

Open Kitchens

(G-3085) Animal Crackers	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)				
	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each		
Crackers, Animal WG	120	120		4.5	4.5		115	115		20	20		8	8		2	2		0	0		0	0		0	0		0	0		0.72	0.72
	120	120		4.5	4.5		115	115		20	20		8	8		2	2		0	0		0	0		0	0		0	0		0.72	0.72

* Total includes one or more missing nutrient data.

(G-3213) Applesauce	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each
Applesauce, Unsweetened	42	47.6272		0.1	0.1134		2	2.268		11.27	12.78		9.39	10.6481		0.17	0.1928		29	32.8854		21.2	24.0404		4	4.5359		0.23	0.2608	
	42	47.6272		0.1	0.1134		2	2.268		11.27	12.78		9.39	10.6481		0.17	0.1928		29	32.8854		21.2	24.0404		4	4.5359		0.23	0.2608	

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(G-3125) Applesauce Cup	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	1/2 cup	4 OZ CUP	Recipe	1/2 cup	4 OZ CUP	Recipe	1/2 cup	4 OZ CUP	Recipe	1/2 cup	4 OZ CUP	Recipe	1/2 cup	4 OZ CUP	Recipe	1/2 cup	4 OZ CUP	Recipe	1/2 cup	4 OZ CUP	Recipe	1/2 cup	4 OZ CUP	Recipe	1/2 cup	4 OZ CUP	Recipe	1/2 cup	4 OZ CUP
Applesauce Cup	50.2217	50.2217		0	0		0	0		13.928	13.928		10.8819	10.8819		0	0		0*	0*		0*	0*		0.0588	0.0588		0	0	
	50.2217	50.2217		0	0		0	0		13.928	13.928		10.8819	10.8819		0	0		0*	0*		0*	0*		0.0588	0.0588		0	0	

* Total includes one or more missing nutrient data.

(yys-59) ASSORTED YOGURT	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	Each	Each	Recipe	Each	Each	Recipe	Each	Each	Recipe	Each	Each	Recipe	Each	Each	Recipe	Each	Each	Recipe	Each	Each	Recipe	Each	Each	Recipe	Each	Each	Recipe	Each	Each
Yogurt, Blueberry NF	90	90		0	0		55	55		19	19		15	15		3	3		0	0		0*	0*		200.0001	200.0001		0	0	
	90	90		0	0		55	55		19	19		15	15		3	3		0	0		0*	0*		200.0001	200.0001		0	0	

* Total includes one or more missing nutrient data.

(P-4041) Baby Carrots	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup
Baby Carrots 1/4 Cup	12.95	12.95	12.95	0.0481	0.0481	0.0481	28.86	28.86	28.86	3.0488	3.0488	3.0488	1.7612	1.7612	1.7612	0.2388	0.2388	0.2388	9102.3	9102.3	9102.3	0.962	0.962	0.962	11.84	11.84	11.84	0.3293	0.3293	0.3293
	12.95	12.95	12.95	0.0481	0.0481	0.0481	28.86	28.86	28.86	3.0488	3.0488	3.0488	1.7612	1.7612	1.7612	0.2388	0.2388	0.2388	9102.3	9102.3	9102.3	0.962	0.962	0.962	11.84	11.84	11.84	0.3293	0.3293	0.3293

* Total includes one or more missing nutrient data.

(FG-5120) Bagel & Cream Cheese	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	1/2 cup	EACH	Recipe	1/2 cup	EACH	Recipe	1/2 cup	EACH	Recipe	1/2 cup	EACH	Recipe	1/2 cup	EACH	Recipe	1/2 cup	EACH	Recipe	1/2 cup	EACH	Recipe	1/2 cup	EACH	Recipe	1/2 cup	EACH	Recipe	1/2 cup	EACH
Bagel, WG	150	150		1	1		300	300		30	30		5	5		8	8		0	0		0	0		20	20		1.8	1.8	
Cream Cheese PC	101.2482	101.2482		9.1124	9.1124		101.2482	101.2482		2.025	2.025		1.0125	1.0125		2.025	2.025		202.4964	202.4964		0	0		20.2497	20.2497		1.8	1.8	
	251.2482	251.2482		10.1124	10.1124		401.2482	401.2482		32.025	32.025		6.0125	6.0125		10.025	10.025		202.4964	202.4964		0	0		40.2496	40.2496		1.8	1.8	

* Total includes one or more missing nutrient data.

(FG-5255) BBQ Popcorn Chicken	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	Serving	Serving	Recipe	Serving	Serving	Recipe	Serving	Serving	Recipe	Serving	Serving	Recipe	Serving	Serving	Recipe	Serving	Serving	Recipe	Serving	Serving	Recipe	Serving	Serving	Recipe	Serving	Serving	Recipe	Serving	Serving
Chicken, Popcorn, WG	108	108		8	8		540	540		17	17		2	2		14*	14*		0*	0*		0*	0*		53*	53*		2*	2*	
Sauce, BBQ, Sweet Baby Ray's	70	70		0	0		290	290		18	18		17	17		0*	0*		0*	0*		0*	0*		0*	0*		0*	0*	
	178	178		8	8		830	830		35	35		19	19		14*	14*		0*	0*		0*	0*		53*	53*		2*	2*	

* Total includes one or more missing nutrient data.

(FG-5244) BBQ Three Bean Salad	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)			
	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	
ZZ Beans, Garbanzo, Low-sodium, Canned	2778.2533	55.5651	27.7825	52.7074	1.0541	0.5271	3704.126	74.0825	37.0413	449.6008	8.992	4.496	79.3787	1.5876	0.7938	132.0861*	2.6417*	1.3209*	0*	0*	0*	0*	0*	0*	528.9794*	10.5796*	5.2898*	38.1018*	0.762*	0.381*	
Spice, Lime, Raw	28.3495	0.567	0.2835	0.0794	0.0016	0.0008	2.268	0.0454	0.0227	9.5481	0.191	0.0955	1.9164	0.0383	0.0192	0.4763*	0.0095*	0.0048*	56.699*	1.134*	0.567*	34.0194*	0.6804*	0.3402*	15.8757*	0.3175*	0.1588*	0.1021*	0.002*	0.001*	
Juice, Garlic Powder	20.522	0.4104	0.2052	0.0453	0.0009	0.0005	3.72	0.0744	0.0372	4.5093	0.0902	0.0451	0.1507	0.003	0.0015	1.0291*	0.0205*	0.0103*	0*	0*	0*	0*	0*	0*	4.898*	0.098*	0.049*	0.3503*	0.007*	0.0035*	
Spice, Chili Powder	15.228	0.3048	0.1523	0.0711	0.0154	0.0077	154.818	3.0964	1.5482	2.6838	0.0537	0.0269	0.3883	0.0078	0.0039	0.7268*	0.0145*	0.0073*	160.11*	32.022*	16.011*	0.0378*	0.0008*	0.0004*	17.82*	0.3564*	0.1782*	0.9342*	0.0167*	0.0083*	
Spice, Coriander Leaf, Dried	3.348	0.067	0.0335	0.0074	0.0011	0.0006	2.532	0.0506	0.0253	0.6252	0.0125	0.0063	0.0872	0.0017	0.0009	0.2632*	0.0053*	0.0026*	70.2*	1.404*	0.702*	6.8004*	0.136*	0.068*	14.952*	0.299*	0.1495*	0.5095*	0.0102*	0.0051*	
ZZ Beans, Black LS	2686.6505	53.733	26.8665	0	0	0	3419.3791	68.3876	34.1938	488.4963	9.7699	4.885	24.4169	0.4883	0.2442	170.9817*	3.4196*	1.7098*	0*	0*	0*	0*	0*	0*	0*	1025.8264*	20.5165*	10.2583*	48.8338*	0.9767*	0.4883*
Spice, Pepper, Black	11.546	0.2309	0.1155	0.015	0.003	0.0015	0.92	0.0184	0.0092	2.9417	0.0588	0.0294	0.0294	0.0006	0.0003	0.4779*	0.0096*	0.0048*	25.162*	0.5032*	0.2516*	0*	0*	0*	20.378*	0.4076*	0.2038*	0.4467*	0.0089*	0.0045*	
Sauce, BBQ, Sweet Baby Ray's	661.4862	13.2298	6.6149	0	0	0	2740.4518	54.809	27.4045	170.057	3.4019	1.701	160.6471	3.2129	1.6065	0*	0*	0*	0*	0*	0*	0*	0*	0*	0*	0*	0*	0*	0*	0*	
Pinto Beans	3600.6265	73.2125	36.6063	37.1492	0.743	0.3715	5229.4664	104.5893	52.2947	672.1785	13.4436	6.7218	37.1492	0.743	0.3715	223.8478*	4.477*	2.2385*	0*	0*	0*	0*	0*	0*	0*	2241.0185*	44.8204*	22.4102*	53.86*	1.0732*	0.5386*
	9866.0119	197.3202	98.6601	90.9597	1.8192	0.9096	15257.6813	305.1536	152.5768	1800.6807	36.0136	18.0068	90.1639	<																	

(P-0247) Celery Sticks	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup	Recipe	1/2 cup
Celery Sticks	10.5	10.5	0.1275	0.1275	60	60	2.2275	2.2275	1.005	1.005	0.5175	0.5175	336.75	336.75	2.325	2.325	30	30	0.15	0.15
	10.5	10.5	0.1275	0.1275	60	60	2.2275	2.2275	1.005	1.005	0.5175	0.5175	336.75	336.75	2.325	2.325	30	30	0.15	0.15

* Total includes one or more missing nutrient data.

(D-2015) Cheddar Cheese Cubes	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	1 oz Serving	Recipe	1 oz Serving	Recipe	1 oz Serving	Recipe	1 oz Serving	Recipe	1 oz Serving	Recipe	1 oz Serving	Recipe	1 oz Serving	Recipe	1 oz Serving	Recipe	1 oz Serving	Recipe	1 oz Serving
Cheddar Cheese Cubes	89.7999	89.7999	6.9	6.9	186.76	186.76	0.3601	0.3601	0	0	7.28	7.28	0*	0*	0	0	203.9999	203.9999	0.1901	0.1901
	89.7999	89.7999	6.9	6.9	186.76	186.76	0.3601	0.3601	0	0	7.28	7.28	0*	0*	0	0	203.9999	203.9999	0.1901	0.1901

* Total includes one or more missing nutrient data.

(G-3114) Cheerios Cereal Bar	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	1 BAR	Recipe	1 BAR	Recipe	1 BAR	Recipe	1 BAR	Recipe	1 BAR	Recipe	1 BAR	Recipe	1 BAR	Recipe	1 BAR	Recipe	1 BAR	Recipe	1 BAR
Bar, Cereal, Cheerios	150	150	3	3	95	95	30	30	9	9	2	2	100	100	0	0	200	200	1.8	1.8
	150	150	3	3	95	95	30	30	9	9	2	2	100	100	0	0	200	200	1.8	1.8

* Total includes one or more missing nutrient data.

(FG-5150) Chef Salad With Egg	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	1 Serving	Recipe	1 Serving	Recipe	1 Serving	Recipe	1 Serving	Recipe	1 Serving	Recipe	1 Serving	Recipe	1 Serving	Recipe	1 Serving	Recipe	1 Serving	Recipe	1 Serving
Shredded Cheddar Cheese	27.5	27.5	2.25	2.25	47.5	47.5	0.25	0.25	0	0	1.5	1.5	0*	0*	0*	0*	37.5*	37.5*	0*	0*
Tomatoes, Grape 1/4 cup, component	6.75	6.75	0	0	1.75	1.75	1.5	1.5	1	1	0.25	0.25	6.25*	6.25*	8*	8*	2.5*	2.5*	0.09*	0.09*
ZZ Cheese, Mozzarella, Shredded	22.4994	22.4994	1.75	1.75	42.4998	42.4998	0.2499	0.2499	0.2499	0.2499	1.4994	1.4994	0*	0*	0*	0*	0*	0*	0*	0*
Eggs, Hard Cooked, Peeled	77.5	77.5	5.305	5.305	62	62	0.56	0.56	0.56	0.56	6.29	6.29	280*	280*	0*	0*	25*	25*	0.595*	0.595*
ZZ ROMAINE, SHREDDED	7.99	7.99	0.141	0.141	3.76	3.76	1.5463	1.5463	0.5593	0.5593	0.5781	0.5781	4093.7*	4093.7*	1.88*	1.88*	15.51*	15.51*	0.4559*	0.4559*
	142.2394	142.2394	9.446	9.446	107.5098	107.5098	4.1062	4.1062	2.3692	2.3692	10.1175	10.1175	4359.95*	4359.95*	9.88*	9.88*	80.51*	80.51*	1.1409*	1.1409*

* Total includes one or more missing nutrient data.

(FG-5132) Chicken & Cheese Tortilla	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
Chicken, Fajita Strips	33.3538	33.3538	1.0107	1.0107	172.8334	172.8334	0.5054	0.5054	0	0	5.559	5.559	42.9557*	42.9557*	0*	0*	8.0858*	8.0858*	0.5054*	0.5054*
ZZ Cheese, Mozzarella, Shredded	89.9976	89.9976	7	7	169.9992	169.9992	0.9996	0.9996	0.9996	0.9996	5.9976	5.9976	0*	0*	0*	0*	0*	0*	0*	0*
Tortilla, Flour 8 Inch	90	90	2.5	2.5	75	75	15	15	1	1	2	2	0*	0*	0*	0*	20*	20*	0.72*	0.72*
	213.3514	213.3514	10.5107	10.5107	417.8326	417.8326	16.505	16.505	1.9996	1.9996	13.5566	13.5566	42.9557*	42.9557*	0*	0*	28.0858*	28.0858*	1.2254*	1.2254*

* Total includes one or more missing nutrient data.

(FG-5181) Chicken Nachos	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
Shredded Cheddar Cheese	110	110	9	9	190	190	1	1	0	0	6	6	0	0	0	0	150	150	0	0
Tortilla Chips, Round	127.6788	127.6788	4.4196	4.4196	98.2143	98.2143	19.6429	19.6429	0	0	1.9643	1.9643	0	0	0	0	39.2857	39.2857	0.3536	0.3536
Spice, Taco Seasoning	12.88	12.88	0	0	288.12	288.12	2.32	2.32	0.4332	0.4332	0.18	0.18	149.76	149.76	0	0	0	0	0.288	0.288
Salsa, Cup, Mild	12.6471	12.6471	0	0	98.6471	98.6471	2.5294	2.5294	1.5176	1.5176	0.5509	0.5509	0	0	0	0	10.1176	10.1176	0.3643	0.3643
Chicken, Diced	50.4524	50.4524	1.9405	1.9405	46.5714	46.5714	0.3881	0.3881	0	0	6.9857	6.9857	0	0	0	0	0	0	0.2794	0.2794
	313.658	313.658	15.3601	15.3601	721.5528	721.5528	25.8904	25.8904	1.9908	1.9908	15.6359	15.6359	149.76	149.76	0	0	199.4033	199.4033	1.2852	1.2852

* Total includes one or more missing nutrient data.

(M-1041) Chicken, Fajita Strips	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	1 serving	2.45 OZ	Recipe	1 serving	2.45 OZ	Recipe	1 serving	2.45 OZ	Recipe	1 serving	2.45 OZ	Recipe	1 serving	2.45 OZ	Recipe	1 serving	2.45 OZ	Recipe	1 serving
Chicken, Fajita Strips	66	66	66	2	2	2	342	342	342	1	1	1	0	0	0	11	11	11	85	85
	66	66	66	2	2	2	342	342	342	1	1	1	0	0	0	11	11	11	85	85

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(G-5137) Corn, Sweet, Canned	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup
Corn, Sweet, Canned	80	80	40	1	1	0.5	300	300	150	17	17	8.5	4	4	2	2	2	1	0	0
	80	80	40	1	1	0.5	300	300	150	17	17	8.5	4	4	2	2	2	1	0	0

* Total includes one or more missing nutrient data.

(G-5155) Crackers, Cheez-It WG	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	1 BAG	5 crackers	Recipe	1 BAG	5 crackers	Recipe	1 BAG	5 crackers	Recipe	1 BAG	5 crackers	Recipe	1 BAG	5 crackers	Recipe	1 BAG	5 crackers	Recipe	1 BAG
Crackers, Cheez-It WG	100	100	50	3.5	3.5	1.75	150	150	75	14	14	7	0	0	0	3	3	1.5	500	500
	100	100	50	3.5	3.5	1.75	150	150	75	14	14	7	0	0	0	3	3	1.5	500	500

* Total includes one or more missing nutrient data.

(G-5132) Crisins	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	1 POUCH	Recipe	1 POUCH	Recipe	1 POUCH	Recipe	1 POUCH	Recipe	1 POUCH	Recipe	1 POUCH	Recipe	1 POUCH	Recipe	1 POUCH	Recipe	1 POUCH	Recipe	1 POUCH
Crisins, Original	110	110	0	0	0	0	27	27	27	24	24	0	0	0	0	0	0	0	0	0
	110	110	0	0	0	0	27	27	24	24	0	0	0	0	0	0	0	0	0	0

* Total includes one or more missing nutrient data.

(FG-5117) Cucumber Slices	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup
Cucumber Slices	7.5	7.5	3.75	0.1	0.1	0.05	1.25	1.25	0.625	1.35	1.35	0.675	0.85	0.85	0.425	0.35	0.35	0.175	45	45
	7.5	7.5	3.75	0.1	0.1	0.05	1.25	1.25	0.625	1.35	1.35	0.675	0.85	0.85	0.425	0.35	0.35	0.175	45	45

* Total includes one or more missing nutrient data.

(FG-5233) Deli Combo Sub	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Sliced White American Cheese	111.373	111.373	9.1124	9.1124	445.4922	445.4922	2.025	2.025	1.0125	1.0125	5.0624	5.0624	0*	0*	0*	0*	101.2482*	101.2482*	0	0
Ham, Turkey	60.1009	60.1009	3.9689	3.9689	266.2018	266.2018	1.134	1.134	0	0	3.9689	3.9689	0*	0*	0*	0*	3.4219*	3.4219*	0.2835	0.2835
Turkey Bologna	131.6227	131.6227	11.1373	11.1373	485.9915	485.9915	1.0125	1.0125	1.0125	1.0125	7.0874									

(P-4063) Diced Peaches	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Sugars (g)				Protein (g)				Vitamin A (IU)				Vitamin C (mg)				Calcium (mg)				Iron (mg)			
	Recipe	1/2 cup	1/2 cup	1/2 cup	Recipe	1/2 cup	1/2 cup	1/2 cup	Recipe	1/2 cup	1/2 cup	1/2 cup	Recipe	1/2 cup	1/2 cup	1/2 cup	Recipe	1/2 cup	1/2 cup	1/2 cup	Recipe	1/2 cup	1/2 cup	1/2 cup	Recipe	1/2 cup	1/2 cup	1/2 cup	Recipe	1/2 cup	1/2 cup	1/2 cup	Recipe	1/2 cup	1/2 cup	1/2 cup	Recipe	1/2 cup	1/2 cup	1/2 cup
	32.258	36.5799	0	0	0	0	0	0	0	0	0	0	8.871	10.0595	8.065	9.1455	0	0	0	0	0*	0*	0*	0*	0*	0*	0*	0*	2.419	2.7431	0	0	0	0	0	0				
	32.258	36.5799	0	0	0	0	0	0	8.871	10.0595	8.065	9.1455	0	0	0	0	0*	0*	0*	0*	0*	0*	0*	0*	2.419	2.7431	0	0	0	0	0	0								

* Total includes one or more missing nutrient data.

(G-3031) Diced Peas	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Sugars (g)				Protein (g)				Vitamin A (IU)				Vitamin C (mg)				Calcium (mg)				Iron (mg)			
	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each				
	43	43	0	0	4	4	4	4	10.8	10.8	6.5	6.5	0.3001	0.3001	0*	0*	0*	0*	0*	0*	0*	0*	0*	0*	20	20	0.54	0.54	0.54	0.54	0	0								
	43	43	0	0	4	4	4	4	10.8	10.8	6.5	6.5	0.3001	0.3001	0*	0*	0*	0*	0*	0*	20	20	0.54	0.54	0.54	0.54	0	0												

* Total includes one or more missing nutrient data.

(G-3117) Dinner Roll	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Sugars (g)				Protein (g)				Vitamin A (IU)				Vitamin C (mg)				Calcium (mg)				Iron (mg)			
	Recipe	1/2 ROLL	2 EACH	EACH	Recipe	1/2 ROLL	2 EACH	EACH	Recipe	1/2 ROLL	2 EACH	EACH	Recipe	1/2 ROLL	2 EACH	EACH	Recipe	1/2 ROLL	2 EACH	EACH	Recipe	1/2 ROLL	2 EACH	EACH	Recipe	1/2 ROLL	2 EACH	EACH	Recipe	1/2 ROLL	2 EACH	EACH	Recipe	1/2 ROLL	2 EACH	EACH				
	80	40	160	80	1	0.5	2	1	120	60	240	120	14	7	28	14	3	1.5	6	3	3	1.5	6	3	0	0	0	0	0	0	0	0	20	10	40	20	1.08	0.54	2.16	1.08
	80	40	160	80	1	0.5	2	1	120	60	240	120	14	7	28	14	3	1.5	6	3	3	1.5	6	3	0	0	0	0	20	10	40	20	1.08	0.54	2.16	1.08				

* Total includes one or more missing nutrient data.

(G-3099) Dressing, Ranch RF PC	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Sugars (g)				Protein (g)				Vitamin A (IU)				Vitamin C (mg)				Calcium (mg)				Iron (mg)			
	Recipe	2 pack	Each	Each	Recipe	2 pack	Each	Each	Recipe	2 pack	Each	Each	Recipe	2 pack	Each	Each	Recipe	2 pack	Each	Each	Recipe	2 pack	Each	Each	Recipe	2 pack	Each	Each	Recipe	2 pack	Each	Each	Recipe	2 pack	Each	Each				
	15	7.5	15	0	0	0	0	0	120	60	120	120	4	2	4	4	3	1.5	3	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0				
	15	7.5	15	0	0	0	0	0	120	60	120	120	4	2	4	4	3	1.5	3	3	0	0	0	0	0	0	0	0	0	0	0	0								

* Total includes one or more missing nutrient data.

(D-2067) FF Chocolate Milk	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Sugars (g)				Protein (g)				Vitamin A (IU)				Vitamin C (mg)				Calcium (mg)				Iron (mg)			
	Recipe	Carton	Carton	Carton	Recipe	Carton	Carton	Carton	Recipe	Carton	Carton	Carton	Recipe	Carton	Carton	Carton	Recipe	Carton	Carton	Carton	Recipe	Carton	Carton	Carton	Recipe	Carton	Carton	Carton	Recipe	Carton	Carton	Carton	Recipe	Carton	Carton	Carton				
	109.9999	109.9999	0	0	209.9999	209.9999	19.0001	19.0001	17.9999	17.9999	8	8	749.9994	749.9994	0*	0*	199.9998	199.9998	0	0	0	0	0	0	0	0	0	0	0	0	0	0								
	109.9999	109.9999	0	0	209.9999	209.9999	19.0001	19.0001	17.9999	17.9999	8	8	749.9994	749.9994	0*	0*	199.9998	199.9998	0	0	0	0	0	0	0	0	0	0												

* Total includes one or more missing nutrient data.

(G-3135) Flatbread, WG	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Sugars (g)				Protein (g)				Vitamin A (IU)				Vitamin C (mg)				Calcium (mg)				Iron (mg)			
	Recipe	1 FLATBREAD	1 FLATBREAD	1 FLATBREAD	Recipe	1 FLATBREAD	1 FLATBREAD	1 FLATBREAD	Recipe	1 FLATBREAD	1 FLATBREAD	1 FLATBREAD	Recipe	1 FLATBREAD	1 FLATBREAD	1 FLATBREAD	Recipe	1 FLATBREAD	1 FLATBREAD	1 FLATBREAD	Recipe	1 FLATBREAD	1 FLATBREAD	1 FLATBREAD	Recipe	1 FLATBREAD	1 FLATBREAD	1 FLATBREAD	Recipe	1 FLATBREAD	1 FLATBREAD	1 FLATBREAD								
	180	180	5	5	330	330	28	28	2	2	6	6	0	0	0	0	20	20	1.44	1.44	0	0	0	0	0	0	0	0												
	180	180	5	5	330	330	28	28	2	2	6	6	0	0	0	0	20	20	1.44	1.44	0	0	0	0																

* Total includes one or more missing nutrient data.

(P-4038) Fresh Banana	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Sugars (g)				Protein (g)				Vitamin A (IU)				Vitamin C (mg)				Calcium (mg)				Iron (mg)			
	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each	Recipe	1 CUP	1/2 cup Serving	Each				
	167.32	167.32	83.66	167.32	0.6204	0.6204	0.3102	0.6204	1.88	1.88	0.94	1.88	42.9392	42.9392	21.4696	42.9392	22.9924	22.9924	11.4962	22.9924	2.0492	2.0492	1.0246	2.0492	120.32	120.32	60.16	120.32	16.356	16.356	8.178	16.356	9.4	9.4	4.7	9.4				
	167.32	167.32	83.66	167.32	0.6204	0.6204	0.3102	0.6204	1.88	1.88	0.94	1.88	42.9392	42.9392	21.4696	42.9392	22.9924	22.9924	11.4962	22.9924	2.0492	2.0492	1.0246	2.0492	120.32	120.32	60.16	120.32	16.356	16.356	8.178	16.356	9.4	9.4	4.7	9.4				

* Total includes one or more missing nutrient data.

(P-4042) Fresh Broccoli	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Sugars (g)				Protein (g)				Vitamin A (IU)				Vitamin C (mg)				Calcium (mg)				Iron (mg)			
	Recipe	1 CUP	1/2 cup	1/4 cup	Recipe	1 CUP	1/2 cup	1/4 cup	Recipe	1 CUP	1/2 cup	1/4 cup	Recipe	1 CUP	1/2 cup	1/4 cup	Recipe	1 CUP	1/2 cup	1/4 cup	Recipe	1 CUP	1/2 cup	1/4 cup	Recipe	1 CUP	1/2 cup	1/4 cup	Recipe	1 CUP	1/2 cup	1/4 cup	Recipe	1 CUP	1/2 cup	1/4 cup				
	53.04	53.04	26.52	13.26	0.5772	0.5772	0.2886	0.1443	51.48	51.48	25.74	12.87	10.3584	10.3584	5.1792	2.5896	2.652	2.652	1.326	0.663	4.3992	4.3992	2.1996	1.0998	971.88	971.88	485.94	242.97	139.152	139.152	69.576	34.788	73.32	73.32	36.66	18.33				
	53.04	53.04	26.52	13.26	0.5772	0.5772	0.2886	0.1443	51.48	51.48	25.74	12.87	10.3584	10.3584	5.1792	2.5896	2.652	2.652	1.326	0.663	4.3992	4.3992	2.1996	1.0998	971.88	971.88	485.94	242.97	139.152	139.152	69.576	34.788	73.32	73.32	36.66	18.33				

* Total includes one or more missing nutrient data.

(P-4062) Fresh Red Apple	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Sugars (g)				Protein (g)				Vitamin A (IU)				Vitamin C (mg)				Calcium (mg)				Iron (mg)			
	Recipe	EACH	Each	Each	Recipe	EACH	Each	Each	Recipe	EACH	Each	Each	Recipe	EACH	Each	Each	Recipe	EACH	Each	Each	Recipe	EACH	Each	Each	Recipe	EACH	Each	Each	Recipe	EACH	Each	Each	Recipe	EACH	Each	Each				
	52	58.967	0.17	0.1928	1	1.134	13.81	15.6603	10.39	11.7621	0.26	0.2948	54	61.2349	4.6	5.2163	6	6.8039	0.12	0.1361	0	0	0	0	0	0	0	0												
	52	58.967	0.17	0.1928	1	1.134	13.81	15.6603	10.39	11.7621	0.26	0.2948	54	61.2349	4.6	5.2163	6	6.8039	0.12	0.1361	0	0	0	0																

* Total includes one or more missing nutrient data.

(G-3108) Fruit Filled Apple Smiles	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Sugars (g)				Protein (g)				Vitamin A (IU)				Vitamin C (mg)				Calcium (mg)				Iron (mg)			
	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each	Recipe	Each	Each	Each				
	180	180	5	5	130	130	26	26	13	13	2	2	0	0	0	0	0*	0*	0*	0*	0*	0*	0*	0*	0	0	0	0												
	180	180	5	5	130	130	26	26	13	13	2	2	0	0	0	0	0*	0*	0*	0*	0*	0*	0*	0*	0	0	0	0												

* Total includes one or more missing nutrient data.

(sys-65) Granola	Calories (kcal)				Total Fat (g)				Sodium (mg)				Total Carbohydrate (g)				Sugars (g)				Protein (g)				Vitamin A (IU)				Vitamin C (mg)				Calcium (mg)				Iron (mg)			
	Recipe	1 PACK	1 PACK	1 PACK	Recipe	1 PACK	1 PACK	1 PACK	Recipe	1 PACK	1 PACK	1 PACK																												

(M-1033) Ham, Turkey	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)			
	Recipe	2 oz serving	3.5 OZ SERVING	Recipe	2 oz serving	3.5 OZ SERVING	Recipe	2 oz serving	3.5 OZ SERVING	Recipe	2 oz serving	3.5 OZ SERVING	Recipe	2 oz serving	3.5 OZ SERVING	Recipe	2 oz serving	3.5 OZ SERVING	Recipe	2 oz serving	3.5 OZ SERVING	Recipe	2 oz serving	3.5 OZ SERVING	Recipe	2 oz serving	3.5 OZ SERVING	Recipe	2 oz serving	3.5 OZ SERVING	
Ham, Turkey	120.84	69.0514	120.84	7.98	4.56	7.98	535.23	305.6487	535.23	2.28	1.3029	2.28	0	0	0	7.98	4.56	7.98	0	0	0	0	0	0	0	0	0	0	0	0	0
	120.84	69.0514	120.84	7.98	4.56	7.98	535.23	305.6487	535.23	2.28	1.3029	2.28	0	0	0	7.98	4.56	7.98	0	0	0	0	0	0	0	0	0	0	0	0	

* Total includes one or more missing nutrient data.

(P-4050) Jicama	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup	Recipe	1/2 cup	1/4 cup
Jicama, Fresh	23.75	23.75	21.5456	0.0562	0.0562	0.051	2.5	2.5	2.268	5.5125	5.5125	5.0009	1.125	1.125	1.0206	0.45	0.45	0.4082	13.125	13.125	11.9068	12.625	12.625	11.4532	7.5	7.5	6.8039	0.375	0.375	0.3402
	23.75	23.75	21.5456	0.0562	0.0562	0.051	2.5	2.5	2.268	5.5125	5.5125	5.0009	1.125	1.125	1.0206	0.45	0.45	0.4082	13.125	13.125	11.9068	12.625	12.625	11.4532	7.5	7.5	6.8039	0.375	0.375	0.3402

* Total includes one or more missing nutrient data.

(G-3192) Ketchup	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET	
Ketchup, PC	10	10		0	0		95	95		2	2		2	2		0	0		0	0		0	0		0	0		0	0	
	10	10		0	0		95	95		2	2		2	2		0	0		0	0		0	0		0	0		0	0	

* Total includes one or more missing nutrient data.

(G-3023) Mandarin Oranges Fruit Cup	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	Portion Cup		Recipe	Portion Cup		Recipe	Portion Cup		Recipe	Portion Cup		Recipe	Portion Cup		Recipe	Portion Cup		Recipe	Portion Cup		Recipe	Portion Cup		Recipe	Portion Cup		Recipe	Portion Cup	
Fruit Cup - Mandarin Oranges	80	80		0	0		5	5		13	13		9	9		0	0		36	36		0	0		0	0		0	0	
	80	80		0	0		5	5		13	13		9	9		0	0		36	36		0	0		0	0		0	0	

* Total includes one or more missing nutrient data.

(G-3195) Mayonnaise	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET		Recipe	1 PACKET	
Mayonnaise, PC	80	80		8	8		80	80		1	1		0	0		0	0		0	0		0	0		0	0		0	0	
	80	80		8	8		80	80		1	1		0	0		0	0		0	0		0	0		0	0		0	0	

* Total includes one or more missing nutrient data.

(FG-5227) Mexican Corn	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	1/4 cup	1/4 cup serving	Recipe	1/4 cup	1/4 cup serving	Recipe	1/4 cup	1/4 cup serving	Recipe	1/4 cup	1/4 cup serving	Recipe	1/4 cup	1/4 cup serving	Recipe	1/4 cup	1/4 cup serving	Recipe	1/4 cup	1/4 cup serving	Recipe	1/4 cup	1/4 cup serving	Recipe	1/4 cup	1/4 cup serving	Recipe	1/4 cup	1/4 cup serving
ZZ Peppers, Green, Raw	45.3562	0.9072	0.9072	0.3856	0.0077	0.0077	6.8039	0.1361	0.1361	10.5233	0.2105	0.2105	5.4431	0.1089	0.1089	1.9504	0.039	0.039	839.1452 *	16.7829 *	16.7829 *	182.344 *	3.6489 *	3.6489 *	22.6796	0.4536	0.4536	0.7711	0.0154	0.0154
Peppers, Red, Raw	58.967	1.1793	1.1793	0.6804	0.0136	0.0136	9.0718	0.1814	0.1814	13.6758	0.2735	0.2735	9.5254	0.1905	0.1905	2.2453	0.0449	0.0449	7100.8628 *	142.0197 *	142.0197 *	289.6185 *	5.7924 *	5.7924 *	15.8757	0.3175	0.3175	0.9752	0.0195	0.0195
Spice, Mexican Seasoning Mix	233.1405	4.6628	4.6628	4.2736	0.0855	0.0855	5141.173	102.8235	102.8235	51.4904	1.0298	1.0298	15.7346	0.3147	0.3147	8.0019	0.16	0.16	10563.0815 *	211.2616 *	211.2616 *	10.7854 *	0.2157 *	0.2157 *	254.637	5.0927	5.0927	8.4672	0.1693	0.1693
ZZ Margarita-like, Vegetable Oil Spread, 20% fat	99.2232	1.9845	1.9845	11.0563	0.2211	0.2211	0	0	0	0.2268	0.0045	0.0045	0	0	0	0	0	0	2028.1232 *	40.5625 *	40.5625 *	0 *	0 *	0 *	0	0	0	0	0	0
Onions, Raw	68.0388	1.3608	1.3608	0.1701	0.0034	0.0034	6.8039	0.1361	0.1361	15.8871	0.3177	0.3177	7.2121	0.1442	0.1442	1.8711	0.0374	0.0374	3.4019 *	0.068 *	0.068 *	12.5872 *	0.2517 *	0.2517 *	39.1223	0.7824	0.7824	0.3572	0.0071	0.0071
Corn, Frozen	1755.838	35.1168	35.1168	19.5045	0.3901	0.3901	0	0	0	312.1441	6.2429	6.2429	136.5676	2.7314	2.7314	58.5316	1.1706	1.1706	0 *	0 *	0 *	0 *	0 *	0 *	0	0	0	0	0	0
	2260.6667	45.2113	45.2113	36.0784	0.7214	0.7214	8163.8626	163.2771	163.2771	403.9475	8.0789	8.0789	174.4829	3.4897	3.4897	72.6003	1.482	1.482	20534.7346 *	410.6947 *	410.6947 *	495.3351 *	9.9067 *	9.9067 *	332.3146	6.6463	6.6463	10.8708	0.2114	0.2114

* Total includes one or more missing nutrient data.

(G-3051) Mustard	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	CASE	Packets	Recipe	CASE	Packets	Recipe	CASE	Packets	Recipe	CASE	Packets	Recipe	CASE	Packets	Recipe	CASE	Packets	Recipe	CASE	Packets	Recipe	CASE	Packets	Recipe	CASE	Packets	Recipe	CASE	Packets
Mustard, Yellow Packet	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

* Total includes one or more missing nutrient data.

(P-4052) Orange	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each	Recipe	1/2 cup	Each
Orange, Fresh	47	53.2971	42.3	0.12	0.1361	0.108	0	0	0	11.75	13.2943	10.575	9.35	10.6027	8.415	0.94	1.0659	0.848	225	255.1455	202.5	53.2	60.3277	47.88	40	45.3992	36	0.1	0.1134	0.09
	47	53.2971	42.3	0.12	0.1361	0.108	0	0	0	11.75	13.2943	10.575	9.35	10.6027	8.415	0.94	1.0659	0.848	225	255.1455	202.5	53.2	60.3277	47.88	40	45.3992	36	0.1	0.1134	0.09

* Total includes one or more missing nutrient data.

(P-4036) Pear	Calories (kcal)			Total Fat (g)			Sodium (mg)			Total Carbohydrate (g)			Sugars (g)			Protein (g)			Vitamin A (IU)			Vitamin C (mg)			Calcium (mg)			Iron (mg)		
	Recipe	1 CUP	1/2 cup Serving	Recipe	1 CUP	1/2 cup Serving	Recipe	1 CUP	1/2 cup Serving	Recipe	1 CUP	1/2 cup Serving	Recipe	1 CUP	1/2 cup Serving	Recipe	1 CUP	1/2 cup Serving	Recipe	1 CUP	1/2 cup Serving	Recipe	1 CUP	1/2 cup Serving	Recipe	1 CUP	1/2 cup Serving	Recipe	1 CUP	1/2 cup Serving
Pear, Fresh	43.035	43.035	43.035	0.1057	0.1057	0.1057	0.755	0.755	0.755	11.4986	11.4986	11.4986	7.3612	7.3612	7.3612	0.2718	0.2718	0.2718	18.875	18.875	18.875	3.2465	3.2465	3.2465	6.795	6.795	6.795	0.1359	0.1359	0.1359
	43.035	43.035	43.035	0.1057	0.1057	0.1057	0.755	0.755	0.755	11.4986	11.4986	11.4986	7.3612	7.3612	7.3612	0.2718	0.2718	0.2718	18.875	18.875	18.875	3.2465	3.2							

(B) Turkey Ham & American Cheese Sandwich	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
Yellow American Cheese	111.371	111.371	9.1115	9.1115	273.3686	273.3686	2.0242	2.0242	1.0121 *	1.0121 *	5.0604	5.0604	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
Ham, Turkey	276.2057	276.2057	18.24	18.24	1223.3829	1223.3829	5.2114	5.2114	0 *	0 *	18.24	18.24	0 *	0 *	0 *	0 *	15.6343 *	15.6343 *	1.3029 *	1.3029 *
Sandwich Bread, WG	295.3778	295.3778	3.696	3.696	516.9024	516.9024	59.08	59.08	0 *	0 *	11.0768	11.0768	0 *	0 *	0 *	0 *	22.1536 *	22.1536 *	14.7728 *	14.7728 *
	682.9643	682.9643	31.0475	31.0475	2013.6538	2013.6538	66.5156	66.5156	1.0121 *	1.0121 *	34.3772	34.3772	0 *	0 *	0 *	0 *	37.7879 *	37.7879 *	16.0757 *	16.0757 *

* Total includes one or more missing nutrient data.

(FG-5240) Veggie Pasta Salad	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	1 cup serving	Recipe	1 cup serving	Recipe	1 cup serving	Recipe	1 cup serving	Recipe	1 cup serving	Recipe	1 cup serving	Recipe	1 cup serving	Recipe	1 cup serving	Recipe	1 cup serving	Recipe	1 cup serving
ZZ BROCCOLI/FLOWER CLUSTERS,RAW	174.633	3.4927	2.1829	0.0437	168.3961	3.3679	31.5587	0.6312	9.2306	0.1846	18.5859	0.3717	18710.682	374.2136	581.2785	11.6256	299.3709	5.9874	5.4885	0.1098
Spice, Garlic Powder	20.522	0.4104	0.0453	0.0009	3.72	0.0744	4.5093	0.0902	0.1507	0.003	1.0261	0.0205	0	0	0.0744	0.0015	4.898	0.098	0.3503	0.007
ZZ Sugar, Granulated	3071.9534	61.4391	0	0	7.9379	0.1588	793.6276	15.8726	792.1988	15.844	0	0	0	0	0	0	7.9379	0.1588	0.3969	0.0079
Salt, Table	0	0	0	0	9301.92	186.0384	0	0	0	0	0	0	0	0	0	0	5.76	0.1152	0.0792	0.0116
ZZ Peppers, Green, Raw	45.3592	0.9072	0.3856	0.0077	6.8039	0.1361	10.5233	0.2105	5.4431	0.1089	1.9504	0.039	839.1452	16.7829	182.344	3.6469	22.6796	0.4536	0.7711	0.0154
Spice, Pepper, Black	5.773	0.1155	0.075	0.0015	0.46	0.0092	1.4709	0.0294	0.0147	0.0003	0.239	0.0048	12.581	0.2516	0	0	10.189	0.2038	0.2233	0.0045
Spice, Mustard, Ground	20.32	0.4064	1.4496	0.029	0.52	0.0104	1.1236	0.0225	0.2716	0.0054	1.6432	0.0209	1.24	0.0248	0.284	0.0057	10.64	0.2128	0.3884	0.0074
ZZ Onions, Green Stalk	61.2349	1.2247	1.0659	0.0213	34.0194	0.6804	13.0181	0.2604	8.8677	0.1774	2.1959	0.044	9071.84	181.4368	30.3907	0.6078	117.9339	2.3587	1.1567	0.0231
ZZ BEVERAGES,H2O,TAP,DRINKING	0	0	0	0	208.384	4.1677	0	0	0	0	0	0	0	0	0	0	156.288	3.1258	0	0
ZZ PASTA,DRY,ENR	5258.8367	105.1767	21.4039	0.4281	85.0486	1.701	1058.4295	21.1686	37.8466	0.7569	184.8389	3.6968	0	0	0	0	297.67	5.9534	46.7767	0.9355
ZZ Oil, Canola	1980.16	39.6032	224	4.48	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ZZ CUCUMBER,PEELED,RAW00	113.3981	2.268	1.8144	0.0363	22.6796	0.4536	24.494	0.4899	15.6489	0.313	6.6905	0.1338	816.4662	16.3293	36.2874	0.7257	158.7573	3.1751	2.9448	0.0499
Spice, Parsley, Dried	3.285	0.0657	0.0616	0.0012	5.085	0.1017	0.5697	0.0114	0.0818	0.0016	0.2996	0.006	21.8138	0.4363	1.4062	0.0281	12.825	0.2565	0.2479	0.005
Vinegar, Apple Cider	175.224	3.5045	0	0	41.72	0.8344	7.7599	0.1552	3.3376	0.0668	0	0	0	0	0	0	58.408	1.1682	1.6888	0.0334
Tomatoes, Grape	395.0645	7.9013	0	0	102.4248	2.0485	87.7919	1.7558	58.5279	1.1706	14.6329	0.2927	365.8005	7.316	468.2253	9.3645	146.3198	2.9264	5.2671	0.1053
	11325.7638	226.5153	282.4842	5.8497	9989.1193	199.7824	2034.8764	40.6975	931.6201	18.6324	231.5064	4.6301	29839.6686	596.7914	1300.2905	26.0058	1309.6774	26.1935	65.2897	1.3058

* Total includes one or more missing nutrient data.

(G-3099) Wango Mango Juice	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Wango Mango, 4 oz	47.2813	47.2813	0	0	18.9125	18.9125	13.2388	13.2388	11.3475	11.3475	0	0	94.5626	94.5626	66.1938	66.1938	9.4563	9.4563	0.7565	0.7565
	47.2813	47.2813	0	0	18.9125	18.9125	13.2388	13.2388	11.3475	11.3475	0	0	94.5626	94.5626	66.1938	66.1938	9.4563	9.4563	0.7565	0.7565

* Total includes one or more missing nutrient data.

(FG-5175) WOW BUTTER	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	4 TBSP	Recipe	4 TBSP	Recipe	4 TBSP	Recipe	4 TBSP	Recipe	4 TBSP	Recipe	4 TBSP	Recipe	4 TBSP	Recipe	4 TBSP	Recipe	4 TBSP	Recipe	4 TBSP
ZZ WOWBUTTER, SOY BUTTER	200	200	15	15	100	100	8	8	3	3	7	7	0	0	0	0	40	40	1.08	1.08
	200	200	15	15	100	100	8	8	3	3	7	7	0	0	0	0	40	40	1.08	1.08

* Total includes one or more missing nutrient data.

(FG-4126) WOW BUTTER & Jelly Sandwich	Calories (kcal)		Total Fat (g)		Sodium (mg)		Total Carbohydrate (g)		Sugars (g)		Protein (g)		Vitamin A (IU)		Vitamin C (mg)		Calcium (mg)		Iron (mg)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
ZZ WOWBUTTER, SOY BUTTER	200	200	15	15	100	100	8	8	3 *	3 *	7	7	0	0	0	0	40	40	1.08	1.08
Jelly, Grape, PC	60	60	0	0	0	0	16	16	8 *	8 *	0	0	0	0	0	0	0	0	0	0
Sandwich Bread, WG	147.6888	147.6888	1.848	1.848	258.4512	258.4512	29.54	29.54	0 *	0 *	5.5384	5.5384	0	0	0	0	11.0768	11.0768	7.3864	7.3864
	407.6888	407.6888	16.848	16.848	358.4512	358.4512	83.84	83.84	11 *	11 *	12.6384	12.6384	0	0	0	0	51.0768	51.0768	8.4664	8.4664

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 10/1/2021, End = 10/29/2021)
Menu Plans	(Cold Lunch 21-22)
Nutrients	(Iron, Vitamin C, Calories, Total Carbohydrate, Total Fat, Vitamin A, Protein, Sugars, Sodium, Calcium)