Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals[1] (kcal)	Saturated Fat[1] (g)	Sodium[1] (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
1070 Apple Cobbler Frozen	1/2 CUP	198	288.246	*1.699* *5.305%*	*56.148*	*30.305* *42.054%*	*30.299* *42.046%*	7.061 22.047%	*0.000*	57.233 79.422%	*3.369*	1.413 1.961%	*0.045*	*11.405*	*0.504*	*0.925*
107 Apple Cobbler, Can	1/2 Cup	206	262.343	*1.622* *5.564%*	*61.850*	*35.106* *53.527%*	*25.987* *39.623%*	6.633 22.755%	*0.000*	49.668 75.730%	*1.893*	1.037 1.581%	*0.045*	*4.494*	*0.973*	*1.831*
61 Apple Crisp	1/2 CUP	297	290.582	*1.324* *4.101%*	*87.994*	*32.352* *44.534%*	*23.232* *31.980%*	7.396 22.907%	*0.000*	56.710 78.064%	4.314	1.338 1.842%	*0.056*	*26.105*	*1.468*	2.061
788 Apple Crisp CN	1/2 CUP	140	202.224	*1.276* *5.679%*	*82.313*	*26.558* *52.532%*	*19.057* *37.695%*	7.109 31.639%	*0.000*	33.977 67.207%	1.517	0.796 1.574%	*0.074*	*15.608*	*0.980*	1.491
990112 Apple Wedges, Fresh	4 Wedges	182	94.640	0.051 0.485%	1.820	18.910 79.924%	0.000 0.000%	0.309 2.939%	0.000	25.134 106.230%	4.368	0.473 1.999%	5.460	10.920	8.372	0.218
990317 Apple Wedges, Fresh, ECC Lunch	2-3 Wedges	91	47.320	0.026 0.495%	0.910	9.455 79.924%	0.000 0.000%	0.155 2.948%	0.000	12.567 106.230%	2.184	0.237 2.003%	2.730	5.460	4.186	0.109
111 Apple, Baked, Cinn (can)	1/2 Cup	146	124.913	0.002 0.014%	10.875	27.689 88.667%	*18.107* *57.983%*	0.008 0.058%	0.000	31.400 100.550%	1.394	0.025 0.080%	*0.094*	6.434	1.034	1.273
990085 Apple, Dried Crisps	1 Pkg	10	40.000	0.000 0.000%	0.000	7.000 70.000%	0.000 0.000%	0.000 0.000%	0.000	10.000 100.000%	2.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
990232 Apple, Dried Str Flavor Crisp	1 Pkg	10	40.000	0.000 0.000%	0.000	7.000 70.000%	0.000 0.000%	0.000 0.000%	0.000	10.000 100.000%	2.000	0.000 0.000%	*N/A*	0.000	0.000	0.000
953 Apple, Sliced, Bag	1 Pkg	57	33.000	0.000 0.000%	0.000	7.000 84.848%	0.000 0.000%	0.000 0.000%	0.000	9.000 109.091%	1.000	0.000 0.000%	*N/A*	20.000	21.000	0.000
333 Applesauce	1/2 Cup	170	72.343	0.034 0.423%	2.784	*N/A* *N/A%*	*N/A* *N/A%*	0.085 1.057%	0.000	19.181 106.056%	1.952	0.272 1.504%	*N/A*	5.567	1.952	0.187
417 Applesauce Cup	1 Container	128	60.000	0.000 0.000%	15.000	18.000 120.000%	*N/A* *N/A%*	0.000 0.000%	0.000	14.000 93.333%	1.000	0.200 1.333%	*N/A*	*N/A*	*N/A*	*N/A*
990216 Apricot	1/2 Cup	124	60.000	0.000 0.000%	10.000	12.000 80.000%	4.000 26.667%	0.000 0.000%	0.000	14.000 93.333%	1.000	1.000 6.667%	*N/A*	10.000	*N/A*	0.300
990408 Apricot ECC	1/4 Cup	62	30.000	0.000 0.000%	5.000	6.000 80.000%	2.000 26.667%	0.000 0.000%	0.000	7.000 93.333%	0.500	0.500 6.667%	*N/A*	5.000	*N/A*	0.150
990359 Assorted Breakfast Bread Slices	1 Slice	96	260.000	1.500 5.192%	242.500	23.500 36.154%	22.750 35.000%	8.000 27.692%	0.000	44.250 68.077%	2.250	5.000 7.692%	*N/A*	119.000	*N/A*	1.250
1116 Bagel & Cream Cheese, WG	1 Bagel, 1oz CC	85	241.248	6.075 22.663%	276.186	6.012 9.968%	*N/A* *N/A%*	10.112 37.724%	30.374	31.025 51.441%	4.000	8.025 13.306%	*N/A*	*20.250*	0.000	*0.000*
990250 Bagel & Cream Cheese, WG, ECC	1 Bagel	85	241.248	6.075 22.663%	276.186	6.012 9.968%	*N/A* *N/A%*	10.112 37.724%	30.374	31.025 51.441%	4.000	8.025 13.306%	*N/A*	*20.250*	0.000	*0.000*

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172 Baked Beans (BP)	1/2 Cup	145	147.132	0.096 0.587%	280.727	*4.500* *12.234%*	*2.964* *8.058%*	0.510 3.120%	0.000	33.671 91.540%	5.584	6.482 17.622%	*0.008*	49.072	0.386	1.647
990309 Baked Beans (BP), ECC	1/4 Cup	72	74.124	0.047 0.571%	98.588	*3.038* *16.394%*	*2.271* *12.255%*	0.251 3.048%	0.000	17.049 92.003%	2.702	3.122 16.847%	*0.155*	24.426	0.871	0.800
990392 Baked Potato Bar	1 Potato	455	404.801	7.333 16.304%	1367.702	*8.914* *8.808%*	*0.000* *0.000%*	14.746 32.785%	55.717	47.156 46.597%	7.435	20.832 20.585%	*89.744*	*53.094*	*97.836*	3.185
68 Banana	1 Banana	118	105.020	0.132 1.131%	1.180	14.431 54.965%	0.000 0.000%	0.389 3.334%	0.000	26.951 102.651%	3.068	1.286 4.898%	3.540	5.900	10.266	0.307
113 Banana/Pineapple Split Salad	1/2 CUP	148	236.912	3.705 14.075%	134.935	*15.648* *26.420%*	*5.030* *8.493%*	9.409 35.744%	1.191	39.225 66.227%	2.158	1.986 3.353%	*9.935*	72.250	8.071	0.768
398 BBQ Pulled Pork w/Bun	1 Sandwich	189	492.369	7.826 14.305%	752.699	*10.676* *8.673%*	*4.000* *3.250%*	22.464 41.062%	108.002	36.235 29.437%	*0.044*	34.446 27.984%	*0.023*	96.495	*2.004*	3.388
479 BBQ Rib w/Bun	1 Sandwich	117	290.000	3.500 10.862%	640.000	8.000 11.034%	*3.000* *4.138%*	12.000 37.241%	30.000	32.000 44.138%	2.000	16.000 22.069%	*N/A*	74.000	*2.000*	7.900
1091 BBQ Sauce	OZ	28	41.690	0.000 0.000%	275.157	8.338 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	10.006 96.004%	0.000	0.000 0.000%	*N/A*	0.000	2.001	0.000
990046 Bean Salad Corn	1/2 cup	505	670.158	4.285 5.755%	863.449	*8.731* *5.211%*	*3.144* *1.877%*	29.265 39.302%	0.000	83.689 49.952%	19.110	18.697 11.160%	*39.349*	106.772	*29.573*	4.800
990044 Bean Salad Cucumber	1/2 cup	238	149.687	0.543 3.265%	420.457	*2.384* *6.371%*	*0.000* *0.000%*	3.577 21.507%	0.000	23.177 61.935%	8.168	7.160 19.133%	*22.300*	53.563	9.798	2.723
990048 Bean Salad Green	1/2 cup	511	522.384	0.061 0.105%	227.573	*102.373* *78.389%*	*100.598* *77.030%*	0.380 0.655%	0.000	121.842 93.297%	7.971	6.655 5.096%	*0.000*	63.456	*2.634*	2.340
990050 Bean salad Mexican Pasta	1/2 cup	130	268.033	1.076 3.613%	395.923	*5.556* *8.292%*	*0.719* *1.073%*	7.325 24.596%	0.000	42.919 64.050%	4.269	7.795 11.633%	*34.049*	28.877	*18.429*	2.398
836 Bean Salad Three	1/2 CUP	240	130.177	0.698 4.826%	445.440	*0.240* *0.737%*	*0.000* *0.000%*	4.146 28.664%	1.200	17.628 54.166%	7.016	6.088 18.707%	*0.003*	43.865	1.095	1.725
1057 Beef Burrito Bake	4 oz Serving	208	376.410	11.359 27.159%	829.147	*1.477* *1.570%*	*0.000* *0.000%*	21.470 51.335%	62.411	21.488 22.835%	3.274	24.370 25.897%	*1.318*	*267.079*	*5.316*	*2.803*
868 Beef Stew	8 OZ SERVINGS	414	346.144	*4.051* *10.533%*	*1733.450*	*5.418* *6.261%*	*0.000* *0.000%*	12.057 31.349%	*64.000*	29.729 34.354%	5.366	27.092 31.307%	*256.801*	*48.641*	*19.407*	10.444
990386 Benefit Bar 2 oz, Banana Choc. Chunk, WG	1 Bar	71	280.000	3.000 9.643%	220.000	23.000 32.857%	21.000 30.000%	8.000 25.714%	15.000	47.000 67.143%	3.000	5.000 7.143%	*N/A*	40.000	*N/A*	1.800
990389 Benefit Bar 2 oz, Oatmeal Choc. Chip, WG	1 Bar	71	280.000	3.000 9.643%	230.000	20.000 28.571%	19.000 27.143%	9.000 28.929%	15.000	46.000 65.714%	3.000	5.000 7.143%	*N/A*	30.000	*N/A*	1.900

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541 Biscuit & Gravy	1 B, 4 oz Gravy	175	349.155	8.979 23.145%	1335.987	3.989 4.570%	*2.000* *2.291%*	17.947 46.261%	19.894	37.937 43.461%	1.000	6.979 7.995%	*N/A*	30.000	*0.000*	2.000
1059 Biscuit (2G)	1 Biscuit	62	190.000	5.000 23.684%	580.000	2.000 4.211%	2.000 4.211%	8.000 37.895%	0.000	26.000 54.737%	1.000	3.000 6.316%	*N/A*	30.000	0.000	2.000
990382 Biscuit French Toast Bake	1 Biscuit	151	334.873	7.451 20.025%	759.205	*12.256* *14.640%*	*9.859* *11.776%*	17.817 47.885%	108.188	36.343 43.411%	1.049	7.634 9.119%	*0.014*	146.843	0.261	3.791
758 Biscuit Garlic (1.5G)	1 Biscuit	59	217.149	5.528 22.911%	472.588	*0.855* *1.575%*	*0.000* *0.000%*	14.695 60.905%	12.819	15.967 29.412%	0.486	4.657 8.578%	*5.468*	*70.990*	*0.089*	*0.996*
847 Black Eye Peas	1/2 CUP	174	152.795	0.422 2.486%	1237.237	*0.990* *2.592%*	*0.000* *0.000%*	3.167 18.654%	0.000	22.724 59.489%	5.328	8.645 22.632%	*1.617*	33.511	7.518	1.559
255 Blueberries Fresh	1/2 Cup	74	42.180	0.021 0.448%	0.740	7.370 69.891%	0.000 0.000%	0.244 5.206%	0.000	10.723 101.688%	1.776	0.548 5.197%	2.220	4.440	7.178	0.207
611 Blueberries, Frozen	1/2 Cup	113	58.153	0.000 0.000%	1.454	10.177 70.002%	*N/A* *N/A%*	1.454 22.503%	0.000	14.538 99.998%	2.908	0.000 0.000%	*N/A*	0.000	0.000	0.000
599 Blueberry Crisp	1/2 CUP	145	202.547	*1.037* *4.608%*	*62.287*	*28.617* *56.514%*	*19.057* *37.635%*	7.163 31.828%	*0.000*	37.378 73.816%	3.240	0.783 1.546%	*0.025*	*12.352*	*0.179*	0.518
990104 Blueberry Crispy Bites	Each	28	120.000	0.500 3.750%	70.000	8.000 26.667%	*N/A* *N/A%*	4.000 30.000%	0.000	21.000 70.000%	2.000	2.000 6.667%	*N/A*	5.000	0.000	1.000
990124 Blueberry Fluff	1/2 CUP SERVING	163	216.903	*6.202* *25.734%*	*0.988*	*26.965* *49.727%*	*12.575* *23.190%*	*8.480* *35.186%*	*0.000*	38.099 70.260%	*1.467*	*0.004* *0.007%*	*0.000*	*0.156*	*0.000*	*0.013*
1131 Bosco Breadsticks 6", WG, Elem	2 Sticks	130	352.812	6.093 15.543%	505.082	*2.000* *2.267%*	*2.000* *2.267%*	15.714 40.085%	30.448	34.072 38.629%	4.000	20.148 22.843%	*1.365*	448.443	0.000	2.003
990256 Bosco Breadsticks 7", WG, & Cheese Stick, ECC	1 Bos, 1 C. Sti	121	362.812	9.593 23.797%	575.082	*1.000* *1.102%*	*1.000* *1.102%*	19.714 48.903%	35.448	27.072 29.847%	1.000	19.148 21.111%	*1.365*	*218.443*	*0.000*	*2.003*
144 Bosco Breadsticks 7", WG, Sec	2 Sticks	175	476.004	7.756 14.665%	666.594	*2.000* *1.681%*	*2.000* *1.681%*	17.865 33.778%	30.448	54.072 45.438%	2.000	24.148 20.292%	*1.365*	432.443	0.000	4.003
915 Bosco Pepperoni Breadsticks 7", WG	2 Sticks	222	552.812	10.093 16.432%	1085.082	*6.000* *4.341%*	*6.000* *4.341%*	23.714 38.607%	50.448	60.072 43.466%	6.000	22.148 16.026%	*1.365*	268.443	*0.000*	4.003
990358 Bosco Variety, Elem	2 Boscos	176	452.812	8.093 16.085%	795.082	*4.000* *3.533%*	*4.000* *3.533%*	19.714 39.183%	40.448	47.072 41.582%	5.000	21.148 18.681%	*1.365*	358.443	*0.000*	3.003
990357 Bosco Variety, Sec	2 Boscos	198	514.408	8.924 15.613%	875.838	*4.000* *3.110%*	*4.000* *3.110%*	20.789 36.372%	40.448	57.072 44.379%	4.000	23.148 18.000%	*1.365*	350.443	*0.000*	4.003
175 Bread Flat (2.25G)	2 1/3 OZ	71	191.286	*0.654* *3.077%*	*372.906*	*5.018* *10.493%*	*3.873* *8.099%*	5.017 23.605%	*0.395*	32.018 66.953%	3.070	5.376 11.242%	*15.553*	*28.196*	*0.125*	2.618

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1102 Bread Marble Rye Square	SQUARE	88	230.000	0.500 1.957%	460.000	6.000 10.435%	*N/A* *N/A%*	3.000 11.739%	0.000	44.000 76.522%	5.000	9.000 15.652%	*N/A*	4.000	0.000	2.700
990159 Bread Slice, Banana, WG	1 Slice	96	260.000	1.500 5.192%	240.000	24.000 36.923%	23.000 35.385%	8.000 27.692%	0.000	45.000 69.231%	2.000	5.000 7.692%	*N/A*	161.000	*N/A*	1.000
990160 Bread Slice, Blueberry, WG	1 Slice	96	270.000	1.500 5.000%	250.000	24.000 35.556%	23.000 34.074%	8.000 26.667%	0.000	45.000 66.667%	2.000	5.000 7.407%	*N/A*	46.000	*N/A*	1.000
990212 Bread Slice, Cocoa Chocolate, WG	1 Slice	96	250.000	1.500 5.400%	240.000	22.000 35.200%	22.000 35.200%	8.000 28.800%	0.000	43.000 68.800%	3.000	5.000 8.000%	*N/A*	155.000	*N/A*	2.000
990161 Bread Slice, Pumpkin, WG	1 Slice	96	260.000	1.500 5.192%	240.000	24.000 36.923%	23.000 35.385%	8.000 27.692%	0.000	44.000 67.692%	2.000	5.000 7.692%	*N/A*	114.000	*N/A*	1.000
990262 Breaded Mozzarella Cheese Sticks, WG, ECC	4 Sticks	103	321.039	6.020 16.876%	374.545	1.338 1.667%	*N/A* *N/A%*	16.052 45.000%	26.753	29.429 36.667%	2.675	14.714 18.333%	*N/A*	361.169	*N/A*	1.739
342 Breaded Mozzarella Cheese Sticks, WG, Elem	4 Sticks	103	321.039	6.020 16.876%	374.545	1.338 1.667%	*N/A* *N/A%*	16.052 45.000%	26.753	29.429 36.667%	2.675	14.714 18.333%	*N/A*	361.169	*N/A*	1.739
990230 Breaded Mozzarella Cheese Sticks, WG, Sec	5 Sticks	128	398.961	7.481 16.876%	465.455	1.662 1.666%	*N/A* *N/A%*	19.948 45.000%	33.247	36.571 36.666%	3.325	18.286 18.334%	*N/A*	448.831	*N/A*	2.161
990089 Breadstick, Garlic 6"-7"	1 Breadstick	34	100.000	0.500 4.500%	150.000	1.000 4.000%	0.000 0.000%	3.000 27.000%	0.000	16.000 64.000%	0.000	3.000 12.000%	*N/A*	*N/A*	*N/A*	*N/A*
504 Breakfast Biscuit Sandwich	1 Sandwich	147	455.000	13.500 26.703%	1090.000	2.500 2.198%	*2.000* *1.758%*	31.000 61.319%	112.500	29.000 25.495%	1.000	15.000 13.187%	*14.000*	*67.600*	*0.200*	*3.000*
1001 Breakfast Bun, WG	1 Bun	85	280.000	5.000 16.071%	160.000	13.000 18.571%	12.000 17.143%	11.000 35.357%	0.000	40.000 57.143%	3.000	6.000 8.571%	*N/A*	40.000	0.000	1.800
990385 Breakfast Burrito Variety	1 Burrito	71	171.195	2.940 15.456%	264.040	0.770 1.799%	0.075 0.175%	7.185 37.773%	50.485	17.895 41.812%	2.450	8.655 20.223%	*N/A*	*N/A*	*N/A*	*N/A*
990169 Breakfast Croissant Sandwich	1 Sandwich	139	292.000	5.500 16.952%	762.000	4.500 6.164%	*3.000* *4.110%*	13.000 40.068%	105.500	33.000 45.205%	2.000	16.000 21.918%	*N/A*	*101.000*	*0.000*	*1.400*
990177 Breakfast Egg Casserole	1 Cup	108	271.297	4.020 13.336%	691.333	*1.342* *1.979%*	*0.000* *0.000%*	23.067 76.522%	53.397	2.373 3.499%	0.000	14.264 21.031%	*0.000*	*36.717*	*0.144*	*0.004*
990042 Breakfast Egg Casserole & Toast	4oz Egg, 1Toast	140	359.969	6.359 15.899%	675.900	*1.320* *1.467%*	*0.000* *0.000%*	26.269 65.678%	234.889	16.580 18.424%	1.650	19.025 21.141%	*N/A*	*135.162*	*0.024*	*3.760*
1155 Breakfast Egg/Cheese Taco	4oz egg, 1 Tort	111	290.282	6.257 19.399%	407.001	*2.000* *2.756%*	*2.000* *2.756%*	13.524 41.930%	128.862	30.502 42.031%	3.000	15.024 20.703%	*0.000*	215.430	*0.000*	3.965
990350 Breakfast English Muffin Sandwich	1 Sandwich	142	385.000	8.500 19.870%	710.000	1.500 1.558%	*0.000* *0.000%*	24.000 56.104%	112.500	26.000 27.013%	1.000	16.000 16.623%	*14.000*	*107.600*	*0.200*	*2.300*

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals[1] (kcal)	Saturated Fat[1] (g)	Sodium[1] (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990239 Breakfast Pizza Bagel, WG	1 Bagel	97	240.000	3.000 11.250%	450.000	3.000 5.000%	0.000 0.000%	7.000 26.250%	60.000	31.000 51.667%	3.000	12.000 20.000%	*N/A*	169.000	0.000	1.500
990134 Breakfast Tornado Variety	1 Tornado	85	185.000	2.000 9.730%	240.000	0.500 1.081%	*N/A* *N/A%*	8.000 38.919%	20.000	21.500 46.486%	0.500	6.500 14.054%	*N/A*	0.000	*0.000*	0.000
527 Breakfast Tornado, French Toast Sausage	1 Tornado	85	190.000	2.000 9.474%	200.000	1.000 2.105%	*N/A* *N/A%*	8.000 37.895%	25.000	22.000 46.316%	1.000	7.000 14.737%	*N/A*	0.000	0.000	0.000
990132 Breakfast Tornado, Sausage/Egg/Cheese	1 Tornado	85	180.000	2.000 10.000%	280.000	0.000 0.000%	*N/A* *N/A%*	8.000 40.000%	15.000	21.000 46.667%	0.000	6.000 13.333%	*N/A*	0.000	*N/A*	0.000
883 Broc/Caul Salad	1/2 CUP	72	68.368	0.756 9.952%	66.472	*2.281* *13.345%*	*1.006* *5.886%*	5.097 67.097%	4.010	5.318 31.114%	1.515	1.456 8.519%	*41.141*	22.556	41.617	0.389
990118 Broccoli & Carrots Steamed (DG, RO)	1/2 Cup	284	88.040	0.129 1.319%	130.640	8.676 39.418%	0.000 0.000%	1.065 10.887%	0.000	18.006 81.808%	8.946	5.098 23.162%	1082.040	130.640	83.638	1.775
990323 Broccoli & Carrots Steamed (DG, RO), ECC	1/4 Cup	142	44.020	0.065 1.329%	65.320	4.338 39.418%	0.000 0.000%	0.533 10.897%	0.000	9.003 81.808%	4.473	2.549 23.162%	541.020	65.320	41.819	0.888
990038 Broccoli Raw resized	1/4 CUP	23	7.735	0.026 3.025%	7.508	0.387 20.013%	0.000 0.000%	0.084 9.774%	0.000	1.511 78.138%	0.592	0.642 33.200%	7.052	10.692	20.293	0.166
990172 Broccoli Rice Casserole Side	1/2 Cup	241	285.989	6.619 20.830%	820.198	2.160 3.021%	*0.000* *0.000%*	12.766 40.174%	33.042	32.387 45.298%	2.908	10.926 15.282%	*56.505*	*92.273*	*32.584*	*1.684*
833 Broccoli Soup	1/2 CUP	238	168.561	3.949 21.085%	691.785	*7.094* *16.834%*	*0.000* *0.000%*	10.051 53.665%	20.617	9.455 22.437%	1.196	10.010 23.754%	*18.881*	*167.607*	*21.462*	*0.311*
990039 Broccoli Soup resized	CUP	490	384.750	*7.898* *18.475%*	*1383.570*	*14.188* *14.750%*	*0.000* *0.000%*	20.333 47.563%	*41.235*	28.857 30.001%	3.453	21.612 22.469%	*37.762*	*335.214*	*42.923*	*1.588*
307 Broccoli, Cheesy, Steamed (DG)	1/2 Cup	261	122.967	2.500 18.298%	278.787	3.862 12.563%	*0.000* *0.000%*	4.658 34.092%	12.000	12.441 40.469%	6.804	11.173 36.345%	*117.934*	*127.361*	*127.913*	*1.837*
990325 Broccoli, Cheesy, Steamed (DG), ECC	1/4 Cup	131	61.483	1.250 18.298%	139.393	1.931 12.563%	*0.000* *0.000%*	2.329 34.092%	6.000	6.220 40.466%	3.402	5.586 36.342%	*58.967*	*63.681*	*63.956*	*0.919*
256 Broccoli, Raw (DG)	1/4 Cup	23	7.735	0.026 3.025%	7.508	0.387 20.013%	0.000 0.000%	0.084 9.774%	0.000	1.511 78.138%	0.592	0.642 33.200%	7.052	10.692	20.293	0.166
990277 Broccoli, Steamed (DG)	1/2 Cup	65	16.877	0.029 1.546%	19.709	0.875 20.738%	*0.000* *0.000%*	0.188 10.025%	0.000	3.104 73.568%	1.946	1.822 43.183%	*33.697*	36.309	36.547	0.526
990310 Broccoli, Steamed (DG), ECC	1/4 Cup	32	8.439	0.014 1.493%	9.855	0.437 20.713%	*0.000* *0.000%*	0.094 10.025%	0.000	1.552 73.563%	0.973	0.911 43.180%	*16.849*	18.154	18.274	0.263
1111 Brownie Gage	2 OZ	71	161.997	1.013 5.628%	182.662	18.225 45.001%	*0.000* *0.000%*	1.013 5.628%	20.250	30.375 75.001%	2.025	2.025 5.000%	*0.000*	40.914	0.000	1.458

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals¹ (kcal)	Saturated Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990075 Brunch Lunch, Sec	Servings	134	336.825	6.532 17.454%	738.051	*5.505* *6.538%*	*4.523* *5.371%*	19.222 51.361%	115.307	30.954 36.760%	1.592	11.545 13.710%	*2.800*	*78.663*	*0.045*	*2.690*
990093 Bun, Hamburger	1 Bun	54	150.000	0.500 3.000%	290.000	4.000 10.667%	4.000 10.667%	2.500 15.000%	0.000	28.000 74.667%	*N/A*	4.000 10.667%	*N/A*	80.000	*N/A*	2.200
990092 Bun, Hot Dog	1 Bun	46	130.000	0.000 0.000%	250.000	3.000 9.231%	3.000 9.231%	2.000 13.846%	0.000	24.000 73.846%	1.000	4.000 12.308%	*N/A*	70.000	*N/A*	1.900
151 Cantaloupe	1/2 CUP	80	27.200	0.041 1.357%	12.800	6.288 92.471%	0.000 0.000%	0.152 5.029%	0.000	6.528 96.000%	0.720	0.672 9.882%	135.200	7.200	29.360	0.168
567 Carrots & Celery w/Dip	Cup	138	105.900	1.537 13.062%	377.000	3.184 12.026%	*0.000* *0.000%*	8.167 69.408%	10.000	6.902 26.070%	2.410	0.734 2.772%	*358.200*	40.000	3.160	0.565
1053 Carrots w/Dip (RO)	3/4 Cup	108	108.000	1.518 12.650%	352.400	3.808 14.104%	*0.000* *0.000%*	8.104 67.533%	10.000	7.592 28.119%	2.320	0.512 1.896%	*552.000*	25.600	2.080	0.712
384 Carrots, Glazed (RO)	1/2 Cup	166	69.178	0.353 4.593%	84.770	*3.929* *22.718%*	*3.929* *22.718%*	1.894 24.641%	0.000	12.791 73.960%	2.408	1.025 5.927%	*0.000*	42.686	4.369	1.049
990307 Carrots, Glazed (RO), ECC	1/4 Cup	83	34.589	0.177 4.606%	42.385	*1.965* *22.724%*	*1.965* *22.724%*	0.947 24.641%	0.000	6.396 73.966%	1.204	0.513 5.933%	*0.000*	21.343	2.185	0.525
990067 Celery Raw	1/2 CUP	74	10.399	0.031 2.683%	59.421	0.995 38.273%	0.000 0.000%	0.126 10.905%	0.000	2.206 84.854%	1.188	0.513 19.733%	16.341	29.710	2.303	0.149
936 Cereal 0.62, Kix, WG, Elem	1 Bowl	17	70.000	0.000 0.000%	100.000	2.000 11.429%	2.000 11.429%	0.500 6.429%	0.000	14.000 80.000%	1.000	1.000 5.714%	*N/A*	*N/A*	*N/A*	*N/A*
990372 Cereal 0.75 oz, Corn Pops, Elem	1 Bowl	21	80.000	0.000 0.000%	85.000	8.000 40.000%	8.000 40.000%	0.000 0.000%	0.000	19.000 95.000%	0.000	1.000 5.000%	*N/A*	0.000	*N/A*	2.300
990237 Cereal 1 oz, Cheerios, WG, Elem	1 Bowl	28	100.000	0.000 0.000%	140.000	1.000 4.000%	1.000 4.000%	2.000 18.000%	0.000	21.000 84.000%	3.000	4.000 16.000%	*N/A*	90.000	*N/A*	9.000
932 Cereal 1 oz, Cinn Toast Crunch RS, WG, Elem	1 Bowl	28	110.000	0.500 4.091%	160.000	6.000 21.818%	6.000 21.818%	3.000 24.545%	0.000	22.000 80.000%	4.000	2.000 7.273%	*N/A*	*N/A*	*N/A*	*N/A*
990369 Cereal 1 oz, Cinnamon Chex, WG, Elem	1 Bowl	28	110.000	0.000 0.000%	160.000	6.000 21.818%	6.000 21.818%	2.000 16.364%	0.000	23.000 83.636%	1.000	1.000 3.636%	*N/A*	90.000	*N/A*	8.000
933 Cereal 1 oz, Cocoa Puffs, RS, WG, Elem	1 Bowl	30	120.000	0.000 0.000%	125.000	6.000 20.000%	6.000 20.000%	2.000 15.000%	0.000	25.000 83.333%	2.000	2.000 6.667%	*N/A*	110.000	*N/A*	3.000
990380 Cereal 1 oz, Froot Loops, WG, Elem	1 Bowl	28	100.000	0.000 0.000%	170.000	6.000 24.000%	6.000 24.000%	0.500 4.500%	0.000	24.000 96.000%	4.000	2.000 8.000%	*N/A*	20.000	*N/A*	1.800
990371 Cereal 1 oz, Frosted Mini-Wheats, WG, Elem	1 Bowl	28	98.840	0.112 1.020%	4.760	5.824 23.569%	5.628 22.776%	0.616 5.609%	0.000	23.632 95.637%	2.716	2.240 9.065%	*N/A*	4.228	*N/A*	8.400

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals¹ (kcal)	Saturated Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
935 Cereal 1 oz, Honey Nut Cheerios, Elem	1 Bowl	28	110.000	0.000 0.000%	160.000	9.000 32.727%	*N/A* *N/A%*	1.500 12.273%	0.000	23.000 83.636%	2.000	2.000 7.273%	*N/A*	*N/A*	*N/A*	*N/A*
937 Cereal 1 oz, Lucky Charms, WG, Elem	1 Bowl	28	110.000	0.000 0.000%	220.000	6.000 21.818%	6.000 21.818%	2.000 16.364%	0.000	22.000 80.000%	2.000	3.000 10.909%	*N/A*	90.000	*N/A*	3.000
939 Cereal 1 oz, Reeses Puffs, Elem	1 Bowl	28	120.000	0.500 3.750%	160.000	9.000 30.000%	9.000 30.000%	3.000 22.500%	0.000	21.000 70.000%	1.000	2.000 6.667%	*N/A*	90.000	*N/A*	1.800
940 Cereal 1 oz, Trix , RS, WG, Elem	1 Bowl	28	110.000	0.000 0.000%	160.000	6.000 21.818%	6.000 21.818%	2.000 16.364%	0.000	23.000 83.636%	2.000	2.000 7.273%	*N/A*	90.000	*N/A*	2.000
990370 Cereal 1.12 oz, Cocoa Krispies, Elem	1 Bowl	32	120.000	0.500 3.750%	135.000	12.000 40.000%	12.000 40.000%	0.500 3.750%	0.000	28.000 93.333%	1.000	2.000 6.667%	*N/A*	0.000	*N/A*	5.700
990236 Cereal 2 oz, Blueberry Chex, WG, Sec	1 Bowl	56	240.000	0.000 0.000%	320.000	11.000 18.333%	11.000 18.333%	5.000 18.750%	0.000	46.000 76.667%	1.000	3.000 5.000%	*N/A*	130.000	*N/A*	*N/A*
990375 Cereal 2 oz, Cinn. Toast Crunch, RS, WG, Elem	1 Bowl	56	220.000	0.000 0.000%	340.000	12.000 21.818%	12.000 21.818%	6.000 24.545%	0.000	43.000 78.182%	5.000	3.000 5.455%	*N/A*	130.000	*N/A*	5.000
990376 Cereal 2 oz, Cocoa Puffs, RS, WG, Sec	1 Bowl	56	220.000	0.000 0.000%	230.000	12.000 21.818%	12.000 21.818%	3.000 12.273%	0.000	47.000 85.455%	3.000	3.000 5.455%	*N/A*	200.000	*N/A*	6.000
990405 Cereal 2 oz, Frosted Corn Flakes, WG, Sec	1 Bowl	57	210.000	0.000 0.000%	370.000	12.000 22.857%	11.000 20.952%	1.500 6.429%	0.000	48.000 91.429%	3.000	3.000 5.714%	70.000	150.000	7.000	15.000
990373 Cereal 2 oz, Honey Cheerios, WG, Sec	1 Bowl	56	210.000	0.000 0.000%	340.000	12.000 22.857%	12.000 22.857%	3.000 12.857%	0.000	44.000 83.810%	5.000	6.000 11.429%	*N/A*	170.000	*N/A*	5.000
990374 Cereal 2 oz, Honey NUT Cheerios, Sec	1 Bowl	56	210.000	0.000 0.000%	320.000	19.000 36.190%	19.000 36.190%	2.000 8.571%	0.000	45.000 85.714%	4.000	5.000 9.524%	*N/A*	190.000	*N/A*	5.000
990377 Cereal 2 oz, Lucky Charms, WG, Sec	1 Bowl	56	210.000	0.500 2.143%	440.000	12.000 22.857%	12.000 22.857%	2.500 10.714%	0.000	45.000 85.714%	5.000	5.000 9.524%	*N/A*	200.000	*N/A*	5.600
990378 Cereal 2 oz, Trix, RS, WG, Sec	1 Bowl	56	220.000	0.000 0.000%	320.000	12.000 21.818%	12.000 21.818%	3.000 12.273%	0.000	47.000 85.455%	3.000	3.000 5.455%	*N/A*	160.000	*N/A*	5.000
660 Cereal BAR 1 oz Variety & Toast, WG, Elem	1 Bar, 1 Toast	76	265.035	1.032 3.504%	254.695	*11.100* *16.753%*	*9.286* *14.015%*	8.312 28.226%	0.000	44.400 67.010%	4.507	5.443 8.215%	*N/A*	*213.000*	*0.000*	2.083
491 Cereal BAR 1 oz, Cinn Toast Crunch, WG, Elem	1 Bar	40	150.000	0.000 0.000%	135.000	9.000 24.000%	8.000 21.333%	2.000 12.000%	0.000	30.000 80.000%	2.000	2.000 5.333%	*N/A*	220.000	*N/A*	2.000
490 Cereal BAR 1 oz, Coco Puffs, WG, Elem	1 Bar	40	160.000	0.000 0.000%	105.000	9.000 22.500%	8.000 20.000%	3.500 19.688%	0.000	29.000 72.500%	3.000	3.000 7.500%	*N/A*	260.000	*N/A*	1.900
919 Cereal BAR 1 oz, Golden Graham, WG, Elem	1 Bar	40	160.000	0.000 0.000%	115.000	9.000 22.500%	9.000 22.500%	3.500 19.688%	0.000	30.000 75.000%	3.000	2.000 5.000%	*N/A*	240.000	*N/A*	1.300

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488 Cereal BAR 1 oz, Trix, WG, Elem	1 Bar	40	160.000	0.500 2.812%	105.000	9.000 22.500%	8.000 20.000%	3.500 19.688%	0.000	29.000 72.500%	3.000	2.000 5.000%	*N/A*	260.000	*N/A*	1.500
990399 Cereal BAR 2 oz Variety, Sec	1 Bar	71	273.333	2.000 6.585%	230.000	19.333 28.292%	18.333 26.829%	7.000 23.049%	10.000	48.667 71.220%	3.333	4.667 6.830%	*N/A*	153.333	*N/A*	2.567
990379 Cereal BAR 2 oz, Cinn Toast Crunch, WG, Sec	1 Bar	70	260.000	0.000 0.000%	240.000	15.000 23.077%	15.000 23.077%	4.000 13.846%	0.000	53.000 81.538%	4.000	4.000 6.154%	*N/A*	390.000	*N/A*	4.000
662 Cereal Variety 1 oz, & Toast, Elem	1 Bowl, 1 Toast	63	213.953	0.743 3.125%	273.875	*6.080* *11.367%*	*4.959* *9.271%*	6.436 27.073%	0.000	37.359 69.845%	4.063	5.438 10.167%	*N/A*	*87.914*	*0.000*	*4.351*
990368 Cereal Variety 2 oz, Sec	1 Bowl	56	218.571	0.071 0.292%	337.143	11.857 21.699%	11.714 21.437%	3.429 14.119%	0.000	45.714 83.660%	3.571	3.714 6.797%	*10.000*	162.857	*1.000*	*5.943*
990248 Cereal Variety, WG, ECC	1 Bowl	25	96.667	0.000 0.000%	121.667	3.000 12.414%	3.000 12.414%	1.500 13.965%	0.000	20.000 82.758%	2.000	2.333 9.654%	*N/A*	*66.667*	*N/A*	*4.000*
990047 Cheese Bites (Stuffed Crust CheezyBites), WG, Elem	4 Bites	113	282.500	4.036 12.858%	544.821	0.000 0.000%	*N/A* *N/A%*	12.107 38.571%	20.179	28.250 40.000%	4.036	16.143 22.857%	*N/A*	24.214	0.000	8.071
990221 Cheese Bites (Stuffed Crust CheezyBites), WG, Sec	6 Bites	168	420.000	6.000 12.857%	810.000	0.000 0.000%	*N/A* *N/A%*	18.000 38.571%	30.000	42.000 40.000%	6.000	24.000 22.857%	*N/A*	36.000	0.000	12.000
990253 Cheese Bites, WG, ECC	4 Bites	113	282.500	4.036 12.858%	544.821	0.000 0.000%	*N/A* *N/A%*	12.107 38.571%	20.179	28.250 40.000%	4.036	16.143 22.857%	*N/A*	24.214	0.000	8.071
990168 Cheese Pocket, WG	1 Pocket	113	280.000	6.000 19.286%	460.000	2.000 2.857%	1.000 1.429%	10.000 32.143%	35.000	28.000 40.000%	0.000	19.000 27.143%	*N/A*	453.000	*N/A*	2.000
990271 Cheese Pocket, WG, ECC	1 Pocket	113	280.000	6.000 19.286%	460.000	2.000 2.857%	1.000 1.429%	10.000 32.143%	35.000	28.000 40.000%	0.000	19.000 27.143%	*N/A*	453.000	*N/A*	2.000
9 Cheese Sauce	2 OZ	80	160.000	6.000 33.750%	560.711	2.000 5.000%	*0.000* *0.000%*	10.000 56.250%	30.000	4.000 10.000%	0.000	12.000 30.000%	*0.000*	*0.711*	*0.000*	*0.000*
990162 Cheese Sauce Cheddar	1.82 oz	52	112.479	4.912 39.303%	384.907	0.810 2.881%	*N/A* *N/A%*	8.539 68.325%	25.798	1.672 5.946%	0.000	6.491 23.083%	72.235	200.193	0.000	0.000
2 Cheese Sauce Nacho	2 OZ	82	160.562	6.001 33.637%	567.411	*2.000* *4.982%*	*0.000* *0.000%*	10.003 56.070%	30.000	4.109 10.237%	0.021	12.023 29.952%	*0.000*	*0.898*	*0.062*	*0.035*
968 Cheese Stick	1 Stick	28	90.000	5.000 50.000%	200.000	0.000 0.000%	*N/A* *N/A%*	7.000 70.000%	20.000	0.000 0.000%	0.000	7.000 31.111%	*N/A*	*N/A*	*N/A*	*N/A*
969 Cheese Stick Coby	STICK	28	110.000	6.000 49.091%	200.000	0.000 0.000%	*N/A* *N/A%*	9.000 73.636%	25.000	0.000 0.000%	0.000	7.000 25.455%	*N/A*	200.000	0.000	0.000
645 Cheeseburger Mac	SERVINGS	175	473.932	10.013 19.015%	805.664	*13.275* *11.204%*	*0.000* *0.000%*	22.454 42.640%	84.805	34.064 28.750%	1.323	32.394 27.341%	*1.403*	*309.842*	3.867	*2.638*

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals[1] (kcal)	Saturated Fat[1] (g)	Sodium[1] (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
1058 Cheeseburger w/Bun Sec	1 Burger	132	350.000	7.000 18.000%	640.001	4.500 5.143%	*4.000* *4.571%*	17.000 43.714%	37.500	30.000 34.286%	*1.000*	18.000 20.571%	*N/A*	*110.000*	*0.000*	*4.200*
149 Cheeseburger w/Bun, Elem & ECC	1 Burger	130	320.000	5.200 14.625%	668.001	4.500 5.625%	*4.000* *5.000%*	13.000 36.562%	41.500	30.000 37.500%	*1.000*	19.000 23.750%	*N/A*	*95.000*	*0.000*	*3.200*
778 Cheesy Hashbrowns (S)	4 oz	154	163.580	4.024 22.140%	834.868	2.996 7.326%	*0.000* *0.000%*	7.917 43.559%	20.554	14.176 34.664%	1.386	7.955 19.452%	*12.209*	*82.746*	*2.596*	*6.907*
990313 Cheesy Stuffed Pasta Shells, WG	2 Pasta Shells	131	190.000	2.500 11.842%	230.000	4.000 8.421%	0.000 0.000%	4.500 21.316%	25.000	24.000 50.526%	2.000	13.000 27.368%	*N/A*	230.000	*N/A*	1.200
900 Cheeto Mellow Puff .7 OZ RF	PKG	20	90.000	0.000 0.000%	135.000	1.000 4.444%	*N/A* *N/A%*	3.500 35.000%	0.000	14.000 62.222%	1.000	2.000 8.889%	*N/A*	100.000	0.000	0.720
1184 Cheeto Puffs	PKG	20	90.000	0.000 0.000%	135.000	0.500 2.222%	*N/A* *N/A%*	3.500 35.000%	0.000	14.000 62.222%	0.500	2.000 8.889%	*N/A*	100.000	0.000	0.720
360 Cheetos Cracker Trax	PKG	21	100.000	0.500 4.500%	190.000	*N/A* *N/A%*	*N/A* *N/A%*	3.500 31.500%	0.000	15.000 60.000%	*N/A*	2.000 8.000%	*N/A*	0.000	0.000	1.080
896 Cheetos Crunchy Baked	PKG	25	120.000	0.500 3.750%	200.000	1.000 3.333%	*N/A* *N/A%*	4.500 33.750%	0.000	17.000 56.667%	1.000	2.000 6.667%	*N/A*	100.000	0.000	0.720
897 Cheetos Flamin Hot Baked	SERVING	25	120.000	0.500 3.750%	190.000	0.000 0.000%	*N/A* *N/A%*	4.500 33.750%	0.000	18.000 60.000%	1.000	2.000 6.667%	*N/A*	100.000	0.000	0.720
899 Cheetos Flamin Hot Puff	PKG	20	90.000	0.000 0.000%	135.000	1.000 4.444%	*N/A* *N/A%*	3.500 35.000%	0.000	14.000 62.222%	1.000	2.000 8.889%	*N/A*	80.000	0.000	0.720
990285 Cheez-It, 0.75oz, WG	1 Pkg	21	100.000	1.000 9.000%	150.000	0.000 0.000%	0.000 0.000%	3.500 31.500%	5.000	14.000 56.000%	1.000	2.000 8.000%	*N/A*	20.000	*N/A*	0.900
990284 Cheez-It, Original Snack Crackers, 1.5oz	1 Pkg	42	210.000	2.500 10.714%	320.000	0.000 0.000%	0.000 0.000%	11.000 47.143%	0.000	24.000 45.714%	1.000	4.000 7.619%	*N/A*	40.000	*N/A*	1.400
1136 Chef Salad, Elem	1 Salad	134	246.315	7.520 27.477%	727.359	*1.583* *2.571%*	*0.000* *0.000%*	13.150 48.048%	48.000	19.841 32.221%	1.074	13.636 22.144%	*204.992*	*16.876*	*3.119*	*1.751*
990278 Chef Salad, Sec	1 Salad	186	365.898	7.958 19.574%	927.471	*1.863* *2.037%*	*0.000* *0.000%*	15.095 37.129%	48.000	41.488 45.355%	3.015	17.305 18.918%	*307.452*	*46.215*	*4.059*	*3.137*
268 Cherries Frozen	1/2 CUP	78	36.000	0.000 0.000%	1.000	7.000 77.778%	*N/A* *N/A%*	0.000 0.000%	0.000	9.000 100.000%	1.000	1.000 11.111%	*N/A*	0.000	*N/A*	0.000
110 Cherry Crisp	1/2 CUP	288	360.536	*1.358* *3.390%*	*154.241*	*0.002* *0.002%*	*0.000* *0.000%*	7.570 18.897%	*0.000*	73.323 81.349%	*3.814*	*3.587* *3.980%*	*0.011*	*44.027*	*4.696*	*3.961*
770 Cherry Crisp FRZ	1/2 CUP	197	344.022	*1.314* *3.438%*	*141.677*	*34.266* *39.842%*	*22.634* *26.317%*	7.349 19.226%	*0.000*	68.598 79.760%	2.942	3.552 4.130%	*0.011*	*18.962*	*0.003*	0.932

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals[1] (kcal)	Saturated Fat[1] (g)	Sodium[1] (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
108 Cherry Fluff	1/2 CUP	163	213.995	*6.202* *26.084%*	*0.988*	*26.965* *50.403%*	*12.575* *23.505%*	*7.753* *32.607%*	*0.000*	37.372 69.856%	*0.740*	*0.731* *1.366%*	*0.000*	*0.156*	*0.000*	*0.013*
990170 Chex Mix, Simply Cheddar, WG	1 Pkg	26	110.000	0.000 0.000%	130.000	4.000 14.545%	4.000 14.545%	2.500 20.455%	0.000	20.000 72.727%	2.000	2.000 7.273%	*N/A*	*N/A*	*N/A*	0.700
718 Chex Mix, Simply Chocolate Carmel, WG	1 Pkg	29	130.000	0.500 3.462%	50.000	6.000 18.462%	6.000 18.462%	4.000 27.692%	0.000	22.000 67.692%	2.000	2.000 6.154%	*N/A*	0.000	*N/A*	1.300
990171 Chex Mix, Simply Strawberry Yogurt, WG	1 Pkg	29	130.000	1.000 6.923%	55.000	6.000 18.462%	5.000 15.385%	3.000 20.769%	0.000	23.000 70.769%	2.000	2.000 6.154%	*N/A*	*N/A*	*N/A*	0.700
990129 Chicken & Dumpling Soup	1 cup	301	225.716	2.625 10.467%	1757.983	*2.491* *4.414%*	*1.043* *1.848%*	*7.181* *28.633%*	59.800	18.593 32.949%	1.415	19.409 34.395%	*4.339*	34.580	*2.071*	2.194
990354 Chicken & Gravy	4 oz	170	276.559	1.196 3.892%	1809.418	*0.000* *0.000%*	*N/A* *N/A%*	7.352 23.925%	76.462	25.559 36.967%	*0.000*	24.570 35.537%	*15.565*	59.802	0.246	1.711
382 Chicken & Noodles	2/3 Cup	135	218.262	0.471 1.942%	2365.417	*2.365* *4.334%*	*0.000* *0.000%*	6.523 26.897%	67.957	18.377 33.679%	*1.017*	20.969 38.429%	*4.899*	*30.610*	*0.258*	*1.152*
1150 Chicken Alfredo	2/3 cup	182	380.032	5.702 13.504%	709.091	7.652 8.054%	*0.000* *0.000%*	21.309 50.464%	66.282	40.563 42.694%	0.899	25.254 26.581%	*0.025*	0.457	0.001	8.596
990337 Chicken Alfredo Flatbread	1 Flat Bread	149	360.789	7.277 18.153%	668.318	*3.976* *4.408%*	*1.000* *1.109%*	18.182 45.356%	386.857	30.584 33.908%	3.203	21.439 23.769%	*34.004*	*10.014*	*1.992*	*0.663*
990056 Chicken BBQ Sandwich w/ Bun	1 Sandwich	181	316.643	0.500 1.421%	540.977	8.169 10.320%	*4.000* *5.053%*	6.550 18.617%	85.048	33.003 41.691%	*0.000*	28.300 35.750%	*N/A*	80.000	*1.001*	3.658
990111 Chicken Breast Strip GF	Pieces	31	66.667	0.833 11.245%	176.667	0.000 0.000%	*N/A* *N/A%*	*N/A* *N/A%*	15.000	4.000 24.000%	0.000	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	0.167
1151 Chicken Chili	CUP	451	323.202	*0.778* *2.166%*	*1084.519*	*1.672* *2.069%*	*0.000* *0.000%*	10.169 28.317%	*107.308*	20.050 24.814%	4.975	35.408 43.822%	*1.919*	*57.799*	*1.975*	3.765
990403 Chicken Chunks Boneless Wings, WG, ECC	4 Pieces	113	190.000	1.000 4.737%	470.000	0.000 0.000%	0.000 0.000%	7.000 33.158%	60.000	13.000 27.368%	1.000	20.000 42.105%	*N/A*	19.000	*N/A*	1.000
839 Chicken Chunks Boneless Wings, WG, Elem	4 Pieces	113	190.000	1.000 4.737%	470.000	0.000 0.000%	0.000 0.000%	7.000 33.158%	60.000	13.000 27.368%	1.000	20.000 42.105%	*N/A*	19.000	*N/A*	1.000
990218 Chicken Chunks Boneless Wings, WG, Sec	5 Pieces	142	237.500	1.250 4.737%	587.500	0.000 0.000%	0.000 0.000%	8.750 33.158%	75.000	16.250 27.368%	1.250	25.000 42.105%	*N/A*	23.750	*N/A*	1.250
990114 Chicken Country Style Breaded Slider	pieces	57	100.000	1.000 9.000%	330.000	0.000 0.000%	*N/A* *N/A%*	4.500 40.500%	25.000	7.000 28.000%	0.000	8.000 32.000%	*N/A*	10.000	0.000	0.000
990176 Chicken Drumstick & Thigh Breaded, WG, Sec	1 Piece	113	230.000	3.500 13.696%	490.000	0.000 0.000%	0.000 0.000%	14.000 54.783%	75.000	11.000 19.130%	1.000	16.000 27.826%	*N/A*	23.000	*N/A*	1.000

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990267 Chicken Drumstick, WG, ECC	1 Drumstick	94	210.000	3.000 12.857%	530.000	1.000 1.905%	1.000 1.905%	11.000 47.143%	80.000	10.000 19.048%	1.000	17.000 32.381%	*N/A*	10.000	*N/A*	1.000
990054 Chicken Drumstick, WG, Elem	1 Drumstick	94	210.000	3.000 12.857%	530.000	1.000 1.905%	1.000 1.905%	11.000 47.143%	80.000	10.000 19.048%	1.000	17.000 32.381%	*N/A*	10.000	*N/A*	1.000
990062 Chicken Drumstick, WG, Sec	2 Drumsticks	188	420.000	6.000 12.857%	1060.000	2.000 1.905%	2.000 1.905%	22.000 47.143%	160.000	20.000 19.048%	2.000	34.000 32.381%	*N/A*	20.000	*N/A*	2.000
30 Chicken Fajita	2 Fajita	205	410.513	5.602 12.282%	1177.028	*4.607* *4.489%*	*2.134* *2.079%*	17.359 38.058%	77.347	36.369 35.438%	2.291	24.667 24.035%	*0.912*	221.234	4.069	2.821
990203 Chicken Lo Mein	servings	219	392.118	2.980 6.840%	734.672	*4.193* *4.277%*	*2.183* *2.227%*	11.345 26.039%	104.971	30.751 31.369%	*2.338*	39.991 40.795%	*24.316*	46.050	*13.474*	2.470
544 Chicken Noodle Soup	8 oz servings	272	88.082	*0.652* *6.662%*	*789.179*	*1.151* *5.227%*	*0.000* *0.000%*	5.167 52.795%	*14.694*	5.984 27.175%	0.668	4.666 21.189%	*1.004*	*9.807*	*0.476*	*0.357*
478 Chicken Noodle Soup CN	6 OZ	170	99.306	0.818 7.413%	662.070	0.000 0.000%	*N/A* *N/A%*	2.063 18.697%	20.680	10.758 43.333%	1.654	9.104 36.670%	*N/A*	331.026	0.000	1.176
990251 Chicken Nuggets, WG, ECC	4 Nuggets	68	150.318	1.582 9.472%	300.637	0.000 0.000%	*N/A* *N/A%*	7.120 42.630%	27.690	10.285 27.369%	1.582	11.867 31.578%	*N/A*	23.734	*N/A*	1.424
914 Chicken Nuggets, WG, Elem	5 Nuggets	85	187.898	1.978 9.474%	375.796	0.000 0.000%	*N/A* *N/A%*	8.900 42.630%	34.613	12.856 27.368%	1.978	14.834 31.579%	*N/A*	29.668	*N/A*	1.780
804 Chicken Patty w/Bun, Sec	1 Sandwich	174	380.000	2.000 4.737%	670.000	4.000 4.211%	4.000 4.211%	11.500 27.237%	60.000	44.000 46.316%	*2.000*	25.000 26.316%	*N/A*	100.000	*N/A*	3.400
990255 Chicken Patty w/Bun, WG, ECC	1 Sandwich	140	340.000	2.500 6.618%	680.000	4.000 4.706%	*4.000* *4.706%*	11.500 30.441%	35.000	41.000 48.235%	*2.000*	19.000 22.353%	*N/A*	100.000	*0.000*	3.800
910 Chicken Patty w/Bun, WG, Elem	1 Sandwich	140	340.000	2.500 6.618%	680.000	4.000 4.706%	*4.000* *4.706%*	11.500 30.441%	35.000	41.000 48.235%	*2.000*	19.000 22.353%	*N/A*	100.000	*0.000*	3.800
917 Chicken Pizza Quesadilla, WG	1 Slice	142	280.000	2.500 8.036%	650.000	3.000 4.286%	1.000 1.429%	9.000 28.929%	20.000	33.000 47.143%	4.000	17.000 24.286%	*N/A*	280.000	*N/A*	2.400
742 Chicken Pot Pie	4 oz	420	503.255	*8.830* *15.791%*	*1623.633*	*2.565* *2.039%*	*1.200* *0.954%*	22.529 40.290%	*93.215*	38.906 30.923%	5.387	32.373 25.731%	*203.519*	*77.136*	*8.285*	*3.387*
990407 Chicken Pot Pie, Simple	4 oz	311	306.981	1.802 5.283%	1069.932	*0.017* *0.022%*	*0.000* *0.000%*	9.663 28.330%	93.617	21.143 27.550%	5.405	29.947 39.021%	*230.440*	40.835	9.477	2.347
62 Chicken Rice Broccoli Casserole	4 oz	315	326.225	7.669 21.157%	943.992	*2.362* *2.896%*	*0.000* *0.000%*	17.198 47.446%	89.133	16.803 20.603%	2.692	24.882 30.509%	*56.505*	*76.505*	32.584	*1.669*
1110 Chicken Rice Casserole	8 oz	216	203.113	*1.820* *8.064%*	*603.814*	*2.217* *4.366%*	*0.000* *0.000%*	8.560 37.930%	*47.168*	14.301 28.164%	1.195	15.662 30.844%	*1.001*	*52.626*	*0.601*	*1.425*

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756 Chicken Roasted	2 PIECES	57	100.000	2.000 18.000%	200.000	0.000 0.000%	*N/A* *N/A%*	6.600 59.400%	36.600	0.000 0.000%	0.000	9.300 37.200%	*N/A*	0.000	0.000	0.240
787 Chicken Salad	SERVING	124	238.782	*2.306* *8.692%*	*106.674*	*2.333* *3.908%*	*0.000* *0.000%*	*17.218* *64.897%*	*44.904*	8.697 14.569%	*1.116*	*11.721* *19.635%*	*11.682*	*22.144*	*0.975*	*0.926*
990052 Chicken Salad Bacon Ranch	1/2 cup	183	563.879	*12.507* *19.962%*	1289.096	*0.803* *0.570%*	*0.000* *0.000%*	42.648 68.070%	*172.064*	12.018 8.525%	*0.258*	31.882 22.616%	*0.556*	*8.180*	*2.313*	*0.659*
990051 Chicken Salad Southwest	1/2 cup	224	497.662	7.431 13.439%	725.788	*2.280* *1.833%*	*0.000* *0.000%*	36.624 66.233%	*127.048*	6.358 5.110%	*1.686*	29.025 23.329%	*15.654*	*15.655*	*9.095*	*2.085*
990049 Chicken Salad with Grapes	1/2 cup	157	414.974	5.663 12.282%	817.433	*1.193* *1.150%*	*0.000* *0.000%*	30.768 66.730%	139.117	12.186 11.746%	0.405	23.024 22.193%	*1.487*	8.325	2.980	0.702
990122 Chicken Southern Select Breast Slider	Sliders	68	130.000	1.000 6.923%	370.000	1.000 3.077%	*N/A* *N/A%*	6.000 41.538%	30.000	9.000 27.692%	1.000	*N/A* *N/A%*	*N/A*	14.000	*N/A*	0.000
859 Chicken Sweet & Sour w/Rice	4 oz	178	282.427	0.022 0.070%	258.608	*22.780* *32.263%*	*0.000* *0.000%*	3.323 10.589%	68.039	38.786 54.932%	0.588	20.773 29.421%	*0.000*	25.564	3.011	2.290
913 Chicken Tenders, Spicy, Nashville Hot, WG, Sec	4 Tenders	174	334.615	2.677 7.200%	829.846	2.677 3.200%	2.677 3.200%	14.723 39.600%	80.308	21.415 25.600%	2.677	26.769 32.000%	*N/A*	0.000	0.000	1.338
990269 Chicken Tenders, WG, ECC	3 Tenders	128	288.558	3.037 9.472%	470.804	0.000 0.000%	0.000 0.000%	13.669 42.633%	60.749	16.706 23.158%	1.519	24.300 33.685%	*N/A*	18.225	*N/A*	1.519
990117 Chicken Tenders, WG, Elem	3 Tenders	128	288.558	3.037 9.472%	470.804	0.000 0.000%	0.000 0.000%	13.669 42.633%	60.749	16.706 23.158%	1.519	24.300 33.685%	*N/A*	18.225	*N/A*	1.519
990224 Chicken Tenders, WG, Sec	4 Tenders	170	384.743	4.050 9.474%	627.739	0.000 0.000%	0.000 0.000%	18.225 42.632%	80.999	22.275 23.158%	2.025	32.399 33.684%	*N/A*	24.300	*N/A*	2.025
163 Chicken Tetrazzini	1 Cup	181	261.289	*1.775* *6.114%*	*582.778*	*2.634* *4.032%*	*0.000* *0.000%*	8.112 27.941%	*58.327*	23.636 36.184%	2.533	21.839 33.433%	*6.300*	*116.302*	*5.352*	*1.378*
990106 Chicken Tortellini, WG	2/3 Cup	259	436.153	8.651 17.851%	1154.897	9.657 8.857%	*0.000* *0.000%*	30.814 63.585%	114.776	31.340 28.742%	2.150	34.156 31.325%	*0.035*	36.292	0.001	2.873
445 Chicken Wings Fire, Sec	6 Pieces	144	330.000	5.250 14.318%	840.000	0.000 0.000%	*N/A* *N/A%*	22.500 61.364%	165.000	1.500 1.818%	0.000	30.000 36.364%	*N/A*	0.000	0.000	0.000
582 Chicken Wings Honey BBQ, Sec	6 Pieces	141	330.000	5.250 14.318%	645.000	9.000 10.909%	9.000 10.909%	21.000 57.273%	127.500	12.000 14.545%	0.000	22.500 27.273%	*N/A*	30.000	0.000	1.200
990195 Chicken Wings Variety	6 Pieces	143	330.000	5.250 14.318%	742.500	4.500 5.455%	*4.500* *5.455%*	21.750 59.318%	146.250	6.750 8.182%	0.000	26.250 31.818%	*N/A*	15.000	0.000	0.600
990254 Chicken, Popcorn, WG, ECC	8 Pieces	102	216.000	1.600 6.667%	480.000	0.000 0.000%	0.000 0.000%	9.600 40.000%	48.000	12.000 22.222%	1.600	20.000 37.037%	*N/A*	20.800	*N/A*	1.600

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals[1] (kcal)	Saturated Fat[1] (g)	Sodium[1] (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
550 Chicken, Popcorn, WG, Elem	8 Pieces	102	216.000	1.600 6.667%	480.000	0.000 0.000%	0.000 0.000%	9.600 40.000%	48.000	12.000 22.222%	1.600	20.000 37.037%	*N/A*	20.800	*N/A*	1.600
990275 Chicken, Popcorn, WG, Sec	10 Pieces	128	270.000	2.000 6.667%	600.000	0.000 0.000%	0.000 0.000%	12.000 40.000%	60.000	15.000 22.222%	2.000	25.000 37.037%	*N/A*	26.000	*N/A*	2.000
990099 Chicken, Rotisserie	2 oz	57	63.620	0.067 0.948%	681.648	2.272 14.285%	*N/A* *N/A%*	1.704 24.106%	31.242	4.374 27.501%	0.227	7.669 48.218%	*N/A*	9.089	5.680	1.250
555 Chicken/Veggie Pasta	4 OZ SERVINGS	319	324.068	*4.342* *12.059%*	*1128.623*	*5.273* *6.509%*	*0.000* *0.000%*	14.738 40.930%	*73.829*	19.918 24.585%	2.329	26.566 32.791%	*0.390*	*114.615*	*11.505*	*1.418*
10 Chili	1 Cup	384	347.554	5.377 13.924%	583.996	*2.366* *2.723%*	*0.000* *0.000%*	14.600 37.807%	61.472	29.469 33.916%	7.960	23.831 27.427%	*3.632*	91.843	11.030	11.295
693 Chinese Cole Slaw	1/2 CUP	94	240.050	2.712 10.168%	217.495	*8.347* *13.909%*	*6.287* *10.476%*	17.123 64.198%	0.000	18.727 31.205%	2.957	4.927 8.210%	*3.667*	*43.103*	17.807	1.390
990053 Chipotle broccoli salad	1/2 cup	151	448.691	*12.662* *25.398%*	880.679	*1.940* *1.729%*	*0.000* *0.000%*	41.081 82.402%	*67.682*	5.119 4.563%	*1.566*	13.089 11.669%	*17.290*	*28.386*	*49.259*	*0.434*
1014 Chocolate Sundae Crunch Bar	BAR	75	160.000	1.500 8.438%	75.000	16.000 40.000%	*N/A* *N/A%*	5.000 28.125%	*N/A*	25.000 62.500%	0.050	3.000 7.500%	*N/A*	200.000	0.000	0.360
1153 Ciabatta Sandwich	SANDWICH	150	292.550	4.500 13.844%	890.329	5.000 6.836%	*N/A* *N/A%*	*7.501* *23.076%*	52.525	36.001 49.224%	3.000	20.502 28.032%	*N/A*	*20.000*	*0.000*	*1.882*
955 Cinnamon Roll (2G)	1 Roll	85	270.000	4.500 15.000%	420.000	9.000 13.333%	9.000 13.333%	11.000 36.667%	0.000	37.000 54.815%	2.000	6.000 8.889%	*N/A*	20.000	0.000	2.100
865 Cinnamon Roll Scratch	1 Roll	84	230.060	*0.768* *3.004%*	*189.044*	*11.194* *19.463%*	*10.168* *17.679%*	4.676 18.293%	*8.902*	41.682 72.472%	3.514	6.174 10.735%	*0.141*	*29.418*	*0.142*	2.992
990078 Clementine	1 Fruit	96	45.120	0.014 0.279%	0.000	8.976 79.574%	0.000 0.000%	0.115 2.294%	0.000	11.280 100.000%	2.304	0.902 7.996%	10.560	38.400	51.072	0.096
1097 Club Sandwich	Sandwich	191	386.707	5.997 13.957%	1169.512	5.167 5.345%	*N/A* *N/A%*	15.777 36.718%	74.336	33.733 34.893%	3.000	30.241 31.281%	*N/A*	*0.000*	*0.000*	*1.440*
1076 Cobbler Cherry CN	1/2 CUP	185	249.324	1.661 5.996%	126.261	*22.754* *36.505%*	*22.754* *36.505%*	6.705 24.203%	0.000	46.613 74.783%	*1.867*	1.967 3.156%	*0.000*	*17.631*	*2.933*	*2.339*
109 Cobbler Cherry FRZ	1/2 CUP	177	259.470	1.633 5.664%	118.890	*34.385* *53.008%*	*22.754* *35.078%*	6.567 22.778%	0.000	49.270 75.955%	*1.945*	2.568 3.959%	*0.000*	*1.823*	*0.000*	*0.439*
754 Coffee Cake	Serving	54	140.000	1.000 6.429%	250.000	*N/A* *N/A%*	*N/A* *N/A%*	3.000 19.286%	10.000	26.000 74.286%	1.000	2.000 5.714%	*N/A*	40.000	0.000	1.080
990074 Cold Wrap, Chicken Salad Southwest	1/2 cup	276	631.119	8.212 11.711%	1055.512	*2.280* *1.445%*	*0.000* *0.000%*	40.155 57.263%	*127.048*	27.551 17.462%	*5.610*	33.735 21.381%	*15.654*	*31.351*	*9.095*	*2.366*

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals¹ (kcal)	Saturated Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
302 Cold Wrap, Ham & Cheese	Servings	125	327.486	3.485 9.578%	1029.960	*0.044* *0.054%*	*0.000* *0.000%*	15.106 41.514%	29.693	35.940 43.898%	6.100	12.948 15.815%	*0.125*	*121.575*	0.008	*2.022*
1031 Cold Wrap, Turkey & Cheese	WRAP	83	264.733	2.318 7.880%	518.728	*0.044* *0.066%*	*0.000* *0.000%*	10.224 34.758%	5.968	36.724 55.488%	1.100	5.510 8.325%	*0.125*	*161.575*	*0.008*	*2.040*
303 Cold Wrap, Turkey & Ham & Cheese	WRAP	106	290.441	3.012 9.333%	679.930	*0.738* *1.016%*	*0.000* *0.000%*	11.613 35.986%	18.475	38.113 52.490%	1.100	8.983 12.372%	*0.125*	*161.575*	*0.008*	*2.163*
358 Coleslaw (O)	1/2 Cup	94	72.437	0.025 0.311%	152.309	15.725 86.834%	13.581 74.995%	0.096 1.193%	0.000	17.570 97.022%	1.644	0.856 4.727%	3.264	29.426	23.885	0.397
990081 Coleslaw (O), ECC	1/4 Cup	47	35.402	0.012 0.305%	76.086	*1.072* *12.112%*	*0.000* *0.000%*	0.048 1.220%	0.000	8.786 99.271%	*0.822*	*0.428* *4.836%*	*1.632*	*14.645*	*11.943*	*0.195*
755 Cookie Best Maid Shapes Dough	COOKIE	35	170.000	4.000 21.176%	70.000	*N/A* *N/A%*	*N/A* *N/A%*	8.000 42.353%	10.000	21.000 49.412%	0.000	2.000 4.706%	*N/A*	0.000	0.000	0.000
1041 Cookie Chewy Chocolate	Cookie	48	206.186	*2.460* *10.738%*	*165.430*	*17.517* *33.983%*	*17.411* *33.777%*	10.689 46.657%	*23.552*	27.037 52.452%	*2.027*	2.520 4.889%	*0.000*	*15.995*	*0.000*	*1.605*
798 COOKIE CHOC CHIP PKG	PKG	48	210.000	6.000 25.714%	115.000	*N/A* *N/A%*	*N/A* *N/A%*	9.000 38.571%	30.000	30.000 57.143%	1.000	1.000 1.905%	*N/A*	0.000	0.000	0.720
160 Cookie Chocolate Chip	Cookie	46	197.400	*2.363* *10.774%*	*194.570*	*15.498* *31.404%*	*13.949* *28.265%*	9.276 42.292%	*21.050*	26.902 54.513%	*1.345*	2.480 5.025%	*0.000*	*17.258*	*0.000*	*1.573*
1171 Cookie Chocolate Chip Otis	COOKIE	40	160.000	1.500 8.438%	100.000	12.000 30.000%	*N/A* *N/A%*	5.000 28.125%	10.000	26.000 65.000%	2.000	2.000 5.000%	*N/A*	0.000	0.000	2.700
806 Cookie Halloween WG	PKG	28	110.000	1.500 12.273%	95.000	*N/A* *N/A%*	*N/A* *N/A%*	3.500 28.636%	0.000	19.000 69.091%	1.000	1.000 3.636%	*N/A*	0.000	0.000	0.720
772 Cookie Haystack (NO BAKE)	COOKIE	68	162.056	1.522 8.453%	76.588	*15.935* *39.332%*	*15.090* *37.246%*	7.851 43.602%	0.375	21.243 52.434%	1.352	2.564 6.329%	*0.000*	*11.744*	0.030	*0.395*
711 Cookie Oatmeal Choc Chip	Cookie	42	150.481	*1.682* *10.060%*	*132.917*	*15.239* *40.507%*	*13.391* *35.595%*	6.881 41.154%	*8.450*	21.489 57.121%	0.860	1.449 3.852%	*0.000*	*9.414*	*0.000*	0.732
642 Cookie Peanut Butter	Cookie	44	211.454	*2.525* *10.747%*	*148.825*	*14.045* *26.568%*	*13.391* *25.331%*	12.031 51.207%	*8.724*	23.119 43.733%	*1.266*	3.071 5.809%	*0.000*	*7.815*	*0.000*	*0.858*
410 Cookie Snickerdoodle	COOKIE	47	203.065	*2.196* *9.733%*	*228.253*	*14.172* *27.916%*	*14.146* *27.865%*	10.190 45.163%	*14.083*	25.823 50.866%	*1.413*	2.320 4.570%	*0.061*	*7.590*	*0.015*	*1.198*
617 Cookie Soft Bake Choc Chip PKG	PKG	35	150.000	1.500 9.000%	110.000	*N/A* *N/A%*	*N/A* *N/A%*	6.000 36.000%	10.000	23.000 61.333%	2.000	2.000 5.333%	*N/A*	0.000	0.000	0.720
408 Cookie Sugar	COOKIE	45	193.605	*2.261* *10.511%*	*229.125*	*11.805* *24.390%*	*11.789* *24.357%*	10.335 48.044%	*25.515*	23.052 47.627%	*1.198*	2.505 5.175%	*0.000*	*12.684*	*0.000*	*1.529*

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799 Cookies	PKG	31	130.000	2.000 13.846%	115.000	*N/A* *N/A%*	*N/A* *N/A%*	5.000 34.615%	0.000	21.000 64.615%	1.000	2.000 6.154%	*N/A*	0.000	0.000	0.720
805 Cookies Holiday pkg	PKG	28	120.000	1.500 11.250%	100.000	*N/A* *N/A%*	*N/A* *N/A%*	4.000 30.000%	0.000	20.000 66.667%	1.000	1.000 3.333%	*N/A*	0.000	0.000	0.720
6 Corn (S)	1/2 Cup	152	106.286	0.203 1.719%	36.435	*8.414* *31.666%*	*0.000* *0.000%*	3.518 29.789%	0.000	20.434 76.902%	2.404	3.149 11.851%	*0.000*	5.870	10.265	1.046
990321 Corn (S), ECC	1/4 Cup	76	53.143	0.101 1.710%	18.217	*4.207* *31.666%*	*0.000* *0.000%*	1.759 29.789%	0.000	10.217 76.902%	1.202	1.575 11.855%	*0.000*	2.935	5.133	0.523
893 Corn Dog	1 Corn Dog	112	300.000	4.000 12.000%	510.000	10.000 13.333%	10.000 13.333%	15.000 45.000%	35.000	32.000 42.667%	1.000	9.000 12.000%	*N/A*	30.000	*N/A*	2.000
87 Cornbread (2.5G)	1 4x6 Piece	99	262.008	*1.473* *5.060%*	*649.210*	*10.972* *16.751%*	*9.431* *14.398%*	8.875 30.486%	*35.712*	39.968 61.018%	2.236	5.885 8.984%	*20.937*	*46.212*	*0.165*	2.339
990165 Cornbread Poppers	3 Pieces	43	150.000	3.500 21.000%	200.000	5.000 13.333%	4.000 10.667%	8.000 48.000%	10.000	19.000 50.667%	1.000	2.000 5.333%	*N/A*	10.000	*N/A*	0.900
990152 Cracker Crunch & Crave Original	1 Pkg	45	190.000	0.000 0.000%	200.000	5.000 10.526%	*N/A* *N/A%*	6.000 28.421%	0.000	30.000 63.158%	4.000	4.000 8.421%	*N/A*	*N/A*	*N/A*	*N/A*
842 Cracker Jacks	PKG	28	120.000	0.000 0.000%	70.000	*N/A* *N/A%*	*N/A* *N/A%*	2.000 15.000%	0.000	23.000 76.667%	1.000	2.000 6.667%	*N/A*	0.000	0.000	0.720
947 Cracker Saltine	1 Pkg	11	45.000	0.250 5.000%	150.000	0.000 0.000%	*N/A* *N/A%*	1.000 20.000%	0.000	8.000 71.111%	0.000	1.000 8.889%	*N/A*	0.000	0.000	0.550
1158 Cracker, Captain's Wafer	2 PKG	13	60.000	0.500 7.500%	100.000	1.000 6.667%	*N/A* *N/A%*	2.000 30.000%	0.000	9.000 60.000%	0.000	1.000 6.667%	*N/A*	0.000	0.000	0.500
990153 Cracker, Crunch & Crave Churro, WG	1 Pkg	28	111.373	0.000 0.000%	75.936	8.100 29.091%	*N/A* *N/A%*	2.531 20.453%	0.000	21.262 76.363%	2.025	2.025 7.273%	*N/A*	50.624	*N/A*	0.709
1024 Cream Cheese	1 oz	28	101.248	6.075 54.001%	96.186	1.012 3.998%	*N/A* *N/A%*	9.112 80.997%	30.374	2.025 8.000%	0.000	2.025 8.000%	*N/A*	20.250	0.000	0.000
1120 Cream Cheese pkg	PKG	28	90.000	5.000 50.000%	140.000	2.000 8.889%	*N/A* *N/A%*	8.000 80.000%	25.000	2.000 8.889%	0.000	1.000 4.444%	*N/A*	20.000	0.000	0.000
496 Crispito Chicken & Chili WG, Sec	2 Crispitos	194	540.000	6.000 10.000%	740.000	2.000 1.481%	0.000 0.000%	28.000 46.667%	50.000	46.000 34.074%	4.000	24.000 17.778%	*N/A*	0.000	0.000	4.000
1167 Croissant, Sliced- Bake Crafters, WG	1 Croissant	62	170.000	2.000 10.588%	300.000	3.000 7.059%	3.000 7.059%	5.000 26.471%	5.000	29.000 68.235%	2.000	5.000 11.765%	*N/A*	81.000	0.000	1.000
820 Croutons	OUNCES	9	30.294	0.253 7.516%	145.448	*0.251* *3.314%*	*0.000* *0.000%*	1.644 48.841%	0.000	3.531 46.623%	0.386	0.757 9.995%	*0.000*	7.946	*0.011*	0.114

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Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals[1] (kcal)	Saturated Fat[1] (g)	Sodium[1] (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
884 Cucumber Salad (O)	SERVINGS	87	30.152	0.027 0.806%	211.371	*5.682* *75.378%*	*4.527* *60.056%*	0.078 2.328%	0.000	7.373 97.811%	*0.398*	0.481 6.381%	*3.402*	12.427	2.169	0.231
990045 Dilled bean salad	1/2 cup	290	568.195	1.564 2.477%	281.367	*3.414* *2.403%*	*0.000* *0.000%*	9.805 15.531%	0.000	90.382 63.627%	19.514	30.498 21.470%	*5.777*	257.822	3.281	12.453
631 Dirt Cake	PIECES	166	219.855	4.307 17.631%	203.000	*8.917* *16.223%*	*N/A* *N/A%*	7.443 30.469%	*8.218*	32.812 59.698%	0.091	5.561 10.118%	*10.433*	*160.730*	*0.730*	*0.091*
990215 Donut Holes, WG, Elem	4 Holes	46	150.690	2.379 14.209%	222.069	4.759 12.633%	3.966 10.528%	5.552 33.159%	0.000	21.414 56.843%	1.586	3.172 8.420%	*N/A*	7.931	0.000	1.031
1113 Donut Holes, WG, Sec	6 Holes	69	226.034	3.569 14.211%	333.103	7.138 12.632%	5.948 10.526%	8.328 33.160%	0.000	32.121 56.843%	2.379	4.759 8.422%	*N/A*	11.897	0.000	1.547
664 Donut, Long John w/Frosting	1 Donut	95	335.660	2.573 6.899%	295.352	*28.664* *34.158%*	*28.418* *33.865%*	12.284 32.937%	5.312	52.173 62.174%	1.000	5.167 6.157%	*0.000*	26.524	*0.025*	1.616
904 Dorito Spicy Sweet Chili Chip	1 Pkg	28	130.000	0.500 3.462%	180.000	1.000 3.077%	*N/A* *N/A%*	5.000 34.615%	0.000	20.000 61.538%	2.000	2.000 6.154%	*N/A*	20.000	0.000	0.360
362 Doritos Baked	PKG	21	90.000	*N/A* *N/A%*	170.000	*N/A* *N/A%*	*N/A* *N/A%*	3.000 30.000%	*N/A*	16.000 71.111%	1.000	2.000 8.889%	*N/A*	*N/A*	*N/A*	*N/A*
902 Dorito's Cool Ranch Tortilla	1 Pkg	28	130.000	1.000 6.923%	160.000	1.000 3.077%	*N/A* *N/A%*	5.000 34.615%	0.000	19.000 58.462%	2.000	2.000 6.154%	*N/A*	40.000	0.000	0.360
903 Doritos, Nacho Flavor	1 Pkg	28	130.000	0.500 3.462%	200.000	0.000 0.000%	*N/A* *N/A%*	5.000 34.615%	0.000	20.000 61.538%	2.000	2.000 6.154%	*N/A*	0.000	0.000	0.360
967 Dressing Balsamic Vinaigrette	OZ	31	60.000	0.500 7.500%	200.000	4.000 26.667%	*N/A* *N/A%*	5.000 75.000%	0.000	5.000 33.333%	0.000	0.000 0.000%	*N/A*	0.000	0.000	0.000
975 Dressing Catalina	OZ	34	130.000	1.500 10.385%	420.000	8.000 24.615%	*N/A* *N/A%*	11.000 76.154%	0.000	8.000 24.615%	0.000	0.000 0.000%	*N/A*	0.000	0.000	0.000
977 Dressing Creamy Ceasar Kraft	OZ	30	130.000	2.500 17.308%	330.000	1.000 3.077%	*N/A* *N/A%*	13.000 90.000%	15.000	2.000 6.154%	0.000	1.000 3.077%	*N/A*	40.000	*N/A*	0.000
1055 Dressing Honey Mustard OTTS	2 TBSP	28	100.000	1.000 9.000%	280.000	5.000 20.000%	*N/A* *N/A%*	8.000 72.000%	0.000	8.000 32.000%	0.000	0.000 0.000%	*N/A*	0.000	0.000	0.000
978 Dressing Italian Kraft	OZ	30	80.000	1.000 11.250%	330.000	2.000 10.000%	*N/A* *N/A%*	8.000 90.000%	0.000	2.000 10.000%	0.000	0.000 0.000%	*N/A*	0.000	*N/A*	0.000
554 Dressing Poppy Seed	TBSP	14	71.633	0.878 11.031%	81.875	*4.719* *26.351%*	*4.716* *26.334%*	5.977 75.095%	0.000	4.744 26.491%	0.013	0.012 0.067%	*0.000*	1.209	0.001	0.010
990340 Egg & Cheese Breakfast Burrito, WG	1 Burrito	71	171.260	3.040 15.976%	266.260	0.760 1.775%	0.070 0.163%	7.290 38.310%	52.590	17.900 41.808%	2.440	8.440 19.713%	*N/A*	*N/A*	*N/A*	*N/A*

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Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals¹ (kcal)	Saturated Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
708 Egg Patty	1 Patty	28	45.000	1.000 20.000%	90.000	0.000 0.000%	0.000 0.000%	3.500 70.000%	75.000	1.000 8.889%	0.000	3.000 26.667%	*N/A*	20.000	0.000	0.400
986 Egg Roll	1 Egg Roll	57	100.000	0.000 0.000%	330.000	1.000 4.000%	1.000 4.000%	3.000 27.000%	5.000	14.000 56.000%	1.000	5.000 20.000%	*N/A*	33.000	*N/A*	1.000
990179 Egg Scrambled	2 oz	25	35.282	1.008 25.713%	37.002	0.000 0.000%	0.000 0.000%	3.024 77.138%	108.862	0.001 0.011%	0.000	3.024 34.284%	*0.000*	53.429	0.000	1.845
566 Egg Scrambled & Toast	4oz Egg, 1Toast	81	174.257	2.489 12.855%	202.728	*1.100* *2.525%*	*0.000* *0.000%*	10.256 52.970%	195.952	15.401 35.352%	1.651	8.743 20.069%	*0.001*	129.172	*0.000*	3.761
990341 Egg, Cheese, Turkey Breakfast Burrito, WG	1 Burrito	71	171.130	2.840 14.936%	261.820	0.780 1.823%	0.080 0.187%	7.080 37.235%	48.380	17.890 41.816%	2.460	8.870 20.733%	*N/A*	*N/A*	*N/A*	*N/A*
990273 Egg, Peeled Hard Boil & Toast, ECC & Elem	1 Egg, 1 Toast	81	180.749	2.175 10.830%	191.124	*2.100* *4.647%*	*0.000* *0.000%*	9.812 48.857%	170.000	16.400 36.293%	1.650	9.300 20.581%	*N/A*	56.000	*0.000*	1.440
990381 Egg, Peeled Hard Boil & Toast, Sec	2 Egg, 1 Toast	126	250.749	3.675 13.190%	246.124	*3.100* *4.945%*	*0.000* *0.000%*	14.812 53.164%	340.000	17.400 27.757%	1.650	15.300 24.407%	*N/A*	79.000	*0.000*	2.440
990187 Enchiladas Beef	1	170	368.649	9.718 23.725%	700.224	*1.275* *1.383%*	*N/A* *N/A%*	20.280 49.511%	70.027	21.860 23.719%	4.398	23.049 25.009%	*26.185*	*189.083*	*3.474*	*2.916*
775 English Muffin	1 Muffin	57	120.000	0.000 0.000%	200.000	1.000 3.333%	0.000 0.000%	1.000 7.500%	0.000	23.000 76.667%	1.000	4.000 13.333%	*N/A*	70.000	0.000	1.300
991 Fish Filet w/Bun	1 Sandwich	155	310.000	1.500 4.355%	640.000	5.000 6.452%	*4.000* *5.161%*	8.500 24.677%	35.000	44.000 56.774%	*2.000*	15.000 19.355%	*N/A*	100.000	*0.000*	2.920
990072 Fish Nuggets, Elem	4 Nuggets	113	240.000	2.000 7.500%	450.000	0.000 0.000%	0.000 0.000%	13.000 48.750%	35.000	20.000 33.333%	1.000	11.000 18.333%	*N/A*	0.000	*N/A*	1.000
990361 Fish Nuggets, Sec	5 Nuggets	142	300.000	2.500 7.500%	562.500	0.000 0.000%	0.000 0.000%	16.250 48.750%	43.750	25.000 33.333%	1.250	13.750 18.333%	*N/A*	0.000	*N/A*	1.250
990264 Fish Nuggets, WG, ECC	4 Nuggets	113	240.000	2.000 7.500%	450.000	0.000 0.000%	0.000 0.000%	13.000 48.750%	35.000	20.000 33.333%	1.000	11.000 18.333%	*N/A*	0.000	*N/A*	1.000
992 Fish Sticks	4 STICKS	112	210.000	1.500 6.429%	340.000	1.000 1.905%	*N/A* *N/A%*	8.000 34.286%	30.000	22.000 41.905%	2.000	12.000 22.857%	*N/A*	0.000	0.000	1.300
990348 Flour Tortilla, 6", (1G) WG	1 Tortilla	30	90.000	1.500 15.000%	75.000	1.000 4.444%	0.000 0.000%	2.500 25.000%	0.000	15.000 66.667%	2.000	2.000 8.889%	0.000	2.000	0.000	4.000
990349 Flour Tortilla, 9", (2G) WG	1 Tortilla	58	170.000	1.500 7.941%	150.000	2.000 4.706%	2.000 4.706%	4.500 23.824%	0.000	30.000 70.588%	3.000	4.000 9.412%	*N/A*	46.000	*N/A*	2.000
999 French Fries (S)	14 Fries	85	150.000	1.000 6.000%	480.000	0.000 0.000%	0.000 0.000%	6.000 36.000%	0.000	22.000 58.667%	1.000	2.000 5.333%	*N/A*	18.000	*N/A*	0.500

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Recipe Nutrient Composition - Summary

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990397 French Fries (S), ECC	7 Fries	43	75.000	0.500 6.000%	240.000	0.000 0.000%	0.000 0.000%	3.000 36.000%	0.000	11.000 58.667%	0.500	1.000 5.333%	*N/A*	9.000	*N/A*	0.250
990272 French Toast Sticks, WG, ECC	2 Sticks	62	171.489	0.660 3.464%	191.277	9.234 21.538%	9.234 21.538%	5.277 27.694%	6.596	27.702 64.615%	1.319	3.957 9.230%	*N/A*	15.566	*N/A*	0.462
990209 French Toast Sticks, WG, Elem	3 Sticks	94	260.000	1.000 3.462%	290.000	14.000 21.538%	14.000 21.538%	8.000 27.692%	10.000	42.000 64.615%	2.000	6.000 9.231%	*N/A*	23.600	*N/A*	0.700
990210 French Toast Sticks, WG, Sec	4 Sticks	125	345.745	1.330 3.462%	385.638	18.617 21.538%	18.617 21.538%	10.638 27.692%	13.298	55.851 64.615%	2.660	7.979 9.231%	*N/A*	31.383	*N/A*	0.931
350 Fries, Curly (S)	1/2 Cup	62	109.849	0.499 4.088%	329.546	0.000 0.000%	0.000 0.000%	4.494 36.820%	0.000	15.978 58.182%	0.999	0.999 3.638%	*N/A*	0.000	*N/A*	0.399
990319 Fries, Curly (S), ECC	1/4 Cup	31	54.924	0.250 4.097%	164.773	0.000 0.000%	0.000 0.000%	2.247 36.820%	0.000	7.989 58.182%	0.499	0.499 3.634%	*N/A*	0.000	*N/A*	0.200
990247 Fritos, 1 oz, WG	1 Pkg	28	160.000	1.500 8.438%	150.000	0.000 0.000%	0.000 0.000%	10.000 56.250%	0.000	16.000 40.000%	1.000	2.000 5.000%	*N/A*	40.000	0.000	0.200
990339 Frosted Cookie, Birthday-Classic Delight, WG	1 Cookie	42	170.000	1.500 7.941%	65.000	14.000 32.941%	14.000 32.941%	6.000 31.765%	5.000	27.000 63.529%	1.000	2.000 4.706%	*N/A*	10.000	*N/A*	0.700
1046 Fruit Cocktail Cobbler	1/2 CUP	123	183.007	*1.695* *8.336%*	*101.949*	*20.060* *43.845%*	*10.060* *21.988%*	9.174 45.116%	*0.750*	25.758 56.299%	0.390	0.985 2.153%	*0.000*	*18.314*	*2.098*	0.556
419 Fruit Cocktail, Can	1/2 Cup	126	60.000	0.000 0.000%	10.000	14.000 93.333%	*N/A* *N/A%*	0.080 1.200%	0.000	17.000 113.333%	0.000	0.000 0.000%	*N/A*	4.760	3.020	0.290
990320 Fruit Cocktail, Can, ECC Lunch	1/4 Cup	63	30.000	0.000 0.000%	5.000	7.000 93.333%	*N/A* *N/A%*	0.040 1.200%	0.000	8.500 113.333%	0.000	0.000 0.000%	*N/A*	2.380	1.510	0.145
924 Fruit Roll up	PKG	14	45.000	0.000 0.000%	55.000	4.000 35.556%	*N/A* *N/A%*	1.000 20.000%	0.000	11.000 97.778%	2.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
1169 Fruit Salad, Fresh	1/2 cup	82	40.883	0.039 0.859%	6.403	6.844 66.962%	0.000 0.000%	0.245 5.393%	0.000	10.114 98.956%	1.529	0.699 6.839%	28.198	11.848	36.259	0.224
1164 Fruit Snacks	PKG	31	100.000	0.000 0.000%	5.000	16.000 64.000%	*N/A* *N/A%*	0.000 0.000%	0.000	23.000 92.000%	0.000	1.000 4.000%	*N/A*	0.000	60.000	0.000
990061 Fruit Variety	1/2 Cup	130	80.366	0.073 0.818%	4.993	*11.830* *58.881%*	*0.000* *0.000%*	0.255 2.856%	0.000	20.454 101.804%	2.324	0.635 3.161%	*2.035*	*7.443*	*5.589*	*0.198*
1170 Garden Bar	1/2 CUP	50	15.105	0.039 2.324%	19.540	1.623 42.979%	0.000 0.000%	0.130 7.746%	0.000	3.281 86.885%	1.212	0.760 20.126%	124.965	13.525	30.912	0.316
309 Garlic French Bread Pizza, WG	1 Piece	122	320.000	6.000 16.875%	530.000	4.000 5.000%	1.000 1.250%	15.000 42.188%	20.000	29.000 36.250%	2.000	18.000 22.500%	*N/A*	330.000	0.000	2.100

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990120 Garlic Knot (2G)	1 Roll	57	170.000	1.500 7.941%	170.000	3.000 7.059%	2.000 4.706%	6.000 31.765%	0.000	27.000 63.529%	3.000	5.000 11.765%	*N/A*	10.000	*N/A*	2.000
477 General Tso Chicken & Rice	4 oz	278	382.370	2.650 6.237%	1024.602	*0.118* *0.123%*	*0.000* *0.000%*	15.428 36.314%	53.333	37.952 39.702%	2.406	23.102 24.167%	*0.004*	*29.521*	*0.000*	*1.922*
990364 Gluten Free Muffin, Blueberry IW	1 Muffin	85	270.000	2.500 8.333%	250.000	22.000 32.593%	20.000 29.630%	9.000 30.000%	60.000	39.000 57.778%	1.000	3.000 4.444%	*N/A*	0.000	*N/A*	0.400
990363 Gluten Free Muffin, Double Chocolate IW	1 Muffin	85	280.000	4.500 14.464%	240.000	25.000 35.714%	25.000 35.714%	12.000 38.571%	55.000	40.000 57.143%	2.000	3.000 4.286%	*N/A*	30.000	*N/A*	2.600
551 Goldfish	1 Pkg	21	100.000	1.000 9.000%	170.000	*N/A* *N/A%*	*N/A* *N/A%*	3.500 31.500%	5.000	14.000 56.000%	1.000	3.000 12.000%	*N/A*	20.000	0.000	0.360
990183 Goldfish Pretzel, WG	1 Pkg	21	90.000	0.000 0.000%	200.000	0.000 0.000%	0.000 0.000%	1.500 15.000%	0.000	16.000 71.111%	1.000	2.000 8.889%	*N/A*	*N/A*	*N/A*	*N/A*
990181 Graham Cracker, Choc, Tiger Bite, WG	Pkg	28	120.000	1.000 7.500%	125.000	7.000 23.333%	7.000 23.333%	4.000 30.000%	0.000	20.000 66.667%	2.000	2.000 6.667%	*N/A*	*N/A*	*N/A*	1.700
639 Graham Cracker, Cinn, Scooby Doo	1 Pkg	28	120.000	1.000 7.500%	115.000	8.000 26.667%	*N/A* *N/A%*	3.500 26.250%	0.000	21.000 70.000%	1.000	2.000 6.667%	*N/A*	10.000	0.000	1.080
990193 Graham Cracker, Original, Tiger Bite, WG	Pkg	28	120.000	1.000 7.500%	100.000	8.000 26.667%	8.000 26.667%	4.000 30.000%	0.000	21.000 70.000%	1.000	2.000 6.667%	*N/A*	*N/A*	*N/A*	0.800
990274 Graham Cracker, Vanilla, Chat Snax, WG	1 Pkg	28	120.000	1.000 7.500%	105.000	8.000 26.667%	8.000 26.667%	4.000 30.000%	0.000	21.000 70.000%	1.000	1.000 3.333%	*N/A*	0.000	*N/A*	0.600
585 Graham Crackers, Cinn, Bug Bites, WG	1 Pkg	31	140.000	1.500 9.643%	125.000	*N/A* *N/A%*	*N/A* *N/A%*	4.500 28.929%	0.000	23.000 65.714%	0.000	2.000 5.714%	*N/A*	100.000	0.000	0.720
604 Graham Goldfish Giant	PKG	26	120.000	1.000 7.500%	50.000	*N/A* *N/A%*	*N/A* *N/A%*	4.500 33.750%	0.000	19.000 63.333%	2.000	1.000 3.333%	*N/A*	100.000	0.000	0.720
920 Granola Bar, Crunchy Oats & Honey	1 Bar	21	100.000	0.000 0.000%	70.000	6.000 24.000%	6.000 24.000%	4.000 36.000%	0.000	15.000 60.000%	1.000	2.000 8.000%	*N/A*	0.000	*N/A*	0.000
1123 Granola Topping	OUNCES	35	76.542	0.848 9.971%	46.289	*5.245* *27.410%*	*5.239* *27.378%*	4.693 55.181%	0.000	8.060 42.121%	0.555	0.627 3.277%	*0.044*	9.212	0.011	0.222
154 Grapes	1/2 Cup	46	30.820	0.052 1.518%	0.920	7.475 97.015%	0.000 0.000%	0.161 4.701%	0.000	7.889 102.388%	0.414	0.290 3.764%	2.300	6.440	1.840	0.133
990175 Grapes, Sliced, ECC	1/4 Cup	23	15.410	0.026 1.518%	0.460	3.738 97.028%	0.000 0.000%	0.081 4.731%	0.000	3.945 102.401%	0.207	0.145 3.764%	1.150	3.220	0.920	0.067
707 Gravy	1/4 CUP	63	19.714	0.000 0.000%	287.600	*0.000* *0.000%*	*0.000* *0.000%*	0.493 22.507%	0.000	2.957 59.998%	0.000	0.000 0.000%	*0.000*	1.750	0.000	0.000

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals[1] (kcal)	Saturated Fat[1] (g)	Sodium[1] (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
128 Green Beans (O)	1/2 Cup	143	22.828	0.026 1.025%	187.738	*0.001* *0.018%*	*0.000* *0.000%*	0.140 5.520%	0.000	4.316 75.626%	1.438	1.435 25.145%	*0.004*	43.080	0.004	1.147
990342 Green Beans (O), ECC	1/4 Cup	72	11.414	0.013 1.025%	93.869	*0.001* *0.035%*	*0.000* *0.000%*	0.070 5.520%	0.000	2.158 75.626%	0.719	0.717 25.127%	*0.002*	21.540	0.002	0.574
181 Grilled Cheese	1 Sandwich	124	347.750	6.675 17.275%	795.127	*4.200* *4.831%*	*N/A* *N/A%*	15.913 41.184%	30.000	34.800 40.029%	3.300	18.600 21.395%	*N/A*	*66.000*	*0.000*	*0.880*
990173 Grilled Cheese Pepperoni	1 Sandwich	147	397.169	10.136 22.969%	927.579	5.930 5.972%	*N/A* *N/A%*	22.824 51.720%	50.312	35.738 35.993%	3.895	18.167 18.296%	*28.350*	*74.505*	*4.961*	*1.502*
888 Ham & Beans	4 OZ	256	287.245	1.586 4.969%	609.338	*1.448* *2.016%*	*0.000* *0.000%*	3.485 10.919%	24.013	46.707 65.041%	10.247	22.034 30.683%	*0.038*	110.790	2.900	3.520
405 Ham & Cheese Sandwich	1 Sandwich	153	282.550	4.500 14.334%	1010.329	7.000 9.910%	*4.000* *5.663%*	10.001 31.856%	52.525	34.001 48.134%	*0.000*	19.502 27.609%	*N/A*	*80.000*	*0.000*	*2.642*
990280 Ham Mac & Cheese, ECC	1/2 Cup	306	335.927	6.578 17.623%	833.366	*10.233* *12.185%*	*0.000* *0.000%*	13.619 36.487%	48.281	30.878 36.768%	0.831	23.524 28.011%	*91.821*	*165.701*	*0.730*	*0.280*
161 Hamburger w/Bun, Elem & ECC	1 Burger	116	280.000	3.700 11.893%	528.000	4.000 5.714%	4.000 5.714%	10.500 33.750%	34.000	29.000 41.429%	*1.000*	16.000 22.857%	*N/A*	95.000	*0.000*	3.200
734 Hamburger w/Bun, Sec	1 Burger	118	310.000	5.500 15.968%	500.000	4.000 5.161%	4.000 5.161%	14.500 42.097%	30.000	29.000 37.419%	*1.000*	15.000 19.355%	*N/A*	110.000	*0.000*	4.200
441 Hashbrown Patty (S)	1 Patty	64	120.000	1.000 7.500%	270.000	0.000 0.000%	0.000 0.000%	6.000 45.000%	0.000	15.000 50.000%	1.000	1.000 3.333%	*N/A*	0.000	*N/A*	0.400
1045 Homemade Sausage Gravy	1/2 Cup	194	342.761	*2.137* *5.611%*	*701.298*	*6.160* *7.189%*	*0.000* *0.000%*	25.751 67.615%	*40.799*	15.306 17.862%	0.984	11.614 13.553%	*0.012*	*168.247*	*0.672*	*0.891*
990345 Honey BBQ Rib w/Bun	1 Sandwich	137	350.000	5.000 12.857%	900.000	13.000 14.857%	3.000 3.429%	15.000 38.571%	35.000	37.000 42.286%	2.000	18.000 20.571%	*N/A*	*70.000*	*N/A*	*1.900*
152 Honeydew	1/2 CUP	85	30.600	0.032 0.941%	15.300	6.902 90.222%	0.000 0.000%	0.119 3.500%	0.000	7.727 101.007%	0.680	0.459 6.000%	2.550	5.100	15.300	0.144
194 Hot Dog, Elem	1 Hot Dog	113	361.087	6.000 14.955%	879.783	5.717 6.333%	5.717 6.333%	20.478 51.041%	50.000	33.739 37.375%	1.239	9.957 11.030%	*N/A*	136.739	*N/A*	2.754
391 Hot Dog, Sec	1 Hot dog	147	431.087	9.000 18.790%	1119.783	3.717 3.449%	*3.717* *3.449%*	27.478 57.367%	50.300	32.739 30.378%	1.239	14.957 13.878%	*N/A*	86.739	*N/A*	2.354
193 Hot Ham & Cheese Croissant	1 Sandwich	133	271.700	5.167 17.116%	826.886	5.167 7.607%	*3.000* *4.417%*	10.834 35.887%	42.516	33.334 49.075%	2.000	16.335 24.049%	*N/A*	*81.000*	*0.000*	*1.295*
908 Hot Roll	ROLL	62	176.000	0.000 0.000%	297.000	5.500 12.500%	*N/A* *N/A%*	2.200 11.250%	0.000	31.900 72.500%	2.200	5.500 12.500%	*N/A*	55.000	6.600	1.760

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Recipe Nutrient Composition - Summary

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857 Hot Roll Scratch	ROLL	86	230.591	*0.778* *3.037%*	*454.178*	*6.031* *10.462%*	*4.666* *8.094%*	5.981 23.344%	*0.525*	38.702 67.135%	3.718	6.527 11.322%	*0.158*	*34.441*	*0.182*	3.168
1159 Hot Sauce	TSP	5	0.000	0.000 *N/A%*	150.000	*N/A* *N/A%*	*N/A* *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	*N/A*	0.000	0.000	0.000
1177 Hummus & Pretzels	1 Container	129	370.000	3.000 7.297%	840.000	1.000 1.081%	0.000 0.000%	18.000 43.784%	0.000	45.000 48.649%	7.000	10.000 10.811%	*N/A*	40.000	*N/A*	2.500
1092 Ice Cream Cup Vanilla/Choc	Cup	51	70.000	0.500 6.429%	35.000	11.000 62.857%	*N/A* *N/A%*	1.000 12.857%	*N/A*	14.000 80.000%	2.000	2.000 11.429%	*N/A*	80.000	0.000	0.000
1018 Ice Cream Fudge Bar	BAR	92	130.000	1.000 6.923%	95.000	21.000 64.615%	*N/A* *N/A%*	1.500 10.385%	5.000	25.000 76.923%	0.050	5.000 15.385%	*N/A*	150.000	0.000	0.720
1021 Ice Cream Sandwich	Sandwich	55	130.000	1.000 6.923%	105.000	12.000 36.923%	*N/A* *N/A%*	2.500 17.308%	5.000	25.000 76.923%	0.000	3.000 9.231%	*N/A*	200.000	0.000	0.000
1020 Ice Cream Sundae Cone Mini	Cone	62	120.000	1.000 7.500%	70.000	17.000 56.667%	*N/A* *N/A%*	2.000 15.000%	0.000	25.000 83.333%	2.000	3.000 10.000%	*N/A*	300.000	0.000	0.360
115 Jello Apples	APPLE	142	86.882	*0.039* *0.404%*	11.461	*14.338* *66.011%*	*0.000* *0.000%*	0.235 2.434%	*0.000*	22.650 104.279%	*3.312*	0.668 3.075%	*4.140*	*8.280*	*6.348*	0.172
1012 Jello Cake	PIECE	110	319.582	*8.098* *22.805%*	303.517	*10.886* *13.625%*	*0.000* *0.000%*	12.432 35.011%	*12.600*	52.323 65.489%	*0.000*	3.051 3.819%	*0.000*	*34.239*	*0.000*	0.917
123 Jello w/Peaches	4 OZ	218	121.582	*0.000* *0.000%*	44.334	*0.000* *0.000%*	*0.000* *0.000%*	0.038 0.281%	*0.000*	30.971 101.893%	*1.590*	1.657 5.451%	*0.000*	*6.339*	*2.980*	0.472
379 Jelly	TBSP	21	55.860	0.001 0.016%	6.300	10.756 77.021%	*N/A* *N/A%*	0.004 0.064%	0.000	14.690 105.192%	0.210	0.032 0.229%	0.000	1.470	0.189	0.040
1109 Jelly Grape	TBSP	20	50.000	0.000 0.000%	5.000	10.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	13.000 104.000%	0.000	0.000 0.000%	*N/A*	0.000	0.000	0.000
983 Juice Cup Variety	1 Container	113	61.549	0.000 0.000%	11.818	13.545 88.027%	0.000 0.000%	0.000 0.000%	0.000	14.818 96.301%	0.000	*0.091* *0.591%*	*N/A*	*12.727*	*14.545*	*0.055*
1138 Ketchup	Tbsp	17	20.000	0.000 0.000%	160.000	4.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	5.000 100.000%	0.000	0.000 0.000%	*N/A*	0.000	1.200	0.000
465 Kiwi	1/2 CUP	89	53.985	0.026 0.433%	2.655	7.956 58.950%	0.000 0.000%	0.460 7.669%	0.000	12.974 96.130%	2.655	1.009 7.476%	3.540	30.090	82.040	0.274
687 Lasagna	4x6 Piece	97	280.288	8.420 27.036%	248.302	3.359 4.794%	*0.000* *0.000%*	14.408 46.264%	54.144	20.646 29.464%	0.809	16.805 23.982%	*1.387*	*13.708*	*2.344*	*5.323*
990098 Lasagna Roll-ups	1 Roll Up	186	412.001	6.000 13.107%	381.001	2.399 2.329%	*N/A* *N/A%*	13.500 29.490%	41.400	47.001 45.632%	5.500	25.000 24.272%	*N/A*	455.002	4.000	3.031

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581 Little Smokies	8 Smokies	106	281.335	6.075 19.434%	1253.858	*4.050* *5.758%*	*4.050* *5.758%*	18.900 60.462%	60.749	19.332 27.486%	0.000	6.750 9.597%	*N/A*	27.000	0.000	0.972
383 Lunch Beef Burrito	1 Burrito	182	515.158	12.077 21.099%	912.696	*0.353* *0.274%*	*0.000* *0.000%*	25.572 44.675%	93.347	37.802 29.352%	1.275	29.465 22.878%	*0.008*	*170.191*	*0.783*	*4.141*
990174 Lunch Tornado Variety	2 Tornado	170	350.000	3.000 7.714%	680.000	2.000 2.286%	*N/A* *N/A%*	13.000 33.429%	15.000	48.000 54.857%	3.000	13.000 14.857%	*N/A*	*N/A*	0.000	*N/A*
1060 Lunch Tornado, Ranchero Beef Steak & Cheese	2 Tornado	170	360.000	4.000 10.000%	720.000	2.000 2.222%	*N/A* *N/A%*	14.000 35.000%	20.000	48.000 53.333%	2.000	14.000 15.556%	*N/A*	*N/A*	0.000	*N/A*
1062 Lunch Tornado, Southwest Chicken	2 Tornado	170	340.000	2.000 5.294%	640.000	2.000 2.353%	*N/A* *N/A%*	12.000 31.765%	10.000	48.000 56.471%	4.000	12.000 14.118%	*N/A*	*N/A*	0.000	*N/A*
480 Mac & Cheese Side	1/2 Cup	264	289.652	5.328 16.555%	543.202	*8.983* *12.405%*	*0.000* *0.000%*	11.119 34.549%	25.769	28.378 39.189%	0.831	17.273 23.853%	*91.821*	*165.701*	*0.730*	*0.058*
536 Mandarin Oranges	1/2 Cup	113	71.441	0.011 0.139%	6.804	*N/A* *N/A%*	*N/A* *N/A%*	0.159 2.003%	0.000	18.212 101.969%	1.361	0.612 3.427%	*N/A*	9.072	22.226	0.420
990327 Mandarin Oranges, ECC	1/4 Cup	57	35.720	0.006 0.151%	3.402	*N/A* *N/A%*	*N/A* *N/A%*	0.079 1.990%	0.000	9.106 101.971%	0.680	0.306 3.427%	*N/A*	4.536	11.113	0.210
366 Margarine	OZ	28	202.496	4.050 18.000%	222.746	*N/A* *N/A%*	*N/A* *N/A%*	22.275 99.002%	0.000	0.000 0.000%	0.000	0.000 0.000%	*N/A*	0.000	0.000	0.000
364 Marinara Sauce	1/4 Cup	59	28.080	0.000 0.000%	173.157	3.276 46.667%	*N/A* *N/A%*	0.000 0.000%	0.000	5.616 80.000%	1.404	0.936 13.333%	*N/A*	9.360	*N/A*	0.505
990355 Mashed Potatoes	1/2 Cup	18	64.087	0.000 0.000%	272.370	*N/A* *N/A%*	*N/A* *N/A%*	0.801 11.249%	0.000	13.619 85.003%	0.801	1.602 9.999%	*N/A*	16.022	24.033	0.240
458 Mashed Potatoes & Gravy	1/2 Cup	19	67.135	0.023 0.308%	305.586	*N/A* *N/A%*	*N/A* *N/A%*	0.879 11.784%	0.152	14.115 84.099%	*0.801*	1.692 10.081%	*0.304*	17.190	24.037	0.251
990396 Mashed Potatoes, ECC	1/4 Cup	9	32.043	0.000 0.000%	136.185	*N/A* *N/A%*	*N/A* *N/A%*	0.401 11.263%	0.000	6.809 84.998%	0.401	0.801 9.999%	*N/A*	8.011	12.016	0.120
1139 Mayonnaise	TBSP	14	100.000	1.500 13.500%	85.000	0.000 0.000%	*N/A* *N/A%*	11.000 99.000%	10.000	0.000 0.000%	0.000	0.000 0.000%	*N/A*	0.000	0.000	0.000
1 Meat Sauce	4 OZ	85	182.212	4.844 23.926%	55.935	0.000 0.000%	*0.000* *0.000%*	12.713 62.793%	57.630	0.000 0.000%	0.000	15.755 34.586%	*3.390*	12.712	*0.000*	1.771
990101 Meatball, Italian, Ckd	3 Meatballs	85	280.000	9.000 28.929%	530.000	2.000 2.857%	*N/A* *N/A%*	23.000 73.929%	50.000	5.000 7.143%	1.000	11.000 15.714%	*N/A*	*N/A*	*N/A*	*N/A*
990347 Meatballs, Beef, Fully Cooked	3 Meatballs	88	250.000	7.000 25.200%	240.000	0.000 0.000%	0.000 0.000%	20.000 72.000%	45.000	4.000 6.400%	0.000	14.000 22.400%	*N/A*	10.000	*N/A*	2.000

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556 Meatloaf	4 oz	148	225.731	4.734 18.875%	520.989	*9.564* *16.948%*	*4.401* *7.799%*	12.652 50.444%	99.366	12.190 21.601%	0.561	16.070 28.476%	*46.782*	73.106	3.402	2.573
730 Meatloaf Sandwich	Sandwich	199	374.828	8.538 20.501%	664.124	*10.070* *10.746%*	*4.481* *4.782%*	21.293 51.127%	115.154	17.650 18.835%	*0.779*	26.799 28.599%	*48.235*	172.067	*3.406*	2.985
434 Melon (Honeydew & Cantaloupe)	1/2 Cup	82	28.560	0.036 1.134%	13.890	6.516 91.261%	0.000 0.000%	0.134 4.223%	0.000	7.046 98.683%	0.691	0.557 7.801%	67.185	6.060	21.963	0.154
990394 Melon (Honeydew & Cantaloupe), ECC	1/4 Cup	41	14.280	0.018 1.134%	6.945	3.258 91.261%	0.000 0.000%	0.067 4.223%	0.000	3.523 98.683%	0.346	0.279 7.815%	33.592	3.030	10.982	0.077
990034 Mexican Bean Salsa	1/3 Cup	132	95.063	0.060 0.568%	191.559	*2.303* *9.690%*	*0.000* *0.000%*	0.697 6.599%	0.000	18.256 76.816%	4.987	4.447 18.712%	*0.008*	37.246	9.381	5.930
759 Mexican Beef Rice Casserole	4 oz	272	539.435	9.368 15.630%	411.533	*0.228* *0.169%*	*0.000* *0.000%*	21.132 35.257%	97.780	49.310 36.564%	4.470	34.001 25.212%	*14.402*	*109.028*	*3.077*	*4.588*
16 Mexican Meat	1/2 CUP SERVING	158	210.366	4.845 20.728%	313.672	*0.536* *1.019%*	*0.000* *0.000%*	12.735 54.484%	57.630	6.828 12.983%	1.283	16.016 30.454%	*3.390*	16.560	3.165	2.597
209 Mexican Seasoning Mix	CUPS	134	74.000	0.000 0.000%	2114.747	1.075 5.811%	*N/A* *N/A%*	0.275 3.345%	0.000	15.750 85.135%	2.650	2.825 15.270%	*N/A*	35.000	0.000	0.540
317 Mik 1%	CARTON	227	100.000	1.500 13.500%	120.000	11.000 44.000%	*N/A* *N/A%*	2.500 22.500%	15.000	11.000 44.000%	0.000	8.000 32.000%	*N/A*	300.000	1.200	0.000
489 Milk Variety (1% White/Choc, Skim, Soy Choc/Van)	1 Carton	227	124.000	0.900 6.532%	130.000	14.400 46.452%	*5.200* *16.774%*	2.800 20.323%	6.000	16.200 52.258%	1.200	8.000 25.806%	*N/A*	244.000	*0.480*	0.540
990286 Milk Variety (1%, Skim, Vanilla Soy), ECC	1 Carton	227	106.667	0.667 5.628%	116.667	12.333 46.249%	*4.667* *17.501%*	2.333 19.685%	6.667	13.000 48.750%	0.667	8.000 30.000%	*N/A*	300.000	*0.800*	0.367
1186 Milk, 1% Chocolate	1 Carton	227	150.000	1.500 9.000%	230.000	22.000 58.667%	*N/A* *N/A%*	2.500 15.000%	10.000	24.000 64.000%	0.000	8.000 21.333%	*N/A*	20.000	*N/A*	0.000
990314 Milk, 1% White	1 Carton	227	100.000	1.500 13.500%	120.000	11.000 44.000%	*N/A* *N/A%*	2.500 22.500%	15.000	11.000 44.000%	0.000	8.000 32.000%	*N/A*	300.000	1.200	0.000
327 Milk, Skim	1 Carton	227	80.000	0.000 0.000%	120.000	11.000 55.000%	*N/A* *N/A%*	0.000 0.000%	5.000	11.000 55.000%	0.000	8.000 40.000%	*N/A*	300.000	1.200	0.000
319 Milk, Strawberry	1 Carton	227	140.000	1.500 9.643%	105.000	22.000 62.857%	*N/A* *N/A%*	2.500 16.071%	10.000	22.000 62.857%	0.000	8.000 22.857%	*N/A*	25.000	*N/A*	0.000
990201 Mini Bagel Variety, WG	1 Pkg	85	230.000	2.000 7.826%	190.000	13.000 22.609%	12.000 20.870%	6.000 23.478%	10.000	42.000 73.043%	2.000	6.000 10.435%	*N/A*	30.000	*N/A*	1.600
990200 Mini Bagel, Cinnamon, WG	1 Pkg	85	230.000	2.000 7.826%	190.000	13.000 22.609%	12.000 20.870%	6.000 23.478%	10.000	42.000 73.043%	2.000	6.000 10.435%	*N/A*	30.000	*N/A*	1.600

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals[1] (kcal)	Saturated Fat[1] (g)	Sodium[1] (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
1042 Mini Bagel, Strawberry, WG	1 Pkg	85	230.000	2.000 7.826%	190.000	13.000 22.609%	12.000 20.870%	6.000 23.478%	10.000	42.000 73.043%	2.000	6.000 10.435%	*N/A*	30.000	*N/A*	1.600
690 Mini Cinnis, WG	1 Pkg	65	230.000	1.500 5.870%	280.000	14.000 24.348%	13.000 22.609%	7.000 27.391%	0.000	41.000 71.304%	3.000	5.000 8.696%	*N/A*	30.000	0.000	1.700
990234 Mini Corn Dog, Turkey, WG, ECC	5 Corn Dogs	95	237.500	2.500 9.474%	675.000	5.000 8.421%	5.000 8.421%	12.500 47.368%	18.750	21.250 35.789%	2.500	8.750 14.737%	*N/A*	50.000	0.000	1.375
990393 Mini Corn Dog, Turkey, WG, Elem	5 Corn Dogs	95	237.500	2.500 9.474%	675.000	5.000 8.421%	5.000 8.421%	12.500 47.368%	18.750	21.250 35.789%	2.500	8.750 14.737%	*N/A*	50.000	0.000	1.375
579 Mini Corn Dog, Turkey, WG, Sec	6 Corn Dogs	114	285.000	3.000 9.474%	810.000	6.000 8.421%	6.000 8.421%	15.000 47.368%	22.500	25.500 35.789%	3.000	10.500 14.737%	*N/A*	60.000	0.000	1.650
1101 Mini Donuts, w/Cinn Sugar, Elem	4 Donuts	57	200.000	3.500 15.750%	260.000	9.000 18.000%	8.000 16.000%	10.000 45.000%	20.000	25.000 50.000%	1.000	3.000 6.000%	*N/A*	19.000	0.000	1.100
990387 Mini Donuts, w/Cinn Sugar, Sec	6 Donuts	85	300.000	5.250 15.750%	390.000	13.500 18.000%	12.000 16.000%	15.000 45.000%	30.000	37.500 50.000%	1.500	4.500 6.000%	*N/A*	28.500	0.000	1.650
796 Mini French Toast, WG	1 Pkg	83	210.000	1.000 4.286%	200.000	11.000 20.952%	10.000 19.048%	7.000 30.000%	0.000	36.000 68.571%	3.000	4.000 7.619%	*N/A*	80.000	*N/A*	1.500
990240 Mini French Toast, WG, ECC	1 Pkg	83	210.000	1.000 4.286%	200.000	11.000 20.952%	10.000 19.048%	7.000 30.000%	0.000	36.000 68.571%	3.000	4.000 7.619%	*N/A*	80.000	*N/A*	1.500
990366 Mini Pancake Puffs, Maple, WG	1 Pkg	73	190.000	1.000 4.737%	160.000	10.000 21.053%	9.000 18.947%	6.000 28.421%	0.000	33.000 69.474%	2.000	3.000 6.316%	*N/A*	60.000	*N/A*	1.000
990365 Mini Pancake Puffs, Strawberry, WG	1 Pkg	73	190.000	1.000 4.737%	160.000	8.000 16.842%	7.000 14.737%	6.000 28.421%	0.000	33.000 69.474%	3.000	3.000 6.316%	*N/A*	60.000	*N/A*	1.000
650 Mini Pancake, Maple, WG	1 Pkg	86	200.000	1.000 4.500%	210.000	10.000 20.000%	10.000 20.000%	6.000 27.000%	0.000	35.000 70.000%	4.000	4.000 8.000%	*N/A*	40.000	0.000	3.600
990257 Mini Pancake, Maple, WG, ECC	1 Pkg	86	200.000	1.000 4.500%	210.000	10.000 20.000%	10.000 20.000%	6.000 27.000%	0.000	35.000 70.000%	4.000	4.000 8.000%	*N/A*	40.000	0.000	3.600
990367 Mini Pancakes Variety, WG	1 Pkg	77	193.333	1.000 4.655%	176.667	9.333 19.310%	8.667 17.932%	6.000 27.931%	0.000	33.667 69.656%	3.000	3.333 6.896%	*N/A*	53.333	*0.000*	1.867
990191 Mini Waffle Variety, WG	1 Pkg	79	210.000	1.000 4.286%	170.000	12.500 23.810%	11.500 21.905%	6.000 25.714%	0.000	37.000 70.476%	2.000	3.500 6.667%	*N/A*	30.000	0.000	1.400
762 Mini Waffle, Blueberry, WG	1 Pkg	79	210.000	1.000 4.286%	170.000	12.000 22.857%	11.000 20.952%	6.000 25.714%	0.000	37.000 70.476%	2.000	4.000 7.619%	*N/A*	30.000	0.000	1.400
797 Mini Waffle, Maple, WG	1 Pkg	79	210.000	1.000 4.286%	170.000	13.000 24.762%	12.000 22.857%	6.000 25.714%	0.000	37.000 70.476%	2.000	3.000 5.714%	*N/A*	30.000	0.000	1.400

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals[1] (kcal)	Saturated Fat[1] (g)	Sodium[1] (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
169 Mix Vegetables (A)	1/2 Cup	58	50.948	0.258 4.558%	45.053	*0.000* *0.000%*	*0.000* *0.000%*	1.409 24.890%	0.000	7.637 59.959%	2.268	1.888 14.823%	*144.015*	14.179	5.897	0.539
990300 Mix Vegetables (Additional), ECC	1/4 Cup	29	25.474	0.129 4.558%	22.526	*0.000* *0.000%*	*0.000* *0.000%*	0.704 24.872%	0.000	3.819 59.967%	1.134	0.944 14.823%	*72.008*	7.090	2.948	0.269
990088 Mixed Berry Cup	cup	113	90.317	*N/A* *N/A%*	*N/A*	16.056 71.110%	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	20.070 88.887%	2.007	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
990356 Muffin Puck Variety, Sec	2 Muffin Pucks	86	320.000	8.000 22.500%	260.000	23.000 28.750%	*12.000* *15.000%*	17.000 47.812%	50.000	37.000 46.250%	1.000	4.000 5.000%	*N/A*	*0.000*	*N/A*	1.700
990149 Muffin Puck, Blueberry, Sec	2 Pucks	85	300.000	8.000 24.000%	280.000	20.000 26.667%	*N/A* *N/A%*	16.000 48.000%	50.000	34.000 45.333%	0.000	4.000 5.333%	*N/A*	*N/A*	*N/A*	1.000
1068 Muffin Puck, Chocolate Chocolate Chip, Sec	2 Pucks	86	340.000	8.000 21.176%	240.000	26.000 30.588%	24.000 28.235%	18.000 47.647%	50.000	40.000 47.059%	2.000	4.000 4.706%	*N/A*	0.000	*N/A*	2.400
990178 Muffin Variety	1 Muffin	58	205.000	2.250 9.878%	146.250	17.250 33.659%	16.250 31.707%	7.750 34.024%	35.000	30.750 60.000%	1.750	3.250 6.341%	*N/A*	32.500	*0.000*	1.170
990148 Muffin, Apple Cinnamon, WG	1 Muffin	57	180.000	2.000 10.000%	125.000	16.000 35.556%	15.000 33.333%	6.000 30.000%	35.000	31.000 68.889%	2.000	3.000 6.667%	*N/A*	30.000	*N/A*	0.900
990146 Muffin, Banana, WG	1 Muffin	57	190.000	2.000 9.474%	130.000	17.000 35.789%	15.000 31.579%	6.000 28.421%	40.000	30.000 63.158%	2.000	3.000 6.316%	*N/A*	30.000	0.000	0.880
990147 Muffin, Blueberry, WG	1 Muffin	57	190.000	2.000 9.474%	130.000	16.000 33.684%	16.000 33.684%	6.000 28.421%	30.000	30.000 63.158%	2.000	3.000 6.316%	*N/A*	30.000	0.000	0.900
951 Muffin, Choc Choc Chip	1 Muffin	64	260.000	3.000 10.385%	200.000	20.000 30.769%	19.000 29.231%	13.000 45.000%	35.000	32.000 49.231%	1.000	4.000 6.154%	*N/A*	40.000	0.000	2.000
1137 Mustard	Tbsp	15	0.000	0.000 *N/A%*	240.000	0.000 *N/A%*	*N/A* *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	*N/A*	0.000	0.000	0.000
876 Nacho Cheese/Chips	SERVINGS	107	270.562	6.001 19.962%	657.461	2.109 3.118%	*0.000* *0.000%*	13.003 43.253%	30.000	23.109 34.164%	2.021	14.023 20.732%	*0.000*	*30.898*	*0.062*	*0.335*
467 Nacho Supreme	servings	240	518.485	14.643 25.418%	1132.911	*0.627* *0.484%*	*0.000* *0.000%*	31.639 54.920%	104.423	28.606 22.069%	3.301	28.941 22.327%	*0.000*	283.965	3.217	3.319
1149 Nachos, Chicken	3oz chix, 1oz C	215	486.151	7.067 13.083%	4016.361	4.267 3.511%	*0.000* *0.000%*	23.538 43.575%	118.032	35.886 29.527%	3.048	32.847 27.026%	*N/A*	316.381	0.000	1.429
990144 Nachos, Pulled Pork	3oz Pork, 1oz Q	122	398.414	6.610 14.932%	162.973	*0.000* *0.000%*	*0.000* *0.000%*	22.707 51.294%	90.001	19.237 19.314%	2.025	27.356 27.465%	*0.000*	43.712	0.336	1.274
942 Nutri Grain Bar 1 oz, Blueberry, WG, Elem	1 Bar	44	150.000	0.500 3.000%	120.000	13.000 34.667%	12.000 32.000%	3.500 21.000%	0.000	31.000 82.667%	3.000	2.000 5.333%	*N/A*	140.000	0.000	1.900

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943 Nutri Grain Bar 1 oz, Strawberry, WG, Elem	1 Bar	44	150.000	0.500 3.000%	140.000	12.000 32.000%	12.000 32.000%	3.500 21.000%	0.000	30.000 80.000%	3.000	2.000 5.333%	*N/A*	140.000	0.000	1.900
990388 Oatmeal Bar 1oz, Double Chocolate	1 Bar	35	150.000	1.000 6.000%	110.000	9.000 24.000%	8.000 21.333%	5.000 30.000%	0.000	24.000 64.000%	3.000	2.000 5.333%	*N/A*	*N/A*	*N/A*	1.000
990208 Omelet Variety & Toast	1 Omlt, 1 Toast	128	255.749	4.925 17.331%	586.124	*2.100* *3.284%*	*0.000* *0.000%*	14.812 52.125%	227.500	17.400 27.214%	1.650	14.300 22.366%	*N/A*	138.500	*0.000*	1.440
990205 Omelet, Cheese	1 Omelet	99	180.000	6.000 30.000%	400.000	1.000 2.222%	0.000 0.000%	13.000 65.000%	270.000	2.000 4.444%	0.000	13.000 28.889%	*N/A*	157.000	*N/A*	1.000
990204 Omelet, Ham/Cheese/Vegetables	1 Omelet	85	110.000	2.500 20.455%	500.000	1.000 3.636%	0.000 0.000%	7.000 57.273%	185.000	2.000 7.273%	0.000	9.000 32.727%	*N/A*	54.000	*N/A*	1.000
990333 Orange Chicken & Rice	4 oz	262	345.187	2.650 6.909%	692.321	*6.631* *7.684%*	*6.513* *7.547%*	15.428 40.225%	53.333	28.048 32.502%	2.406	23.102 26.770%	*0.004*	29.521	*0.000*	1.922
155 Orange Smiles	1 Orange	131	61.570	0.020 0.292%	0.000	12.248 79.571%	0.000 0.000%	0.157 2.295%	0.000	15.393 100.003%	3.144	1.231 7.997%	14.410	52.400	69.692	0.131
990362 Orig/Spicy Chicken Patty Sandwich	1 Sandwich	170	355.000	1.750 4.437%	850.000	4.000 4.507%	4.000 4.507%	10.000 25.352%	55.000	43.000 48.451%	*1.500*	23.000 25.915%	*N/A*	100.000	*0.000*	3.340
891 Pancake Stick, Turkey Saus, WG	1 Stick	81	190.000	2.500 11.842%	310.000	4.000 8.421%	4.000 8.421%	10.000 47.368%	25.000	17.000 35.789%	3.000	7.000 14.737%	*N/A*	30.000	0.000	1.800
990246 Pancake Stick, Turkey Saus, WG, ECC	1 Stick	81	190.000	2.500 11.842%	310.000	4.000 8.421%	4.000 8.421%	10.000 47.368%	25.000	17.000 35.789%	3.000	7.000 14.737%	*N/A*	30.000	0.000	1.800
1152 Panine Sandwich	1 Panine	150	302.550	4.500 13.386%	920.329	5.000 6.610%	*N/A* *N/A%*	11.001 32.725%	52.525	36.001 47.597%	3.000	21.502 28.428%	*N/A*	*20.000*	*0.000*	*1.882*
1157 Parmesan Cheese	1/4 CUP	28	100.000	4.000 36.000%	430.000	0.050 0.200%	*N/A* *N/A%*	7.000 63.000%	20.000	0.050 0.200%	0.000	9.000 36.000%	*N/A*	300.000	0.000	0.000
990186 Parmesan Chicken Sandwich, Elem	Sandwich	253	563.091	12.647 20.214%	1065.927	11.460 8.141%	*4.000* *2.841%*	26.424 42.234%	85.000	50.876 36.141%	*3.191*	32.009 22.738%	*56.699*	*117.010*	*9.922*	*4.316*
990185 Parmesan Chicken Sandwich, Sec	Sandwich	287	603.091	12.147 18.127%	1055.927	11.460 7.601%	*4.000* *2.653%*	26.424 39.433%	110.000	53.876 35.733%	*3.191*	38.009 25.209%	*56.699*	*117.010*	*9.922*	*3.916*
990270 Parmesan Chicken Sandwich, WG, ECC	Sandwich	253	563.091	12.647 20.214%	1065.927	11.460 8.141%	*4.000* *2.841%*	26.424 42.234%	85.000	50.876 36.141%	*3.191*	32.009 22.738%	*56.699*	*117.010*	*9.922*	*4.316*
192 Pasta Bar	SERVINGS	187	367.909	5.529 13.525%	481.600	*5.969* *6.490%*	*0.000* *0.000%*	12.731 31.143%	53.332	37.537 40.811%	3.000	23.783 25.857%	*0.000*	*21.915*	*0.000*	*3.137*
173 Pasta Salad	1/2 CUP	219	149.830	1.345 8.079%	468.017	*1.078* *2.878%*	*0.000* *0.000%*	8.894 53.425%	4.860	14.386 38.406%	1.349	2.977 7.948%	*5.625*	*17.274*	*24.929*	*0.211*

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990121 Patty Melt	Sandwich	232	459.933	6.174 12.081%	605.766	*5.040* *4.383%*	*0.000* *0.000%*	22.823 44.660%	43.800	38.192 33.215%	5.278	27.185 23.643%	*11.200*	363.827	*4.255*	2.063
1108 PB&J Sandwich w/Cheese Stick	Sandwich	142	493.880	6.500 11.845%	543.040	15.200 12.311%	*0.000* *0.000%*	24.200 44.100%	19.880	52.800 42.763%	5.300	21.600 17.494%	*89.880*	*265.920*	*0.000*	*0.880*
15 PBJ Sandwich	1 PBJ	103	376.344	3.000 7.174%	360.520	9.502 10.099%	*N/A* *N/A%*	18.202 43.529%	0.000	44.676 47.484%	5.384	13.613 14.469%	*0.000*	*66.588*	*0.076*	*0.896*
1181 PBJ w/Cheese Stick	1 PBJ, 1 Cheese	142	494.000	8.000 14.575%	563.000	15.200 12.308%	*N/A* *N/A%*	25.200 45.911%	20.000	51.800 41.943%	5.300	20.600 16.680%	*N/A*	*66.000*	*0.000*	*0.880*
1095 Peach Crisp	1/2 CUP	145	260.440	*1.296* *4.479%*	*80.496*	*19.061* *29.275%*	*19.057* *29.269%*	7.245 25.036%	*0.000*	49.303 75.723%	2.463	1.453 2.232%	*0.024*	*17.257*	*100.363*	0.924
357 Peach Cup, Frozen	1 Container	125	90.000	0.000 0.000%	0.000	19.000 84.444%	*N/A* *N/A%*	0.000 0.000%	0.000	21.000 93.333%	2.000	1.000 4.444%	*N/A*	0.000	*N/A*	*N/A*
437 Peaches	1/2 Cup	126	60.968	0.000 0.000%	10.161	12.194 80.003%	*N/A* *N/A%*	0.000 0.000%	0.000	14.226 93.334%	0.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
990316 Peaches, Canned, ECC Lunch	1/4 Cup	63	30.484	0.000 0.000%	5.081	6.097 80.003%	*N/A* *N/A%*	0.000 0.000%	0.000	7.113 93.334%	0.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
397 Peanut Butter Bars	Servings	100	529.132	10.843 18.443%	315.177	*31.703* *23.966%*	*29.577* *22.359%*	31.158 52.997%	0.569	56.574 42.767%	2.105	5.407 4.087%	*0.000*	*68.777*	0.000	*0.408*
990164 Pear Crisp CN	1/2 CUP	181	163.369	*1.276* *7.029%*	*74.242*	*19.083* *46.724%*	*19.057* *46.660%*	7.111 39.175%	*0.000*	24.721 60.528%	0.762	0.805 1.971%	*0.074*	*15.843*	*0.224*	0.558
90 Pear Fresh	1 Pear	166	94.620	0.037 0.352%	1.660	16.185 68.421%	0.000 0.000%	0.232 2.207%	0.000	25.282 106.878%	5.146	0.598 2.528%	1.660	14.940	7.138	0.299
390 Pears, Diced, Canned	1/2 Cup	133	61.440	0.000 0.000%	5.120	12.288 80.000%	0.000 0.000%	0.000 0.000%	0.000	16.384 106.667%	2.048	0.000 0.000%	*N/A*	7.434	2.068	0.215
990322 Pears, Diced, Canned, ECC	1/4 Cup	67	30.720	0.000 0.000%	2.560	6.144 80.000%	0.000 0.000%	0.000 0.000%	0.000	8.192 106.667%	1.024	0.000 0.000%	*N/A*	3.717	1.034	0.108
170 Peas (S)	1/2 Cup	116	99.365	0.405 3.668%	159.876	*5.274* *21.231%*	*0.000* *0.000%*	3.107 28.142%	0.000	14.065 56.620%	2.637	3.516 14.154%	*0.000*	*0.009*	*0.000*	*0.000*
990395 Peas (S), ECC	1/4 Cup	58	49.682	0.203 3.677%	79.938	*2.637* *21.231%*	*0.000* *0.000%*	1.553 28.133%	0.000	7.032 56.616%	1.319	1.758 14.154%	*0.000*	*0.004*	*0.000*	*0.000*
738 Philly Cheesesteak Sandwich	1 Sandwich	232	397.010	3.528 7.998%	921.984	*6.882* *6.934%*	*0.000* *0.000%*	11.577 26.244%	40.000	48.963 49.332%	5.964	23.556 23.733%	*5.103*	*9.355*	*24.891*	*2.676*
531 PIE PUMPKIN	1/10 PIE	122	290.000	4.000 12.414%	360.000	20.000 27.586%	*N/A* *N/A%*	11.000 34.138%	40.000	46.000 63.448%	1.000	4.000 5.517%	*N/A*	70.000	0.000	0.500

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals¹ (kcal)	Saturated Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990032 PIE PUMPKIN *RESIZED*	1/8 PIE	153	362.500	5.000 12.414%	450.000	25.000 27.586%	*N/A* *N/A%*	13.750 34.138%	50.000	57.500 63.448%	1.250	5.000 5.517%	*N/A*	87.500	0.000	0.625
466 Pig in Blanket, Elem	1 Bis, 1 Hotdog	118	390.000	11.000 25.385%	1150.000	4.000 4.103%	4.000 4.103%	26.000 60.000%	50.000	30.000 30.769%	1.000	8.000 8.205%	*N/A*	80.000	*0.000*	2.400
92 Pineapple Tidbits	1/2 Cup	123	80.656	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	15.123 75.000%	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
990324 Pineapple Tidbits, ECC	1/4 Cup	62	40.328	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	7.562 75.005%	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
858 Pizza	1 Slice	153	400.000	9.000 20.250%	580.000	9.000 9.000%	0.000 0.000%	17.000 38.250%	40.000	42.000 42.000%	2.000	19.000 19.000%	80.000	350.000	0.000	2.800
45 Pizza Burger	SERVINGS	155	258.550	6.842 23.817%	367.248	*0.220* *0.340%*	*0.080* *0.124%*	15.689 54.613%	68.172	6.569 10.163%	*1.096*	22.617 34.991%	*0.012*	152.005	*2.663*	2.680
990335 Pizza Crackers, WG, ECC	1 Pkg	22	80.000	0.000 0.000%	190.000	2.000 10.000%	2.000 10.000%	2.000 22.500%	0.000	15.000 75.000%	2.000	2.000 10.000%	*N/A*	10.000	*N/A*	3.000
635 Pizza Pepperoni	SLICE	168	465.811	11.531 22.279%	848.308	9.000 7.728%	*0.000* *0.000%*	23.581 45.561%	52.656	42.000 36.066%	2.000	21.531 18.489%	*80.000*	350.000	0.000	2.982
637 Pizza Sausage	SLICE	168	455.687	9.000 17.775%	726.810	*9.000* *7.900%*	*0.000* *0.000%*	22.316 44.075%	50.125	42.000 36.867%	2.000	20.772 18.234%	*80.000*	*350.000*	*0.000*	*2.800*
990266 Pizza, WG, ECC	1 Slice	153	400.000	9.000 20.250%	580.000	9.000 9.000%	0.000 0.000%	17.000 38.250%	40.000	42.000 42.000%	2.000	19.000 19.000%	80.000	350.000	0.000	2.800
661 Poptart 2 CT Variety, Sec	1 Pkg	96	353.333	2.167 5.520%	291.667	30.833 34.905%	30.000 33.962%	6.667 16.982%	0.000	71.500 80.943%	4.333	4.500 5.094%	*N/A*	*N/A*	*N/A*	*N/A*
748 Pork Roast Cooked	4 oz	99	271.201	6.447 21.395%	199.377	*0.000* *0.000%*	*0.000* *0.000%*	17.566 58.294%	95.041	0.041 0.060%	0.016	26.756 39.463%	*0.017*	14.454	0.355	1.032
1112 Pork Stew	8 OZ SERVINGS	294	299.282	5.564 16.732%	342.829	*2.060* *2.753%*	*0.000* *0.000%*	15.551 46.765%	78.961	15.001 20.049%	*2.310*	25.057 33.489%	*2.076*	*55.562*	*12.637*	*1.894*
1180 Potato Baked w/Cheese	POTATO	293	306.970	6.055 17.753%	594.791	4.450 5.799%	*0.000* *0.000%*	10.213 29.943%	30.000	37.462 48.815%	5.112	15.578 20.299%	*0.000*	*19.881*	*19.383*	*1.108*
1148 Potato Smiles	4 Pieces	68	130.000	0.500 3.462%	180.000	0.000 0.000%	0.000 0.000%	4.500 31.154%	0.000	20.000 61.538%	2.000	2.000 6.154%	*N/A*	10.000	*N/A*	0.400
990331 Potato Smiles, ECC lunch	3 Pieces	51	97.500	0.375 3.462%	135.000	0.000 0.000%	0.000 0.000%	3.375 31.154%	0.000	15.000 61.538%	1.500	1.500 6.154%	*N/A*	7.500	*N/A*	0.300
990398 Potato Sport Goalz	3 Pieces	84	150.000	1.000 6.000%	200.000	0.000 0.000%	0.000 0.000%	7.000 42.000%	0.000	20.000 53.333%	2.000	2.000 5.333%	*N/A*	0.000	*N/A*	0.500

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals¹ (kcal)	Saturated Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
586 Potato Wedges	9 Wedges	85	110.000	1.000 8.182%	45.000	0.000 0.000%	*N/A* *N/A%*	4.000 32.727%	0.000	17.000 61.818%	2.000	2.000 7.273%	*N/A*	*N/A*	*N/A*	*N/A*
990406 Potato Wedges, ECC	4.5 Wedges	43	55.000	0.500 8.182%	22.500	0.000 0.000%	*N/A* *N/A%*	2.000 32.727%	0.000	8.500 61.818%	1.000	1.000 7.273%	*N/A*	*N/A*	*N/A*	*N/A*
44 Potato, Baked	1 Potato	213	146.970	0.055 0.337%	34.080	2.450 6.668%	0.000 0.000%	0.213 1.304%	0.000	33.462 91.072%	5.112	3.578 9.738%	0.000	19.170	19.383	1.108
990219 Potsticker, Chicken & Vegetable, WG, Sec	6 Potstickers	135	240.000	0.500 1.875%	550.000	3.000 5.000%	1.000 1.667%	7.000 26.250%	35.000	31.000 51.667%	2.000	17.000 28.333%	*N/A*	35.000	*N/A*	3.000
990344 Pretzel 5 oz King, w/Cheese, WG, Sec	1 Ptzl, 2oz Chz	174	404.000	2.400 5.347%	464.284	0.800 0.792%	*0.000* *0.000%*	6.000 13.366%	12.000	71.600 70.891%	6.000	16.800 16.634%	*0.000*	*20.284*	*0.000*	*4.600*
905 Pretzel Rold Gold Heartzell	1 Pkg	20	80.000	0.000 0.000%	200.001	0.000 0.000%	*N/A* *N/A%*	1.500 16.875%	0.000	15.000 75.000%	2.000	2.000 10.000%	*N/A*	0.000	0.000	0.720
990135 Pretzel Stick (1G)	1 Stick	28	70.000	0.000 0.000%	275.000	0.000 0.000%	0.000 0.000%	0.500 6.429%	0.000	14.500 82.857%	1.500	2.500 14.286%	*N/A*	5.000	0.000	0.950
532 Pudding w/Banana	1/2 CUP	206	203.026	6.015 26.664%	75.401	*21.293* *41.951%*	*0.000* *0.000%*	7.984 35.393%	6.825	33.145 65.302%	2.022	4.333 8.537%	*11.664*	134.168	7.338	0.214
1094 Queso Cheese Sauce JTM	2 oz	57	121.612	5.550 41.073%	436.508	0.290 0.954%	0.000 0.000%	9.630 71.268%	29.051	1.310 4.309%	0.070	6.680 21.972%	*N/A*	*N/A*	0.000	0.000
990058 Rainbow Veggies & Salad (DG, RO, O)	3/4 Cup	26	7.962	0.016 1.809%	9.608	*0.269* *13.514%*	*0.000* *0.000%*	0.061 6.895%	0.000	1.776 89.224%	0.519	0.358 17.985%	*2.707*	8.188	7.384	0.108
990229 Rainbow Veggies (DG, RO, O), ECC	1/4 Cup	9	2.653	0.003 1.018%	3.200	*0.048* *7.237%*	*0.000* *0.000%*	0.020 6.785%	0.000	0.591 89.107%	0.173	0.120 18.093%	*0.144*	2.732	2.478	0.036
1007 Raisins, Dried	1 Box	28	90.000	0.000 0.000%	10.000	18.000 80.000%	0.000 0.000%	0.000 0.000%	0.000	22.000 97.778%	1.000	1.000 4.444%	*N/A*	*N/A*	*N/A*	*N/A*
1140 Ranch Dressing Reduced Ms Clarks	Tbsp	14	40.000	0.750 16.875%	145.000	0.000 0.000%	*N/A* *N/A%*	4.000 90.000%	5.000	0.500 5.000%	0.000	0.000 0.000%	*N/A*	0.000	0.000	0.000
990157 Ranch Dressing, Homemade	1 oz	62	85.762	1.660 17.420%	332.839	2.935 13.689%	*0.000* *0.000%*	5.535 58.085%	6.688	7.535 35.144%	0.000	1.531 7.141%	*16.991*	36.100	0.261	0.049
644 Ranchero Beans	1/2 CUP	107	84.169	0.168 1.796%	119.473	*0.439* *2.086%*	*0.000* *0.000%*	0.817 8.736%	0.000	15.078 71.656%	4.592	4.658 22.136%	*6.039*	46.066	3.561	2.700
449 Ravioli, Beef	1/2 Cup	128	130.586	1.758 12.116%	301.353	3.014 9.232%	*N/A* *N/A%*	4.018 27.692%	12.556	15.068 46.155%	2.009	8.036 24.615%	*N/A*	10.045	*N/A*	1.356
735 Red Beans And Rice	1/2 CUP	158	90.493	0.275 2.735%	228.242	*0.713* *3.152%*	*0.000* *0.000%*	1.772 17.623%	0.000	15.062 66.578%	4.799	3.983 17.606%	*3.124*	25.893	6.683	0.959

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442 Refried Beans	1/2 Cup	155	164.647	2.551 13.944%	298.620	*1.060* *2.575%*	*0.000* *0.000%*	4.572 24.992%	19.954	21.714 52.753%	7.196	9.399 22.834%	*0.000*	*47.382*	*8.464*	*2.533*
990401 Refried Beans, ECC	1/4 Cup	78	82.323	1.275 13.939%	149.310	*0.530* *2.575%*	*0.000* *0.000%*	2.286 24.992%	9.977	10.857 52.753%	3.598	4.699 22.832%	*0.000*	*23.691*	*4.232*	*1.266*
1163 Rice Krispie Treat	PKG	40	160.000	1.000 5.625%	140.000	11.000 27.500%	*N/A* *N/A%*	4.000 22.500%	0.000	30.000 75.000%	0.500	2.000 5.000%	*N/A*	0.000	0.000	1.800
394 Rice Krispie Treats, Scratch	1 Piece	52	197.051	0.772 3.526%	157.837	*2.099* *4.261%*	*N/A* *N/A%*	4.148 18.945%	0.000	38.873 78.910%	0.085	1.869 3.794%	*N/A*	1.063	13.459	6.468
990223 Rice, White, Dry	1/2 Cup	49	102.316	0.405 3.562%	52.057	*0.000* *0.000%*	*0.000* *0.000%*	2.228 19.598%	0.000	18.345 71.719%	0.486	1.932 7.553%	*0.004*	16.712	*0.000*	0.967
1090 Roast Beef PO BOY Sandwich	SANDWIC H	114	256.667	2.167 7.599%	546.667	*3.000* *4.675%*	*N/A* *N/A%*	7.667 26.884%	26.667	28.667 44.676%	3.000	15.333 23.896%	*N/A*	*0.000*	*0.000*	2.400
472 Roast Beef Sandwich	SANDWIC H	170	390.000	6.500 15.000%	860.000	*3.000* *3.077%*	*N/A* *N/A%*	16.000 36.923%	55.000	30.000 30.769%	3.000	27.000 27.692%	*N/A*	*200.000*	*0.000*	2.880
990156 Roasted Potatoes	1/2 Cup	85	120.068	0.000 0.000%	90.051	0.000 0.000%	*N/A* *N/A%*	3.002 22.502%	0.000	20.011 66.666%	2.001	2.001 6.666%	*N/A*	10.006	*N/A*	0.600
724 Romaine Salad (DG)	1 Cup	97	27.000	0.053 1.767%	30.242	2.250 33.333%	0.000 0.000%	0.291 9.700%	0.000	5.691 84.311%	2.348	1.475 21.852%	441.595	35.277	23.795	0.704
990343 Romaine Salad (DG), ECC	1/2 Cup	97	27.000	0.053 1.767%	30.242	2.250 33.333%	0.000 0.000%	0.291 9.700%	0.000	5.691 84.311%	2.348	1.475 21.852%	441.595	35.277	23.795	0.704
1026 Rotini Spiral Noodles	2/3 CUP	56	197.534	0.000 0.000%	0.000	1.975 3.999%	*N/A* *N/A%*	0.988 4.502%	0.000	40.495 82.001%	0.988	6.914 14.001%	*N/A*	0.000	0.000	9.877
990154 Rotini Whole Grain Rich Blend	1/2 Cup	28	44.624	0.000 0.000%	1.575	0.000 0.000%	*N/A* *N/A%*	0.525 10.588%	0.000	8.925 80.002%	1.050	1.575 14.118%	*N/A*	*N/A*	*N/A*	*N/A*
1190 SALAD CRANBERRY WALNUT	SALAD	146	427.771	5.934 12.485%	410.196	*5.590* *5.227%*	*4.716* *4.410%*	29.013 61.041%	20.250	32.698 30.575%	3.873	12.474 11.664%	*205.487*	94.761	2.363	1.539
29 Salad Dressing, Osage Bend	OZ	33	97.918	0.754 6.930%	73.608	*12.635* *51.615%*	*12.575* *51.370%*	5.159 47.418%	0.000	12.831 52.415%	0.038	0.053 0.217%	*0.010*	2.826	0.011	0.071
415 Salad Dressing, Osage Bend	TBSP	17	48.959	0.377 6.930%	36.804	*6.317* *51.611%*	*6.287* *51.365%*	2.580 47.427%	0.000	6.416 52.419%	0.019	0.026 0.212%	*0.005*	1.413	0.005	0.036
1189 SALAD GREEK	SALAD	91	160.838	2.381 13.323%	435.604	*1.504* *3.740%*	*0.000* *0.000%*	14.926 83.521%	*14.175*	3.936 9.789%	*0.987*	1.523 3.788%	*204.920*	*53.309*	*1.880*	*0.456*
174 Salad Mandarian Orange	1 CUP	125	153.371	1.655 9.712%	125.142	*4.989* *13.012%*	*3.952* *10.307%*	11.901 69.837%	0.000	11.724 30.577%	2.224	1.597 4.165%	*286.670*	35.972	9.326	0.898

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24 SALAD PARMESAN	Salad	104	207.060	5.876 25.540%	805.194	0.579 1.119%	*0.000* *0.000%*	16.034 69.693%	34.381	6.490 12.537%	0.987	8.635 16.681%	*279.197*	257.336	1.880	0.595
1191 Salad Southwest	Salad	166	329.490	2.518 6.878%	699.905	*8.559* *10.391%*	*0.000* *0.000%*	19.141 52.284%	*0.000*	34.992 42.480%	5.763	5.884 7.143%	*204.920*	34.408	1.880	1.732
990095 Santa Fe Vegetable Blend	1/2 CUP	102	82.116	0.000 0.000%	5.865	4.692 22.855%	*N/A* *N/A%*	1.173 12.856%	0.000	14.077 68.571%	3.519	3.519 17.142%	*N/A*	0.000	24.635	8.212
990276 Santa Fe Veggies, Homemade	1/2 cup	2268	1167.183	1.447 1.116%	1353.473	*29.937* *10.260%*	*0.000* *0.000%*	7.121 5.491%	0.000	250.655 85.901%	64.002	51.709 17.721%	*793.786*	354.754	1016.228	18.597
998 Sausage Links, Brunch Lunch, Elem	2 Links	57	240.000	10.000 37.500%	400.000	0.000 0.000%	0.000 0.000%	24.000 90.000%	50.000	0.000 0.000%	0.000	8.000 13.333%	*N/A*	0.000	0.000	0.000
990404 Sausage Links, Brunch Lunch, Sec	4 Links	113	480.000	20.000 37.500%	800.000	0.000 0.000%	0.000 0.000%	48.000 90.000%	100.000	0.000 0.000%	0.000	16.000 13.333%	*N/A*	0.000	0.000	0.000
990334 Sausage Patty, Precooked	1 Patty	42	180.000	6.000 30.000%	280.000	0.000 0.000%	0.000 0.000%	17.000 85.000%	30.000	1.000 2.222%	0.000	6.000 13.333%	14.000	17.600	0.200	0.600
926 Scooby Doo Fruit Snack	PKG	25	70.000	0.000 0.000%	30.000	8.000 45.714%	*N/A* *N/A%*	0.000 0.000%	0.000	21.000 120.000%	4.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
990231 Scrambled Eggs in Flatbread	1 Flatbread	146	366.502	5.666 13.914%	652.165	*2.452* *2.676%*	*1.000* *1.091%*	20.277 49.793%	477.145	29.429 32.119%	3.158	15.594 17.019%	*5.496*	*32.991*	*5.836*	*0.596*
392 Sheet Cake	5x6 Piece	99	333.814	*2.626* *7.080%*	*273.173*	*43.383* *51.985%*	*42.714* *51.183%*	13.320 35.912%	*11.675*	52.986 63.492%	1.725	2.463 2.951%	*1.429*	*18.492*	*0.102*	1.174
721 Shepherd's Pie	4x6 SERVING	193	360.133	12.163 30.396%	869.462	*N/A* *N/A%*	*0.000* *0.000%*	24.155 60.365%	95.986	9.714 10.789%	1.890	26.547 29.486%	*120.013*	220.602	4.914	2.554
831 Shortcake	SERVING	162	254.599	3.504 12.387%	224.613	*18.921* *29.727%*	*10.610* *16.669%*	6.418 22.687%	9.844	48.818 76.698%	1.660	2.525 3.967%	*0.830*	40.191	48.804	1.054
814 Shortcake Frz	SERVING	207	350.036	3.504 9.009%	227.789	*14.862* *16.983%*	*10.610* *12.124%*	6.335 16.288%	9.844	75.493 86.269%	2.406	2.647 3.025%	*0.000*	40.915	52.800	1.469
416 Shredded Lettuce/Cheese	1/4 Cup	28	56.984	3.003 47.429%	96.417	0.279 1.958%	*0.000* *0.000%*	4.520 71.388%	15.000	0.421 2.955%	0.170	3.128 21.957%	*3.544*	*2.551*	*0.397*	*0.058*
990311 Sidekicks, Smooth-Frozen Fruit	1 Container	125	90.000	0.000 0.000%	20.000	21.000 93.333%	0.000 0.000%	0.000 0.000%	0.000	23.000 102.222%	*N/A*	0.000 0.000%	180.000	90.000	60.000	*N/A*
348 Sloppy Joe (Manwich) w/Bun	1 Sandwich	194	347.322	4.981 12.907%	705.882	*4.000* *4.607%*	*4.000* *4.607%*	14.261 36.954%	53.318	33.746 38.864%	*0.957*	19.533 22.496%	*3.136*	91.761	*1.913*	4.795
39 Sloppy Joe (Scratch) w/Bun	1 Sandwich	178	346.485	4.403 11.437%	384.814	*5.659* *6.533%*	*5.601* *6.466%*	13.904 36.116%	59.747	32.422 37.430%	*0.666*	22.093 25.505%	*0.012*	99.953	*6.573*	4.581

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals[1] (kcal)	Saturated Fat[1] (g)	Sodium[1] (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
609 Sloppy Joe w/Tortilla Chips	4oz M, 15 Chips	199	484.928	5.587 10.369%	637.167	*0.000* *0.000%*	*0.000* *0.000%*	24.156 44.832%	54.428	44.340 36.575%	5.027	19.906 16.420%	*3.202*	72.755	1.953	3.257
990263 Sloppy Joe w/Tostito Scoops, ECC	4 oz	165	321.351	4.924 13.791%	508.903	*0.000* *0.000%*	*0.000* *0.000%*	17.077 47.827%	53.318	22.579 28.105%	2.729	17.305 21.540%	*3.136*	38.339	1.913	2.861
396 Smore Bars	EACH	58	233.989	*3.096* *11.908%*	195.369	*17.637* *30.150%*	*8.726* *14.917%*	7.941 30.544%	*0.000*	42.678 72.957%	*0.962*	1.480 2.530%	*0.000*	*6.717*	*0.000*	*0.510*
907 Snack Mix Kids	PKG	25	110.000	0.000 0.000%	160.000	2.000 7.273%	*N/A* *N/A%*	3.500 28.636%	0.000	17.000 61.818%	2.000	3.000 10.909%	*N/A*	20.000	0.000	2.700
829 Sorbet	CUP	125	70.000	0.000 0.000%	5.000	15.000 85.714%	*N/A* *N/A%*	0.000 0.000%	0.000	19.000 108.571%	3.000	0.000 0.000%	*N/A*	60.000	60.000	0.360
385 Soup Tomato	Cup	227	141.384	1.112 7.079%	699.520	0.000 0.000%	*N/A* *N/A%*	2.973 18.925%	3.700	25.285 71.536%	2.973	2.973 8.411%	*N/A*	44.646	17.840	0.250
539 Soup Vegetable Beef	1 CUP	333	124.301	1.067 7.726%	562.953	*4.401* *14.162%*	*0.000* *0.000%*	4.148 30.034%	16.148	13.487 43.401%	3.890	8.257 26.571%	*97.990*	*47.691*	*9.038*	*7.925*
602 Southwestern Chicken Soup	1 Cup	268	138.352	1.977 12.861%	934.597	*0.913* *2.640%*	*0.000* *0.000%*	5.461 35.525%	51.302	7.928 22.921%	1.188	13.756 39.771%	*32.059*	22.334	6.033	1.367
990329 Soy Milk, Chocolate	1 Carton	227	150.000	1.000 6.000%	70.000	13.000 34.667%	12.000 32.000%	4.500 27.000%	0.000	18.000 48.000%	4.000	8.000 21.333%	*N/A*	300.000	*N/A*	1.600
990330 Soy Milk, Vanilla	1 Carton	227	140.000	0.500 3.214%	110.000	15.000 42.857%	14.000 40.000%	4.500 28.929%	0.000	17.000 48.571%	2.000	8.000 22.857%	*N/A*	300.000	*N/A*	1.100
993 Soy Sauce	SERVING	14	5.000	0.000 0.000%	610.000	1.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	1.000 80.000%	0.000	0.000 0.000%	*N/A*	0.000	0.000	0.000
990288 Spaghetti w/JTM (smaller) Meatballs	Serving	242	357.396	4.000 10.073%	686.793	9.720 10.879%	*0.000* *0.000%*	11.720 29.513%	48.000	43.999 49.244%	5.560	19.120 21.399%	*N/A*	43.800	*0.000*	3.419
31126 Spaghetti w/Meatballs	3/4 Cup, 3 Meat	256	486.396	9.000 16.653%	914.793	10.720 8.816%	*N/A* *N/A%*	23.720 43.890%	50.000	46.999 38.651%	5.560	18.120 14.901%	*N/A*	*20.800*	*0.000*	*2.419*
372 Spaghetti w/Meatsauce	Servings	261	436.794	5.215 10.745%	464.797	*8.720* *7.985%*	*N/A* *N/A%*	14.420 29.712%	80.004	41.999 38.461%	4.560	31.948 29.257%	*N/A*	40.001	*0.000*	5.044
1003 Spicy Chicken Patty w/Bun	1 Sandwich	166	330.000	1.500 4.091%	1030.000	4.000 4.848%	4.000 4.848%	8.500 23.182%	50.000	42.000 50.909%	*1.000*	21.000 25.455%	*N/A*	100.000	*0.000*	3.280
880 Spinach Dip	2 OZ serving	57	136.251	3.128 20.662%	228.753	*0.064* *0.188%*	*0.000* *0.000%*	12.327 81.425%	15.942	4.546 13.346%	0.828	2.573 7.554%	*25.401*	344.002	2.648	0.452
51 Spinach Frozen	1/2 CUP	95	32.300	0.149 4.152%	92.150	0.484 5.994%	0.000 0.000%	0.827 23.043%	0.000	4.560 56.471%	3.515	3.810 47.183%	572.850	145.350	2.090	1.862

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Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals¹ (kcal)	Saturated Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
334 Strawberries, Fresh	1/2 Cup	76	24.320	0.011 0.407%	0.760	3.716 61.118%	0.000 0.000%	0.228 8.438%	0.000	5.837 96.003%	1.520	0.509 8.372%	0.760	12.160	44.688	0.312
615 Strawberries, Frozen	1/2 Cup	128	121.997	0.013 0.096%	4.006	*N/A* *N/A%*	*N/A* *N/A%*	0.166 1.225%	0.000	33.050 108.363%	2.406	0.678 2.223%	*N/A*	14.003	52.800	0.755
990108 Strawberry & Blueberry Frz	1/2 Cup	71	64.633	0.006 0.084%	2.094	*0.636* *3.936%*	*N/A* *N/A%*	0.174 2.423%	0.000	17.433 107.889%	1.385	0.339 2.098%	*N/A*	7.002	26.400	0.378
990326 Strawberry & Blueberry Frz, ECC	1/4 Cup	71	64.633	0.006 0.084%	2.094	*0.636* *3.936%*	*N/A* *N/A%*	0.174 2.423%	0.000	17.433 107.889%	1.385	0.339 2.098%	*N/A*	7.002	26.400	0.378
598 Strawberry Cup	1 Container	128	80.000	0.000 0.000%	1.000	16.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	21.000 105.000%	2.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
990070 Strawberry Fluff	1/2 Cup	102	201.539	6.207 27.718%	2.036	*21.877* *43.420%*	*12.575* *24.958%*	7.826 34.948%	0.000	37.908 75.237%	1.079	0.304 0.603%	*0.000*	6.359	23.388	0.348
737 Stromboli	Serving	117	230.059	*5.109* *19.987%*	*548.769*	*1.920* *3.338%*	*0.503* *0.875%*	10.441 40.846%	*40.639*	21.519 37.415%	2.036	17.145 29.810%	*0.019*	*151.453*	*0.015*	2.057
1178 Stromboli	SERVINGS	125	265.045	5.663 19.230%	706.929	*3.976* *6.000%*	*N/A* *N/A%*	11.682 39.668%	42.202	25.474 38.445%	2.500	19.171 28.932%	*N/A*	156.249	0.000	0.874
460 Sub Meatball	4 Meatballs	324	734.132	15.800 19.370%	1501.261	*13.127* *7.152%*	*N/A* *N/A%*	39.967 48.997%	78.666	60.428 32.925%	8.673	30.827 16.796%	*N/A*	*135.599*	*0.000*	*1.978*
852 Sunchips, Cheddar, WG	1 Pkg	28	140.000	0.500 3.214%	170.000	2.000 5.714%	2.000 5.714%	6.000 38.571%	0.000	19.000 54.286%	2.000	2.000 5.714%	*N/A*	10.000	0.000	0.500
990261 Sunchips, Garden Salsa, WG	1 Pkg	28	140.000	0.500 3.214%	140.000	2.000 5.714%	2.000 5.714%	6.000 38.571%	0.000	19.000 54.286%	2.000	2.000 5.714%	*N/A*	10.000	*N/A*	0.600
1160 Sunchips, Original, WG	1 Pkg	28	140.000	0.500 3.214%	110.000	2.000 5.714%	2.000 5.714%	6.000 38.571%	0.000	19.000 54.286%	2.000	2.000 5.714%	*N/A*	10.000	*N/A*	0.600
990260 Sunchips, Variety, WG	1 Pkg	28	140.000	0.500 3.214%	140.000	2.000 5.714%	2.000 5.714%	6.000 38.571%	0.000	19.000 54.286%	2.000	2.000 5.714%	*N/A*	10.000	*0.000*	0.567
990222 Sweet & Sour Meatballs w/Rice	Servings	150	504.585	12.000 21.404%	706.667	2.667 2.114%	*0.000* *0.000%*	30.667 54.699%	66.667	36.005 28.542%	2.105	17.755 14.075%	*N/A*	*25.478*	*N/A*	*1.544*
990211 Sweet Potato Fries	12 Fries	51	92.820	0.590 5.721%	74.460	6.579 28.352%	*N/A* *N/A%*	4.549 44.108%	0.000	18.146 78.199%	2.907	1.102 4.749%	221.340	26.520	3.825	0.393
1022 Syrup	2 Tbsp	39	91.845	0.000 0.000%	32.185	8.427 36.701%	*N/A* *N/A%*	0.000 0.000%	0.000	24.127 105.077%	0.000	0.000 0.000%	0.000	1.178	0.000	0.012
1088 Taco Burger	1/2 Cup	187	306.928	9.600 28.150%	496.692	*0.578* *0.753%*	*0.042* *0.055%*	20.262 59.414%	80.130	7.370 9.605%	*1.283*	22.558 29.398%	*3.390*	*92.392*	*3.165*	*2.655*

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13 Taco Crunch w/Corn Chips	4 oz	229	479.855	9.768 18.321%	596.975	*0.447* *0.373%*	*0.000* *0.000%*	28.504 53.461%	89.997	24.821 20.690%	3.145	28.085 23.411%	*0.008*	*84.801*	*4.368*	*5.011*
1067 Taco Salad	CUP	81	18.160	0.028 1.388%	6.848	1.376 30.308%	0.000 0.000%	0.365 18.089%	0.000	3.628 79.912%	1.652	1.076 23.700%	*311.927*	23.975	3.502	0.759
1033 Taco Soft or Crunchy, WG	1/2 Cup	199	338.092	8.597 22.885%	431.473	*0.619* *0.732%*	*0.000* *0.000%*	19.420 51.696%	72.630	18.353 21.714%	2.065	20.420 24.159%	*28.658*	*57.235*	*3.421*	*3.345*
990265 Taco Soft/Crunchy, WG, ECC	1/2 CUP	199	338.092	8.597 22.885%	431.473	*0.619* *0.732%*	*0.000* *0.000%*	19.420 51.696%	72.630	18.353 21.714%	2.065	20.420 24.159%	*28.658*	*57.235*	*3.421*	*3.345*
990073 Taco Soup	1/2 CUP	355	241.849	2.422 9.013%	500.112	*6.307* *10.431%*	*0.000* *0.000%*	7.850 29.212%	37.342	25.629 42.388%	6.550	16.257 26.888%	*0.000*	26.649	*4.455*	4.234
990353 Tamale Variety	1 Tamale	163	325.305	7.105 19.657%	630.880	1.010 1.242%	0.115 0.141%	15.025 41.569%	50.530	29.180 35.880%	2.935	18.100 22.256%	*N/A*	*N/A*	*N/A*	*N/A*
990352 Tamale, Shredded Beef & Salsa & Cheese	1 Tamale	163	342.050	7.680 20.208%	639.900	1.990 2.327%	0.200 0.234%	16.290 42.862%	45.330	29.960 35.036%	3.170	18.930 22.137%	*N/A*	*N/A*	*N/A*	*N/A*
990351 Tamales, Chicken, Salsa Verde, Cheese	1 Tamale	163	308.560	6.530 19.047%	621.860	0.030 0.039%	0.030 0.039%	13.760 40.135%	55.730	28.400 36.816%	2.700	17.270 22.388%	*N/A*	*N/A*	*N/A*	*N/A*
720 Tater Tot Casserole	1/2 Cup	195	357.829	6.118 15.388%	872.139	*0.938* *1.049%*	*0.000* *0.000%*	21.948 55.203%	54.092	24.796 27.718%	2.722	16.830 18.813%	*0.000*	*11.335*	*0.063*	*1.685*
990290 Tater Tots, Ore Ida Kohls	8 Tater Tots	71	90.170	0.483 4.821%	163.222	0.561 2.489%	0.050 0.222%	3.444 34.375%	0.000	13.561 60.157%	1.526	1.186 5.261%	*N/A*	6.319	*N/A*	0.412
990409 Tater Tots, Ore Ida Kohls, ECC	4 Tater Tots	36	45.085	0.241 4.811%	81.611	0.280 2.484%	0.025 0.222%	1.722 34.375%	0.000	6.781 60.162%	0.763	0.593 5.261%	*N/A*	3.160	*N/A*	0.206
352 Tater Tots, Puffs	9 Tater Tots	85	150.000	0.500 3.000%	300.000	0.000 0.000%	0.000 0.000%	8.000 48.000%	0.000	20.000 53.333%	2.000	2.000 5.333%	*N/A*	6.000	*N/A*	0.400
621 Tetrazzini Turkey	1 CUP	181	248.081	*2.378* *8.627%*	*731.736*	*2.664* *4.295%*	*0.000* *0.000%*	7.855 28.497%	*34.726*	25.988 41.902%	*2.537*	18.917 30.501%	*6.270*	*120.558*	*5.919*	*0.840*
959 Texas Toast, Garlic, WG (1.25G)	1 Slice	40	120.000	1.000 7.500%	115.000	1.000 3.333%	0.000 0.000%	4.500 33.750%	0.000	16.000 53.333%	2.000	3.000 10.000%	*N/A*	10.000	0.000	1.000
495 Toast (1G)	1 Slice	36	110.749	0.675 5.485%	136.124	*1.100* *3.973%*	*N/A* *N/A%*	4.812 39.105%	0.000	15.400 55.621%	1.650	3.300 11.919%	*N/A*	33.000	*0.000*	0.440
93 Toast, Cinnamon (1G)	1 Slice	15	79.607	1.017 11.498%	59.989	*5.966* *29.977%*	*5.894* *29.615%*	5.629 63.639%	0.000	7.499 37.680%	0.696	0.185 0.930%	*0.177*	13.270	*0.045*	0.120
564 Toasted Ravioli, WG, Elem	4 Ravioli	81	240.000	2.500 9.375%	440.000	1.000 1.667%	0.000 0.000%	14.000 52.500%	15.000	22.000 36.667%	2.000	7.000 11.667%	*N/A*	33.000	*N/A*	2.000

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990360 Toasted Ravioli, WG, Sec	6 Ravioli	122	360.000	3.750 9.375%	660.000	1.500 1.667%	0.000 0.000%	21.000 52.500%	22.500	33.000 36.667%	3.000	10.500 11.667%	*N/A*	49.500	*N/A*	3.000
811 TOMATO RED RAW	2 OZ SERVING	45	8.100	0.013 1.444%	2.250	1.184 58.469%	0.000 0.000%	0.090 10.000%	0.000	1.751 86.469%	0.540	0.396 19.556%	18.900	4.500	6.165	0.122
990100 Tortellini w/ Meat Sauce	1/2 CUP	236	335.848	4.973 13.327%	503.349	*7.118* *8.478%*	*0.000* *0.000%*	14.190 38.026%	83.916	22.572 26.884%	3.933	26.553 31.625%	*0.000*	46.026	*0.000*	4.601
1166 Tortilla Chips- Tostitos IW, Baked Scoops, WG	1 Pkg	25	110.000	0.000 0.000%	95.000	0.000 0.000%	0.000 0.000%	3.000 24.545%	0.000	19.000 69.091%	2.000	2.000 7.273%	*N/A*	30.000	0.000	0.300
894 Tortilla Chips-Tostitos Rounds, 16oz, WG	10 Chips	28	141.748	0.506 3.213%	106.311	0.000 0.000%	0.000 0.000%	6.075 38.572%	0.000	19.237 54.285%	2.025	2.025 5.714%	0.000	30.374	0.000	0.304
118 Tropical Fruit Salad	1/2 CUP	100	68.166	*0.023* *0.304%*	*0.785*	*7.442* *43.670%*	*0.000* *0.000%*	*0.118* *1.558%*	*0.000*	15.832 92.903%	*1.334*	*0.323* *1.895%*	*0.987*	*4.761*	*12.108*	*0.081*
643 Tuna Casserole	8 OZ	441	225.634	*1.409* *5.620%*	*800.300*	*5.957* *10.560%*	*0.000* *0.000%*	6.508 25.959%	*20.479*	24.397 43.251%	2.871	17.911 31.752%	*3.856*	*57.411*	*11.071*	*1.299*
188 Tuna Salad Sandwich	1/2 CUP	107	142.470	1.067 6.740%	322.951	*3.135* *8.802%*	*0.000* *0.000%*	6.767 42.748%	52.239	5.130 14.403%	0.379	15.744 44.203%	*27.670*	21.598	*0.463*	1.442
1122 Tuna Sliders	SANDWICHES	160	373.309	8.096 19.518%	912.174	2.143 2.296%	*N/A* *N/A%*	13.352 32.190%	86.399	24.876 26.655%	1.555	34.694 37.175%	*0.000*	*63.245*	*0.000*	*2.816*
629 Turkey & Cheese Sandwich	1 Sandwich	162	284.210	1.500 4.750%	786.952	2.700 3.800%	*N/A* *N/A%*	6.798 21.527%	45.262	33.898 47.708%	3.300	26.383 37.132%	*N/A*	*66.000*	*N/A*	*0.880*
990102 Turkey & Noodles	8 OZ SERVINGS	410	225.495	*2.393* *9.551%*	*1584.157*	*0.349* *0.619%*	*0.000* *0.000%*	10.690 42.666%	*39.965*	14.185 25.162%	1.369	17.775 31.531%	*0.035*	*13.768*	*0.084*	*1.486*
990190 Turkey Roast	1 Cup	113	175.767	2.155 11.034%	771.106	0.000 0.000%	*N/A* *N/A%*	6.554 33.559%	60.101	3.481 7.922%	0.000	24.176 55.018%	*N/A*	5.670	0.000	1.848
485 Turkey Roast & Gravy	1/2 Cup	228	201.612	*2.155* *9.620%*	*1081.878*	*0.400* *0.794%*	*0.000* *0.000%*	7.051 31.476%	*62.099*	8.027 15.926%	0.443	25.240 50.076%	*0.001*	*8.883*	*0.000*	2.251
727 Uncrustable Whole Wheat with Grape Jelly	1 Pkg	74	300.000	3.000 9.000%	280.000	14.000 18.667%	*N/A* *N/A%*	17.000 51.000%	0.000	32.000 42.667%	4.000	9.000 12.000%	*N/A*	26.000	0.000	1.000
990143 Uncrustable Whole Wheat with Strawberry Jam	1 Pkg	74	300.000	3.500 10.500%	280.000	15.000 20.000%	*N/A* *N/A%*	16.000 48.000%	0.000	33.000 44.000%	4.000	9.000 12.000%	*N/A*	44.000	*N/A*	1.000
387 Vegetable Blend & Pasta	1/2 Cup	115	128.627	0.000 0.000%	25.138	2.996 9.317%	*0.000* *0.000%*	0.492 3.443%	0.000	25.212 78.403%	2.503	4.452 13.845%	*70.387*	30.166	26.144	5.325
386 Vegetable Blend, California (DG, RO, O)	1/2 Cup	87	30.166	0.000 0.000%	25.138	2.011 26.666%	0.000 0.000%	0.000 0.000%	0.000	5.028 66.671%	2.011	1.006 13.340%	70.387	30.166	26.144	0.402

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals¹ (kcal)	Saturated Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990302 Vegetable Blend, California (DG, RO, O), ECC	1/4 Cup	44	15.083	0.000 0.000%	12.569	1.006 26.679%	0.000 0.000%	0.000 0.000%	0.000	2.514 66.671%	1.006	0.503 13.340%	35.194	15.083	13.072	0.201
454 Vegetable Blend, Catalina (DG, O)	1/2 Cup	79	25.452	0.000 0.000%	20.362	2.036 31.997%	0.000 0.000%	0.000 0.000%	0.000	5.091 80.009%	2.036	1.018 15.999%	23.416	27.489	24.434	0.000
990303 Vegetable Blend, Catalina (DG, O), ECC	1/4 Cup	39	12.726	0.000 0.000%	10.181	1.018 31.997%	0.000 0.000%	0.000 0.000%	0.000	2.545 79.994%	1.018	0.509 15.999%	11.708	13.744	12.217	0.000
1172 Vegetable Blend, Sonoma (DG, O)	1/2 Cup	79	30.210	0.000 0.000%	25.175	2.014 26.667%	*N/A* *N/A%*	0.000 0.000%	0.000	6.042 80.000%	2.014	1.007 13.333%	0.000	30.210	18.126	0.403
990304 Vegetable Blend, Sonoma (DG, O), ECC	1/4 Cup	39	15.105	0.000 0.000%	12.587	1.007 26.667%	*N/A* *N/A%*	0.000 0.000%	0.000	3.021 80.000%	1.007	0.503 13.320%	0.000	15.105	9.063	0.201
596 Vegetable Blend, Stir Fry Supreme (DG, O, A)	1/2 Cup	94	35.216	0.000 0.000%	15.093	2.012 22.853%	0.000 0.000%	0.000 0.000%	0.000	7.043 79.998%	2.012	2.012 22.853%	40.247	20.124	22.136	0.402
990305 Vegetable Blend, Stir Fry Supreme (DG, O, A), ECC	1/4 Cup	47	17.608	0.000 0.000%	7.546	1.006 22.853%	0.000 0.000%	0.000 0.000%	0.000	3.522 80.009%	1.006	1.006 22.853%	20.124	10.062	11.068	0.201
453 Vegetable Blend, Tuscan (RO, O)	1/2 Cup	94	30.003	0.000 0.000%	10.001	2.000 26.664%	0.000 0.000%	0.000 0.000%	0.000	6.001 80.005%	2.000	1.000 13.332%	80.008	30.003	13.001	0.500
990306 Vegetable Blend, Tuscan (RO, O), ECC	1/4 Cup	47	15.002	0.000 0.000%	5.001	1.000 26.663%	0.000 0.000%	0.000 0.000%	0.000	3.000 79.989%	1.000	0.500 13.332%	40.004	15.002	6.501	0.250
610 Vegetable Italian	4 oz	113	40.000	*N/A* *N/A%*	26.667	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	0.000	8.000 80.000%	2.667	1.333 13.330%	*N/A*	26.667	20.000	0.480
451 Vegetable Monaco	4 oz	113	46.693	0.000 0.000%	20.011	4.002 34.284%	*N/A* *N/A%*	0.000 0.000%	0.000	6.671 57.148%	2.668	1.334 11.428%	*N/A*	53.364	4.803	0.480
990214 Waffle Snaps, Choc Chip-Darlington, WG	1 Pkg	54	230.000	1.500 5.870%	180.000	16.000 27.826%	16.000 27.826%	7.000 27.391%	0.000	40.000 69.565%	3.000	3.000 5.217%	*N/A*	9.000	*N/A*	1.000
990213 Waffle w/Syrup, Bulk, (1G) Lunch	1 Waf, 2T Syrup	74	181.845	0.500 2.475%	197.185	10.427 22.936%	*2.000* *4.399%*	2.500 12.373%	0.000	39.127 86.067%	0.500	2.000 4.399%	*0.000*	131.178	*0.000*	*0.012*
616 Waffle, Dutch, WG	1 Waffle	86	339.725	3.000 7.948%	330.050	14.445 17.008%	13.445 15.830%	19.000 50.335%	15.000	40.494 47.679%	3.000	4.000 4.710%	*0.000*	30.025	0.000	1.502
990281 Waffles w/Syrup, Bulk (2G) Breakfast	2 Waf, 2T Syrup	109	271.845	1.000 3.311%	362.185	12.427 18.285%	*4.000* *5.886%*	5.000 16.554%	0.000	54.127 79.644%	1.000	4.000 5.886%	*0.000*	261.178	*0.000*	*0.012*
346 Watermelon	1/2 CUP	76	22.800	0.012 0.474%	0.760	4.712 82.667%	0.000 0.000%	0.114 4.500%	0.000	5.738 100.667%	0.304	0.464 8.140%	21.280	5.320	6.156	0.182
1179 Whip Topping Richs	2 TSP	9	25.000	2.000 72.000%	0.000	2.000 32.000%	*N/A* *N/A%*	2.000 72.000%	0.000	2.000 32.000%	0.000	0.000 0.000%	*N/A*	0.000	0.000	0.000

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals[1] (kcal)	Saturated Fat[1] (g)	Sodium[1] (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (mcg RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
65 Yogurt Parfait with Fruit	1 Parfait	264	259.505	0.413 1.432%	116.838	*17.758* *27.372%*	*5.336* *8.225%*	3.514 12.187%	3.335	52.094 80.297%	4.493	7.691 11.855%	*2.268*	*29.472*	*39.139*	*1.431*
994 Yogurt Variety- Lit & Fit- Dannon	1 Container	113	50.000	0.000 0.000%	60.000	7.000 56.000%	3.000 24.000%	0.000 0.000%	5.000	10.000 80.000%	0.000	4.000 32.000%	*N/A*	120.000	0.000	0.000
3497 Yogurt Variety- Trix	1 Container	113	80.000	0.000 0.000%	65.000	9.000 45.000%	5.000 25.000%	0.167 1.879%	5.000	15.000 75.000%	0.000	4.000 20.000%	*40.000*	140.000	*0.000*	*0.000*
997 Yogurt Variety- Yoplait	1 Container	113	90.000	0.000 0.000%	55.000	11.000 48.889%	8.000 35.556%	0.000 0.000%	5.000	18.000 80.000%	0.000	3.000 13.333%	*N/A*	130.000	0.000	0.000
995 Yogurt Variety-Upstate	1 Container	113	90.000	0.000 0.000%	53.750	14.250 63.333%	10.250 45.556%	0.000 0.000%	5.000	19.000 84.444%	0.000	3.000 13.333%	*N/A*	*217.500*	*N/A*	*0.000*
990400 Yogurt w/Toast	1 Yogurt, 1 Toa	149	184.082	0.675 3.300%	196.124	*10.100* *21.947%*	*5.333* *11.588%*	4.868 23.800%	5.000	29.733 64.608%	1.650	6.967 15.139%	*13.333*	163.000	*0.000*	*0.440*
990226 Yogurt, Strawberry Pch w/Strawberries	1/2 Cup	204	119.841	0.000 0.000%	42.043	16.308 54.432%	*8.800* *29.372%*	0.400 3.004%	4.000	26.216 87.503%	2.043	2.400 8.011%	*N/A*	*95.998*	*N/A*	*0.000*
990228 Yogurt, Vanilla Pch w/Blueberries	1/2 Cup	204	122.189	0.000 0.000%	54.818	17.648 57.773%	*4.269* *13.975%*	0.534 3.933%	2.668	24.824 81.264%	2.908	3.202 10.482%	*N/A*	*N/A*	*N/A*	*N/A*

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