

Harnett County Schools
Recipe by Name/Id - Summarized

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
R-2252	19 1 Thai Sweet Chili Popcorn Chicken	203.271	25.453	749.789	0.000	9.206	0.000	3.054	50.906	0.000	0.000 *	14.254	23.837	6.109	1.527
Weight/Serving: 97.86		Fat Change %:		Moisture Change %:				% of Calories:				28.049	46.907	27.048	6.761
R-2454	20 1 Cheesy Chicken Sub	317.127	51.520	596.160	2.596	6.492 *	0.000 *	1.552	129.814	6.292*	1.302 *	23.358	34.586	9.778	4.202
Weight/Serving: 182.41		Fat Change %:		Moisture Change %:				% of Calories:				29.462	43.624	27.750	11.925
R-2462	21 1 Chicken Salad 6-12 with Crackers	213.852	50.693	696.157	0.468	4.519 *	0.000 *	1.272	18.057	503.741*	2.221 *	12.420	18.059	9.214	0.868
Weight/Serving: 151.39		Fat Change %:		Moisture Change %:				% of Calories:				23.231	33.779	38.777	3.653
R-2483	21 1 Hawaiian Chicken Wrap	338.837	46.667	314.416	5.035	12.336 *	0.000 *	2.944	98.358	016.489*	24.369 *	18.197	46.047	9.307	1.950
Weight/Serving: 199.74		Fat Change %:		Moisture Change %:				% of Calories:				21.482	54.359	24.721	5.179
R-0240	21 1 Pizza, Four Cheese	330.000	35.000	400.000	3.000	6.000	0.000	2.700	450.000	150.000	9.000 *	23.000	30.000	13.000	7.000
Weight/Serving: 145.00		Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				27.879	36.364	35.455	19.091
R-2457	22 1 Chicken & Pastry	177.266	42.064	325.395	0.063	0.020 *	0.000 *	1.331	20.099	0.086*	0.055 *	14.814	21.039	2.724	0.006
Weight/Serving: 265.33		Fat Change %:		Moisture Change %:				% of Calories:				33.428	47.474	13.830	0.030
R-2894	22 1 French Dip Sandwich	375.228	82.908	904.237	2.087	4.150 *	0.000 *	1.497	145.726	0.029*	0.052 *	32.195	28.937	16.586	7.050
Weight/Serving: 212.00		Fat Change %:		Moisture Change %:				% of Calories:				34.320	30.847	39.782	16.910
R-2948	22 1 Pop-Tart, Blueberry	170.000	0.000	115.000	3.000	14.000	0.000	1.800	100.000	150.000	*	2.000	36.000	2.500	1.000
Weight/Serving: 48.00		Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				4.706	84.706	13.235	5.294
R-2949	22 1 Pop-Tart, Brown Sugar 2 pk	350.000	0.000	240.000	6.000	30.000	0.000	3.600	200.000	300.000	*	5.000	73.000	6.000	2.000
Weight/Serving: 96.00		Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				5.714	83.429	15.429	5.143
R-2942	22 1 SUB Cereal, Honey Nut 2 OEG	210.000	0.000	320.000	4.000	19.000	0.000	5.400	200.000	42.000	9.000 *	5.000	45.000	2.500	0.500
Weight/Serving: 24.72		Fat Change %:		Moisture Change %:				% of Calories:				9.524	85.714	10.714	2.143
R-2927	22 1 SUB Cereal, Honey Scooters 2 OEG	200.000	0.000	400.000	3.000	19.000	0.000	16.200	150.000	225.000	9.000 *	4.000	46.000	2.000	0.000

USDA															
Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat		
cals	mg	mg	gm	gm	gm	mg	mg	mcg	RAE	mg	gm	gm	gm	gm	gm

Weight/Serving:		56.00	Fat Change %:		Moisture Change %:					% of Calories:		8.000	92.000	9.000	0.000	
R-2928	22 1 SUB Cereal, Marshmallow 2 OEG		210.000	0.000	380.000	3.000	23.000	0.000	6.300	200.000	*	*	4.000	47.000	2.000	0.000
Weight/Serving:		56.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		7.619	89.524	8.571	0.000
R-2934	22 1 SUB Chicken Tenders		260.000	25.000	390.000	3.000	1.000	0.000	2.000	36.000	*	*	15.000	16.000	15.000	2.500
Weight/Serving:		95.00	Fat Change %:		Moisture Change %:					% of Calories:		23.077	24.615	51.923	8.654	
R-2953	22 1 SUB Cinnabar, No Icing		290.000	0.000	280.000	4.000	14.000	0.000	1.800	40.000	*	*	6.000	46.000	10.000	2.000
Weight/Serving:		82.00	Fat Change %:		Moisture Change %:					% of Calories:		8.276	63.448	31.034	6.207	
R-2932	22 1 SUB Cinnamon Roll		240.000	0.000	240.000	3.000	12.000	0.000	1.800	40.000	630.000	*	5.000	38.000	7.000	1.500
Weight/Serving:		76.50	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		8.333	63.333	26.250	5.625
R-2936	22 1 SUB French Toast Sticks, pack		240.000	10.000	260.000	12.000	2.000	0.000	0.600	21.000	*	*	6.000	38.000	7.000	1.000
Weight/Serving:		85.00	Fat Change %:		Moisture Change %:					% of Calories:		10.000	63.333	26.250	3.750	
R-2947	22 1 SUB French Toast, Choc Chip		190.000	0.000	210.000	4.000	10.000	0.000	3.600	200.000	300.000	*	4.000	35.000	5.000	1.500
Weight/Serving:		86.00	Fat Change %:		Moisture Change %:					% of Calories:		8.421	73.684	23.684	7.105	
R-2954	22 1 SUB French Toast, Mini		220.000	0.000	200.000	2.000	11.000	0.000	1.700	80.000	*	*	4.000	37.000	7.000	1.000
Weight/Serving:		93.00	Fat Change %:		Moisture Change %:					% of Calories:		7.273	67.273	28.636	4.091	
R-2930	22 1 SUB Mac & Cheese		298.000	35.310	779.000	0.930	8.150	0.000			150.000	0.600 *	15.470	30.930	11.770	6.640
Weight/Serving:		170.00	Fat Change %:		Moisture Change %:					% of Calories:		20.765	41.517	35.547	20.054	
R-2955	22 1 SUB Oatmeal Bun		250.000	0.000	270.000	3.000	12.000	0.000	1.800	20.000	*	*	6.000	39.000	8.000	3.000
Weight/Serving:		74.00	Fat Change %:		Moisture Change %:					% of Calories:		9.600	62.400	28.800	10.800	
R-2937	22 1 SUB Pancake, Mini, Banana		200.000	5.000	240.000	4.000	7.000	0.000	1.080	40.000	*	*	5.000	37.000	4.000	0.000
Weight/Serving:		85.00	Fat Change %:		Moisture Change %:					% of Calories:		10.000	74.000	18.000	0.000	
R-2957	22 1 SUB Pancakes, Individual		153.000	7.000	400.000	4.000	5.000	0.000	1.800	40.000	*	*	3.000	31.000	2.300	

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	80.00	Fat Change %:		Moisture Change %:				% of Calories:				7.843	81.046	13.529	0.000
R-2952	22 1 SUB Pizza Crunchers	420.000	30.000	790.000	5.000	3.000	0.000	2.150	426.000	144.000	1.870 *	20.000	41.000	20.000	9.000
Weight/Serving:	157.00	Fat Change %:		Moisture Change %:				% of Calories:				19.048	39.048	42.857	19.286
R-2946	22 1 SUB Pizza, Turkey Pepperoni	328.000	44.000	591.000	3.000	6.000	0.000	3.000	237.000	*	*	21.000	28.000	15.000	9.000
Weight/Serving:	142.00	Fat Change %:		Moisture Change %:				% of Calories:				25.610	34.146	41.159	24.695
R-2943	22 1 SUB Rich's Cheese Crunchers	420.000	30.000	770.000	5.000	4.000	0.000	2.400	420.000	*	*	20.000	41.000	20.000	8.000
Weight/Serving:	156.00	Fat Change %:		Moisture Change %:				% of Calories:				19.048	39.048	42.857	17.143
R-2941	22 1 SUB Sunbutter Grape Sandwich	310.000	0.000	300.000	4.000	11.000	0.000	5.000	27.000	*	*	9.000	33.000	15.000	2.000
Weight/Serving:	79.00	Fat Change %:		Moisture Change %:				% of Calories:				11.613	42.581	43.548	5.806
R-2933	22 1 SUB Wheat Roll	170.000	5.000	210.000	3.000	5.000	0.000	1.800		*	*	5.000	32.000	2.000	0.000
Weight/Serving:	28.00	Fat Change %:		Moisture Change %:				% of Calories:				11.765	75.294	10.588	0.000
R-2940	22 1 SUB Wowbutter Jammer, Grape	540.000	0.000	390.000	8.000	19.000	0.000	4.000	242.000	*	*	18.000	53.000	6.000	0.000
Weight/Serving:	130.00	Fat Change %:		Moisture Change %:				% of Calories:				13.333	39.259	10.000	0.000
R-2931	22 1 SUB Yogurt, Straw-Ban	90.000	5.000	55.000	0.000	14.000	0.000		2900.000	*	*	3.000	19.000	0.000	0.000
Weight/Serving:	113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				13.333	84.444	0.000	0.000
R-2611	22 6 Jelly, Assorted	35.000	0.000	0.000	0.000	5.000	0.000			*	*	0.000	9.000	0.000	0.000
Weight/Serving:	14.00	Fat Change %:		Moisture Change %:				% of Calories:				0.000	102.857	0.000	0.000
R-2950	22 Pop-Tart, Chocolate 2 pk	350.000	0.000	240.000	6.000	29.000	0.000	3.600	200.000	300.000	*	5.000	73.000	6.000	2.000
Weight/Serving:	96.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				5.714	83.429	15.429	5.143
R-2389	23 1 Cereal, Rice Chex	100.000	0.000	250.000	1.000	2.000	0.000	8.800	90.000	120.000	*	2.000	24.000	0.500	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				8.000	96.000	4.500	0.000
R-2475	23 1 Fried Rice	197.726	48.194	265.732	2.878	1.357 *	0.000 *	0.929	23.282	567.455 *	0.729 *	6.490	35.637	1.870	0.465

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		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	317.12	Fat Change %:			Moisture Change %:					% of Calories:		13.129	72.094	8.512	2.117
R-2938	23 1 Oatmeal Round Choc	283.065	5.242	188.710	5.242	19.919	0.000	1.048	31.452	*	*	5.242	46.129	8.387	3.145
Weight/Serving:	65.00	Fat Change %:			Moisture Change %:					% of Calories:		7.407	65.185	26.666	9.999
R-2939	23 1 SUB Texas Toast, Apple Cinnamon	300.000	0.000	430.000	4.000	19.000	0.000	2.000	70.000	*	*	5.000	48.000	11.000	2.000
Weight/Serving:	94.00	Fat Change %:			Moisture Change %:					% of Calories:		6.667	64.000	33.000	6.000
R-2923	24 1 Bento Box: Hummus, Flatbread	332.581	0.000	448.065	9.710	6.806	0.000	4.055	67.097	*	*	14.419	52.290	8.016	0.903
Weight/Serving:	183.57	Fat Change %:			Moisture Change %:					% of Calories:		17.342	62.890	21.692	2.444
R-2967	24 1 Nacho Bites	320.000	25.000	550.000	4.000	1.000	0.000	1.000	235.000	*	*	15.000	34.000	14.000	4.500
Weight/Serving:	114.00	Fat Change %:			Moisture Change %:					% of Calories:		18.750	42.500	39.375	12.656
R-2594	24 3 Rush, Lemon Orange	110.000	0.000	20.000	0.000	24.000	0.000		15.000	*	*	1.000	27.000	0.000	0.000
Weight/Serving:	140.00	Fat Change %:			Moisture Change %:					% of Calories:		3.636	98.182	0.000	0.000
R-2976	24 6 Taco Dip	35.540	1.334	93.238	0.000	2.335	0.000		70.373	6.562*	*	5.670	2.773	0.000	0.000
Weight/Serving:	57.57	Fat Change %:			Moisture Change %:					% of Calories:		63.815	31.210	0.000	0.000
R-3065	25 1 Alfredo, Cajun Chicken	305.744	42.000	828.073	2.493	0.814 *	0.000 *	0.747	103.502	0.000*	0.091 *	17.717	32.530	9.943	2.376
Weight/Serving:	412.68	Fat Change %:			Moisture Change %:					% of Calories:		23.179	42.558	29.269	6.994
R-2473	25 1 Dinner Roll 2.2 oz	170.000	0.000	550.000	1.000	2.000	0.000	1.700	40.000	0.000	0.000 *	4.000	25.000	6.000	3.500
Weight/Serving:	62.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		9.412	58.824	31.765	18.529
R-2488	25 1 Hot Roll, 1 oz	97.830	0.120	223.168	1.398	1.440 *	0.000 *	0.700	18.305	4.500*	2.520 *	2.900	15.908	2.610	0.337
Weight/Serving:	39.45	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		11.857	65.043	24.011	3.100
R-2489	25 1 Hot Roll, 2 oz	195.661	0.240	446.336	2.796	2.880 *	0.000 *	1.400	36.610	9.000*	5.040 *	5.800	31.816	5.221	0.674
Weight/Serving:	78.91	Fat Change %:			Moisture Change %:					% of Calories:		11.857	65.043	24.016	3.100
R-3105	25 1 Mini Pancakes, Strawberry	210.000	5.000	180.000	3.000	13.000	0.000	6.000	4.000	0.000	0.000 *	5.000	39.000	3.500	0.000

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		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	85.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		9.524	74.286	15.000	0.000
R-2397	25 1 Parfait, Strawberry w/ Strawberry Yogurt	260.241	3.002	100.751	3.097	35.825	0.000	0.521	155.822	100.057*	0.000 *	4.909	54.802	2.268	0.000
Weight/Serving:	284.84	Fat Change %:			Moisture Change %:					% of Calories:		7.545	84.233	7.843	0.000
R-3104	25 1 Sausage Biscuit & Gravy	321.200	22.960	1053.660	1.000	2.000	0.000	1.700	44.080	0.000*	0.000 *	10.070	33.160	17.650	7.330
Weight/Serving:	111.00	Fat Change %:			Moisture Change %:					% of Calories:		12.540	41.295	49.455	20.539
R-2922	25 2 French Fries, USDA	131.809	0.000	30.417	2.028	0.000	0.000			*	*	2.028	22.306	4.056	1.014
Weight/Serving:	86.18	Fat Change %:			Moisture Change %:					% of Calories:		6.154	67.692	27.695	6.924
R-2553	25 2 Oriental Stir Fry	30.197	0.000	178.668	2.159	2.085 *	0.000 *	0.452	31.693	121.669*	24.489 *	1.468	5.971	0.008	0.001
Weight/Serving:	91.88	Fat Change %:			Moisture Change %:					% of Calories:		19.446	79.094	0.238	0.030
R-2567	25 2 Turnip Greens	33.017	0.200	37.727	2.272	0.000 *	0.000 *	0.783	64.402	0.038*	0.009 *	2.186	3.639	0.041	0.000
Weight/Serving:	95.54	Fat Change %:			Moisture Change %:					% of Calories:		26.483	44.086	1.118	0.000
R-2593	25 3 Rush, Cherry Blue Raspberry	50.000	0.000	0.000	0.000	12.000	0.000	1.000	18.000	*	*	0.000	12.000	0.000	0.000
Weight/Serving:	140.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	96.000	0.000	0.000
R-2595	25 3 Rush, Strawberry Mango	50.000	0.000	20.000	0.000	12.000	0.000	1.000	18.000	*	*	1.000	12.000	0.000	0.000
Weight/Serving:	140.00	Fat Change %:			Moisture Change %:					% of Calories:		8.000	96.000	0.000	0.000
R-2602	25 5 Pediasure, Chocolate	240.000	5.000	90.000	1.000	14.000	0.000	2.700	330.000	225.000	15.000 *	7.000	33.000	9.000	1.500
Weight/Serving:	237.00	Fat Change %:			Moisture Change %:					% of Calories:		11.667	55.000	33.750	5.625
R-2603	25 5 Pediasure, Vanilla	240.000	5.000	90.000	0.500	9.000	0.000	2.700	330.000	225.000	15.000 *	7.000	33.000	9.000	1.500
Weight/Serving:	237.00	Fat Change %:			Moisture Change %:					% of Calories:		11.667	55.000	33.750	5.625
R-2620	25 6 Tartar Sauce	40.000	5.000	100.000	0.000	2.000	0.000			*	*	0.000	3.000	3.000	0.500
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	30.000	67.500	11.250
R-3135	26 1 6-12 Chicken Quesadilla	324.323	54.795	662.267	3.793	2.705 *	0.000 *	2.175	153.718	12.600*	0.000 *	19.510	33.969	11.633	5.791

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		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm	
Weight/Serving: 149.78		Fat Change %:		Moisture Change %:				% of Calories:				24.062	41.895	32.282	16.070	
R-2375	26 1 Bagel Bar, Cinnamon & Cream Cheese	230.000	10.000	180.000	3.000	12.000	0.000	1.700	30.000	0.000	0.000 *	6.000	42.000	6.000	2.000	
Weight/Serving: 69.00		Fat Change %:		0.00	Moisture Change %:				0.00				% of Calories: 10.435 73.043 23.478 7.826			
R-2765	26 1 Bagel Bar, Strawberry Cream Cheese	240.000	10.000	190.000	2.000	12.000	0.000	1.700	30.000	0.000	0.000 *	6.000	42.000	6.000	2.000	
Weight/Serving: 69.00		Fat Change %:		0.00	Moisture Change %:				0.00				% of Calories: 10.000 70.000 22.500 7.500			
R-3015	26 1 BBQ	141.120	46.039	460.391	1.001	2.002	0.000	1.081	20.017	30.026	0.000 *	16.014	3.003	5.004	2.002	
Weight/Serving: 94.08		Fat Change %:		Moisture Change %:				% of Calories:				45.391	8.512	31.913	12.768	
R-3099	26 1 BBQ Chicken Flatbread	408.911	77.159	987.364	3.000	6.320	0.000	1.500	231.483	0.000*	0.000 *	20.693	38.466	19.037	8.306	
Weight/Serving: 157.20		Fat Change %:		Moisture Change %:				% of Calories:				20.242	37.628	41.900	18.281	
R-2446	26 1 BBQ on Bun	291.120	46.039	700.391	3.001	6.002	0.000	2.781	70.017	30.026	0.000 *	22.014	33.003	6.504	2.002	
Weight/Serving: 156.08		Fat Change %:		Moisture Change %:				% of Calories:				30.247	45.346	20.107	6.189	
R-2621	26 1 BBQ Sauce for Chicken	80.576	0.000	778.522	0.071	14.488 *	0.000 *	0.837	9.421	45.506*	0.245 *	0.104	18.721	0.069	0.000	
Weight/Serving: 114.05		Fat Change %:		Moisture Change %:				% of Calories:				0.516	92.936	0.771	0.000	
R-2756	26 1 BBQ w/ Cornbread	378.704	73.964	658.226	2.149	19.622	0.000	2.321	49.689	35.745	0.000 *	21.937	38.053	13.619	3.341	
Weight/Serving: 180.00		Fat Change %:		Moisture Change %:				% of Calories:				23.171	40.193	32.366	7.940	
R-2685	26 1 Beef-a-Roni	412.346	74.004	967.956	3.997	13.120 *	0.000 *	1.893	132.638	180.767*	2.693 *	24.205	37.369	18.940	7.651	
Weight/Serving: 369.99		Fat Change %:		Moisture Change %:				% of Calories:				23.480	36.250	41.339	16.699	
R-2929	26 1 Biscuit	170.000	0.000	550.000	1.000	2.000	0.000	1.700	40.000	0.000	*	4.000	25.000	8.000	3.500	
Weight/Serving: 62.00		Fat Change %:		Moisture Change %:				% of Calories:				9.412	58.824	42.353	18.529	
R-2449	26 1 Breadstick, Garlic	100.000	0.000	95.000	1.000	0.500	0.000	0.800		*	0.000 *	1.000	15.000	3.500	0.500	
Weight/Serving: 34.00		Fat Change %:		0.00	Moisture Change %:				0.00				% of Calories: 4.000 60.000 31.500 4.500			
R-2450	26 1 Brown Rice	104.578	0.000	30.490	1.260	0.000 *	0.000 *	0.353	7.634	0.000	0.000 *	2.381	21.754	0.000	0.000	

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	180.47	Fat Change %:			Moisture Change %:			% of Calories:			9.107	83.207	0.000	0.000	
R-2760	26 1 Buffalo Chicken Dip	622.690	128.894	1223.426	4.050	0.400	0.000	0.645	69.229	0.000*	0.000 *	30.434	50.810	32.638	9.164
Weight/Serving:	197.98	Fat Change %:			Moisture Change %:			% of Calories:			19.550	32.639	47.173	13.245	
R-2970	26 1 Burger, Black Bean	299.593	0.000	590.222	5.304	4.832	0.000	3.411	80.616	0.000	0.000 *	23.995	34.511	9.464	1.155
Weight/Serving:	139.00	Fat Change %:			Moisture Change %:			% of Calories:			32.037	46.077	28.431	3.470	
R-3108	26 1 Cereal Bar, Cinnamon Toast 2OEG	260.000	0.000	200.000	5.000	15.000	0.000	2.700	390.000	*	*	4.000	52.000	5.000	0.500
Weight/Serving:	70.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:			6.154	80.000	17.308	1.731	
R-2368	26 1 Cereal Bar, Cinnamon Toast Crunch	160.000	0.000	120.000	3.000	8.000	0.000	1.700	230.000	0.000	0.000 *	2.000	30.000	3.500	0.000
Weight/Serving:	40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:			5.000	75.000	19.688	0.000	
R-3109	26 1 Cereal Bar, Cocoa Puff 2OEG	280.000	0.000	180.000	5.000	15.000	0.000	3.600	460.000	*	*	5.000	52.000	6.000	0.500
Weight/Serving:	70.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:			7.143	74.286	19.286	1.607	
R-2369	26 1 Cereal Bar, Cocoa Puffs	160.000	0.000	105.000	3.000	9.000	0.000	2.100	260.000	6.000	0.000 *	3.000	29.000	3.500	0.000
Weight/Serving:	40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:			7.500	72.500	19.688	0.000	
R-3110	26 1 Cereal Bar, Lucky Charms 2OEG	280.000	0.000	170.000	5.000	16.000	0.000	2.400	420.000	*	1.200 *	5.000	52.000	6.000	0.500
Weight/Serving:	70.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:			7.143	74.286	19.286	1.607	
R-2370	26 1 Cereal Bar, Trix	160.000	0.000	105.000	3.000	9.000	0.000	1.700	260.000	30.000	1.200 *	2.000	29.000	3.500	0.500
Weight/Serving:	40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:			5.000	72.500	19.688	2.813	
R-3128	26 1 Cereal, AppleJacks Pouch	100.000		160.000	2.000	8.000	0.000	1.800		*	6.000 *	2.000	24.000	0.500	
Weight/Serving:	28.00	Fat Change %:		Moisture Change %:			% of Calories:			8.000	96.000	4.500	0.000		
R-2969	26 1 Cereal, Blueberry Chex	120.000	0.000	160.000	1.000	6.000	0.000	8.100	60.000	90.000	3.600 *	1.000	23.000	2.500	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:			3.333	76.667	18.750	0.000	
R-2390	26 1 Cereal, Cinnamon Chex	110.000	0.000	160.000	1.000	6.000	0.000	7.200	90.000	90.000	*	1.000	23.000	2.500	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		3.636	83.636	20.455	0.000
R-2388	26 1 Cereal, Cinnamon Toasters	120.000	0.000	135.000	1.000	9.000	0.000	4.500	104.000	0.000	0.000 *	1.000	21.000	3.500	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		3.333	70.000	26.250	0.000
R-3129	26 1 Cereal, Froot Loops, Pouch	100.000		170.000	2.000	8.000	0.000			*	6.000 *	2.000	24.000	0.500	
Weight/Serving:	28.00	Fat Change %:			Moisture Change %:					% of Calories:		8.000	96.000	4.500	0.000
R-3127	26 1 Cereal, Honey Cheerios	110.000		170.000	2.000	6.000	0.000	2.400	80.000	*	3.600 *	3.000	22.000	1.500	
Weight/Serving:	28.00	Fat Change %:			Moisture Change %:					% of Calories:		10.909	80.000	12.273	0.000
R-2897	26 1 Cereal, Honey Scooters	110.000	0.000	170.000	2.000	6.000	0.000	4.500	130.000	*	*	3.000	22.000	1.500	0.000
Weight/Serving:	28.00	Fat Change %:			Moisture Change %:					% of Calories:		10.909	80.000	12.273	0.000
R-2691	26 1 Cereal, Lucky Charms	110.000	0.000	220.000	2.000	6.000	0.000	2.800	90.000	90.000	*	3.000	22.000	1.500	0.000
Weight/Serving:	28.00	Fat Change %:			Moisture Change %:					% of Calories:		10.909	80.000	12.273	0.000
R-2386	26 1 Cereal, Marshmallow Matey's	111.375	0.000	273.375	2.025	6.075	0.000	4.556	131.625	*	*	3.037	22.275	1.519	0.000
Weight/Serving:	28.35	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		10.907	80.000	12.275	0.000
R-2453	26 1 Cheeseburger	380.000	57.500	405.000	2.000	4.000	0.000	1.700	145.000	75.000*	0.000 *	21.500	33.500	18.000	7.500
Weight/Serving:	156.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		22.632	35.263	42.632	17.763
R-2455	26 1 Chef Salad	417.059	70.170	1049.249	5.152	5.673	0.000	2.001	186.162	944.299*	9.764 *	26.774	41.223	18.203	8.578
Weight/Serving:	309.01	Fat Change %:			Moisture Change %:					% of Calories:		25.679	39.537	39.281	18.511
R-2456	26 1 Chicken & Rice Casserole	381.482	120.103	1199.885	2.003	2.850 *	0.000 *	0.754	122.542	20.376*	0.009 *	22.264	49.591	11.341	5.244
Weight/Serving:	374.96	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		23.345	51.998	26.756	12.372
R-2263	26 1 Chicken and Noodle Soup	230.718	67.482	986.478	0.854	0.008 *	0.000 *	1.439	30.540	0.086*	0.037 *	15.977	28.729	4.608	0.322
Weight/Serving:	301.40	Fat Change %:			Moisture Change %:					% of Calories:		27.700	49.808	17.975	1.256
R-2371	26 1 Chicken Biscuit	230.000	0.000	750.000	1.000	2.000	0.000	2.400	90.000	*	*	9.000	29.000	11.000	5.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	102.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		15.652	50.435	43.043	19.565
R-2935	26 1 Chicken Bites, Dill Flavor	191.009	70.372	442.336	1.005	2.011	*		32.170	*	*	20.106	15.080	7.037	1.005
Weight/Serving:	114.00	Fat Change %:			Moisture Change %:					% of Calories:		42.105	31.580	33.157	4.735
R-2458	26 1 Chicken Fajita 6-12 USDA	418.713	106.986	1047.000	4.103	5.174	0.000	2.000	246.483	0.000*	0.000 *	28.710	34.290	17.753	9.646
Weight/Serving:	216.74	Fat Change %:			Moisture Change %:					% of Calories:		27.427	32.758	38.159	20.734
R-2776	26 1 Chicken Fajita Bowl	495.038	106.986	1033.800	4.388	3.174 *	0.000 *	0.657	239.491	0.000*	0.000 *	29.116	46.281	19.328	8.652
Weight/Serving:	368.56	Fat Change %:			Moisture Change %:					% of Calories:		23.526	37.396	35.139	15.730
R-2459	26 1 Chicken Fajita K-5 USDA	390.748	93.056	925.430	4.103	4.297	0.000	1.500	246.483	0.000*	0.000 *	25.822	33.413	17.000	9.269
Weight/Serving:	198.67	Fat Change %:			Moisture Change %:					% of Calories:		26.433	34.204	39.156	21.349
R-2460	26 1 Chicken Filet Sandwich	307.903	25.000	780.645	1.839	5.677	0.000	4.263	95.968	0.000	0.000 *	19.516	43.581	7.379	1.500
Weight/Serving:	142.00	Fat Change %:			Moisture Change %:					% of Calories:		25.353	56.617	21.569	4.384
R-0239	26 1 Chicken Filet, Spicy	330.000	25.000	710.000	2.000	5.000	0.000	4.400	93.000	0.000*	0.000 *	20.000	46.000	7.500	1.500
Weight/Serving:	147.00	Fat Change %:			Moisture Change %:					% of Calories:		24.242	55.758	20.455	4.091
R-2461	26 1 Chicken N Waffles	590.000	40.000	720.000	6.000	13.000	0.000	3.500	70.000	0.000	0.000 *	19.000	54.000	34.000	5.500
Weight/Serving:	178.00	Fat Change %:			Moisture Change %:					% of Calories:		12.881	36.610	51.864	8.390
R-2463	26 1 Chicken Nuggets	240.000	25.000	440.000	3.000	1.000	0.000	1.900	30.000	0.000	*	14.000	16.000	14.000	2.500
Weight/Serving:	85.00	Fat Change %:			Moisture Change %:					% of Calories:		23.333	26.667	52.500	9.375
R-2771	26 1 Chicken Salad Sandwich	282.735	50.693	711.581	3.786	6.144 *	0.000 *	1.399	65.447	0.253*	0.180 *	17.521	31.858	9.892	0.868
Weight/Serving:	171.71	Fat Change %:			Moisture Change %:					% of Calories:		24.788	45.071	31.488	2.763
R-2467	26 1 Chicken Tender Wrap 6-8	539.605	55.374	730.904	6.280	2.672	0.000	3.655	292.947	478.313	1.939 *	25.877	46.137	28.655	10.075
Weight/Serving:	201.90	Fat Change %:			Moisture Change %:					% of Calories:		19.182	34.201	47.793	16.804
R-2468	26 1 Chicken Tender Wrap 9-12	544.605	55.374	738.404	6.280	3.172	0.000	3.955	292.947	508.313	1.939 *	25.377	46.637	28.655	10.075
Weight/Serving:	201.90	Fat Change %:			Moisture Change %:					% of Calories:		18.639	34.254	47.355	16.650

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
R-2464	26 1 Chicken Tenders	260.000	25.000	390.000	3.000	1.000	0.000	2.000	40.000	0.000	0.000 *	15.000	16.000	15.000	2.500
Weight/Serving: 95.00		Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		23.077	24.615	51.923	8.654
R-2445	26 1 Chicken, Baked	556.640	203.840	403.860	0.000	0.000 *	0.000 *	0.000	0.000	0.000 *	0.000 *	57.232	0.000	34.496	9.408
Weight/Serving: 220.47		Fat Change %:		Moisture Change %:				% of Calories:		41.127	0.000	55.775	15.211		
R-2972	26 1 Chicken, General Tso's	199.497	25.453	685.638	0.000	8.828	0.000	3.054	50.906	22.642	0.000 *	14.254	23.837	6.109	1.527
Weight/Serving: 102.39		Fat Change %:		Moisture Change %:				% of Calories:		28.580	47.794	27.560	6.889		
R-2893	26 1 Chicken, Nashville Hot	571.361	203.840	298.681	0.399	2.767 *	0.000 *	0.263	16.122	551.847 *	0.717 *	57.429	3.642	34.629	9.429
Weight/Serving: 227.23		Fat Change %:		Moisture Change %:				% of Calories:		40.205	2.550	54.547	14.852		
R-3132	26 1 Chicken, Orange, Kit	212.158	50.514	424.315	1.010	13.134	0.000	1.455	0.000	0.000	0.000 *	12.123	26.267	7.072	1.515
Weight/Serving: 111.13		Fat Change %:		Moisture Change %:				% of Calories:		22.857	49.523	30.000	6.427		
R-2324	26 1 Chicken, Popcorn	173.082	25.453	549.789	0.000	2.036	0.000	3.054	50.906	0.000	*	14.254	16.290	6.109	1.527
Weight/Serving: 86.54		Fat Change %:		Moisture Change %:				% of Calories:		32.942	37.647	31.766	7.940		
R-2974	26 1 Chicken, Popcorn, Orange	195.724	25.453	621.487	0.000	6.564	0.000	3.054	50.906	0.000	0.000 *	14.254	21.573	6.109	1.527
Weight/Serving: 102.39		Fat Change %:		Moisture Change %:				% of Calories:		29.131	44.089	28.091	7.022		
R-2973	26 1 Chicken, Sriracha Bites	203.271	25.453	738.468	0.000	8.828	0.000	3.054	50.906	45.283	0.000 *	14.254	23.837	6.109	1.527
Weight/Serving: 102.39		Fat Change %:		Moisture Change %:				% of Calories:		28.049	46.907	27.048	6.761		
R-2735	26 1 Chili 9-12	207.263	26.388	270.437	5.033	8.967 *	0.000 *	1.433	13.142	178.119 *	7.158 *	11.645	24.046	6.659	2.055
Weight/Serving: 288.17		Fat Change %:		Moisture Change %:				% of Calories:		22.474	46.407	28.915	8.923		
R-2622	26 1 Chili K-8	207.263	26.388	270.437	5.033	8.967 *	0.000 *	1.433	13.142	178.119 *	7.158 *	11.645	24.046	6.659	2.055
Weight/Serving: 288.17		Fat Change %:		Moisture Change %:				% of Calories:		22.474	46.407	28.915	8.923		
R-2465	26 1 Corn Dog	242.143	40.357	474.196	2.018	8.071	0.000	1.513	70.625	0.000	*	9.080	30.268	9.080	2.522
Weight/Serving: 113.00		Fat Change %:		Moisture Change %:				% of Calories:		14.999	50.000	33.749	9.374		
R-2466	26 1 Cornbread Muffin	210.704	19.155	110.141	0.958	17.239	0.000	1.034	25.859	0.000	0.000 *	2.873	34.479	7.662	0.958

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	68.00	Fat Change %:			Moisture Change %:					% of Calories:		5.454	65.455	32.727	4.092
R-3155	26 1 Croissant, 1OEG	110.000	0.000	105.000	1.000	2.000	2.000	0.720	20.000	*	*	3.000	16.000	4.000	1.500
Weight/Serving:	35.00	Fat Change %:			Moisture Change %:					% of Calories:		10.909	58.182	32.727	12.273
R-2391	26 1 Crunchmania, Cinnamon	210.000	0.000	170.000	2.000	13.000	0.000	1.500	10.000	0.000	0.000 *	3.000	38.000	7.000	2.000
Weight/Serving:	50.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		5.714	72.381	30.000	8.571
R-2392	26 1 Crunchmania, French Toast	210.000	0.000	170.000	2.000	13.000	0.000	1.500	10.000	0.000	0.000 *	3.000	38.000	7.000	2.000
Weight/Serving:	50.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		5.714	72.381	30.000	8.571
R-2469	26 1 Cuban Sandwich	352.661	60.254	944.270	1.839	4.677	0.000	1.563	204.777	0.000*	0.000 *	26.483	28.895	13.070	5.839
Weight/Serving:	182.18	Fat Change %:			Moisture Change %:					% of Calories:		30.038	32.774	33.355	14.901
R-2472	26 1 Dinner Roll 1.25 oz	90.000	0.000	140.000	1.000	3.000	0.000	0.910	22.000	0.000	0.000 *	3.000	16.000	2.000	0.000
Weight/Serving:	35.00	Fat Change %:			Moisture Change %:					% of Calories:		13.333	71.111	20.000	0.000
R-3089	26 1 Dumpling, Chick & Veg	217.600	25.700	562.500	0.700	10.140 *	0.000 *	1.500	44.100	28.800*	0.000 *	13.200	32.400	5.100	0.400
Weight/Serving:	156.20	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		24.265	59.559	21.094	1.654
R-2379	26 1 Dunkin Sticks	300.000	0.000	360.000	3.000	23.000	0.000	2.000	41.000	*	*	5.000	48.000	10.000	4.000
Weight/Serving:	91.00	Fat Change %:			Moisture Change %:					% of Calories:		6.667	64.000	30.000	12.000
R-0919	26 1 Egg Roll, Chicken	188.000	41.200	458.800	3.500	2.400	0.000	1.900	47.100	17.640	8.200 *	11.800	22.400	5.900	1.200
Weight/Serving:	85.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		25.106	47.660	28.245	5.745
R-2399	26 1 Eggs, Scrambled w/ Cheese	102.931	206.625	255.116	0.006	0.000 *	0.000 *	1.269	64.035	0.019*	0.004 *	8.195	0.196	6.966	2.686
Weight/Serving:	59.83	Fat Change %:			Moisture Change %:					% of Calories:		31.847	0.762	60.909	23.486
R-2380	26 1 French Toast Sticks	288.820	0.000	332.400	3.600	9.750	0.000	2.150	45.340	0.000	0.000 *	6.800	41.800	10.520	1.710
Weight/Serving:	100.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		9.418	57.891	32.782	5.329
R-2382	26 1 Frudel, Apple	210.000	0.000	270.000	3.000	10.000	0.000	1.700	0.000	0.000	0.000 *	5.000	38.000	5.000	1.000

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	65.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		9.524	72.381	21.429	4.286
R-3090	26 1 Frudel, Cherry	200.000	0.000	270.000	2.000	10.000	0.000	1.600	0.000	*	*	5.000	38.000	5.000	0.500
Weight/Serving:	65.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		10.000	76.000	22.500	2.250
R-2476	26 1 Graham Cracker	90.000	0.000	90.000	1.000	5.000	0.000	0.720	10.000	150.000	*	1.000	17.000	2.500	0.000
Weight/Serving:	22.00	Fat Change %:			Moisture Change %:					% of Calories:		4.444	75.556	25.000	0.000
R-2477	26 1 Gravy, Brown Mix	42.353	0.000	183.529	0.000	0.000	0.000	0.000	0.000	0.000	0.000 *	0.000	8.471	1.412	0.706
Weight/Serving:	11.29	Fat Change %:			Moisture Change %:					% of Calories:		0.000	80.004	30.005	15.002
R-2400	26 1 Green Eggs	102.931	206.625	255.116	0.006	0.000 *	0.000 *	1.269	72.965	0.019*	0.004 *	8.195	0.196	6.966	2.868
Weight/Serving:	59.83	Fat Change %:			Moisture Change %:					% of Calories:		31.847	0.762	60.909	25.077
R-2478	26 1 Grilled Cheese	360.004	50.001	780.009	4.000	4.000 *	0.000 *	0.800	60.000	0.000*	0.000 *	16.000	32.000	20.000	10.000
Weight/Serving:	119.08	Fat Change %:			Moisture Change %:					% of Calories:		17.778	35.555	49.999	25.000
R-2482	26 1 Ham	37.910	18.443	237.704	0.000	1.025	0.000			*	*	5.123	2.049	2.049	1.025
Weight/Serving:	35.44	Fat Change %:			Moisture Change %:					% of Calories:		54.054	21.620	48.644	24.334
R-2351	26 1 Ham & Cheese Hawaiian	186.000	16.980	392.230	1.990	5.220	0.000			1827.750	*	10.620	27.210	4.250	1.370
Weight/Serving:	87.88	Fat Change %:			Moisture Change %:					% of Calories:		22.839	58.516	20.565	6.629
R-2487	26 1 Ham & Cheese on a Bun	248.559	42.008	720.973	1.839	5.316	0.000	1.563	140.968	75.000*	0.000 *	17.213	31.360	9.158	4.139
Weight/Serving:	126.74	Fat Change %:			Moisture Change %:					% of Calories:		27.700	50.467	33.160	14.987
R-2479	26 1 Ham & Cheese Roll-Up 6-12	280.655	42.008	650.326	3.000	3.639	0.000	2.000	140.000	75.000*	0.000 *	15.697	32.779	12.279	5.639
Weight/Serving:	127.70	Fat Change %:			Moisture Change %:					% of Calories:		22.372	46.718	39.376	18.083
R-2480	26 1 Ham & Cheese Roll-Up K-5	275.655	42.008	642.826	3.000	3.139	0.000	1.500	140.000	75.000*	0.000 *	16.197	32.279	12.279	5.639
Weight/Serving:	127.70	Fat Change %:			Moisture Change %:					% of Calories:		23.503	46.840	40.090	18.411
R-0233	26 1 Ham & Cheese Sandwich	250.656	42.008	740.328	4.000	3.639	0.000	0.800	155.000	75.000*	0.000 *	17.697	31.779	9.779	4.139

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	131.74	Fat Change %:		Moisture Change %:				% of Calories:				28.241	50.713	35.112	14.861
R-2376	26 1 Honey Bun	250.000	0.000	330.000	3.000	11.000	0.000	1.000	30.000	0.000	0.000 *	4.000	35.000	12.000	4.500
Weight/Serving:	79.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				6.400	56.000	43.200	16.200
R-2484	26 1 Hot Dog Chili	103.213	19.403	336.231	0.349	7.751 *	0.000 *	0.133	3.454	98.075*	0.600 *	5.358	10.265	4.637	1.521
Weight/Serving:	92.05	Fat Change %:		Moisture Change %:				% of Calories:				20.765	39.782	40.434	13.263
R-2485	26 1 Hot Dog, Beef	290.000	30.000	760.000	2.000	4.000	0.000	1.800	40.000	0.000	0.000 *	13.000	30.000	13.500	5.000
Weight/Serving:	119.00	Fat Change %:		Moisture Change %:				% of Calories:				17.931	41.379	41.897	15.517
R-2486	26 1 Hot Dog, Red	290.000	30.000	880.000	2.000	6.000	0.000	2.520	60.000	0.000	0.000 *	14.000	33.000	12.500	4.000
Weight/Serving:	119.00	Fat Change %:		Moisture Change %:				% of Calories:				19.310	45.517	38.793	12.414
R-2490	26 1 Hushpuppies	150.000	0.000	200.000	1.000	6.000	0.000	0.000	3.000	0.000	0.000 *	2.000	21.000	7.000	1.000
Weight/Serving:	52.00	Fat Change %:		Moisture Change %:				% of Calories:				5.333	56.000	42.000	6.000
R-2491	26 1 Italian Chicken Sandwich	350.247	30.853	977.888	1.839	7.166	0.000	4.567	155.803	0.000*	0.000 *	22.432	46.361	10.392	3.114
Weight/Serving:	188.79	Fat Change %:		Moisture Change %:				% of Calories:				25.618	52.947	26.703	8.002
R-3130	26 1 K-5 Chicken Quesadilla	249.411	54.795	594.109	2.530	1.530 *	0.000 *	1.000	134.771	12.600*	0.000 *	18.159	21.425	9.738	5.159
Weight/Serving:	125.78	Fat Change %:		Moisture Change %:				% of Calories:				29.123	34.361	35.140	18.616
R-2641	26 1 Lasagna	472.242	75.595	709.159	4.924	7.542 *	0.000 *	2.304	227.617	0.000*	0.106 *	28.300	44.255	21.359	8.979
Weight/Serving:	330.48	Fat Change %:		Moisture Change %:				% of Calories:				23.971	37.485	40.706	17.112
R-3066	26 1 Lasagna Roll Up	286.000	11.667	800.000	2.600	5.444 *	0.000 *	1.732	246.667	54.000	0.000 *	18.711	36.044	6.767	3.556
Weight/Serving:	208.44	Fat Change %:		Moisture Change %:				% of Calories:				26.169	50.411	21.295	11.190
R-2493	26 1 Mac & Cheese K-5	286.752	35.020	786.445	0.800	7.624	0.000	0.000	0.000	150.085	0.600 *	15.008	29.016	11.707	6.704
Weight/Serving:	170.10	Fat Change %:		Moisture Change %:				% of Calories:				20.935	40.475	36.744	21.041
R-2492	26 1 Mac & Cheese with Ham	327.998	55.085	1045.067	0.800	8.739	0.000	0.000	0.000	150.085*	0.600 *	20.582	31.245	13.936	7.819
Weight/Serving:	208.65	Fat Change %:		Moisture Change %:				% of Calories:				25.100	38.104	38.239	21.455

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
R-2494	26 1 Marinara, USDA	42.468	0.000	118.947	0.599	3.023 *	0.000 *	0.056	16.195	0.040 *	0.120 *	0.599	5.560	2.007	0.500
Weight/Serving: 63.71		Fat Change %:		Moisture Change %:				% of Calories:				5.642	52.369	42.533	10.596
R-2495	26 1 Meatball Sub	457.685	46.943	943.024	3.001	8.489 *	0.000 *	4.067	225.876	0.084	1.197 *	28.458	40.491	21.652	8.868
Weight/Serving: 219.18		Fat Change %:		Moisture Change %:				% of Calories:				24.871	35.388	42.577	17.438
R-2951	26 1 Meatloaf	190.000	40.000	390.000	1.000	5.000	0.000			*	9.000 *	11.000	8.000	12.000	6.000
Weight/Serving: 81.00		Fat Change %:		Moisture Change %:				% of Calories:				23.158	16.842	56.842	28.421
R-3067	26 1 Meatloaf Burger	327.903	40.000	610.645	2.839	8.677	0.000	1.563	45.968	0.000 *	9.000 *	16.516	35.581	13.379	6.000
Weight/Serving: 138.00		Fat Change %:		Moisture Change %:				% of Calories:				20.147	43.404	36.722	16.468
R-2377	26 1 Mini Cinni	230.000	0.000	280.000	3.000	14.000	0.000	1.700	30.000	0.000	0.000 *	4.000	41.000	7.000	1.500
Weight/Serving: 65.00		Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				6.957	71.304	27.391	5.870
R-3126	26 1 Mini Clnni, Caramel	210.000		280.000	2.000	10.000	0.000	0.270	30.000	*	0.000 *	5.000	35.000	6.000	1.000
Weight/Serving: 66.00		Fat Change %:		Moisture Change %:				% of Calories:				9.524	66.667	25.714	4.286
R-2497	26 1 Mini Corn Dog Nuggets	260.000	45.000	470.000	11.000	7.000	0.000	1.800	70.000	0.000	1.200 *	9.000	30.000	12.000	3.500
Weight/Serving: 112.00		Fat Change %:		Moisture Change %:				% of Calories:				13.846	46.154	41.538	12.115
R-2378	26 1 Mini Donuts	270.000	0.000	290.000	2.000	19.000	0.000	1.000	27.000	0.000	0.000 *	4.000	41.000	11.000	4.500
Weight/Serving: 85.00		Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				5.926	60.741	36.667	15.000
R-2415	26 1 Mini Loaf, Blueberry	160.000	0.000	95.000	1.000	14.000	0.000	1.000	14.000	0.000	0.000 *	3.000	26.000	5.000	0.500
Weight/Serving: 57.00		Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				7.500	65.000	28.125	2.813
R-2761	26 1 Mini Pancakes, Blueberry	210.000	0.000	210.000	4.000	10.000	0.000	3.600	40.000	0.000	0.000 *	4.000	35.000	7.000	1.000
Weight/Serving: 86.00		Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				7.619	66.667	30.000	4.286
R-2766	26 1 Mini Pancakes, Confetti	200.000	0.000	210.000	6.000	11.000	0.000	3.600	40.000	300.000	*	4.000	36.000	6.000	1.000
Weight/Serving: 86.00		Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				8.000	72.000	27.000	4.500
R-2381	26 1 Mini Pancakes, Maple	200.000	0.000	210.000	4.000	10.000	0.000	3.600	40.000	300.000	0.000 *	4.000	35.000	6.000	1.000

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	86.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		8.000	70.000	27.000	4.500
R-2383	26 1 Mini Waffles, Blueberry	187.261	0.000	151.592	1.783	10.701	0.000	1.248	26.752	0.000	0.000 *	3.567	32.994	5.350	0.892
Weight/Serving:	70.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		7.619	70.477	25.713	4.287
R-2384	26 1 Mini Waffles, Cinnamon	190.000	0.000	210.000	4.000	8.000	0.000	3.600	260.000	300.000	*	4.000	34.000	5.000	1.500
Weight/Serving:	75.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		8.421	71.579	23.684	7.105
R-2361	26 1 Muffin, Apple	150.000	20.000	100.000	1.000	12.000	0.000	1.000	12.000	0.000	0.000 *	3.000	24.000	4.500	0.500
Weight/Serving:	45.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		8.000	64.000	27.000	3.000
R-2362	26 1 Muffin, Banana	140.000	20.000	140.000	1.000	12.000	0.000	1.000	12.000	0.000	0.000 *	3.000	24.000	3.500	0.000
Weight/Serving:	45.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		8.571	68.571	22.500	0.000
R-2363	26 1 Muffin, Blueberry	150.000	20.000	100.000	1.000	12.000	0.000	1.000	11.000	0.000	0.000 *	3.000	24.000	4.500	0.500
Weight/Serving:	45.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		8.000	64.000	27.000	3.000
R-2364	26 1 Muffin, Chocolate	160.000	20.000	125.000	2.000	13.000	0.000	1.080	13.000	0.000	0.000 *	3.000	26.000	5.000	1.000
Weight/Serving:	45.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		7.500	65.000	28.125	5.625
R-2500	26 1 Nachos 6-12, Turkey Taco	621.766	99.611	1387.459	6.005	9.180 *	0.000 *	0.607	111.886	0.000 *	0.000 *	25.450	69.471	30.212	7.124
Weight/Serving:	294.68	Fat Change %:			Moisture Change %:					% of Calories:		16.373	44.693	43.732	10.312
R-2729	26 1 Nachos 6-12, USDA Beef	663.712	120.979	1513.885	6.005	4.395 *	0.000 *	0.607	111.077	33.075 *	0.000 *	25.923	64.109	34.907	10.224
Weight/Serving:	303.49	Fat Change %:			Moisture Change %:					% of Calories:		15.623	38.637	47.334	13.864
R-2499	26 1 Nachos K-5, Turkey Taco	477.019	98.411	1263.749	3.980	9.120 *	0.000 *	0.304	80.311	0.000 *	0.000 *	23.365	49.754	23.987	6.528
Weight/Serving:	265.61	Fat Change %:			Moisture Change %:					% of Calories:		19.593	41.721	45.257	12.316
R-2498	26 1 Nachos K-5, USDA Beef	521.965	120.979	1407.575	3.980	4.395 *	0.000 *	0.304	80.702	33.075 *	0.000 *	23.898	44.872	28.832	9.718
Weight/Serving:	275.14	Fat Change %:			Moisture Change %:					% of Calories:		18.314	34.387	49.714	16.756
R-0235	26 1 Nutri-Grain Apple	150.000	0.000	115.000	3.000	13.000	0.000	1.800	140.000	150.000	0.000 *	2.000	31.000	3.500	0.500
Weight/Serving:	44.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		5.333	82.667	21.000	3.000

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
R-0238	26 1 Nutri-Grain Blueberry	150.000	0.000	120.000	3.000	13.000	0.000	1.900	140.000	150.000	*	2.000	31.000	3.500	0.500
	Weight/Serving: 44.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		5.333	82.667	21.000	3.000
R-0236	26 1 Nutri-Grain Strawberry	150.000	0.000	140.000	3.000	12.000	0.000	1.900	140.000	150.000	0.000 *	2.000	30.000	3.500	0.500
	Weight/Serving: 44.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		5.333	80.000	21.000	3.000
R-3097	26 1 Pancake Griddle	140.000	25.000	240.000	1.000	6.000	0.000	0.700	40.000	0.000	0.000 *	8.000	16.000	5.000	1.000
	Weight/Serving: 71.00	Fat Change %:			Moisture Change %:					% of Calories:		22.857	45.714	32.143	6.429
R-2365	26 1 Pancake Sausage Bites	230.000	25.000	490.000	2.000	5.000	0.000	1.440	40.000	*	*	8.000	20.000	13.000	3.500
	Weight/Serving: 76.00	Fat Change %:			Moisture Change %:					% of Calories:		13.913	34.783	50.870	13.696
R-2374	26 1 Pancake Stick Maple	200.000	25.000	310.000	3.000	4.000	0.000	1.800	20.000	0.000	0.000 *	7.000	17.000	10.000	2.500
	Weight/Serving: 80.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		14.000	34.000	45.000	11.250
R-2396	26 1 Parfait, Peach	232.971	3.335	114.871	0.907	28.131	0.000	0.454	155.822	32.018*	0.000 *	4.909	44.915	2.301	0.000
	Weight/Serving: 278.85	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		8.429	77.117	8.889	0.000
R-2398	26 1 Parfait, Strawberry w/ Vanilla Yogurt	260.241	3.335	104.086	3.097	32.490	0.000	0.454 *	155.822 *	32.018*	0.000 *	4.909	53.468	2.301	0.000
	Weight/Serving: 284.84	Fat Change %:			Moisture Change %:					% of Calories:		7.545	82.182	7.958	0.000
R-2502	26 1 PB&J	300.000	0.000	270.000	4.000	14.000	0.000	1.080	43.000	*	*	9.000	32.000	16.000	3.500
	Weight/Serving: 76.00	Fat Change %:			Moisture Change %:					% of Calories:		12.000	42.667	48.000	10.500
R-2503	26 1 PB&J Meal	450.000	10.000	560.000	5.000	20.000	0.000	1.800	203.000	270.000*	*	17.000	50.000	21.500	5.000
	Weight/Serving: 126.00	Fat Change %:			Moisture Change %:					% of Calories:		15.111	44.444	43.000	10.000
R-2504	26 1 Picnic	230.000	20.000	420.000	1.000	10.000	0.000	0.720	330.000	270.000	0.000 *	14.000	27.000	6.500	2.500
	Weight/Serving: 162.00	Fat Change %:			Moisture Change %:					% of Calories:		24.348	46.957	25.435	9.783
R-2505	26 1 Pizza Dippers w/ Marinara	270.090	25.412	573.375	1.714	6.314	0.000	1.994	317.062	27.953	0.000 *	17.096	28.505	9.758	5.042
	Weight/Serving: 180.10	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		25.319	42.216	32.516	16.801
R-2506	26 1 Pizza Quesadilla, Chicken	280.000	20.000	650.000	4.000	3.000	0.000	2.400	280.000	60.000	1.200 *	17.000	33.000	9.000	2.500

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	142.00	Fat Change %:			Moisture Change %:			% of Calories:			24.286	47.143	28.929	8.036	
R-2448	26 1 Pizza, Big Daddy's	245.000	27.200	387.800	2.000	5.400	0.000	1.500	258.500	20.400	0.000 *	14.300	21.800	11.600	5.400
Weight/Serving:	147.00	Fat Change %:			0.00	Moisture Change %:			0.00	% of Calories:			23.347	35.592	42.612
R-2367	26 1 Pizza, Breakfast	224.000	23.500	352.900	2.400	7.100	0.000	1.900	200.000	0.000	0.000 *	11.800	28.200	8.200	2.400
Weight/Serving:	85.00	Fat Change %:			0.00	Moisture Change %:			0.00	% of Calories:			21.071	50.357	32.946
R-2452	26 1 Pizza, Cheese	219.000	19.500	335.900	3.100	7.000	0.000	1.700	203.100	11.730	0.000 *	12.500	25.000	8.600	3.900
Weight/Serving:	128.00	Fat Change %:			0.00	Moisture Change %:			0.00	% of Calories:			22.831	45.662	35.342
R-2496	26 1 Pizza, Fiesta	319.132	39.891	548.507	3.989	3.989	0.000	2.693	253.311	0.000	0.000 *	17.951	28.921	14.959	6.981
Weight/Serving:	147.00	Fat Change %:			0.00	Moisture Change %:			0.00	% of Calories:			22.500	36.250	42.187
R-2474	26 1 Pizza, French Bread w/ Marinara	295.042	28.700	677.996	1.600	5.505	0.000	2.101	291.221	14.760	0.000 *	16.602	28.008	13.601	5.700
Weight/Serving:	184.61	Fat Change %:			Moisture Change %:			% of Calories:			22.508	37.972	41.489	17.387	
R-2628	26 1 Pizza, Pepperoni	228.000	19.700	409.400	3.100	6.300	0.000	2.000	173.200	23.610	0.000 *	12.600	25.200	8.700	3.900
Weight/Serving:	127.00	Fat Change %:			0.00	Moisture Change %:			0.00	% of Calories:			22.105	44.211	34.342
R-2520	26 1 Pizza, Stuffed Crust	330.000	35.000	830.000	3.000	4.000	0.000	2.400	370.000	0.000	0.000 *	19.000	32.000	14.000	7.000
Weight/Serving:	142.00	Fat Change %:			0.00	Moisture Change %:			0.00	% of Calories:			23.030	38.788	38.182
R-3098	26 1 Pizzable	400.000	30.000	890.000	5.000	8.000	0.000	1.500	350.000	0.000*	0.000 *	21.000	37.000	17.000	8.000
Weight/Serving:	189.00	Fat Change %:			Moisture Change %:			% of Calories:			21.000	37.000	38.250	18.000	
R-2395	26 1 Pop-Tart, Chocolate	170.000	0.000	120.000	3.000	15.000	0.000	1.800	130.000	150.000	0.000 *	2.000	36.000	3.000	1.000
Weight/Serving:	48.00	Fat Change %:			0.00	Moisture Change %:			0.00	% of Calories:			4.706	84.706	15.882
R-2393	26 1 Pop-Tart, Cinnamon	170.000	0.000	120.000	3.000	15.000	0.000	1.800	130.000	150.000	0.000 *	2.000	37.000	3.000	1.000
Weight/Serving:	48.00	Fat Change %:			0.00	Moisture Change %:			0.00	% of Calories:			4.706	87.059	15.882
R-2394	26 1 Pop-Tart, Strawberry	170.000	0.000	115.000	3.000	14.000	0.000	1.800	130.000	150.000	0.000 *	2.000	36.000	2.500	1.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	48.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		4.706	84.706	13.235	5.294
R-2507	26 1 Popcorn Chicken Potato Bowl	336.256	42.167	1079.517	1.092	2.165 *	0.000 *	3.561	172.593	0.000 *	0.015 *	20.306	36.131	12.107	4.656
Weight/Serving:	226.53	Fat Change %:			Moisture Change %:					% of Calories:		24.155	42.980	32.405	12.462
R-2510	26 1 Pork Chop	260.000	40.000	330.000	2.000	1.000	0.000	1.620	52.000	*	*	16.000	11.000	17.000	4.500
Weight/Serving:	95.00	Fat Change %:			Moisture Change %:					% of Calories:		24.615	16.923	58.846	15.577
R-2511	26 1 Pork Chop Sandwic	410.000	40.000	570.000	4.000	5.000	0.000	3.320	102.000	0.000 *	0.000 *	22.000	41.000	18.500	4.500
Weight/Serving:	157.00	Fat Change %:			Moisture Change %:					% of Calories:		21.463	40.000	40.610	9.878
R-2895	26 1 Pork, Seasoned, USDA on Bun	331.378	72.899	750.160	1.884	5.352 *	0.000 *	16.060	194.814	20.076 *	0.082 *	27.803	29.375	11.524	4.051
Weight/Serving:	197.57	Fat Change %:			Moisture Change %:					% of Calories:		33.560	35.458	31.298	11.002
R-2512	26 1 Pulled Pork and Rice Bowl	273.272	54.809	634.396	2.526	2.383 *	0.000 *	1.707	34.336	56.206	0.132 *	21.473	25.456	5.991	2.389
Weight/Serving:	292.79	Fat Change %:			Moisture Change %:					% of Calories:		31.431	37.261	19.731	7.868
R-2851	26 1 Pulled Pork Taco w/ Salsa 9-12	441.173	88.694	945.807	5.346	4.346	0.000	2.000	149.771	10.500 *	0.000 *	29.434	34.918	19.363	8.709
Weight/Serving:	254.58	Fat Change %:			Moisture Change %:					% of Calories:		26.687	31.659	39.501	17.766
R-2852	26 1 Pulled Pork Taco w/ Salsa K-8	436.173	88.694	938.307	5.346	3.846	0.000	1.500	149.771	10.500 *	0.000 *	29.934	34.418	19.363	8.709
Weight/Serving:	254.58	Fat Change %:			Moisture Change %:					% of Calories:		27.451	31.564	39.954	17.970
R-3111	26 1 Sandwich, Nashville Chicken	316.340	25.000	798.730	2.082	6.777 *	0.000 *	4.381	98.609	243.973	0.456 *	19.651	45.534	7.470	1.515
Weight/Serving:	164.83	Fat Change %:			Moisture Change %:					% of Calories:		24.848	57.576	21.252	4.310
R-2372	26 1 Sausage Biscuit	200.000	0.000	740.000	2.000	1.000	0.000	1.900	80.000	*	*	8.000	23.000	8.000	4.500
Weight/Serving:	91.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		16.000	46.000	36.000	20.250
R-2966	26 1 Sausage Patty	90.000	22.960	150.060	0.000	0.000	0.000			*	*	6.070	0.000	6.930	2.470

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	35.40	Fat Change %:		Moisture Change %:				% of Calories:				26.978	0.000	69.300	24.700
R-2513	26 1 Sloppy Joe on Bun	421.511	71.403	700.135	2.167	11.598 *	0.000 *	5.083	98.372	0.038 *	0.098 *	26.047	40.627	17.990	5.493
Weight/Serving:	222.80	Fat Change %:		Moisture Change %:				% of Calories:				24.718	38.554	38.412	11.729
R-2514	26 1 Soft Taco 6-12	431.533	62.773	682.063	4.955	8.680	0.000	2.000	132.309	0.000 *	0.000 *	25.532	40.436	20.261	6.494
Weight/Serving:	239.38	Fat Change %:		Moisture Change %:				% of Calories:				23.666	37.481	42.256	13.544
R-2515	26 1 Soft Taco K-5	426.533	62.773	674.563	4.955	8.180	0.000	1.500	132.309	0.000 *	0.000 *	26.032	39.936	20.261	6.494
Weight/Serving:	239.38	Fat Change %:		Moisture Change %:				% of Calories:				24.413	37.452	42.751	13.703
R-2516	26 1 Soft Taco K-5, USDA Beef	428.641	72.664	706.093	4.955	3.455 *	0.000 *	1.500	132.635	24.500 *	0.000 *	23.152	34.482	22.180	8.709
Weight/Serving:	227.07	Fat Change %:		Moisture Change %:				% of Calories:				21.605	32.178	46.570	18.286
R-2517	26 1 Southwest Chicken Salad	536.828	93.056	945.538	7.202	5.269	0.000	1.168	288.394	544.299 *	9.764 *	27.814	49.086	24.936	8.781
Weight/Serving:	330.67	Fat Change %:		Moisture Change %:				% of Calories:				20.725	36.575	41.806	14.721
R-2518	26 1 Spaghetti with Meat Sauce	417.640	65.194	341.626	6.004	7.332 *	0.000 *	15.645	10.347	0.115 *	0.148 *	24.836	40.472	19.097	5.737
Weight/Serving:	367.18	Fat Change %:		Moisture Change %:				% of Calories:				23.787	38.763	41.153	12.363
R-2519	26 1 String Cheese	60.000	10.000	200.000	0.000	1.000	0.000	0.000	150.000	120.000	*	7.000	1.000	3.000	1.500
Weight/Serving:	28.00	Fat Change %:		Moisture Change %:				% of Calories:				46.667	6.667	45.000	22.500
R-2521	26 1 Stuffing	286.580	0.000	1378.274	1.945	3.890 *	0.000 *	1.945	0.888	108.970	2.334 *	5.835	48.621	9.547	1.687
Weight/Serving:	100.45	Fat Change %:		Moisture Change %:				% of Calories:				8.144	67.864	29.982	5.298
R-2357	26 1 Super Donut	240.000	0.000	300.000	2.000	19.000	0.000	9.000	250.000	750.000	30.000 *	7.000	38.000	8.000	2.500
Weight/Serving:	85.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				11.667	63.333	30.000	9.375
R-2919	26 1 Super Slice, Banana	260.000	0.000	250.000	2.000	23.000	0.000	1.000	105.000	*	*	5.000	44.000	8.000	1.500
Weight/Serving:	96.00	Fat Change %:		Moisture Change %:				% of Calories:				7.692	67.692	27.692	5.192
R-2956	26 1 Super Slice, Blueberry	270.000	0.000	250.000	2.000	23.000	0.000	1.000	42.000	*	*	5.000	45.000	8.000	1.500

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	96.00	Fat Change %:		Moisture Change %:				% of Calories:				7.407	66.667	26.667	5.000
R-2918	26 1 Super Slice, Lemon	230.000	0.000	250.000	2.000	15.000	0.000	1.000	70.000	*	*	5.000	44.000	8.000	1.500
Weight/Serving:	96.00	Fat Change %:		Moisture Change %:				% of Calories:				8.696	76.522	31.304	5.870
R-2920	26 1 Super Slice, Pumpkin	260.000	0.000	250.000	2.000	22.000	0.000	1.000	108.000	*	*	5.000	43.000	8.000	1.500
Weight/Serving:	96.00	Fat Change %:		Moisture Change %:				% of Calories:				7.692	66.154	27.692	5.192
R-2258	26 1 Taco Soup 6-12	474.836	25.922	772.955	9.908	2.952 *	0.000 *	0.000	42.308	18.900*	2.521 *	14.323	59.357	17.801	4.325
Weight/Serving:	231.30	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				12.066	50.002	33.740	8.198
R-2257	26 1 Taco Soup K-5	327.751	25.922	652.134	7.807	2.952 *	0.000 *	0.000	21.296	18.900*	1.261 *	12.222	38.345	12.548	3.799
Weight/Serving:	201.88	Fat Change %:		Moisture Change %:				% of Calories:				14.916	46.798	34.457	10.432
R-3102	26 1 Tator Tot Nacho, Turkey Taco	471.060	98.411	1532.721	3.000	10.165 *	0.000 *	0.209	59.636	0.000*	0.000 *	22.385	47.229	25.224	7.067
Weight/Serving:	298.05	Fat Change %:		Moisture Change %:				% of Calories:				19.008	40.104	48.193	13.502
R-3100	26 1 Tator Tot Nacho, USDA Beef	516.006	120.979	1676.156	3.000	5.440 *	0.000 *	0.209	59.636	33.075*	0.000 *	22.918	42.347	30.069	10.257
Weight/Serving:	294.56	Fat Change %:		Moisture Change %:				% of Calories:				17.766	32.827	52.445	17.890
R-2522	26 1 Teriyaki Beef Bites	210.124	45.026	360.212	1.001	8.005	0.000	1.001	17.010	0.000	0.000 *	12.007	10.006	13.008	5.003
Weight/Serving:	85.05	Fat Change %:		Moisture Change %:				% of Calories:				22.857	19.048	55.716	21.429
R-2422	26 1 Toast, Breakfast	72.126	0.000	138.073	2.000	1.000	0.000	0.400	30.425	0.000	0.000 *	3.000	14.425	1.000	0.000
Weight/Serving:	31.43	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				16.638	79.999	12.478	0.000
R-2925	26 1 Toast, Cheese	170.000	25.000	360.000	2.000	1.000	0.000	0.400	220.000	150.000	0.000 *	10.000	15.000	10.000	5.000
Weight/Serving:	59.00	Fat Change %:		Moisture Change %:				% of Calories:				23.529	35.294	52.941	26.471
R-2945	26 1 Toast, Cinnamon 1OEG	135.946	0.000	176.498	1.956	2.823 *	0.000 *	0.466	30.488	97.413	0.079 *	2.721	14.785	8.040	3.242
Weight/Serving:	39.27	Fat Change %:		Moisture Change %:				% of Calories:				8.006	43.503	53.227	21.463
R-2944	26 1 Toast, Cinnamon 2OEG	271.891	0.000	352.996	3.913	5.646 *	0.000 *	0.933	60.975	194.827	0.157 *	5.441	29.571	16.080	6.484

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	78.54	Fat Change %:			Moisture Change %:					% of Calories:		8.005	43.504	53.227	21.463
R-2523	26 1 Turkey & Cheese Roll-Up 6-12	332.704	68.852	811.384	3.000	2.000	0.000	2.000	140.000	75.000*	0.000 *	25.613	31.513	13.025	6.013
Weight/Serving:	161.57	Fat Change %:			Moisture Change %:					% of Calories:		30.794	37.887	35.234	16.266
R-2524	26 1 Turkey & Cheese Roll-Up K-5	327.704	68.852	803.884	3.000	1.500	0.000	1.500	140.000	75.000*	0.000 *	26.113	31.013	13.025	6.013
Weight/Serving:	161.57	Fat Change %:			Moisture Change %:					% of Calories:		31.874	37.855	35.772	16.514
R-2525	26 1 Turkey Roast USDA	162.284	64.763	977.243	0.110	0.011 *	0.000 *	0.321	25.224	0.230*	0.107 *	22.599	0.421	8.458	2.819
Weight/Serving:	122.40	Fat Change %:			Moisture Change %:					% of Calories:		55.702	1.038	46.907	15.634
R-0234	26 1 Turkey Sandwich	249.893	50.697	702.969	3.600	1.800	0.000	0.720	139.500	67.500*	0.000 *	21.229	27.059	8.668	3.659
Weight/Serving:	131.80	Fat Change %:			Moisture Change %:					% of Calories:		33.981	43.313	31.218	13.178
R-3156	26 1 Waffle, Frutti Belgium	210.000	35.000	290.000	2.000	10.000	9.000	1.080	0.000	*	*	5.000	31.000	8.000	1.500
Weight/Serving:	65.00	Fat Change %:			Moisture Change %:					% of Calories:		9.524	59.048	34.286	6.429
R-2385	26 1 Waffles	330.000	15.000	330.000	3.000	12.000	0.000	1.500	30.000	0.000	0.000 *	4.000	38.000	19.000	3.000
Weight/Serving:	83.00	Fat Change %:			Moisture Change %:					% of Calories:		4.848	46.061	51.818	8.182
R-3091	26 1 Walking Taco 6-12, Turkey Taco	453.272	69.611	969.839	5.955	8.680 *	0.000 *	0.400	91.137	0.000*	0.000 *	22.900	45.997	21.312	4.862
Weight/Serving:	259.18	Fat Change %:			Moisture Change %:					% of Calories:		20.209	40.591	42.316	9.654
R-3092	26 1 Walking Taco K-5, Turkey Taco	453.272	69.611	969.839	5.955	8.680 *	0.000 *	0.400	91.137	0.000*	0.000 *	22.900	45.997	21.312	4.862
Weight/Serving:	259.18	Fat Change %:			Moisture Change %:					% of Calories:		20.209	40.591	42.316	9.654
R-3095	26 1 Walking Taco, USDA Beef	498.218	92.179	1113.665	5.955	3.955 *	0.000 *	0.400	91.528	33.075*	0.000 *	23.433	41.115	26.157	8.052
Weight/Serving:	268.71	Fat Change %:			Moisture Change %:					% of Calories:		18.813	33.010	47.251	14.545
R-2359	26 1 Yogurt, Straw-Banana Danimals	70.000	5.000	70.000	0.000	9.000	0.000	0.000	100.000	0.000	0.000 *	4.000	12.000	0.000	0.000
Weight/Serving:	113.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		22.857	68.571	0.000	0.000

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			Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
			cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
R-2358	26 1 Yogurt, Strawberry Danimals		60.000	5.000	70.000	0.000	9.000	0.000	0.000	100.000	0.000	0.000 *	4.000	12.000	0.000	0.000
	Weight/Serving:	113.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		26.667	80.000	0.000	0.000
R-2360	26 1 Yogurt, Vanilla		70.000	5.000	70.000	0.000	9.000	0.000	0.000	150.000	0.000	0.000 *	4.000	12.000	0.000	0.000
	Weight/Serving:	113.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		22.857	68.571	0.000	0.000
R-2526	26 2 Baby Carrots		24.607	0.000	54.839	2.039	3.375	0.000	0.506	21.092	2900.141	1.687 *	0.422	5.625	0.070	0.000
	Weight/Serving:	70.31	Fat Change %:		Moisture Change %:						% of Calories:		6.860	91.437	2.560	0.000
R-2527	26 2 Baked Beans		226.011	0.000	358.089	5.092	21.292 *	0.000 *	0.245	13.617	0.000 *	0.000 *	5.353	45.155	1.005	0.000
	Weight/Serving:	169.50	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		9.474	79.916	4.002	0.000
R-2528	26 2 Baked Potato		268.738	50.374	244.404	2.350	0.850	0.000	0.810	241.483	0.000 *	21.000 *	8.225	21.512	17.219	9.508
	Weight/Serving:	166.75	Fat Change %:		Moisture Change %:						% of Calories:		12.242	32.019	57.666	31.842
R-2858	26 2 Black Beans		159.682	0.000	347.852	9.458	3.150 *	0.000 *	0.039	2.330	6.329 *	0.007 *	11.029	28.791	0.001	0.000
	Weight/Serving:	197.84	Fat Change %:		Moisture Change %:						% of Calories:		27.627	72.121	0.006	0.000
R-2975	26 2 Black Beans, Ranch Style		170.089	0.000	697.102	10.019	3.306	0.000	0.045	32.217	0.000 *	0.366 *	11.704	30.941	0.019	0.002
	Weight/Serving:	207.96	Fat Change %:		Moisture Change %:						% of Calories:		27.524	72.764	0.101	0.011
R-2530	26 2 Black Eyed Peas		114.317	0.000	150.716	2.827	1.853 *	0.000 *	0.037	5.368	0.102 *	0.059 *	5.580	20.129	0.929	0.001
	Weight/Serving:	120.84	Fat Change %:		Moisture Change %:						% of Calories:		19.525	70.432	7.314	0.008
R-2529	26 2 Broccoli with Cheese		159.736	49.600	793.825	3.467	3.628 *	0.000 *	0.025	52.244	0.077 *	0.018 *	5.933	26.769	6.203	3.721
	Weight/Serving:	174.48	Fat Change %:		Moisture Change %:						% of Calories:		14.857	67.033	34.950	20.965
R-0225	26 2 Broccoli, Fresh		30.920	0.000	30.920	2.061	1.443	0.000	0.371	41.226	154.599	80.391 *	2.474	6.184	0.412	0.000
	Weight/Serving:	90.70	Fat Change %:		Moisture Change %:						% of Calories:		32.005	80.000	11.992	0.000
R-2561	26 2 Broccoli, Steamed		35.681	0.000	73.478	3.461	1.148 *	0.000 *	0.018	1.414	0.057 *	0.013 *	3.451	6.915	0.002	0.001
	Weight/Serving:	106.81	Fat Change %:		Moisture Change %:						% of Calories:		38.687	77.520	0.050	0.025
R-2690	26 2 Cajun Pintos, Taco Seasoning		81.635	0.000	206.675	5.985	0.664 *	0.000 *	0.035	2.080	5.651 *	0.006 *	3.323	15.003	0.665	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	85.86	Fat Change %:			Moisture Change %:					% of Calories:		16.282	73.513	7.331	0.000
R-2531	26 2 California Blend with Cheese	118.449	35.429	669.551	1.930	3.677 *	0.000 *	0.545	73.333	0.082 *	0.019 *	3.687	20.159	4.432	2.658
Weight/Serving:	130.70	Fat Change %:			Moisture Change %:					% of Calories:		12.451	68.077	33.675	20.196
R-3136	26 2 Carrot Souffle (Cans)	192.567	67.053	289.164	1.465	32.738 *	0.000 *	0.758 *	73.367 *	0.126 *	0.046 *	3.228	42.256	1.840	0.593
Weight/Serving:	140.95	Fat Change %:			Moisture Change %:					% of Calories:		6.705	87.774	8.600	2.772
R-3134	26 2 Carrot Souffle (Frz Carrots)	193.456	67.053	241.461	2.150	33.123 *	0.000 *	0.758 *	73.367 *	0.126 *	0.046 *	3.228	41.738	2.827	0.593
Weight/Serving:	131.21	Fat Change %:			Moisture Change %:					% of Calories:		6.674	86.300	13.152	2.759
R-2532	26 2 Carrots 6 oz	37.308	0.000	83.143	3.091	5.116	0.000	0.767	31.978	1396.988	2.558	0.640	8.527	0.107	0.000
Weight/Serving:	106.59	Fat Change %:			Moisture Change %:					% of Calories:		6.862	91.423	2.581	0.000
R-3093	26 2 Carrots, Steamed, Canned	22.434	0.000	341.290	0.998	1.996 *	0.000 *	0.140	10.680	0.000 *	0.000	0.000	5.485	0.000	0.000
Weight/Serving:	64.37	Fat Change %:			Moisture Change %:					% of Calories:		0.000	97.798	0.000	0.000
R-3094	26 2 Carrots, Steamed, Frozen	34.223	0.000	321.988	2.352	3.528 *	0.000 *	0.140	10.680	0.000 *	0.000	0.000	7.550	1.176	0.000
Weight/Serving:	86.83	Fat Change %:			Moisture Change %:					% of Calories:		0.000	88.245	30.927	0.000
R-2533	26 2 Celery Cup	10.240	0.000	51.200	1.024	0.000	0.000			*		0.000	0.000	0.000	0.000
Weight/Serving:	64.00	Fat Change %:			Moisture Change %:					% of Calories:		0.000	0.000	0.000	0.000
R-2534	26 2 Cole Slaw	103.948	8.800	373.191	2.191	8.133 *	0.000 *	3.293	71.621	256.495	29.692	1.111	12.454	6.256	0.881
Weight/Serving:	123.33	Fat Change %:			Moisture Change %:					% of Calories:		4.275	47.924	54.166	7.628
R-0237	26 2 Cole Slaw, 1 oz	24.630	2.200	88.811	0.547	1.673 *	0.000 *	0.820	17.712	64.122	7.422	0.277	2.752	1.563	0.220
Weight/Serving:	30.46	Fat Change %:			Moisture Change %:					% of Calories:		4.499	44.693	57.113	8.039
R-3058	26 2 Cole Slaw, 2 oz	49.260	4.400	177.620	1.095	3.346 *	0.000 *	1.640	35.422	128.242	14.844	0.555	5.503	3.128	0.440
Weight/Serving:	60.93	Fat Change %:			Moisture Change %:					% of Calories:		4.507	44.685	57.150	8.039
R-2535	26 2 Corn, Cnd, USDA	56.066	0.000	46.904	1.299	4.517 *	0.000 *	0.010	1.199	0.031 *	0.007	1.294	11.863	1.291	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	87.39	Fat Change %:			Moisture Change %:					% of Calories:		9.232	84.636	20.724	0.000
R-2536	26 2 Corn, Frz, USDA	98.079	0.000	46.798	2.777	4.149 *	0.000 *	0.012	1.462	0.038 *	0.009	2.771	23.217	1.384	0.000
Weight/Serving:	121.61	Fat Change %:			Moisture Change %:					% of Calories:		11.301	94.687	12.700	0.000
R-2538	26 2 Cucumber Cup	11.056	0.000	1.474	0.369	*	*	0.206	11.793	23.218	2.064	0.479	2.676	0.081	0.027
Weight/Serving:	73.71	Fat Change %:			Moisture Change %:					% of Calories:		17.330	96.816	6.594	2.198
R-2539	26 2 Diced Tomato & Lettuce	17.019	0.000	3.494	0.917	0.524	0.000	0.393	13.104	140.048 *	1.572	0.524	1.441	3.329	0.000
Weight/Serving:	96.98	Fat Change %:			Moisture Change %:					% of Calories:		12.316	33.868	176.044	0.000
R-2540	26 2 French Fries	66.548	0.000	13.310	0.665	0.000	0.000	0.000	6.655	0.000	0.000	0.665	11.979	1.996	0.000
Weight/Serving:	56.57	Fat Change %:			Moisture Change %:					% of Calories:		3.997	72.002	26.994	0.000
R-2542	26 2 Glazed Carrots, Sliced, Canned, USDA	74.299	0.000	91.165	1.059	8.021 *	0.000 *	0.067	2.849	0.088 *	1.482	0.008	18.174	0.033	0.022
Weight/Serving:	90.67	Fat Change %:			Moisture Change %:					% of Calories:		0.043	97.843	0.400	0.266
R-2541	26 2 Glazed Carrots, Sliced, Frozen, USDA	74.036	0.000	61.802	2.075	8.215 *	0.000 *	0.057	2.450	0.075 *	1.275	0.007	17.406	1.038	0.018
Weight/Serving:	97.29	Fat Change %:			Moisture Change %:					% of Calories:		0.038	94.041	12.618	0.219
R-2543	26 2 Glazed Sweet Potato	182.656	0.000	29.870	4.710	20.780 *	0.000 *	1.747	26.758	0.215 *	0.079	0.176	47.787	0.009	0.002
Weight/Serving:	191.48	Fat Change %:			Moisture Change %:					% of Calories:		0.385	104.649	0.044	0.010
R-2544	26 2 Green Beans, Canned, USDA	19.649	0.000	116.319	1.177	1.117 *	0.000 *	0.038	15.075	0.113 *	0.071	0.595	3.434	0.007	0.001
Weight/Serving:	102.30	Fat Change %:			Moisture Change %:					% of Calories:		12.113	69.907	0.321	0.046
R-2854	26 2 Green Beans, Frozen, USDA	27.625	0.000	41.588	2.352	1.156 *	0.000 *	0.039	15.377	0.115 *	0.073	1.182	5.805	0.007	0.001
Weight/Serving:	111.65	Fat Change %:			Moisture Change %:					% of Calories:		17.115	84.054	0.228	0.033
R-2545	26 2 Green Peas, Canned, USDA	65.212	0.000	133.541	2.042	3.968 *	0.000 *	0.036	10.272	0.104 *	0.056	2.672	11.765	0.665	0.001
Weight/Serving:	86.31	Fat Change %:			Moisture Change %:					% of Calories:		16.390	72.165	9.178	0.014

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
R-2546	26 2 Green Peas, Frozen, USDA	80.323	0.000	114.482	4.835	4.780 *	0.000 *	0.039	11.299	0.115 *	0.062	4.802	14.442	0.007	0.001
Weight/Serving: 96.70		Fat Change %:		Moisture Change %:				% of Calories:				23.913	71.920	0.078	0.011
R-2855	26 2 Hashbrown Round	90.000	0.000	190.000	2.000	0.000	0.000	0.300	10.000	*		1.000	15.000	2.500	0.000
Weight/Serving: 72.00		Fat Change %:		Moisture Change %:				% of Calories:				4.444	66.667	25.000	0.000
R-2547	26 2 Lima Beans, Canned USDA	117.560	0.183	229.391	3.832	2.888 *	0.000 *	0.059	21.636	0.055 *	0.071	5.678	23.521	0.990	0.001
Weight/Serving: 123.33		Fat Change %:		Moisture Change %:				% of Calories:				19.319	80.031	7.579	0.008
R-2548	26 2 Lima Beans, Frozen	115.968	0.186	145.317	5.121	0.075 *	0.000 *	1.875	42.218	0.056 *	6.121	6.099	22.193	0.053	0.001
Weight/Serving: 85.07		Fat Change %:		Moisture Change %:				% of Calories:				21.037	76.549	0.411	0.008
R-2549	26 2 Mashed Potatoes	93.001	0.000	385.890	1.033	0.000 *	0.000 *	0.310	13.885	0.000 *	0.000	2.067	17.567	1.033	0.000
Weight/Serving: 143.20		Fat Change %:		Moisture Change %:				% of Calories:				8.890	75.556	9.997	0.000
R-2550	26 2 Mexican Corn, Canned	62.466	0.000	36.226	1.683	5.251 *	0.000 *	0.089	4.578	36.965 *	12.920	1.566	13.275	1.436	0.013
Weight/Serving: 100.53		Fat Change %:		Moisture Change %:				% of Calories:				10.028	85.006	20.690	0.187
R-2551	26 2 Mexican Corn, Frozen	75.463	0.000	26.910	2.338	3.478 *	0.000 *	0.089	4.578	36.965 *	12.920	2.221	17.828	1.074	0.013
Weight/Serving: 97.78		Fat Change %:		Moisture Change %:				% of Calories:				11.773	94.499	12.809	0.155
R-2552	26 2 Mixed Vegetables	78.347	0.000	84.702	4.960	3.701 *	0.000 *	1.262	26.156	0.086 *	0.020	3.712	15.929	0.003	0.001
Weight/Serving: 113.42		Fat Change %:		Moisture Change %:				% of Calories:				18.952	81.325	0.034	0.011
R-2555	26 2 Potato Wedges, Seasoned	106.364	0.000	193.389	1.934	0.967	0.000	0.290	9.669	0.000	0.000	0.967	18.372	3.384	0.967
Weight/Serving: 82.19		Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				3.637	69.091	28.634	8.182
R-2625	26 2 Potato, Savory Sweet Fries	166.494	0.000	187.306	1.041	7.284	0.000	0.520	31.218	0.000	0.000	1.041	24.974	6.244	1.041
Weight/Serving: 88.45		Fat Change %:		Moisture Change %:				% of Calories:				2.501	60.000	33.753	5.627
R-2556	26 2 Refried Beans	173.640	3.995	463.148	4.017	1.003 *	0.000 *	0.000	26.726	25.455 *	0.000	6.819	26.927	1.198	0.798
Weight/Serving: 146.53		Fat Change %:		Moisture Change %:				% of Calories:				15.708	62.029	6.209	4.136

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		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
R-2624	26 2 Roasted Ranch Potatoes	34.535	0.000	432.791	0.008	0.000 *	0.000 *	0.252	20.651	0.027	0.006	0.490	8.371	0.001	0.000
Weight/Serving: 83.15		Fat Change %:		Moisture Change %:				% of Calories:				5.675	96.957	0.026	0.000
R-2557	26 2 Sandwich Trimmings	12.825	0.000	81.611	0.280	0.172	0.000	0.155	12.278	478.313*	1.939	0.302	0.625	3.241	0.000
Weight/Serving: 82.98		Fat Change %:		Moisture Change %:				% of Calories:				9.419	19.493	227.439	0.000
R-2558	26 2 Sauteed Spinach	55.451	0.192	165.198	6.839	0.048 *	0.000 *	0.012	3.527	0.038*	0.009	6.833	8.659	1.756	0.000
Weight/Serving: 209.80		Fat Change %:		Moisture Change %:				% of Calories:				49.290	62.462	28.501	0.000
R-2559	26 2 Side Salad	128.078	30.374	198.920	1.677	1.757	0.000	0.633	222.735	1610.782	7.086	7.076	4.446	9.363	6.075
Weight/Serving: 125.14		Fat Change %:		Moisture Change %:				% of Calories:				22.099	13.885	65.794	42.689
R-2562	26 2 Steamed Cabbage	21.868	0.000	164.929	1.655	2.105 *	0.000 *	0.309	32.150	9.904	23.686	0.860	5.037	0.067	0.000
Weight/Serving: 74.16		Fat Change %:		Moisture Change %:				% of Calories:				15.731	92.135	2.757	0.000
R-2563	26 2 Sweet Potato Casserole	180.958	0.000	36.266	3.270	26.983 *	0.000 *	1.226	19.680	0.242*	0.082	0.352	47.201	0.035	0.021
Weight/Serving: 147.17		Fat Change %:		Moisture Change %:				% of Calories:				0.778	104.336	0.174	0.104
R-2757	26 2 Taco Bean Dip	106.937	2.857	212.096	7.324	1.869	0.000	0.204	8.505	630.453*	2.551	4.717	17.602	1.578	0.571
Weight/Serving: 145.84		Fat Change %:		Moisture Change %:				% of Calories:				17.644	65.841	13.281	4.806
R-2554	26 2 Tator Tots	114.348	0.000	316.655	0.880	0.880	0.000	0.176	8.796	0.000	0.000	0.880	14.074	6.157	0.880
Weight/Serving: 72.13		Fat Change %:		Moisture Change %:				% of Calories:				3.078	49.232	48.460	6.926
R-2566	26 2 Tomato Cup	13.408	0.000	3.724	0.894	2.086	0.000	0.215	7.449	178.768	9.832	0.596	2.979	0.149	0.000
Weight/Serving: 75.98		Fat Change %:		Moisture Change %:				% of Calories:				17.780	88.872	10.001	0.000
R-2261	26 2 Vegetable Soup	82.789	7.761	721.013	2.318	3.641 *	0.000 *	0.088	36.034	1.505*	3.380	4.578	12.374	1.820	0.599
Weight/Serving: 306.60		Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:				22.119	59.786	19.785	6.512
R-2568	26 3 Apple Crisp	175.184	0.000	94.127	1.875	28.040 *	0.000 *	0.600	9.321	0.408*	0.263	1.815	41.413	0.600	0.107
Weight/Serving: 154.95		Fat Change %:		Moisture Change %:				% of Calories:				4.144	94.559	3.082	0.550
R-2569	26 3 Applesauce Cup, USDA	60.000	0.000	15.000	1.000	18.000	0.000			*		0.000	14.000	0.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	128.00	Fat Change %:			Moisture Change %:					% of Calories:		0.000	93.333	0.000	0.000
R-2570	26 3 Applesauce, USDA	60.420	0.000	5.035	1.007	12.084	0.000			*		0.000	15.105	0.000	0.000
Weight/Serving:	127.89	Fat Change %:			Moisture Change %:					% of Calories:		0.000	100.000	0.000	0.000
R-2571	26 3 Baked Pears	125.615	0.000	37.986	2.165	21.975 *	0.000 *	0.331	10.329	42.471*	0.245	0.188	26.128	3.097	1.400
Weight/Serving:	127.04	Fat Change %:			Moisture Change %:					% of Calories:		0.599	83.200	22.189	10.031
R-2572	26 3 Blueberry Crisp	165.224	0.000	42.536	5.822	14.718 *	0.000 *	0.254	2.365	60.785*	0.013	1.262	28.274	4.806	2.070
Weight/Serving:	137.54	Fat Change %:			Moisture Change %:					% of Calories:		3.055	68.450	26.179	11.276
R-3103	26 3 Cherries, Dried, USDA	24.750	0.000	0.000	1.100	4.950	0.000	0.000	0.000	0.000	0.000	0.550	6.050	0.000	0.000
Weight/Serving:	38.50	Fat Change %:			Moisture Change %:					% of Calories:		8.889	97.778	0.000	0.000
R-2859	26 3 Cherry Berry Crumble	288.026	0.000	210.767	5.418	38.011 *	0.000 *	0.543	8.340	96.000*	0.000	2.758	53.611	7.540	3.262
Weight/Serving:	182.40	Fat Change %:			Moisture Change %:					% of Calories:		3.830	74.453	23.560	10.193
R-2573	26 3 Cherry Cobbler	169.111	0.339	82.734	2.856	33.458 *	0.000 *	0.300	30.661	7.749*	0.044	2.107	41.705	0.175	0.052
Weight/Serving:	137.52	Fat Change %:			Moisture Change %:					% of Calories:		4.984	98.645	0.931	0.277
R-2924	26 3 Cranberries	110.000	0.000	0.000	3.000	24.000	0.000			*		0.000	28.000	0.000	0.000
Weight/Serving:	32.89	Fat Change %:			Moisture Change %:					% of Calories:		0.000	101.818	0.000	0.000
R-2574	26 3 Flavored Applesauce	65.978	0.000	15.042	0.967	13.536	0.000			*		0.113	16.438	0.000	0.000
Weight/Serving:	125.23	Fat Change %:			Moisture Change %:					% of Calories:		0.685	99.657	0.000	0.000
R-2405	26 3 FrFruit Apple, Raw with Skin	71.760	0.000	1.380	3.312	*	*	0.166	8.280	22.356	6.348	0.359	19.058	0.235	0.041
Weight/Serving:	138.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		2.001	106.232	2.947	0.514
R-2406	26 3 FrFruit Banana	105.020	0.000	1.180	3.068	*	*	0.307	5.900	22.656	10.266	1.286	26.951	0.389	0.130
Weight/Serving:	118.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		4.898	102.651	3.334	1.114
R-2407	26 3 FrFruit Cantaloupe	46.266	0.000	21.772	1.225	*	*	0.286	12.247	1380.637	49.940	1.143	11.104	0.259	0.068

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		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	136.08	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		9.882	96.001	5.038	1.323
R-2408	26 3 FrFruit Grapes	56.599	0.000	1.690	0.760	*	*	0.245	11.827	25.343	3.379	0.532	14.488	0.296	0.093
Weight/Serving:	84.48	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		3.760	102.391	4.707	1.479
R-2409	26 3 FrFruit Honeydew	66.950	0.000	33.475	1.488	*	*	0.316	11.158	27.896	33.475	1.004	16.905	0.260	0.074
Weight/Serving:	185.97	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		5.999	101.001	3.495	0.995
R-2772	26 3 FrFruit Nectarine	63.000	0.000	0.000	2.400	11.000	0.000	0.360	0.000	135.000	7.200	1.500	15.000	0.000	0.000
Weight/Serving:	142.00	Fat Change %:			Moisture Change %:					% of Calories:		9.524	95.238	0.000	0.000
R-2410	26 3 FrFruit Orange	45.120	0.000	0.000	2.304	*	*	0.096	38.400	64.800	51.072	0.902	11.280	0.115	0.019
Weight/Serving:	96.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		7.996	100.000	2.294	0.379
R-2411	26 3 FrFruit Peach	39.712	0.000	0.000	1.527	*	*	0.255	6.110	99.586	6.721	0.927	9.714	0.255	0.019
Weight/Serving:	101.83	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		9.337	97.844	5.779	0.431
R-2412	26 3 FrFruit Pear	102.000	0.000	2.000	6.000	17.000	0.000	0.180	10.000	0.000	7.200	0.600	27.000	0.200	0.000
Weight/Serving:	178.00	Fat Change %:			Moisture Change %:					% of Calories:		2.353	105.882	1.765	0.000
R-3113	26 3 FrFruit Pineapple	72.574		1.451	2.032	14.515	0.000	0.261	14.515	*	68.801	0.726	18.869	0.145	
Weight/Serving:	145.15	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		4.001	103.999	1.798	0.000
R-2413	26 3 FrFruit Plum	42.152	0.000	0.000	1.283	*	*	0.156	5.498	94.842	8.705	0.641	10.465	0.257	0.016
Weight/Serving:	91.63	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		6.083	99.307	5.487	0.342
R-2921	26 3 FrFruit Strawberries	36.287	0.000	0.000	1.814	5.443	0.000			*		0.907	8.165	0.000	0.000
Weight/Serving:	108.86	Fat Change %:			Moisture Change %:					% of Calories:		9.998	90.005	0.000	0.000
R-3101	26 3 FrFruit Tangerine	47.000	0.000	1.500	1.600	9.300	0.000	0.000	0.000	0.000	0.000	0.700	12.000	0.300	0.000
Weight/Serving:	88.00	Fat Change %:			Moisture Change %:					% of Calories:		5.957	102.128	5.745	0.000
R-2414	26 3 FrFruit Watermelon	27.226	0.000	0.908	0.363	*	*	0.218	6.353	154.918	7.351	0.554	6.852	0.136	0.015
Weight/Serving:	90.75	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		8.139	100.668	4.496	0.496

USDA														
Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat	
cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm	gm

R-3123	26 3 Froot Jooce, Birthday	90.000			22.000	0.000	0.500	20.000	*	86.000		22.000		
	Weight/Serving: 124.70	Fat Change %:		Moisture Change %:					% of Calories:	0.000	97.778	0.000	0.000	
R-3122	26 3 Froot Jooce, Black Cherry	90.000			22.000	0.000	0.500	20.000	*		22.000			
	Weight/Serving: 124.70	Fat Change %:		Moisture Change %:					% of Calories:	0.000	97.778	0.000	0.000	
R-3125	26 3 Froot Jooce, Strawberry	90.000			22.000	0.000	0.500	20.000	*		22.000			
	Weight/Serving: 124.70	Fat Change %:		Moisture Change %:					% of Calories:	0.000	97.778	0.000	0.000	
R-3124	26 3 Froot Jooce, Tangerine Dragon Fruit	90.000			22.000	0.000	0.500	20.000	*	86.000	22.000			
	Weight/Serving: 124.70	Fat Change %:		Moisture Change %:					% of Calories:	0.000	97.778	0.000	0.000	
R-2578	26 3 Glazed Apples	145.680	0.000	43.697	1.887	24.568 *	0.000 *	0.331	10.329	42.471*	0.245	0.188	29.585	3.097 1.400
	Weight/Serving: 187.08	Fat Change %:		Moisture Change %:					% of Calories:	0.516	81.233	19.133	8.649	
R-2401	26 3 Juice, Apple 4 oz	50.000	0.000	0.000	0.000	12.000	0.000	0.720		*	60.000	0.000	13.000	0.000 0.000
	Weight/Serving: 113.00	Fat Change %:		Moisture Change %:					% of Calories:	0.000	104.000	0.000	0.000	
R-2591	26 3 Juice, Apple 6 oz	80.000	0.000	15.000	0.000	17.000	0.000	0.300	16.800	*	60.000	0.000	20.000	0.000 0.000
	Weight/Serving: 170.00	Fat Change %:		Moisture Change %:					% of Calories:	0.000	100.000	0.000	0.000	
R-2971	26 3 Juice, Fruit Blend 4 oz	60.000	0.000	15.000	0.000	15.000	0.000	0.540	0.000	0.000	0.000	14.000	0.000	0.000
	Weight/Serving: 113.00	Fat Change %:		Moisture Change %:					% of Calories:	0.000	93.333	0.000	0.000	
R-2592	26 3 Juice, Fruit Blend 6 oz	90.000	0.000	25.000	0.000	21.000	0.000	2.000	2.000	*	1.200	0.000	22.000	0.000 0.000
	Weight/Serving: 170.00	Fat Change %:		Moisture Change %:					% of Calories:	0.000	97.778	0.000	0.000	
R-2402	26 3 Juice, Grape 4 oz	77.000	0.000	20.000	0.000	18.000	0.000	2.000	2.000	*	1.200	0.000	19.000	0.000 0.000
	Weight/Serving: 113.00	Fat Change %:		Moisture Change %:					% of Calories:	0.000	98.701	0.000	0.000	
R-2403	26 3 Juice, Orange 4 oz	60.000	0.000	0.000	0.000	12.000	0.000	0.120	20.000	*	30.000	0.000	13.000	0.000 0.000
	Weight/Serving: 113.00	Fat Change %:		Moisture Change %:					% of Calories:	0.000	86.667	0.000	0.000	
R-2404	26 3 Juice, Orange Pineapple 4 oz	60.000	0.000	0.000	0.000	12.000	0.000	0.000	0.000	*	33.000	0.000	14.000	0.000 0.000

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	113.00	Fat Change %:		Moisture Change %:						% of Calories:		0.000	93.333	0.000	0.000
R-2579	26 3 Mandarin Oranges	76.364	0.000	19.091	0.955	10.500	0.000	0.382	19.091	286.364		0.000	19.091	0.000	0.000
Weight/Serving:	133.64	Fat Change %:		Moisture Change %:						% of Calories:		0.000	100.000	0.000	0.000
R-2580	26 3 Mixed Berry Cup	90.000	0.000	0.000	2.000	16.000	0.000			*		0.000	20.000	0.000	0.000
Weight/Serving:	113.00	Fat Change %:		Moisture Change %:						% of Calories:		0.000	88.889	0.000	0.000
R-2581	26 3 Mixed Fruit, Light Syrup	49.814	0.000	7.907	0.000	10.279	0.000			*		0.000	12.651	0.000	0.000
Weight/Serving:	99.63	Fat Change %:		Moisture Change %:						% of Calories:		0.000	101.586	0.000	0.000
R-2583	26 3 Peach Cobbler	323.501	0.800	206.053	0.500	63.840 *	0.000 *	0.709	72.357	18.287*	0.105	1.855	79.221	0.412	0.123
Weight/Serving:	240.06	Fat Change %:		Moisture Change %:						% of Calories:		2.294	97.955	1.146	0.342
R-2584	26 3 Peach Cups	90.000	0.000	0.000	2.000	19.000	0.000			*		1.000	21.000	0.000	0.000
Weight/Serving:	125.00	Fat Change %:		Moisture Change %:						% of Calories:		4.444	93.333	0.000	0.000
R-2588	26 3 Peaches, Sliced	40.000	0.000	6.667	0.000	8.000	0.000			*		0.000	9.333	0.000	0.000
Weight/Serving:	82.67	Fat Change %:		Moisture Change %:						% of Calories:		0.000	93.330	0.000	0.000
R-2585	26 3 Pear Slices	34.300	0.000	5.717	1.143	6.860	0.000			*		0.000	9.147	0.000	0.000
Weight/Serving:	74.32	Fat Change %:		Moisture Change %:						% of Calories:		0.000	106.671	0.000	0.000
R-2896	26 3 Pineapple Salsa	58.151	0.000	0.024	1.210	11.498 *	0.000 *	3.272	29.414	5.847	21.488	0.220	13.348	0.015	0.001
Weight/Serving:	123.38	Fat Change %:		Moisture Change %:						% of Calories:		1.513	91.816	0.232	0.015
R-2586	26 3 Pineapple Tidbits	60.976	0.000	0.000	0.871	13.066	0.000	0.348	0.000	0.000	17.422	0.000	13.937	0.000	0.000
Weight/Serving:	106.27	Fat Change %:		Moisture Change %:						% of Calories:		0.000	91.426	0.000	0.000
R-2587	26 3 Raisins	120.000	0.000	5.000	2.000	27.000	0.000			*		1.000	29.000	0.000	0.000
Weight/Serving:	38.00	Fat Change %:		Moisture Change %:						% of Calories:		3.333	96.667	0.000	0.000
R-2759	26 3 Spiced Pear Sauce	49.375	0.000	8.148	1.738	9.702 *	0.000 *	0.077	2.545	0.174*	0.058	0.012	13.126	0.030	0.018
Weight/Serving:	105.73	Fat Change %:		Moisture Change %:						% of Calories:		0.097	106.337	0.547	0.328

Harnett County Schools
Recipe by Name/Id - Summarized

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
R-2589	26 3 Strawberry Cup, Frozen	80.000	0.000	1.000	2.000	16.000	0.000			*		0.000	21.000	0.000	0.000
	Weight/Serving: 128.00	Fat Change %:		Moisture Change %:						% of Calories:		0.000	105.000	0.000	0.000
R-2860	26 3 Strawberry, Frozen, in Bucket	98.550	0.000	1.095	2.190	18.615	0.000			*		0.000	25.185	0.000	0.000
	Weight/Serving: 153.30	Fat Change %:		Moisture Change %:						% of Calories:		0.000	102.222	0.000	0.000
R-2590	26 3 Tropical Fruit Salad	73.171	0.000	0.000	1.626	16.260	0.000	0.000	0.000	0.000	29.268	0.813	17.886	0.000	0.000
	Weight/Serving: 100.00	Fat Change %:		Moisture Change %:						% of Calories:		4.444	97.776	0.000	0.000
R-3107	26 4 Animal Crackers	130.000	0.000	95.000	1.000	8.000	0.000	0.720	100.000	*		2.000	20.000	4.000	0.000
	Weight/Serving: 28.00	Fat Change %:		Moisture Change %:						% of Calories:		6.154	61.538	27.692	0.000
R-2596	26 4 BBQ Baked Chips	110.000	0.000	125.000	1.000	3.000	0.000	0.200	0.000	0.000	10.000	2.000	19.000	3.000	0.000
	Weight/Serving: 24.81	Fat Change %:		Moisture Change %:						% of Calories:		7.273	69.091	24.545	0.000
R-3112	26 4 Bug Bite Graham Crackers	1.200	0.000	1.000	0.010	0.080	0.000	0.007	0.000	*		0.020	0.210	0.040	0.010
	Weight/Serving: 0.28	Fat Change %:		Moisture Change %:						% of Calories:		6.667	70.000	30.000	7.500
R-2600	26 4 Chocolate Pudding	104.675	0.000	165.736	0.872	13.957	0.000	0.785	0.000	0.000	0.000	0.872	20.935	2.181	2.181
	Weight/Serving: 113.40	Fat Change %:		Moisture Change %:						% of Calories:		3.332	80.000	18.752	18.752
R-2597	26 4 Cookie, Chocolate Candy	105.560	8.290	87.420	1.540	9.260	0.000	0.630	7.000	7.995	0.006	1.500	17.970	3.430	1.140
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		5.684	68.094	29.244	9.720
R-2598	26 4 Cookie, Chocolate Chip	105.090	8.550	91.620	1.520	9.260	0.000	0.640	10.500	8.223	0.012	1.620	18.110	3.280	1.110
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		6.166	68.931	28.090	9.506
R-2599	26 4 Cookie, Sugar	106.460	7.150	111.740	1.530	9.300	0.000	0.520	7.320	16.341	0.012	1.410	18.120	3.470	1.150
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		5.298	68.082	29.335	9.722
R-2601	26 4 Goldfish	100.000	0.000	170.000	1.000	0.000	0.000	0.720	20.000	0.000	0.000	2.000	14.000	3.500	0.500
	Weight/Serving: 21.00	Fat Change %:		Moisture Change %:						% of Calories:		8.000	56.000	31.500	4.500
R-3106	26 4 Pretzels	79.981	0.000	199.953	2.000	0.000	0.000	0.800	29.993	*		2.000	15.996	1.000	0.000

Harnett County Schools
Recipe by Name/Id - Summarized

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	19.84	Fat Change %:			Moisture Change %:				% of Calories:			10.002	79.999	11.253	0.000
R-2926	26 4 Scooby Snack	120.000	0.000	100.000	1.000	8.000	0.000	0.720	0.000	0.000	0.000	2.000	21.000	4.000	1.000
Weight/Serving:	28.00	Fat Change %:			Moisture Change %:				% of Calories:			6.667	70.000	30.000	7.500
R-2421	26 5 Milk, Lactaid	100.000	10.000	130.000	0.000	12.000	0.000	0.000	500.000	150.000	0.000	8.000	13.000	2.500	1.500
Weight/Serving:	236.00	Fat Change %:			Moisture Change %:				% of Calories:			32.000	52.000	22.500	13.500
R-3141	26 5 Milk, Lactose Free 1%	110.002	10.000	130.002	*	12.000	*	*	300.005	150.003	*	8.000	13.000	2.500	1.500
Weight/Serving:	226.80	Fat Change %:			Moisture Change %:				% of Calories:			29.090	47.272	20.454	12.273
R-3140	26 5 Milk, Lactose Free Chocolate	100.002	5.000	125.002	*	17.000	5.000	*	300.005	150.003	*	8.000	18.000		
Weight/Serving:	226.80	Fat Change %:			Moisture Change %:				% of Calories:			31.999	71.999	0.000	0.000
R-2416	26 5 Milk, Plain 1%	100.000	10.000	125.000	0.000	12.000	0.000	0.000	250.000	225.000	0.000	8.000	12.000	2.500	1.500
Weight/Serving:	236.00	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			32.000	48.000	22.500	13.500
R-2417	26 5 Milk, Skim	80.000	5.000	125.000	0.000	12.000	0.000	0.000	250.000	225.000	0.000	8.000	12.000	0.000	0.000
Weight/Serving:	240.00	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			40.000	60.000	0.000	0.000
R-2418	26 5 Milk, Skim, Chocolate	110.000	5.000	180.000	0.000	18.000	0.000	0.000	300.000	225.000		8.000	19.000	2.500	0.000
Weight/Serving:	240.00	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			29.091	69.091	20.455	0.000
R-2419	26 5 Milk, Skim, Strawberry	80.000	5.000	125.000	0.000	12.000	0.000	0.000	250.000	225.000	0.000	8.000	12.000	0.000	0.000
Weight/Serving:	240.00	Fat Change %:		0.00	Moisture Change %:			0.00	% of Calories:			40.000	60.000	0.000	0.000
R-2420	26 5 Milk, Soy, Vanilla	142.373	0.000	111.864	0.000	15.254	0.000	1.119	305.085	0.763	0.000	8.136	17.288	4.576	0.508
Weight/Serving:	240.00	Fat Change %:			Moisture Change %:				% of Calories:			22.858	48.571	28.927	3.211
R-2537	26 6 Cranberry Sauce	111.158	0.000	0.000	1.011	25.263	0.000	0.000	0.000	*	0.000	0.000	27.284	0.000	0.000
Weight/Serving:	70.74	Fat Change %:			Moisture Change %:				% of Calories:			0.000	98.181	0.000	0.000
R-2605	26 6 Dressing, French	30.000	0.000	140.000	0.000	6.000	0.000			*		0.000	8.000	0.000	0.000

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	24.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	106.667	0.000	0.000
R-2606	26 6 Dressing, Italian	20.000	0.000	340.000	0.000	4.000	0.000			*		0.000	4.000	0.000	0.000
Weight/Serving:	24.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	80.000	0.000	0.000
R-2607	26 6 Dressing, Ranch 1.5oz	148.235	14.824	365.647	0.000	1.976	0.000			*		0.000	2.965	15.812	2.471
Weight/Serving:	42.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	8.001	96.002	15.003
R-2616	26 6 Dressing, Ranch 12gm	20.000	0.000	250.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	0.000	4.000	0.000	0.000
Weight/Serving:	24.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	80.000	0.000	0.000
R-2608	26 6 Dressing, Thousand 12 gm	50.000	10.000	130.000	0.000	4.000	0.000			*		0.000	4.000	4.000	0.000
Weight/Serving:	24.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	32.000	72.000	0.000
R-2609	26 6 Honey Mustard	120.000	10.000	150.000	0.000	5.000	0.000			*		0.000	6.000	11.000	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	20.000	82.500	0.000
R-2610	26 6 Hot Sauce 7gm	1.240	0.000	91.610	0.020	0.020	0.000	0.020	0.300	0.000	0.012	0.060	0.170	0.010	0.000
Weight/Serving:	7.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		19.355	54.839	7.258	0.000
R-2612	26 6 Jelly, Grape	35.000	0.000	5.000	0.000	8.000	0.000			*		0.000	9.000	0.000	0.000
Weight/Serving:	14.00	Fat Change %:			Moisture Change %:					% of Calories:		0.000	102.857	0.000	0.000
R-2613	26 6 Ketchup 9 gm	20.000	0.000	170.000	0.000	4.000	0.000			*		0.000	4.000	0.000	0.000
Weight/Serving:	18.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	80.000	0.000	0.000
R-2968	26 6 Margarine Cup	20.000	0.000	31.600	0.000	0.000	0.000			*		0.000	0.000	2.300	0.670
Weight/Serving:	5.00	Fat Change %:			Moisture Change %:					% of Calories:		0.000	0.000	103.500	30.150
R-2614	26 6 Mayo 12gm	30.000	5.000	85.000	0.000	0.000	0.000		1.000	*		0.000	1.000	3.000	0.000
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	13.333	90.000	0.000
R-2615	26 6 Mustard 5.6gm	0.000	0.000	127.679	0.000	0.000	0.000			*		0.000	0.000	0.000	0.000

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Added Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	Sat Fat
		cals	mg	mg	gm	gm	gm	mg	mg	mcg RAE	mg	gm	gm	gm	gm
Weight/Serving:	11.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	0.000	0.000	0.000
R-2617	26 6 Sour Cream	50.000	20.000	35.000	0.000	0.000	0.000	0.000	30.000	0.000	0.000	0.000	2.000	5.000	3.000
Weight/Serving:	28.00	Fat Change %:			Moisture Change %:					% of Calories:		0.000	16.000	90.000	54.000
R-2618	26 6 Sweet & Sour Sauce	50.000	0.000	85.000	0.000	12.000	0.000	0.000	2.000	0.000	0.000	0.000	13.000	0.000	0.000
Weight/Serving:	28.00	Fat Change %:			Moisture Change %:					% of Calories:		0.000	104.000	0.000	0.000
R-2425	26 6 Syrup, Individual	130.000	0.000	40.000	0.000	22.000	0.000	0.000	0.000	0.000	0.000	0.000	31.000	0.000	0.000
Weight/Serving:	42.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	95.385	0.000	0.000
R-2619	26 6 Taco Sauce 9 gm	5.000	0.000	120.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	0.000	0.000
Weight/Serving:	9.00	Fat Change %:			Moisture Change %:					% of Calories:		0.000	80.000	0.000	0.000
R-2604	26 BBQ Sauce 12gm	19.355	0.000	125.806	0.000	3.871	0.000	0.000	0.000	*	1.161	0.000	4.839	0.000	0.000
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00			% of Calories:		0.000	100.005	0.000	0.000
R-1758	Crunchy Baked Sweet Potatoes	133.193	0.000	35.944	2.465	8.800 *	0.000 *	0.601	22.027	2767.938	1.560	1.799	25.134	3.237	0.484
Weight/Serving:	81.56	Fat Change %:			Moisture Change %:					% of Calories:		5.403	75.481	21.873	3.270

Note: * means nutrient data is missing or not available.