beef Patty Charbroiled	33.222	1.107	1.107	12.181	*N/A*	33.222	0.000	2.215	*N/A*	*N/A*
		Totals	45.878	26.120	3.107	*N/A*	139.034	1.200	3.345	*N/A*	*N/A*
		% of Calories		29.200%		19.802%					

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Lawrence Public Schools

USD 497

990466 - Cheesy Egg Scramble

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990720	Pan Spray, Professional	1 as needed	0.03	0.000	0.000	0.000	0.000	0.000	0.000
902938	Margarine, Liquid	1 as needed	0.78	5.556	0.111	6.111	0.000	*N/A*	0.611
990573	Liquid Egg	2 carton	50.40	76.694	1.643	71.216	0.000	4.930	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 LB + 2 oz	14.17	55.687	2.531	86.061	3.037	4.556	0.000
		Totals	65.00	137.936	4.286	163.388	3.037	10.098	0.000
		% of Calories			27.964%		8.807%	65.884%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
902938	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990573	186.258	0.000	0.000	6.574	*N/A*	28.486	0.000	1.096	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
	Totals	198.914	0.506	9.611	*0.000*	128.722	0.000	1.146	0.000	0.000
	% of Calories		1.468%		27.871%					

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¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990707 - Cheesy Garlic Twists

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990847	Cheesy Garlic Twists	1 case	113.40	298.416	5.968	437.676	1.989	1.989	11.937	0.000
		Totals	113.00	298.416	5.968	437.676	1.989	1.989	11.937	0.000
		% of Calories			18.000%		2.666%	2.666%	36.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990847	Cheesy Garlic Twists	19.894	29.842	0.000	17.905	0.000	282.500	0.000	1.989	0.000	0.000
		Totals	19.894	29.842	0.000	17.905	0.000	282.500	0.000	1.989	0.000
		% of Calories		40.000%		24.000%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	4.050	0.000
	Totals	21.00	101.248	1.013	151.872	0.000	*N/A*	4.050	0.000
	% of Calories			9.000%		0.000%	*N/A%*	36.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*N/A*
	Totals	0.000	14.175	1.012	2.025	*N/A*	101.248	0.000	0.729	*N/A*
	% of Calories		56.000%		8.000%					

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Lawrence Public Schools

USD 497

990677 - Chef Salad - JDC

Number of Portions: 2.000

Group Code: SALADS

Size of Portion: salads

*Nutrients are based upon 1 Portion Size (salads)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990670 Romaine Lettuce	4 cup	115.67	20.412	0.000	6.804	0.000	0.000	0.680	0.000
990721 Chicken, Diced, Cooked, Frozen	3 OZ	42.00	53.999	0.000	42.000	0.000	*N/A*	1.499	0.000
990564 Cheese Cheddar Jack Fancy Shredded	2 oz	28.35	111.373	5.062	172.122	6.075	0.000	9.112	0.000
R-990526 Roll 2 oz (HS)	2 Servings	64.03	166.689	0.284	247.886	3.969	0.000	4.321	0.000
	Totals	250.00	352.473	5.346	468.812	10.044	0.000	15.613	0.000
	% of Calories			13.650%		11.398%	0.000%	39.867%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990670 Romaine Lettuce	0.000	4.082	2.722	1.361	*N/A*	35.380	0.000	0.980	0.000	0.000
990721 Chicken, Diced, Cooked, Frozen	31.500	0.000	0.000	8.996	*N/A*	0.000	0.899	0.269	*N/A*	*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	0.000
R-990526 Roll 2 oz (HS)	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
	Totals	57.305	35.049	5.634	21.972	263.840	0.899	2.312	*0.000*	*0.000*
	% of Calories		39.774%		24.935%					

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Lawrence Public Schools

USD 497

990142 - Chef Salad Kit

Number of Portions: 2.000

Group Code: SALADS

Size of Portion: salads

*Nutrients are based upon 1 Portion Size (salads)

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
990670	Romaine Lettuce	4 cup	115.67	20.412	0.000	6.804	0.000	0.000	0.680	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	4 OZ	56.00	179.995	10.000	339.998	1.999	*N/A*	14.000	0.000
900431	Ham, Sliced, smoked	5 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)	27.78	85.000	0.500	85.000	1.000	*N/A*	3.000	0.000
903206	Flatbread, WG 2023	1 (1 FLATBREAD)	28.35	82.305	0.457	150.893	0.915	*N/A*	2.286	0.000
		Totals	263.00	405.212	11.582	970.196	5.164	0.000	21.217	0.000
		% of Calories			25.725%		5.098%	0.000%	47.123%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
990670	Romaine Lettuce		0.000	4.082	2.722	1.361	*N/A*	35.380	0.000	0.980	0.000	0.000
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*
900431	Ham, sliced, smoked		18.750	1.250	0.000	5.625	*N/A*	0.000	0.000	0.250	*N/A*	*N/A*
903320	Breadstick, Garlic		0.000	12.500	1.000	1.000	*N/A*	5.000	*N/A*	0.720	*N/A*	*N/A*
903206	Flatbread, WG 2023		0.000	12.803	1.372	2.744	*N/A*	13.718	0.000	0.686	*N/A*	*N/A*
		Totals	68.747	32.635	5.093	22.724	*N/A*	*54.098*	*0.000*	*2.636*	*0.000*	*0.000*
		% of Calories		32.215%		22.432%						

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990655	Cherry Strudel Bar	1 case	64.95	199.852	0.500	269.800	8.993	0.000	4.996	0.000
		Totals	65.00	199.852	0.500	269.800	8.993	0.000	4.996	0.000
		% of Calories			2.250%		17.999%	0.000%	22.500%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	37.972	1.999	4.996	*N/A*	0.000	0.000	1.599	0.000	0.000
	% of Calories		76.000%		9.999%						

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Lawrence Public Schools

USD 497

990598 - Chewy Chocolate Chip Cookie Bars - MS/HS

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990720	Pan Spray, Professional	1 as needed	0.02	0.000	0.000	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	1 LB	9.07	64.799	4.536	58.319	0.000	7.128	0.000
990769	Sugar, Brown	2 LB + 1/2 LB	22.68	85.049	0.000	0.000	22.680	0.000	0.000
990791	Kosher Salt	3 tsp	0.36	0.000	0.000	144.583	0.000	0.000	0.000
900365	Vanilla, Imitation	1 tbsp + 1 tsp	0.35	0.000	0.000	0.000	0.000	0.000	0.000
990573	Liquid Egg	16 fl. oz	9.07	13.805	0.296	12.819	0.000	0.887	0.000
990758	Flour, White Whole Wheat (Hudson)	2 LB + 2 1/2 oz	19.56	71.724	0.000	0.000	0.000	0.326	0.000
990705	Baking Powder	2 tbsp + 3/4 tbsp	1.32	0.000	0.000	0.000	0.000	0.000	0.000
990803	Chocolate Chips, Semi Sweet	2 LB	18.14	84.671	3.024	0.000	10.886	4.838	0.000
		Totals	81.00	320.047	7.856	215.721	33.566	22.680	13.180
		% of Calories			22.091%		41.951%	28.346%	37.062%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990720	Pan Spray, Professional	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	19.440	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990769	Sugar, Brown	0.000	22.680	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	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
990573	Liquid Egg	33.526	0.000	0.000	1.183	*N/A*	5.128	0.197	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	14.345	2.608	2.608	0.000	7.824	0.652	0.000	0.000
990705	Baking Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990803	Chocolate Chips, Semi Sweet	0.000	12.096	1.210	1.210	0.000	0.000	1.451	0.000	0.000
		Totals	52.966	49.120	3.818	5.001	*0.000*	12.952	0.000	2.301
		% of Calories		61.391%		6.250%				

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Lawrence Public Schools

USD 497

990581 - Chewy Chocolate Chip Cookie Bars (ES)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
990703	Butter Solid Salted	1 LB	4.54	32.399	2.268	29.159	0.000	3.564	0.000
990769	Sugar, Brown	2 LB + 1/2 LB	11.34	42.524	0.000	0.000	11.340	0.000	0.000
990791	Kosher Salt	3 tsp	0.18	0.000	0.000	72.292	0.000	0.000	0.000
900365	Vanilla, Imitation	1 tbsp + 1 tsp	0.17	0.000	0.000	0.000	0.000	0.000	0.000
990573	Liquid Egg	16 fl. oz	4.54	6.902	0.148	6.409	0.000	0.444	0.000
990758	Flour, White Whole Wheat (Hudson)	2 LB + 2 1/2 oz	9.78	35.862	0.000	0.000	0.000	0.163	0.000
990705	Baking Powder	2 tbsp + 3/4 tsp	0.54	0.000	0.000	0.000	0.000	0.000	0.000
990803	Chocolate Chips, Semi Sweet	2 LB	9.07	42.335	1.512	0.000	5.443	2.419	0.000
		Totals	40.00	160.024	3.928	107.861	16.783	11.340	6.590
		% of Calories			22.091%		41.951%	28.346%	37.062%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990720	Pan Spray, Professional	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	9.720	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990769	Sugar, Brown	0.000	11.340	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	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
990573	Liquid Egg	16.763	0.000	0.000	0.592	*N/A*	2.564	0.099	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	7.172	1.304	1.304	0.000	3.912	0.326	0.000	0.000
990705	Baking Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990803	Chocolate Chips, Semi Sweet	0.000	6.048	0.605	0.605	0.000	0.000	0.726	0.000	0.000
		Totals	26.483	24.560	1.909	2.501	*0.000*	6.476	0.000	1.150
		% of Calories		61.391%		6.252%				

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Lawrence Public Schools

USD 497

990641 - Chewy Chocolate Chip Cookie Bars (FSHS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990598	Chewy Chocolate Chip Cookie Bars - MS/HS	1 Recipe	80.58	320.047	7.856	215.721	33.566	22.680	13.180	0.000
		Totals	81.00	320.047	7.856	215.721	33.566	22.680	13.180	0.000
		% of Calories			22.091%		41.951%	28.346%	37.062%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990598	Chewy Chocolate Chip Cookie Bars - MS/HS	52.966	49.120	3.818	5.001	*0.000*	12.952	0.000	2.301	0.000	0.000
		Totals	52.966	49.120	3.818	5.001	12.952	0.000	2.301	0.000	0.000
		% of Calories		61.391%		6.250%					

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Lawrence Public Schools

USD 497

990642 - Chewy Chocolate Chip Cookie Bars (LHS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990598	Chewy Chocolate Chip Cookie Bars - MS/HS	1 Recipe	80.58	320.047	7.856	215.721	33.566	22.680	13.180	0.000
		Totals	81.00	320.047	7.856	215.721	33.566	22.680	13.180	0.000
		% of Calories			22.091%		41.951%	28.346%	37.062%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990598	Chewy Chocolate Chip Cookie Bars - MS/HS	52.966	49.120	3.818	5.001	*0.000*	12.952	0.000	2.301	0.000	0.000
		Totals	52.966	49.120	3.818	5.001	12.952	0.000	2.301	0.000	0.000
		% of Calories		61.391%		6.250%					

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Lawrence Public Schools

USD 497

990643 - Chewy Chocolate Chip Cookie Bars (MS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990598	Chewy Chocolate Chip Cookie Bars - MS/HS	1 Recipe	80.58	320.047	7.856	215.721	33.566	22.680	13.180	0.000
		Totals	81.00	320.047	7.856	215.721	33.566	22.680	13.180	0.000
		% of Calories			22.091%		41.951%	28.346%	37.062%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990598	Chewy Chocolate Chip Cookie Bars - MS/HS	52.966	49.120	3.818	5.001	*0.000*	12.952	0.000	2.301	0.000	0.000
		Totals	52.966	49.120	3.818	5.001	12.952	0.000	2.301	0.000	0.000
		% of Calories		61.391%		6.250%					

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Lawrence Public Schools

USD 497

990639 - Chewy Chocolate Chip Cookie Bars (NY)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990581	Chewy Chocolate Chip Cookie Bars (ES)	1 Recipe	40.17	160.024	3.928	107.861	16.783	11.340	6.590	0.000
		Totals	40.00	160.024	3.928	107.861	16.783	11.340	6.590	0.000
		% of Calories			22.091%		41.951%	28.346%	37.062%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990581	Chewy Chocolate Chip Cookie Bars (ES)	26.483	24.560	1.909	2.501	*0.000*	6.476	0.000	1.150	0.000	0.000
		Totals	26.483	24.560	1.909	2.501	6.476	0.000	1.150	0.000	0.000
		% of Calories		61.391%		6.252%					

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Lawrence Public Schools

USD 497

990638 - Chewy Chocolate Chip Cookie Bars (SCHWGLR)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990581	Chewy Chocolate Chip Cookie Bars (ES)	1 Recipe	40.17	160.024	3.928	107.861	16.783	11.340	6.590	0.000
		Totals	40.00	160.024	3.928	107.861	16.783	11.340	6.590	0.000
		% of Calories			22.091%		41.951%	28.346%	37.062%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990581	Chewy Chocolate Chip Cookie Bars (ES)	26.483	24.560	1.909	2.501	*0.000*	6.476	0.000	1.150	0.000	0.000
		Totals	26.483	24.560	1.909	2.501	6.476	0.000	1.150	0.000	0.000
		% of Calories		61.391%		6.252%					

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Lawrence Public Schools

USD 497

990640 - Chewy Chocolate Chip Cookie Bars (SF)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990581	Chewy Chocolate Chip Cookie Bars (ES)	1 Recipe	40.17	160.024	3.928	107.861	16.783	11.340	6.590	0.000
		Totals	40.00	160.024	3.928	107.861	16.783	11.340	6.590	0.000
		% of Calories			22.091%		41.951%	28.346%	37.062%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990581	Chewy Chocolate Chip Cookie Bars (ES)	26.483	24.560	1.909	2.501	*0.000*	6.476	0.000	1.150	0.000	0.000
		Totals	26.483	24.560	1.909	2.501	6.476	0.000	1.150	0.000	0.000
		% of Calories		61.391%		6.252%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			220.00	552.968	5.596	372.599	5.246	0.000	13.327	0.000
% of Calories					9.107%		3.795%	0.000%	21.690%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		53.875	81.270	3.537	29.269	*N/A*	330.492	0.639	3.374	*0.000*	*0.000*
% of Calories			58.788%		21.172%						

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Lawrence Public Schools

USD 497

990724 - Chicken Caesar Salad - Only in HS Vending

Number of Portions: 3.000

Group Code: SALADS

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990670	Romaine Lettuce	6 cup	115.67	20.412	0.000	6.804	0.000	0.000	0.680	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	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	3 OZ	28.00	89.998	5.000	169.999	1.000	*N/A*	7.000	0.000
R-990171	Croutons, Homemade	3 (2 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
900446	Carrots - Baby	3 (1/2 cup)	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
900475	Apples, Red Delicious	3 medium, 3/lb.	138.00	45.620	0.000	0.000	9.124	*N/A*	0.000	0.000
Totals			444.00	431.327	7.255	607.567	15.124	0.000	19.201	0.000
% of Calories					15.137%		14.026%	0.000%	40.064%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990670	Romaine Lettuce	0.000	4.082	2.722	1.361	*N/A*	35.380	0.000	0.980	0.000	0.000
990442	Chicken, Patty Unbreaded Grilled	20.075	2.007	0.000	6.022	*N/A*	25.595	0.000	0.502	*N/A*	*N/A*
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	24.998	1.000	0.000	5.998	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
R-990171	Croutons, Homemade	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
900446	Carrots - Baby	0.000	6.000	2.000	0.000	*N/A*	20.000	2.400	0.720	*N/A*	*N/A*
900475	Apples, Red Delicious	0.000	12.545	2.851	0.000	*N/A*	11.405	2.737	0.205	47.861	0.148
Totals		45.073	50.635	9.573	15.381	*N/A*	*102.380*	*5.137*	*3.847*	*47.861*	*0.148*
% of Calories			46.957%		14.264%						

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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*
		Totals	228.00	608.748	11.444	1303.719	*1.805*	*0.000*	32.308	*0.000*
		% of Calories			16.919%		*1.186%*	*0.000%*	47.765%	*0.000%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
990503	Chicken Fajita Strips	33.333	2.667	0.000	10.000	*N/A*	0.000	0.000	0.667	0.000	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	24.998	1.000	0.000	5.998	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990501	Dressing Caesar Creamy	*N/A*	0.978	*N/A*	0.978	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	*58.332*	53.920	*6.141*	24.114	*N/A*	*129.820*	*0.494*	*2.816*	*0.000*	*0.000*
	% of Calories		35.430%		15.845%						

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Lawrence Public Schools

USD 497

990736 - Chicken Caesar Wrap, VM

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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*
900446	Carrots - Baby	1 (1/2 cup)	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
900442	BROCCOLI FLORETS	1 (1/2 cup, florets)	35.52	12.110	0.000	12.110	0.000	*N/A*	0.000	0.000
900475	Apples, Red Delicious	1 medium, 3/lb.	138.00	45.620	0.000	0.000	9.124	*N/A*	0.000	0.000
Totals			471.00	691.477	11.444	1370.828	*13.929*	*0.000*	32.308	*0.000*
% of Calories					14.895%		*8.058%*	*0.000%*	42.051%	*0.000%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
990503	Chicken Fajita Strips	33.333	2.667	0.000	10.000	*N/A*	0.000	0.000	0.667	0.000	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	24.998	1.000	0.000	5.998	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990501	Dressing Caesar Creamy	*N/A*	0.978	*N/A*	0.978	*N/A*	0.000	0.000	0.000	0.000	0.000
900446	Carrots - Baby	0.000	6.000	2.000	0.000	*N/A*	20.000	2.400	0.720	*N/A*	*N/A*
900442	BROCCOLI FLORETS	0.000	2.422	0.807	0.000	*N/A*	16.954	106.566	0.258	*N/A*	*N/A*
900475	Apples, Red Delicious	0.000	12.545	2.851	0.000	*N/A*	11.405	2.737	0.205	47.861	0.148
Totals		*58.332*	74.887	*11.800*	24.114	*N/A*	*178.179*	*112.196*	*4.000*	*47.861*	*0.148*
% of Calories			43.320%		13.949%						

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Lawrence Public Schools

USD 497

990595 - Chicken Fry Stick w/ Garlic Breadstick (Bakery) EC

Number of Portions: 46.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
R-990496	Whole Wheat Breadstick 51%, 1 oz	46 (1 oz servings)	36.27	107.644	0.628	150.672	1.984	0.000	4.834	0.000
		Totals	135.00	329.007	3.646	724.202	1.984	0.000	17.914	0.000
		% of Calories			9.974%		2.412%	0.000%	49.004%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
R-990496	Whole Wheat Breadstick 51%, 1 oz	0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	0.481	*0.000*	*0.000*
		Totals	45.526	26.045	1.456	*0.000*	29.087	0.000	2.493	*0.000*	*0.000*
		% of Calories		31.665%		20.494%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	113.00	254.567	3.471	659.560	0.000	0.000	15.043	0.000
		% of Calories			12.273%		0.000%	0.000%	53.182%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	52.071	12.728	0.000	16.200	17.357	0.000	2.314	*N/A*	*N/A*
		% of Calories		20.000%	25.455%						

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Lawrence Public Schools

USD 497

990702 - Chicken Fry Stix w/ Garlic Parmesan 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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
R-990700	Garlic Parmesan Biscuit	1 Recipe	33.22	109.840	2.746	213.453	1.498	0.998	5.368	0.000
		Totals	132.00	331.203	5.765	786.983	1.498	0.998	18.448	0.000
		% of Calories			15.666%		1.809%	1.205%	50.130%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
R-990700	Garlic Parmesan Biscuit	1.252	13.478	0.998	2.498	*0.000*	59.937	0.000	0.848	0.000	0.000
	Totals	46.531	24.547	0.998	16.585	*0.000*	75.030	0.000	2.861	*0.000*	*0.000*
	% of Calories		29.645%		20.030%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			162.00	430.662	8.002	972.195	2.990	1.993	23.047	0.000
% of Calories					16.722%		2.777%	1.851%	48.164%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		45.279	37.978	1.993	18.073	*N/A*	114.759	0.000	3.707	*0.000*	*0.000*
% of Calories			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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990446	Gravy, Poultry Mix Low Sodium	1 pouch (dry)	2.71	11.291	0.000	63.231	0.000	0.000	0.452	0.000
75012	Water, Hot	2 qt	28.24	0.000	0.000	0.847	0.000	*N/A*	0.000	0.000
Totals			31.00	11.291	0.000	64.078	0.000	0.000	0.452	0.000
% of Calories					0.000%		0.000%	0.000%	35.997%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990446	Gravy, Poultry Mix Low Sodium	0.000	1.807	0.000	0.000	*N/A*	4.516	0.000	0.000	*N/A*	*N/A*
75012	Water, Hot	0.000	0.000	0.000	0.000	*N/A*	0.565	0.000	0.003	28.207	0.028
Totals		0.000	1.807	0.000	0.000	*N/A*	5.081	0.000	0.003	*28.207*	*0.028*
% of Calories			64.001%		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	98.00	230.822	2.563	414.696	1.056	0.919	12.177	0.157
		% of Calories			9.991%		1.830%	1.593%	47.479%	0.610%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	40.521	13.077	1.907	17.478	22.398	0.000	1.702	*N/A*	*N/A*
		% of Calories		22.661%		30.288%					

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Lawrence Public Schools

USD 497

990470 - Chicken Nuggets (ES)

Number of Portions: 167.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990838	Chicken Nuggets, WG	1 case	86.92	169.836	1.499	419.594	0.000	0.000	8.991	0.000
		Totals	87.00	169.836	1.499	419.594	0.000	0.000	8.991	0.000
		% of Calories			7.941%		0.000%	0.000%	47.647%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990838	Chicken Nuggets, WG	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
	Totals	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
	% of Calories		25.882%		35.293%						

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Lawrence Public Schools

USD 497

990686 - Chicken Nuggets or Strips (SFSP)

Number of Portions: 2.000

Group Code: ENTREES

Size of Portion: portion

*Nutrients are based upon 1 Portion Size (portion)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903203	chicken tender (strip) WG	1 (3 strips)	59.96	133.243	1.190	223.657	0.476	*N/A*	6.186	0.000
R-1095	Chicken Nuggets - SFSP	1 Servings (5per)	48.90	115.411	1.281	207.348	0.528	0.460	6.088	0.078
		Totals	109.00	248.654	2.471	431.005	1.004	0.460	12.275	0.078
		% of Calories			8.943%		1.615%	0.740%	44.428%	0.283%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903203	chicken tender (strip) WG	28.552	7.614	0.952	11.897	*N/A*	8.090	0.000	0.952	*N/A*	*N/A*
R-1095	Chicken Nuggets - SFSP	20.261	6.538	0.954	8.739	*N/A*	11.199	0.000	0.851	*N/A*	*N/A*
	Totals	48.812	14.152	1.905	20.636	*N/A*	19.289	0.000	1.803	*N/A*	*N/A*
	% of Calories		22.766%		33.196%						

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Lawrence Public Schools

USD 497

990604 - Chicken Nuggets w/ Banana Bread (Bakery) (MS/HS)

Number of Portions: 167.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990838	Chicken Nuggets, WG	1 case	86.92	169.836	1.499	419.594	0.000	0.000	8.991	0.000
R-990596	Banana Bread Brownies (MS/HS)	167 Servings	100.86	271.658	6.930	323.462	18.144	0.000	11.286	0.000
		Totals	188.00	441.494	8.429	743.056	18.144	0.000	20.278	0.000
		% of Calories			17.182%		16.439%	0.000%	41.336%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990838	Chicken Nuggets, WG	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
R-990596	Banana Bread Brownies (MS/HS)	62.966	38.886	3.111	4.364	*0.000*	37.640	0.000	0.861	0.000	0.000
		Totals	97.932	49.875	19.349	*0.000*	55.623	0.000	1.860	0.000	0.000
		% of Calories		45.188%		17.530%					

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Lawrence Public Schools

USD 497

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

Number of Portions: 167.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990838	Chicken Nuggets, WG	1 case	86.92	169.836	1.499	419.594	0.000	0.000	8.991	0.000
R-990493	Brownie	1 Recipe	28.03	74.969	0.138	51.060	8.955	0.000	2.013	0.000
Totals			115.00	244.805	1.637	470.654	8.955	0.000	11.004	0.000
% of Calories					6.016%		14.632%	0.000%	40.456%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990838	Chicken Nuggets, WG	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
R-990493	Brownie	0.000	13.928	1.541	1.468	*0.000*	5.867	0.000	0.671	*0.000*	*0.000*
Totals		34.966	24.917	2.540	16.454	*0.000*	23.850	0.000	1.670	*0.000*	*0.000*
% of Calories			40.713%		26.885%						

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Lawrence Public Schools

USD 497

990603 - Chicken Nuggets w/ CC Cookie Bar (Bakery) (MS/HS)

Number of Portions: 167.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990838	Chicken Nuggets, WG	1 case	86.92	169.836	1.499	419.594	0.000	0.000	8.991	0.000
R-990598	Chewy Chocolate Chip Cookie Bars - MS/HS	48 Servings	23.16	91.990	2.258	62.004	9.648	6.519	3.788	0.000
		Totals	110.00	261.825	3.757	481.597	9.648	6.519	12.780	0.000
		% of Calories			12.913%		14.740%	9.959%	43.928%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990838	Chicken Nuggets, WG	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
R-990598	Chewy Chocolate Chip Cookie Bars - MS/HS	15.224	14.118	1.097	1.437	*0.000*	3.723	0.000	0.661	0.000	0.000
	Totals	50.190	25.108	2.096	16.423	*0.000*	21.705	0.000	1.660	0.000	0.000
	% of Calories		38.358%		25.090%						

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Lawrence Public Schools

USD 497

990599 - Chicken Nuggets w/ Cinnamon Roll (Bakery) (MS/HS)

Number of Portions: 167.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990838	Chicken Nuggets, WG	1 case	86.92	169.836	1.499	419.594	0.000	0.000	8.991	0.000
R-990552	Cinnamon Roll, WGR (Bakery)	167 Rolls	58.29	165.475	0.473	173.256	*13.239*	*1.575*	3.916	0.000
		Totals	145.00	335.311	1.971	592.850	*13.239*	*1.575*	12.907	0.000
		% of Calories			5.291%		*15.793%*	*1.879%*	34.644%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990838	Chicken Nuggets, WG	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
R-990552	Cinnamon Roll, WGR (Bakery)	3.253	31.507	2.022	3.950	*0.000*	19.881	0.000	0.685	*0.000*	*0.000*
		Totals	38.219	42.496	3.021	18.935	37.864	0.000	1.684	*0.000*	*0.000*
		% of Calories		50.695%		22.588%					

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Lawrence Public Schools

USD 497

990708 - Chicken Nuggets w/ Garlic Parmesan Biscuit

Number of Portions: 167.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990838	Chicken Nuggets, WG	1 case	86.92	169.836	1.499	419.594	0.000	0.000	8.991
R-990700	Garlic Parmesan Biscuit	167 Servings	66.33	219.299	5.483	426.165	2.990	1.993	10.717
		Totals	153.00	389.135	6.982	845.759	2.990	1.993	19.708
		% of Calories			16.148%		3.073%	2.049%	45.581%
									0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990838	Chicken Nuggets, WG	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
R-990700	Garlic Parmesan Biscuit	2.500	26.910	1.993	4.987	*0.000*	119.666	0.000	1.694	0.000	0.000
	Totals	37.466	37.899	2.992	19.972	*0.000*	137.649	0.000	2.693	0.000	0.000
	% of Calories		38.957%		20.530%						

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Lawrence Public Schools

USD 497

990602 - Chicken Nuggets w/ Lemonade Bar (Bakery) (MS/HS)

Number of Portions: 167.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990838	Chicken Nuggets, WG	1 case	86.92	169.836	1.499	419.594	0.000	0.000	8.991	0.000
R-990597	Lemonade Bars - MS/HS	167 Servings	84.97	210.758	2.365	218.066	22.032	0.000	4.428	0.000
		Totals	172.00	380.594	3.864	637.660	22.032	0.000	13.419	0.000
		% of Calories			9.137%		23.155%	0.000%	31.733%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990838	Chicken Nuggets, WG	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
R-990597	Lemonade Bars - MS/HS	3.024	39.479	1.701	2.986	*0.000*	46.217	0.000	0.910	*23.977*	*0.024*
		Totals	37.990	50.468	2.700	17.971	64.200	0.000	1.909	*23.977*	*0.024*
		% of Calories		53.041%		18.887%					

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Lawrence Public Schools

USD 497

990711 - Chicken Nuggets w/ Pumpkin Bread (Bakery) (MS/HS)

Number of Portions: 167.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990838	Chicken Nuggets, WG	1 case	86.92	169.836	1.499	419.594	0.000	0.000	8.991	0.000
R-990551	Pumpkin Bar	3 Recipe + 1/3 Recipe	182.13	369.096	0.740	416.720	*40.996*	*0.000*	2.616	0.000
		Totals	269.00	538.932	2.238	836.314	*40.996*	*0.000*	11.607	0.000
		% of Calories			3.738%		*30.428%*	*0.000%*	19.383%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990838	Chicken Nuggets, WG	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
R-990551	Pumpkin Bar	83.816	80.244	5.548	8.852	*0.000*	34.676	0.000	1.984	*0.000*	*0.000*
		Totals	118.782	91.233	23.837	*0.000*	52.659	0.000	2.983	*0.000*	*0.000*
		% of Calories		67.714%	17.692%						

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Lawrence Public Schools

USD 497

990682 - Chicken Nuggets w/ Roll (Bakery)

Number of Portions: 167.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990838	Chicken Nuggets, WG	1 case	86.92	169.836	1.499	419.594	0.000	0.000	8.991	0.000
R-990535	Roll 2 oz (HS)	48 Servings	18.40	23.955	0.041	35.624	0.570	0.000	0.621	0.000
		Totals	105.00	193.791	1.539	455.218	0.570	0.000	9.612	0.000
		% of Calories			7.149%		1.177%	0.000%	44.641%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990838	Chicken Nuggets, WG	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
R-990535	Roll 2 oz (HS)	0.071	4.305	0.418	0.796	*0.000*	4.022	0.000	0.138	*0.000*	*0.000*
		Totals	35.037	15.294	1.418	15.782	*0.000*	22.005	0.000	1.137	*0.000*
		% of Calories		31.568%		32.575%					

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
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
		Totals	161.00	439.399	7.538	812.065	4.043	2.910	22.105	0.156
		% of Calories			15.439%		3.680%	2.649%	45.277%	0.320%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
990521	Biscuit Baked WG	0.000	26.910	1.993	3.987	*N/A*	99.666	0.000	1.694	0.000	0.000
	Totals	40.394	39.946	3.895	21.410	*N/A*	121.994	0.000	3.391	*0.000*	*0.000*
	% of Calories		36.364%		19.490%						

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Lawrence Public Schools

USD 497

990582 - Chicken Sauce

Number of Portions: 176.000

Group Code: Condiments and Dressings

Size of Portion: 1 oz Servings

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

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
990780	Mayonnaise, Lite (Gallon)	1 jug	20.62	48.108	0.687	137.452	0.000	0.000	4.811	0.000
990619	Ketchup, Jug w/ Pump	6 cup	9.27	10.909	0.000	87.273	2.182	0.000	0.000	0.000
990781	Worcestershire Sauce	2 tbsp	0.17	0.170	0.000	2.216	0.034	0.000	0.000	0.000
903122	Pepper, black ground	1/4 cup, ground	0.16	0.003	0.000	0.000	0.000	*N/A*	0.000	0.000
990487	Spice Garlic Powder	1/3 cup	0.29	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990568	JUICE LEMON CONC	1/4 cup	0.35	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	31.00	59.191	0.687	226.941	2.216	0.000	4.811	0.000
		% of Calories			10.450%		14.975%	0.000%	73.148%	0.000%

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient											
990780	Mayonnaise, Lite (Gallon)	6.873	1.375	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990619	Ketchup, Jug w/ Pump	0.000	2.727	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990781	Worcestershire Sauce	0.000	0.034	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903122	Pepper, black ground	0.000	0.001	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990568	JUICE LEMON CONC	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	6.873	4.137	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
	% of Calories		27.956%		0.000%						

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Lawrence Public Schools

USD 497

990689 - Chicken Sausage Patty

Number of Portions: 107.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990387 Sausage, Chicken Patty	1 case	42.39	80.746	1.514	302.798	0.000	*N/A*	6.056	0.000
	Totals	42.00	80.746	1.514	302.798	0.000	*N/A*	6.056	0.000
	% of Calories			16.875%		0.000%	*N/A%*	67.501%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990387 Sausage, Chicken Patty	40.373	0.000	0.000	6.056	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	40.373	0.000	0.000	6.056	0.000	0.000	0.000	*N/A*	*N/A*
	% of Calories		0.000%		30.000%					

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Lawrence Public Schools

USD 497

990701 - Chicken Tenders

Number of Portions: 113.000

Group Code: ENTREES

Size of Portion: 3 tenders per

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

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990836	Chicken Tenders, WG	1 case	128.45	220.775	1.505	461.620	0.000	0.000	7.025	0.000
		Totals	128.00	220.775	1.505	461.620	0.000	0.000	7.025	0.000
		% of Calories			6.136%		0.000%	0.000%	28.637%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990836	Chicken Tenders, WG	65.229	14.049	2.007	22.077	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	65.229	14.049	2.007	22.077	0.000	0.000	0.000	0.000	0.000
		% of Calories		25.455%		39.999%					

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Lawrence Public Schools

USD 497

990440 - Chicken Tenders - CACFP/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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	120.00	266.485	2.379	447.315	0.952	*N/A*	12.373	0.000
		% of Calories			8.036%		1.429%	*N/A%*	41.786%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	57.104	15.228	1.903	23.793	16.179	0.000	1.903	*N/A*	*N/A*
		% of Calories		22.857%		35.714%					

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Lawrence Public Schools

USD 497

990710 - Chicken Tenders w/ Dinner Roll 2 oz (Bakery)

Number of Portions: 113.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990836	Chicken Tenders, WG	1 case	128.45	220.775	1.505	461.620	0.000	0.000	7.025	0.000
R-990499	Whole Wheat Roll 51%, 2 oz	113 (2 oz Rolls)	64.03	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		Totals	192.00	387.464	1.789	709.506	3.969	0.000	11.346	0.000
		% of Calories			4.155%		4.097%	0.000%	26.354%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990836	Chicken Tenders, WG	65.229	14.049	2.007	22.077	0.000	0.000	0.000	0.000	0.000	0.000
R-990499	Whole Wheat Roll 51%, 2 oz	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
	Totals	65.722	44.003	4.919	27.617	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
	% of Calories		45.427%		28.511%						

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Lawrence Public Schools

USD 497

990155 - Chicken, Boneless Wings

Number of Portions: 44.000

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990434 Chicken, Boneless Chicken Breast Chunk	1 case	103.09	194.050	1.819	800.456	1.213	1.213	8.490	0.000
	Totals	103.00	194.050	1.819	800.456	1.213	1.213	8.490	0.000
	% of Calories			8.437%		2.500%	2.500%	39.375%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990434 Chicken, Boneless Chicken Breast Chunk	36.384	16.979	0.000	14.554	*N/A*	10.915	0.000	0.000	*N/A*	*N/A*
	Totals	36.384	16.979	0.000	14.554	10.915	0.000	0.000	*N/A*	*N/A*
	% of Calories		35.000%		30.001%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	8.248	0.000
		Totals	80.00	177.657	1.586	298.210	0.634	*N/A*	8.248	0.000
		% of Calories			8.036%		1.427%	*N/A%*	41.786%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*N/A*
		Totals	38.069	10.152	1.269	15.862	10.786	0.000	1.269	*N/A*	*N/A*
		% of Calories		22.857%		35.714%					

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Lawrence Public Schools

USD 497

863 - Chickenwich

Number of Portions: 150.000

Group Code: Meat/Meat Alt

Size of Portion: 1pattie, 1bun

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903155 Bun, Hamburger	1 case + 1/4 case	56.70	129.314	0.000	248.680	2.984	*N/A*	1.492	0.000
903204 chicken patty breaded whole grain	1 case	96.77	273.222	2.846	500.908	1.138	*N/A*	15.938	0.000
	Totals	153.00	402.536	2.846	749.588	4.123	*N/A*	17.430	0.000
	% of Calories			6.363%		4.097%	*N/A%*	38.971%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903155 Bun, Hamburger	0.000	23.873	1.989	2.984	*N/A*	39.789	1.194	1.074	*N/A*	*N/A*
903204 chicken patty breaded whole grain	28.461	18.215	3.415	15.938	*N/A*	34.153	0.000	2.163	*N/A*	*N/A*
	Totals	28.461	42.088	5.405	18.922	73.942	1.194	3.237	*N/A*	*N/A*
	% of Calories		41.823%		18.803%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900151 Corn	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
	Totals	105.00	87.454	0.080	63.568	0.000	0.000	1.571	0.000
	% of Calories			0.823%		0.000%	0.000%	16.169%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900151 Corn	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*
	Totals	0.000	18.471	1.867	2.812	*0.000*	2.004	3.067	*14.784*	*0.032*
	% of Calories		84.485%		12.862%					

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient			Quantity	(g)	(kcal)	(g)	Sugars	Sugars	Fat	Fat
990461	Chip, Sunchip, Harvest Cheddar	1 case	28.35	141.748	0.506	172.122	2.025	2.025	6.075	0.000
		Totals	28.00	141.748	0.506	172.122	2.025	2.025	6.075	0.000
		% of Calories			3.214%		5.714%	5.714%	38.571%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*N/A*
	Totals	0.000	19.237	2.025	0.000	*N/A*	10.125	0.000	0.607	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903288	Tortilla Chips 2 oz pkg	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
		Totals	100.00	318.745	2.025	328.871	1.000	*N/A*	14.175	0.000
		% of Calories			5.718%		1.255%	*N/A%*	40.024%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903288	Tortilla Chips 2 oz pkg	0.000	36.449	2.025	4.050	*N/A*	40.499	0.000	0.607	*N/A*	*N/A*
903304	salsa cup	0.000	3.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	0.000
		Totals	0.000	39.449	2.025	4.050	40.499	0.000	0.607	*N/A*	*0.000*
		% of Calories		49.506%		5.082%					

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Lawrence Public Schools

USD 497

990148 - Chocolate Chip Muffin (Bakery)

Number of Portions: 57.000

Size of Portion: muffin

*Nutrients are based upon 1 Portion Size (muffin)

Source: Pickney Bakery

Group Code: BREAKFAST

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
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
900365	Vanilla, Imitation	2 tsp	0.15	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	1 cup	4.21	8.421	0.491	7.018	0.000	0.000	0.702	0.000
990803	Chocolate Chips, Semi Sweet	1 LB + 2 oz	8.95	41.778	1.492	0.000	5.371	0.000	2.387	0.000
R-990555	Streusel	1/8 Recipe	2.39	10.152	0.199	2.558	1.175	0.000	0.313	0.000
		Totals	72.00	219.506	3.674	194.104	21.964	0.000	6.386	0.000
		% of Calories			15.065%		40.024%	0.000%	26.183%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
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
900365	Vanilla, Imitation		0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream		2.807	0.281	0.000	0.140	*N/A*	5.614	0.000	0.000	0.000	0.000
990803	Chocolate Chips, Semi Sweet		0.000	5.968	0.597	0.597	0.000	0.000	0.000	0.716	0.000	0.000
R-990555	Streusel		0.853	1.838	0.030	0.090	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	3.660	38.426	2.119	3.314	*0.000*	40.766	0.000	1.514	*16.826*	*0.017*
		% of Calories		70.023%		6.039%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	125.00	81.168	0.324	18.436	*0.000*	*0.000*	1.782	*0.000*
		% of Calories			3.593%		*0.000%*	*0.000%*	19.759%	*0.000%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	16.310	2.830	0.132	*0.000*	8.430	0.000	0.016	*0.029*
		% of Calories		80.377%		0.651%					

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Lawrence Public Schools

USD 497

990716 - Cinnamon Muffin (Bakery)

Number of Portions: 54.000

Group Code: BREAKFAST

Size of Portion: muffin

*Nutrients are based upon 1 Portion Size (muffin)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
75010	Water, Cold	4 cup	17.78	0.000	0.000	0.533	0.000	*N/A*	0.000	0.000
903133	Cinnamon Spice	3 tbsp	0.43	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
900365	Vanilla, Imitation	2 tbsp	0.48	0.000	0.000	0.000	0.000	0.000	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
R-990555	Streusel	1/8 Recipe	2.52	10.716	0.210	2.700	1.240	0.000	0.330	0.000
		Totals	72.00	196.491	2.822	212.295	*17.515*	*0.000*	4.961	0.000
		% of Calories			12.926%		*35.656%*	*0.000%*	22.725%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
75010	Water, Cold	0.000	0.000	0.000	0.000	*N/A*	0.356	0.000	0.002	17.761	0.018
903133	Cinnamon Spice	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	5.926	0.593	0.000	0.296	*N/A*	11.852	0.000	0.000	0.000	0.000
R-990555	Streusel	0.900	1.941	0.031	0.095	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	6.826	34.558	1.606	3.017	*0.000*	48.957	0.000	0.842	*17.761*	*0.018*
	% of Calories		70.349%		6.142%						

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Lawrence Public Schools

USD 497

990563 - Cinnamon Puff

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	17.01	51.545	0.000	0.000	0.000	0.000	0.258	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	15.88	56.699	0.000	0.000	0.567	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	0.000
900195	Sugar Granulated	6 oz	3.40	12.757	0.000	0.000	3.402	0.000	0.000	0.000
990693	Yeast, Instant Dry	2 oz	1.13	3.780	0.000	0.472	0.000	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	0.000
902131	Vegetable Oil	7 oz	3.97	34.019	0.283	0.000	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	0.000
902938	Margarine, Liquid	1 cup + 1/2 cup	6.80	48.599	0.972	53.459	0.000	*N/A*	5.346	0.000
R-990222	Cinnamon Sugar	2 cup	7.67	26.667	0.000	0.000	*7.111*	*0.000*	0.000	0.000
Totals			78.00	241.955	1.256	301.345	*11.080*	*0.000*	9.667	0.000
% of Calories					4.670%		*18.317%*	*0.000%*	35.959%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	11.855	2.062	2.577	0.000	0.000	0.000	0.928	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	13.041	0.567	1.701	0.000	0.000	0.000	0.000	0.000	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	0.000
900195	Sugar Granulated	0.000	3.402	0.000	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	0.000
900359	Salt 25#	0.000	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	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	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990222	Cinnamon Sugar	0.000	7.111	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
Totals		0.493	37.065	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
% of Calories			61.276%		9.159%						

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Lawrence Public Schools

USD 497

990626 - Cinnamon Puff (ES)

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	17.01	51.545	0.000	0.000	0.000	0.000	0.258	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	15.88	56.699	0.000	0.000	0.567	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	0.000
900195	Sugar Granulated	6 oz	3.40	12.757	0.000	0.000	3.402	0.000	0.000	0.000
990693	Yeast, Instant Dry	2 oz	1.13	3.780	0.000	0.472	0.000	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	0.000
902131	Vegetable Oil	7 oz	3.97	34.019	0.283	0.000	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	0.000
902938	Margarine, Liquid	1 cup + 1/2 cup	6.80	48.599	0.972	53.459	0.000	*N/A*	5.346	0.000
R-990222	Cinnamon Sugar	2 cup	7.67	26.667	0.000	0.000	*7.111*	*0.000*	0.000	0.000
Totals			78.00	241.955	1.256	301.345	*11.080*	*0.000*	9.667	0.000
% of Calories					4.670%		*18.317%*	*0.000%*	35.959%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	11.855	2.062	2.577	0.000	0.000	0.000	0.928	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	13.041	0.567	1.701	0.000	0.000	0.000	0.000	0.000	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	0.000
900195	Sugar Granulated	0.000	3.402	0.000	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	0.000
900359	Salt 25#	0.000	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	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	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990222	Cinnamon Sugar	0.000	7.111	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
Totals		0.493	37.065	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
% of Calories			61.276%		9.159%						

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Lawrence Public Schools

USD 497

990629 - Cinnamon Puff (HS)

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	17.01	51.545	0.000	0.000	0.000	0.258	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	15.88	56.699	0.000	0.000	0.567	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	1 cup + 1/2 cup	6.80	48.599	0.972	53.459	0.000	*N/A*	0.000
R-990222	Cinnamon Sugar	2 cup	7.67	26.667	0.000	0.000	*7.111*	*0.000*	0.000
	Totals		78.00	241.955	1.256	301.345	*11.080*	*0.000*	9.667
	% of Calories				4.670%		*18.317%*	*0.000%*	35.959%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	11.855	2.062	2.577	0.000	0.000	0.000	0.928	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	13.041	0.567	1.701	0.000	0.000	0.000	0.000	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
R-990222	Cinnamon Sugar	0.000	7.111	0.000	0.000	*0.000*	0.000	0.000	*0.000*	*0.000*
	Totals	0.493	37.065	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*
	% of Calories		61.276%		9.159%					

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990627 - Cinnamon Puff (MS)

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	17.01	51.545	0.000	0.000	0.000	0.000	0.258	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	15.88	56.699	0.000	0.000	0.567	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	0.000
900195	Sugar Granulated	6 oz	3.40	12.757	0.000	0.000	3.402	0.000	0.000	0.000
990693	Yeast, Instant Dry	2 oz	1.13	3.780	0.000	0.472	0.000	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	0.000
902131	Vegetable Oil	7 oz	3.97	34.019	0.283	0.000	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	0.000
902938	Margarine, Liquid	1 cup + 1/2 cup	6.80	48.599	0.972	53.459	0.000	*N/A*	5.346	0.000
R-990222	Cinnamon Sugar	2 cup	7.67	26.667	0.000	0.000	*7.111*	*0.000*	0.000	0.000
Totals			78.00	241.955	1.256	301.345	*11.080*	*0.000*	9.667	0.000
% of Calories					4.670%		*18.317%*	*0.000%*	35.959%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	11.855	2.062	2.577	0.000	0.000	0.000	0.928	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	13.041	0.567	1.701	0.000	0.000	0.000	0.000	0.000	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	0.000
900195	Sugar Granulated	0.000	3.402	0.000	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	0.000
900359	Salt 25#	0.000	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	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	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990222	Cinnamon Sugar	0.000	7.111	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
Totals		0.493	37.065	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
% of Calories			61.276%		9.159%						

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990630 - Cinnamon Puff (New York)

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	17.01	51.545	0.000	0.000	0.000	0.000	0.258	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	15.88	56.699	0.000	0.000	0.567	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	0.000
900195	Sugar Granulated	6 oz	3.40	12.757	0.000	0.000	3.402	0.000	0.000	0.000
990693	Yeast, Instant Dry	2 oz	1.13	3.780	0.000	0.472	0.000	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	0.000
902131	Vegetable Oil	7 oz	3.97	34.019	0.283	0.000	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	0.000
902938	Margarine, Liquid	1 cup + 1/2 cup	6.80	48.599	0.972	53.459	0.000	*N/A*	5.346	0.000
R-990222	Cinnamon Sugar	2 cup	7.67	26.667	0.000	0.000	*7.111*	*0.000*	0.000	0.000
Totals			78.00	241.955	1.256	301.345	*11.080*	*0.000*	9.667	0.000
% of Calories					4.670%		*18.317%*	*0.000%*	35.959%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	11.855	2.062	2.577	0.000	0.000	0.000	0.928	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	13.041	0.567	1.701	0.000	0.000	0.000	0.000	0.000	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	0.000
900195	Sugar Granulated	0.000	3.402	0.000	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	0.000
900359	Salt 25#	0.000	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	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	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990222	Cinnamon Sugar	0.000	7.111	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
Totals		0.493	37.065	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
% of Calories			61.276%		9.159%						

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990628 - Cinnamon Puff (SCHWGLR)

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	17.01	51.545	0.000	0.000	0.000	0.000	0.258	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	15.88	56.699	0.000	0.000	0.567	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	0.000
900195	Sugar Granulated	6 oz	3.40	12.757	0.000	0.000	3.402	0.000	0.000	0.000
990693	Yeast, Instant Dry	2 oz	1.13	3.780	0.000	0.472	0.000	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	0.000
902131	Vegetable Oil	7 oz	3.97	34.019	0.283	0.000	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	0.000
902938	Margarine, Liquid	1 cup + 1/2 cup	6.80	48.599	0.972	53.459	0.000	*N/A*	5.346	0.000
R-990222	Cinnamon Sugar	2 cup	7.67	26.667	0.000	0.000	*7.111*	*0.000*	0.000	0.000
Totals			78.00	241.955	1.256	301.345	*11.080*	*0.000*	9.667	0.000
% of Calories					4.670%		*18.317%*	*0.000%*	35.959%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	11.855	2.062	2.577	0.000	0.000	0.000	0.928	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	13.041	0.567	1.701	0.000	0.000	0.000	0.000	0.000	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	0.000
900195	Sugar Granulated	0.000	3.402	0.000	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	0.000
900359	Salt 25#	0.000	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	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	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990222	Cinnamon Sugar	0.000	7.111	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
Totals		0.493	37.065	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
% of Calories			61.276%		9.159%						

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Lawrence Public Schools

USD 497

990631 - Cinnamon Puff (SF)

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	17.01	51.545	0.000	0.000	0.000	0.000	0.258	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	15.88	56.699	0.000	0.000	0.567	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	0.000
900195	Sugar Granulated	6 oz	3.40	12.757	0.000	0.000	3.402	0.000	0.000	0.000
990693	Yeast, Instant Dry	2 oz	1.13	3.780	0.000	0.472	0.000	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	0.000
902131	Vegetable Oil	7 oz	3.97	34.019	0.283	0.000	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	0.000
902938	Margarine, Liquid	1 cup + 1/2 cup	6.80	48.599	0.972	53.459	0.000	*N/A*	5.346	0.000
R-990222	Cinnamon Sugar	2 cup	7.67	26.667	0.000	0.000	*7.111*	*0.000*	0.000	0.000
Totals			78.00	241.955	1.256	301.345	*11.080*	*0.000*	9.667	0.000
% of Calories					4.670%		*18.317%*	*0.000%*	35.959%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	11.855	2.062	2.577	0.000	0.000	0.000	0.928	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	13.041	0.567	1.701	0.000	0.000	0.000	0.000	0.000	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	0.000
900195	Sugar Granulated	0.000	3.402	0.000	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	0.000
900359	Salt 25#	0.000	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	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	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990222	Cinnamon Sugar	0.000	7.111	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
Totals		0.493	37.065	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
% of Calories			61.276%		9.159%						

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Lawrence Public Schools

USD 497

990552 - Cinnamon Roll, WGR (Bakery)

Number of Portions: 144.000

Source: Pinckney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Rolls

*Nutrients are based upon 1 Portion Size (Rolls)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	3 LB + 12 oz	11.81	35.795	0.000	0.000	0.000	0.179	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	3 LB + 8 oz	11.02	39.374	0.000	0.000	0.394	0.000	0.000
990692	Dry Milk, Instant, Nonfat	8 oz	1.57	5.478	0.000	8.217	0.000	0.000	0.000
900195	Sugar Granulated	12 oz	2.36	8.859	0.000	0.000	2.362	0.000	0.000
990693	Yeast, Instant Dry	4 oz	0.79	2.625	0.000	0.328	0.000	0.066	0.000
900359	Salt 25#	2 oz	0.39	0.000	0.000	163.597	0.000	0.000	0.000
902131	Vegetable Oil	14 oz	2.76	23.625	0.197	0.000	*N/A*	2.756	0.000
990694	Water, temped	2 qt	13.33	0.000	0.000	0.000	0.000	0.000	0.000
990573	Liquid Egg	4 oz	0.79	1.198	0.026	1.113	0.000	0.077	0.000
900195	Sugar Granulated	1/2 LB	1.57	5.906	0.000	0.000	1.575	0.000	0.000
990769	Sugar, Brown	1/2 LB	1.57	5.906	0.000	0.000	1.575	0.000	0.000
903133	Cinnamon Spice	2/3 cup	0.58	0.000	0.000	0.000	*N/A*	0.000	0.000
902131	Vegetable Oil	2 oz	0.39	3.375	0.028	0.000	*N/A*	0.394	0.000
990550	Honey Glaze for Donut	1 qt	9.33	33.333	0.222	0.000	7.333	0.444	0.000
		Totals	58.00	165.475	0.473	173.256	*13.239*	*1.575*	3.916
		% of Calories			2.572%		*32.002%*	*3.807%*	21.299%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	8.233	1.432	1.790	0.000	0.000	0.644	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	9.056	0.394	1.181	0.000	0.000	0.000	0.000	0.000
990692	Dry Milk, Instant, Nonfat	0.342	0.822	0.000	0.548	0.000	19.174	0.000	0.007	0.000
900195	Sugar Granulated	0.000	2.362	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990693	Yeast, Instant Dry	0.000	0.328	0.197	0.328	0.000	0.262	0.000	0.017	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
990573	Liquid Egg	2.910	0.000	0.000	0.103	*N/A*	0.445	0.000	0.017	0.000
900195	Sugar Granulated	0.000	1.575	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990769	Sugar, Brown	0.000	1.575	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*
902131	Vegetable Oil	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	*N/A*	*N/A*
990550	Honey Glaze for Donut	0.000	7.556	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
	Totals	3.253	31.507	2.022	3.950	*0.000*	19.881	0.000	*0.000*	*0.000*

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools
USD 497

	% of Calories		76.161%		9.548%					
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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.000	*N/A*	*N/A*	0.000
		Totals	192.00	666.686	0.000	0.000	*177.783*	*0.000*	0.000
		% of Calories			0.000%		*106.667%*	*0.000%*	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	177.783	0.000	0.000	0.000	0.000	*0.000*	*0.000*
		% of Calories		106.667%		0.000%				

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

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Lawrence Public Schools

USD 497

990743 - Cinnamon Swirl Bar (ES)

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
990426	Muffin Mix WG	1 bag	22.68	90.718	0.850	104.893	8.788	1.701	0.000
990618	Sour Cream	16 oz	4.54	9.072	0.529	7.560	0.000	0.756	0.000
900365	Vanilla, Imitation	1 1/2 oz	0.43	0.000	0.000	0.000	0.000	0.000	0.000
75010	Water, Cold	4 cup	9.60	0.000	0.000	0.288	0.000	*N/A*	0.000
903133	Cinnamon Spice	1/4 cup	0.31	0.000	0.000	0.000	*N/A*	0.000	0.000
990550	Honey Glaze for Donut	10 oz	2.83	10.125	0.067	0.000	2.227	0.135	0.000
	Totals		40.00	109.915	1.447	112.741	*11.016*	2.592	0.000
	% of Calories				11.850%		*40.089%*	21.224%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
990426	0.000	17.293	0.850	1.417	*N/A*	19.845	0.000	0.454	*N/A*	*N/A*
990618	3.024	0.302	0.000	0.151	*N/A*	6.048	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
75010	0.000	0.000	0.000	0.000	*N/A*	0.192	0.000	0.001	9.591	0.010
903133	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990550	0.000	2.295	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	3.024	19.891	0.850	1.569	*0.000*	26.085	0.455	*9.591*	*0.010*
	% of Calories		72.385%		5.710%					

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¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990744 - Cinnamon Swirl Bar (MS/HS)

Number of Portions: 50.000

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990720	Pan Spray, Professional	1 as needed	0.02	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990426	Muffin Mix WG	1 bag	45.36	181.437	1.701	209.786	17.577	0.000	3.402	0.000
990618	Sour Cream	16 oz	9.07	18.144	1.058	15.120	0.000	0.000	1.512	0.000
900365	Vanilla, Imitation	1 1/2 oz	0.85	0.000	0.000	0.000	0.000	0.000	0.000	0.000
75010	Water, Cold	4 cup	19.20	0.000	0.000	0.576	0.000	*N/A*	0.000	0.000
903133	Cinnamon Spice	1/4 cup	0.62	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
990550	Honey Glaze for Donut	10 oz	5.67	20.250	0.135	0.000	4.455	0.000	0.270	0.000
		Totals	81.00	219.830	2.894	225.482	*22.032*	*0.000*	5.184	0.000
		% of Calories			11.849%		*40.089%*	*0.000%*	21.223%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990720	Pan Spray, Professional	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990426	Muffin Mix WG	0.000	34.586	1.701	2.835	*N/A*	39.689	0.000	0.907	*N/A*	*N/A*
990618	Sour Cream	6.048	0.605	0.000	0.302	*N/A*	12.096	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	0.000
75010	Water, Cold	0.000	0.000	0.000	0.000	*N/A*	0.384	0.000	0.002	19.181	0.019
903133	Cinnamon Spice	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990550	Honey Glaze for Donut	0.000	4.590	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
		Totals	6.048	39.781	1.701	3.137	*0.000*	52.169	0.000	*19.181*	*0.019*
		% of Calories		72.385%		5.708%					

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Lawrence Public Schools

USD 497

990745 - Cinnamon Swirl Bar (SF)

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
990426	Muffin Mix WG	1 bag	22.68	90.718	0.850	104.893	8.788	1.701	0.000
990618	Sour Cream	16 oz	4.54	9.072	0.529	7.560	0.000	0.756	0.000
900365	Vanilla, Imitation	1 1/2 oz	0.43	0.000	0.000	0.000	0.000	0.000	0.000
75010	Water, Cold	4 cup	9.60	0.000	0.000	0.288	0.000	*N/A*	0.000
903133	Cinnamon Spice	1/4 cup	0.31	0.000	0.000	0.000	*N/A*	0.000	0.000
990550	Honey Glaze for Donut	10 oz	2.83	10.125	0.067	0.000	2.227	0.135	0.000
	Totals		40.00	109.915	1.447	112.741	*11.016*	2.592	0.000
	% of Calories				11.850%		*40.089%*	21.224%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
990426	0.000	17.293	0.850	1.417	*N/A*	19.845	0.000	0.454	*N/A*	*N/A*
990618	3.024	0.302	0.000	0.151	*N/A*	6.048	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
75010	0.000	0.000	0.000	0.000	*N/A*	0.192	0.000	0.001	9.591	0.010
903133	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990550	0.000	2.295	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	3.024	19.891	0.850	1.569	*0.000*	26.085	0.455	*9.591*	*0.010*
	% of Calories		72.385%		5.710%					

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¹ - denotes required nutrient values

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	240.00	120.541	1.230	98.364	17.888	0.000	2.049	0.000
	% of Calories			9.181%		59.359%	0.000%	15.301%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000	*N/A*
990498	Syrup, Vanilla, Sugar	0.000	9.257	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
	Totals	12.296	18.274	0.000	6.558	*N/A*	245.910	0.984	0.000	*0.000*
	% of Calories		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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990436	Cookie Dough, Chocolate Chip	1 case	52.45	194.000	2.000	169.000	17.100	*N/A*	6.000	0.000
		Totals	52.00	194.000	2.000	169.000	17.100	*N/A*	6.000	0.000
		% of Calories			9.278%		35.258%	*N/A%*	27.835%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	15.000	33.500	2.800	3.000	*N/A*	19.000	0.004	1.190
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900151	Corn	24 cup	69.75	60.000	0.000	0.000	0.000	0.000	0.375	0.000
		Totals	70.00	60.000	0.000	0.000	0.000	0.000	0.375	0.000
		% of Calories			0.000%		0.000%	0.000%	5.625%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900151	Corn	0.000	14.250	1.500	2.250	*N/A*	0.000	0.000	0.300	*N/A*	*N/A*
		Totals	0.000	14.250	1.500	2.250	*N/A*	0.000	0.300	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900151 Corn	12 cup	34.88	30.000	0.000	0.000	0.000	0.000	0.188	0.000
	Totals	35.00	30.000	0.000	0.000	0.000	0.000	0.188	0.000
	% of Calories			0.000%		0.000%	0.000%	5.625%	0.000%

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

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Lawrence Public Schools

USD 497

385 - Corn Dog

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	114.00	241.200	2.513	391.950	5.025	*N/A*	8.040	0.000
	% of Calories			9.375%		8.333%	*N/A%*	30.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	40.200	30.150	5.025	9.045	80.400	0.000	1.809	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	147.00	183.835	0.675	195.098	0.000	7.882	0.000
		% of Calories			3.305%		0.000%	38.585%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990474	Corn on the Cob, Petite	0.000	28.350	3.335	6.670	*N/A*	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
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	0.000	28.350	3.335	6.670	*0.000*	0.000	0.000	0.000
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	111.00	304.492	4.567	497.337	2.030	0.000	18.270	0.000
	% of Calories			13.500%		2.667%	0.000%	54.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	35.524	19.285	2.030	15.225	40.599	0.000	2.740	0.000	0.000
	% of Calories		25.333%		20.001%					

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Lawrence Public Schools

USD 497

990472 - Country Breaded Beef Sticks w/ Roll 2 oz (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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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-990499	Whole Wheat Roll 51%, 2 oz	123 (2 oz Rolls)	64.03	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		Totals	175.00	471.181	4.851	745.223	5.999	0.000	22.591	0.000
		% of Calories			9.266%		5.093%	0.000%	43.150%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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-990499	Whole Wheat Roll 51%, 2 oz	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
		Totals	36.017	49.238	4.942	20.765	68.587	0.000	3.702	*0.000*	*0.000*
		% of Calories		41.800%		17.628%					

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars (g)	Sugars (g)	Fat (g)	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
		Totals	23.00	115.000	1.438	186.875	1.438	0.000	6.469	0.000
		% of Calories			11.250%		5.002%	0.000%	50.625%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	14.375	0.000	0.000	28.750	0.000	0.719	*N/A*	*N/A*
		% of Calories		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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient			Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990423	Cracker, Graham, Tiger Bites	1 each	28.35	121.498	1.012	101.248	8.100	0.000	4.050	0.000	
		Totals	28.00	121.498	1.013	101.248	8.100	0.000	4.050	0.000	
		% of Calories			7.500%		26.667%	0.000%	30.000%	0.000%	

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	21.262	1.012	2.025	*N/A*	0.000	0.810	*N/A*	*N/A*
		% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	111.00	336.873	8.241	988.710	3.364	0.000	20.480	0.000
		% of Calories			22.017%		3.994%	0.000%	54.714%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	49.737	23.693	0.000	14.713	*N/A*	246.456	0.000	1.447	*0.000*	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	21.00	100.000	0.500	170.000	0.000	*N/A*	3.500	0.000
		% of Calories			4.500%		0.000%	*N/A%*	31.500%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	14.000	1.000	2.000	*N/A*	0.000	0.700	*N/A*	*N/A*
		% of Calories		56.000%		8.000%					

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Lawrence Public Schools

USD 497

990427 - Cranberry Orange Muffin (Bakery)

Number of Portions: 58.000

Group Code: BREAKFAST

Size of Portion: Muffin

*Nutrients are based upon 1 Portion Size (Muffin)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990426	Muffin Mix WG	1 bag	39.10	156.411	1.466	180.850	15.152	0.000	2.933
990497	Juice, Orange Gallon	6 cup	25.76	12.414	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
990647	CRAISIN-CRANBERRIES DRIED (Bulk)	3 (1 cup)	8.28	26.897	0.000	1.034	5.586	0.000	0.103
		Totals	77.00	203.542	1.923	188.402	20.739	0.000	3.688
		% of Calories			8.501%		40.756%	0.000%	16.307%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	2.607	39.904	1.880	2.781	*N/A*	42.222	0.000	0.815	*0.000*	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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*
	Totals	14.00	50.750	2.931	45.530	0.545	0.000	4.994	*N/A*
	% of Calories			51.977%		4.296%	0.000%	88.560%	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	14.645	0.800	0.000	0.892	44.660	0.000	0.016	7.630	0.184
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	196.00	544.486	6.050	746.147	2.017	*N/A*	28.233	0.000
		% of Calories			10.000%		1.482%	*N/A%*	46.667%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	50.415	46.382	6.050	24.199	80.665	0.000	3.630	0.000	0.000
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			97.00	233.262	4.465	484.227	4.399	0.000	9.276	0.000
% of Calories					17.229%		7.543%	0.000%	35.791%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
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*
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	0.000
Totals		22.300	26.906	3.000	9.658	*N/A*	57.697	0.000	1.465	*0.000*	*0.000*
% of Calories			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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	56.00	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
	% of Calories			5.294%		4.706%	*N/A%*	31.765%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
	% of Calories		58.824%		4.706%						

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Lawrence Public Schools

USD 497

990093 - Cucumber

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
990421	LOCAL- CUCUMBER	1/4 cup, slices	26.00	2.627	0.000	0.000	0.000	0.000	0.000	0.000
Totals			52.00	5.253	0.000	0.000	0.000	0.000	0.000	0.000
% of Calories					0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
990421	LOCAL- CUCUMBER	0.000	0.525	0.000	0.000	*N/A*	5.253	0.315	0.095	*N/A*	*N/A*
Totals		0.000	1.051	0.000	0.000	*N/A*	10.506	0.630	0.189	*N/A*	*N/A*
% of Calories			80.000%		0.000%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	200.00	20.236	0.000	0.000	0.000	*N/A*	0.000	0.000
	% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	4.047	0.000	0.000	40.472	2.428	0.728	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	26.00	2.626	0.000	0.000	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	0.525	0.000	*N/A*	5.253	0.315	0.095	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	29.00	5.000	0.000	11.250	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	1.000	0.500	*N/A*	7.250	0.000	0.098	0.000	0.000
		% of Calories		80.000%		20.000%					

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Lawrence Public Schools

USD 497

990678 - Diced Tomatoes

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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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	*N/A*	0.608	0.000
		Totals	90.00	15.203	0.000	12.162	1.824	*N/A*	0.608	0.000
		% of Calories			0.000%		47.991%	*N/A%*	35.999%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*N/A*
		Totals	0.000	3.041	0.608	*N/A*	12.162	14.595	0.438	*N/A*	*N/A*
		% of Calories		79.997%		15.997%					

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Lawrence Public Schools

USD 497

990652 - Dill Chicken Wrap

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990584	Tortilla, Wrap, WW 12 inch	1 each	103.00	310.000	4.000	460.000	0.000	0.000	9.000	0.000
990670	Romaine Lettuce	1 cup	57.83	10.206	0.000	3.402	0.000	0.000	0.340	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
990625	PICKLE sliced dill hamburger krinkle cut	1 serving, 4 slices	28.00	0.000	0.000	260.000	0.000	0.000	0.000	0.000
990707	Dill Chicken Bites	3/4 serving (4)	68.04	127.105	0.748	373.840	1.495	1.495	3.738	0.000
R-990582	Chicken Sauce	1 (1 oz Servings)	30.86	59.191	0.687	226.941	2.216	0.000	4.811	0.000
		Totals	316.00	617.875	10.497	1496.304	9.786	1.495	27.002	0.000
		% of Calories			15.291%		6.335%	0.968%	39.331%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
990670	Romaine Lettuce	0.000	2.041	1.361	0.680	*N/A*	17.690	0.000	0.490	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
990625	PICKLE sliced dill hamburger krinkle cut	0.000	0.000	0.000	0.000	*N/A*	20.000	*N/A*	0.080	*N/A*	*N/A*
990707	Dill Chicken Bites	33.646	10.468	0.748	12.711	0.000	15.701	0.000	1.495	0.000	0.000
R-990582	Chicken Sauce	6.873	4.137	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
	Totals	65.831	66.658	8.108	26.466	*0.000*	380.863	*0.000*	4.166	*0.000*	*0.000*
	% of Calories		43.153%		17.134%						

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Lawrence Public Schools

USD 497

990695 - Donut Holes

Number of Portions: 128.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990840	Donut Hole, WG	1 case	34.87	120.241	2.104	168.337	3.006	0.000	4.810	0.000
990550	Honey Glaze for Donut	3 cup	7.88	28.125	0.188	0.000	6.188	0.000	0.375	0.000
Totals			43.00	148.366	2.292	168.337	9.194	0.000	5.185	0.000
% of Calories					13.902%		24.787%	0.000%	31.450%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990840	Donut Hole, WG	0.000	16.233	1.202	2.405	0.000	6.012	0.000	0.782	0.000	0.000
990550	Honey Glaze for Donut	0.000	6.375	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
Totals		0.000	22.608	1.202	2.405	*0.000*	6.012	0.000	0.782	0.000	0.000
% of Calories			60.951%		6.484%						

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Lawrence Public Schools

USD 497

990729 - Donut Holes & Sausage Links

Number of Portions: 128.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990840	Donut Hole, WG	1 case	34.87	120.241	2.104	168.337	3.006	0.000	4.810	0.000
990550	Honey Glaze for Donut	3 cup	7.88	28.125	0.188	0.000	6.188	0.000	0.375	0.000
990560	Chicken Sausage Link	1 case + 38 link	41.75	63.685	1.061	247.664	0.000	0.000	3.538	0.000
		Totals	84.00	212.051	3.353	416.001	9.194	0.000	8.723	0.000
		% of Calories			14.231%		17.343%	0.000%	37.021%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990840	Donut Hole, WG	0.000	16.233	1.202	2.405	0.000	6.012	0.000	0.782	0.000	0.000
990550	Honey Glaze for Donut	0.000	6.375	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990560	Chicken Sausage Link	38.919	0.000	0.000	7.076	*N/A*	0.000	1.415	0.637	0.000	0.000
	Totals	38.919	22.608	1.202	9.481	*0.000*	6.012	1.415	1.418	0.000	0.000
	% of Calories		42.645%		17.884%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	71.00	229.591	3.993	259.538	5.989	0.000	10.980	0.000
	% of Calories			15.652%		10.434%	0.000%	43.043%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	28.948	1.996	3.993	*N/A*	99.822	0.000	1.437	0.000	0.000
	% of Calories		50.435%		6.957%						

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Lawrence Public Schools

USD 497

990714 - Double Chocolate Muffin (Bakery)

Number of Portions: 57.000

Source: Pickney Bakery

Group Code: BREAKFAST

Size of Portion: muffin

*Nutrients are based upon 1 Portion Size (muffin)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
990698	Cocoa Powder, unsweetened	1 cup	1.40	2.807	0.000	0.000	0.000	0.000	0.000	0.000
75010	Water, Cold	4 cup + 1/2 cup	18.95	0.000	0.000	0.568	0.000	*N/A*	0.000	0.000
900365	Vanilla, Imitation	2 tsp	0.15	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	2 cup	8.42	16.842	0.982	14.035	0.000	0.000	1.404	0.000
990803	Chocolate Chips, Semi Sweet	1 LB + 2 oz	8.95	41.778	1.492	0.000	5.371	0.000	2.387	0.000
R-990555	Streusel	1/8 Recipe	2.39	10.152	0.199	2.558	1.175	0.000	0.313	0.000
		Totals	80.00	230.734	4.166	201.184	21.964	0.000	7.088	0.000
		% of Calories			16.248%		38.077%	0.000%	27.646%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
990698	Cocoa Powder, unsweetened	0.000	0.842	0.561	0.281	0.000	2.807	0.000	0.365	0.000	0.000
75010	Water, Cold	0.000	0.000	0.000	0.000	*N/A*	0.379	0.000	0.002	18.929	0.019
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	5.614	0.561	0.000	0.281	*N/A*	11.228	0.000	0.000	0.000	0.000
990803	Chocolate Chips, Semi Sweet	0.000	5.968	0.597	0.597	0.000	0.000	0.000	0.716	0.000	0.000
R-990555	Streusel	0.853	1.838	0.030	0.090	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	6.467	39.549	2.680	3.735	*0.000*	49.229	0.000	1.879	*18.929*	*0.019*
	% of Calories		68.562%		6.475%						

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Lawrence Public Schools

USD 497

990653 - Dough, Whole Wheat (HKM Recipe 877)

Number of Portions: 6.333

Size of Portion: pound

*Nutrients are based upon 1 Portion Size (pound)

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	134.29	406.952	0.000	0.000	0.000	2.035	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	125.34	447.647	0.000	0.000	4.476	0.000	0.000
990692	Dry Milk, Instant, Nonfat	4 oz	17.91	62.281	0.000	93.422	0.000	0.000	0.000
900195	Sugar Granulated	6 oz	26.86	100.721	0.000	0.000	26.859	0.000	0.000
990693	Yeast, Instant Dry	2 oz	8.95	29.843	0.000	3.730	0.000	0.746	0.000
900359	Salt 25#	1 oz	4.48	0.000	0.000	1859.943	0.000	0.000	0.000
902131	Vegetable Oil	7 oz	31.34	268.588	2.238	0.000	*N/A*	31.335	0.000
990694	Water, temped	1 qt + 2 tbsp	156.33	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	505.00	1316.033	2.238	1957.095	31.335	0.000	34.116
		% of Calories			1.531%		9.524%	0.000%	23.331%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	93.599	16.278	20.348	0.000	0.000	7.325	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	102.959	4.476	13.429	0.000	0.000	0.000	0.000	0.000
990692	Dry Milk, Instant, Nonfat	3.893	9.342	0.000	6.228	0.000	217.985	0.000	0.078	0.000
900195	Sugar Granulated	0.000	26.859	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990693	Yeast, Instant Dry	0.000	3.730	2.238	3.730	0.000	2.984	0.000	0.194	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
	Totals	3.893	236.489	22.993	43.736	*0.000*	220.969	0.000	7.597	*0.000*
	% of Calories		71.879%		13.293%					

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	63.00	75.000	0.375	3.750	1.500	*N/A*	3.000	0.000
		% of Calories			4.500%		8.000%	*N/A%*	36.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	4.500	0.000	6.750	30.000	3.600	1.350	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	113.00	303.837	7.238	663.677	3.979	1.993	17.189	0.000
	% of Calories			21.439%		5.238%	2.624%	50.917%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	120.056	28.405	1.993	9.208	*N/A*	134.550	0.000	5.675	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	93.00	229.966	3.999	349.949	2.000	0.000	8.999	0.000
	% of Calories			15.652%		3.479%	0.000%	35.218%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	109.984	29.996	3.000	9.999	0.000	79.988	0.000	2.100	0.000
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	112.00	274.538	5.255	435.012	4.989	*N/A*	13.223	0.000
		% of Calories			17.225%		7.269%	*N/A%*	43.347%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	120.056	27.495	3.000	9.221	*N/A*	54.884	0.000	5.421	*0.000*	*0.000*
	% of Calories		40.060%		13.435%						

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Lawrence Public Schools

USD 497

990717 - Egg Patty

Number of Portions: 25.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900426 Egg Patty	25 each (1.5 oz)	42.52	69.226	0.989	138.451	0.989	*N/A*	4.945	0.000
	Totals	43.00	69.226	0.989	138.451	0.989	*N/A*	4.945	0.000
	% of Calories			12.857%		5.715%	*N/A%*	64.286%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900426 Egg Patty	113.728	0.989	0.000	3.956	*N/A*	1.978	0.000	3.956	0.000	0.000
	Totals	113.728	0.989	0.000	3.956	1.978	0.000	3.956	0.000	0.000
	% of Calories		5.714%		22.858%					

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Lawrence Public Schools

USD 497

990361 - English Cucumbers

Number of Portions: 48.000

Group Code: VEGETABLES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990585 English Cucumber	1 case	113.40	16.925	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	113.00	16.925	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990585 English Cucumber		0.000	3.949	0.564	0.564	*N/A*	18.053	0.000	0.339	0.000	0.000
	Totals	0.000	3.949	0.564	0.564	*N/A*	18.053	0.000	0.339	0.000	0.000
	% of Calories		93.334%		13.329%						

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Lawrence Public Schools

USD 497

990692 - English Muffin

Number of Portions: 144.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990844 English Muffin Whole Grain	1 case	56.70	119.366	0.000	268.574	0.000	0.000	1.492	0.000
	Totals	57.00	119.366	0.000	268.574	0.000	0.000	1.492	0.000
	% of Calories			0.000%		0.000%	0.000%	11.250%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990844 English Muffin Whole Grain	0.000	20.889	1.989	5.968	0.000	89.525	0.000	1.393	0.000	0.000
	Totals	0.000	20.889	1.989	5.968	0.000	89.525	0.000	0.000	0.000
	% of Calories		70.000%		19.999%					

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
		% of Calories			0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	4.206	0.740	0.084	1.682	1.413	0.030	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	87.00	25.656	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	6.157	1.026	1.026	*N/A*	13.341	0.000	0.000	0.000	0.000
	% of Calories		95.999%		15.996%						

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Lawrence Public Schools

USD 497

990606 - FFVP only -- Grapefruit

Number of Portions: 192.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990789	FFVP only -- Grapefruit	1 case	91.35	28.547	0.000	0.000	0.000	0.000	0.000
		Totals	91.00	28.547	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990789	FFVP only -- Grapefruit	0.000	7.137	0.714	0.714	0.000	10.705	0.000	0.086	0.000
		Totals	0.000	7.137	0.714	0.000	10.705	0.000	0.086	0.000
		% of Calories		99.999%		10.005%				

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Lawrence Public Schools

USD 497

990547 - FFVP Only -- Key Lime Fresh

Number of Portions: 112.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990764	FFVP Only -- Key Lime Fresh	1 case	40.50	12.089	0.000	0.000	0.000	0.000	0.000
		Totals	40.00	12.089	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990764	FFVP Only -- Key Lime Fresh	0.000	4.231	1.209	0.000	0.000	13.298	0.000	0.242	0.000	0.000
		Totals	0.000	4.231	0.000	0.000	13.298	0.000	0.242	0.000	0.000
		% of Calories		140.005%	0.000%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	14.00	0.000	0.000	538.640	0.000	0.000	0.000	0.000
	% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		*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)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
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
		Totals	195.00	406.720	2.709	317.018	*32.592*	*0.000*	8.968	0.000
		% of Calories			5.995%		*32.054%*	*0.000%*	19.845%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	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*	*0.000*
990573	Liquid Egg	139.693	0.000	0.000	4.930	*N/A*	21.365	0.000	0.822	0.000	0.000
902949	Milk 1% Lowfat	1.345	0.986	0.000	0.717	*N/A*	26.896	0.108	0.000	*N/A*	*N/A*
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*
990574	Sugar Free Syrup	0.000	1.680	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	147.707	69.568	4.000	12.316	*0.000*	74.987	0.108	2.822	*0.000*	*0.000*
	% of Calories		68.419%		12.113%						

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Lawrence Public Schools

USD 497

990696 - French Toast Bites

Number of Portions: 128.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990841	French Toast Bites	1 case	43.37	191.656	6.052	262.266	7.061	0.000	12.105	0.000
R-990222	Cinnamon Sugar	5 cup	7.49	26.042	0.000	0.000	*6.945*	*0.000*	0.000	0.000
Totals			51.00	217.698	6.052	262.266	*14.006*	*0.000*	12.105	0.000
% of Calories					25.021%		*25.735%*	*0.000%*	50.042%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990841	French Toast Bites	20.174	19.166	1.009	2.017	0.000	10.087	0.000	0.908	0.000	0.000
R-990222	Cinnamon Sugar	0.000	6.945	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
Totals		20.174	26.110	1.009	2.017	*0.000*	10.087	0.000	0.908	*0.000*	*0.000*
% of Calories			47.975%		3.706%						

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Lawrence Public Schools

USD 497

990731 - French Toast Bites & Sausage Links

Number of Portions: 128.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990841	French Toast Bites	1 case	43.37	191.656	6.052	262.266	7.061	0.000	12.105	0.000
R-990222	Cinnamon Sugar	5 cup	7.49	26.042	0.000	0.000	*6.945*	*0.000*	0.000	0.000
990560	Chicken Sausage Link	1 case + 38 link	41.75	63.685	1.061	247.664	0.000	0.000	3.538	0.000
		Totals	93.00	281.383	7.114	509.930	*14.006*	*0.000*	15.643	0.000
		% of Calories			22.753%		*19.910%*	*0.000%*	50.033%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990841	French Toast Bites	20.174	19.166	1.009	2.017	0.000	10.087	0.000	0.908	0.000	0.000
R-990222	Cinnamon Sugar	0.000	6.945	0.000	0.000	*0.000*	0.000	0.000	0.000	*0.000*	*0.000*
990560	Chicken Sausage Link	38.919	0.000	0.000	7.076	*N/A*	0.000	1.415	0.637	0.000	0.000
		Totals	59.093	26.110	9.094	*0.000*	10.087	1.415	1.545	*0.000*	*0.000*
		% of Calories		37.117%		12.928%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	169.00	429.782	2.519	588.468	24.834	*N/A*	13.075	0.000
	% of Calories			5.274%		23.113%	*N/A%*	27.380%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	50.499	65.690	2.000	12.075	*N/A*	40.000	0.720	*N/A*	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	254.00	630.780	4.537	1022.213	29.834	*N/A*	22.650	0.000
		% of Calories			6.474%		18.919%	*N/A%*	32.317%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	95.999	84.690	3.000	21.150	*N/A*	60.000	0.000	1.080	*N/A*	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	254.00	619.564	4.037	916.937	39.668	*N/A*	19.150	0.000
		% of Calories			5.865%		25.610%	*N/A%*	27.818%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	90.999	93.381	2.000	18.150	*N/A*	40.000	0.000	0.720	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	169.00	401.997	4.037	867.490	10.000	*N/A*	19.150	0.000
		% of Calories			9.039%		9.950%	*N/A%*	42.873%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	90.999	38.000	18.150	*N/A*	40.000	0.000	0.720	*N/A*	*N/A*
		% of Calories		37.811%	18.060%						

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	160.00	379.957	1.000	759.847	10.000	0.000	11.999	0.000
		% of Calories			2.369%		10.528%	0.000%	28.421%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	10.000	45.998	3.999	23.994	79.988	0.000	3.919	*0.000*	*0.000*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	93.00	220.000	1.000	200.000	10.000	0.000	7.000	0.000
		% of Calories			4.091%		18.182%	0.000%	28.636%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	37.000	2.000	4.000	80.000	0.000	1.700	*N/A*	*N/A*
		% of Calories		67.273%		7.273%					

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Lawrence Public Schools

USD 497

990508 - Fresh Strawberries

Number of Portions: 72.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990736	FFVP Only -- Fresh Strawberries	1 case	50.40	16.579	0.000	0.000	0.000	0.000	0.000
		Totals	50.00	16.579	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990736	FFVP Only -- Fresh Strawberries	0.000	3.979	0.995	0.332	0.000	7.958	0.000	0.206	0.000	0.000
		Totals	0.000	3.979	0.995	0.332	0.000	0.000	0.206	0.000	0.000
		% of Calories		95.999%		8.010%					

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
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
		Totals	78.00	32.118	0.000	55.059	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	6.424	1.835	0.918	*N/A*	33.035	2.294	0.404	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	113.00	44.595	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	8.919	2.548	2.548	*N/A*	50.965	0.000	1.019	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.37	0.140	0.000	0.016	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)	1.88	0.948	0.000	0.099	0.148	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	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
Totals		81.00	15.503	0.003	32.877	*1.053*	*0.000*	0.062	0.000
% of Calories				0.180%		*27.169%*	*0.000%*	3.576%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.034	0.019	0.003	*N/A*	0.062	0.000	0.001	*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	0.236	0.019	0.005	*N/A*	0.081	0.058	0.003	*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	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*
	Totals	0.000	3.142	0.509	0.717	*N/A*	21.662	*5.624*	0.482	*0.155*	*0.001*
	% of Calories		81.071%		18.500%						

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Lawrence Public Schools

USD 497

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)

		Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity								
990415	Romaine, Whole Head	1 head	6.77	1.219	0.000	0.000	0.080	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
990440	LETTUCE FRESH ARCADN BLEND	1 bag	20.31	3.106	0.000	17.921	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
902971	Red Pepper, Fresh	1/4 cup	0.85	0.232	0.000	0.026	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
900471	Tomatoes 5x6 Layer	1/4 CUP,chop/slice	0.67	0.113	0.000	0.091	0.014	*N/A*	0.005
903104	pea, green frozen	1/4 cup	0.50	0.448	0.000	0.000	0.028	*N/A*	0.000
900464	Green Bell Pepper	1/4 CUP, sliced	0.34	0.058	0.000	0.093	0.009	*N/A*	0.000
903103	Radish, fresh	1 (1/4 cup)	0.43	0.067	0.000	0.172	0.007	*N/A*	0.000
903361	Jicama, Fresh	1/4 CUP	0.37	0.140	0.000	0.016	0.000	*N/A*	0.000
900451	Cucumber	1/4 CUP, slices	0.39	0.039	0.000	0.000	0.000	*N/A*	0.000
900442	BROCCOLI FLORETS	1/2 CUP, chopped	0.66	0.224	0.000	0.224	0.000	*N/A*	0.000
900448	Cauliflower Florets	1/4 CUP	0.37	0.088	0.000	0.110	0.009	*N/A*	0.000
990671	Celery	1/4 cup, strips	0.46	0.063	0.000	0.484	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
801	BEANS GARBANZO ,CANNED	1 (1/2 cup)	1.94	1.940	0.000	5.970	0.060	*N/A*	0.030
901478	Kidney Beans	1/4 CUP	0.97	0.808	0.000	3.072	*N/A*	*N/A*	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
903179	Edamame / Soybeans	1/4 cup	0.47	0.560	0.003	0.028	0.011	*N/A*	0.022
R-1304	Fruit, Canned Variety	1 (1/2 cup)	1.88	0.948	0.000	0.099	0.148	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
R-364	Juice 4 oz Assorted	1 (4 oz cups)	1.69	0.940	0.000	0.097	0.193	*N/A*	0.000
R-810	Juice, Frozen Slushie Cup	1 each	1.86	1.269	0.000	0.560	0.284	*N/A*	0.000
903106	onion, red jumbo, fresh	5 tbsp	1.06	0.635	0.000	0.053	0.074	*N/A*	0.000
990453	Onion, Yellow Jumbo	5 tbsp	0.24	0.072	0.000	0.007	0.015	0.000	0.000
	Totals		81.00	15.503	0.003	32.877	*1.053*	*0.000*	0.062
	% of Calories				0.180%		*27.169%*	*0.000%*	3.576%

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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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Lawrence Public Schools USD 497

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	0.034	0.019	0.003	*N/A*	0.062	0.000	0.001	*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	0.236	0.019	0.005	*N/A*	0.081	0.058	0.003	*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	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*
	Totals	0.000	3.142	0.509	0.717	*N/A*	21.662	*5.624*	0.482	*0.155*	*0.001*
	% of Calories		81.071%		18.500%						

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Lawrence Public Schools

USD 497

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	17.00	58.000	0.000	16.000	10.200	0.000	0.000	0.000
	% of Calories			0.000%		70.345%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	13.200	1.400	0.200	*N/A*	4.000	0.000	0.160	0.000
	% of Calories		91.034%		1.379%					

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Lawrence Public Schools

USD 497

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	63.00	30.293	0.000	5.049	5.554	*N/A*	0.000	0.000
	% of Calories			0.000%		73.337%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	8.583	0.000	0.000	*N/A*	0.000	0.606	0.000	0.000	0.000
	% of Calories		113.333%							

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Lawrence Public Schools

USD 497

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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient			Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
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	
		Totals	125.00	60.586	0.000	10.098	11.107	*N/A*	0.000	0.000	
		% of Calories			0.000%		73.330%	*N/A%*	0.000%	0.000%	

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	17.166	0.000	0.000	*N/A*	0.000	1.212	0.000	0.000
		% of Calories		113.332%		0.000%					

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Lawrence Public Schools

USD 497

990681 - Fruit, 4 oz cup variety

Number of Portions: 3.000

Group Code: FRUIT

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990512 Applesauce Unsweetened Cup	1 each	42.52	16.611	0.000	0.000	0.000	0.000	0.000	0.000
990833 Peaches, Diced, 4 oz cup	1 each	37.67	20.000	0.000	0.000	0.000	0.000	0.000	0.000
990834 Pear Fruit Cup	1 each	37.67	23.333	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	118.00	59.944	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990512 Applesauce Unsweetened Cup	0.000	4.651	0.332	0.000	*N/A*	1.661	0.000	0.000	0.000	0.000
990833 Peaches, Diced, 4 oz cup	0.000	4.667	0.000	0.333	0.000	0.000	0.000	0.000	0.000	0.000
990834 Pear Fruit Cup	0.000	6.000	0.667	0.333	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	15.318	0.999	0.667	*0.000*	1.661	0.000	0.000	0.000
	% of Calories		102.214%		4.451%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990506	Orange, Mandarin Canned	2 (1/2 cup)	23.33	11.667	0.000	1.667	2.833	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
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
902936	Pear sliced in juice	1 cup, halves	20.92	11.952	0.000	0.000	1.942	*N/A*	0.000
900648	Applesauce, unswtnd	1 CUP	20.33	8.333	0.000	1.667	1.500	*N/A*	0.000
900040	PINEAPPLE TIDBIT in juice	1 CUP	20.33	11.667	0.000	0.000	0.000	0.000	0.000
	Totals	126.00	63.498	0.000	6.647	9.920	0.000	0.000	0.000
	% of Calories			0.000%		62.490%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990506	0.000	2.833	0.167	0.167	*N/A*	3.333	3.500	0.120	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
	Totals	0.000	15.781	1.284	0.333	*N/A*	5.425	3.898	0.187	*0.000*
	% of Calories		99.412%		2.098%					

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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

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
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
		Totals	135.00	70.597	0.000	6.218	10.509	0.000	0.000	0.000
		% of Calories			0.000%		59.544%	0.000%	0.000%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
990506	Orange, Mandarin Canned		0.000	3.060	0.180	0.180	*N/A*	3.600	3.780	0.130	0.000	0.000
902216	fruit cocktail, in light-syrup canned		0.000	3.686	0.000	0.000	*N/A*	0.000	0.260	0.000	0.000	0.000
902191	Peach, Sliced in Light-Syrup Canned Yellow		0.000	3.149	0.225	0.000	*N/A*	0.000	0.270	0.000	0.000	0.000
902936	Pear sliced in juice		0.000	3.984	0.598	0.000	*N/A*	2.789	0.000	0.000	*N/A*	*N/A*
900040	PINEAPPLE TIDBIT in juice		0.000	3.556	0.222	0.222	*N/A*	0.000	0.000	0.089	0.000	0.000
		Totals	0.000	17.435	1.225	0.402	*N/A*	6.389	4.310	0.218	*0.000*	*0.000*
		% of Calories		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

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
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
		Totals	68.00	31.465	0.018	3.566	*4.753*	*0.000*	0.108	0.000
		% of Calories			0.503%		*60.423%*	*0.000%*	3.095%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
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*
		Totals	0.000	7.932	1.183	0.388	*N/A*	7.159	10.617	0.131	*10.380*	*0.070*
		% of Calories		100.832%		4.932%						

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Lawrence Public Schools

USD 497

990135 - Fruit, PY26 Variety

Number of Portions: 10.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-117 Fruit, Fresh Assorted	5 (1/2 cup)	33.96	15.733	0.009	1.783	*2.377*	*0.000*	0.054	0.000
R-990056 Fruit, Canned Variety 1/2 Cup	5 (1/2 cup)	67.49	35.299	0.000	3.109	5.255	0.000	0.000	0.000
	Totals	101.00	51.031	0.009	4.892	*7.631*	*0.000*	0.054	0.000
	% of Calories			0.155%		*59.815%*	*0.000%*	0.954%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-117 Fruit, Fresh Assorted	0.000	3.966	0.592	0.194	*N/A*	3.580	5.309	0.066	*5.190*	*0.035*
R-990056 Fruit, Canned Variety 1/2 Cup	0.000	8.717	0.613	0.201	*N/A*	3.195	2.155	0.109	*0.000*	*0.000*
	Totals	0.000	12.683	1.204	0.395	*N/A*	6.774	7.464	0.174	*5.190*
	% of Calories		99.416%		3.096%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
	% of Calories			0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	0.000
		Totals	15.00	36.381	0.466	79.828	0.840	3.218	0.000
		% of Calories			11.538%		9.236%	79.610%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990447	0.000	0.093	0.062	0.031	*N/A*	0.155	0.000	0.012	*N/A*	*N/A*
990504	0.000	1.680	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990487	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	0.000	0.000	0.000	0.000	*N/A*	0.019	0.000	0.000	0.937	0.001
	Totals	0.000	1.773	0.062	0.031	*N/A*	0.173	0.000	*0.937*	*0.001*
	% of Calories		19.490%		0.341%					

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Lawrence Public Schools

USD 497

990620 - Garlic Breadstick 1 oz (EC)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990496	Whole Wheat Breadstick 51%, 1 oz	1 Recipe	36.27	107.644	0.628	150.672	1.984	0.000	4.834	0.000
		Totals	36.00	107.644	0.628	150.672	1.984	0.000	4.834	0.000
		% of Calories			5.248%		7.372%	0.000%	40.412%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990496	Whole Wheat Breadstick 51%, 1 oz	0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	0.481	*0.000*	*0.000*
		Totals	0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	*0.000*	*0.000*
		% of Calories		55.653%		10.293%					

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Lawrence Public Schools

USD 497

990622 - Garlic Breadstick 1.5 oz (ES)

Number of Portions: 66.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	56.67	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		Totals	57.00	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		% of Calories			5.140%		7.223%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.373	23.379	2.206	4.197	*0.000*	21.547	0.000	0.729	*0.000*	*0.000*
		Totals	0.373	23.380	2.206	4.197	21.547	0.000	0.729	*0.000*	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990646 - Garlic Breadstick 1.5 oz (MS)

Number of Portions: 66.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	56.67	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		Totals	57.00	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		% of Calories			5.140%		7.223%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.373	23.379	2.206	4.197	*0.000*	21.547	0.000	0.729	*0.000*	*0.000*
		Totals	0.373	23.380	2.206	4.197	21.547	0.000	0.729	*0.000*	*0.000*
		% of Calories		56.156%		10.081%					

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990625 - Garlic Breadstick 1.5 oz (New York)

Number of Portions: 66.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	56.67	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		Totals	57.00	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		% of Calories			5.140%		7.223%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.373	23.379	2.206	4.197	*0.000*	21.547	0.000	0.729	*0.000*	*0.000*
		Totals	0.373	23.380	2.206	4.197	21.547	0.000	0.729	*0.000*	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990624 - Garlic Breadstick 1.5 oz (SCHWGLR)

Number of Portions: 66.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	56.67	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		Totals	57.00	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		% of Calories			5.140%		7.223%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.373	23.379	2.206	4.197	*0.000*	21.547	0.000	0.729	*0.000*	*0.000*
		Totals	0.373	23.380	2.206	4.197	21.547	0.000	0.729	*0.000*	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990623 - Garlic Breadstick 1.5 oz (SF)

Number of Portions: 66.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	56.67	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		Totals	57.00	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		% of Calories			5.140%		7.223%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.373	23.379	2.206	4.197	*0.000*	21.547	0.000	0.729	*0.000*	*0.000*
		Totals	0.373	23.380	2.206	4.197	21.547	0.000	0.729	*0.000*	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990621 - Garlic Breadstick 2 oz (ES)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990644 - Garlic Breadstick 2 oz (FSHS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990619 - Garlic Breadstick 2 oz (HS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990645 - Garlic Breadstick 2 oz (LHS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990618 - Garlic Breadstick 2 oz (MS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990617 - Garlic Breadstick 2 oz (New York)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990616 - Garlic Breadstick 2 oz (SCHWGLR)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990615 - Garlic Breadstick 2 oz (SF)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	50 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		Totals	75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
		% of Calories			5.140%		7.222%	0.000%	39.579%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*
		% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990700 - Garlic Parmesan Biscuit

Number of Portions: 24.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990521	Biscuit Baked WG	24 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
990800	Garlic Butter, Spray	1 as needed	0.04	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990846	Parmesan Cheese, grated	1/2 cup	2.50	10.000	0.500	27.500	0.000	0.000	0.750	0.000
Totals			66.00	219.299	5.483	426.165	2.990	1.993	10.717	0.000
% of Calories					22.503%		5.454%	3.635%	43.981%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
990800	Garlic Butter, Spray	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990846	Parmesan Cheese, grated	2.500	0.000	0.000	1.000	0.000	20.000	0.000	0.000	0.000	0.000
Totals		2.500	26.910	1.993	4.987	*0.000*	119.666	0.000	1.694	0.000	0.000
% of Calories			49.083%		9.096%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	49.00	180.000	4.000	370.000	0.000	*N/A*	9.500	0.000
	% of Calories			20.000%		0.000%	*N/A%*	47.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	15.000	14.000	1.000	8.000	*N/A*	220.000	0.000	0.700	*0.000*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	49.00	170.000	3.500	400.000	0.000	0.000	7.500	0.000
		% of Calories			18.529%		0.000%	0.000%	39.706%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	15.000	16.000	1.000	8.000	*N/A*	210.000	0.000	0.700	*0.000*	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990172	Salad, Chef	1 each	54.90	67.236	0.563	143.078	0.708	0.000	2.799	0.000
R-990170	Salad, Chicken Caesar	1 each	59.09	90.177	1.814	138.142	0.750	0.000	4.800	0.000
R-990167	Salad, Cobb	1 each	60.22	78.362	0.749	143.078	0.708	0.000	3.911	0.000
R-990169	Salad, Southwest	1 each	67.01	128.487	1.865	160.582	1.657	0.000	6.659	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
		Totals	280.00	531.439	7.857	957.792	4.323	0.000	35.875	0.000
		% of Calories			13.306%		3.254%	0.000%	60.755%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990172	Salad, Chef	6.471	7.814	1.181	2.782	*N/A*	15.611	*0.000*	0.730	*0.000*	*0.000*
R-990170	Salad, Chicken Caesar	11.268	8.022	1.181	3.845	*N/A*	*17.744*	*0.000*	*0.731*	*0.000*	*0.000*
R-990167	Salad, Cobb	6.471	8.184	1.428	2.905	*N/A*	16.229	*0.000*	0.780	*0.000*	*0.000*
R-990169	Salad, Southwest	10.495	12.159	1.637	4.565	*N/A*	72.668	0.000	0.628	*0.000*	*0.000*
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*
	Totals	39.708	38.693	5.426	14.597	*N/A*	*128.680*	*0.000*	*2.869*	*0.000*	*0.000*
	% of Calories		29.123%		10.987%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990586	Granny Smith Apple	4 (1/4 cup)	31.18	17.166	0.000	0.000	0.000	0.000	0.000
		Totals	31.00	17.166	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%	0.000%	0.000%	0.000%	0.000%

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

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Lawrence Public Schools

USD 497

1306 - Granola Bar, OatsnHoney 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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903364 Granola Bar, Oats 'n 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
	Totals	43.00	192.372	1.013	141.748	11.137	*N/A*	7.087	0.000
	% of Calories			4.737%		23.157%	*N/A%*	33.158%	0.000%

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

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Lawrence Public Schools

USD 497

990541 - Grape & Cherry Tomato Medley

Number of Portions: 53.000

Group Code: VEGETABLES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990757	FFVP Only -- Grape & Cherry Tomato Medley	1 case	85.58	23.512	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	86.00	24.923	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990757	FFVP Only -- Grape & Cherry Tomato Medley	0.000	3.762	0.940	0.000	0.000	5.643	0.000	0.000	0.000	0.000
	Totals	0.000	3.988	0.997	0.000	0.000	5.981	0.000	0.000	0.000	0.000
	% of Calories		63.999%		0.000%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	65.00	185.577	0.844	219.318	5.905	0.000	5.061	0.000
	% of Calories			4.091%		12.728%	0.000%	24.545%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	29.524	1.687	4.218	0.000	0.000	1.350	0.000	0.000
	% of Calories		63.636%		9.092%					

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Lawrence Public Schools

USD 497

990358 - Grape Tomatoes

Number of Portions: 106.000

Group Code: VEGETABLES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990610	Grape Tomato	1 case	85.58	13.804	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	86.00	365.800	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990610	Grape Tomato	0.000	2.761	1.380	0.000	*N/A*	8.282	0.000	0.235	0.000	0.000
		Totals	0.000	73.160	36.580	0.000	*N/A*	219.480	0.000	6.219	0.000
		% of Calories		80.000%		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	46.00	32.857	0.000	5.476	7.302	*N/A*	0.000	0.000
		% of Calories			0.000%		88.894%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	8.397	0.365	0.000	*N/A*	7.302	0.438	0.000	0.000	0.000
		% of Calories	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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	23.00	16.429	0.000	2.738	3.651	*N/A*	0.000	0.000
	% of Calories			0.000%		88.892%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	4.198	0.183	0.000	*N/A*	3.651	0.219	0.000	0.000	0.000
	% of Calories		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

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
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
		Totals	53.00	35.162	0.879	124.407	0.000	*N/A*	1.758	0.000
		% of Calories			22.501%		0.000%	*N/A%*	45.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903154	Gravy, Pepper Low Na+	0.000	5.274	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
75012	Water, Hot	0.000	0.000	0.000	0.000	*N/A*	0.893	0.000	0.004	44.607	0.045
	Totals	0.000	5.274	0.000	0.000	*N/A*	0.893	0.000	0.004	*44.607*	*0.045*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	119.00	14.913	0.000	139.188	0.994	*N/A*	0.000	0.000
	% of Calories			0.000%		26.661%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	2.983	0.994	0.994	28.832	*N/A*	0.994	*N/A*	*N/A*
	% of Calories		80.000%		26.661%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	60.00	7.457	0.000	69.594	0.497	*N/A*	0.000	0.000
		% of Calories			0.000%		26.660%	*N/A%*	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	1.491	0.497	*N/A*	14.416	*N/A*	0.497	*N/A*	*N/A*
		% of Calories		79.995%		26.660%					

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Lawrence Public Schools

USD 497

990087 - Green Bell Pepper

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	60.00	10.169	0.000	16.271	1.627	0.000	0.000	0.000
	% of Calories			0.000%		63.998%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	2.441	0.814	0.407	*N/A*	46.371	0.293	*N/A*	*N/A*
	% of Calories		96.002%		16.009%					

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Lawrence Public Schools

USD 497

990540 - Green Grapes

Number of Portions: 72.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990756 Green Grapes Seedless Medium	1 case	113.40	77.961	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	113.00	77.961	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990756 Green Grapes Seedless Medium	0.000	20.553	0.709	0.709	0.000	11.340	0.000	0.411	0.000	0.000
	Totals	0.000	20.553	0.709	0.709	0.000	11.340	0.000	0.411	0.000
	% of Calories		105.455%		3.638%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	0.000	0.000
		Totals	23.00	3.885	0.000	6.216	0.622	*N/A*	0.000	0.000
		% of Calories			0.000%		64.041%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	0.932	0.311	0.155	3.108	17.716	0.112	*N/A*	*N/A*
		% of Calories		96.000%		15.959%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	2.515	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
		Totals	119.00	363.449	11.131	1052.724	2.012	*N/A*	20.740	0.000
		% of Calories			27.563%		2.214%	*N/A%*	51.357%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*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*
		Totals	50.624	33.223	15.155	*N/A*	283.365	0.000	2.013	*N/A*	*N/A*
		% of Calories		36.564%		16.679%					

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Lawrence Public Schools

USD 497

990567 - Grilled Cheese Sandwich - ES

Number of Portions: 64.000

Group Code: SANDWICHES

Size of Portion: Sandwiches

*Nutrients are based upon 1 Portion Size (Sandwiches)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902938	Margarine, Liquid	3 cup	10.63	75.936	1.519	83.530	0.000	*N/A*	8.353	0.000
990796	Butter Spray	64 as needed	1.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903156	Bread, White Whole Grain	4 (1 loaf) + 5/8 (1 loaf)	57.05	142.633	0.000	234.326	2.038	*N/A*	1.019	0.000
990778	Colby Jack Cheese, Sliced	1 case	63.79	242.996	12.150	379.681	0.000	0.000	21.262	0.000
		Totals	132.00	461.565	13.669	697.537	2.038	0.000	30.634	0.000
		% of Calories			26.652%		1.766%	0.000%	59.733%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
990796	Butter Spray	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903156	Bread, White Whole Grain	0.000	28.527	2.038	6.113	*N/A*	40.752	0.000	1.467	*N/A*
990778	Colby Jack Cheese, Sliced	60.749	0.000	0.000	15.187	0.000	455.617	0.000	0.607	0.000
	Totals	60.749	28.527	2.038	21.300	*0.000*	496.369	0.000	2.075	*0.000*
	% of Calories		24.722%		18.459%					

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Lawrence Public Schools

USD 497

565 - Grilled Chicken Sandwich

Number of Portions: 1.000

Source: USD 497

Group Code: ENTREES

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	131.00	290.596	2.509	661.528	3.000	0.000	12.541	0.000
		% of Calories			7.772%		4.129%	0.000%	38.841%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	40.149	28.015	2.000	15.045	*N/A*	91.190	1.200	2.084	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	130.00	317.895	6.937	871.957	*1.494*	*0.000*	14.444	0.000
		% of Calories			19.640%		*1.880%*	*0.000%*	40.893%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	51.735	29.026	2.984	18.818	*N/A*	295.652	0.000	1.725	*0.000*	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
900431 Ham, sliced, smoked	2 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	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
	Totals	205.00	568.749	20.687	1773.744	*4.250*	*N/A*	37.862	0.000
	% of Calories			32.736%		*2.989%*	*N/A%*	59.914%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
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	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*
	Totals	114.062	27.275	33.687	*N/A*	789.623	1.200	1.431	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	110.00	244.375	3.969	806.875	*3.250*	*N/A*	8.102	0.000
	% of Calories			14.616%		*5.320%*	*N/A%*	29.839%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	34.635	29.588	2.000	15.802	164.937	0.000	1.707	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	581.00	1463.221	39.912	4259.063	*12.256*	*0.000*	75.878	0.000
		% of Calories			24.549%		*3.350%*	*0.000%*	46.671%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990161	Ham & Cheese Hoagie	51.735	29.026	2.984	18.818	*N/A*	295.652	0.000	1.725	*0.000*	*0.000*
R-1048	Ham and Cheese Sandwich	34.635	29.588	2.000	15.802	*N/A*	164.937	0.000	1.707	*N/A*	*N/A*
R-990275	Ham and Cheese on Pretzel Bun	50.521	31.098	3.018	19.009	*N/A*	269.993	0.000	2.094	*N/A*	*N/A*
R-990276	Ham & Cheese on Hamburger Bun	114.062	27.275	2.000	33.687	*N/A*	789.623	1.200	1.431	*N/A*	*N/A*
	Totals	250.953	116.986	10.002	87.316	*N/A*	1520.205	1.200	6.957	*0.000*	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	128.00	307.184	5.537	482.555	3.000	*N/A*	14.789	0.000
	% of Calories			16.223%		3.906%	*N/A%*	43.329%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	33.222	25.107	3.107	15.181	73.222	1.200	3.295	*N/A*	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	128.00	239.553	1.996	538.995	0.000	0.000	11.978	0.000
		% of Calories			7.500%		0.000%	0.000%	45.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	29.944	1.996	1.996	*N/A*	0.000	0.000	0.000	0.000
		% of Calories		50.000%		3.333%					

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Lawrence Public Schools

USD 497

990683 - Heating instruction - Beef in a Blanket

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990655	Beef in a Blanket	1 Recipe	121.19	334.504	6.280	744.637	3.917	0.000	19.265	0.000
990796	Butter Spray	1 as needed	0.01	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	121.00	334.504	6.280	744.637	3.917	0.000	19.265	0.000
		% of Calories			16.896%		4.684%	0.000%	51.832%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990655	Beef in a Blanket	25.487	30.561	2.874	11.467	*0.000*	27.621	0.000	1.670	*0.000*	*0.000*
990796	Butter Spray	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	25.487	30.561	2.874	11.467	*0.000*	27.621	0.000	1.670	*0.000*
		% of Calories		36.545%		13.712%					

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Lawrence Public Schools

USD 497

990684 - Heating Instructions - Calzones

Number of Portions: 66.000

Group Code: ENTREES

Size of Portion: Calzones

*Nutrients are based upon 1 Portion Size (Calzones)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990676	Cheese Calzone	1 Recipe	98.08	263.566	5.001	573.072	3.937	0.000	13.398	0.000
R-990671	Pepperoni Calzone	1 Recipe	99.63	254.421	4.216	590.113	4.164	0.228	12.562	0.000
990800	Garlic Butter, Spray	1 as needed	0.02	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Totals			198.00	517.986	9.217	1163.184	8.100	0.228	25.960	0.000
% of Calories					16.014%		6.255%	0.176%	45.105%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990676	Cheese Calzone	20.623	26.586	3.684	10.736	*0.000*	213.696	0.837	0.980	*0.000*	*0.000*
R-990671	Pepperoni Calzone	21.243	26.307	3.431	10.581	*0.000*	165.603	0.837	1.071	*0.000*	*0.000*
990800	Garlic Butter, Spray	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Totals		41.866	52.893	7.114	21.317	*0.000*	379.298	1.673	2.051	*0.000*	*0.000*
% of Calories			40.845%		16.461%						

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
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 - MS/HS	6 each	75.51	165.504	3.344	631.014	*0.978*	*0.000*	6.838	0.000
		Totals	140.00	324.452	6.812	1066.992	*1.725*	*0.000*	14.060	0.000
		% of Calories			18.896%		*2.127%*	*0.000%*	39.002%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990161	Ham & Cheese Hoagie	25.868	14.513	1.492	9.409	*N/A*	147.826	0.000	0.863	*0.000*	*0.000*
R-990221	Turkey & Cheese Hoagie - MS/HS	27.898	14.744	1.492	11.950	*N/A*	144.832	0.000	1.055	*0.000*	*0.000*
	Totals	53.766	29.257	2.984	21.358	*N/A*	292.658	0.000	1.917	*0.000*	*0.000*
	% of Calories		36.070%		26.331%						

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Lawrence Public Schools

USD 497

990558 - Homemade Apple Cinnamon Scones

Number of Portions: 96.000

Source: Pickney Bakery

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
990758	Flour, White Whole Wheat (Hudson)	7 LB + 11 oz	36.32	133.184	0.000	0.000	0.000	0.605	0.000
900195	Sugar Granulated	2 LB	9.45	35.437	0.000	0.000	9.450	0.000	0.000
990705	Baking Powder	4 oz	1.18	0.000	0.000	0.000	0.000	0.000	0.000
990699	Baking Soda	1 oz	0.30	0.000	0.000	47.249	0.000	0.000	0.000
903133	Cinnamon Spice	4 tbsp	0.33	0.000	0.000	*N/A*	*N/A*	0.000	0.000
900359	Salt 25#	1 tbsp	0.19	0.000	0.000	78.987	0.000	0.000	0.000
990703	Butter Solid Salted	4 LB	18.90	134.998	9.450	121.498	0.000	14.850	0.000
990704	Buttermilk	1/2 qt	4.72	2.292	0.031	5.417	0.000	0.042	0.000
990573	Liquid Egg	5 oz	1.48	2.247	0.048	2.086	0.000	0.144	0.000
900365	Vanilla, Imitation	2 oz	0.59	0.000	0.000	0.000	0.000	0.000	0.000
900648	Applesauce, unswtnd	2 qt	20.33	8.333	0.000	1.667	1.500	*N/A*	0.000
990550	Honey Glaze for Donut	6 tbsp	1.31	4.688	0.031	0.000	1.031	0.000	0.063
		Totals	95.00	321.177	9.561	256.904	*11.981*	*0.000*	15.704
		% of Calories			26.790%		*14.921%*	*0.000%*	44.005%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
990758	0.000	26.637	4.843	4.843	0.000	14.529	0.000	1.211	0.000	0.000
900195	0.000	9.450	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	40.499	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990704	0.208	0.292	0.000	0.188	0.000	6.250	0.000	0.000	0.000	0.000
990573	5.457	0.000	0.000	0.193	*N/A*	0.835	0.000	0.032	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
900648	0.000	2.167	0.333	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990550	0.000	1.063	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	46.164	39.607	5.176	5.223	*0.000*	21.614	0.000	1.243	*0.000*
	% of Calories		49.328%		6.505%					

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Lawrence Public Schools

USD 497

990669 - Homemade Beefaroni

Number of Portions: 110.000

Group Code: ENTREES

Size of Portion: 1 cup servings

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

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
990720	Pan Spray, Professional	1 as needed	0.01	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900429	Ground Beef 81/19, raw	10 LB	41.09	128.409	2.935	27.516	0.000	*N/A*	7.705	0.000
990771	Turkey Ground Coarse 85/15	10 LB	41.24	83.931	2.190	32.843	0.000	0.000	5.474	0.000
990417	Sauce, Marinara	2 #10 can	54.55	26.182	0.000	213.818	0.436	0.000	0.655	0.000
903120	onion chopped, dehydrated	1 cup + 1/4 cup	0.91	4.545	0.000	1.299	0.065	*N/A*	0.000	0.000
990792	Tomatoes, crushed	1 #10 can	27.05	6.652	0.000	79.821	0.000	0.000	0.000	0.000
990825	Spanish Paprika	3/4 cup	0.75	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990806	Seasoning, Italian	1/2 cup	0.40	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990794	Parsley Flakes	1/4 cup	0.05	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903122	Pepper, black ground	1 TBSP	0.06	0.001	0.000	0.000	0.000	*N/A*	0.000	0.000
990826	Cayenne Pepper	1 tsp	0.02	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990799	Roasted Garlic Base	2 tbsp	0.18	0.364	0.000	17.091	0.000	0.000	0.000	0.000
990827	Chicken Base	4 tbsp	0.36	1.091	0.000	9.091	0.073	0.000	0.073	0.000
75012	Water, Hot	2 gal	69.82	0.000	0.000	2.095	0.000	*N/A*	0.000	0.000
990650	Elbow Macaroni, Dry	10 LB	41.24	147.270	0.000	0.000	0.000	0.000	0.736	0.000
75012	Water, Hot	2 qt	17.45	0.000	0.000	0.524	0.000	*N/A*	0.000	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	2 lb	8.15	26.181	1.455	49.454	0.291	*N/A*	2.036	0.000
990839	Garlic Toast, WG	110 serving	29.00	70.000	0.500	95.000	0.000	0.000	2.500	0.000
		Totals	332.00	494.626	7.079	528.551	0.865	0.000	19.178	0.000
		% of Calories			12.881%		0.700%	0.000%	34.896%	0.000%

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient											
990720	Pan Spray, Professional	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900429	Ground Beef 81/19, raw	31.185	0.000	0.000	6.237	*N/A*	9.172	0.000	0.734	*N/A*	*N/A*
990771	Turkey Ground Coarse 85/15	31.018	0.365	0.000	8.028	0.000	0.000	0.000	0.000	0.000	0.000
990417	Sauce, Marinara	0.000	4.364	0.436	0.436	*N/A*	9.164	0.000	0.436	*N/A*	*N/A*
903120	onion chopped, dehydrated	0.000	1.299	0.260	0.130	*N/A*	5.195	0.390	0.047	*N/A*	*N/A*
990792	Tomatoes, crushed	0.000	1.774	0.443	0.443	0.000	3.991	0.000	0.443	0.000	0.000
990825	Spanish Paprika	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990806	Seasoning, Italian	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990794	Parsley Flakes	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*

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990826	Cayenne Pepper	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990799	Roasted Garlic Base	0.000	0.073	0.000	0.000	0.000	0.036	0.000	0.000	0.000	0.000
990827	Chicken Base	0.000	0.145	0.000	0.073	0.000	0.000	0.000	0.000	0.000	0.000
75012	Water, Hot	0.000	0.000	0.000	0.000	*N/A*	1.396	0.000	0.007	69.749	0.070
990650	Elbow Macaroni, Dry	0.000	30.927	1.473	5.154	*N/A*	0.000	0.000	1.325	0.000	0.000
75012	Water, Hot	0.000	0.000	0.000	0.000	*N/A*	0.349	0.000	0.002	17.437	0.017
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	7.272	0.291	0.000	1.745	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990839	Garlic Toast, WG	0.000	12.000	1.000	2.000	0.000	5.000	0.000	0.600	0.000	0.000
	Totals	69.475	51.237	3.612	24.247	*0.000*	*34.303*	*0.390*	*3.594*	*87.186*	*0.087*
	% of Calories		41.435%		19.608%						

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Lawrence Public Schools

USD 497

990502 - Homemade Blueberry Scones

Number of Portions: 96.000

Source: Pickney Bakery

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
990720	Pan Spray, Professional	1 as needed	0.01	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	7 LB + 11 oz	36.32	133.184	0.000	0.000	0.000	0.000	0.605	0.000
900195	Sugar Granulated	2 LB	9.45	35.437	0.000	0.000	9.450	0.000	0.000	0.000
990705	Baking Powder	4 oz	1.18	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990699	Baking Soda	1 oz	0.30	0.000	0.000	47.249	0.000	0.000	0.000	0.000
900359	Salt 25#	1 tbsp	0.19	0.000	0.000	78.987	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	4 LB	18.90	134.998	9.450	121.498	0.000	0.000	14.850	0.000
990704	Buttermilk	2 qt	18.90	9.167	0.125	21.667	0.000	0.000	0.167	0.000
900365	Vanilla, Imitation	2 oz	0.59	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990573	Liquid Egg	9 oz	2.66	4.044	0.087	3.756	0.000	0.000	0.260	0.000
990464	Blueberry IQF	3 LB	14.17	7.087	0.000	0.000	0.000	0.000	0.101	0.000
990550	Honey Glaze for Donut	6 tbsp	1.31	4.688	0.031	0.000	1.031	0.000	0.063	0.000
		Totals	104.00	328.604	9.693	273.156	10.481	0.000	16.046	0.000
		% of Calories			26.547%		12.758%	0.000%	43.946%	0.000%

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient											
990720	Pan Spray, Professional	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	26.637	4.843	4.843	0.000	14.529	0.000	1.211	0.000	0.000
900195	Sugar Granulated	0.000	9.450	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990705	Baking Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	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	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	40.499	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990704	Buttermilk	0.833	1.167	0.000	0.750	0.000	25.000	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	0.000
990573	Liquid Egg	9.822	0.000	0.000	0.347	*N/A*	1.502	0.000	0.058	0.000	0.000
990464	Blueberry IQF	0.000	1.721	0.405	0.000	*N/A*	1.012	0.000	0.030	0.000	0.000
990550	Honey Glaze for Donut	0.000	1.063	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
		Totals	51.155	40.037	5.248	5.940	*0.000*	42.044	0.000	1.299	0.000
		% of Calories		48.736%		7.231%					

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¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990557 - Homemade Chocolate Chip Scones

Number of Portions: 96.000

Source: Pickney Bakery

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.000
990758	Flour, White Whole Wheat (Hudson)	7 LB + 11 oz	36.32	133.184	0.000	0.000	0.000	0.000	0.605	0.000
900195	Sugar Granulated	2 LB	9.45	35.437	0.000	0.000	9.450	0.000	0.000	0.000
990705	Baking Powder	4 oz	1.18	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990699	Baking Soda	1 oz	0.30	0.000	0.000	47.249	0.000	0.000	0.000	0.000
900359	Salt 25#	1 tbsp	0.19	0.000	0.000	78.987	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	4 LB	18.90	134.998	9.450	121.498	0.000	0.000	14.850	0.000
990704	Buttermilk	2 qt	18.90	9.167	0.125	21.667	0.000	0.000	0.167	0.000
900365	Vanilla, Imitation	2 oz	0.59	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990573	Liquid Egg	9 oz	2.66	4.044	0.087	3.756	0.000	0.000	0.260	0.000
990803	Chocolate Chips, Semi Sweet	2 LB	9.45	44.099	1.575	0.000	5.670	0.000	2.520	0.000
990550	Honey Glaze for Donut	6 tbsp	1.31	4.688	0.031	0.000	1.031	0.000	0.063	0.000
Totals			99.00	365.616	11.268	273.156	16.151	0.000	18.464	0.000
% of Calories					27.737%		17.670%	0.000%	45.451%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990720	Pan Spray, Professional	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	26.637	4.843	4.843	0.000	14.529	0.000	1.211	0.000	0.000
900195	Sugar Granulated	0.000	9.450	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990705	Baking Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	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	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	40.499	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990704	Buttermilk	0.833	1.167	0.000	0.750	0.000	25.000	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	0.000
990573	Liquid Egg	9.822	0.000	0.000	0.347	*N/A*	1.502	0.000	0.058	0.000	0.000
990803	Chocolate Chips, Semi Sweet	0.000	6.300	0.630	0.630	0.000	0.000	0.000	0.756	0.000	0.000
990550	Honey Glaze for Donut	0.000	1.063	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
Totals		51.155	44.616	5.473	6.570	*0.000*	41.031	0.000	2.025	0.000	0.000
% of Calories			48.811%		7.188%						

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Lawrence Public Schools

USD 497

990503 - Homemade Cinnamon Scones

Number of Portions: 96.000

Source: Pickney Bakery

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.000
990758	Flour, White Whole Wheat (Hudson)	7 LB + 11 oz	36.32	133.184	0.000	0.000	0.000	0.000	0.605	0.000
900195	Sugar Granulated	2 LB	9.45	35.437	0.000	0.000	9.450	0.000	0.000	0.000
990705	Baking Powder	4 oz	1.18	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990699	Baking Soda	1 oz	0.30	0.000	0.000	47.249	0.000	0.000	0.000	0.000
903133	Cinnamon Spice	4 tbsp	0.33	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
900359	Salt 25#	1 tbsp	0.19	0.000	0.000	78.987	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	4 LB	18.90	134.998	9.450	121.498	0.000	0.000	14.850	0.000
990704	Buttermilk	2 qt	18.90	9.167	0.125	21.667	0.000	0.000	0.167	0.000
990573	Liquid Egg	9 oz	2.66	4.044	0.087	3.756	0.000	0.000	0.260	0.000
900365	Vanilla, Imitation	2 oz	0.59	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990550	Honey Glaze for Donut	6 tbsp	1.31	4.688	0.031	0.000	1.031	0.000	0.063	0.000
Totals			90.00	321.517	9.693	273.156	*10.481*	*0.000*	15.944	0.000
% of Calories					27.132%		*13.039%*	*0.000%*	44.632%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990720	Pan Spray, Professional	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	26.637	4.843	4.843	0.000	14.529	0.000	1.211	0.000	0.000
900195	Sugar Granulated	0.000	9.450	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990705	Baking Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	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	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*
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	40.499	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990704	Buttermilk	0.833	1.167	0.000	0.750	0.000	25.000	0.000	0.000	0.000	0.000
990573	Liquid Egg	9.822	0.000	0.000	0.347	*N/A*	1.502	0.000	0.058	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	0.000
990550	Honey Glaze for Donut	0.000	1.063	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
Totals		51.155	38.316	4.843	5.940	*0.000*	41.031	0.000	1.269	*0.000*	*0.000*
% of Calories			47.669%		7.390%						

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¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990560 - Homemade Cranberry and White Chocolate Scones

Source: Pickney Bakery

Number of Portions: 96.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
990758	Flour, White Whole Wheat (Hudson)	7 LB + 11 oz	36.32	133.184	0.000	0.000	0.000	0.605	0.000
900195	Sugar Granulated	2 LB	9.45	35.437	0.000	0.000	0.000	0.000	0.000
990705	Baking Powder	4 oz	1.18	0.000	0.000	0.000	0.000	0.000	0.000
990699	Baking Soda	1 oz	0.30	0.000	0.000	47.249	0.000	0.000	0.000
900359	Salt 25#	1 tbsp	0.19	0.000	0.000	78.987	0.000	0.000	0.000
990703	Butter Solid Salted	4 LB	18.90	134.998	9.450	121.498	0.000	14.850	0.000
990704	Buttermilk	2 qt	18.90	9.167	0.125	21.667	0.000	0.167	0.000
900365	Vanilla, Imitation	2 oz	0.59	0.000	0.000	0.000	0.000	0.000	0.000
990573	Liquid Egg	9 oz	2.66	4.044	0.087	3.756	0.000	0.260	0.000
990773	White Chocolate Chips	1 LB	4.72	25.200	1.102	11.025	2.520	1.260	0.000
990647	CRAISIN-CRANBERRIES DRIED (Bulk)	1 LB + 1/2 LB	7.09	23.034	0.000	0.886	4.784	0.089	0.000
990550	Honey Glaze for Donut	6 tbsp	1.31	4.688	0.031	0.000	1.031	0.063	0.000
	Totals		102.00	369.750	10.795	285.067	17.785	17.293	0.000
	% of Calories			26.276%		19.240%	0.000%	42.092%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
990758	0.000	26.637	4.843	4.843	0.000	14.529	0.000	1.211	0.000	0.000
900195	0.000	9.450	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	40.499	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990704	0.833	1.167	0.000	0.750	0.000	25.000	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	9.822	0.000	0.000	0.347	*N/A*	1.502	0.000	0.058	0.000	0.000
990773	0.000	2.835	0.000	0.315	0.000	12.600	0.000	0.000	0.000	0.000
990647	0.000	5.847	0.354	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990550	0.000	1.063	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	51.155	46.998	5.197	6.255	53.631	0.000	1.269	0.000	0.000
	% of Calories		50.843%		6.767%					

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¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990572 - Homemade Cranberry Orange Scones

Number of Portions: 96.000

Source: Pickney Bakery

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
990720	Pan Spray, Professional	1 as needed	0.01	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	7 LB + 11 oz	36.32	133.184	0.000	0.000	0.000	0.000	0.605	0.000
900195	Sugar Granulated	2 LB	9.45	35.437	0.000	0.000	9.450	0.000	0.000	0.000
990705	Baking Powder	4 oz	1.18	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990699	Baking Soda	1 oz	0.30	0.000	0.000	47.249	0.000	0.000	0.000	0.000
900359	Salt 25#	1 tbsp	0.19	0.000	0.000	78.987	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	4 LB	18.90	134.998	9.450	121.498	0.000	0.000	14.850	0.000
990704	Buttermilk	1 qt	9.45	4.583	0.063	10.833	0.000	0.000	0.083	0.000
990497	Juice, Orange Gallon	1 qt	10.38	5.000	0.000	0.000	0.000	0.000	0.000	0.000
900365	Vanilla, Imitation	2 oz	0.59	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990573	Liquid Egg	9 oz	2.66	4.044	0.087	3.756	0.000	0.000	0.260	0.000
990647	CRAISIN-CRANBERRIES DRIED (Bulk)	2 LB	9.45	30.712	0.000	1.181	6.379	0.000	0.118	0.000
990550	Honey Glaze for Donut	6 tbsp	1.31	4.688	0.031	0.000	1.031	0.000	0.063	0.000
		Totals	100.00	352.645	9.630	263.504	16.860	0.000	15.979	0.000
		% of Calories			24.578%		19.124%	0.000%	40.781%	0.000%

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient											
990720	Pan Spray, Professional	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	26.637	4.843	4.843	0.000	14.529	0.000	1.211	0.000	0.000
900195	Sugar Granulated	0.000	9.450	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990705	Baking Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	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	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	40.499	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990704	Buttermilk	0.417	0.583	0.000	0.375	0.000	12.500	0.000	0.000	0.000	0.000
990497	Juice, Orange Gallon	0.000	1.208	0.000	0.083	*N/A*	1.125	0.000	0.013	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	0.000
990573	Liquid Egg	9.822	0.000	0.000	0.347	*N/A*	1.502	0.000	0.058	0.000	0.000
990647	CRAISIN-CRANBERRIES DRIED (Bulk)	0.000	7.796	0.472	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990550	Honey Glaze for Donut	0.000	1.063	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
		Totals	50.738	46.737	5.316	5.648	*0.000*	29.656	0.000	1.282	0.000
		% of Calories		53.013%		6.406%					

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¹ - denotes required nutrient values

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	22.00	90.454	0.000	90.454	5.025	0.000	2.513	0.000
		% of Calories			0.000%		22.221%	0.000%	25.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	17.086	1.005	0.000	10.050	0.000	0.704	0.000	0.000
		% of Calories		75.556%	4.444%						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient			Quantity	(g)	(kcal)	(g)	Sugars	Sugars	Fat	Fat
990620	DRESSING HONEY MUSTARD	1 jar	28.35	97.451	1.329	124.029	6.201	0.000	7.087	0.000
		Totals	28.00	97.451	1.329	124.029	6.201	0.000	7.087	0.000
		% of Calories			12.273%		25.453%	0.000%	65.455%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	8.859	7.973	0.000	0.000	*N/A*	0.000	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	114.00	300.000	6.000	750.000	1.000	*N/A*	16.500	0.000
		% of Calories			18.000%		1.333%	*N/A%*	49.500%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	25.000	27.000	3.000	10.000	*N/A*	11.000	0.000	2.720	*0.000*	*0.000*
	% of Calories		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

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
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
		Totals	126.00	299.701	6.693	933.982	3.262	*N/A*	12.877	0.000
		% of Calories			20.100%		4.354%	*N/A%*	38.670%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
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*
903316	Pretzel Bun, WW		0.000	29.173	3.018	5.030	*N/A*	20.119	0.000	1.811	*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*
		Totals	44.062	32.448	3.018	15.717	*N/A*	151.742	0.000	2.162	*N/A*	*N/A*
		% of Calories		43.306%		20.977%						

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Lawrence Public Schools

USD 497

990584 - Hot Turkey & Cheese on Pretzel Bun

Number of Portions: 4.000

Group Code: SANDWICHES

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903316 Pretzel Bun, WW	4 each	62.37	160.952	1.006	40.238	2.012	*N/A*	2.515	0.000
900009 Turkey, Breast Extra Lean Roasted, Sliced	16 slice	56.70	48.050	0.000	624.652	0.961	*N/A*	0.481	0.000
900372 Cheese, Sliced, American Yellow Style	8 (2 slices)	56.70	202.496	10.125	1012.482	0.000	*N/A*	18.225	0.000
	Totals	176.00	411.499	11.131	1677.372	2.973	*N/A*	21.220	0.000
	% of Calories			24.344%		2.890%	*N/A%*	46.411%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*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	50.624	4.050	0.000	10.125	*N/A*	263.245	0.000	0.202	*N/A*	*N/A*
	Totals	74.649	34.184	3.018	25.726	283.364	0.000	2.398	*0.000*	*0.000*
	% of Calories		33.228%		25.007%					

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Lawrence Public Schools

USD 497

990519 - How to Bake Scones

Number of Portions: 96.000

Source: Pickney Bakery

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990502	Homemade Blueberry Scones	48 Servings	51.99	164.302	4.846	136.578	5.241	0.000	8.023	0.000
R-990503	Homemade Cinnamon Scones	48 Servings	45.07	160.759	4.846	136.578	*5.241*	*0.000*	7.972	0.000
		Totals	97.00	325.060	9.693	273.156	*10.481*	*0.000*	15.995	0.000
		% of Calories			26.836%		*12.897%*	*0.000%*	44.285%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990502	Homemade Blueberry Scones	25.578	20.018	2.624	2.970	*0.000*	21.022	0.000	0.650	0.000	0.000
R-990503	Homemade Cinnamon Scones	25.578	19.158	2.422	2.970	*0.000*	20.516	0.000	0.635	*0.000*	*0.000*
		Totals	51.155	39.176	5.046	*0.000*	41.538	0.000	1.284	*0.000*	*0.000*
		% of Calories		48.208%		7.309%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	57.00	150.000	1.500	250.000	0.000	*N/A*	11.000	0.000
	% of Calories			9.000%		0.000%	*N/A%*	66.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	9.000	3.000	4.000	25.000	0.000	0.180	*N/A*	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	141.00	394.610	5.915	751.785	1.829	*N/A*	21.573	0.000
		% of Calories			13.489%		1.854%	*N/A%*	49.201%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	15.000	34.606	5.744	15.487	*N/A*	252.435	0.000	1.552	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			126.00	280.975	6.021	411.428	2.007	0.000	12.042	0.000
% of Calories					19.286%		2.857%	0.000%	38.571%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		30.104	28.098	3.010	15.052	*N/A*	280.975	0.000	1.706	0.000	0.000
% of Calories			40.000%		21.428%						

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Lawrence Public Schools

USD 497

990556 - Intern

Number of Portions: 1.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
990417	Sauce, Marinara	1 oz	28.35	13.608	0.000	111.130	0.227	0.000	0.340	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 oz	28.35	16.266	0.000	130.129	1.859	*N/A*	0.000	0.000
990452	Dressing, Jalapeno Ranch	1 oz	28.35	141.748	2.531	344.244	0.000	0.000	15.187	0.000
990576	Tomato Juice	1 oz	28.35	22.781	0.000	318.932	0.000	0.000	0.000	0.000
990569	Tomato Puree	1 oz	28.35	13.500	0.000	6.750	0.000	0.000	0.000	0.000
990506	Orange, Mandarin Canned	1 oz	28.35	14.175	0.000	2.025	3.442	0.000	0.000	0.000
902997	BEANS, GREAT NORTHERN, CANNED	1 oz	28.35	17.446	0.000	30.530	0.000	*N/A*	0.000	0.000
902970	Black Beans, Fancy Canned	1 oz	28.35	26.169	0.000	30.530	0.218	*N/A*	0.109	0.000
902216	fruit cocktail, in light-syrup canned	1 oz	28.35	13.718	0.000	2.286	2.515	*N/A*	0.000	0.000
900040	PINEAPPLE TIDBIT in juice	1 oz	28.35	16.266	0.000	0.000	0.000	0.000	0.000	0.000
902936	Pear sliced in juice	1 oz	28.35	16.200	0.000	0.000	2.632	*N/A*	0.000	0.000
902191	Peach, Sliced in Light-Syrup Canned Yellow	1 oz	28.35	13.718	0.000	2.286	2.515	*N/A*	0.000	0.000
990680	Apples, Sliced in Water	1 oz	28.35	13.608	0.000	0.000	0.000	0.000	0.000	0.000
990444	Sauce, Teriyaki Glaze	1 oz	28.35	35.437	0.000	732.362	7.087	0.000	0.000	0.000
990714	Sauce Soy Packet	1 oz	28.35	0.000	0.000	629.989	0.000	0.000	0.000	0.000
903304	salsa cup	1 oz	28.35	9.889	0.000	63.292	0.659	*N/A*	0.000	0.000
990484	Sauce Picante Mild	1 oz	28.35	8.859	0.000	221.480	0.000	0.000	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	1 oz	28.35	56.699	0.472	302.395	0.945	0.000	3.780	0.000
990501	Dressing Caesar Creamy	1 oz	28.35	146.635	2.444	273.719	*N/A*	*N/A*	15.641	*N/A*
801	BEANS GARBANZO ,CANNED	1 oz	28.35	28.350	0.000	87.229	0.872	*N/A*	0.436	0.000
990508	Frank's Hot Sauce	1 oz	28.35	0.000	0.000	1077.281	0.000	0.000	0.000	0.000
990619	Ketchup, Jug w/ Pump	1 oz	28.35	33.352	0.000	266.819	6.670	0.000	0.000	0.000
990623	Mayonnaise Packet, Lite	1 oz	28.35	70.874	0.000	200.809	0.000	0.000	7.087	0.000
602138	Dressing,Ranch,Single Serve PKT	1 oz	28.35	131.858	2.308	210.973	0.000	0.000	14.504	0.000
990621	MUSTARD PKT	1 oz	28.35	0.000	0.000	307.120	0.000	0.000	0.000	0.000
990489	Sauce BBQ Smokey	1 oz	28.35	23.625	0.000	245.696	3.780	3.780	1.417	0.000
990690	Vegetable Base	1 oz	28.35	62.999	0.000	2960.948	6.300	0.000	0.000	0.000
990561	Cream Cheese Plain, Cup	1 oz	28.35	70.874	4.050	111.373	0.000	0.000	7.087	0.000
990465	Yogurt, Strawberry (for parfaits)	1 oz	28.35	25.088	0.000	12.544	2.760	0.000	0.125	0.000
990389	Yogurt, Vanilla Parfait Pouch	1 oz	28.35	25.088	0.000	12.544	2.760	*N/A*	0.125	0.000
900006	Cheese, American Shred	1 oz	28.35	101.248	5.062	496.116	0.000	*N/A*	8.100	0.000
900648	Applesauce, unswtnd	1 oz	28.35	11.619	0.000	2.324	2.091	*N/A*	0.000	0.000
990625	PICKLE sliced dill hamburger krinkle cut	1 oz	28.35	0.000	0.000	263.245	0.000	0.000	0.000	0.000

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990618	Sour Cream	1 oz	28.35	56.699	3.307	47.249	0.000	0.000	4.725	0.000
990620	DRESSING HONEY MUSTARD	1 oz	28.35	97.451	1.329	124.029	6.201	0.000	7.087	0.000
		Totals	992.00	1335.844	21.504	9628.379	*53.535*	*3.780*	85.753	*0.000*
		% of Calories			14.488%		*16.030%*	*1.132%*	57.775%	*0.000%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990417	Sauce, Marinara	0.000	2.268	0.227	0.227	*N/A*	4.763	0.000	0.227	*N/A*	*N/A*
902179	Sauce, Pizza Tomato Midwest w/basil	0.000	3.253	0.929	0.929	*N/A*	0.000	1.673	0.502	0.000	0.000
990452	Dressing, Jalapeno Ranch	10.125	2.025	0.000	1.012	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990576	Tomato Juice	0.000	5.062	0.000	1.012	*N/A*	12.150	0.000	0.506	0.000	0.000
990569	Tomato Puree	0.000	3.150	0.900	0.450	*N/A*	5.850	0.000	0.450	0.000	0.000
990506	Orange, Mandarin Canned	0.000	3.442	0.202	0.202	*N/A*	4.050	4.252	0.146	0.000	0.000
902997	BEANS, GREAT NORTHERN, CANNED	0.000	3.271	1.090	1.308	*N/A*	0.000	0.000	0.393	*N/A*	*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*	*N/A*
902216	fruit cocktail, in light-syrup canned	0.000	3.887	0.000	0.000	*N/A*	0.000	0.274	0.000	0.000	0.000
900040	PINEAPPLE TIDBIT in juice	0.000	3.718	0.232	0.232	*N/A*	0.000	0.000	0.093	0.000	0.000
902936	Pear sliced in juice	0.000	4.050	0.607	0.000	*N/A*	2.835	0.000	0.000	*N/A*	*N/A*
902191	Peach, Sliced in Light-Syrup Canned Yellow	0.000	3.201	0.229	0.000	*N/A*	0.000	0.274	0.000	0.000	0.000
990680	Apples, Sliced in Water	0.000	3.402	0.680	0.000	0.000	1.588	0.000	0.000	0.000	0.000
990444	Sauce, Teriyaki Glaze	0.000	7.875	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990714	Sauce Soy Packet	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903304	salsa cup	0.000	1.978	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	0.000
990484	Sauce Picante Mild	0.000	1.772	0.886	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
990501	Dressing Caesar Creamy	*N/A*	0.978	*N/A*	0.978	*N/A*	0.000	0.000	0.000	0.000	0.000
801	BEANS GARBANZO ,CANNED	0.000	4.798	1.308	1.527	*N/A*	8.723	0.000	0.393	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
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
990623	Mayonnaise Packet, Lite	11.812	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
602138	Dressing,Ranch,Single Serve PKT	6.593	1.319	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990621	MUSTARD PKT	0.000	0.000	0.000	0.000	*N/A*	0.000	*N/A*	0.000	*N/A*	*N/A*
990489	Sauce BBQ Smokey	0.000	5.670	0.945	0.945	*N/A*	0.000	0.000	0.000	0.000	0.000
990690	Vegetable Base	0.000	12.600	0.000	0.000	0.000	0.000	0.000	0.000	0.000	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	0.000
990465	Yogurt, Strawberry (for parfaits)	0.000	5.018	0.000	0.753	*N/A*	30.106	0.000	0.000	0.000	0.000
990389	Yogurt, Vanilla Parfait Pouch	0.000	5.018	0.000	0.753	*N/A*	30.106	0.000	0.000	*N/A*	*N/A*
900006	Cheese, American Shred	25.312	2.025	0.000	5.062	*N/A*	141.748	0.000	0.101	*N/A*	*N/A*
900648	Applesauce, unswtnd	0.000	3.021	0.465	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990625	PICKLE sliced dill hamburger krinkle cut	0.000	0.000	0.000	0.000	*N/A*	20.250	*N/A*	0.081	*N/A*	*N/A*
990618	Sour Cream	18.900	1.890	0.000	0.945	*N/A*	37.799	0.000	0.000	0.000	0.000
990620	DRESSING HONEY MUSTARD	8.859	7.973	0.000	0.000	*N/A*	0.000	*N/A*	0.000	*N/A*	*N/A*

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	Totals	*111.300*	124.655	*10.011*	18.875	*0.000*	345.449	*6.474*	3.284	*0.000*	*0.000*
	% of Calories		37.326%		5.652%						

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990688 - Interview Recipe

Number of Portions: 1.000

Group Code: MISCELLANEOUS

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990689	Rice Brown Parboiled Whole Grain Quick Cook, Dry	1/2 cup	94.00	340.000	0.000	0.000	0.000	0.000	3.000	0.000
75010	Water, Cold	4 oz	113.40	0.000	0.000	3.402	0.000	*N/A*	0.000	0.000
990695	Flour, All Purpose	4 oz	113.40	415.793	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	321.00	755.793	0.000	3.402	0.000	0.000	3.000	0.000
		% of Calories			0.000%		0.000%	0.000%	3.572%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990689	Rice Brown Parboiled Whole Grain Quick Cook, Dry	0.000	72.000	4.000	8.000	0.000	10.000	0.000	2.000	0.000	0.000
75010	Water, Cold	0.000	0.000	0.000	0.000	*N/A*	2.268	0.000	0.011	113.285	0.113
990695	Flour, All Purpose	0.000	83.159	3.780	15.120	0.000	0.000	0.000	4.914	0.000	0.000
	Totals	0.000	155.159	7.780	23.120	*0.000*	12.268	0.000	6.925	113.285	0.113
	% of Calories		82.117%		12.236%						

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990257 - Italian Cavatappi Bake w/ Breadstick (Bakery)

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990688 al Dente Pasta Sauce	1 #10 can + 1/2 #10 can	74.42	53.581	0.298	321.483	0.595	0.000	2.679	0.000
990722 Cheese, Mozzarella, Low Moisture Part Skim, S	3 lb + 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	0.000	0.675	0.000
990430 Cheese, Cottage 2%	5 LB	37.80	30.106	0.502	113.733	0.335	0.000	0.836	0.000
990688 al Dente Pasta Sauce	1/2 #10 can	24.81	17.860	0.099	107.161	0.198	0.000	0.893	0.000
990722 Cheese, Mozzarella, Low Moisture Part Skim, S	1 lb + 1/2 lb	11.20	35.999	2.000	68.000	0.400	*N/A*	2.800	0.000
R-990497 Whole Wheat Garlic Breadstick 51%, 2 oz	60 (2 oz servings)	74.80	219.824	1.256	514.533	3.969	0.000	9.667	0.000
	Totals	287.00	576.365	8.821	1283.576	6.430	0.000	24.084	0.000
	% of Calories			13.774%		4.462%	0.000%	37.607%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000
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*	*N/A*
990475 Pasta, Cavatappi, Dry	0.000	28.350	1.350	4.725	*N/A*	0.000	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*	*N/A*
990688 al Dente Pasta Sauce	0.000	2.381	0.595	0.397	0.000	4.564	0.000	0.000	0.000	0.000
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*	*N/A*
R-990497 Whole Wheat Garlic Breadstick 51%, 2 oz	0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
	Totals	38.842	71.741	6.643	24.198	*80.150*	*0.000*	*2.177*	*0.000*	*0.000*
	% of Calories		49.789%		16.794%					

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990650 - Italian Dunkers - EC

Number of Portions: 200.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
	Ingredient	Quantity								
900429	Ground Beef 81/19, raw	10 LB	22.60	70.625	1.614	15.134	0.000	*N/A*	4.237	0.000
990771	Turkey Ground Coarse 85/15	10 LB	22.68	46.162	1.204	18.063	0.000	0.000	3.011	0.000
903120	onion chopped, dehydrated	1 cup	0.40	2.000	0.000	0.571	0.029	*N/A*	0.000	0.000
990487	Spice Garlic Powder	1 cup + 1/2 cup	1.15	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990793	Tomato Paste	1 #10 can	15.74	14.309	0.000	9.539	0.000	0.000	0.000	0.000
990792	Tomatoes, crushed	3 #10 can	44.63	10.975	0.000	131.705	0.000	0.000	0.000	0.000
75012	Water, Hot	2 qt + 1/2 qt	12.00	0.000	0.000	0.360	0.000	*N/A*	0.000	0.000
990690	Vegetable Base	3 tbsp	0.27	0.600	0.000	28.200	0.060	0.000	0.000	0.000
903125	Chili Powder	5 TBSP	0.19	0.000	0.000	4.688	0.000	*N/A*	0.000	0.000
990491	Spice Oregano	1 cup	0.43	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990795	Basil Leaves, Ground	1 cup	0.10	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990794	Parsley Flakes	1/2 cup	0.05	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	1 tbsp	0.09	0.000	0.000	36.146	0.000	0.000	0.000	0.000
903122	Pepper, black ground	1/2 TBSP	0.02	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	6 lb + 4 OZ	14.00	44.999	2.500	85.000	0.500	*N/A*	3.500	0.000
R-990564	Whole Wheat Garlic Breadstick 51%, 1.5 oz	200 (1.5 oz servings)	56.67	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		Totals	191.00	356.203	6.270	719.204	3.595	0.000	18.072	0.000
		% of Calories			15.841%		4.037%	0.000%	45.661%	0.000%

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient											
900429	Ground Beef 81/19, raw	17.152	0.000	0.000	3.430	*N/A*	5.045	0.000	0.404	*N/A*	*N/A*
990771	Turkey Ground Coarse 85/15	17.060	0.201	0.000	4.415	0.000	0.000	0.000	0.000	0.000	0.000
903120	onion chopped, dehydrated	0.000	0.571	0.114	0.057	*N/A*	2.286	0.171	0.021	*N/A*	*N/A*
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990793	Tomato Paste	0.000	2.862	0.477	0.477	0.000	0.000	0.000	0.000	0.000	0.000
990792	Tomatoes, crushed	0.000	2.927	0.732	0.732	0.000	6.585	0.000	0.732	0.000	0.000
75012	Water, Hot	0.000	0.000	0.000	0.000	*N/A*	0.240	0.000	0.001	11.988	0.012
990690	Vegetable Base	0.000	0.120	0.000	0.000	0.000	0.000	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*	*N/A*
990491	Spice Oregano	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990795	Basil Leaves, Ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990794	Parsley Flakes	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

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903122	Pepper, black ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
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-990564	Whole Wheat Garlic Breadstick 51%, 1.5 oz	0.374	23.380	2.206	4.197	*0.000*	21.547	0.000	0.729	*0.000*	*0.000*
	Totals	47.085	30.560	3.529	16.307	*0.000*	*35.703*	*0.171*	*1.886*	*11.988*	*0.012*
	% of Calories		34.318%		18.312%						

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990649 - Italian Dunkers - ES

Number of Portions: 200.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
	Ingredient	Quantity								
900429	Ground Beef 81/19, raw	10 LB	22.60	70.625	1.614	15.134	0.000	*N/A*	4.237	0.000
990771	Turkey Ground Coarse 85/15	10 LB	22.68	46.162	1.204	18.063	0.000	0.000	3.011	0.000
903120	onion chopped, dehydrated	1 cup	0.40	2.000	0.000	0.571	0.029	*N/A*	0.000	0.000
990487	Spice Garlic Powder	1 cup + 1/2 cup	1.15	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990793	Tomato Paste	1 #10 can	15.74	14.309	0.000	9.539	0.000	0.000	0.000	0.000
990792	Tomatoes, crushed	3 #10 can	44.63	10.975	0.000	131.705	0.000	0.000	0.000	0.000
75012	Water, Hot	2 qt + 1/2 qt	12.00	0.000	0.000	0.360	0.000	*N/A*	0.000	0.000
990690	Vegetable Base	3 tbsp	0.27	0.600	0.000	28.200	0.060	0.000	0.000	0.000
903125	Chili Powder	5 TBSP	0.19	0.000	0.000	4.688	0.000	*N/A*	0.000	0.000
990491	Spice Oregano	1 cup	0.43	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990795	Basil Leaves, Ground	1 cup	0.10	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990794	Parsley Flakes	1/2 cup	0.05	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	1 tbsp	0.09	0.000	0.000	36.146	0.000	0.000	0.000	0.000
903122	Pepper, black ground	1/2 TBSP	0.02	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	6 lb + 4 OZ	14.00	44.999	2.500	85.000	0.500	*N/A*	3.500	0.000
R-990564	Whole Wheat Garlic Breadstick 51%, 1.5 oz	400 (1.5 oz servings)	113.33	333.066	1.902	779.596	6.014	0.000	14.647	0.000
		Totals	248.00	522.736	7.221	1109.002	6.602	0.000	25.395	0.000
		% of Calories			12.432%		5.052%	0.000%	43.723%	0.000%

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient											
900429	Ground Beef 81/19, raw	17.152	0.000	0.000	3.430	*N/A*	5.045	0.000	0.404	*N/A*	*N/A*
990771	Turkey Ground Coarse 85/15	17.060	0.201	0.000	4.415	0.000	0.000	0.000	0.000	0.000	0.000
903120	onion chopped, dehydrated	0.000	0.571	0.114	0.057	*N/A*	2.286	0.171	0.021	*N/A*	*N/A*
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990793	Tomato Paste	0.000	2.862	0.477	0.477	0.000	0.000	0.000	0.000	0.000	0.000
990792	Tomatoes, crushed	0.000	2.927	0.732	0.732	0.000	6.585	0.000	0.732	0.000	0.000
75012	Water, Hot	0.000	0.000	0.000	0.000	*N/A*	0.240	0.000	0.001	11.988	0.012
990690	Vegetable Base	0.000	0.120	0.000	0.000	0.000	0.000	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*	*N/A*
990491	Spice Oregano	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990795	Basil Leaves, Ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990794	Parsley Flakes	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

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903122	Pepper, black ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
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-990564	Whole Wheat Garlic Breadstick 51%, 1.5 oz	0.748	46.759	4.412	8.394	*0.000*	43.094	0.000	1.458	*0.000*	*0.000*
	Totals	47.459	53.940	5.735	20.504	*0.000*	*57.250*	*0.171*	*2.615*	*11.988*	*0.012*
	% of Calories		41.275%		15.690%						

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Lawrence Public Schools

USD 497

990607 - Italian Dunkers - MS/HS

Number of Portions: 160.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900429	Ground Beef 81/19, raw	10 LB	28.25	88.281	2.018	18.917	0.000	*N/A*	5.297	0.000
990771	Turkey Ground Coarse 85/15	10 LB	28.35	57.703	1.505	22.579	0.000	0.000	3.763	0.000
903120	onion chopped, dehydrated	1 cup	0.50	2.500	0.000	0.714	0.036	*N/A*	0.000	0.000
990487	Spice Garlic Powder	1 cup + 1/2 cup	1.44	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990793	Tomato Paste	1 #10 can	19.67	17.886	0.000	11.924	0.000	0.000	0.000	0.000
990792	Tomatoes, crushed	3 #10 can	55.79	13.719	0.000	164.632	0.000	0.000	0.000	0.000
75012	Water, Hot	2 qt + 1/2 qt	15.00	0.000	0.000	0.450	0.000	*N/A*	0.000	0.000
990690	Vegetable Base	3 tbsp	0.34	0.750	0.000	35.250	0.075	0.000	0.000	0.000
903125	Chili Powder	5 TBSP	0.23	0.000	0.000	5.859	0.000	*N/A*	0.000	0.000
990491	Spice Oregano	1 cup	0.53	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990795	Basil Leaves, Ground	1 cup	0.13	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990794	Parsley Flakes	1/2 cup	0.07	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	1 tbsp	0.11	0.000	0.000	45.182	0.000	0.000	0.000	0.000
903122	Pepper, black ground	1/2 TBSP	0.02	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	5 lb	14.00	44.999	2.500	85.000	0.500	*N/A*	3.500	0.000
R-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	320 (2 oz servings)	149.60	439.648	2.511	1029.066	7.938	0.000	19.334	0.000
		Totals	314.00	665.486	8.534	1419.573	8.549	0.000	31.894	0.000
		% of Calories			11.541%		5.139%	0.000%	43.134%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900429	Ground Beef 81/19, raw	21.440	0.000	0.000	4.288	*N/A*	6.306	0.000	0.504	*N/A*	*N/A*
990771	Turkey Ground Coarse 85/15	21.325	0.251	0.000	5.519	0.000	0.000	0.000	0.000	0.000	0.000
903120	onion chopped, dehydrated	0.000	0.714	0.143	0.071	*N/A*	2.857	0.214	0.026	*N/A*	*N/A*
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990793	Tomato Paste	0.000	3.577	0.596	0.596	0.000	0.000	0.000	0.000	0.000	0.000
990792	Tomatoes, crushed	0.000	3.658	0.915	0.915	0.000	8.232	0.000	0.915	0.000	0.000
75012	Water, Hot	0.000	0.000	0.000	0.000	*N/A*	0.300	0.000	0.002	14.985	0.015
990690	Vegetable Base	0.000	0.150	0.000	0.000	0.000	0.000	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*	*N/A*
990491	Spice Oregano	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990795	Basil Leaves, Ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990794	Parsley Flakes	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990791	Kosher Salt	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

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903122	Pepper, black ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
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-990497	Whole Wheat Garlic Breadstick 51%, 2 oz	0.986	61.722	5.824	11.080	*0.000*	56.884	0.000	1.924	*0.000*	*0.000*
	Totals	56.250	70.573	7.478	25.468	*0.000*	*74.579*	*0.214*	*3.370*	*14.985*	*0.015*
	% of Calories		42.419%		15.308%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.000
	Totals	85.00	30.017	0.000	20.011	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*N/A*
	Totals	0.000	6.003	2.001	2.001	*N/A*	22.013	0.000	1.001	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	28.00	141.748	2.531	344.244	0.000	0.000	15.187	0.000
	% of Calories			16.071%		0.000%	0.000%	96.428%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	10.125	2.025	0.000	1.012	*N/A*	0.000	0.000	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
		Totals	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
		% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

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

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Lawrence Public Schools

USD 497

1109 - Jelly, Assorted

Number of Portions: 50.000

Size of Portion: 1 SS Cup

*Nutrients are based upon 1 Portion Size (1 SS Cup)

Source: USD 497

Group Code: Condiments and Dressings

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903276 Jelly, Assorted	50 SS Cup	14.17	35.437	0.000	0.000	6.075	*N/A*	0.000	0.000
	Totals	14.00	35.437	0.000	0.000	6.075	*N/A*	0.000	0.000
	% of Calories			0.000%		68.572%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903276 Jelly, Assorted	0.000	9.112	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	0.000	9.112	0.000	0.000	*N/A*	0.000	0.000	*N/A*	*N/A*
	% of Calories		102.857%		0.000%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903361	Jicama, Fresh	1/2 CUP	50.00	18.750	0.000	2.083	0.000	*N/A*	0.000	0.000
		Totals	50.00	18.750	0.000	2.083	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903361	Jicama, Fresh	0.000	4.583	2.500	0.417	*N/A*	8.333	0.000	0.150	*N/A*	*N/A*
		Totals	0.000	4.583	0.417	*N/A*	8.333	0.000	0.150	*N/A*	*N/A*
		% of Calories		97.777%	8.896%						

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Lawrence Public Schools

USD 497

990514 - Johnathan Apples

Number of Portions: 2.000

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990394	Apple, Local Variety	2 (1/2 cup)	61.23	31.963	0.000	0.673	6.393	0.000	0.101	0.000
		Totals	61.00	31.963	0.000	0.673	6.393	0.000	0.101	0.000
		% of Calories			0.000%		80.005%	0.000%	2.841%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990394	Apple, Local Variety	0.000	8.411	1.480	0.168	*N/A*	3.365	2.826	0.061	*N/A*	*N/A*
	Totals	0.000	8.411	1.480	0.168	*N/A*	3.365	2.826	0.061	*N/A*	*N/A*
	% of Calories		105.264%		2.102%						

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Lawrence Public Schools

USD 497

364 - Juice 4 oz Assorted

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			113.00	63.000	0.000	6.500	12.900	*N/A*	0.000	0.000
% of Calories					0.000%		81.905%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*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*	*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*	*N/A*
Totals		0.000	14.600	0.000	0.000	*N/A*	3.000	60.000	0.000	*N/A*	*N/A*
% of Calories			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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	227.00	126.000	0.000	13.000	25.800	*N/A*	0.000	0.000
		% of Calories			0.000%		81.905%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	29.200	0.000	0.000	*N/A*	6.000	120.000	0.000	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	8165.00	4320.000	0.000	360.000	864.000	*N/A*	0.000	0.000
	% of Calories			0.000%		80.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	1008.000	0.000	0.000	*N/A*	0.000	4320.000	0.000	*N/A*	*N/A*
	% of Calories		93.333%		0.000%						

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¹ - denotes required nutrient values

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Lawrence Public Schools

USD 497

990307 - Juice Box Asst. SFSP

Number of Portions: 4.000

Group Code: JUICE

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990815	Juice, Fruit Punch (4.23 oz)	1 box	29.98	15.000	0.000	3.750	3.250	0.000	0.000
990813	Juice, Apple (4.23 oz box)	1 box	29.98	15.000	0.000	1.250	3.000	0.000	0.000
990816	Juice, Orange Tangerine (4.23 oz)	1 each	29.98	15.000	0.000	3.750	3.250	0.000	0.000
990814	Juice, Straw-Kiwi	1 box	29.98	15.000	0.000	1.250	2.750	0.000	0.000
		Totals	120.00	60.000	0.000	10.000	12.250	0.000	0.000
		% of Calories			0.000%		81.667%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990815	Juice, Fruit Punch (4.23 oz)	0.000	3.750	0.000	0.000	125.000	5.000	15.000	0.000	0.000
990813	Juice, Apple (4.23 oz box)	0.000	3.500	0.000	0.000	125.000	5.000	15.000	0.000	0.000
990816	Juice, Orange Tangerine (4.23 oz)	0.000	3.750	0.000	0.000	125.000	5.000	15.000	0.000	0.000
990814	Juice, Straw-Kiwi	0.000	3.750	0.000	0.000	125.000	5.000	15.000	0.000	0.000
	Totals	0.000	14.750	0.000	0.000	500.000	20.000	60.000	0.000	0.000
	% of Calories		98.333%		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	113.00	80.000	0.000	20.000	18.000	*N/A*	0.000	0.000
	% of Calories			0.000%		90.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	19.000	0.000	0.000	*N/A*	20.000	60.000	0.000	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	113.00	60.000	0.000	0.000	12.000	*N/A*	0.000	0.000
	% of Calories			0.000%		80.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	13.000	0.000	0.000	*N/A*	0.000	60.000	0.000	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			125.00	85.000	0.000	37.500	19.000	*N/A*	0.000	0.000
% of Calories					0.000%		89.412%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
Totals		0.000	21.000	0.000	0.000	*N/A*	80.000	60.000	0.360	*N/A*	*N/A*
% of Calories			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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	125.00	80.000	0.000	45.000	19.000	*N/A*	0.000	0.000
	% of Calories			0.000%		95.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	20.000	0.000	0.000	80.000	60.000	0.360	*N/A*	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	125.00	90.000	0.000	30.000	19.000	*N/A*	0.000	0.000
		% of Calories			0.000%		84.444%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	22.000	0.000	*N/A*	80.000	60.000	0.360	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	28.00	33.352	0.000	266.819	6.670	0.000	0.000	0.000
		% of Calories			0.000%		79.995%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	8.338	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
		% of Calories		100.001%	0.000%						

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Lawrence Public Schools

USD 497

990509 - Kiwi

Number of Portions: 54.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990747	FFVP Only -- Kiwi	1 case	65.52	38.794	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	66.00	38.794	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990747	FFVP Only -- Kiwi	0.000	9.483	1.724	0.000	0.000	22.414	0.000	0.207	0.000	0.000
		Totals	0.000	9.483	1.724	0.000	22.414	0.000	0.207	0.000	0.000
		% of Calories		97.778%		0.000%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	16.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	0.999	0.999	0.000	*N/A*	3.997	0.000	0.060	0.000
	% of Calories		*N/A%*		*N/A%*					

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Lawrence Public Schools
USD 497

990513 - Kumquats

Number of Portions: 80.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990741	Kumquats	1 case	56.70	44.762	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	57.00	44.762	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990741	Kumquats	0.000	8.952	2.984	0.000	0.000	35.810	0.000	0.477	0.000	0.000
		Totals	0.000	8.953	0.000	0.000	35.810	0.000	0.477	0.000	0.000
		% of Calories		80.001%		0.000%					

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Lawrence Public Schools

USD 497

990597 - Lemonade Bars - MS/HS

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990720	Pan Spray, Professional	1 as needed	0.02	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990426	Muffin Mix WG	1 bag	45.36	181.437	1.701	209.786	17.577	0.000	3.402	0.000
75010	Water, Cold	5 cup	24.00	0.000	0.000	0.720	0.000	*N/A*	0.000	0.000
990801	Real Lemon, Lemon Juice	7 fl.oz	3.97	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900365	Vanilla, Imitation	1 1/2 oz	0.85	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990828	Lemon Extract	1 oz	0.57	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	8 oz	4.54	9.072	0.529	7.560	0.000	0.000	0.756	0.000
990550	Honey Glaze for Donut	10 oz	5.67	20.250	0.135	0.000	4.455	0.000	0.270	0.000
Totals			85.00	210.758	2.365	218.066	22.032	0.000	4.428	0.000
% of Calories					10.100%		41.815%	0.000%	18.908%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990720	Pan Spray, Professional	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990426	Muffin Mix WG	0.000	34.586	1.701	2.835	*N/A*	39.689	0.000	0.907	*N/A*	*N/A*
75010	Water, Cold	0.000	0.000	0.000	0.000	*N/A*	0.480	0.000	0.002	23.977	0.024
990801	Real Lemon, Lemon Juice	0.000	0.000	0.000	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	0.000
990828	Lemon Extract	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	3.024	0.302	0.000	0.151	*N/A*	6.048	0.000	0.000	0.000	0.000
990550	Honey Glaze for Donut	0.000	4.590	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
Totals		3.024	39.479	1.701	2.986	*0.000*	46.217	0.000	0.910	*23.977*	*0.024*
% of Calories			74.927%		5.667%						

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Lawrence Public Schools

USD 497

990578 - Lemonade Bars (ES)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.000
990426	Muffin Mix WG	1 bag	22.68	90.718	0.850	104.893	8.788	0.000	1.701	0.000
75010	Water, Cold	5 fl.oz	1.42	0.000	0.000	0.043	0.000	*N/A*	0.000	0.000
990801	Real Lemon, Lemon Juice	7 fl.oz	1.98	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990828	Lemon Extract	1 oz	0.28	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	8 oz	2.27	4.536	0.265	3.780	0.000	0.000	0.378	0.000
900365	Vanilla, Imitation	1 1/2 oz	0.43	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990550	Honey Glaze for Donut	10 oz	2.83	10.125	0.067	0.000	2.227	0.000	0.135	0.000
Totals			32.00	105.379	1.183	108.716	11.016	0.000	2.214	0.000
% of Calories					10.100%		41.815%	0.000%	18.909%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990720	Pan Spray, Professional	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990426	Muffin Mix WG	0.000	17.293	0.850	1.417	*N/A*	19.845	0.000	0.454	*N/A*	*N/A*
75010	Water, Cold	0.000	0.000	0.000	0.000	*N/A*	0.028	0.000	0.000	1.416	0.001
990801	Real Lemon, Lemon Juice	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990828	Lemon Extract	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990618	Sour Cream	1.512	0.151	0.000	0.076	*N/A*	3.024	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	0.000
990550	Honey Glaze for Donut	0.000	2.295	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
Totals		1.512	19.739	0.850	1.493	*0.000*	22.897	0.000	0.454	*1.416*	*0.001*
% of Calories			74.927%		5.667%						

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Lawrence Public Schools

USD 497

990647 - Lemonade Bars (FSHS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990597	Lemonade Bars - MS/HS	1 Recipe	84.97	210.758	2.365	218.066	22.032	0.000	4.428	0.000
		Totals	85.00	210.758	2.365	218.066	22.032	0.000	4.428	0.000
		% of Calories			10.100%		41.815%	0.000%	18.908%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990597	Lemonade Bars - MS/HS	3.024	39.479	1.701	2.986	*0.000*	46.217	0.000	0.910	*23.977*	*0.024*
		Totals	3.024	39.479	1.701	2.986	46.217	0.000	0.910	*23.977*	*0.024*
		% of Calories		74.927%		5.667%					

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Lawrence Public Schools

USD 497

990636 - Lemonade Bars (LHS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990597	Lemonade Bars - MS/HS	1 Recipe	84.97	210.758	2.365	218.066	22.032	0.000	4.428	0.000
		Totals	85.00	210.758	2.365	218.066	22.032	0.000	4.428	0.000
		% of Calories			10.100%		41.815%	0.000%	18.908%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990597	Lemonade Bars - MS/HS	3.024	39.479	1.701	2.986	*0.000*	46.217	0.000	0.910	*23.977*	*0.024*
		Totals	3.024	39.479	1.701	2.986	46.217	0.000	0.910	*23.977*	*0.024*
		% of Calories		74.927%		5.667%					

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Lawrence Public Schools

USD 497

990635 - Lemonade Bars (MS)

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990597	Lemonade Bars - MS/HS	1 Recipe	84.97	210.758	2.365	218.066	22.032	0.000	4.428	0.000
		Totals	85.00	210.758	2.365	218.066	22.032	0.000	4.428	0.000
		% of Calories			10.100%		41.815%	0.000%	18.908%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990597	Lemonade Bars - MS/HS	3.024	39.479	1.701	2.986	*0.000*	46.217	0.000	0.910	*23.977*	*0.024*
		Totals	3.024	39.479	1.701	2.986	46.217	0.000	0.910	*23.977*	*0.024*
		% of Calories		74.927%		5.667%					

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Lawrence Public Schools

USD 497

990633 - Lemonade Bars (New York)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990578	Lemonade Bars (ES)	1 Recipe	31.90	105.379	1.183	108.716	11.016	0.000	2.214	0.000
		Totals	32.00	105.379	1.183	108.716	11.016	0.000	2.214	0.000
		% of Calories			10.100%		41.815%	0.000%	18.909%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990578	Lemonade Bars (ES)	1.512	19.739	0.850	1.493	*0.000*	22.897	0.000	0.454	*1.416*	*0.001*
		Totals	1.512	19.739	0.850	1.493	22.897	0.000	0.454	*1.416*	*0.001*
		% of Calories		74.927%		5.667%					

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Lawrence Public Schools

USD 497

990632 - Lemonade Bars (SCHWGLR)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990578	Lemonade Bars (ES)	1 Recipe	31.90	105.379	1.183	108.716	11.016	0.000	2.214	0.000
		Totals	32.00	105.379	1.183	108.716	11.016	0.000	2.214	0.000
		% of Calories			10.100%		41.815%	0.000%	18.909%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990578	Lemonade Bars (ES)	1.512	19.739	0.850	1.493	*0.000*	22.897	0.000	0.454	*1.416*	*0.001*
		Totals	1.512	19.739	0.850	1.493	22.897	0.000	0.454	*1.416*	*0.001*
		% of Calories		74.927%		5.667%					

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Lawrence Public Schools

USD 497

990634 - Lemonade Bars (SF)

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: DESSERTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990578	Lemonade Bars (ES)	1 Recipe	31.90	105.379	1.183	108.716	11.016	0.000	2.214	0.000
		Totals	32.00	105.379	1.183	108.716	11.016	0.000	2.214	0.000
		% of Calories			10.100%		41.815%	0.000%	18.909%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990578	Lemonade Bars (ES)	1.512	19.739	0.850	1.493	*0.000*	22.897	0.000	0.454	*1.416*	*0.001*
		Totals	1.512	19.739	0.850	1.493	22.897	0.000	0.454	*1.416*	*0.001*
		% of Calories		74.927%		5.667%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.000
	Totals	50.00	7.647	0.000	44.118	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*N/A*
	Totals	0.000	1.765	0.000	0.588	*N/A*	32.941	*N/A*	0.588	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
		% of Calories			0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	4.206	0.740	0.084	1.682	1.413	0.030	0.000	0.000
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	150.00	383.333	8.333	650.000	3.333	0.000	18.333	0.000
		% of Calories			19.565%		3.478%	0.000%	43.043%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	41.667	31.667	3.333	21.667	*N/A*	516.667	0.000	1.500	0.000	0.000
	% of Calories		33.044%		22.609%						

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Lawrence Public Schools

USD 497

990543 - Mandarin -- FFVP/SFSP Box

Number of Portions: 100.000

Group Code: FRUIT

Size of Portion: .375 cup

*Nutrients are based upon 1 Portion Size (.375 cup)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990759	FFVP/SFSP Box Only -- Mandarin	1 case	136.08	74.905	0.000	0.000	0.000	0.000	0.000
		Totals	136.00	74.905	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990759	FFVP/SFSP Box Only -- Mandarin	0.000	17.478	2.497	0.000	0.000	49.937	0.000	0.200	0.000
		Totals	0.000	17.478	2.497	0.000	49.937	0.000	0.200	0.000
		% of Calories		93.334%		0.000%				

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	88.00	44.042	0.000	6.292	10.696	0.000	0.000	0.000
	% of Calories			0.000%		97.144%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	10.696	0.629	0.629	*N/A*	12.583	13.213	0.453	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	44.00	22.021	0.000	3.146	5.348	0.000	0.000	0.000
	% of Calories			0.000%		97.144%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	5.348	0.315	0.315	*N/A*	6.292	6.606	0.227	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	41.00	25.000	0.000	0.000	0.000	0.000	0.125	0.000
	% of Calories			0.000%		0.000%	0.000%	4.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	6.250	0.750	0.250	*N/A*	4.500	0.000	0.065	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.250	0.000
		Totals	70.00	45.000	0.000	0.000	0.000	0.250	0.000
		% of Calories			0.000%	0.000%	0.000%	5.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	10.500	1.000	0.500	*N/A*	0.000	0.000	0.000
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.125	0.000
		Totals	35.00	22.500	0.000	0.000	0.000	0.125	0.000
		% of Calories			0.000%	0.000%	0.000%	5.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	5.250	0.500	*N/A*	0.000	0.000	0.000	0.000	0.000
		% of Calories		93.333%	4.444%						

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Lawrence Public Schools

USD 497

990721 - Marinara Sauce Cup

Number of Portions: 24.000

Group Code: Condiments and Dressings

Size of Portion: 1/2 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990688 al Dente Pasta Sauce	1 #10 can	124.03	89.301	0.496	535.806	0.992	0.000	4.465	0.000
	Totals	124.00	89.301	0.496	535.806	0.992	0.000	4.465	0.000
	% of Calories			5.000%		4.443%	0.000%	44.999%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990688 al Dente Pasta Sauce	0.000	11.907	2.977	1.984	0.000	22.821	0.000	0.000	0.000	0.000
	Totals	0.000	11.907	2.977	1.984	0.000	22.821	0.000	0.000	0.000
	% of Calories		53.333%		8.887%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			116.00	70.874	0.000	294.284	0.000	0.000	0.788	0.000
% of Calories					0.000%		0.000%	0.000%	10.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		0.000	13.387	0.787	1.575	*N/A*	9.818	0.000	0.246	97.046	0.097
% of Calories			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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990623 Mayonnaise Packet, Lite	1 case	12.40	31.009	0.000	87.858	0.000	0.000	3.101	0.000
	Totals	12.00	31.009	0.000	87.858	0.000	0.000	3.101	0.000
	% of Calories			0.000%		0.000%	0.000%	90.000%	0.000%

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

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990688	al Dente Pasta Sauce	25 (1/2 cup)	62.50	45.000	0.250	270.000	0.500	0.000	2.250	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
		Totals	211.00	456.580	9.825	931.373	2.507	0.000	23.917	0.000
		% of Calories			19.367%		2.196%	0.000%	47.144%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990688	al Dente Pasta Sauce	0.000	6.000	1.500	1.000	0.000	11.500	0.000	0.000	0.000	0.000
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*
	Totals	50.437	37.902	5.497	25.148	*0.000*	250.788	1.644	3.149	*0.000*	*0.000*
	% of Calories		33.205%		22.032%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	141.00	394.610	5.915	751.785	1.829	*N/A*	21.573	0.000
	% of Calories			13.489%		1.854%	*N/A%*	49.201%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	15.000	34.606	5.744	15.487	252.435	0.000	1.552	*0.000*	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	202.00	409.736	5.915	779.285	3.329	*N/A*	21.573	0.000
	% of Calories			12.991%		3.250%	*N/A%*	47.385%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	15.000	38.131	6.744	15.487	267.688	1.515	2.006	*0.000*	*0.000*
	% of Calories		37.225%		15.119%					

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Lawrence Public Schools

USD 497

990510 - Melon Cantaloupe

Number of Portions: 100.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990737 FFVP -- Melon Cantaloupe	1 case	158.76	51.769	0.000	23.008	0.000	0.000	0.000	0.000
	Totals	159.00	51.769	0.000	23.008	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990737 FFVP -- Melon Cantaloupe	0.000	12.655	1.150	1.150	0.000	13.805	0.000	0.334	0.000	0.000
	Totals	0.000	12.655	1.150	0.000	13.805	0.000	0.334	0.000	0.000
	% of Calories		97.777%		8.886%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	0.000
903126	Paprika	1 1/2 cup	15.77	0.000	0.000	0.000	0.000	*N/A*	0.000
901196	Cumin, Ground	2 cup	19.20	0.000	0.000	0.000	0.000	*N/A*	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	*N/A*	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
		Totals	121.00	67.189	0.000	3759.246	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	*N/A*	*N/A*
903126	Paprika	0.000	0.000	0.000	0.000	*N/A*	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
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	*N/A*	*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
	Totals	0.000	13.438	0.000	0.000	*0.000*	0.000	0.000	*0.000*	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	227.00	100.000	1.500	120.000	11.000	*N/A*	2.500	0.000
		% of Calories			13.500%		44.000%	*N/A%*	22.500%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	15.000	11.000	0.000	8.000	300.000	1.200	0.000	*N/A*	*N/A*
		% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	227.00	130.000	1.500	130.000	18.000	*N/A*	2.500	0.000
		% of Calories			10.385%		55.385%	*N/A%*	17.308%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	10.000	20.000	0.000	8.000	303.000	*N/A*	0.000	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	227.00	140.000	1.500	100.000	22.000	11.000	2.500	0.000
	% of Calories			9.643%		62.857%	31.429%	16.071%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	10.000	22.000	0.000	8.000	290.000	0.000	0.000	0.000	0.000
	% of Calories		62.857%		22.857%					

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Lawrence Public Schools

USD 497

81 - Milk, Assorted

Number of Portions: 152.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: USD 497

Group Code: MILK

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
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
		Totals	227.00	132.105	1.467	119.539	19.007	3.618	2.493	0.000
		% of Calories			9.995%		57.551%	10.955%	16.987%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
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
		Totals	9.901	20.296	0.026	8.000	*N/A*	298.428	*0.039*	0.014	*1.185*	*0.010*
		% of Calories		61.454%		24.223%						

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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)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990659	Chocolate Milk 1% - Shelf Stable	1 case	113.40	70.000	0.750	75.000	11.000	5.500	1.250
990660	Milk 1% - Shelf Stable	1 case	113.40	50.000	0.750	52.500	6.000	0.000	1.250
		Totals	227.00	120.000	1.500	127.500	17.000	5.500	2.500
		% of Calories			11.250%		56.667%	18.333%	18.750%
									0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	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	0.000
	Totals	10.000	17.500	0.500	8.000	*N/A*	300.000	0.000	0.250	0.000	0.000
	% of Calories		58.333%		26.667%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	113.00	240.000	2.500	390.000	5.000	*N/A*	8.000	0.000
		% of Calories			9.375%		8.333%	*N/A%*	30.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	40.000	30.000	5.000	9.000	80.000	0.000	1.800	*N/A*	*N/A*
		% of Calories		50.000%		15.000%					

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Lawrence Public Schools

USD 497

990694 - Mini Donut

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990842	Mini Donut	1 serving	34.00	100.000	1.500	150.000	1.000	0.000	4.000	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
Totals			55.00	175.000	2.000	150.000	17.500	0.000	5.000	0.000
% of Calories					10.286%		40.000%	0.000%	25.714%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990842	Mini Donut	0.000	14.000	2.000	2.000	0.000	8.000	0.000	0.700	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
Totals		0.000	31.000	2.000	2.000	*0.000*	8.000	0.000	0.700	0.000	0.000
% of Calories			70.857%		4.571%						

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Lawrence Public Schools

USD 497

990730 - Mini Donut & Sausage Links

Number of Portions: 25.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990550	Honey Glaze for Donut	1 cup	13.44	48.000	0.320	0.000	10.560	0.000	0.640	0.000
990560	Chicken Sausage Link	50 link	42.52	64.867	1.081	252.262	0.000	0.000	3.604	0.000
990842	Mini Donut	25 serving	34.00	100.000	1.500	150.000	1.000	0.000	4.000	0.000
		Totals	90.00	212.867	2.901	402.262	11.560	0.000	8.244	0.000
		% of Calories			12.266%		21.722%	0.000%	34.854%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990550	Honey Glaze for Donut	0.000	10.880	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
990560	Chicken Sausage Link	39.641	0.000	0.000	7.207	*N/A*	0.000	1.441	0.649	0.000
990842	Mini Donut	0.000	14.000	2.000	2.000	0.000	8.000	0.000	0.700	0.000
	Totals	39.641	24.880	2.000	9.207	*0.000*	8.000	1.441	1.349	0.000
	% of Calories		46.752%		17.301%					

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Lawrence Public Schools

USD 497

990571 - Mini Pancake, WG

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990779	Mini Pancake	1 case	85.90	199.765	0.999	209.753	9.988	0.000	5.993	0.000
		Totals	86.00	199.765	0.999	209.753	9.988	0.000	5.993	0.000
		% of Calories			4.500%		19.999%	0.000%	27.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990779	Mini Pancake	0.000	34.959	3.995	0.000	0.000	39.953	0.000	3.596	0.000	0.000
		Totals	0.000	34.959	3.995	0.000	39.953	0.000	3.596	0.000	0.000
		% of Calories		70.000%		0.000%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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 (Bakery)	3 Muffin	25.68	67.847	0.641	62.801	6.913	0.000	1.229	0.000
R-990250	Banana Muffin (Bakery)	3 muffin	32.06	74.988	0.941	70.676	*5.838*	*0.000*	1.654	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
		Totals	190.00	286.022	2.245	241.734	*23.068*	*0.000*	6.368	0.000
		% of Calories			7.063%		*32.260%*	*0.000%*	20.039%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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 (Bakery)	0.869	13.301	0.627	0.927	*N/A*	14.074	0.000	0.272	*0.000*	*0.000*
R-990250	Banana Muffin (Bakery)	2.275	14.082	0.820	1.100	*0.000*	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*
	Totals	13.092	52.366	2.110	7.031	*0.000*	177.863	0.000	0.939	*2.960*	*0.003*
	% of Calories		73.233%		9.833%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	57.00	188.997	1.989	129.314	15.916	*N/A*	8.953	0.000
		% of Calories			9.473%		33.685%	*N/A%*	42.632%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	29.842	29.842	1.989	2.984	19.894	0.000	1.074	*N/A*	*N/A*
		% of Calories		63.158%		6.315%					

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Lawrence Public Schools

USD 497

990665 - Muffin, Trix

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990824	Muffin, Trix	1 each	87.88	289.616	1.997	259.656	18.975	18.975	9.987	0.000
		Totals	88.00	289.616	1.997	259.656	18.975	18.975	9.987	0.000
		% of Calories			6.207%		26.207%	26.207%	31.035%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990824	Muffin, Trix	9.987	49.934	6.991	3.995	0.000	0.000	0.000	1.498	0.000	0.000
		Totals	9.987	49.934	6.991	3.995	0.000	0.000	1.498	0.000	0.000
		% of Calories		68.966%		5.518%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	0.000	0.000
	Totals	113.00	27.000	0.000	0.000	0.000	*N/A*	0.000	0.000
	% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*N/A*
	Totals	0.000	2.700	1.350	4.050	*N/A*	0.000	1.620	0.486	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	5.00	4.725	0.000	47.249	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	0.000	0.000	*N/A*	0.000	*N/A*	0.057	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			5.00	0.000	0.000	59.557	0.000	0.000	0.000	0.000
% of Calories					*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
Totals		0.000	0.000	0.000	0.000	*N/A*	0.000	*N/A*	0.000	*N/A*	*N/A*
% of Calories			*N/A%*		*N/A%*						

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Lawrence Public Schools

USD 497

990706 - Old School Cheese Pizza

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900028 PIZZA, CHEESE TONY'S SMART	1 CASE	127.57	279.065	4.983	428.565	1.993	1.993	10.963	0.000
	Totals	128.00	279.065	4.983	428.565	1.993	1.993	10.963	0.000
	% of Calories			16.071%		2.857%	2.857%	35.357%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900028 PIZZA, CHEESE TONY'S SMART	24.917	31.893	3.987	15.947	0.000	259.132	0.000	2.193	0.000	0.000
	Totals	24.917	31.893	3.987	15.947	0.000	259.132	0.000	2.193	0.000
	% of Calories		45.714%		22.858%					

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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	*N/A*	0.000	0.000
		Totals	113.00	68.039	0.000	5.670	7.938	*N/A*	0.000	0.000
		% of Calories			0.000%		46.667%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903106	onion, red jumbo, fresh	0.000	17.010	3.402	2.268	*N/A*	45.359	13.608	0.408	*N/A*	*N/A*
	Totals	0.000	17.010	3.402	2.268	*N/A*	45.359	13.608	0.408	*N/A*	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	26.00	7.730	0.000	0.703	1.581	0.000	0.000	0.000
		% of Calories			0.000%		81.811%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	1.932	0.527	0.176	*N/A*	7.027	0.000	0.127	*N/A*	*N/A*
	% of Calories		99.995%		9.107%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			338.00	415.092	0.700	631.941	12.123	0.000	7.104	0.007
% of Calories					1.517%		11.682%	0.000%	15.404%	0.015%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		45.887	69.982	2.605	17.828	*0.000*	9.638	0.000	2.144	156.124	0.156
% of Calories			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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	66.00	30.785	0.010	0.000	*N/A*	*N/A*	0.079	0.000
	% of Calories			0.287%		*N/A%*	*N/A%*	2.298%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	7.696	0.616	*N/A*	26.200	34.846	0.066	56.821	0.288
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	131.00	68.299	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	16.221	2.561	0.854	32.442	0.000	0.307	0.000	0.000
		% of Calories		95.001%		5.002%					

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Lawrence Public Schools
USD 497

990690 - Pancake

Number of Portions: 144.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990843	Pancake, WG	1 case	36.85	79.685	0.000	89.646	1.992	0.000	1.494	0.000
		Totals	37.00	79.685	0.000	89.646	1.992	0.000	1.494	0.000
		% of Calories			0.000%		9.999%	0.000%	16.875%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990843	Pancake, WG	4.980	14.941	0.996	1.992	0.000	36.854	0.000	0.727	0.000	0.000
		Totals	4.980	14.941	0.996	1.992	0.000	36.854	0.000	0.727	0.000
		% of Calories		75.000%		9.999%					

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Lawrence Public Schools

USD 497

990727 - Pancake & Egg Patty

Number of Portions: 144.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990843	Pancake, WG	1 case	36.85	79.685	0.000	89.646	1.992	0.000	1.494	0.000
900426	Egg Patty	144 each (1.5 oz)	42.52	69.226	0.989	138.451	0.989	*N/A*	4.945	0.000
		Totals	79.00	148.911	0.989	228.097	2.981	0.000	6.439	0.000
		% of Calories			5.977%		8.007%	0.000%	38.915%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990843	Pancake, WG	4.980	14.941	0.996	1.992	0.000	36.854	0.000	0.727	0.000	0.000
900426	Egg Patty	113.728	0.989	0.000	3.956	*N/A*	1.978	0.000	3.956	0.000	0.000
	Totals	118.708	15.930	0.996	5.948	*0.000*	38.832	0.000	4.683	0.000	0.000
	% of Calories		42.790%		15.977%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	76.00	230.000	3.500	490.000	5.000	0.000	13.000	0.000
		% of Calories			13.696%		8.696%	0.000%	50.870%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	25.000	20.000	2.000	8.000	*N/A*	40.000	0.000	1.400	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	71.00	140.000	1.500	360.000	6.000	*N/A*	5.000	0.000
		% of Calories			9.643%		17.143%	*N/A%*	32.143%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	10.000	16.000	2.000	8.000	50.000	*N/A*	1.000	*N/A*	*N/A*
		% of Calories		45.714%		22.857%					

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Lawrence Public Schools

USD 497

990699 - Parmesan Roasted Broccoli

Number of Portions: 86.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902131	Vegetable Oil	1/2 cup	1.30	11.163	0.093	0.000	0.000	*N/A*	1.302	0.000
990487	Spice Garlic Powder	1 tsp	0.04	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900359	Salt 25#	3/4 tsp	0.05	0.000	0.000	22.043	0.000	0.000	0.000	0.000
903122	Pepper, black ground	3/4 tsp	0.02	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
900442	BROCCOLI FLORETS	6 LB	31.65	10.788	0.000	10.788	0.000	*N/A*	0.000	0.000
990801	Real Lemon, Lemon Juice	1 tbsp	0.16	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990846	Parmesan Cheese, grated	1 cup	1.40	5.581	0.279	15.349	0.000	0.000	0.419	0.000
		Totals	35.00	27.533	0.372	48.180	0.000	0.000	1.721	0.000
		% of Calories			12.163%		0.000%	0.000%	56.253%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000	*N/A*
990487	Spice Garlic Powder	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
903122	Pepper, black ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*
900442	BROCCOLI FLORETS	0.000	2.158	0.719	0.000	*N/A*	15.104	94.938	0.230	*N/A*
990801	Real Lemon, Lemon Juice	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990846	Parmesan Cheese, grated	1.395	0.000	0.000	0.558	0.000	11.163	0.000	0.000	0.000
	Totals	1.395	2.158	0.719	0.558	*0.000*	26.267	94.938	0.230	*0.000*
	% of Calories		31.349%		8.107%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	67.00	60.000	0.000	0.000	3.750	*N/A*	0.000	0.000
	% of Calories			0.000%		25.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	9.750	3.750	3.750	*N/A*	15.000	0.000	1.050	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	33.00	30.000	0.000	0.000	1.875	*N/A*	0.000	0.000
	% of Calories			0.000%		25.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	4.875	1.875	1.875	*N/A*	7.500	0.000	0.525	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	63.00	30.293	0.000	5.049	5.554	*N/A*	0.000	0.000
	% of Calories			0.000%		73.337%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	7.068	0.505	0.000	*N/A*	0.606	0.000	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	125.00	60.586	0.000	10.098	11.107	*N/A*	0.000	0.000
	% of Calories			0.000%		73.330%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	14.137	1.010	0.000	*N/A*	0.000	1.212	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	154.00	70.800	0.000	20.000	12.900	0.000	0.416	0.000
	% of Calories			0.000%		72.881%	0.000%	5.288%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	15.600	2.310	1.400	*N/A*	6.160	6.310	0.524	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			102.00	380.000	7.000	480.000	15.000	*N/A*	22.000	0.000
% of Calories					16.579%		15.789%	*N/A%*	52.105%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		15.000	32.000	4.000	15.000	*N/A*	240.000	0.000	1.080	*0.000*	*0.000*
% of Calories			33.684%		15.789%						

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Lawrence Public Schools
USD 497

990206 - Pear

Number of Portions: 110.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
Totals			181.00	98.369	0.000	0.000	17.488	*N/A*	0.000	0.000
% of Calories					0.000%		71.112%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		0.000	28.418	6.558	0.000	*N/A*	21.860	6.558	0.393	0.000	0.000
% of Calories			115.556%		0.000%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	125.00	71.549	0.000	0.000	11.627	*N/A*	0.000	0.000
	% of Calories			0.000%		65.002%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	17.887	2.683	0.000	12.521	0.000	0.000	*N/A*	*N/A*
	% of Calories		100.000%		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	63.00	35.774	0.000	0.000	5.813	*N/A*	0.000	0.000
		% of Calories			0.000%		64.997%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	8.944	1.342	0.000	6.261	0.000	0.000	*N/A*	*N/A*
		% of Calories		100.001%	0.000%						

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Lawrence Public Schools

USD 497

381 - Peas & Carrots

Number of Portions: 213.330

Source: USD 497

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	64.00	36.659	0.000	14.664	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	6.599	2.200	2.200	*N/A*	11.731	0.000	0.733	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	32.00	18.358	0.000	7.343	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	3.305	1.101	1.101	*N/A*	5.875	0.000	0.367	*N/A*
	% of Calories		72.001%		23.990%					

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Lawrence Public Schools

USD 497

990671 - Pepperoni Calzone

Number of Portions: 33.000

Size of Portion: Calzones

*Nutrients are based upon 1 Portion Size (Calzones)

Source: Pickney Bakery

Group Code: ENTREES

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
R-990670	Whole Wheat Garlic Breadstick 51%	1 Recipe	111.11	328.618	1.902	570.522	6.014	0.000	14.647	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	2 LB + 1 oz	28.35	16.266	0.000	130.129	1.859	*N/A*	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	3 LB + 1 1/2 oz	42.52	136.685	6.075	334.119	0.000	0.000	9.112	0.000
990682	Turkey Pepperoni Sliced	25 serving (9 slices)	17.27	27.273	0.455	145.455	0.455	0.455	1.364	0.000
990800	Garlic Butter, Spray	25 (1/4 sec spray)	0.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	199.00	508.842	8.432	1180.225	8.328	0.455	25.123	0.000
		% of Calories			14.913%		6.547%	0.358%	44.436%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
R-990670	Whole Wheat Garlic Breadstick 51%		0.747	45.869	4.413	8.393	*0.000*	42.648	0.000	1.458	*0.000*	*0.000*
902179	Sauce, Pizza Tomato Midwest w/basil		0.000	3.253	0.929	0.929	*N/A*	0.000	1.673	0.502	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY		30.374	3.037	1.519	9.112	0.000	288.557	0.000	0.000	0.000	0.000
990682	Turkey Pepperoni Sliced		11.364	0.455	0.000	2.727	0.000	0.000	0.000	0.182	0.000	0.000
990800	Garlic Butter, Spray		0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	42.485	52.615	6.861	21.162	*0.000*	331.205	1.673	2.142	*0.000*	*0.000*
		% of Calories		41.360%		16.635%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	75.00	0.000	0.000	698.414	0.000	0.000	0.000	0.000
	% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	0.000	0.000	*N/A*	53.724	*N/A*	0.215	*N/A*	*N/A*
	% of Calories		*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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
		Totals	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
		% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
	Totals	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	% of Calories		*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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	125.00	71.842	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	16.421	1.026	*N/A*	0.000	0.000	0.411	0.000	0.000
		% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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	0.000
		Totals	63.00	35.921	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000
		Totals	0.000	8.211	0.513	*N/A*	0.000	0.000	0.205	0.000	0.000
		% of Calories		91.428%							

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Lawrence Public Schools
USD 497

990518 - Pineapple, Fresh

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990746	Pineapple, Fresh	1 case	236.25	126.560	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	236.00	126.560	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990746	Pineapple, Fresh	0.000	29.531	4.219	0.000	0.000	29.531	0.000	0.675	0.000	0.000
		Totals	0.000	29.531	4.219	0.000	29.531	0.000	0.675	0.000	0.000
		% of Calories		93.333%		0.000%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
	% of Calories			0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	97.00	225.000	3.000	475.000	3.000	2.000	6.000	0.000
	% of Calories			12.000%		5.333%	3.556%	24.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	57.000	32.000	3.000	12.000	*N/A*	0.000	2.000	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	184.00	384.534	10.914	841.428	4.826	0.000	18.573	0.000
	% of Calories			25.545%		5.020%	0.000%	43.469%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	49.997	34.593	4.740	18.480	*N/A*	*0.000*	*1.372*	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	287.00	419.214	10.914	848.737	7.314	0.000	18.573	0.000
	% of Calories			23.432%		6.979%	0.000%	39.873%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	49.997	42.003	6.698	20.531	*62.156*	*18.134*	*1.809*	*N/A*	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	136.00	339.704	7.244	681.910	3.246	0.000	14.239	0.000
		% of Calories			19.191%		3.822%	0.000%	37.725%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990542	9.990	8.991	0.749	3.996	*N/A*	94.903	0.000	0.674	0.000	0.000
990544	11.255	9.004	0.750	4.252	*N/A*	80.036	0.000	0.750	0.000	0.000
990543	11.249	8.749	0.750	4.000	*N/A*	71.245	0.000	0.700	0.000	0.000
990545	9.969	9.221	0.997	3.987	*N/A*	80.497	0.000	0.673	0.000	0.000
	Totals	42.463	35.965	3.246	16.235	326.681	0.000	2.797	0.000	0.000
	% of Calories		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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
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
		Totals	132.00	324.533	7.240	626.584	2.497	0.000	15.226	0.000
		% of Calories			20.078%		3.078%	0.000%	42.225%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	38.692	30.959	4.245	16.727	*N/A*	357.060	*0.000*	1.997	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	184.00	364.539	7.915	901.430	2.827	0.000	16.573	0.000
	% of Calories			19.540%		3.102%	0.000%	40.915%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	30.000	32.594	4.740	18.485	446.401	*0.000*	1.372	*0.000*	*0.000*
	% of Calories		35.764%		20.283%					

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	159.00	401.004	8.094	1195.674	3.942	0.000	19.700	0.000
		% of Calories			18.165%		3.932%	0.000%	44.213%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	40.499	34.702	5.502	20.652	*0.000*	232.456	0.837	2.215	*0.000*	*0.000*
	% of Calories		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

Source: USD 497

Group Code: Meat/Meat Alt

Size of Portion: 1 slice

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

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
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	0.000	7.594	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
990835	Pizza Dough WG	1 crust	65.00	150.000	1.500	270.000	2.000	0.000	2.500	0.000
		Totals	136.00	353.036	10.612	745.120	*2.929*	*0.000*	16.675	0.000
		% of Calories			27.054%		*3.319%*	*0.000%*	42.509%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
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	25.312	2.531	1.266	7.594	0.000	240.465	0.000	0.000	0.000	0.000
903113	Cheese, cheddar mild sliced	10.125	0.000	0.000	2.531	*N/A*	75.936	0.000	0.000	*N/A*	*N/A*
903112	Cheese pepper jack sliced	10.125	0.000	0.000	2.531	*N/A*	79.480	0.000	0.000	0.000	0.000
990835	Pizza Dough WG	0.000	26.000	3.000	6.000	0.000	10.000	0.000	1.400	0.000	0.000
	Totals	45.562	30.158	4.730	19.121	*0.000*	405.881	0.837	1.651	*0.000*	*0.000*
	% of Calories		34.170%		21.665%						

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990835	Pizza Dough WG	1 crust	65.00	150.000	1.500	270.000	2.000	0.000	2.500	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
990503	Chicken Fajita Strips	10 oz	35.44	37.500	0.000	250.000	0.417	0.000	0.417	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
		Totals	178.00	348.850	7.484	1107.764	*3.358*	*0.000*	14.512	0.000
		% of Calories			19.307%		*3.850%*	*0.000%*	37.439%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990835	Pizza Dough WG	0.000	26.000	3.000	6.000	0.000	10.000	0.000	1.400	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	7.087	4.961	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	18.750	0.000	0.000	7.500	*N/A*	250.004	0.000	0.000	0.000	0.000
902981	Tomato Sauce	0.000	0.581	0.116	0.000	*N/A*	0.000	0.279	0.084	*N/A*	*N/A*
903241	hot sauce	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
990503	Chicken Fajita Strips	20.833	1.667	0.000	6.250	*N/A*	0.000	0.000	0.417	0.000	0.000
901575	ONIONS,RED,RAW	0.000	0.934	0.170	0.110	*N/A*	2.300	0.740	0.021	8.911	0.035
	Totals	46.671	34.143	3.286	19.860	*0.000*	262.304	1.019	1.921	*8.911*	*0.035*
	% of Calories		39.149%		22.772%						

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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

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total Fat	Trans Fat
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	(g)	(g)
990835	Pizza Dough WG	1 crust	65.00	150.000	1.500	270.000	2.000	0.000	2.500	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
		Totals	136.00	340.380	9.600	780.557	2.929	0.000	14.650	0.000
		% of Calories			25.383%		3.442%	0.000%	38.736%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990835	Pizza Dough WG	0.000	26.000	3.000	6.000	0.000	10.000	0.000	1.400	0.000	0.000
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	40.499	4.050	2.025	12.150	0.000	384.743	0.000	0.000	0.000	0.000
	Totals	40.499	31.677	5.490	18.615	*0.000*	394.743	0.837	1.651	0.000	0.000
	% of Calories		37.225%		21.876%						

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Lawrence Public Schools

USD 497

891 - Pizza, Garlic Chicken-HS 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

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990835	Pizza Dough WG	1 crust	65.00	150.000	1.500	270.000	2.000	0.000	2.500	0.000
903338	Sauce, Alfredo, CN	3 oz	10.63	18.852	0.656	40.164	0.615	*N/A*	1.230	0.000
990503	Chicken Fajita Strips	3 1/4 oz	11.52	12.188	0.000	81.250	0.135	0.000	0.135	0.000
903107	spinach flat leaf	1 cup	6.25	0.037	0.000	0.184	0.000	*N/A*	0.000	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
		Totals	136.00	316.079	8.906	616.602	2.750	0.000	14.365	0.000
		% of Calories			25.359%		3.480%	0.000%	40.903%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990835	Pizza Dough WG	0.000	26.000	3.000	6.000	0.000	10.000	0.000	1.400	0.000	0.000
903338	Sauce, Alfredo, CN	3.689	0.820	0.000	1.230	*N/A*	38.730	0.000	0.000	*N/A*	*N/A*
990503	Chicken Fajita Strips	6.771	0.542	0.000	2.031	*N/A*	0.000	0.000	0.135	0.000	0.000
903107	spinach flat leaf	0.000	0.007	0.000	0.000	*N/A*	0.294	0.066	0.005	*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
	Totals	32.960	27.369	3.000	18.261	*0.000*	349.029	0.066	1.541	*0.000*	*0.000*
	% of Calories		34.635%		23.109%						

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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

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
990835	Pizza Dough WG	1 crust	65.00	150.000	1.500	270.000	2.000	0.000	2.500	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
		Totals	146.00	298.015	6.682	920.112	*7.217*	*0.000*	11.347	0.000
		% of Calories			20.181%		*9.687%*	*0.000%*	34.266%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
990835	Pizza Dough WG		0.000	26.000	3.000	6.000	0.000	10.000	0.000	1.400	0.000	0.000
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		10.125	1.012	0.506	3.037	0.000	96.186	0.000	0.000	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
900431	Ham, sliced, smoked		18.750	1.250	0.000	5.625	*N/A*	0.000	0.000	0.250	*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
		Totals	41.531	30.660	4.019	18.196	*0.000*	207.074	1.046	1.958	*2.526*	*0.010*
		% of Calories		41.152%		24.423%						

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990835	Pizza Dough WG	1 crust	65.00	150.000	1.500	270.000	2.000	0.000	2.500	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
		Totals	157.00	294.889	6.175	945.310	4.179	0.000	9.825	0.000
		% of Calories			18.846%		5.669%	0.000%	29.986%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990835	Pizza Dough WG	0.000	26.000	3.000	6.000	0.000	10.000	0.000	1.400	0.000	0.000
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
900431	Ham, sliced, smoked	18.750	1.250	0.000	5.625	*N/A*	0.000	0.000	0.250	*N/A*	*N/A*
900040	PINEAPPLE TIDBIT in juice	0.000	1.859	0.116	0.116	*N/A*	0.000	0.000	0.046	0.000	0.000
	Totals	39.000	32.761	4.593	18.281	*0.000*	202.372	0.837	1.947	*0.000*	*0.000*
	% of Calories		44.438%		24.797%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-638	Pizza,Cheese HS Homemade 16"	40 (1 slice)	22.65	56.730	1.600	130.093	0.488	0.000	2.442	0.000
R-640	Pizza,Hawaiian HS Homemade 16"	40 (1 slice)	26.19	49.148	1.029	157.552	0.697	0.000	1.637	0.000
R-639	Pizza,Pepperoni HS Homemade 16	40 (1 slice)	26.19	62.325	1.693	159.934	0.582	0.093	2.721	0.000
R-641	Pizza,Veggie HS Homemade 16"	40 (1 slice)	27.26	59.234	1.601	143.179	*0.530*	*0.000*	2.618	0.000
R-643	Pizza,Ham&CheeseHS Homemade 16	20 (1 slice)	12.15	24.835	0.557	76.676	*0.601*	*0.000*	0.946	0.000
R-644	Pizza,3 Cheese HS Homemade 16"	20 (1 slice)	11.32	29.420	0.884	62.093	*0.244*	*0.000*	1.390	0.000
R-645	Pizza,SupremeHS Homemade 16"	20 (1 slice)	12.92	27.957	0.729	74.708	*0.318*	*0.016*	1.151	0.000
R-646	Pizza,Ham/Cheese/Apple HS 16"	20 (1 slice)	11.62	26.740	0.751	64.162	*0.296*	*0.000*	1.238	0.000
Totals			150.00	336.389	8.845	868.397	*3.756*	*0.109*	14.142	0.000
% of Calories					23.663%		*4.466%*	*0.130%*	37.838%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-638	Pizza,Cheese HS Homemade 16"	6.750	5.279	0.915	3.103	*0.000*	65.791	0.140	0.275	0.000	0.000
R-640	Pizza,Hawaiian HS Homemade 16"	6.500	5.460	0.766	3.047	*0.000*	33.729	0.140	0.325	*0.000*	*0.000*
R-639	Pizza,Pepperoni HS Homemade 16	9.081	5.373	0.915	3.662	*0.000*	65.791	0.140	0.313	0.000	0.000
R-641	Pizza,Veggie HS Homemade 16"	6.750	5.673	0.964	3.131	*0.000*	68.134	1.458	0.349	*1.485*	*0.006*
R-643	Pizza,Ham&CheeseHS Homemade 16	3.461	2.555	0.335	1.516	*0.000*	17.256	0.087	0.163	*0.211*	*0.001*
R-644	Pizza,3 Cheese HS Homemade 16"	3.797	2.513	0.394	1.593	*0.000*	33.823	0.070	0.138	*0.000*	*0.000*
R-645	Pizza,SupremeHS Homemade 16"	3.982	2.576	0.383	1.667	*0.000*	25.782	0.273	0.157	*0.211*	*0.001*
R-646	Pizza,Ham/Cheese/Apple HS 16"	3.156	2.354	0.289	1.554	*0.000*	25.938	0.070	0.148	*0.000*	*0.000*
Totals		43.477	31.784	4.961	19.273	*0.000*	336.242	2.376	1.867	*1.906*	*0.007*
% of Calories			37.794%		22.918%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990835	Pizza Dough WG	1 crust	65.00	150.000	1.500	270.000	2.000	0.000	2.500	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
990682	Turkey Pepperoni Sliced	6 oz	21.26	33.572	0.560	179.049	0.560	0.560	1.679	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
		Totals	157.00	373.952	10.159	959.606	3.489	0.560	16.328	0.000
		% of Calories			24.451%		3.732%	0.599%	39.298%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990835	Pizza Dough WG	0.000	26.000	3.000	6.000	0.000	10.000	0.000	1.400	0.000	0.000
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
990682	Turkey Pepperoni Sliced	13.988	0.560	0.000	3.357	0.000	0.000	0.000	0.224	0.000	0.000
990681	CHEESE PIZZA BLEND-HS ONLY	40.499	4.050	2.025	12.150	0.000	384.743	0.000	0.000	0.000	0.000
		Totals	54.488	32.236	5.490	21.972	*0.000*	0.837	1.875	0.000	0.000
		% of Calories		34.482%		23.502%					

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Lawrence Public Schools

USD 497

645 - Pizza,SupremeHS Homemade 16"

Number of Portions: 8.000

Source: USD 497

Group Code: Meat/Meat Alt

Size of Portion: 1 slice

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

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990835	Pizza Dough WG	1 crust	65.00	150.000	1.500	270.000	2.000	0.000	2.500	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
		Totals	155.00	335.484	8.750	896.497	*3.818*	*0.187*	13.812	0.000
		% of Calories			23.474%		*4.552%*	*0.223%*	37.054%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990835	Pizza Dough WG	0.000	26.000	3.000	6.000	0.000	10.000	0.000	1.400	0.000	0.000
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
903112	Cheese pepper jack sliced	13.500	0.000	0.000	3.375	*N/A*	105.973	0.000	0.000	0.000	0.000
900431	Ham, sliced, smoked	9.375	0.625	0.000	2.813	*N/A*	0.000	0.000	0.125	*N/A*	*N/A*
990682	Turkey Pepperoni Sliced	4.663	0.187	0.000	1.119	0.000	0.000	0.000	0.075	0.000	0.000
901575	ONIONS,RED,RAW	0.000	0.265	0.048	0.031	*N/A*	0.652	0.210	0.006	2.526	0.010
900464	Green Bell Pepper	0.000	0.115	0.038	0.019	*N/A*	0.383	2.184	0.014	*N/A*	*N/A*
903101	Mushroom, White fresh	0.000	0.067	0.034	0.101	*N/A*	0.000	0.040	0.012	*N/A*	*N/A*
	Totals	47.787	30.910	4.597	19.998	*0.000*	309.380	3.271	1.882	*2.526*	*0.010*
	% of Calories		36.855%		23.844%						

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Lawrence Public Schools

USD 497

641 - Pizza,Veggie 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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990835	Pizza Dough WG	1 crust	65.00	150.000	1.500	270.000	2.000	0.000	2.500	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
		Totals	164.00	355.403	9.604	859.073	*3.181*	*0.000*	15.710	0.000
		% of Calories			24.321%		*3.580%*	*0.000%*	39.783%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990835	Pizza Dough WG	0.000	26.000	3.000	6.000	0.000	10.000	0.000	1.400	0.000	0.000
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
901575	ONIONS,RED,RAW	0.000	0.934	0.170	0.110	*N/A*	2.300	0.740	0.021	8.911	0.035
902180	Olive, Ripe Premium Sliced	0.000	1.050	0.000	0.000	*N/A*	10.500	0.000	0.378	*N/A*	*N/A*
900464	Green Bell Pepper	0.000	0.378	0.126	0.063	*N/A*	1.258	7.173	0.045	*N/A*	*N/A*
990681	CHEESE PIZZA BLEND-HS ONLY	40.499	4.050	2.025	12.150	0.000	384.743	0.000	0.000	0.000	0.000
	Totals	40.499	34.038	5.786	18.787	*0.000*	408.802	8.750	2.095	*8.911*	*0.035*
	% of Calories		38.309%		21.144%						

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Lawrence Public Schools

USD 497

990511 - Pomegranate Seeds

Number of Portions: 52.000

Group Code: FRUIT

Size of Portion: 1 oz servings

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990739	FFVP Only -- Pomegranate Seeds	1 case	30.53	18.077	0.000	0.000	0.000	0.000	0.000
		Totals	31.00	18.077	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990739	FFVP Only -- Pomegranate Seeds	0.000	4.419	0.803	0.000	0.000	10.445	0.000	0.096	0.000
		Totals	0.000	4.419	0.803	0.000	10.445	0.000	0.096	0.000
		% of Calories		97.777%		0.000%				

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Lawrence Public Schools

USD 497

990704 - Popcorn Chicken w/ Dinner Roll

Number of Portions: 156.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990775	Popcorn Chicken	1 case	95.34	254.983	2.772	388.018	0.000	0.000	14.412	0.000
R-990499	Whole Wheat Roll 51%, 2 oz	156 (2 oz Rolls)	64.03	166.689	0.284	247.886	3.969	0.000	4.321	0.000
Totals			159.00	421.672	3.055	635.904	3.969	0.000	18.733	0.000
% of Calories					6.521%		3.765%	0.000%	39.984%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990775	Popcorn Chicken	22.172	15.521	3.326	15.521	0.000	33.259	0.000	2.106	0.000	0.000
R-990499	Whole Wheat Roll 51%, 2 oz	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
Totals		22.665	45.474	6.238	21.061	*0.000*	61.247	0.000	3.068	*0.000*	*0.000*
% of Calories			43.137%		19.979%						

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Lawrence Public Schools

USD 497

990709 - Popcorn Chicken w/ Garlic Parmesan Biscuit

Number of Portions: 156.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990775	Popcorn Chicken	1 case	95.34	254.983	2.772	388.018	0.000	0.000	14.412	0.000
R-990700	Garlic Parmesan Biscuit	156 Servings	66.33	219.299	5.483	426.165	2.990	1.993	10.717	0.000
Totals			162.00	474.282	8.255	814.183	2.990	1.993	25.129	0.000
% of Calories					15.665%		2.522%	1.681%	47.684%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990775	Popcorn Chicken	22.172	15.521	3.326	15.521	0.000	33.259	0.000	2.106	0.000	0.000
R-990700	Garlic Parmesan Biscuit	2.500	26.910	1.993	4.987	*0.000*	119.666	0.000	1.694	0.000	0.000
Totals		24.672	42.431	5.319	20.508	*0.000*	152.925	0.000	3.800	0.000	0.000
% of Calories			35.785%		17.296%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	189.00	140.470	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	33.202	2.554	3.831	25.540	0.000	1.405	0.000	0.000
		% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	86.00	156.881	1.465	291.602	0.647	*N/A*	7.400	0.000
		% of Calories			8.404%		1.650%	*N/A%*	42.454%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
903281	CRINKLE CUT FRY	0.000	3.658	0.000	0.330	*N/A*	0.000	0.000	0.000	*N/A*
903300	tator tots	0.000	2.788	0.174	0.174	*N/A*	0.000	0.000	0.000	*N/A*
903346	Potato, Smiles	0.000	4.019	0.322	0.322	*N/A*	0.000	0.000	0.058	*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
	Totals	0.000	21.140	1.907	1.437	*N/A*	7.429	*0.000*	0.278	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	84.00	118.586	0.494	34.588	0.000	0.000	4.447	0.000
	% of Calories			3.750%		0.000%	0.000%	33.750%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	19.764	0.988	0.988	*N/A*	9.882	0.000	0.296	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	72.00	89.998	0.000	189.997	0.000	0.000	2.500	0.000
		% of Calories			0.000%		0.000%	0.000%	25.001%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	15.000	2.000	1.000	*N/A*	10.000	0.000	*N/A*	*N/A*
		% of Calories		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)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990456	Potato, Seasoned Spirals	1 case	61.50	100.826	0.000	191.570	0.000	0.000	3.025	0.000
		Totals	62.00	100.826	0.000	191.570	0.000	0.000	3.025	0.000
		% of Calories			0.000%		0.000%	0.000%	27.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	1.512	17.141	1.008	1.008	*N/A*	10.083	0.000	0.302	*N/A*	*N/A*
	% of Calories		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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient			Quantity	(g)	(kcal)	(g)	Sugars	Sugars	Fat	Fat
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
		Totals	68.00	128.607	0.804	184.872	0.000	*N/A*	4.823	0.000
		% of Calories			5.625%		0.000%	*N/A%*	33.750%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	20.095	1.608	*N/A*	0.000	0.000	0.289	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	68.00	128.607	0.804	184.872	0.000	*N/A*	4.823	0.000
		% of Calories			5.625%		0.000%	*N/A%*	33.750%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	20.095	1.608	1.608	*N/A*	0.000	0.289	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	85.00	230.131	4.002	450.257	2.001	1.001	11.006	0.000
	% of Calories			15.652%		3.478%	1.740%	43.044%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	70.040	24.014	3.002	8.005	110.063	*N/A*	1.301	*N/A*	*N/A*
	% of Calories		41.739%		13.914%					

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Lawrence Public Schools

USD 497

1005 - PreK Chicken Nuggets

Number of Portions: 167.000

Group Code: Meat/Meat Alt

Size of Portion: 5 nuggets

*Nutrients are based upon 1 Portion Size (5 nuggets)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990838	Chicken Nuggets, WG	1 case	86.92	169.836	1.499	419.594	0.000	0.000	8.991	0.000
		Totals	87.00	169.836	1.499	419.594	0.000	0.000	8.991	0.000
		% of Calories			7.941%		0.000%	0.000%	47.647%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990838	Chicken Nuggets, WG	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
	Totals	34.966	10.989	0.999	14.985	0.000	17.983	0.000	0.999	0.000	0.000
	% of Calories		25.882%		35.293%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			227.00	90.000	0.750	120.000	11.000	*N/A*	1.250	0.000
% of Calories					7.500%		48.889%	*N/A%*	12.500%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		10.000	11.000	0.000	8.000	*N/A*	300.000	1.200	0.000	*45.040*	*0.370*
% of Calories			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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	118.00	344.409	6.262	490.522	6.262	6.262	18.786	0.000
		% of Calories			16.364%		7.273%	7.273%	49.091%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	36.528	34.441	2.087	11.480	20.873	0.000	2.609	0.000	0.000
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	147.00	330.941	6.004	721.217	0.000	*N/A*	10.509	0.000
	% of Calories			16.327%		0.000%	*N/A%*	28.579%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	30.017	44.187	3.018	15.036	270.262	0.000	1.811	*N/A*	*N/A*
	% of Calories		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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990408	Cracker, Pretzel, Goldfish, WG, Ind	1 bag	21.00	90.000	0.000	200.000	0.000	0.000	1.500	0.000
		Totals	21.00	90.000	0.000	200.000	0.000	0.000	1.500	0.000
		% of Calories			0.000%		0.000%	0.000%	15.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	16.000	1.000	2.000	*N/A*	10.000	0.000	0.700	*N/A*	*N/A*
	% of Calories		71.111%		8.889%						

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	187.00	353.525	2.531	721.686	18.846	10.473	9.098	0.000
		% of Calories			6.444%		21.324%	11.850%	23.161%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	35.437	49.808	4.782	14.859	*N/A*	64.424	1.200	2.413	*0.000*	*0.000*
	% of Calories		56.356%		16.812%						

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Lawrence Public Schools

USD 497

990551 - Pumpkin Bar

Number of Portions: 200.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Pinckney Bakery

Group Code: BREAD/ROLLS/STARCH

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added		
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Total Fat	Trans Fat
990573	Liquid Egg	40 oz	5.67	8.628	0.185	8.012	0.000	0.000	0.555	0.000
900195	Sugar Granulated	4 LB + 4 oz	9.64	36.146	0.000	0.000	9.639	0.000	0.000	0.000
900648	Applesauce, unswtnd	40 oz	5.67	2.324	0.000	0.465	0.418	*N/A*	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	2 LB + 10 oz	5.95	21.829	0.000	0.000	0.000	0.000	0.099	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	2 LB + 6 oz	5.39	19.237	0.000	0.000	0.192	0.000	0.000	0.000
990705	Baking Powder	10 tsp	0.40	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903133	Cinnamon Spice	10 tsp	0.13	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
990699	Baking Soda	5 tsp	0.20	0.000	0.000	32.000	0.000	0.000	0.000	0.000
900359	Salt 25#	5 tsp	0.15	0.000	0.000	63.189	0.000	0.000	0.000	0.000
990768	Pumpkin Puree (Bakery)	5 LB + 7 oz	12.33	4.111	0.000	0.514	0.000	0.000	0.000	0.000
		Totals	46.00	92.274	0.185	104.180	*10.249*	*0.000*	0.654	0.000
		% of Calories			1.803%		*44.429%*	*0.000%*	6.378%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990573	Liquid Egg	20.954	0.000	0.000	0.740	*N/A*	3.205	0.000	0.123	0.000	0.000
900195	Sugar Granulated	0.000	9.639	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900648	Applesauce, unswtrnd	0.000	0.604	0.093	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990758	Flour, White Whole Wheat (Hudson)	0.000	4.366	0.794	0.794	0.000	2.381	0.000	0.198	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	4.425	0.192	0.577	0.000	0.000	0.000	0.000	0.000	0.000
990705	Baking Powder	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*
990699	Baking Soda	0.000	0.000	0.000	0.000	0.000	0.000	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	0.000
990768	Pumpkin Puree (Bakery)	0.000	1.028	0.308	0.103	0.000	3.083	0.000	0.175	0.000	0.000
	Totals	20.954	20.061	1.387	2.213	*0.000*	8.669	0.000	0.496	*0.000*	*0.000*
	% of Calories		86.963%		9.593%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	97.00	262.075	1.512	241.916	23.184	0.000	8.064	0.000
	% of Calories			5.192%		35.385%	0.000%	27.692%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	44.351	2.016	5.040	*N/A*	114.910	0.000	1.008	0.000	0.000
	% of Calories		67.692%							

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	58.00	9.000	0.000	23.000	1.000	*N/A*	0.000	0.000
	% of Calories			0.000%		44.444%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	2.000	1.000	0.000	*N/A*	10.000	18.000	0.000	*N/A*
	% of Calories		88.889%		0.000%					

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Lawrence Public Schools
USD 497

990516 - Rainbow Carrots

Number of Portions: 56.000

Group Code: VEGETABLES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990745	Rainbow Carrots	1 case	40.50	13.500	0.000	27.000	0.000	0.000	0.000	0.000
		Totals	40.00	13.500	0.000	27.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990745	Rainbow Carrots	0.000	2.700	0.000	0.000	0.000	13.500	0.000	0.351	0.000	0.000
		Totals	0.000	2.700	0.000	0.000	13.500	0.000	0.351	0.000	0.000
		% of Calories		80.000%		0.000%					

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Lawrence Public Schools

USD 497

990735 - Ranch Chicken Salad - Only in HS Vending

Number of Portions: 3.000

Group Code: SALADS

Size of Portion: Salads

*Nutrients are based upon 1 Portion Size (Salads)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990670	Romaine Lettuce	6 cup	115.67	20.412	0.000	6.804	0.000	0.000	0.680	0.000
990832	Spicy Chicken Filet	1 1/2 each	56.50	95.000	0.500	190.000	0.000	0.000	3.000	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
900012	Tomatoes, Cherry	3 (1/2 cup)	70.87	12.757	0.000	3.544	*N/A*	*N/A*	0.000	0.000
900451	Cucumber	3 (1/2 cup, slices)	52.00	5.253	0.000	0.000	0.000	*N/A*	0.000	0.000
990453	Onion, Yellow Jumbo	3 (1/4 cup, slices)	28.75	8.547	0.000	0.777	1.748	0.000	0.000	0.000
903320	Breadstick, Garlic	3 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
900446	Carrots - Baby	3 (1/2 cup)	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
900475	Apples, Red Delicious	3 medium, 3/lb.	138.00	45.620	0.000	0.000	9.124	*N/A*	0.000	0.000
602138	Dressing,Ranch,Single Serve PKT	3 paket (1.5 oz)	42.52	197.787	3.461	316.460	0.000	0.000	21.757	0.000
Totals			658.00	691.749	10.024	914.706	*21.947*	*0.000*	40.549	0.000
% of Calories					13.041%		*12.691%*	*0.000%*	52.757%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990670	Romaine Lettuce	0.000	4.082	2.722	1.361	*N/A*	35.380	0.000	0.980	0.000	0.000
990832	Spicy Chicken Filet	27.500	9.000	1.000	9.500	0.000	0.000	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
900012	Tomatoes, Cherry	0.000	2.778	0.850	0.638	*N/A*	7.087	8.930	0.128	*N/A*	*N/A*
900451	Cucumber	0.000	1.051	0.000	0.000	*N/A*	10.505	0.630	0.189	*N/A*	*N/A*
990453	Onion, Yellow Jumbo	0.000	2.137	0.583	0.194	*N/A*	7.770	0.000	0.141	*N/A*	*N/A*
903320	Breadstick, Garlic	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
900446	Carrots - Baby	0.000	6.000	2.000	0.000	*N/A*	20.000	2.400	0.720	*N/A*	*N/A*
900475	Apples, Red Delicious	0.000	12.545	2.851	0.000	*N/A*	11.405	2.737	0.205	47.861	0.148
602138	Dressing,Ranch,Single Serve PKT	9.889	1.978	0.000	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
Totals		62.701	65.584	12.006	19.768	*0.000*	302.619	*14.698*	3.904	*47.861*	*0.148*
% of Calories			37.923%		11.431%						

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
990503	Chicken Fajita Strips	2 oz	56.70	60.000	0.000	400.000	0.667	0.000	0.667	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
900605	Ranch Dressing Kraft Light Done Right	1 oz	28.35	56.699	0.472	302.395	0.945	0.000	3.780	0.000
		Totals	256.00	544.976	9.535	1338.348	8.400	0.000	22.751	0.000
		% of Calories			15.746%		6.165%	0.000%	37.571%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
990503	Chicken Fajita Strips	33.333	2.667	0.000	10.000	*N/A*	0.000	0.000	0.667	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
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
	Totals	68.095	60.528	6.333	23.405	*N/A*	334.122	5.091	3.055	*0.000*	*0.000*
	% of Calories		44.426%		17.179%						

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Lawrence Public Schools

USD 497

990738 - Ranch Chicken Wrap, VM

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
990503	Chicken Fajita Strips	2 oz	56.70	60.000	0.000	400.000	0.667	0.000	0.667	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
900605	Ranch Dressing Kraft Light Done Right	1 oz	28.35	56.699	0.472	302.395	0.945	0.000	3.780	0.000
990676	Celery	1 (1/2 cup, diced)	60.10	10.606	0.000	49.495	0.000	0.000	0.000	0.000
900446	Carrots - Baby	1 (1/2 cup)	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
900475	Apples, Red Delicious	1 medium, 3/lb.	138.00	45.620	0.000	0.000	9.124	*N/A*	0.000	0.000
Totals			525.00	626.202	9.535	1442.843	20.524	0.000	22.751	0.000
% of Calories					13.704%		13.110%	0.000%	32.698%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
990503	Chicken Fajita Strips	33.333	2.667	0.000	10.000	*N/A*	0.000	0.000	0.667	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
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
990676	Celery	0.000	2.121	0.707	0.707	*N/A*	21.212	0.000	0.141	0.000	0.000
900446	Carrots - Baby	0.000	6.000	2.000	0.000	*N/A*	20.000	2.400	0.720	*N/A*	*N/A*
900475	Apples, Red Delicious	0.000	12.545	2.851	0.000	*N/A*	11.405	2.737	0.205	47.861	0.148
Totals		68.095	81.195	11.891	24.112	*N/A*	386.739	10.228	4.122	*47.861*	*0.148*
% of Calories			51.865%		15.402%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	28.00	56.699	0.473	302.395	0.945	0.000	3.780	0.000
	% of Calories			7.500%		6.667%	0.000%	59.999%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	9.450	6.615	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000
	% of Calories		46.667%		0.000%					

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Lawrence Public Schools

USD 497

990546 - Raspberries

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990762 FFVP Only -- Raspberry	1 case	68.04	34.892	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	68.00	34.892	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990762 FFVP Only -- Raspberry		0.000	8.069	4.361	0.872	0.000	17.010	0.000	0.469	0.000	0.000
	Totals	0.000	8.069	4.361	0.872	0.000	17.010	0.000	0.469	0.000	0.000
	% of Calories		92.499%		9.997%						

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Lawrence Public Schools

USD 497

990566 - Ravioli w/ Garlic Breadstick (Bakery)

Number of Portions: 221.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990777	Mini Cheese Ravioli, WG	1 case	61.57	99.312	0.000	134.071	0.000	0.000	1.490	0.000
990688	al Dente Pasta Sauce	1 case	80.87	58.224	0.323	349.344	0.647	0.000	2.911	0.000
R-990564	Whole Wheat Garlic Breadstick 51%, 1.5 oz	221 (1.5 oz servings)	56.67	166.533	0.951	389.798	3.007	0.000	7.324	0.000
		Totals	199.00	324.069	1.275	873.213	3.654	0.000	11.724	0.000
		% of Calories			3.540%		4.510%	0.000%	32.561%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990777	Mini Cheese Ravioli, WG	29.794	15.890	0.993	6.952	0.000	49.656	0.000	0.993	0.000	0.000
990688	al Dente Pasta Sauce	0.000	7.763	1.941	1.294	0.000	14.879	0.000	0.000	0.000	0.000
R-990564	Whole Wheat Garlic Breadstick 51%, 1.5 oz	0.374	23.380	2.206	4.197	*0.000*	21.547	0.000	0.729	*0.000*	*0.000*
	Totals	30.168	47.033	5.140	12.443	*0.000*	86.083	0.000	1.722	*0.000*	*0.000*
	% of Calories		58.053%		15.358%						

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Lawrence Public Schools

USD 497

990663 - Ravioli, Mini + Marinara Cup (SFSP)

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: portion (10)

*Nutrients are based upon 1 Portion Size (portion (10))

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990777 Mini Cheese Ravioli, WG	2 serving (5)	123.04	198.446	0.000	267.903	0.000	0.000	2.977	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
	Totals	194.00	238.375	0.000	467.547	0.998	0.000	2.977	0.000
	% of Calories			0.000%		1.675%	0.000%	11.239%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990777 Mini Cheese Ravioli, WG	59.534	31.751	1.984	13.891	0.000	99.223	0.000	1.984	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*
	Totals	59.534	38.739	3.981	14.889	*0.000*	*0.000*	1.984	*0.000*	*0.000*
	% of Calories		65.005%		24.984%					

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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)

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
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
		Totals	80.00	19.443	0.000	7.945	0.622	0.000	0.000	0.000
		% of Calories			0.000%		12.796%	0.000%	0.000%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
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*
		Totals	0.000	4.390	1.348	0.847	*N/A*	6.911	17.716	0.357	*N/A*	*N/A*
		% of Calories		90.309%		17.425%						

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Lawrence Public Schools

USD 497

990545 - Red Crimson Pear

Number of Portions: 65.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990761	FFVP Only -- Red Crimson Pear	1 case	153.52	83.236	0.000	0.000	0.000	0.000	0.000
		Totals	154.00	83.236	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990761	FFVP Only -- Red Crimson Pear	0.000	23.121	4.624	0.000	0.000	13.873	0.000	0.277	0.000
		Totals	0.000	23.121	4.624	0.000	13.873	0.000	0.277	0.000
		% of Calories		111.111%		0.000%				

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Lawrence Public Schools
USD 497

990539 - Red Grapes

Number of Portions: 72.000

Group Code: FRUIT

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990752	GRAPE RED SEEDLS	1 case	113.40	77.961	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	113.00	77.961	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990752	GRAPE RED SEEDLS	0.000	20.553	0.709	0.709	0.000	11.340	0.000	0.411	0.000	0.000
		Totals	0.000	20.553	0.709	0.000	11.340	0.000	0.411	0.000	0.000
		% of Calories		105.455%		3.638%					

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Lawrence Public Schools
USD 497

990542 - Red Pepper

Number of Portions: 183.000

Group Code: VEGETABLES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902971	Red Pepper, Fresh	1 case	61.97	17.003	0.000	1.889	0.000	0.000	0.000	0.000
		Totals	62.00	17.003	0.000	1.889	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902971	Red Pepper, Fresh	0.000	3.778	1.134	0.756	*N/A*	4.156	0.000	0.268	*N/A*	*N/A*
		Totals	0.000	3.778	0.756	*N/A*	4.156	0.000	0.268	*N/A*	*N/A*
		% of Calories		88.888%	17.785%						

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Lawrence Public Schools

USD 497

990256 - Red Pepper, Fresh

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	113.00	31.115	0.000	3.457	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	6.915	2.074	1.383	7.606	0.000	0.491	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	57.00	15.558	0.000	1.729	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	3.457	1.037	0.691	*N/A*	3.803	0.000	0.245	*N/A*	*N/A*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	134.00	140.000	0.000	322.880	0.000	0.000	2.500	0.000
	% of Calories			0.000%		0.000%	0.000%	16.071%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	24.000	7.000	7.000	8.920	0.000	1.110	*95.904*	*0.096*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	229.00	248.803	0.129	318.133	0.667	0.000	3.750	0.007
		% of Calories			0.466%		1.072%	0.000%	13.565%	0.025%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	49.333	2.667	5.333	*0.000*	9.867	0.000	1.349	0.160
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			50.00	53.308	0.083	648.701	0.000	0.000	1.167	0.000
% of Calories					1.406%		0.000%	0.000%	19.697%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
Totals		0.000	7.895	0.807	0.768	*0.000*	24.621	106.502	0.396	*0.000*	*0.000*
% of Calories			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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.000	*N/A*	0.583	0.000
R-772 Savory Seasoning (Chef Rick's)	1 1/2 tbsp	6.53	15.603	0.000	318.299	0.000	0.000	0.000	0.000
	Totals	7.00	20.603	0.042	318.299	0.000	0.000	0.583	0.000
	% of Calories			1.822%		0.000%	0.000%	25.480%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900442 BROCCOLI FLORETS	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	*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	2.737	0.000	0.384	*0.000*	3.839	0.000	0.069	*0.000*	*0.000*
	Totals	0.000	2.737	0.000	0.384	*0.000*	3.839	0.000	0.069	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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's)	1 tbsp	3.27	7.801	0.000	159.150	0.000	0.000	0.000	0.000
Totals			81.00	42.254	0.021	213.926	0.000	0.000	0.292	0.000
% of Calories					0.443%		0.000%	0.000%	6.213%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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's)	0.000	1.369	0.000	0.192	*0.000*	1.920	0.000	0.035	*0.000*	*0.000*
Totals		0.000	7.759	1.826	1.105	*0.000*	34.785	2.282	0.436	*0.000*	*0.000*
% of Calories			73.452%		10.461%						

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Lawrence Public Schools

USD 497

990473 - Roasted Cauliflower

Number of Portions: 41.000

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902131	Vegetable Oil	3 TBSP	1.02	8.780	0.073	0.000	0.000	*N/A*	1.024	0.000
900448	Cauliflower Florets	2 Bag	66.38	15.610	0.000	19.512	1.561	*N/A*	0.000	0.000
R-772	Savory Seasoning (Chef Rick's)	4 tbsp	15.29	36.534	0.000	745.286	0.000	0.000	0.000	0.000
		Totals	83.00	30.462	0.037	382.399	0.780	0.000	0.512	0.000
		% of Calories			1.081%		10.242%	0.000%	15.133%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000	*N/A*	*N/A*
900448	Cauliflower Florets	0.000	3.122	1.561	1.561	*N/A*	15.610	32.780	0.281	*N/A*	*N/A*
R-772	Savory Seasoning (Chef Rick's)	0.000	6.409	0.000	0.899	*0.000*	8.989	0.000	0.162	*0.000*	*0.000*
		Totals	0.000	4.765	0.780	1.230	12.299	16.390	0.221	*0.000*	*0.000*
		% of Calories		62.574%		16.151%					

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Lawrence Public Schools

USD 497

990534 - Roll 1 oz (EC)

Number of Portions: 100.000

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990498	Whole Wheat Roll 51%, 1 oz	1 Recipe	32.01	83.344	0.142	123.943	1.984	0.000	2.161	0.000
		Totals	32.00	83.344	0.142	123.943	1.984	0.000	2.161	0.000
		% of Calories			1.530%		9.522%	0.000%	23.331%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990498	Whole Wheat Roll 51%, 1 oz	0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	0.481	*0.000*	*0.000*
		Totals	0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	*0.000*	*0.000*
		% of Calories		71.880%		13.294%					

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Lawrence Public Schools

USD 497

990524 - Roll 2 oz (ES)

Number of Portions: 50.000

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990499	Whole Wheat Roll 51%, 2 oz	1 Recipe	64.03	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		Totals	64.00	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		% of Calories			1.531%		9.524%	0.000%	23.331%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990499	Whole Wheat Roll 51%, 2 oz	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*
		% of Calories		71.879%		13.294%					

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Lawrence Public Schools

USD 497

990526 - Roll 2 oz (HS)

Number of Portions: 50.000

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990499	Whole Wheat Roll 51%, 2 oz	1 Recipe	64.03	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		Totals	64.00	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		% of Calories			1.531%		9.524%	0.000%	23.331%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990499	Whole Wheat Roll 51%, 2 oz	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*
		% of Calories		71.879%		13.294%					

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Lawrence Public Schools

USD 497

990535 - Roll 2 oz (HS)

Number of Portions: 50.000

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990499	Whole Wheat Roll 51%, 2 oz	1 Recipe	64.03	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		Totals	64.00	83.344	0.142	123.943	1.984	0.000	2.161	0.000
		% of Calories			1.531%		9.522%	0.000%	23.331%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990499	Whole Wheat Roll 51%, 2 oz	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
		Totals	0.246	14.977	1.456	2.770	*0.000*	13.994	0.000	0.481	*0.000*
		% of Calories		71.879%		13.294%					

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Lawrence Public Schools

USD 497

990525 - Roll 2 oz (MS)

Number of Portions: 50.000

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990499	Whole Wheat Roll 51%, 2 oz	1 Recipe	64.03	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		Totals	64.00	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		% of Calories			1.531%		9.524%	0.000%	23.331%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990499	Whole Wheat Roll 51%, 2 oz	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*
		% of Calories		71.879%		13.294%					

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Lawrence Public Schools

USD 497

990533 - Roll 2 oz (SF)

Number of Portions: 50.000

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990499	Whole Wheat Roll 51%, 2 oz	1 Recipe	64.03	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		Totals	64.00	166.689	0.284	247.886	3.969	0.000	4.321	0.000
		% of Calories			1.531%		9.524%	0.000%	23.331%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990499	Whole Wheat Roll 51%, 2 oz	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
		Totals	0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*
		% of Calories		71.879%		13.294%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			76.00	13.341	0.000	4.447	0.000	0.000	0.445	0.000
% of Calories					0.000%		0.000%	0.000%	30.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		0.000	2.668	1.779	0.889	*N/A*	23.124	0.000	0.640	0.000	0.000
% of Calories			80.000%		26.655%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	37.00	10.014	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	2.403	0.401	*N/A*	4.006	0.000	0.172	0.000	0.000
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990172	Salad, Chef	1 each	54.90	67.236	0.563	143.078	0.708	0.000	2.799	0.000
R-990170	Salad, Chicken Caesar	1 each	59.09	90.177	1.814	138.142	0.750	0.000	4.800	0.000
R-990167	Salad, Cobb	1 each	60.22	78.362	0.749	143.078	0.708	0.000	3.911	0.000
R-990169	Salad, Southwest	1 each	67.01	128.487	1.865	160.582	1.657	0.000	6.659	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
		Totals	287.00	560.231	8.300	1057.458	5.652	0.000	38.533	0.000
		% of Calories			13.334%		4.035%	0.000%	61.903%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990172	Salad, Chef	6.471	7.814	1.181	2.782	*N/A*	15.611	*0.000*	0.730	*0.000*	*0.000*
R-990170	Salad, Chicken Caesar	11.268	8.022	1.181	3.845	*N/A*	*17.744*	*0.000*	*0.731*	*0.000*	*0.000*
R-990167	Salad, Cobb	6.471	8.184	1.428	2.905	*N/A*	16.229	*0.000*	0.780	*0.000*	*0.000*
R-990169	Salad, Southwest	10.495	12.159	1.637	4.565	*N/A*	72.668	0.000	0.628	*0.000*	*0.000*
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*
	Totals	39.708	40.021	5.426	14.597	*N/A*	*128.680*	*0.000*	*2.869*	*0.000*	*0.000*
	% of Calories		28.575%		10.422%						

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat	
990670	Romaine Lettuce	6 cup	115.67	20.412	0.000	6.804	0.000	0.000	0.680	0.000
990442	Chicken, Patty Unbreaded Grilled	1 each	24.76	53.532	0.836	137.176	0.000	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	0.000
903320	Breadstick, Garlic	3 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
		Totals	220.00	268.944	2.253	572.313	2.833	0.000	11.194	0.000
		% of Calories			7.540%		4.214%	0.000%	37.460%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990670	Romaine Lettuce	0.000	4.082	2.722	1.361	*N/A*	35.380	0.000	0.980	0.000	0.000
990442	Chicken, Patty Unbreaded Grilled	13.383	1.338	0.000	4.015	*N/A*	17.063	0.000	0.335	*N/A*	*N/A*
900431	Ham, sliced, smoked	12.500	0.833	0.000	3.750	*N/A*	0.000	0.000	0.167	*N/A*	*N/A*
903320	Breadstick, Garlic	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
	Totals	25.883	31.254	4.722	11.126	*N/A*	62.444	*0.000*	2.921	*0.000*	*0.000*
	% of Calories		46.484%		16.548%						

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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)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990670	Romaine Lettuce	6 cup	115.67	20.412	0.000	6.804	0.000	0.680	0.000
990442	Chicken, Patty Unbreaded Grilled	1 1/2 each	37.14	80.298	1.255	205.764	0.000	5.520	0.000
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	3 OZ	28.00	89.998	5.000	169.999	1.000	*N/A*	0.000
R-990171	Croutons, Homemade	3 (2 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	0.000
		Totals	236.00	360.707	7.255	552.567	3.000	19.201	0.000
		% of Calories			18.101%		3.327%	47.908%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990670	Romaine Lettuce	0.000	4.082	2.722	1.361	*N/A*	35.380	0.000	0.980	0.000	0.000
990442	Chicken, Patty Unbreaded Grilled	20.075	2.007	0.000	6.022	*N/A*	25.595	0.000	0.502	*N/A*	*N/A*
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	24.998	1.000	0.000	5.998	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
R-990171	Croutons, Homemade	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
	Totals	45.073	32.089	4.722	15.381	*N/A*	*70.975*	*0.000*	*2.922*	*0.000*	*0.000*
	% of Calories		35.585%		17.057%						

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990670	Romaine Lettuce	6 cup	115.67	20.412	0.000	6.804	0.000	0.000	0.680	0.000
990447	Avocado, IW	1 1/2 each (.5 avo)	21.26	44.502	0.742	0.000	0.000	0.000	4.450	0.000
990442	Chicken, Patty Unbreaded Grilled	1 each	24.76	53.532	0.836	137.176	0.000	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	0.000
903320	Breadstick, Garlic	3 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
		Totals	241.00	313.446	2.995	572.313	2.833	0.000	15.644	0.000
		% of Calories			8.599%		3.615%	0.000%	44.920%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990670	Romaine Lettuce	0.000	4.082	2.722	1.361	*N/A*	35.380	0.000	0.980	0.000	0.000
990447	Avocado, IW	0.000	1.483	0.989	0.494	*N/A*	2.472	0.000	0.198	*N/A*	*N/A*
990442	Chicken, Patty Unbreaded Grilled	13.383	1.338	0.000	4.015	*N/A*	17.063	0.000	0.335	*N/A*	*N/A*
900431	Ham, sliced, smoked	12.500	0.833	0.000	3.750	*N/A*	0.000	0.000	0.167	*N/A*	*N/A*
903320	Breadstick, Garlic	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
	Totals	25.883	32.737	5.710	11.620	*N/A*	64.916	*0.000*	3.119	*0.000*	*0.000*
	% of Calories		41.777%		14.829%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990670 Romaine Lettuce	6 cup	115.67	20.412	0.000	6.804	0.000	0.000	0.680	0.000
990503 Chicken Fajita Strips	3 oz	28.35	30.000	0.000	200.000	0.333	0.000	0.333	0.000
990447 Avocado, IW	3/4 each (.5 avo)	10.63	22.251	0.371	0.000	0.000	0.000	2.225	0.000
902970 Black Beans, Fancy Canned	3 oz	28.35	26.169	0.000	30.530	0.218	*N/A*	0.109	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
903288 Tortilla Chips 2 oz pkg	3 bag (2 oz)	56.70	303.745	2.025	232.871	0.000	*N/A*	14.175	0.000
	Totals	268.00	513.949	7.458	642.327	6.626	0.000	26.635	0.000
	% of Calories			13.060%		5.157%	0.000%	46.642%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990670 Romaine Lettuce	0.000	4.082	2.722	1.361	*N/A*	35.380	0.000	0.980	0.000	0.000
990503 Chicken Fajita Strips	16.667	1.333	0.000	5.000	*N/A*	0.000	0.000	0.333	0.000	0.000
990447 Avocado, IW	0.000	0.742	0.494	0.247	*N/A*	1.236	0.000	0.099	*N/A*	*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*	*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	0.000
903288 Tortilla Chips 2 oz pkg	0.000	36.449	2.025	4.050	*N/A*	40.499	0.000	0.607	*N/A*	*N/A*
	Totals	41.979	48.635	6.549	18.259	290.671	0.000	2.513	*0.000*	*0.000*
	% of Calories		37.852%		14.211%					

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Lawrence Public Schools

USD 497

990561 - Salsa

Number of Portions: 138.000

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990484 Sauce Picante Mild	1 jug	28.35	8.859	0.000	221.480	0.000	0.000	0.000	0.000
	Totals	28.00	8.859	0.000	221.480	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990484 Sauce Picante Mild	0.000	1.772	0.886	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	1.772	0.886	0.000	*N/A*	0.000	0.000	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990285	California Turkey Club Wrap	2 Wrap	85.50	187.632	3.186	422.127	2.506	0.000	9.494	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
		Totals	437.00	653.649	10.179	1339.688	*17.328*	*0.000*	27.846	*0.000*
		% of Calories			14.015%		*10.604%*	*0.000%*	38.341%	*0.000%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990285	California Turkey Club Wrap	19.706	17.573	2.276	7.228	*N/A*	112.784	1.697	0.893	*0.000*	*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*	*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*	*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	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*	*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	0.000
900648	Applesauce, unswtnd	0.000	2.167	0.333	0.000	*N/A*	0.000	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	0.000
990506	Orange, Mandarin Canned	0.000	2.833	0.167	0.167	*N/A*	3.333	3.500	0.120	0.000	0.000
900446	Carrots - Baby	0.000	3.000	1.000	0.000	*N/A*	10.000	1.200	0.360	*N/A*	*N/A*
900451	Cucumber	0.000	0.175	0.000	0.000	*N/A*	1.751	0.105	0.032	*N/A*	*N/A*
900012	Tomatoes, Cherry	0.000	0.556	0.170	0.128	*N/A*	1.417	1.786	0.026	*N/A*	*N/A*
900442	BROCCOLI FLORETS	0.000	0.403	0.134	0.000	*N/A*	2.824	17.750	0.043	*N/A*	*N/A*
	Totals	*61.849*	75.637	*9.022*	23.528	*N/A*	*288.849*	*28.298*	*3.497*	*0.000*	*0.000*
	% of Calories		46.286%		14.398%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	5.00	0.000	0.000	1.167	0.000	0.000	0.000	0.000
	% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		*N/A%*		*N/A%*					

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Lawrence Public Schools

USD 497

990270 - Sauce, Sweet Chili

Number of Portions: 48.000

Source: Maddie

Group Code: SAUCE

Size of Portion: TBSP

*Nutrients are based upon 1 Portion Size (TBSP)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	8.00	8.224	0.004	155.054	1.508	0.000	0.013
		% of Calories			0.460%		73.346%	0.000%	1.368%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	1.796	0.074	0.030	*N/A*	0.231	0.000	0.012	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	106.00	290.298	6.502	702.410	2.990	1.993	16.042	0.000
		% of Calories			20.158%		4.120%	2.746%	49.733%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	40.499	26.910	1.993	10.062	*N/A*	99.666	0.000	1.694	*0.000*	*0.000*
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	6.000	0.000
990387	Sausage, Chicken Patty	3 patty	42.52	80.999	1.519	303.745	0.000	*N/A*	6.075	0.000
Totals			105.00	260.999	4.519	473.745	4.000	*N/A*	12.075	0.000
% of Calories					15.582%		6.130%	*N/A%*	41.638%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
990387	Sausage, Chicken Patty	40.499	0.000	0.000	6.075	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
Totals		40.499	26.000	3.000	10.075	*N/A*	20.000	0.000	1.440	*N/A*	*N/A*
% of Calories			39.847%		15.441%						

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Lawrence Public Schools

USD 497

990698 - Sausage Links

Number of Portions: 107.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990560	Chicken Sausage Link	1 case	42.39	64.665	1.078	251.477	0.000	0.000	3.593	0.000
		Totals	42.00	64.665	1.078	251.477	0.000	0.000	3.593	0.000
		% of Calories			15.001%		0.000%	0.000%	50.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990560	Chicken Sausage Link	39.518	0.000	0.000	7.185	*N/A*	0.000	1.437	0.647	0.000	0.000
	Totals	39.518	0.000	0.000	7.185	*N/A*	0.000	1.437	0.647	0.000	0.000
	% of Calories		0.000%		44.444%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	0.000
88	MUSTARD ,DRY	1/2 CUP	55.28	92.136	0.000	0.000	0.000	*N/A*	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	0.000	*N/A*	0.000
		Totals	157.00	374.469	0.000	7639.185	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	*N/A*	*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	*N/A*	*N/A*
	Totals	0.000	65.690	0.000	9.214	*0.000*	92.136	0.000	1.658	*0.000*
	% of Calories		70.168%		9.842%					

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Lawrence Public Schools

USD 497

990674 - Scone, Variety

Number of Portions: 5.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Pinckney Bakery

Group Code: BREAKFAST

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
R-990558	Homemade Apple Cinnamon Scones	1 Servings	19.02	64.235	1.912	51.381	*2.396*	*0.000*	3.141	0.000
R-990502	Homemade Blueberry Scones	1 Servings	20.80	65.721	1.939	54.631	2.096	0.000	3.209	0.000
R-990557	Homemade Chocolate Chip Scones	1 Servings	19.85	73.123	2.254	54.631	3.230	0.000	3.693	0.000
R-990560	Homemade Cranberry and White Chocolate Scones	1 Servings	20.32	73.950	2.159	57.013	3.557	0.000	3.459	0.000
R-990572	Homemade Cranberry Orange Scones	1 Servings	20.04	70.529	1.926	52.701	3.372	0.000	3.196	0.000
		Totals	100.00	347.558	10.189	270.357	*14.652*	*0.000*	16.697	0.000
		% of Calories			26.385%		*16.863%*	*0.000%*	43.237%	0.000%

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient											
R-990558	Homemade Apple Cinnamon Scones	9.233	7.921	1.035	1.045	*0.000*	4.323	0.000	0.249	*0.000*	*0.000*
R-990502	Homemade Blueberry Scones	10.231	8.007	1.050	1.188	*0.000*	8.409	0.000	0.260	0.000	0.000
R-990557	Homemade Chocolate Chip Scones	10.231	8.923	1.095	1.314	*0.000*	8.206	0.000	0.405	0.000	0.000
R-990560	Homemade Cranberry and White Chocolate Scones	10.231	9.400	1.039	1.251	*0.000*	10.726	0.000	0.254	0.000	0.000
R-990572	Homemade Cranberry Orange Scones	10.148	9.347	1.063	1.130	*0.000*	5.931	0.000	0.256	0.000	0.000
	Totals	50.073	43.599	5.282	5.927	*0.000*	37.595	0.000	1.424	*0.000*	*0.000*
	% of Calories		50.177%		6.821%						

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Lawrence Public Schools

USD 497

879 - Seasoned 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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			168.00	117.993	0.000	151.639	0.981	0.000	0.491	0.000
% of Calories					0.000%		3.326%	0.000%	3.743%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		0.000	22.617	5.888	6.869	*0.000*	59.680	0.000	1.770	*39.961*	*0.040*
% of Calories			76.673%		23.286%						

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Lawrence Public Schools

USD 497

990505 - Seedless Watermelon, Fresh

Number of Portions: 120.000

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990734	Seedless Watermelon, Fresh	1 case	264.60	78.334	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	265.00	78.334	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990734	Seedless Watermelon, Fresh	0.000	19.148	0.000	0.000	0.000	19.148	0.000	0.627	0.000	0.000
		Totals	0.000	19.148	0.000	0.000	19.148	0.000	0.627	0.000	0.000
		% of Calories		97.778%		0.000%					

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	234.00	184.408	0.000	52.676	17.039	0.000	0.502	0.000
		% of Calories			0.000%		36.959%	0.000%	2.449%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	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*	*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	0.000
	Totals	0.000	41.666	1.622	3.551	*N/A*	123.666	30.000	0.168	*0.000*	*0.000*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	231.00	145.711	0.667	68.369	16.507	0.000	1.334	0.000
		% of Calories			4.120%		45.314%	0.000%	8.240%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900612	Yogurt for parfaits (lowfat vanilla)	6.670	16.676	0.000	4.002	*N/A*	140.080	0.000	0.067	0.000	0.000
900648	Applesauce, unswtnd	0.000	6.500	1.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990497	Juice, Orange Gallon	0.000	6.603	0.000	0.455	*N/A*	6.148	0.000	0.073	0.000	0.000
	Totals	6.670	29.780	1.000	4.458	*N/A*	146.228	0.000	0.140	0.000	0.000
	% of Calories		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

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
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
		Totals	240.00	191.148	0.000	50.176	19.121	0.000	0.502	0.000
		% of Calories			0.000%		40.013%	0.000%	2.363%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
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*
990466	BANANA FRESH TIP GREEN		0.000	14.595	1.622	0.541	*N/A*	3.243	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	0.000
		Totals	0.000	43.483	1.622	3.551	*N/A*	123.666	13.226	0.432	*0.000*	*0.000*
		% of Calories		90.994%		7.431%						

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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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990402	Snack Bar, Cinnamon Toast	1 each	66.90	209.581	2.015	233.764	10.479	*N/A*	6.449	0.000
		Totals	67.00	209.581	2.015	233.764	10.479	*N/A*	6.449	0.000
		% of Calories			8.654%		20.000%	*N/A%*	27.693%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990402	Snack Bar, Cinnamon Toast	0.000	33.049	2.418	4.836	*N/A*	24.182	*N/A*	1.290	*N/A*	*N/A*
		Totals	0.000	33.049	2.418	4.836	24.182	*N/A*	1.290	*N/A*	*N/A*
		% of Calories		63.077%		9.230%					

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Lawrence Public Schools

USD 497

990372 - Snacking Peppers

Number of Portions: 72.000

Group Code: VEGETABLES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990611 Peppers, Mini Assorted Sweet	1 case	75.60	26.682	0.000	31.129	2.668	0.000	0.000	0.000
	Totals	76.00	26.682	0.000	31.129	2.668	0.000	0.000	0.000
	% of Calories			0.000%		39.997%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990611 Peppers, Mini Assorted Sweet	0.000	5.336	0.889	0.889	*N/A*	0.000	0.000	0.534	0.000	0.000
	Totals	0.000	5.336	0.889	0.889	*N/A*	0.000	0.000	0.534	0.000
	% of Calories		80.000%		13.327%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	17.00	7.500	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%	0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	0.000	1.500	0.500	0.500	*N/A*	7.500	0.000	0.355
		% of Calories		80.000%		26.667%				

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Lawrence Public Schools

USD 497

990274 - Soft Tacos

Number of Portions: 112.000

Group Code: ENTREES

Size of Portion: 2 tacos

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
900429	Ground Beef 81/19, raw	10 LB	40.36	126.116	2.883	27.025	0.000	*N/A*	7.567	0.000
990771	Turkey Ground Coarse 85/15	10 LB	40.50	82.432	2.150	32.256	0.000	0.000	5.376	0.000
R-990271	Mexican Seasoning	3 cup + 1/2 cup	3.79	2.100	0.000	117.476	0.000	0.000	0.000	0.000
903122	Pepper, black ground	2 tsp	0.04	0.001	0.000	0.000	0.000	*N/A*	0.000	0.000
900359	Salt 25#	2 tsp	0.11	0.000	0.000	45.135	0.000	0.000	0.000	0.000
75010	Water, Cold	2 1/2 cup	5.36	0.000	0.000	0.161	0.000	*N/A*	0.000	0.000
990571	Tortilla Whole Wheat 6"	224 tortilla	58.00	180.000	2.000	260.000	0.000	0.000	5.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	3 LB + 2 oz	12.66	49.720	2.260	76.840	2.712	0.000	4.068	0.000
		Totals	161.00	440.369	9.293	558.893	2.712	0.000	22.011	0.000
		% of Calories			18.993%		2.463%	0.000%	44.985%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900429	Ground Beef 81/19, raw	30.628	0.000	0.000	6.126	*N/A*	9.008	0.000	0.721	*N/A*	*N/A*
990771	Turkey Ground Coarse 85/15	30.464	0.358	0.000	7.885	0.000	0.000	0.000	0.000	0.000	0.000
R-990271	Mexican Seasoning	0.000	0.420	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*	0.107	0.000	0.001	5.352	0.005
990571	Tortilla Whole Wheat 6"	0.000	28.000	4.000	4.000	*N/A*	72.000	0.000	2.000	0.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	11.300	0.452	0.000	2.712	*N/A*	89.496	0.000	0.045	0.000	0.000
	Totals	72.392	29.231	4.000	20.722	*0.000*	170.612	0.000	2.766	*5.352*	*0.005*
	% of Calories		26.551%		18.822%						

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Lawrence Public Schools

USD 497

990648 - Sour Cream

Number of Portions: 75.000

Group Code: Condiments and Dressings

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990618	Sour Cream	1 container	30.24	60.479	3.528	50.399	0.000	0.000	5.040	0.000
Totals			30.00	60.479	3.528	50.399	0.000	0.000	5.040	0.000
% of Calories					52.499%		0.000%	0.000%	75.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990618	Sour Cream	20.160	2.016	0.000	1.008	*N/A*	40.319	0.000	0.000	0.000	0.000
Totals		20.160	2.016	0.000	1.008	*N/A*	40.319	0.000	0.000	0.000	0.000
% of Calories			13.334%		6.667%						

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Lawrence Public Schools

USD 497

990725 - Southwest Chicken Salad - Only in HS Vending

Number of Portions: 3.000

Group Code: SALADS

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

		Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity								
990670	Romaine Lettuce	6 cup	115.67	20.412	0.000	6.804	0.000	0.680	0.000
990503	Chicken Fajita Strips	3 oz	28.35	30.000	0.000	200.000	0.333	0.333	0.000
900151	Corn	3 (1/4 cup)	34.88	30.000	0.000	0.000	0.000	0.188	0.000
900012	Tomatoes, Cherry	3 (1/2 cup)	70.87	12.757	0.000	3.544	*N/A*	0.000	0.000
902970	Black Beans, Fancy Canned	3 oz	28.35	26.169	0.000	30.530	0.218	*N/A*	0.109
990564	Cheese Cheddar Jack Fancy Shredded	3 oz	28.35	111.373	5.062	172.122	6.075	0.000	9.112
903288	Tortilla Chips 2 oz pkg	3 bag (2 oz)	56.70	303.745	2.025	232.871	0.000	*N/A*	14.175
903179	Edamame / Soybeans	3 (1/2 cup)	63.00	75.000	0.375	3.750	1.500	*N/A*	3.000
900475	Apples, Red Delicious	3 medium, 3/lb.	138.00	45.620	0.000	0.000	9.124	*N/A*	0.000
990452	Dressing, Jalapeno Ranch	6 oz	56.70	283.495	5.062	688.488	0.000	0.000	30.374
		Totals	621.00	938.570	12.525	1338.109	*17.250*	*0.000*	57.972
		% of Calories			12.010%		*7.352%*	*0.000%*	55.589%

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient											
990670	Romaine Lettuce	0.000	4.082	2.722	1.361	*N/A*	35.380	0.000	0.980	0.000	0.000
990503	Chicken Fajita Strips	16.667	1.333	0.000	5.000	*N/A*	0.000	0.000	0.333	0.000	0.000
900151	Corn	0.000	7.125	0.750	1.125	*N/A*	0.000	0.000	0.150	*N/A*	*N/A*
900012	Tomatoes, Cherry	0.000	2.778	0.850	0.638	*N/A*	7.087	8.930	0.128	*N/A*	*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*	*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	0.000
903288	Tortilla Chips 2 oz pkg	0.000	36.449	2.025	4.050	*N/A*	40.499	0.000	0.607	*N/A*	*N/A*
903179	Edamame / Soybeans	0.000	4.500	0.000	6.750	*N/A*	30.000	3.600	1.350	*N/A*	*N/A*
900475	Apples, Red Delicious	0.000	12.545	2.851	0.000	*N/A*	11.405	2.737	0.205	47.861	0.148
990452	Dressing, Jalapeno Ranch	20.250	4.050	0.000	2.025	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
		Totals	62.228	78.892	10.507	28.550	337.928	15.267	4.247	*47.861*	*0.148*
		% of Calories		33.622%		12.167%					

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Lawrence Public Schools

USD 497

990651 - Soy Milk - Chocolate

Number of Portions: 1.000

Group Code: Milk & Milk Products

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990802 Milk, Soy, Chocolate	1 each	226.80	170.000	1.000	90.000	20.000	0.000	4.500	0.000
	Totals	227.00	170.000	1.000	90.000	20.000	0.000	4.500	0.000
	% of Calories			5.294%		47.059%	0.000%	23.824%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990802 Milk, Soy, Chocolate	0.000	25.000	3.000	8.000	0.000	470.000	0.000	3.000	0.000	0.000
	Totals	0.000	25.000	3.000	8.000	470.000	0.000	3.000	0.000	0.000
	% of Calories		58.824%		18.824%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	227.00	130.000	0.500	110.000	10.000	0.000	4.500	0.000
	% of Calories			3.462%		30.769%	0.000%	31.154%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	13.000	2.000	8.000	276.000	0.000	1.100	*N/A*	*N/A*
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	227.00	140.000	0.500	110.000	14.000	0.000	4.500	0.000
		% of Calories			3.214%		40.000%	0.000%	28.929%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	17.000	2.000	8.000	300.000	0.000	1.100	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	213.00	441.087	4.333	457.318	0.795	14.567	0.000
		% of Calories			8.842%		0.721%	29.724%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990416	0.000	41.778	1.989	6.963	*N/A*	0.000	0.000	1.790	*N/A*	*N/A*
990417	0.000	2.000	0.200	0.200	*N/A*	4.200	0.000	0.200	*N/A*	*N/A*
R-990184	42.879	7.144	1.786	9.767	*0.000*	26.304	0.000	1.009	*0.000*	*0.000*
	Totals	42.879	50.922	3.975	16.930	30.504	0.000	2.999	*0.000*	*0.000*
	% of Calories		46.179%		15.353%					

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Lawrence Public Schools

USD 497

990703 - Spicy Chicken - HS

Number of Portions: 128.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990832	Spicy Chicken Filet	1 case	113.40	190.669	1.004	381.338	0.000	0.000	6.021
903155	Bun, Hamburger	1 case + 1/3 case	68.04	155.176	0.000	298.416	3.581	*N/A*	1.790
		Totals	181.00	345.845	1.004	679.754	3.581	0.000	7.812
		% of Calories			2.611%		4.142%	0.000%	20.328%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990832	Spicy Chicken Filet	55.194	18.063	2.007	19.067	0.000	0.000	0.000	0.000	0.000
903155	Bun, Hamburger	0.000	28.648	2.387	3.581	*N/A*	47.747	1.432	1.289	*N/A*
		Totals	55.194	46.711	4.394	22.648	*0.000*	47.747	1.432	1.289
		% of Calories		54.026%		26.194%				

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Lawrence Public Schools

USD 497

990262 - Spicy Chicken Sandwich - MS

Number of Portions: 149.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: USD 497

Group Code: SANDWICHES

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990770	CHICKEN BRST HOT SPICY ES	1 case	99.91	273.569	2.974	404.406	0.000	0.000	15.463	*N/A*
903155	Bun, Hamburger	1 case + 1/4 case	57.08	130.181	0.000	250.349	3.004	*N/A*	1.502	0.000
		Totals	157.00	403.750	2.974	654.755	3.004	0.000	16.965	*0.000*
		% of Calories			6.628%		2.976%	0.000%	37.816%	*0.000%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990770	CHICKEN BRST HOT SPICY ES	23.789	17.841	2.379	15.463	0.000	35.683	0.000	2.379	0.000	0.000
903155	Bun, Hamburger	0.000	24.033	2.003	3.004	*N/A*	40.056	1.202	1.082	*N/A*	*N/A*
	Totals	23.789	41.875	4.382	18.467	*0.000*	75.739	1.202	3.460	*0.000*	*0.000*
	% of Calories		41.486%		18.295%						

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Lawrence Public Schools

USD 497

990712 - Spicy Popcorn Chicken w/ Garlic Parmesan Biscuit

Number of Portions: 156.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990783	Spicy Popcorn Chicken	1 case	95.34	259.080	2.591	393.802	1.036	1.036	14.508	0.000
R-990700	Garlic Parmesan Biscuit	156 Servings	66.33	219.299	5.483	426.165	2.990	1.993	10.717	0.000
		Totals	162.00	478.379	8.074	819.967	4.026	3.029	25.225	0.000
		% of Calories			15.190%		3.366%	2.533%	47.457%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990783	Spicy Popcorn Chicken	25.908	16.581	3.109	14.508	0.000	41.453	0.000	2.280	0.000	0.000
R-990700	Garlic Parmesan Biscuit	2.500	26.910	1.993	4.987	*0.000*	119.666	0.000	1.694	0.000	0.000
		Totals	28.408	43.491	5.102	19.495	*0.000*	161.119	3.974	0.000	0.000
		% of Calories		36.365%		16.301%					

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	50.00	0.294	0.000	1.470	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	0.059	0.000	*N/A*	2.352	0.529	0.042	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	78.00	31.953	0.000	54.776	0.000	*N/A*	0.000	0.000
	% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	6.391	1.826	0.913	32.866	2.282	0.402	*N/A*	*N/A*
	% of Calories		80.000%		11.429%					

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Lawrence Public Schools

USD 497

990258 - Steamed Edamame

Number of Portions: 26.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903179	Edamame / Soybeans	2 bag (2.5#)	87.23	103.844	0.519	5.192	2.077	*N/A*	4.154	0.000
900359	Salt 25#	2 tsp	0.47	0.000	0.000	194.428	0.000	0.000	0.000	0.000
Totals			88.00	103.844	0.519	199.621	2.077	0.000	4.154	0.000
% of Calories					4.500%		8.000%	0.000%	36.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903179	Edamame / Soybeans	0.000	6.231	0.000	9.346	*N/A*	41.538	4.985	1.869	*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
Totals		0.000	6.231	0.000	9.346	*0.000*	41.538	4.985	1.869	*0.000*	*0.000*
% of Calories			24.000%		36.000%						

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Lawrence Public Schools

USD 497

990413 - Steamed Peas

Number of Portions: 143.000

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903104	pea, green frozen	1 case (30#)	63.44	57.024	0.000	0.000	3.564	*N/A*	0.000	0.000
		Totals	63.00	57.024	0.000	0.000	3.564	*N/A*	0.000	0.000
		% of Calories			0.000%		25.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903104	pea, green frozen	0.000	9.266	3.564	3.564	*N/A*	14.256	0.000	0.998	*N/A*	*N/A*
		Totals	0.000	9.266	3.564	3.564	14.256	0.000	0.998	*N/A*	*N/A*
		% of Calories		65.000%		25.000%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	110.00	39.464	0.000	0.000	7.104	*N/A*	0.000	0.000
		% of Calories			0.000%		72.005%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	10.261	0.000	*N/A*	15.786	42.621	0.568	*N/A*	*N/A*
		% of Calories		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)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
Ingredient			Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
902950	Strawberry frozen	1 cup, thawed	55.25	19.732	0.000	0.000	3.552	*N/A*	0.000	0.000	
		Totals	55.00	19.732	0.000	0.000	3.552	*N/A*	0.000	0.000	
		% of Calories			0.000%		72.005%	*N/A%*	0.000%	0.000%	

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	5.130	1.184	0.000	*N/A*	7.893	21.311	0.284	*N/A*
	% of Calories		104.002%		0.000%					

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Lawrence Public Schools
USD 497

990580 - Strawberry Oatmeal Bar - ES

Number of Portions: 100.000

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Source: Pickney Bakery
Group Code: DESSERTS

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

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

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Lawrence Public Schools

USD 497

990555 - Streusel

Number of Portions: 1000.000

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900195	Sugar Granulated	2 LB + 14 oz	1.30	4.890	0.000	0.000	1.304	0.000	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	2 LB + 2 oz	0.96	3.442	0.000	0.000	0.034	0.000	0.000	0.000
990703	Butter Solid Salted	1 LB	0.45	3.240	0.227	2.916	0.000	0.000	0.356	0.000
Totals			3.00	11.573	0.227	2.916	1.339	0.000	0.356	0.000
% of Calories					17.638%		46.280%	0.000%	27.716%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900195	Sugar Granulated	0.000	1.304	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	0.792	0.034	0.103	0.000	0.000	0.000	0.000	0.000	0.000
990703	Butter Solid Salted	0.972	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Totals		0.972	2.096	0.034	0.103	0.000	0.000	0.000	0.000	0.000	0.000
% of Calories			72.438%		3.560%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	*N/A*	6.000	0.000
		Totals	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
		% of Calories			39.375%		0.000%	*N/A%*	67.500%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000
		Totals	15.000	0.000	6.000	*N/A*	200.000	0.000	0.000	0.000	0.000
		% of Calories		0.000%	30.000%						

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Lawrence Public Schools

USD 497

990654 - Stromboli Squares

Number of Portions: 120.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
R-990653	Dough, Whole Wheat (HKM Recipe 877)	16 pound	67.40	175.471	0.298	260.946	4.178	0.000	4.549
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	8 lb + 8 OZ	31.73	101.997	5.667	192.666	1.133	*N/A*	7.933
900009	Turkey, Breast Extra Lean Roasted, Sliced	11 LB	41.58	35.237	0.000	458.077	0.705	*N/A*	0.352
990720	Pan Spray, Professional	1 as needed	0.01	0.000	0.000	0.000	0.000	0.000	0.000
990806	Seasoning, Italian	11 gram	0.09	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	141.00	312.705	5.965	911.688	6.016	0.000	12.835
		% of Calories			17.168%		7.695%	0.000%	36.939%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990653	Dough, Whole Wheat (HKM Recipe 877)	0.519	31.532	3.066	5.831	*0.000*	29.463	0.000	1.013	*0.000*	*0.000*
990722	Cheese, Mozzarella, Low Moisture Part Skim, S	28.332	1.133	0.000	6.797	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
900009	Turkey, Breast Extra Lean Roasted, Sliced	17.618	0.705	0.000	7.752	*N/A*	0.000	0.000	0.282	0.000	0.000
990720	Pan Spray, Professional	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990806	Seasoning, Italian	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	46.469	33.370	3.066	20.381	*0.000*	*29.463*	*0.000*	*1.295*	*0.000*	*0.000*
	% of Calories		42.685%		26.071%						

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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	0.000
		Totals	34.00	15.000	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000
		Totals	0.000	3.000	1.000	*N/A*	15.000	0.000	0.710	0.000	0.000
		% of Calories		80.000%		26.667%					

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Lawrence Public Schools

USD 497

990656 - Summer Fruit Cans (15.25 oz)

Number of Portions: 18.000

Group Code: FRUIT

Size of Portion: 1/8 cup

*Nutrients are based upon 1 Portion Size (1/8 cup)

							Total Sugars	Added Sugars	Total Fat	Trans Fat
	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	(g)	(g)	(g)	(g)
990807	Peaches, Sliced Can (15.25 oz)	1 can	24.02	11.622	0.000	0.968	2.518	1.162	0.000	0.000
990809	Pears, Sliced Can (15.25 oz)	1 can	24.02	11.622	0.000	0.968	2.518	1.162	0.000	0.000
990808	Pineapple, Canned (15.25 oz)	1 can	24.02	13.781	0.000	0.000	2.953	0.000	0.000	0.000
		Totals	72.00	37.025	0.000	1.937	7.989	2.324	0.000	0.000
		% of Calories			0.000%		86.309%	25.107%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990807	Peaches, Sliced Can (15.25 oz)	0.000	2.712	0.194	0.000	0.000	1.162	0.000	0.039	0.000	0.000
990809	Pears, Sliced Can (15.25 oz)	0.000	2.905	0.387	0.000	0.000	1.162	0.000	0.000	0.000	0.000
990808	Pineapple, Canned (15.25 oz)	0.000	3.150	0.197	0.000	0.000	0.000	3.544	0.000	0.000	0.000
	Totals	0.000	8.767	0.778	0.000	0.000	2.324	3.544	0.039	0.000	0.000
	% of Calories		94.715%		0.000%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	31.00	15.982	0.000	0.336	3.196	0.000	0.051	0.000
	% of Calories			0.000%		79.990%	0.000%	2.844%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	4.206	0.740	0.084	*N/A*	1.682	1.413	0.030	*N/A*	*N/A*
	% of Calories		105.261%		2.102%						

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Lawrence Public Schools

USD 497

990554 - Super Nacho 2025

Number of Portions: 116.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient		Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
R-990553	Taco Meat Mixture	1 Recipe	92.21	203.385	4.860	214.551	0.000	0.000	12.497	0.000
900023	Refried Bean, Vegetarian	2 Bag + 3/4 Bag	20.16	74.282	0.000	169.788	0.000	0.000	1.326	0.000
990409	Sauce, Cheese, Yellow Pouch	3 bag	77.72	125.350	5.641	363.514	0.000	0.000	8.774	0.000
903288	Tortilla Chips 2 oz pkg	116 bag (2 oz)	56.70	303.745	2.025	232.871	0.000	*N/A*	14.175	0.000
		Totals	247.00	706.762	12.525	980.724	0.000	0.000	36.772	0.000
		% of Calories			15.950%		0.000%	0.000%	46.826%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990553	Taco Meat Mixture	58.986	0.752	0.000	13.527	*0.000*	8.905	0.000	0.697	*10.335*	*0.010*
900023	Refried Bean, Vegetarian	0.000	12.734	3.714	3.714	*N/A*	3.714	0.000	0.584	*N/A*	*N/A*
990409	Sauce, Cheese, Yellow Pouch	25.070	3.760	0.000	6.267	*N/A*	203.066	0.000	0.000	*N/A*	*N/A*
903288	Tortilla Chips 2 oz pkg	0.000	36.449	2.025	4.050	*N/A*	40.499	0.000	0.607	*N/A*	*N/A*
	Totals	84.056	53.696	5.739	27.559	*0.000*	256.185	0.000	1.888	*10.335*	*0.010*
	% of Calories		30.390%		15.597%						

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Lawrence Public Schools

USD 497

990223 - Super Nachos - Vegetarian

Number of Portions: 100.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: USD 497

Group Code: ENTREES

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added		
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Total Fat	Trans Fat
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 pkg	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
		Totals	140.00	519.016	5.297	769.579	0.000	0.000	21.810	0.000
		% of Calories			9.185%		0.000%	0.000%	37.819%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900023	0.000	24.440	7.128	7.128	*N/A*	7.128	0.000	1.120	*N/A*	*N/A*
903288	0.000	36.449	2.025	4.050	*N/A*	40.499	0.000	0.607	*N/A*	*N/A*
990409	14.541	2.181	0.000	3.635	*N/A*	117.778	0.000	0.000	*N/A*	*N/A*
	Totals	14.541	63.071	9.153	14.813	*N/A*	165.406	0.000	1.728	*N/A*
	% of Calories		48.608%		11.416%					

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Lawrence Public Schools

USD 497

990354 - SW Chicken Wrap, VM

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	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
990503 Chicken Fajita Strips	2 oz	56.70	60.000	0.000	400.000	0.667	0.000	0.667	0.000
900151 Corn	1 (1/4 cup)	34.88	30.000	0.000	0.000	0.000	0.000	0.188	0.000
902970 Black Beans, Fancy Canned	1 (1/2 cup)	130.00	120.000	0.000	140.000	1.000	*N/A*	0.500	0.000
990452 Dressing, Jalapeno Ranch	1 serving (1 oz)	28.35	141.748	2.531	344.244	0.000	0.000	15.187	0.000
990584 Tortilla, Wrap, WW 12 inch	1 each	103.00	310.000	4.000	460.000	0.000	0.000	9.000	0.000
903179 Edamame / Soybeans	1 (1/2 cup)	63.00	75.000	0.375	3.750	1.500	*N/A*	3.000	0.000
900446 Carrots - Baby	1 (1/2 cup)	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
900475 Apples, Red Delicious	1 medium, 3/lb.	138.00	45.620	0.000	0.000	9.124	*N/A*	0.000	0.000
	Totals	666.00	921.292	11.969	1575.116	21.533	0.000	37.654	0.000
	% of Calories			11.692%		9.349%	0.000%	36.783%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*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	0.000
990503 Chicken Fajita Strips	33.333	2.667	0.000	10.000	*N/A*	0.000	0.000	0.667	0.000	0.000
900151 Corn	0.000	7.125	0.750	1.125	*N/A*	0.000	0.000	0.150	*N/A*	*N/A*
902970 Black Beans, Fancy Canned	0.000	23.000	6.000	7.000	*N/A*	60.000	0.000	1.800	*N/A*	*N/A*
990452 Dressing, Jalapeno Ranch	10.125	2.025	0.000	1.012	*N/A*	0.000	0.000	0.000	*N/A*	*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	0.000
903179 Edamame / Soybeans	0.000	4.500	0.000	6.750	*N/A*	30.000	3.600	1.350	*N/A*	*N/A*
900446 Carrots - Baby	0.000	6.000	2.000	0.000	*N/A*	20.000	2.400	0.720	*N/A*	*N/A*
900475 Apples, Red Delicious	0.000	12.545	2.851	0.000	*N/A*	11.405	2.737	0.205	47.861	0.148
	Totals	68.770	108.208	17.771	39.130	452.278	9.333	7.173	*47.861*	*0.148*
	% of Calories		46.981%		16.989%					

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	43.00	108.783	0.000	24.723	14.834	*N/A*	0.000	0.000
		% of Calories			0.000%		54.545%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	27.690	0.000	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
		% of Calories		101.818%		0.000%					

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Lawrence Public Schools

USD 497

990553 - Taco Meat Mixture

Number of Portions: 116.000

Group Code: Meat/Meat Alt

Size of Portion: 2 oz servings

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

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900429	Ground Beef 81/19, raw	10 LB	38.97	121.767	2.783	26.093	0.000	*N/A*	7.306	0.000
990771	Turkey Ground Coarse 85/15	10 LB	39.10	79.590	2.076	31.144	0.000	0.000	5.191	0.000
R-990271	Mexican Seasoning	3 cup + 1/2 cup	3.66	2.027	0.000	113.426	0.000	0.000	0.000	0.000
903122	Pepper, black ground	2 tsp	0.04	0.001	0.000	0.000	0.000	*N/A*	0.000	0.000
900359	Salt 25#	2 tsp	0.10	0.000	0.000	43.579	0.000	0.000	0.000	0.000
75010	Water, Cold	5 cup	10.35	0.000	0.000	0.310	0.000	*N/A*	0.000	0.000
		Totals	92.00	203.385	4.860	214.551	0.000	0.000	12.497	0.000
		% of Calories			21.504%		0.000%	0.000%	55.299%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900429	Ground Beef 81/19, raw	29.572	0.000	0.000	5.914	*N/A*	8.698	0.000	0.696	*N/A*	*N/A*
990771	Turkey Ground Coarse 85/15	29.414	0.346	0.000	7.613	0.000	0.000	0.000	0.000	0.000	0.000
R-990271	Mexican Seasoning	0.000	0.405	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*	0.207	0.000	0.001	10.335	0.010
	Totals	58.986	0.752	0.000	13.527	*0.000*	8.905	0.000	0.697	*10.335*	*0.010*
	% of Calories		1.478%		26.604%						

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Lawrence Public Schools

USD 497

1157 - Tater Tots

Number of Portions: 156.000

Group Code: VEGETABLES

Size of Portion: servings-9 per

*Nutrients are based upon 1 Portion Size (servings-9 per)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903300	tator tots	6 bag (5#)	87.23	138.290	1.064	382.958	0.000	*N/A*	7.446	0.000
		Totals	87.00	134.833	1.037	373.384	0.000	*N/A*	7.260	0.000
		% of Calories			6.923%		0.000%	*N/A%*	48.461%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903300	tator tots	0.000	17.020	1.064	1.064	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
		Totals	0.000	16.595	1.037	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	43.00	67.416	0.519	186.692	0.000	*N/A*	3.630	0.000
		% of Calories			6.923%		0.000%	*N/A%*	48.462%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	8.297	0.519	*N/A*	0.000	0.000	0.000	*N/A*	*N/A*
		% of Calories		49.231%		3.079%					

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Lawrence Public Schools

USD 497

990324 - Teriyaki Beef w/ Fried Rice

Number of Portions: 100.000

Group Code: BREAKFAST

Size of Portion: 4 ea & 1 cup

*Nutrients are based upon 1 Portion Size (4 ea & 1 cup)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990559	WG Vegetable Fried Rice	100 serving 1 cup	167.26	270.424	0.000	440.691	0.000	0.000	2.504	0.000
990567	Teriyaki Beef Dippers	100 serving (4)	79.38	152.233	3.806	413.204	0.000	0.000	8.699	0.000
		Totals	247.00	422.657	3.806	853.894	0.000	0.000	11.203	0.000
		% of Calories			8.104%		0.000%	0.000%	23.855%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990559	WG Vegetable Fried Rice	0.000	54.085	4.006	6.009	*N/A*	10.016	0.000	0.701	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
	Totals	27.184	60.609	5.094	17.971	*N/A*	42.637	0.000	2.876	0.000	0.000
	% of Calories		57.360%		17.008%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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	0.000
902938	Margarine, Liquid	1/4 cup	1.49	10.658	0.213	11.723	0.000	*N/A*	1.172	0.000
990573	Liquid Egg	8 cup	47.75	72.658	1.557	67.468	0.000	0.000	4.671	0.000
990430	Cheese, Cottage 2%	4 cup	23.79	18.947	0.316	71.579	0.211	0.000	0.526	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 LB	11.94	46.894	2.132	72.472	2.558	0.000	3.837	0.000
990488	SAUCE TABASCO HOT	2 tsp	0.25	0.000	0.000	0.061	0.000	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	0.000
Totals			114.00	230.155	4.217	441.691	4.793	0.000	10.206	0.000
% of Calories					16.492%		8.330%	0.000%	39.911%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	0.000	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	0.000
990430	Cheese, Cottage 2%	3.158	1.053	0.000	2.737	*N/A*	21.053	0.000	0.000	*N/A*	*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	0.000
990488	SAUCE TABASCO HOT	0.000	0.000	0.000	0.000	*N/A*	0.000	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	0.000
Totals		190.270	17.679	0.000	14.560	*0.000*	132.449	0.000	2.782	*0.000*	*0.000*
% of Calories			30.725%		25.305%						

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Lawrence Public Schools

USD 497

990728 - Toast & Cheesy Egg Scramble

Number of Portions: 36.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903156 Bread, White Whole Grain	36 (1 slice)	28.00	70.000	0.000	115.000	1.000	*N/A*	0.500	0.000
990796 Butter Spray	1 as needed	0.03	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-990466 Cheesy Egg Scramble	1 Recipe	65.38	137.936	4.286	163.388	3.037	0.000	10.098	0.000
	Totals	93.00	207.936	4.286	278.388	4.037	0.000	10.598	0.000
	% of Calories			18.550%		7.766%	0.000%	45.869%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903156 Bread, White Whole Grain	0.000	14.000	1.000	3.000	*N/A*	20.000	0.000	0.720	*N/A*	*N/A*
990796 Butter Spray	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-990466 Cheesy Egg Scramble	198.914	0.506	0.000	9.611	*0.000*	128.722	0.000	1.146	0.000	0.000
	Totals	198.914	14.506	1.000	12.611	*0.000*	148.722	1.866	*0.000*	*0.000*
	% of Calories		27.905%		24.259%					

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Lawrence Public Schools

USD 497

990675 - Toast, White Whole Wheat

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903156	Bread, White Whole Grain	1 (1 slice)	28.00	70.000	0.000	115.000	1.000	*N/A*	0.500	0.000
990796	Butter Spray	1 as needed	1.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Totals			29.00	70.000	0.000	115.000	1.000	0.000	0.500	0.000
% of Calories					0.000%		5.714%	0.000%	6.429%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903156	Bread, White Whole Grain	0.000	14.000	1.000	3.000	*N/A*	20.000	0.000	0.720	*N/A*	*N/A*
990796	Butter Spray	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Totals		0.000	14.000	1.000	3.000	*0.000*	20.000	0.000	0.720	*0.000*	*0.000*
% of Calories			80.000%		17.143%						

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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	*N/A*	0.608	0.000
		Totals	90.00	15.203	0.000	12.162	1.824	*N/A*	0.608	0.000
		% of Calories			0.000%		47.991%	*N/A%*	35.999%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*	*N/A*
		Totals	0.000	3.041	0.608	*N/A*	12.162	14.595	0.438	*N/A*	*N/A*
		% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	85.00	15.309	0.000	4.252	*0.000*	*0.000*	0.000	0.000
		% of Calories			0.000%		*0.000%*	*0.000%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	3.334	1.021	0.765	*N/A*	8.505	10.716	0.153	*N/A*	*N/A*
	% of Calories		87.110%		19.988%						

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Lawrence Public Schools

USD 497

990573 - Turkey & Cheese Hoagie - ES

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
900009 Turkey, Breast Extra Lean Roasted, Sliced	6 slice	28.35	24.025	0.000	312.326	0.481	*N/A*	0.240	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
	Totals	104.00	240.108	3.344	760.327	*1.475*	*0.000*	7.584	0.000
	% of Calories			12.533%		*2.457%*	*0.000%*	28.429%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	12.013	0.481	0.000	5.286	*N/A*	0.000	0.000	0.192	0.000	0.000
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*
	Totals	27.898	28.670	2.984	14.436	164.726	0.000	1.900	*0.000*	*0.000*
	% of Calories		47.762%		24.049%					

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Lawrence Public Schools

USD 497

990221 - Turkey & Cheese Hoagie - MS/HS

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
900009 Turkey, Breast Extra Lean Roasted, Sliced	12 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	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
	Totals	151.00	331.008	6.688	1262.027	*1.956*	*0.000*	13.677	0.000
	% of Calories			18.183%		*2.364%*	*0.000%*	37.187%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	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*
	Totals	55.796	29.488	23.899	*N/A*	289.663	0.000	2.109	*0.000*	*0.000*
	% of Calories		35.634%		28.880%					

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Lawrence Public Schools

USD 497

306 - TURKEY & CHEESE SANDWICH

Number of Portions: 1.000

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

Source: USD 497

Group Code: SANDWICHES

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
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
		Totals	226.00	589.299	20.062	1990.895	*2.961*	*N/A*	36.593	0.000
		% of Calories			30.640%		*2.010%*	*N/A%*	55.886%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
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	0.000	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*
		Totals	119.337	30.986	2.000	41.633	*N/A*	789.623	0.000	1.926	*0.000*	*0.000*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
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
	Totals	227.00	579.299	20.062	2010.895	*3.961*	*N/A*	37.093	0.000
	% of Calories			31.169%		*2.735%*	*N/A%*	57.628%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	119.337	26.986	38.633	*N/A*	789.623	1.200	1.566	*0.000*	*0.000*
	% of Calories		18.634%	26.676%						

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990221 Turkey & Cheese Hoagie - MS/HS	1 each	151.02	331.008	6.688	1262.027	*1.956*	*0.000*	13.677	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	157.92	349.814	8.047	1012.231	*2.973*	*0.000*	15.317	0.000
	Totals	761.00	1849.420	54.859	6276.048	*11.851*	*0.000*	102.680	0.000
	% of Calories			26.696%		*2.563%*	*0.000%*	49.968%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990221 Turkey & Cheese Hoagie - MS/HS	55.796	29.488	2.984	23.899	*N/A*	289.663	0.000	2.109	*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	57.978	30.640	3.018	24.398	*0.000*	283.461	0.000	2.322	*0.000*	*0.000*
	Totals	352.448	118.100	10.002	128.563	*0.000*	2152.370	1.200	7.923	*0.000*
	% of Calories		25.543%		27.806%					

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Lawrence Public Schools

USD 497

990593 - Turkey Pepperoni Pizza - CACFP

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990786 Pizza, Turkey Pepperoni 4x6	96 slice	129.00	280.000	3.500	690.000	0.000	0.000	10.000	0.000
	Totals	129.00	280.000	3.500	690.000	0.000	0.000	10.000	0.000
	% of Calories			11.250%		0.000%	0.000%	32.143%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990786 Pizza, Turkey Pepperoni 4x6	15.000	33.000	5.000	16.000	0.000	260.000	0.000	2.800	0.000	0.000
	Totals	15.000	33.000	5.000	16.000	0.000	0.000	2.800	0.000	0.000
	% of Calories		47.143%		22.857%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	126.00	301.045	5.017	592.055	1.003	0.000	12.042	0.000
	% of Calories			15.000%		1.333%	0.000%	36.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	30.104	31.108	3.010	19.066	*N/A*	240.836	0.000	2.709	0.000
	% of Calories		41.333%		25.333%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	71.00	169.698	2.995	259.538	0.000	0.000	6.988	0.000
		% of Calories			15.883%		0.000%	0.000%	37.059%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	49.911	17.968	1.996	8.984	98.824	0.000	1.607	0.000	0.000
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	91.00	200.627	1.745	270.411	1.745	0.000	6.106	0.000
	% of Calories			7.826%		3.479%	0.000%	27.391%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	17.446	27.041	2.617	9.595	165.736	0.000	1.134	0.000	0.000
	% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	102.00	380.000	7.000	480.000	15.000	*N/A*	22.000	0.000
		% of Calories			16.579%		15.789%	*N/A%*	52.105%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	15.000	32.000	4.000	15.000	240.000	0.000	1.080	*0.000*	*0.000*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
		Totals	102.00	380.000	7.000	480.000	15.000	*N/A*	22.000	0.000
		% of Calories			16.579%		15.789%	*N/A%*	52.105%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
		Totals	15.000	32.000	4.000	15.000	*N/A*	0.000	1.080	*0.000*	*0.000*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	74.00	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
	% of Calories			10.500%		20.000%	*N/A%*	48.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	32.000	4.000	9.000	40.000	0.000	1.080	*N/A*	*N/A*
	% of Calories		42.667%		12.000%					

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Lawrence Public Schools

USD 497

990504 - Uncrustable Kit - Elem/MS

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: pack

*Nutrients are based upon 1 Portion Size (pack)

Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	122.00	470.000	7.167	670.000	15.000	0.000	24.000	0.000
		% of Calories			13.723%		12.766%	0.000%	45.957%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
903327	Pretzel, Twist Heartzels (ind. bags)	0.000	5.333	0.667	0.667	*N/A*	6.667	0.000	0.240	*N/A*	*N/A*
900261	Cracker, Goldfish, Ind Bags WG	0.000	4.667	0.333	0.667	*N/A*	6.667	0.000	0.233	*N/A*	*N/A*
990408	Cracker, Pretzel, Goldfish, WG, Ind	0.000	5.333	0.333	0.667	*N/A*	3.333	0.000	0.233	*N/A*	*N/A*
	Totals	15.000	47.333	5.333	17.000	*N/A*	256.667	0.000	1.787	*0.000*	*0.000*
	% of Calories		40.284%		14.468%						

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Lawrence Public Schools

USD 497

1269 - Uncrustable Kit - HS

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: pack

*Nutrients are based upon 1 Portion Size (pack)

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
990512	Applesauce Unsweetened Cup	1 each	42.52	16.611	0.000	0.000	0.000	0.000	0.000	0.000
900446	Carrots - Baby	1/2 cup	23.33	8.333	0.000	18.333	1.000	*N/A*	0.000	0.000
901298	GRAPES,CONCORD,RAW	1/2 CUP	15.33	10.952	0.000	1.825	2.434	*N/A*	0.000	0.000
		Totals	204.00	505.897	7.167	690.159	18.434	0.000	24.000	0.000
		% of Calories			12.750%		14.575%	0.000%	42.696%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
903327	Pretzel, Twist Heartzels (ind. bags)	0.000	5.333	0.667	0.667	*N/A*	6.667	0.000	0.240	*N/A*	*N/A*
900261	Cracker, Goldfish, Ind Bags WG	0.000	4.667	0.333	0.667	*N/A*	6.667	0.000	0.233	*N/A*	*N/A*
990408	Cracker, Pretzel, Goldfish, WG, Ind	0.000	5.333	0.333	0.667	*N/A*	3.333	0.000	0.233	*N/A*	*N/A*
990512	Applesauce Unsweetened Cup	0.000	4.651	0.332	0.000	*N/A*	1.661	0.000	0.000	0.000	0.000
900446	Carrots - Baby	0.000	2.000	0.667	0.000	*N/A*	6.667	0.800	0.240	*N/A*	*N/A*
901298	GRAPES,CONCORD,RAW	0.000	2.799	0.122	0.000	*N/A*	2.434	0.146	0.000	0.000	0.000
	Totals	15.000	56.783	6.454	17.000	*N/A*	267.428	0.946	2.027	*0.000*	*0.000*
	% of Calories		44.897%		13.441%						

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Lawrence Public Schools

USD 497

990740 - Uncrustable Kit - HS,VM

Number of Portions: 72.000

Group Code: ENTREES

Size of Portion: pack

*Nutrients are based upon 1 Portion Size (pack)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903328	Uncrustable, 2.6 oz, WG (1/1)	72 each	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
903327	Pretzel, Twist Heartzels (ind. bags)	24 bag	6.61	26.667	0.000	66.667	0.000	*N/A*	0.333	0.000
900261	Cracker, Goldfish, Ind Bags WG	24 INDIV BAG	7.00	33.333	0.167	56.667	0.000	*N/A*	1.167	0.000
990408	Cracker, Pretzel, Goldfish, WG, Ind	24 bag	7.00	30.000	0.000	66.667	0.000	0.000	0.500	0.000
900446	Carrots - Baby	72 (1/2 cup)	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
900475	Apples, Red Delicious	72 medium, 3/lb.	138.00	45.620	0.000	0.000	9.124	*N/A*	0.000	0.000
900442	BROCCOLI FLORETS	13 (1/2 cup, florets)	6.41	2.186	0.000	2.186	0.000	*N/A*	0.000	0.000
903361	Jicama, Fresh	13 (1/2 cup)	9.03	3.385	0.000	0.376	0.000	*N/A*	0.000	0.000
903179	Edamame / Soybeans	13 (1/2 cup)	11.38	13.542	0.068	0.677	0.271	*N/A*	0.542	0.000
990676	Celery	15 (1/2 cup, diced)	12.52	2.210	0.000	10.311	0.000	0.000	0.000	0.000
990659	Chocolate Milk 1% - Shelf Stable	72 carton	226.80	140.000	1.500	150.000	22.000	11.000	2.500	0.000
		Totals	596.00	701.943	8.734	888.551	49.395	11.000	27.042	0.000
		% of Calories			11.199%		28.148%	6.268%	34.672%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	
903327 Pretzel, Twist Heartzels (ind. bags)	0.000	5.333	0.667	0.667	*N/A*	6.667	0.000	0.240	*N/A*	*N/A*	
900261 Cracker, Goldfish, Ind Bags WG	0.000	4.667	0.333	0.667	*N/A*	6.667	0.000	0.233	*N/A*	*N/A*	
990408 Cracker, Pretzel, Goldfish, WG, Ind	0.000	5.333	0.333	0.667	*N/A*	3.333	0.000	0.233	*N/A*	*N/A*	
900446 Carrots - Baby	0.000	6.000	2.000	0.000	*N/A*	20.000	2.400	0.720	*N/A*	*N/A*	
900475 Apples, Red Delicious	0.000	12.545	2.851	0.000	*N/A*	11.405	2.737	0.205	47.861	0.148	
900442 BROCCOLI FLORETS	0.000	0.437	0.146	0.000	*N/A*	3.061	19.241	0.047	*N/A*	*N/A*	
903361 Jicama, Fresh	0.000	0.828	0.451	0.075	*N/A*	1.505	0.000	0.027	*N/A*	*N/A*	
903179 Edamame / Soybeans	0.000	0.813	0.000	1.219	*N/A*	5.417	0.650	0.244	*N/A*	*N/A*	
990676 Celery	0.000	0.442	0.147	0.147	*N/A*	4.419	0.000	0.029	0.000	0.000	
990659 Chocolate Milk 1% - Shelf Stable	10.000	23.000	1.000	8.000	*N/A*	300.000	0.000	0.500	0.000	0.000	
	Totals	25.000	91.398	11.929	26.441	*N/A*	602.473	25.028	3.559	*47.861*	*0.148*
	% of Calories		52.083%		15.067%						

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Lawrence Public Schools

USD 497

990600 - Uncrustable Pack

Number of Portions: 25.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
903328	Uncrustable, 2.6 oz, WG (1/1)	25 each	73.71	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
900016	Cheese, string 1 oz 2023	25 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
990419	Cracker Ritz Original Bulk	25 (1 oz eq (7 crackers))	23.00	115.000	1.438	186.875	1.438	0.000	6.469	0.000
		Totals	125.00	495.000	8.438	666.875	16.438	0.000	28.469	0.000
		% of Calories			15.341%		13.283%	0.000%	51.761%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
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*
	Totals	15.000	46.375	4.000	15.000	*N/A*	268.750	0.000	1.799	*0.000*	*0.000*
	% of Calories		37.475%		12.121%						

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Lawrence Public Schools

USD 497

990672 - Vegetables, Assorted (SFSP 26)

Number of Portions: 6.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900446	Carrots - Baby	1/2 cup	11.67	4.167	0.000	9.167	0.500	*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
990671	Celery	1/2 cup, strips	10.33	1.409	0.000	10.803	0.000	0.000	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
902971	Red Pepper, Fresh	1/2 cup	18.90	5.186	0.000	0.576	0.000	0.000	0.000	0.000
900464	Green Bell Pepper	1/2 CUP, sliced	7.67	1.295	0.000	2.072	0.207	*N/A*	0.000	0.000
		Totals	63.00	14.949	0.000	24.635	0.707	0.000	0.000	0.000
		% of Calories			0.000%		18.918%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900446	Carrots - Baby	0.000	1.000	0.333	0.000	*N/A*	3.333	0.400	0.120	*N/A*	*N/A*
900451	Cucumber	0.000	0.175	0.000	0.000	*N/A*	1.751	0.105	0.032	*N/A*	*N/A*
990671	Celery	0.000	0.376	0.188	0.000	*N/A*	3.758	0.845	0.034	0.000	0.000
900442	BROCCOLI FLORETS	0.000	0.403	0.134	0.000	*N/A*	2.824	17.750	0.043	*N/A*	*N/A*
902971	Red Pepper, Fresh	0.000	1.152	0.346	0.230	*N/A*	1.268	0.000	0.082	*N/A*	*N/A*
900464	Green Bell Pepper	0.000	0.311	0.104	0.052	*N/A*	1.036	5.905	0.037	*N/A*	*N/A*
	Totals	0.000	3.418	1.105	0.282	*N/A*	13.969	25.006	0.347	*0.000*	*0.000*
	% of Calories		91.444%		7.546%						

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Lawrence Public Schools

USD 497

990666 - Veggie Chicken Nugget + Biscuit

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: 5 nug 1 bis

*Nutrients are based upon 1 Portion Size (5 nug 1 bis)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans	
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
990805	Veggie Chicken Nugget	1 Serving (5 pieces)	85.00	210.000	1.000	340.000	1.000	1.000	13.000	0.000
990521	Biscuit Baked WG	1 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
		Totals	149.00	419.299	5.983	738.665	3.990	2.993	22.967	0.000
		% of Calories			12.843%		3.806%	2.855%	49.296%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990805	Veggie Chicken Nugget	0.000	13.000	1.000	12.000	0.000	60.000	0.000	2.800	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
	Totals	0.000	39.910	2.993	15.987	*0.000*	159.666	0.000	4.494	0.000	0.000
	% of Calories		38.073%		15.251%						

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Lawrence Public Schools

USD 497

990687 - Veggie Chicken Nuggets or Strips + Grain

Number of Portions: 2.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990666	Veggie Chicken Nugget + Biscuit	1 (5 nug 1 bis)	74.39	209.650	2.992	369.333	1.995	1.497	11.483	0.000
R-990667	Veggie Chicken Tenders + Roll	1 (3 strips roll)	58.47	154.932	1.001	269.822	0.000	0.000	7.502	0.000
		Totals	133.00	364.582	3.992	639.154	1.995	1.496	18.986	0.000
		% of Calories			9.855%		2.189%	1.641%	46.867%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990666	Veggie Chicken Nugget + Biscuit	0.000	19.955	1.497	7.994	*0.000*	79.833	0.000	2.247	0.000	0.000
R-990667	Veggie Chicken Tenders + Roll	0.000	13.979	1.999	8.499	*N/A*	30.017	0.000	1.399	0.000	0.000
		Totals	0.000	33.934	16.492	*0.000*	109.850	0.000	3.646	0.000	0.000
		% of Calories		37.230%		18.094%					

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Lawrence Public Schools

USD 497

990668 - Veggie Chicken Patty on WG Bun

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each(patty bun)

*Nutrients are based upon 1 Portion Size (each(patty bun))

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990804	Veggie Chicken Patty	1 each	85.00	220.000	2.000	360.000	0.000	0.000	13.000	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
		Totals	142.00	350.000	2.000	610.000	3.000	0.000	14.500	0.000
		% of Calories			5.143%		3.429%	0.000%	37.286%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990804	Veggie Chicken Patty	0.000	14.000	3.000	13.000	0.000	60.000	0.000	2.000	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*
	Totals	0.000	38.000	5.000	16.000	*0.000*	100.000	1.200	3.080	*0.000*	*0.000*
	% of Calories		43.429%		18.286%						

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Lawrence Public Schools

USD 497

990667 - Veggie Chicken Tenders + Roll

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: 3 strips roll

*Nutrients are based upon 1 Portion Size (3 strips roll)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990679 Veggie Chicken Tenders	1 (3 (tenders))	85.05	230.131	2.001	370.211	0.000	0.000	14.008	0.000
990669 Dinner Roll WG 1.125 oz	1 roll	31.89	79.733	0.000	169.433	0.000	0.000	0.997	0.000
	Totals	117.00	309.864	2.001	539.644	0.000	0.000	15.005	0.000
	% of Calories			5.812%		0.000%	0.000%	43.581%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990679 Veggie Chicken Tenders	0.000	13.007	3.002	14.008	*N/A*	60.034	0.000	2.001	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
	Totals	0.000	27.957	3.998	16.998	*N/A*	60.034	0.000	2.798	0.000
	% of Calories		36.090%		21.943%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	400.00	694.991	13.109	1062.141	*8.186*	*0.000*	33.747	0.000
	% of Calories			16.975%		*4.711%*	*0.000%*	43.701%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	42.974	78.677	12.492	20.767	406.815	15.273	4.143	*2.526*	*0.010*
	% of Calories		45.282%		11.952%					

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Lawrence Public Schools
USD 497

990693 - Waffle

Number of Portions: 144.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902210	Waffle, WG	1 case	36.85	79.685	0.000	104.587	1.992	*N/A*	2.988	0.000
Totals			37.00	79.685	0.000	104.587	1.992	*N/A*	2.988	0.000
% of Calories					0.000%		9.999%	*N/A%*	33.750%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902210	Waffle, WG	3.984	11.953	0.996	1.992	*N/A*	19.921	0.000	0.717	0.000	0.000
Totals		3.984	11.953	0.996	1.992	*N/A*	19.921	0.000	0.717	0.000	0.000
% of Calories			60.000%		9.999%						

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Lawrence Public Schools

USD 497

990662 - Waffle, Froot Loop

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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990822 Waffle, Froot Loop	1 each	73.71	179.291	1.494	209.173	4.980	4.980	5.976	0.000
	Totals	74.00	179.291	1.494	209.173	4.980	4.980	5.976	0.000
	% of Calories			7.500%		11.110%	11.110%	30.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990822 Waffle, Froot Loop		0.000	31.874	2.988	3.984	0.000	258.977	0.000	3.586	0.000	0.000
	Totals	0.000	31.874	2.988	3.984	0.000	258.977	0.000	3.586	0.000	0.000
	% of Calories		71.111%		8.888%						

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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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	70.00	186.138	0.886	150.683	10.636	*N/A*	5.318	0.000
		% of Calories			4.286%		22.856%	*N/A%*	25.714%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	32.796	1.773	2.659	17.727	0.000	1.276	*N/A*	*N/A*
		% of Calories		70.476%		5.714%					

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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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
	Totals	29.00	5.000	0.000	11.250	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
	Totals	0.000	1.000	0.500	0.250	*N/A*	7.250	0.000	0.098	0.000	0.000
	% of Calories		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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	92.00	26.325	0.000	0.000	*N/A*	*N/A*	0.000	0.000
		% of Calories			0.000%		*N/A%*	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
		Totals	0.000	6.910	0.329	*N/A*	6.581	4.936	0.237	*N/A*	*N/A*
		% of Calories		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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (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
Totals			90.00	306.521	4.023	332.182	22.540	0.000	10.060	0.000
% of Calories					11.813%		29.414%	0.000%	29.536%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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
Totals		0.000	49.212	3.020	5.033	*N/A*	20.132	0.000	1.510	0.000	0.000
% of Calories			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 ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	8.50	25.772	0.000	0.000	0.000	0.000	0.129	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	7.94	28.350	0.000	0.000	0.283	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	0.000
900195	Sugar Granulated	6 oz	1.70	6.379	0.000	0.000	1.701	0.000	0.000	0.000
990693	Yeast, Instant Dry	2 oz	0.57	1.890	0.000	0.236	0.000	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	0.000
902131	Vegetable Oil	7 oz	1.98	17.010	0.142	0.000	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	0.000
902938	Margarine, Liquid	12 oz	3.40	24.300	0.486	26.730	0.000	*N/A*	2.673	0.000
990487	Spice Garlic Powder	3 oz	0.85	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Totals			36.00	107.644	0.628	150.672	1.984	0.000	4.834	0.000
% of Calories					5.248%		7.372%	0.000%	40.412%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	5.928	1.031	1.289	0.000	0.000	0.000	0.464	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	6.520	0.283	0.850	0.000	0.000	0.000	0.000	0.000	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	0.000
900195	Sugar Granulated	0.000	1.701	0.000	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	0.000
900359	Salt 25#	0.000	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	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	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	*N/A*	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
Totals		0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	0.481	*0.000*	*0.000*
% of Calories			55.653%		10.293%						

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Lawrence Public Schools

USD 497

990670 - Whole Wheat Garlic Breadstick 51%

Number of Portions: 33.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: 3 oz servings

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	25.77	78.098	0.000	0.000	0.000	0.000	0.390	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	24.05	85.908	0.000	0.000	0.859	0.000	0.000	0.000
990692	Dry Milk, Instant, Nonfat	4 oz	3.44	11.952	0.000	17.929	0.000	0.000	0.000	0.000
900195	Sugar Granulated	6 oz	5.15	19.329	0.000	0.000	5.154	0.000	0.000	0.000
990693	Yeast, Instant Dry	2 oz	1.72	5.727	0.000	0.716	0.000	0.000	0.143	0.000
900359	Salt 25#	1 oz	0.86	0.000	0.000	356.940	0.000	0.000	0.000	0.000
902131	Vegetable Oil	7 oz	6.01	51.545	0.430	0.000	0.000	*N/A*	6.014	0.000
990799	Roasted Garlic Base	4 tbsp	1.21	2.424	0.000	113.939	0.000	0.000	0.000	0.000
990694	Water, temped	1 qt + 2 tbsp	30.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902938	Margarine, Liquid	12 oz	10.31	73.635	1.473	80.999	0.000	*N/A*	8.100	0.000
990487	Spice Garlic Powder	3 oz	2.58	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Totals			111.00	328.618	1.902	570.522	6.014	0.000	14.647	0.000
% of Calories					5.210%		7.320%	0.000%	40.115%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	17.962	3.124	3.905	0.000	0.000	0.000	1.406	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	19.759	0.859	2.577	0.000	0.000	0.000	0.000	0.000	0.000
990692	Dry Milk, Instant, Nonfat	0.747	1.793	0.000	1.195	0.000	41.833	0.000	0.015	0.000	0.000
900195	Sugar Granulated	0.000	5.154	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990693	Yeast, Instant Dry	0.000	0.716	0.430	0.716	0.000	0.573	0.000	0.037	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	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*
990799	Roasted Garlic Base	0.000	0.485	0.000	0.000	0.000	0.242	0.000	0.000	0.000	0.000
990694	Water, temped	0.000	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	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
Totals		0.747	45.869	4.413	8.393	*0.000*	42.648	0.000	1.458	*0.000*	*0.000*
% of Calories			55.833%		10.216%						

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Lawrence Public Schools

USD 497

990564 - Whole Wheat Garlic Breadstick 51%, 1.5 oz

Number of Portions: 66.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: 1.5 oz servings

*Nutrients are based upon 1 Portion Size (1.5 oz servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	12.89	39.049	0.000	0.000	0.000	0.195	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	12.03	42.954	0.000	0.000	0.430	0.000	0.000
990692	Dry Milk, Instant, Nonfat	4 oz	1.72	5.976	0.000	8.964	0.000	0.000	0.000
900195	Sugar Granulated	6 oz	2.58	9.665	0.000	0.000	2.577	0.000	0.000
990693	Yeast, Instant Dry	2 oz	0.86	2.864	0.000	0.358	0.000	0.072	0.000
900359	Salt 25#	1 oz	0.43	0.000	0.000	178.470	0.000	0.000	0.000
902131	Vegetable Oil	7 oz	3.01	25.772	0.215	0.000	*N/A*	3.007	0.000
990799	Roasted Garlic Base	4 oz	1.72	3.436	0.000	161.506	0.000	0.000	0.000
990694	Water, temped	1 qt + 2 tbsp	15.00	0.000	0.000	0.000	0.000	0.000	0.000
902938	Margarine, Liquid	12 oz	5.15	36.818	0.736	40.499	0.000	*N/A*	4.050
990487	Spice Garlic Powder	3 oz	1.29	0.000	0.000	0.000	0.000	0.000	0.000
	Totals		57.00	166.533	0.951	389.798	3.007	7.324	0.000
	% of Calories				5.140%		7.223%	39.579%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	8.981	1.562	1.952	0.000	0.000	0.703	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	9.879	0.430	1.289	0.000	0.000	0.000	0.000	0.000
990692	Dry Milk, Instant, Nonfat	0.374	0.896	0.000	0.598	0.000	20.917	0.007	0.000	0.000
900195	Sugar Granulated	0.000	2.577	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990693	Yeast, Instant Dry	0.000	0.358	0.215	0.358	0.000	0.286	0.019	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*
990799	Roasted Garlic Base	0.000	0.687	0.000	0.000	0.344	0.000	0.000	0.000	0.000
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
	Totals	0.374	23.380	2.206	4.197	*0.000*	21.547	0.729	*0.000*	*0.000*
	% of Calories		56.156%		10.081%					

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Lawrence Public Schools

USD 497

990497 - Whole Wheat Garlic Breadstick 51%, 2 oz

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: 2 oz servings

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	17.01	51.545	0.000	0.000	0.000	0.000	0.258	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	15.88	56.699	0.000	0.000	0.567	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	0.000
900195	Sugar Granulated	6 oz	3.40	12.757	0.000	0.000	3.402	0.000	0.000	0.000
990693	Yeast, Instant Dry	2 oz	1.13	3.780	0.000	0.472	0.000	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	0.000
902131	Vegetable Oil	7 oz	3.97	34.019	0.283	0.000	0.000	*N/A*	3.969	0.000
990799	Roasted Garlic Base	4 oz	2.27	4.536	0.000	213.188	0.000	0.000	0.000	0.000
990694	Water, temped	1 qt + 2 tbsp	19.80	0.000	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	0.000
990487	Spice Garlic Powder	3 oz	1.70	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Totals			75.00	219.824	1.256	514.533	3.969	0.000	9.667	0.000
% of Calories					5.140%		7.222%	0.000%	39.579%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	11.855	2.062	2.577	0.000	0.000	0.000	0.928	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	13.041	0.567	1.701	0.000	0.000	0.000	0.000	0.000	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	0.000
900195	Sugar Granulated	0.000	3.402	0.000	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	0.000
900359	Salt 25#	0.000	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	0.000	*N/A*	*N/A*
990799	Roasted Garlic Base	0.000	0.907	0.000	0.000	0.000	0.454	0.000	0.000	0.000	0.000
990694	Water, temped	0.000	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	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
Totals		0.493	30.861	2.912	5.540	*0.000*	28.442	0.000	0.962	*0.000*	*0.000*
% of Calories			56.156%		10.081%						

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Lawrence Public Schools

USD 497

990498 - Whole Wheat Roll 51%, 1 oz

Number of Portions: 100.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: 1 oz servings

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	8.50	25.772	0.000	0.000	0.000	0.000	0.129	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	7.94	28.350	0.000	0.000	0.283	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	0.000
900195	Sugar Granulated	6 oz	1.70	6.379	0.000	0.000	1.701	0.000	0.000	0.000
990693	Yeast, Instant Dry	2 oz	0.57	1.890	0.000	0.236	0.000	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	0.000
902131	Vegetable Oil	7 oz	1.98	17.010	0.142	0.000	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	0.000
Totals			32.00	83.344	0.142	123.943	1.984	0.000	2.161	0.000
% of Calories					1.530%		9.522%	0.000%	23.331%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	5.928	1.031	1.289	0.000	0.000	0.000	0.464	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	6.520	0.283	0.850	0.000	0.000	0.000	0.000	0.000	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	0.000
900195	Sugar Granulated	0.000	1.701	0.000	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	0.000
900359	Salt 25#	0.000	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	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	0.000
Totals		0.247	14.977	1.456	2.770	*0.000*	13.994	0.000	0.481	*0.000*	*0.000*
% of Calories			71.880%		13.294%						

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Lawrence Public Schools

USD 497

990499 - Whole Wheat Roll 51%, 2 oz

Number of Portions: 50.000

Source: Pickney Bakery

Group Code: BREAD/ROLLS/STARCH

Size of Portion: 2 oz Rolls

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Flour, Rouge De Bordeaux	1 LB + 14 oz	17.01	51.545	0.000	0.000	0.000	0.000	0.258	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	1 LB + 12 oz	15.88	56.699	0.000	0.000	0.567	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	0.000
900195	Sugar Granulated	6 oz	3.40	12.757	0.000	0.000	3.402	0.000	0.000	0.000
990693	Yeast, Instant Dry	2 oz	1.13	3.780	0.000	0.472	0.000	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	0.000
902131	Vegetable Oil	7 oz	3.97	34.019	0.283	0.000	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	0.000
Totals			64.00	166.689	0.284	247.886	3.969	0.000	4.321	0.000
% of Calories					1.531%		9.524%	0.000%	23.331%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Flour, Rouge De Bordeaux	0.000	11.855	2.062	2.577	0.000	0.000	0.000	0.928	0.000	0.000
990755	Four, Diamond H Bakery Flour - AP (Hudson)	0.000	13.041	0.567	1.701	0.000	0.000	0.000	0.000	0.000	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	0.000
900195	Sugar Granulated	0.000	3.402	0.000	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	0.000
900359	Salt 25#	0.000	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	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	0.000
Totals		0.493	29.954	2.912	5.540	*0.000*	27.988	0.000	0.962	*0.000*	*0.000*
% of Calories			71.879%		13.294%						

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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)

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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
		Totals	246.00	498.948	9.062	1049.123	7.508	0.000	18.779	0.000
		% of Calories			16.347%		6.019%	0.000%	33.873%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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	*N/A*	*N/A*
990346	Onion Powder	0.000	0.339	0.000	0.000	*N/A*	0.000	0.000	*N/A*	*N/A*
990580	Red Onions, Fresh	0.000	2.712	0.493	0.247	*N/A*	6.409	0.000	0.059	0.000
	Totals	58.645	56.879	6.876	23.513	*N/A*	337.712	21.837	2.965	*0.000*
	% of Calories		45.599%		18.850%					

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Lawrence Public Schools

USD 497

990374 - Yellow Pepper

Number of Portions: 183.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990772 Yellow Bell Pepper	1 case	61.97	16.839	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	62.00	16.839	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990772 Yellow Bell Pepper	0.000	4.041	0.674	0.674	0.000	6.735	0.000	0.290	0.000	0.000
	Totals	0.000	4.041	0.674	0.000	6.735	0.000	0.290	0.000	0.000
	% of Calories		95.999%		16.010%					

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Lawrence Public Schools

USD 497

990697 - Yogurt

Number of Portions: 48.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)	
990424	Yogurt, Cherry	16 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
990425	Yogurt, Raspberry	16 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
903272	Yogurt, Strawberry & Banana	16 each	37.80	26.667	0.000	21.667	1.667	0.000	0.167	0.000
		Totals	113.00	80.188	0.000	65.153	5.012	0.000	0.501	0.000
		% of Calories			0.000%		25.001%	0.000%	5.625%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	15.035	0.000	4.009	*N/A*	140.329	0.000	0.000	*N/A*	*N/A*
	% of Calories		75.000%		19.998%						

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Lawrence Public Schools

USD 497

990465 - Yogurt & Apple Cinnamon 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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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-990715	Apple Cinnamon Muffin (Bakery)	1 Recipe	71.33	201.999	2.822	212.980	*18.506*	*0.000*	4.961	0.000
		Totals	185.00	282.187	2.822	278.133	*23.518*	*0.000*	5.463	0.000
		% of Calories			9.000%		*33.337%*	*0.000%*	17.422%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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-990715	Apple Cinnamon Muffin (Bakery)	6.826	35.990	1.827	3.017	*0.000*	48.679	0.000	0.840	*3.885*	*0.004*
	Totals	6.826	51.025	1.827	7.026	*0.000*	189.008	0.000	0.840	*3.885*	*0.004*
	% of Calories		72.328%		9.959%						

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Lawrence Public Schools

USD 497

990718 - 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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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 (Bakery)	1 Recipe	96.19	224.965	2.822	212.028	*17.515*	*0.000*	4.961	0.000
		Totals	210.00	305.153	2.822	277.181	*22.527*	*0.000*	5.463	0.000
		% of Calories			8.323%		*29.529%*	*0.000%*	16.111%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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 (Bakery)	6.826	42.246	2.461	3.301	*0.000*	50.487	0.000	0.929	*8.880*	*0.009*
	Totals	6.826	57.281	2.461	7.310	*0.000*	190.816	0.000	0.929	*8.880*	*0.009*
	% of Calories		75.085%		9.582%						

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Lawrence Public Schools

USD 497

990569 - Yogurt & Blueberry Muffins (Bakery)

Number of Portions: 54.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans
Ingredient	Quantity		(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	Fat
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-990559	Blueberry Muffin (Bakery)	1 Recipe	88.15	204.890	2.822	212.295	17.515	0.000	5.081	0.000
		Totals	202.00	285.078	2.822	277.448	22.527	0.000	5.583	0.000
		% of Calories			8.909%		31.608%	0.000%	17.624%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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-990559	Blueberry Muffin (Bakery)	6.826	36.598	2.086	3.017	*0.000*	50.157	0.000	0.878	*17.761*	*0.018*
	Totals	6.826	51.633	2.086	7.026	*0.000*	190.486	0.000	0.878	*17.761*	*0.018*
	% of Calories		72.447%		9.858%						

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Lawrence Public Schools

USD 497

990570 - Yogurt & Chocolate Chip 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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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-990148	Chocolate Chip Muffin (Bakery)	54 muffin	72.33	219.506	3.674	194.104	21.964	0.000	6.386	0.000
		Totals	186.00	299.694	3.674	259.257	26.976	0.000	6.887	0.000
		% of Calories			11.034%		36.005%	0.000%	20.682%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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-990148	Chocolate Chip Muffin (Bakery)	3.660	38.426	2.119	3.314	*0.000*	40.766	0.000	1.514	*16.826*	*0.017*
	Totals	3.660	53.462	2.119	7.323	*0.000*	181.095	0.000	1.514	*16.826*	*0.017*
	% of Calories		71.355%		9.774%						

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Lawrence Public Schools

USD 497

990719 - Yogurt & Cinnamon 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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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-990716	Cinnamon Muffin (Bakery)	1 Recipe	72.10	196.491	2.822	212.295	*17.515*	*0.000*	4.961	0.000
		Totals	186.00	276.679	2.822	277.448	*22.527*	*0.000*	5.463	0.000
		% of Calories			9.180%		*32.568%*	*0.000%*	17.769%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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-990716	Cinnamon Muffin (Bakery)	6.826	34.558	1.606	3.017	*0.000*	48.957	0.000	0.842	*17.761*	*0.018*
	Totals	6.826	49.593	1.606	7.026	*0.000*	189.286	0.000	0.842	*17.761*	*0.018*
	% of Calories		71.697%		10.158%						

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Lawrence Public Schools

USD 497

990720 - Yogurt & Double Chocolate 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)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (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-990714	Double Chocolate Muffin (Bakery)	54 muffin	80.05	230.734	4.166	201.184	21.964	0.000	7.088	0.000
		Totals	193.00	310.922	4.166	266.337	26.976	0.000	7.589	0.000
		% of Calories			12.058%		34.705%	0.000%	21.967%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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-990714	Double Chocolate Muffin (Bakery)	6.467	39.549	2.680	3.735	*0.000*	49.229	0.000	1.879	*18.929*	*0.019*
	Totals	6.467	54.584	2.680	7.744	*0.000*	189.558	0.000	1.879	*18.929*	*0.019*
	% of Calories		70.223%		9.963%						

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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)

		Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total Fat	Trans Fat
Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars (g)	Sugars (g)	(g)	(g)
990424	Yogurt, Cherry	10 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167
990425	Yogurt, Raspberry	10 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167
903272	Yogurt, Strawberry & Banana	10 each	37.80	26.667	0.000	21.667	1.667	0.000	0.167
990423	Cracker, Graham, Tiger Bites	30 each	28.35	121.498	1.012	101.248	8.100	0.000	4.050
		Totals	142.00	201.686	1.013	166.401	13.112	0.000	4.551
		% of Calories			4.518%		26.005%	0.000%	20.309%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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*
	Totals	0.000	36.297	1.012	6.034	*N/A*	140.329	0.000	0.810	*N/A*	*N/A*
	% of Calories		71.988%		11.967%						

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Lawrence Public Schools

USD 497

990568 - Yogurt & Orange Cranberry Muffins (Bakery)

Number of Portions: 54.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total Fat	Trans Fat
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	(g)	(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-990427	Cranberry Orange Muffin (Bakery)	54 Muffin	77.05	203.542	1.923	188.402	20.739	0.000	3.688	0.000
		Totals	190.00	283.730	1.923	253.555	25.751	0.000	4.189	0.000
		% of Calories			6.099%		36.304%	0.000%	13.288%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg 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-990427	Cranberry Orange Muffin (Bakery)	2.607	39.904	1.880	2.781	*N/A*	42.222	0.000	0.815	*0.000*	*0.000*
	Totals	2.607	54.939	1.880	6.790	*N/A*	182.551	0.000	0.815	*0.000*	*0.000*
	% of Calories		77.453%		9.572%						

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Lawrence Public Schools

USD 497

990574 - Yogurt Bistro Box

Number of Portions: 54.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990250	Banana Muffin (Bakery)	13 muffin	23.16	54.158	0.679	51.044	*4.217*	*0.000*	1.194	0.000
R-990559	Blueberry Muffin (Bakery)	14 muffin	22.85	53.120	0.732	55.039	4.541	0.000	1.317	0.000
R-990148	Chocolate Chip Muffin (Bakery)	14 muffin	18.75	56.909	0.953	50.323	5.694	0.000	1.656	0.000
R-990427	Cranberry Orange Muffin (Bakery)	13 Muffin	18.55	49.001	0.463	45.356	4.993	0.000	0.888	0.000
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
990420	Cheese Cheddar Cubes	54 (serving - 4 cubes)	28.35	113.398	5.670	188.997	0.000	0.000	9.450	0.000
990419	Cracker Ritz Original Bulk	54 serving (6 crackers)	21.26	106.310	1.329	172.754	1.329	0.000	5.980	0.000
		Totals	246.00	513.084	9.825	628.666	*25.785*	*0.000*	20.986	0.000
		% of Calories			17.234%		*20.102%*	*0.000%*	36.812%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990250	Banana Muffin (Bakery)	1.643	10.170	0.592	0.795	*0.000*	12.154	0.000	0.224	*2.138*	*0.002*
R-990559	Blueberry Muffin (Bakery)	1.770	9.488	0.541	0.782	*0.000*	13.004	0.000	0.228	*4.605*	*0.005*
R-990148	Chocolate Chip Muffin (Bakery)	0.949	9.962	0.549	0.859	*0.000*	10.569	0.000	0.393	*4.362*	*0.004*
R-990427	Cranberry Orange Muffin (Bakery)	0.628	9.607	0.453	0.670	*N/A*	10.165	0.000	0.196	*0.000*	*0.000*
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*
990420	Cheese Cheddar Cubes	28.350	0.000	0.000	6.615	*N/A*	201.281	0.000	0.000	*N/A*	*N/A*
990419	Cracker Ritz Original Bulk	0.000	13.289	0.000	0.000	*N/A*	26.578	0.000	0.664	*N/A*	*N/A*
	Totals	33.339	67.551	2.135	13.730	*0.000*	414.079	0.000	1.704	*11.105*	*0.011*
	% of Calories		52.663%		10.704%						

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Lawrence Public Schools

USD 497

990705 - Yogurt Bistro Box - HS

Number of Portions: 54.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990250	Banana Muffin (Bakery)	13 muffin	23.16	54.158	0.679	51.044	*4.217*	*0.000*	1.194	0.000
R-990559	Blueberry Muffin (Bakery)	14 muffin	22.85	53.120	0.732	55.039	4.541	0.000	1.317	0.000
R-990148	Chocolate Chip Muffin (Bakery)	14 muffin	18.75	56.909	0.953	50.323	5.694	0.000	1.656	0.000
R-990427	Cranberry Orange Muffin (Bakery)	13 Muffin	18.55	49.001	0.463	45.356	4.993	0.000	0.888	0.000
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
990420	Cheese Cheddar Cubes	54 (serving - 4 cubes)	28.35	113.398	5.670	188.997	0.000	0.000	9.450	0.000
990419	Cracker Ritz Original Bulk	54 serving (6 crackers)	21.26	106.310	1.329	172.754	1.329	0.000	5.980	0.000
900446	Carrots - Baby	18 (1/2 cup)	23.33	8.333	0.000	18.333	1.000	*N/A*	0.000	0.000
990512	Applesauce Unsweetened Cup	18 each	42.52	16.611	0.000	0.000	0.000	0.000	0.000	0.000
900475	Apples, Red Delicious	18 EACH	46.00	15.207	0.000	0.000	3.041	*N/A*	0.000	0.000
		Totals	358.00	553.234	9.825	646.999	*29.827*	*0.000*	20.986	0.000
		% of Calories			15.984%		*21.566%*	*0.000%*	34.140%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990250	Banana Muffin (Bakery)	1.643	10.170	0.592	0.795	*0.000*	12.154	0.000	0.224	*2.138*	*0.002*
R-990559	Blueberry Muffin (Bakery)	1.770	9.488	0.541	0.782	*0.000*	13.004	0.000	0.228	*4.605*	*0.005*
R-990148	Chocolate Chip Muffin (Bakery)	0.949	9.962	0.549	0.859	*0.000*	10.569	0.000	0.393	*4.362*	*0.004*
R-990427	Cranberry Orange Muffin (Bakery)	0.628	9.607	0.453	0.670	*N/A*	10.165	0.000	0.196	*0.000*	*0.000*
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*
990420	Cheese Cheddar Cubes	28.350	0.000	0.000	6.615	*N/A*	201.281	0.000	0.000	*N/A*	*N/A*
990419	Cracker Ritz Original Bulk	0.000	13.289	0.000	0.000	*N/A*	26.578	0.000	0.664	*N/A*	*N/A*
900446	Carrots - Baby	0.000	2.000	0.667	0.000	*N/A*	6.667	0.800	0.240	*N/A*	*N/A*
990512	Applesauce Unsweetened Cup	0.000	4.651	0.332	0.000	*N/A*	1.661	0.000	0.000	0.000	0.000
900475	Apples, Red Delicious	0.000	4.182	0.950	0.000	*N/A*	3.802	0.912	0.068	15.954	0.049
		Totals	33.339	78.384	4.085	*0.000*	426.209	1.712	2.013	*27.058*	*0.061*
		% of Calories		56.674%		9.927%					

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Lawrence Public Schools

USD 497

990739 - Yogurt Bistro Box - HS,VM

Number of Portions: 54.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990250	Banana Muffin (Bakery)	7 muffin	12.47	29.162	0.366	27.485	*2.270*	*0.000*	0.643	0.000
R-990559	Blueberry Muffin (Bakery)	7 muffin	11.43	26.560	0.366	27.520	2.270	0.000	0.659	0.000
R-990148	Chocolate Chip Muffin (Bakery)	7 muffin	9.38	28.454	0.476	25.162	2.847	0.000	0.828	0.000
R-990427	Cranberry Orange Muffin (Bakery)	7 Muffin	9.99	26.385	0.249	24.422	2.688	0.000	0.478	0.000
R-990714	Double Chocolate Muffin (Bakery)	12 muffin	17.79	51.274	0.926	44.708	4.881	0.000	1.575	0.000
R-990715	Apple Cinnamon Muffin (Bakery)	7 muffin	9.25	26.185	0.366	27.609	*2.399*	*0.000*	0.643	0.000
R-990716	Cinnamon Muffin (Bakery)	7 muffin	9.35	25.471	0.366	27.520	*2.270*	*0.000*	0.643	0.000
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
990420	Cheese Cheddar Cubes	54 (serving - 4 cubes)	28.35	113.398	5.670	188.997	0.000	0.000	9.450	0.000
990419	Cracker Ritz Original Bulk	54 serving (6 crackers)	21.26	106.310	1.329	172.754	1.329	0.000	5.980	0.000
900446	Carrots - Baby	54 (1/2 cup)	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
900475	Apples, Red Delicious	54 EACH	138.00	45.620	0.000	0.000	9.124	*N/A*	0.000	0.000
900442	BROCCOLI FLORETS	13 (1/2 cup, florets)	8.55	2.915	0.000	2.915	0.000	*N/A*	0.000	0.000
903361	Jicama, Fresh	13 (1/2 cup)	12.04	4.514	0.000	0.502	0.000	*N/A*	0.000	0.000
903179	Edamame / Soybeans	13 (1/2 cup)	15.17	18.056	0.090	0.903	0.361	*N/A*	0.722	0.000
990676	Celery	15 (1/2 cup, diced)	16.69	2.946	0.000	13.749	0.000	0.000	0.000	0.000
990660	Milk 1% - Shelf Stable	54 carton	226.80	100.000	1.500	105.000	12.000	0.000	2.500	0.000
		Totals	730.00	712.438	11.704	809.396	*50.452*	*0.000*	24.622	0.000
		% of Calories			14.785%		*28.326%*	*0.000%*	31.104%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990250	Banana Muffin (Bakery)	0.885	5.476	0.319	0.428	*0.000*	6.545	0.000	0.120	*1.151*	*0.001*
R-990559	Blueberry Muffin (Bakery)	0.885	4.744	0.270	0.391	*0.000*	6.502	0.000	0.114	*2.302*	*0.002*
R-990148	Chocolate Chip Muffin (Bakery)	0.474	4.981	0.275	0.430	*0.000*	5.284	0.000	0.196	*2.181*	*0.002*
R-990427	Cranberry Orange Muffin (Bakery)	0.338	5.173	0.244	0.361	*N/A*	5.473	0.000	0.106	*0.000*	*0.000*
R-990714	Double Chocolate Muffin (Bakery)	1.437	8.789	0.596	0.830	*0.000*	10.940	0.000	0.418	*4.206*	*0.004*
R-990715	Apple Cinnamon Muffin (Bakery)	0.885	4.665	0.237	0.391	*0.000*	6.310	0.000	0.109	*0.504*	*0.001*
R-990716	Cinnamon Muffin (Bakery)	0.885	4.480	0.208	0.391	*0.000*	6.346	0.000	0.109	*2.302*	*0.002*
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*

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Lawrence Public Schools USD 497

990420	Cheese Cheddar Cubes	28.350	0.000	0.000	6.615	*N/A*	201.281	0.000	0.000	*N/A*	*N/A*
990419	Cracker Ritz Original Bulk	0.000	13.289	0.000	0.000	*N/A*	26.578	0.000	0.664	*N/A*	*N/A*
900446	Carrots - Baby	0.000	6.000	2.000	0.000	*N/A*	20.000	2.400	0.720	*N/A*	*N/A*
900475	Apples, Red Delicious	0.000	12.545	2.851	0.000	*N/A*	11.405	2.737	0.205	47.861	0.148
900442	BROCCOLI FLORETS	0.000	0.583	0.194	0.000	*N/A*	4.081	25.655	0.062	*N/A*	*N/A*
903361	Jicama, Fresh	0.000	1.103	0.602	0.100	*N/A*	2.006	0.000	0.036	*N/A*	*N/A*
903179	Edamame / Soybeans	0.000	1.083	0.000	1.625	*N/A*	7.222	0.867	0.325	*N/A*	*N/A*
990676	Celery	0.000	0.589	0.196	0.196	*N/A*	5.892	0.000	0.039	0.000	0.000
990660	Milk 1% - Shelf Stable	10.000	12.000	0.000	8.000	*N/A*	300.000	0.000	0.000	0.000	0.000
	Totals	44.138	100.537	7.992	23.767	*0.000*	766.195	31.659	3.224	*60.508*	*0.161*
	% of Calories		56.446%		13.344%						

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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Lawrence Public Schools

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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

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
Ingredient	Quantity									
990797	Yogurt, Vanilla Parfait Pouch, Redcd Sugar	8 oz	226.80	160.091	0.667	133.409	10.673	0.000	1.334	0.000
R-931	Yogurt parfait fruit	2 (1/4 cup)	79.00	36.666	0.000	2.916	2.834	0.000	0.125	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
		Totals	358.00	393.999	0.667	221.498	13.507	0.000	1.459	0.000
		% of Calories			1.524%		13.713%	0.000%	3.333%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
990797	Yogurt, Vanilla Parfait Pouch, Redcd Sugar		6.670	29.350	*N/A*	8.005	0.000	293.501	0.000	0.000	0.000	0.000
R-931	Yogurt parfait fruit		0.000	8.750	1.584	0.250	*0.000*	0.000	0.500	0.326	*0.000*	*0.000*
990390	Granola, Bulk		0.000	43.034	3.586	4.483	*N/A*	0.000	0.000	1.291	*N/A*	*N/A*
		Totals	6.670	81.135	*5.170*	12.737	*0.000*	293.501	0.500	1.617	*0.000*	*0.000*
		% of Calories		82.370%		12.931%						

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