

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ²	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Water ¹ (g)	Ash ¹ (g)
000064 - APPLES,Fresh *	72	0.23	0.04	*N/A*	0.00	1.38	19.06	3.31	14.34	0.36	74.52	6.35	8.28	0.17	118.07	0.26
000247 - APPLESAUCE, CANNED *	51	0.00	0.00	0.00	0.00	15.43	13.37	2.06	10.29	0.00	51.44	0.00	0.00	0.00	0.00	0.00
000249 - BAKED BEANS 15-16*	127	0.98	0.00	0.00	0.00	136.78	22.47	6.84	4.88	5.86	195.39	0.00	58.62	1.06	0.00	0.00
000044 - BAKED POTATO, GLUTEN	528	22.99	13.44	0.00	86.22	885.02	62.82	4.63	*2.41*	22.48	1112.57	38.33	247.43	3.33	22.19	0.20
000901 - BAKED POTATO, LACTOSE	355	5.36	1.83	0.00	31.64	910.81	62.31	4.63	*2.90*	17.29	655.23	38.33	41.52	3.42	19.65	0.19
000934 - BAKED POTATO, W/DICED	366	6.83	1.57	0.00	46.67	152.85	60.44	4.63	*0.37*	18.50	648.90	38.33	41.52	3.45	19.65	0.19
000929 - BANANA BREAD *	280	10.00	2.00	0.00	0.00	220.00	44.00	2.00	25.00	5.00	100.00	0.00	80.00	1.08	*N/A*	*N/A*
000068 - BANANAS*	90	0.33	0.11	0.00	0.00	1.01	23.07	2.63	12.35	1.10	64.64	8.79	5.05	0.26	75.66	0.83
000948 - BARBECUE CHICKEN	132	2.00	0.67	0.00	50.00	383.33	10.00	1.00	8.00	17.67	300.00	2.40	20.00	1.08	*N/A*	*N/A*
000352 - BARBEQUE SAUCE*	58	0.21	0.02	0.00	0.00	349.18	13.86	0.31	11.30	0.28	76.16	0.20	11.22	0.22	18.60	1.04
000833 - BEAN & BEEF BURRITO, W	270	7.00	2.00	0.00	15.00	520.00	40.00	8.00	0.00	16.00	400.00	1.20	60.00	3.60	0.00	0.00
000796 - BEEF FINGERS, WG 4 EA *	310	19.00	4.50	0.00	35.00	320.00	20.00	3.00	1.00	16.00	5.00	0.00	40.00	2.70	*N/A*	*N/A*
000857 - BISCUIT & GRAVY MS & HS	317	18.01	6.52	*0.00*	19.03	731.64	29.25	1.00	*2.00*	6.69	22.50	0.03	87.60	1.53	4.77	0.00
000442 - BISCUIT & GRAVY, 1 each*	217	13.51	5.02	*0.00*	19.03	631.64	18.25	0.00	*1.00*	4.69	17.50	0.03	7.60	1.17	4.77	0.00
000745 - BISCUIT, PILLSBURY 1 oz.	90	3.50	2.50	0.00	0.00	330.00	13.00	0.00	1.00	2.00	5.00	0.00	0.00	0.72	0.00	0.00
000827 - BRDD MOZZARELLA CHEE	380	18.00	7.00	0.00	30.00	410.00	35.00	3.00	1.00	19.00	428.00	0.52	458.00	0.36	0.00	0.00
000689 - BREAKFAST BUN *	300	10.00	4.50	0.00	0.00	280.00	48.00	3.00	21.00	6.00	100.00	36.00	100.00	1.80	0.00	0.00
000931 - BREAKFAST PIZZA,EGG/B	210	8.00	3.50	0.00	55.00	340.00	23.00	2.00	8.00	10.00	40.00	0.00	150.00	1.80	0.00	0.00
000932 - BREAKFAST PIZZA,SAU/G	200	7.00	2.00	0.00	15.00	440.00	24.00	2.00	9.00	10.00	45.00	0.00	150.00	1.80	0.00	0.00
000469 - BROCCOLI W/CHEESE*	64	1.54	0.83	*0.00*	0.00	345.49	12.20	3.15	*2.85*	3.04	1485.86	61.97	99.99	0.64	123.08	0.77
001002 - BROCCOLI, FRESH	15	0.17	0.01	0.00	0.00	15.02	3.02	1.18	0.77	1.28	283.47	40.59	21.39	0.33	40.63	0.40
000082 - BROCCOLI, STEAM 1/2 CU	33	0.39	0.07	0.00	0.00	38.74	6.78	3.12	1.31	2.25	1462.83	61.33	37.80	0.63	84.34	0.73
000937 - BUN HAMBURGER , WG,G	210	6.00	0.00	0.00	0.00	400.00	36.00	6.00	5.00	6.00	25.00	0.00	40.00	0.72	*N/A*	*N/A*
000664 - BURRITO BEEF/BEAN, BUT	370	16.00	4.50	0.00	20.00	640.00	41.00	5.00	*N/A*	14.00	300.00	1.20	60.00	3.60	0.00	0.00
000706 - BURRITO BOWL *	244	10.53	4.38	*0.00*	34.78	519.74	24.90	3.76	*0.85*	14.06	1562.81	3.64	134.99	3.14	*65.36*	*0.57*
000830 - BURRITO BOWL H.S *	363	12.55	4.86	*0.00*	39.33	660.86	46.56	5.81	*1.47*	18.01	2075.02	7.05	155.80	4.09	*125.32*	*0.73*
000995 - BUTTER BUDS, PREPARE	426	0.00	0.00	*0.00*	0.00	3218.97	85.26	0.00	*0.00*	0.00	0.00	0.00	14.44	0.07	*721.09*	*0.72*
000875 - CARNIVAL COOKIE*	100	3.50	1.00	0.00	5.00	85.00	19.00	1.00	9.00	2.00	100.00	0.00	0.00	0.72	0.00	0.00
000770 - CARROT & CELERY STICK	18	0.14	0.03	*0.00*	0.00	50.76	4.02	1.45	1.94	0.54	5262.08	2.95	24.92	0.17	62.37	0.57
000675 - CARROTS, BABY 1/2 CUP*	26	0.10	0.01	0.00	0.00	57.49	6.07	2.14	3.51	0.47	10164.43	1.92	23.59	0.66	66.60	0.46
000936 - CARROTS, BABY 3/4 CUP*	40	0.15	0.02	0.00	0.00	88.45	9.34	3.29	5.40	0.73	15637.58	2.95	36.29	1.01	102.46	0.71
000783 - CELERY & CUCUMBER *	10	0.11	0.02	*0.00*	0.00	30.31	1.75	0.80	0.91	0.43	188.17	2.10	19.02	0.14	64.22	0.39
000828 - CEREAL ASSORTED *	95	1.30	0.14	0.00	0.00	148.78	19.68	1.73	*1.36*	1.73	447.96	5.03	86.73	4.55	*0.00*	*0.00*
000236 - CHEESE SAUCE, DRY, TUF	24	0.91	0.60	*0.00*	0.00	242.52	4.23	0.00	*1.21*	0.60	6.04	0.00	48.92	0.00	29.97	0.03
000646 - CHEESEBURGER*	320	12.50	5.00	0.00	47.50	725.00	33.00	4.00	4.00	23.50	270.00	1.20	295.00	3.60	0.00	0.00
000899 - CHEF SALAD, GLUTEN FR	261	15.08	6.62	*0.00*	55.69	1240.86	15.65	2.77	*7.06*	16.98	8791.81	9.72	245.62	1.50	*179.67*	*0.92*
000900 - CHEF SALAD, LACTOSE F	145	2.98	1.31	*0.00*	31.64	1558.20	16.15	2.77	*10.57*	11.92	8504.33	14.52	43.12	1.59	179.67	0.92
000969 - CHIC FRY STEAK SANDWI	470	24.50	7.50	0.00	42.50	695.00	46.00	5.00	5.00	20.50	175.00	0.00	315.00	3.60	0.00	0.00
000939 - CHICKEN BREAST FILET(G	90	1.00	0.00	0.00	55.00	320.00	1.00	0.00	0.00	19.00	0.00	0.00	0.00	0.36	*N/A*	*N/A*
000898 - CHICKEN CHILI	284	5.16	1.32	*0.00*	49.52	1313.27	35.79	8.73	*2.11*	23.99	210.98	3.62	122.52	3.68	104.64	1.99
000902 - CHICKEN CHILI, GLU/LAC F	217	5.22	1.26	*0.00*	49.52	1479.66	22.88	5.14	*1.89*	20.42	87.58	1.89	76.00	2.49	65.40	1.24
000382 - CHICKEN GRAVY:PIONEER	21	0.52	0.00	*0.00*	0.00	363.53	3.10	0.00	0.00	1.03	0.00	0.00	1.78	0.00	59.19	0.06
000961 - CHICKEN NUGGETS,WG, B	260	16.00	3.00	0.00	25.00	550.00	15.00	2.00	0.00	15.00	100.00	0.00	40.00	1.80	*N/A*	*N/A*
000999 - CHICKEN PARM, ELEM.	451	24.68	7.34	0.00	39.60	988.64	36.49	5.76	*6.24*	24.37	469.76	4.27	254.17	3.30	*0.01*	*0.01*

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

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

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Water ¹ (g)	Ash ¹ (g)
000983 - CHICKEN PARM. H.S/M.S	451	24.68	7.34	0.00	39.60	988.64	36.49	5.76	*6.24*	24.37	469.76	4.27	254.17	3.30	*0.01*	*0.01*
000959 - CHICKEN PATTY, WG, '15-1	244	14.65	2.93	0.00	24.41	507.72	14.65	1.95	0.00	13.67	0.00	1.17	39.06	1.76	0.00	0.00
000962 - CHICKEN POPCORN, WG *	230	13.00	2.50	0.00	20.00	340.00	14.00	2.00	1.00	14.00	100.00	0.00	40.00	1.80	0.00	0.00
000710 - CHICKEN RICE BOWL *	282	3.88	1.15	*0.00*	60.78	476.45	40.36	1.35	*0.00*	19.90	0.00	0.00	1.10	1.49	54.80	0.05
000794 - CHICKEN RICE BOWL HS *	316	4.00	1.00	*0.00*	53.00	416.93	50.04	2.00	*14.00*	19.00	100.00	0.00	21.95	1.45	97.53	0.10
000491 - CHICKEN SANDWICH '15-1	404	16.65	2.93	0.00	24.41	707.72	45.65	4.95	4.00	20.67	20.00	1.17	239.06	3.56	0.00	0.00
000845 - CHICKEN STRIPS *	158	9.00	1.50	0.00	15.00	240.00	9.75	1.50	0.75	9.75	75.00	0.00	15.00	1.35	0.00	0.00
000891 - CHICKEN STRIPS, GLUTEN	210	13.00	3.00	0.00	45.00	510.00	13.00	1.00	0.00	12.00	0.00	0.00	0.00	0.72	0.00	0.00
000926 - CHICKEN TERIYAKI W/ 1c.	316	4.00	1.00	*0.00*	53.00	416.93	50.04	2.00	*14.00*	19.00	100.00	0.00	21.95	1.45	97.53	0.10
000925 - CHICKEN TERIYAKI W/ 3/4c	274	3.63	1.00	*0.00*	53.00	416.20	41.09	1.50	*14.00*	18.01	100.00	0.00	21.47	1.36	73.30	0.07
000883 - CHILI CRISPITO, CAMPUS	540	28.00	6.00	0.00	50.00	740.00	46.00	6.00	2.00	24.00	1500.00	0.00	80.00	3.60	0.00	0.00
000876 - CHILI CRISPITO, CN, WG 1	270	14.00	3.00	0.00	25.00	370.00	23.00	3.00	1.00	12.00	750.00	0.00	40.00	1.80	0.00	0.00
000109 - CHILI, GLUTEN FREE	499	20.60	10.12	*0.00*	66.25	764.14	42.01	11.82	*0.08*	37.70	1119.87	13.72	531.03	3.78	*68.63*	*0.21*
000904 - CHILI, LACTOSE FREE	340	7.59	2.89	*0.00*	22.86	503.79	40.56	11.82	*0.08*	27.58	685.95	13.72	241.75	3.78	*68.63*	*0.21*
000299 - CHILI-SCRATCH, 1 CUP, H	197	8.27	3.78	*0.00*	18.05	920.06	18.38	5.23	*1.62*	17.79	1550.76	32.74	83.50	4.14	*188.51*	*0.92*
000994 - CINNAMON ROLL, W.G. PR	147	0.60	0.06	*0.00*	0.42	212.11	32.09	2.00	*5.50*	2.34	120.83	0.10	20.71	0.79	*30.17*	*0.07*
000622 - COOKIE, CHOC. CHIP*	100	3.50	1.00	0.00	5.00	85.00	19.00	1.00	9.00	2.00	100.00	0.00	0.00	0.72	0.00	0.00
000780 - CORN *	87	0.48	0.00	0.00	0.00	0.00	18.42	1.94	*N/A*	2.91	0.00	2.91	0.00	0.00	0.00	0.00
000826 - CORN DOG *	243	8.10	2.53	0.00	40.50	394.87	30.37	5.06	5.06	9.11	25.31	0.00	81.00	1.82	*N/A*	*N/A*
000946 - CUCUMBERS, SLICED	7	0.10	0.01	0.00	0.00	1.19	1.29	0.42	0.82	0.35	42.84	1.90	8.33	0.13	57.55	0.21
000870 - DINNER ROLL, WG 15-16*	80	1.50	0.00	0.00	0.00	70.00	14.00	2.00	2.00	3.00	10.00	0.00	0.00	1.08	*N/A*	*N/A*
000996 - FR. TOAST H.S/M.S (3 EAC	270	8.00	1.00	0.00	11.00	290.00	43.00	2.20	11.00	7.00	55.00	0.00	50.00	0.90	0.00	0.00
000839 - FR. TOAST STIX 2 EACH*	180	5.33	0.67	0.00	7.33	193.33	28.67	1.47	7.33	4.67	36.67	0.00	33.33	0.60	0.00	0.00
000742 - FRENCH FRIES, '15-16 *	192	9.00	2.50	0.00	0.00	320.00	21.00	2.00	0.00	2.00	0.00	6.00	0.00	0.72	0.00	0.00
000765 - FRESH VEGGIES *	17	0.19	0.06	*0.00*	0.00	18.85	3.31	1.32	1.14	1.32	98.91	36.02	17.44	0.31	55.94	0.48
000815 - FRESH VEGGIES TRI CITY	34	0.37	0.13	*0.00*	0.00	37.74	6.63	2.64	2.27	2.64	198.69	72.18	34.95	0.61	112.01	0.97
000998 - FRITOS	160	10.00	1.50	0.00	0.00	160.00	16.00	1.00	0.00	2.00	0.00	0.00	20.00	0.00	0.00	0.00
000976 - FROZEN FRUIT CUP, SIDE	80	0.00	0.00	0.00	0.00	45.00	20.00	0.00	19.00	0.00	1000.00	60.00	80.00	0.36	0.00	0.00
000920 - FRUIT JUICE, ASST.	60	0.00	0.00	0.00	0.00	13.50	14.00	0.00	13.00	0.00	195.50	18.00	48.00	0.00	*N/A*	*N/A*
000637 - FUDGE BAR	100	0.00	0.00	0.00	0.00	90.00	22.00	0.00	*N/A*	2.00	0.00	0.00	80.00	0.00	0.00	0.00
000766 - GARDEN SALAD *	20	0.30	0.03	*0.00*	0.00	7.94	3.96	2.04	1.89	1.26	6899.51	8.20	28.73	0.84	107.25	0.63
000107 - GRAPES*	76	0.40	0.12	0.00	0.00	2.27	19.45	1.02	18.43	0.71	113.40	4.54	15.88	0.33	92.19	0.65
000384 - GREEN BEANS-DRN/CANN	11	0.00	0.00	0.00	0.00	8.50	1.70	1.13	1.13	0.57	113.33	0.68	11.33	0.20	0.00	0.00
000020 - GRILLED CHEESE	292	12.12	5.57	0.00	37.97	1045.55	33.01	4.00	*5.01*	17.11	326.28	0.00	231.87	1.62	0.00	0.00
000935 - GRILLED CHICKEN PATTY*	100	3.50	1.00	0.00	40.00	210.00	1.00	0.00	0.00	15.00	0.00	0.00	0.00	0.72	0.00	0.00
000645 - GRILLED CHICKEN SAND	260	5.50	1.00	0.00	40.00	410.00	32.00	3.00	*0.00*	21.00	0.00	0.00	150.00	2.52	0.00	0.00
000880 - HAM & AM. CHEESE SAND	260	11.00	5.00	0.00	25.00	700.00	32.00	4.00	4.00	13.00	320.00	0.00	230.00	1.44	0.00	0.00
000878 - HAM & SWISS CHEESE SA	300	12.00	6.00	0.00	30.00	790.00	32.00	4.00	4.00	16.00	420.00	0.00	380.00	1.44	*0.00*	*0.00*
000161 - HAMBURGER ON A BUN*	270	8.00	2.50	0.00	35.00	470.00	33.00	4.00	4.00	21.00	120.00	1.20	220.00	3.60	0.00	0.00
000605 - HOT DOG ON A BUN *	326	15.89	4.65	0.00	53.30	850.90	34.86	3.00	5.64	12.95	76.70	0.34	251.03	2.41	0.00	0.00
000987 - HOT HAM & CHEESE CROI	291	12.52	6.01	0.00	37.81	1243.36	32.02	3.00	5.02	15.60	355.06	0.00	175.00	1.80	0.00	0.00
000800 - ITALIAN DUNKERS (1cup)*	391	15.05	5.22	0.00	34.91	1104.48	46.67	6.15	*3.46*	20.94	431.55	21.50	55.38	3.67	*0.04*	*0.02*
000383 - JELLY, ASST.*	37	0.00	0.00	0.00	0.00	4.20	9.79	0.14	7.17	0.02	0.70	0.13	0.98	0.03	4.17	0.02
000917 - JUICE, APPLE 100%, 4 OZ.*	60	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	65.00	0.00	0.00	0.00	*N/A*	*N/A*
000922 - JUICE, ASST.	57	0.00	0.00	0.00	0.00	13.75	13.50	0.00	12.25	0.25	170.00	15.00	40.00	0.00	*N/A*	*N/A*
000918 - JUICE, FRUIT PUNCH BLE	60	0.00	0.00	0.00	0.00	10.00	14.00	0.00	13.00	0.00	65.00	0.00	60.00	0.00	*N/A*	*N/A*

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000919 - JUICE, MERRY CHERRY, 4	60	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	500.00	60.00	100.00	0.00	*N/A*	*N/A*
000921 - JUICE, ORANGE, 100%, 4 O	50	0.00	0.00	0.00	0.00	15.00	12.00	0.00	10.00	1.00	50.00	0.00	0.00	0.00	*N/A*	*N/A*
000868 - KETCHUP, PACKET, 9G, R	10	0.00	0.00	0.00	0.00	25.00	0.00	0.00	2.00	0.00	10.00	0.00	0.00	0.00	0.00	0.00
000396 - LETTUCE/TOMATO - 1/2 C	15	0.08	0.01	*0.00*	0.00	7.37	3.19	1.02	*1.07*	0.89	446.72	7.51	4.08	0.11	*38.59*	*0.20*
000784 - LETTUCE/TOMATO-1 CUP*	30	0.15	0.02	*0.00*	0.00	14.52	6.20	1.99	*2.03*	1.75	855.67	14.40	7.71	0.21	*72.88*	*0.39*
000602 - MARINARA SAUCE, LOW N	62	1.02	0.00	0.00	0.00	140.50	12.39	2.14	9.04	2.06	517.30	6.20	25.23	1.22	*0.02*	*0.01*
001015 - MASHED POTATOES: INST	87	0.00	0.00	*0.00*	0.00	25.20	18.88	1.46	*0.00*	2.90	0.35	52.16	31.56	0.54	115.09	0.12
000594 - MEXICAN SEASONING MIX	363	17.27	2.20	*0.00*	0.00	1699.43	59.53	29.39	*6.16*	16.63	23185.58	6.04	575.88	35.14	10.84	10.70
000972 - MILK, LOWFAT, BORDEN *	110	2.50	1.50	0.00	10.00	130.00	13.00	0.00	12.00	8.00	500.00	2.40	300.00	0.00	0.00	0.00
000971 - MILK, SKIM, STRAW., BOR	110	0.00	0.00	0.00	5.00	125.00	19.00	0.00	18.00	8.00	1750.00	1.20	300.00	0.00	*N/A*	*N/A*
000973 - MILK, SKIM CHOCOLATE, B	120	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	500.00	1.20	300.00	0.00	*N/A*	*N/A*
000822 - MINI CINNIS *	240	8.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	5.00	75.00	0.00	40.00	1.44	*N/A*	*N/A*
000711 - MINI CORN DOGS*	270	12.00	3.75	0.00	37.50	420.00	30.00	4.50	0.00	10.50	0.00	0.00	150.00	2.16	0.00	0.00
000911 - MINI DONUTS, POWDERE	310	13.00	6.00	0.00	20.00	260.00	45.00	3.00	19.00	4.00	400.00	0.00	40.00	1.80	0.00	0.00
000912 - MINI DONUTS, WG, CHOC	320	16.00	9.00	0.00	20.00	260.00	42.00	3.00	17.00	5.00	400.00	0.00	40.00	2.70	0.00	0.00
000963 - MINI PANCAKES, WG, EGG	210	6.00	1.00	0.00	10.00	310.00	35.00	4.00	11.00	4.00	500.00	0.00	60.00	2.70	*N/A*	*N/A*
000873 - MIRACLE WHIP LITE DRES	15	1.00	0.00	0.00	0.00	105.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000956 - MUFFIN, APPLE CINNAMO	190	6.00	2.00	0.00	40.00	130.00	31.00	2.00	16.00	3.00	100.00	2.40	40.00	1.08	*N/A*	*N/A*
000955 - MUFFIN, BANANA, WG, 15-	190	6.00	2.00	0.00	40.00	130.00	31.00	2.00	17.00	3.00	100.00	0.00	40.00	0.72	*N/A*	*N/A*
000954 - MUFFIN, BLUEBERRY, WG,	190	6.00	2.00	0.00	45.00	130.00	30.00	2.00	16.00	3.00	100.00	0.00	20.00	1.08	0.00	*N/A*
000988 - MUFFIN, CHOC. CHIP, OTI	480	25.00	6.00	0.00	60.00	360.00	58.00	1.00	34.00	5.00	100.00	0.00	60.00	2.70	0.00	0.00
000893 - MUSTARD*	5	0.00	0.00	0.00	0.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000700 - NACHO SUPREME *	146	8.46	3.75	*0.00*	30.30	711.43	7.03	1.66	*1.48*	12.15	622.96	0.13	87.46	2.24	38.87	0.28
000797 - ORANGE SLICES HS *	45	0.12	0.01	*N/A*	0.00	0.00	11.28	2.30	8.98	0.90	216.00	51.07	38.40	0.10	83.28	0.42
000886 - ORANGES*	45	0.12	0.01	*N/A*	0.00	0.00	11.28	2.30	8.98	0.90	216.00	51.07	38.40	0.10	83.28	0.42
000970 - PANCAKES, EGGO *	210	6.00	1.00	0.00	10.00	310.00	35.00	4.00	11.00	4.00	500.00	0.00	60.00	2.70	*N/A*	*N/A*
000975 - PB & J ON GRAHAM WAFE	300	17.00	3.50	0.00	0.00	220.00	32.00	4.00	14.00	9.00	70.00	0.00	20.00	1.44	*N/A*	*N/A*
000748 - PEACHES SLICED, CND*	53	0.14	0.00	0.00	0.00	6.00	13.39	1.30	0.00	0.50	340.00	3.81	6.00	0.38	0.00	0.00
000438 - PEARS: canned,light syrup*	63	0.00	0.00	0.00	0.00	10.48	14.68	2.10	11.53	0.00	57.66	1.26	0.00	0.38	0.00	0.00
000585 - PEAS, SEASONED*	71	0.24	0.04	*N/A*	0.00	65.32	12.94	4.99	4.22	4.67	1905.09	8.98	21.77	1.38	72.14	0.73
000354 - PICANTE SAUCE*	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
000375 - PINEAPPLE, TIDBITS*	78	0.00	0.00	0.00	0.00	9.76	19.51	0.98	18.54	0.00	92.69	8.78	0.00	0.00	0.00	0.00
000386 - PIZZA QUESADILLA, CHIC/	320	11.00	2.50	0.00	20.00	770.00	38.00	4.00	0.00	18.00	300.00	0.00	200.00	2.70	0.00	0.00
000201 - PIZZA, CHEESE, CICI'S *	350	15.00	8.00	0.00	50.00	830.00	36.00	4.00	*N/A*	17.00	750.00	3.60	400.00	0.36	0.00	0.00
000202 - PIZZA, PEPPERONI, CICI'S*	380	18.00	9.00	0.00	55.00	960.00	37.00	4.00	*N/A*	18.00	750.00	3.60	400.00	0.36	0.00	0.00
000848 - POPCORN CHICKEN, CN*	251	14.20	2.73	0.00	21.85	371.49	15.30	2.19	1.09	15.30	109.26	0.00	43.71	1.97	0.00	0.00
000740 - POTATO SMILES - 1/2 CUP	160	6.00	1.00	0.00	0.00	230.13	25.01	2.00	0.00	2.00	0.00	3.60	0.00	0.72	0.00	0.00
000604 - POTATO, BAKED	246	0.25	0.06	0.00	0.00	15.59	58.31	4.05	*N/A*	6.55	311.84	18.71	31.18	2.81	0.00	0.00
000869 - RANCH DRESSING, LITE, D	60	3.50	0.50	0.00	0.00	370.00	7.00	0.00	3.00	0.00	15.00	0.00	0.00	0.00	*N/A*	*N/A*
000390 - REFRIED BEANS*	138	1.48	0.49	*0.00*	0.00	504.64	23.61	7.87	*0.00*	7.87	0.00	1.18	41.27	1.78	95.90	0.10
000944 - RICE SNACKS, WG, GLUTE	140	6.00	0.00	0.00	0.00	170.00	19.00	1.00	1.00	2.00	100.00	0.00	20.00	0.36	*N/A*	*N/A*
000809 - RICE, BROWN L/G 1 C.*	170	1.50	0.00	*0.00*	0.00	2.93	36.04	2.00	*0.00*	4.00	0.00	0.00	1.95	0.37	97.53	0.10
000788 - RICE, BROWN L/G 3/4 C.*	128	1.13	0.00	*0.00*	0.00	2.20	27.09	1.50	*0.00*	3.01	0.00	0.00	1.47	0.28	73.30	0.07
000895 - RICE, BURRITO RCP ES/M	99	0.80	0.00	*0.00*	0.00	64.54	20.95	1.63	*0.56*	2.13	279.69	3.36	12.36	0.40	*58.61*	*0.06*
000894 - RICE, BURRITO RCP HS*	199	1.60	0.00	*0.00*	0.00	129.08	41.90	3.25	*1.12*	4.27	559.39	6.71	24.72	0.80	*117.22*	*0.12*
000867 - ROLL, HONEY WHEAT*	120	1.50	0.50	0.00	0.00	200.00	23.00	2.00	3.00	4.00	15.00	0.00	20.00	1.08	0.00	0.00

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat ² (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Water ¹ (g)	Ash ¹ (g)
000888 - SACK LUNCH #1	708	20.91	6.57	*0.00*	30.00	1518.22	111.43	12.30	*30.93*	23.94	9271.16	10.30	564.92	2.58	*221.38*	*0.81*
000889 - SACK LUNCH #2	706	17.60	4.07	*0.00*	49.30	1870.11	104.09	11.47	*26.18*	36.24	11216.26	71.98	536.72	2.61	*191.69*	*1.13*
000890 - SACK LUNCH #3	848	32.91	8.57	*0.00*	20.00	1348.22	112.43	11.30	*39.93*	27.94	9116.16	10.30	554.92	2.22	*221.38*	*0.81*
000790 - SALAD BAR '15-16 MS.*	32	0.29	0.03	*0.00*	0.00	45.60	6.66	2.52	3.66	1.59	4012.28	21.96	38.40	0.71	151.06	0.83
000949 - SALAD BAR, CAMPUS*	78	0.69	0.07	*0.00*	0.00	103.71	16.43	6.09	8.62	3.94	11117.25	65.29	91.99	1.79	346.62	1.94
000172 - SALSA *	21	0.00	0.00	0.00	0.00	293.68	4.20	2.10	*N/A*	0.00	314.65	2.52	41.95	0.75	0.00	0.00
000402 - SAUS. PATTY (BKFST)	75	4.99	1.50	0.00	24.96	199.64	0.50	0.00	0.00	5.99	49.91	0.60	9.98	0.54	0.00	0.00
000997 - SAUS. PATTY 2 (LUNCH) C-	221	18.12	6.04	0.00	60.38	402.56	0.00	0.00	2.01	12.08	10.06	0.00	40.26	0.72	0.00	0.00
000990 - SAUS. PATTY, PORK (LUN	111	9.06	3.02	0.00	30.19	201.28	0.00	0.00	1.01	6.04	5.03	0.00	20.13	0.36	0.00	0.00
000812 - SCALLOPED POT. 1/2 CUP	95	0.84	0.00	*0.00*	0.00	401.92	19.01	0.84	*3.35*	1.68	16.76	5.03	19.04	0.31	*114.17*	*0.11*
000914 - SCALLOPED POT. 3/8 CUP	71	0.63	0.00	*0.00*	0.00	301.44	14.25	0.63	*2.51*	1.26	12.57	3.77	14.28	0.23	*85.63*	*0.09*
000872 - SEASONED POTATO WED	120	4.00	0.50	0.00	0.00	140.00	20.00	2.00	0.00	2.00	100.00	3.60	0.00	0.36	*N/A*	*N/A*
000771 - SHREDDED LETTUCE *	13	0.00	0.00	0.00	0.00	8.89	2.67	0.89	*N/A*	0.89	177.78	3.20	0.00	0.00	*N/A*	*N/A*
000991 - SOUTHWEST CHICKEN DI	273	4.63	0.67	0.00	50.00	387.88	31.93	5.42	*1.63*	21.42	655.93	8.41	94.90	3.89	*0.00*	*0.00*
000942 - SOY MILK, KIKKOMAN	140	3.00	0.00	0.00	0.00	170.00	20.00	0.50	16.00	8.00	500.00	0.00	300.00	1.44	*N/A*	*N/A*
000897 - SPAGHETTI W/MEAT SAU	360	7.50	2.50	0.00	20.00	290.01	54.03	2.02	*0.00*	18.01	204.11	15.03	41.01	2.19	*0.00*	*0.00*
000782 - STRAWBERRIES & BANAN	80	0.26	0.07	0.00	0.00	3.48	20.66	2.95	11.28	0.91	69.27	26.08	11.16	0.54	92.46	0.71
000785 - STRING CHEESE*	80	6.00	3.50	0.00	15.00	210.00	1.00	0.00	0.00	7.00	100.00	0.00	200.00	0.00	0.00	0.00
000349 - SYRUP,PANCAKE	120	0.00	0.00	0.00	0.00	29.00	30.00	0.00	19.00	0.00	95.00	0.00	0.00	0.18	0.00	0.00
000617 - TACO BURGER/BUN, CAM	291	10.03	3.15	*0.00*	30.30	698.85	35.32	5.64	*4.34*	19.03	1409.10	0.34	252.46	5.21	13.92	0.61
000896 - TACO MEAT 2 oz.*	120	7.34	2.85	*0.00*	27.27	459.45	4.26	2.56	*0.35*	10.94	1395.10	0.34	50.73	3.29	8.10	0.61
000609 - TACO MEAT, 1.67 oz.*	100	6.11	2.38	*0.00*	22.73	382.88	3.55	2.13	*0.29*	9.11	1162.58	0.28	42.27	2.74	6.75	0.51
000903 - TACO SOUP, GLU/LAC. FR	423	7.80	2.86	*0.00*	22.86	691.42	57.84	11.81	*0.00*	29.42	1279.00	16.00	282.28	5.01	*0.00*	*0.00*
000928 - TACO SOUP, SOY/ CORN/	354	7.42	2.86	*0.00*	22.86	691.42	43.36	10.28	*0.00*	27.13	1279.00	13.72	282.28	5.01	*0.00*	*0.00*
000738 - TATER TOTS	170	10.00	1.50	0.00	0.00	300.00	19.00	2.00	0.00	2.00	0.00	4.80	0.00	0.36	0.00	0.00
000772 - TOMATOES, DICED*	12	0.13	0.02	*N/A*	0.00	3.24	2.52	0.78	1.70	0.57	539.77	8.88	6.48	0.17	61.25	0.32
000592 - TORTILLA CHIPS	110	2.50	0.00	0.00	0.00	110.00	19.00	2.00	0.00	2.00	0.00	0.00	20.00	0.36	0.00	0.00
000882 - TORTILLA CHIPS, CAMPUS	189	4.29	0.00	0.00	0.00	188.62	32.58	3.43	0.00	3.43	0.00	0.00	34.29	0.62	0.00	0.00
000218 - TOSSED SALAD *	25	0.08	0.01	0.00	0.00	29.91	5.44	1.69	*1.51*	1.10	5464.40	4.75	10.48	0.10	*28.03*	*0.31*
000843 - TRI-TATOR 2 EA*	180	9.00	2.00	0.00	0.00	400.00	22.00	2.00	0.00	2.00	0.00	18.00	40.00	1.44	0.00	0.00
000336 - TRI-TATOR*	90	4.50	1.00	0.00	0.00	200.00	11.00	1.00	0.00	1.00	0.00	9.00	20.00	0.72	0.00	0.00
000606 - TURKEY NUGGETS *	320	21.00	5.00	0.00	50.00	320.00	17.00	2.00	0.00	16.00	0.00	0.00	20.00	1.80	0.00	0.00
000615 - UNCRUSTABLE, HS/MS*	320	17.00	3.50	0.00	0.00	320.00	32.00	3.00	13.00	10.00	65.00	0.00	20.00	1.08	0.00	0.00
000993 - UNCRUSTABLE/CHIP	460	23.00	4.50	0.00	0.00	530.00	50.00	5.00	15.00	12.00	75.00	0.00	20.00	1.44	0.00	0.00
000992 - UNCRUSTABLE/CHIP/CHE	540	29.00	8.00	0.00	15.00	740.00	51.00	5.00	15.00	19.00	175.00	0.00	220.00	1.44	0.00	0.00
000680 - WG CINNAMON ROLL*	270	8.00	2.00	0.00	0.00	250.00	45.00	3.00	17.00	5.00	85.00	0.00	50.00	1.80	0.00	0.00
000860 - WG HAMBURGER BUN*	160	2.00	0.00	0.00	0.00	200.00	31.00	3.00	4.00	7.00	20.00	0.00	200.00	1.80	0.00	0.00
000859 - WG HOT DOG BUN *	160	2.00	0.00	0.00	0.00	200.00	31.00	3.00	4.00	7.00	20.00	0.00	200.00	1.80	0.00	0.00
000713 - YOGURT BITES, 15-16*	390	12.00	4.50	0.00	15.00	525.00	53.00	1.00	20.00	20.00	800.00	0.00	380.00	1.44	0.00	0.00
000825 - YOGURT, ASST.	100	0.50	0.50	0.00	1.00	50.00	20.00	0.00	13.00	3.00	500.00	0.00	100.00	0.00	0.00	0.00

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