

# Recipe List

## Recipe List Report Nutrient



Category: Lunch Entree

School: School

Menu: Middle School Menu TUSD 2017-2018

Date: Sep 4, 2017 - Sep 4, 2017

### Nutrients listed per serving

Name	Number	Serving Size	Calories (kcal)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin D (mcg)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Saturated Fat (%cal)	Trans Fat (g)
Lunch Entree																	
<b>Bacon Cheeseburger- MS/HS</b>	2198393	1 serving	461.736	92.778	1043.403	N/A*	2.813	3.313	3.127	170.000	N/A*	29.174	27.688	26.458	9.500	18.52%	1.000
Hamburger Bun, 4", White Wheat, Galassos, #2139, 2G, (W, F)	1246344		140.625	0.000	253.125	N/A*	2.813	2.813	1.688	75.000	N/A*	6.563	27.188	1.875	0.000	0.00%	0.000
Smokie Grill Flamebroiled Beef Steak Hamburger, Advance Pierre #9617, 3M	2197573		230.000	70.000	370.000	N/A*	0.000	0.000	1.440	20.000	N/A*	16.000	0.000	17.000	7.000	27.39%	1.000
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		50.000	12.500	225.000	N/A*	0.000	0.500	0.000	75.000	N/A*	2.500	0.500	4.500	2.500	45.00%	0.000
Bacon, Turkey, Jennie O, #2711-06, .5M, (P)	1242630		82.222	20.556	390.556	N/A*	0.000	0.000	0.000	0.000	N/A*	8.222	0.000	6.167	0.000	0.00%	0.000
<b>Beef Hotdog w/Bun, 5"</b>	1510721	1 EA	478.103	30.000	962.586	N/A*	6.362	6.362	4.537	189.655	N/A*	20.845	62.500	18.241	6.000	11.30%	1.000
Beef Frank, Hoffy 5" 8/1, Hoffman #1061 (2M)	1510687		160.000	30.000	390.000	N/A*	0.000	0.000	0.720	20.000	N/A*	6.000	1.000	14.000	6.000	33.75%	1.000
Hot Dog Bun, 6", White, Galassos, #2116, 2G (W,F)	1273458		318.103	0.000	572.586	N/A*	6.362	6.362	3.817	169.655	N/A*	14.845	61.500	4.241	0.000	0.00%	0.000

<b>Beef Ravioli</b>	1197977	8 raviolis	259.994	24.994	719.988	N/A*	2.997	N/A*	3.988	22.987	N/A*	14.986	29.997	8.992	3.988	13.81%	N/A*
Ravioli, Beef in Meat Sauce; Chef Boyardee, CN labeled (2 meats), School Pack #10 can; as served	5261		259.994	24.994	719.988	N/A*	2.997	N/A*	3.988	22.987	N/A*	14.986	29.997	8.992	3.988	13.80%	N/A*
<b>Beef Rib BBQ Sandwich</b>	1858418	1 each	370.557	43.077	1011.194	N/A*	5.257	12.838	3.801	105.146	N/A*	23.353	42.966	12.838	4.308	10.46%	0.000
Hoagie, 4", White Wheat, Galassos, #2133, 2G, (W, F)	1246471		155.172	0.000	289.655	N/A*	3.103	2.069	1.862	62.069	N/A*	8.276	28.966	2.069	0.000	0.00%	0.000
Beef, Rib BBQ Pattie, #3716, 2M	1694236		215.385	43.077	721.538	N/A*	2.154	10.769	1.938	43.077	N/A*	15.077	14.000	10.769	4.308	18.00%	0.000
<b>Beef Sausage Patties, 2 pieces</b>	2194351	2 pieces	140.000	40.000	480.000	N/A*	0.000	0.000	0.720	0.000	N/A*	12.000	2.000	9.000	3.000	19.29%	0.000
Sausage Pattie, Beef, Advance Pierre, #9485, 1M (P)	1206578		140.000	40.000	480.000	N/A*	0.000	0.000	0.720	0.000	N/A*	12.000	2.000	9.000	3.000	19.29%	0.000
<b>Beef Taco Meat</b>	1260981	3.03 oz	134	38	265	N/A*	3.2	2.1	2.9	47	N/A*	17.8	6.9	4.8	1.8	12.09%	0
Taco Meat, Beef, RF, Don Lee, #CNQK12500, 2M.125ROVeg, (P)	1260947		134.000	38.000	265.000	N/A*	3.200	2.100	2.900	47.000	N/A*	17.800	6.900	4.800	1.800	12.09%	0.000
<b>Breaded Chicken Drumsticks</b>	2198071	3 pieces	220.000	40.000	350.000	N/A*	2.000	0.000	0.360	80.000	N/A*	16.000	9.000	13.000	2.500	10.23%	0.000
Breaded Chicken Drumsticks, Advance Pierre, #68027, 2M/.5G	2198067		220.000	40.000	350.000	N/A*	2.000	0.000	0.360	80.000	N/A*	16.000	9.000	13.000	2.500	10.23%	0.000

<b>Burrito, Bean &amp; Cheese</b>	2194133	1 burrito	350.000	5.000	630.000	N/A*	7.000	2.000	3.600	200.000	N/A*	16.000	48.000	11.000	2.000	5.14%	0.000
Bean & Cheese Burrito, El Monterey, #06115, 2M/2G, (W, F)	2194131		350.000	5.000	630.000	N/A*	7.000	2.000	3.600	200.000	N/A*	16.000	48.000	11.000	2.000	5.14%	0.000
<b>Cheese Ravioli Recipe - MS/HS</b>	2196811	1 serving	339.014	39.815	627.534	N/A*	3.000	4.000	2.160	297.534	N/A*	17.926	41.988	10.926	4.957	13.16%	0.000
WG Cheese Ravioli, Mini, #834WG, 1M/0.5G, (W,P,F)	2193843		120.000	25.000	200.000	N/A*	1.000	1.000	1.080	100.000	N/A*	8.000	15.000	3.000	1.500	11.25%	0.000
String Cheese, Bongards', #40295-1, 1M	2193371		79.014	14.815	197.534	N/A*	0.000	0.000	0.000	197.534	N/A*	5.926	0.988	5.926	3.457	39.38%	0.000
2G Honey Wheat Breadstick, WG, Shannon's, #SB- 770, 2G, (W,F)	2193859		140.000	0.000	230.000	N/A*	2.000	3.000	1.080	0.000	N/A*	4.000	26.000	2.000	0.000	0.00%	0.000
<b>Cheeseburger Sliders</b>	1232771	1 pkg/2	0.000	0.000	0.000	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000	0.000	0.000	0.000	0.00%	0.000
Cheeseburger Sliders on Whole Grain Buns (Reduced Sodium), IW, 75/4.35 oz., Integrated Food Service C47220	226722		0.000	0.000	0.000	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000	0.000	0.000	0.000	0.00%	0.000
<b>Cheeseburger, MS/HS</b>	2197813	1 each	420.625	82.500	848.125	N/A*	2.813	3.313	3.127	170.000	N/A*	25.063	27.688	23.375	9.500	20.33%	1.000
Smokie Grill Flamebroiled Beef Steak Hamburger, Advance Pierre #9617, 3M	2197573		230.000	70.000	370.000	N/A*	0.000	0.000	1.440	20.000	N/A*	16.000	0.000	17.000	7.000	27.39%	1.000
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		50.000	12.500	225.000	N/A*	0.000	0.500	0.000	75.000	N/A*	2.500	0.500	4.500	2.500	45.00%	0.000
Hamburger Bun, 4", White Wheat, Galassos, #2139, 2G, (W, F)	1246344		140.625	0.000	253.125	N/A*	2.813	2.813	1.688	75.000	N/A*	6.563	27.188	1.875	0.000	0.00%	0.000

<b>Chef Salad w/ Breadstick- MS/HS</b>	2198641	1 each	507.176	129.397	1497.884	N/A*	5.467	10.113*	4.295	300.930	N/A*	41.607	42.521	18.943	8.583	15.23%	0.000
3 way Salad Mix - Lettuce, Carrots, Cabbage	2193851		40.000	0.000	26.667	N/A*	2.667	5.333	0.960	53.333	N/A*	2.667	8.000	0.000	0.000	0.00%	0.000
Cucumber, Slices, Goldstar #820092 - for Chinese Chicken Salad	1905466		6.000	0.000	0.000	N/A*	0.200	0.580	0.000	0.000	N/A*	0.240	0.900	0.060	0.000	0.00%	0.000
2G Honey Wheat Breadstick, WG, Shannon's, #SB- 770, 2G, (W,F)	2193859		140.000	0.000	230.000	N/A*	2.000	3.000	1.080	0.000	N/A*	4.000	26.000	2.000	0.000	0.00%	0.000
Turkey Taco Meat, Jennie-O #2856-28, 2M	2198085		228.519	103.872	810.202	N/A*	0.000	N/A*	2.992	83.098	N/A*	33.239	6.232	8.310	2.077	8.18%	0.000
Turkey Ham, Deli Style, Jennie-O 8028, 2M, (P)	1260357		90.503	49.022	656.145	N/A*	0.000	0.000	0.815	0.000	N/A*	11.313	1.508	3.771	1.508	15.00%	0.000
Tomatoes, Cherry, Red	2193847		18.600	0.000	5.400	N/A*	1.200	2.400	0.000	10.200	N/A*	0.600	4.200	0.000	0.000	0.00%	0.000
Cheese, Shredded, Mild Cheddar, Land O' Lakes, 4/5lb, 41749	2043515		111.373	30.374	192.372	N/A*	0.000	0.000	0.000	202.496	N/A*	7.087	1.012	9.112	6.075	49.09%	0.000
<b>Chicken Breast Drumsticks</b>	1587324	3 EA	140.000	40.000	250.000	N/A*	1.000	5.000	1.080	20.000	N/A*	18.000	7.000	4.500	1.000	6.43%	0.000
Chicken Drumstick w/ BBQ Sauce, Advance Pierre, #3973, 2M, (P,F)	1597752		140.000	40.000	250.000	N/A*	1.000	5.000	1.080	20.000	N/A*	18.000	7.000	4.500	1.000	6.43%	0.000
<b>Chicken Caesar Salad w/ Breadstick- MS/HS</b>	2198635	1 each	704.194	28.966	1176.847	N/A*	7.163	8.861	3.336	185.117	N/A*	15.666	53.586	48.035	6.875	8.79%	0.000
Lettuce, cos or romaine, raw	6897		38.555	0.000	18.144	560.186	4.763	2.699	2.200	74.843	0.000	2.790	7.462	0.680	0.088	2.07%	0.000
Tomatoes, Cherry, Red	2193847		12.400	0.000	3.600	N/A*	0.800	1.600	0.000	6.800	N/A*	0.400	2.800	0.000	0.000	0.00%	0.000

Parmesan Cheese, Shredded, Lakeview #40043 (605345)	1785636		19.796	3.578	80.899	N/A*	0.000	0.000	0.043	59.625	N/A*	1.806	0.163	1.304	0.827	37.61%	0.000
Croutons, Caesar Style Multi-Grain, Marzetti #140036	2194255		141.748	0.000	202.496	N/A*	0.000	0.000	0.000	0.000	N/A*	4.050	16.200	6.075	0.000	0.00%	0.000
Dressing, Creamy Caesar, Kens #807	1833470		354.369	23.625	637.864	N/A*	0.000	2.362	0.000	47.249	N/A*	2.362	2.362	37.799	5.906	15.00%	0.000
2G Honey Wheat Breadstick, WG, Shannon's, #SB- 770, 2G, (W,F)	2193859		140.000	0.000	230.000	N/A*	2.000	3.000	1.080	0.000	N/A*	4.000	26.000	2.000	0.000	0.00%	0.000
Chicken Patty, Grilled, FC, 30.25#, 220/2.20 oz, 2M, CN, Advance Pierre 68215	2048719		3.527	1.764	5.644	N/A*	0.000	0.000	0.013	0.000	N/A*	0.459	0.000	0.176	0.053	13.50%	0.000
<b>Chicken Fajita Strips, Goldkist</b>	2198187	1 serving	156.098	136.585	481.301	N/A*	0.000	1.301	1.301	13.008	N/A*	19.512	1.301	6.504	1.301	7.50%	0.000
Chicken Fajita Strips, Dark Meat, 3.2oz., Goldkist #1330	2198185		156.098	136.585	481.301	N/A*	0.000	1.301	1.301	13.008	N/A*	19.512	1.301	6.504	1.301	7.50%	0.000
<b>Chicken Nuggets</b>	2193377	5 each	260.000	25.000	400.000	N/A*	3.000	1.000	1.800	40.000	N/A*	16.000	16.000	15.000	2.500	8.65%	0.000
WG Nuggets, Chicken Tyson Breaded Chicken Chunks, 70364-928, 2M/1WG (W)	2193375		260.000	25.000	400.000	N/A*	3.000	1.000	1.800	40.000	N/A*	16.000	16.000	15.000	2.500	8.65%	0.000
<b>Chicken Parmesan Sandwich - MS/HS</b>	2197819	1 sandwich	441.360	60.000	1061.840	N/A*	5.512	4.304	2.716	176.120	N/A*	29.512	45.072	16.500	4.500	9.18%	0.000
Provolone Cheese Slices, Bongards, #75247-1, 1slice=.75M	2193945		70.000	15.000	180.000	N/A*	0.000	0.000	0.000	150.000	N/A*	5.000	0.000	6.000	3.500	45.00%	0.000
WG Chicken Filet, Breaded, GoldKist, #7516, 2M/1G	2195575		216.000	45.000	576.000	N/A*	2.000	1.000	1.000	21.000	N/A*	20.000	16.000	8.000	1.000	4.17%	0.000
Sauce, marinara, Red Gold RPKMA9C, 0.75V	1273803		15.360	0.000	35.840	N/A*	0.512	2.304	0.276	5.120	N/A*	0.512	3.072	0.000	0.000	0.00%	0.000

Hamburger Bun, White Wheat, 4", S&S Bakery, #ROHWW, 2G, (W, F)	2197595		140.000	0.000	270.000	N/A*	3.000	1.000	1.440	0.000	N/A*	4.000	26.000	2.500	0.000	0.00%	0.000
<b>Chicken Sandwich w/Bun</b>	2194161	1 each	356.625	45.000	829.125	N/A*	4.813	3.813	2.688	96.000	N/A*	26.563	43.188	9.875	1.000	2.52%	0.000
WG Chicken Filet, Breaded, GoldKist, #7516, 2M/1G	2195575		216.000	45.000	576.000	N/A*	2.000	1.000	1.000	21.000	N/A*	20.000	16.000	8.000	1.000	4.17%	0.000
Hamburger Bun, 4", White Wheat, Galassos, #2139, 2G, (W, F)	1246344		140.625	0.000	253.125	N/A*	2.813	2.813	1.688	75.000	N/A*	6.563	27.188	1.875	0.000	0.00%	0.000
<b>Chicken Smackers</b>	2198421	1 serving	293.000	81.000	487.000	N/A*	3.000	1.000	2.000	18.000	N/A*	18.000	17.000	17.000	3.000	9.22%	0.000
Chicken Smackers, Dark Meat, 10 ea., Goldkist #110458	2198419		293.000	81.000	487.000	N/A*	3.000	1.000	2.000	18.000	N/A*	18.000	17.000	17.000	3.000	9.22%	0.000
<b>Chicken Tenders, WG</b>	1208253	1 serving/3 pieces	260.000	25.000	390.000	N/A*	3.000	1.000	1.800	40.000	N/A*	15.000	16.000	15.000	2.500	8.65%	0.000
Chicken Tenders, WG, Golden Crispy, Tyson, #70334-928, 2M/1WG, (W)	1208189		260.000	25.000	390.000	N/A*	3.000	1.000	1.800	40.000	N/A*	15.000	16.000	15.000	2.500	8.65%	0.000
<b>Chicken, Mandarin Orange w/ rice</b>	1210902	3.6 oz	490.000	40.000	280.000	N/A*	4.000	10.000	2.160	0.000	N/A*	19.000	89.000	7.000	0.500	0.92%	0.000
Chicken, Mandarin Orange, Lings, #15552-4, 2M (F, P)	1264963		150.000	40.000	280.000	N/A*	0.000	10.000	0.720	0.000	N/A*	11.000	19.000	3.000	0.500	3.00%	0.000
Rice, brown, WG, Uncle Ben's 12111, 1WG, (W)	1272942		340.000	0.000	0.000	N/A*	4.000	0.000	1.440	0.000	N/A*	8.000	70.000	4.000	0.000	0.00%	0.000
<b>Chicken, Teriyaki w/ brown rice</b>	1751317	2.8 oz	470.000	70.000	480.000	N/A*	4.000	9.000	2.160	0.000	N/A*	24.000	80.000	7.500	1.000	1.92%	0.000

Chicken, Teriyaki, 2.8 oz, Ling's #15554-8, 2M (F, P)	1751283		130.000	70.000	480.000	N/A	0.000	9.000	0.720	0.000	N/A	16.000	10.000	3.500	1.000	6.92%	0.000
Rice, brown, WG, Uncle Ben's 12111, 1WG, (W)	1272942		340.000	0.000	0.000	N/A	4.000	0.000	1.440	0.000	N/A	8.000	70.000	4.000	0.000	0.00%	0.000
<b>Chicken, roasted, 8 piece</b>	2195427	2 ounce	100.000	36.600	200.000	N/A	0.000	0.000	0.468	0.000	N/A	9.300	0.000	6.600	2.000	18.00%	0.000
Chicken, fully cooked, roasted, then individually frozen, with skin, 8 piece, #110080, 2M	2195425		100.000	36.600	200.000	N/A	0.000	0.000	0.468	0.000	N/A	9.300	0.000	6.600	2.000	18.00%	0.000
<b>Chinese Chicken Salad w/ Breadstick- MS/HS</b>	2198637	1 each	728.843	1.764	1500.970	9.540*	9.400	23.037	4.189	116.453	0.000*	13.711	72.758	42.117	7.113	8.78%	0.000
3 way Salad Mix - Lettuce, Carrots, Cabbage	2193851		40.000	0.000	26.667	N/A	2.667	5.333	0.960	53.333	N/A	2.667	8.000	0.000	0.000	0.00%	0.000
Cucumber, Slices, Goldstar #820092 - for Chinese Chicken Salad	1905466		6.000	0.000	0.000	N/A	0.200	0.580	0.000	0.000	N/A	0.240	0.900	0.060	0.000	0.00%	0.000
Onions, young green, tops only	2027355		1.620	0.000	0.900	9.540	0.108	0.235	0.031	3.120	0.000	0.058	0.344	0.028	0.005	2.90%	0.000
Almonds, Raw, Sliced #7002596	2195507		84.000	0.000	0.000	N/A	1.800	0.600	0.648	36.000	N/A	3.000	3.000	7.200	0.600	6.43%	0.000
Orange, 1 wedge, Goldstar - Chinese Chicken Salad	1905747		12.000	0.000	0.000	N/A	0.600	0.000	0.000	24.000	N/A	0.250	3.000	0.000	0.000	0.00%	0.000
Chow Mein Noodles, La Choy #382073	1783354		131.623	0.000	263.245	N/A	2.025	0.000	1.458	0.000	N/A	3.037	18.225	6.075	2.025	13.85%	0.000
Dressing, Asian, Sesame, Marzetti 41464	2194051		310.073	0.000	974.514	N/A	0.000	13.289	0.000	0.000	N/A	0.000	13.289	26.578	4.430	12.86%	0.000
2G Honey Wheat Breadstick, WG, Shannon's, #SB- 770, 2G, (W,F)	2193859		140.000	0.000	230.000	N/A	2.000	3.000	1.080	0.000	N/A	4.000	26.000	2.000	0.000	0.00%	0.000

Chicken Patty, Grilled, FC, 30.25#, 220/2.20 oz, 2M, CN, Advance Pierre 68215	2048719		3.527	1.764	5.644	N/A*	0.000	0.000	0.013	0.000	N/A*	0.459	0.000	0.176	0.053	13.50%	0.000
<b>Corn Dog, Turkey</b>	2193827	1 each	280.000	40.000	660.000	N/A*	2.000	9.000	1.800	60.000	N/A*	9.000	31.000	13.000	3.500	11.25%	0.000
WG Corn Dog, Turkey, State Fair, #28322, 2M/2WG, (W)	2193825		280.000	40.000	660.000	N/A*	2.000	9.000	1.800	60.000	N/A*	9.000	31.000	13.000	3.500	11.25%	0.000
<b>Dodger Dog w/Bun</b>	1198716	1 Wiener	428.103	50.000	1172.586	N/A*	3.362	5.362	3.097	169.655	N/A*	15.845	33.500	26.241	9.000	18.92%	0.000
Dodger Dog Pork Frank, Farmer John, #60565	1198650		260.000	50.000	870.000	N/A*	0.000	2.000	1.080	80.000	N/A*	8.000	1.000	24.000	9.000	31.15%	0.000
Hot Dog Bun, 6", White, Galassos, #2116, 2G (W,F)	1273458		318.103	0.000	572.586	N/A*	6.362	6.362	3.817	169.655	N/A*	14.845	61.500	4.241	0.000	0.00%	0.000
<b>Fish Nuggets</b>	1953306	4 nuggets	210.000	55.000	290.000	N/A*	3.000	0.000	1.440	60.000	N/A*	18.000	23.000	45.000	0.500	2.14%	0.000
Fish Nuggets, Spirited Foods #SF02011, 2M/1.25G	1953240		420.740	110.194	581.021	N/A*	6.011	0.000	2.885	120.211	N/A*	36.063	46.081	90.158	1.002	2.14%	0.000
<b>Fish Sandwich - MS/HS</b>	2196883	1 each	320.625	55.000	473.125	N/A*	4.813	2.813	3.127	135.000	N/A*	23.563	47.188	4.875	0.500	1.40%	0.000
Fish Patty, Spirited Foods #SF03011, 2M/1.25G	2196879		180.000	55.000	220.000	N/A*	2.000	0.000	1.440	60.000	N/A*	17.000	20.000	3.000	0.500	2.50%	0.000
Hamburger Bun, 4", White Wheat, Galassos, #2139, 2G, (W, F)	1246344		140.625	0.000	253.125	N/A*	2.813	2.813	1.688	75.000	N/A*	6.563	27.188	1.875	0.000	0.00%	0.000
<b>Fish Sandwich w/Cheese - MS/HS</b>	2196889	1 each	370.625	67.500	698.125	N/A*	4.813	3.313	3.127	210.000	N/A*	26.063	47.688	9.375	3.000	7.29%	0.000



Fish Patty, Spirited Foods #SF03011, 2M/1.25G	2196879		180.000	55.000	220.000	N/A	2.000	0.000	1.440	60.000	N/A	17.000	20.000	3.000	0.500	2.50%	0.000	
Hamburger Bun, 4", White Wheat, Galassos, #2139, 2G, (W, F)	1246344		140.625	0.000	253.125	N/A	2.813	2.813	1.688	75.000	N/A	6.563	27.188	1.875	0.000	0.00%	0.000	
Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		50.000	12.500	225.000	N/A	0.000	0.500	0.000	75.000	N/A	2.500	0.500	4.500	2.500	45.00%	0.000	
<b>French Toast, Apple Cinnamon, WG, IW</b>	2197571	1 slice	260.000	0.000	300.000	N/A	2.000	17.000	2.700	40.000	N/A	8.000	30.000	6.000	1.000	3.46%	0.000	
French Toast, Apple Cinnamon, WG, IW, Good Source #222M, 2G	2197569		260.000	0.000	300.000	N/A	2.000	17.000	2.700	40.000	N/A	8.000	30.000	6.000	1.000	3.46%	0.000	
<b>Grilled Cheese</b>	1761531	1 each	280.320	31.850	580.790	N/A	3.000	5.650	1.640	465.890	N/A	18.550	30.960	9.910	5.560	17.85%	0.000	
Grilled Cheese on Whole Grain w/ Reduced Sodium American Cheese & Mozzarella, IW - Integrated Food Service C13400; 72/4.19 oz	222285		280.320	31.850	580.790	N/A	3.000	5.650	1.640	465.890	N/A	18.550	30.960	9.910	5.560	17.85%	0.000	
<b>Ham Sandwich - MS/HS</b>	2194183	1 ea	303.023	61.522	1256.545	N/A	3.216	3.854	2.689	178.240	N/A	21.975	34.542	10.297	4.012	11.92%	0.000	
<b>Turkey Ham</b>	1261099	2 <sup>3</sup> / <sub>4</sub> oz.	90.503	49.022	656.145	N/A	0.000	0.000	0.815	0.000	N/A	11.313	1.508	3.771	1.508	15.00%	0.000	
Turkey Ham, Deli Style, Jennie-O 8028, 2M, (P)	1260357		90.503	49.022	656.145	N/A	0.000	0.000	0.815	0.000	N/A	11.313	1.508	3.771	1.508	15.00%	0.000	
<b>6" White Wheat Steak Roll</b>	1246789	1 each	160.000	0.000	290.000	N/A	3.000	3.000	1.800	100.000	N/A	8.000	32.000	2.000	0.000	N/A	0.000	
Steak Roll, 6', White Wheat, Galassos, #2122, 2G, (W, F)	1246529		160.000	0.000	290.000	N/A	3.000	3.000	1.800	100.000	N/A	8.000	32.000	2.000	0.000	0.00%	0.000	
<b>Cheese, American, 1 slice</b>	2193839	1 slice	50.000	12.500	225.000	N/A	0.000	0.500	0.000	75.000	N/A	2.500	0.500	4.500	2.500	45.00%	0.000	

Cheese, American, Sliced, LOL #46255, 0.5M/MA=1slice	2193817		50.000	12.500	225.000	N/A*	0.000	0.500	0.000	75.000	N/A*	2.500	0.500	4.500	2.500	45.00%	0.000
<b>Lettuce, shredded</b>	2195181	1/4 c.	2.520	0.000	1.800	25.380	0.216	0.354	0.074	3.240	0.000	0.162	0.534	0.026	0.004	1.43%	0.000
Lettuce, iceberg (includes crisphead types), raw	6891		2.520	0.000	1.800	25.380	0.216	0.355	0.074	3.240	0.000	0.162	0.535	0.025	0.003	1.16%	0.000
<b>Pickle Chips</b>	2193951	2 Slices	0.000	0.000	83.600	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000
Pickle Chips, Heinz, #658200	2193949		0.000	0.000	83.600	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000	0.000	0.000	0.000	0.00%	0.000
<b>Hamburger, MS/HS</b>	2197811	1 each	370.625	70.000	623.125	N/A*	2.813	2.813	3.127	95.000	N/A*	22.563	27.188	18.875	7.000	17.00%	1.000
Smokie Grill Flamebroiled Beef Steak Hamburger, Advance Pierre #9617, 3M	2197573		230.000	70.000	370.000	N/A*	0.000	0.000	1.440	20.000	N/A*	16.000	0.000	17.000	7.000	27.39%	1.000
Hamburger Bun, 4", White Wheat, Galassos, #2139, 2G, (W, F)	1246344		140.625	0.000	253.125	N/A*	2.813	2.813	1.688	75.000	N/A*	6.563	27.188	1.875	0.000	0.00%	0.000
<b>Korean BBQ Dippers Rice Bowl</b>	2198399	1 serving	500.000	45.000	380.000	N/A*	4.000	4.000	2.160	20.000	N/A*	23.000	80.000	12.000	2.500	4.50%	0.000
Korean Chicken Dippers, 4 ea, 3.0oz, Advance Pierre #68188, 2M	2198395		160.000	45.000	380.000	N/A*	0.000	4.000	0.720	20.000	N/A*	15.000	10.000	8.000	2.500	14.06%	0.000
Rice, brown, WG, Uncle Ben's 12111, 1WG, (W)	1272942		340.000	0.000	0.000	N/A*	4.000	0.000	1.440	0.000	N/A*	8.000	70.000	4.000	0.000	0.00%	0.000
<b>Lasagna, Cheese</b>	1198648	1 each	231.716	35.261	402.985	N/A*	2.015	5.037	1.088	302.238	N/A*	14.104	27.201	7.052	4.030	15.65%	0.000
Lasagna Rollup, cheese, WG, Tasty Brands 00801WG, 2M/1WG, (W, F, P)	1247057		231.716	35.261	402.985	N/A*	2.015	5.037	1.088	302.238	N/A*	14.104	27.201	7.052	4.030	15.65%	0.000

<b>Meatball Sub - MS/HS</b>	2197821	1 sandwich	287.360	62.000	715.840	N/A*	3.212	3.904	2.756	173.120	N/A*	24.312	24.772	12.800	5.400	16.91%	0.000
Provolone Cheese Slices, Bongards, #75247-1, 1slice=.75M	2193945		70.000	15.000	180.000	N/A*	0.000	0.000	0.000	150.000	N/A*	5.000	0.000	6.000	3.500	45.00%	0.000
Sauce, marinara, Red Gold RPKMA9C, 0.75V	1273803		15.360	0.000	35.840	N/A*	0.512	2.304	0.276	5.120	N/A*	0.512	3.072	0.000	0.000	0.00%	0.000
Meatballs, Beef, Don Lee #CNQ28053VS, 2M	2195569		92.000	47.000	300.000	N/A*	0.700	0.600	1.400	18.000	N/A*	10.800	1.700	4.800	1.900	18.59%	0.000
Hoagie, 4", White Wheat, S&S Bakery, #ROHOWW4, 1.5G, (W, F)	2197745		110.000	0.000	200.000	N/A*	2.000	1.000	1.080	0.000	N/A*	8.000	20.000	2.000	0.000	0.00%	0.000
<b>Mini Chicken Corn Dogs</b>	1197979	5 pieces	225.000	33.333	341.667	N/A*	4.167	4.167	1.500	125.000	N/A*	8.333	25.000	10.000	2.917	11.67%	0.000
Corn Dogs, Mini Chicken, Foster Farms, #96806, 1.5M/1.5G, (P,W)	2194149		449.920	66.655	683.211	N/A*	8.332	8.332	2.999	249.955	N/A*	16.664	49.991	19.996	5.832	11.67%	0.000
<b>PB&amp;J w/ String Cheese &amp; Guppie Crackers</b>	1275007	1 each	471.248	24.96	662.246	N/A*	4.91	12*	3.427	280.248	N/A*	19.024	46.161	25.554	7.512	14.35%	N/A*
PB&J Sandwich, Grape Jelly, WG, Jamwich, Advance Pierre, #92123, 1M/1WG, (W)	1232910		290.000	0.000	270.000	N/A*	4.000	12.000	2.700	40.000	N/A*	10.000	32.000	15.000	2.500	7.76%	0.000
Cheese String, Mozzarella, Land O Lakes 59701	257577		80.000	20.000	210.000	N/A*	0.000	0.000	0.000	220.000	N/A*	7.000	1.000	6.000	4.000	45.00%	0.000
Crackers, Goldfish(r) - cheddar; as purchased	3511		101.248	4.960	182.246	N/A*	0.910	N/A*	0.727	20.248	N/A*	2.024	13.161	4.554	1.012	9.00%	N/A*
<b>Pizza, Cheese</b>	2197735	1 slice	330.000	35.000	570.000	N/A*	2.000	4.000	1.440	450.000	N/A*	19.000	27.000	17.000	7.000	19.09%	0.000

Pizza, Cheese, Rose & Shore, 8-cut, BSTR1600C, 2.5G/2.5M, (W, M)	2197733		330.000	35.000	570.000	N/A*	2.000	4.000	1.440	450.000	N/A*	19.000	27.000	17.000	7.000	19.09%	0.000
<b>Pizza, Pepperoni</b>	2194157	1 slice	350.000	40.000	660.000	N/A*	2.000	4.000	1.440	400.000	N/A*	19.000	27.000	18.000	8.000	20.57%	0.000
Pizza, Pepperoni, Rose & Shore, 8-cut, BSTR1600P, 2.5G/2.5M, (W, M)	2194155		350.000	40.000	660.000	N/A*	2.000	4.000	1.440	400.000	N/A*	19.000	27.000	18.000	8.000	20.57%	0.000
<b>Spicy Chicken Sandwich</b>	1268475	1 each	356.625	45.000	787.125	N/A*	5.813	3.813	2.688	93.000	N/A*	26.563	43.188	9.875	1.000	2.52%	0.000
Hamburger Bun, 4", White Wheat, Galassos, #2139, 2G, (W, F)	1246344		140.625	0.000	253.125	N/A*	2.813	2.813	1.688	75.000	N/A*	6.563	27.188	1.875	0.000	0.00%	0.000
Chicken, Fillet, Hot & Spicy, WG Breaded, Chris P. Chicken, Gold Kist, 7517, 120/4oz	2043191		216.000	45.000	534.000	N/A*	3.000	1.000	1.000	18.000	N/A*	20.000	16.000	8.000	1.000	4.17%	0.000
<b>Taco Shell</b>	1199258	1 Shell	139.876	0.000	319.715	N/A*	3.996	0.000	0.000	0.000	N/A*	1.998	17.984	5.995	0.000	0.00%	0.000
6" Taco Shell, Crunchy, Romeros 306610, 1ea=0.5G, WG	2194325		139.876	0.000	319.715	N/A*	3.996	0.000	0.000	0.000	N/A*	1.998	17.984	5.995	0.000	0.00%	0.000
<b>Teriyaki Beef Dippers w/ Rice</b>	1858475	1 each	498.997	38.999	381.993	N/A*	4.600	9.100	3.040	14.000	N/A*	21.600	81.700	10.500	2.600	4.69%	0.000
Beef Patties, Slam Dunkers, Glazed w/ Teriyaki Seasoning, Cooked, 30#, 640/.75oz, Don Lee Farms CNQTD0753 (4=3oz 2M)	246272		158.997	38.999	381.993	N/A*	0.600	9.100	1.600	14.000	N/A*	13.600	11.700	6.500	2.600	14.72%	0.000
Rice, brown, WG, Uncle Ben's 12111, 1WG, (W)	1272942		340.000	0.000	0.000	N/A*	4.000	0.000	1.440	0.000	N/A*	8.000	70.000	4.000	0.000	0.00%	0.000
<b>Three Cheese Calzone, WG</b>	1223510	1 each	370	25	610	N/A*	2	4	2.7	300	N/A*	19	49	12	5	12.16%	0

Calzone, WG RF Three Cheese, Buena Vista 50240 IW	332646		370.000	25.000	610.000	N/A*	2.000	4.000	2.700	300.000	N/A*	19.000	49.000	12.000	5.000	12.16%	0.000
<b>Tuna Salad (MS-HS Sandwich)</b>	2195541	4 oz	236.674	66.201	849.424	73.709*	2.479	3.715*	1.515	11.340*	0.000*	26.520	6.202	13.055	1.647*	6.26%*	0.000*
Tuna, StarKist, Chunk Light Water Pouch, 4oz., 4M	2195513		121.498	60.749	506.241	N/A*	2.025	N/A*	1.458	N/A*	N/A*	26.325	2.025	1.012	N/A*	N/A*	N/A*
Mayonnaise, Premium, 20th Century Food Products #GB1030	1784536		98.133	5.452	54.518	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000	0.000	11.994	1.636	15.00%	0.000
Celery, raw	6915		4.536	0.000	22.680	73.709	0.454	0.380	0.057	11.340	0.000	0.196	0.842	0.048	0.012	2.36%	0.000
Pickle Relish, Homade #1601-00	2195537		12.507	0.000	95.888	N/A*	0.000	3.335	0.000	0.000	N/A*	0.000	3.335	0.000	0.000	0.00%	0.000
Mustard Dispenser, 2/1.5gal Heinz	2195527		0.000	0.000	170.097	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000	0.000	0.000	0.000	0.00%	0.000
<b>Tuna Sandwich (MS-HS) NHS</b>	2195543	1 ea	399.194	66.201	1224.824	N/A*	5.695	7.069	3.389	114.580	N/A*	34.682	38.736	15.081	1.651	3.72%	0.000
Steak Roll, 6', White Wheat, Galassos, #2122, 2G, (W, F)	1246529		160.000	0.000	290.000	N/A*	3.000	3.000	1.800	100.000	N/A*	8.000	32.000	2.000	0.000	0.00%	0.000
<b>Pickle Chips</b>	2193951	2 Slices	0.000	0.000	83.600	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000
Pickle Chips, Heinz, #658200	2193949		0.000	0.000	83.600	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000	0.000	0.000	0.000	0.00%	0.000
<b>Lettuce, shredded</b>	2195181	1/4 c.	2.520	0.000	1.800	25.380	0.216	0.354	0.074	3.240	0.000	0.162	0.534	0.026	0.004	1.43%	0.000
Lettuce, iceberg (includes crisphead types), raw	6891		2.520	0.000	1.800	25.380	0.216	0.355	0.074	3.240	0.000	0.162	0.535	0.025	0.003	1.16%	0.000

<b>Tuna Salad (MS-HS Sandwich)</b>	2195541	4 oz.	236.674	66.201	849.424	73.709*	2.479	3.715*	1.515	11.340*	0.000*	26.520	6.202	13.055	1.647*	6.26%	0.000*
Tuna, StarKist, Chunk Light Water Pouch, 4oz., 4M	2195513		121.498	60.749	506.241	N/A*	2.025	N/A*	1.458	N/A*	N/A*	26.325	2.025	1.012	N/A*	N/A*	N/A*
Mayonnaise, Premium, 20th Century Food Products #GB1030	1784536		98.133	5.452	54.518	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000	0.000	11.994	1.636	15.00%	0.000
Celery, raw	6915		4.536	0.000	22.680	73.709	0.454	0.380	0.057	11.340	0.000	0.196	0.842	0.048	0.012	2.36%	0.000
Pickle Relish, Homade #1601-00	2195537		12.507	0.000	95.888	N/A*	0.000	3.335	0.000	0.000	N/A*	0.000	3.335	0.000	0.000	0.00%	0.000
Mustard Dispenser, 2/1.5gal Heinz	2195527		0.000	0.000	170.097	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000	0.000	0.000	0.000	0.00%	0.000
<b>Turkey Ham</b>	1261099	3.58 oz	120.000	65.000	870.000	N/A*	0.000	0.000	1.080	0.000	N/A*	15.000	2.000	5.000	2.000	15.00%	0.000
Turkey Ham, Deli Style, Jennie-O 8028, 2M, (P)	1260357		120.000	65.000	870.000	N/A*	0.000	0.000	1.080	0.000	N/A*	15.000	2.000	5.000	2.000	15.00%	0.000
<b>Turkey Pepperoni Calzone, WG</b>	1198440	1 calzone	340.000	35.000	470.000	N/A*	5.000	6.000	2.700	350.000	N/A*	24.000	34.000	12.000	6.000	15.88%	0.000
Wheat Turkey Pepperoni Calzone, WG, Giorgios, #9072, 2M/2G, (M, W)	1198406		340.000	35.000	470.000	N/A*	5.000	6.000	2.700	350.000	N/A*	24.000	34.000	12.000	6.000	15.88%	0.000
<b>Turkey Sandwich - MS/HS</b>	2194181	1 ea	415.853	90.000	1122.067	25.380*	3.216	3.355	2.474	253.240	0.000*	41.495	32.535	15.525	6.003	12.99%	0.000
Turkey Breast, Sliced, Jennie-O #2099-21, (P), 6 slices=2M	2193379		183.333	75.000	566.667	N/A*	0.000	0.000	0.600	0.000	N/A*	28.333	0.000	7.500	2.500	12.27%	0.000
Provolone Cheese Slices, Bongards, #75247-1, 1slice=.75M	2193945		70.000	15.000	180.000	N/A*	0.000	0.000	0.000	150.000	N/A*	5.000	0.000	6.000	3.500	45.00%	0.000

Steak Roll, 6', White Wheat, Galassos, #2122, 2G, (W, F)	1246529		160.000	0.000	290.000	N/A*	3.000	3.000	1.800	100.000	N/A*	8.000	32.000	2.000	0.000	0.00%	0.000	
Lettuce, iceberg (includes crisphead types), raw	6891		2.520	0.000	1.800	25.380	0.216	0.355	0.074	3.240	0.000	0.162	0.535	0.025	0.003	1.16%	0.000	
Pickle Chips, Heinz, #658200	2193949		0.000	0.000	83.600	N/A*	0.000	0.000	0.000	0.000	N/A*	0.000	0.000	0.000	0.000	0.00%	0.000	
<b>Turkey Taco Meat</b>	2195293	3.44 oz	172.000	43.000	258.000	N/A*	1.720	1.720	1.858	34.400	N/A*	15.480	5.160	10.320	2.580	13.50%	0.000	
USDA Commodity, turkey taco meat, frozen, cooked, 100119, 2M	2195291		172.000	43.000	258.000	N/A*	1.720	1.720	1.858	34.400	N/A*	15.480	5.160	10.320	2.580	13.50%	0.000	
<b>WG Cheese Ravioli, Jumbo</b>	2197593	3 pieces	180.000	50.000	490.000	N/A*	2.000	1.000	1.440	150.000	N/A*	14.000	24.000	3.500	1.500	7.50%	0.000	
WG Cheese Ravioli, Jumbo, Windsor #73417, 2M/1G (W)	2197591		180.000	50.000	490.000	N/A*	2.000	1.000	1.440	150.000	N/A*	14.000	24.000	3.500	1.500	7.50%	0.000	
<b>WG Mac &amp; Cheese, JTM</b>	2198375	1 serving	317.867	50.133	798.933	N/A*	2.133	3.200	0.000	378.667	N/A*	17.067	27.733	16.000	9.067	25.67%	1.067	
WG Mac & Cheese, #5768, 6.4oz (2- #10 scoops) 2M/1G	2198373		317.867	50.133	798.933	N/A*	2.133	3.200	0.000	378.667	N/A*	17.067	27.733	16.000	9.067	25.67%	1.067	
<b>WG Pancakes</b>	2194021	1 svg	160.008	6.667	260.013	N/A*	2.000	6.667	0.960	26.668	N/A*	3.334	27.335	4.000	0.667	3.75%	0.000	
WG Pancakes, #43582, 3=2.25G, 2=1.5G (W,F)	2194019		160.008	6.667	260.013	N/A*	2.000	6.667	0.960	26.668	N/A*	3.334	27.335	4.000	0.667	3.75%	0.000	
<b>Waffle Sticks, WG (Sub)</b>	2198287	1 serving	220.000	25.000	330.000	N/A*	5.000	8.000	1.800	60.000	N/A*	5.000	38.000	7.000	1.000	4.09%	0.000	

Belgian Waffle Sticks, WG, Krusteaz (Sub) #106 86151 40333 3, 2.25G, (W)	2198285		220.000	25.000	330.000	N/A*	5.000	8.000	1.800	60.000	N/A*	5.000	38.000	7.000	1.000	4.09%	0.000
<b>Yogurt Alternative Entree, 8 oz. - MS/HS</b>	2194249	1 container	499.014	29.815	622.534	N/A*	3.000	41.000	3.080	922.534	N/A*	17.926	75.988	14.426	6.457	11.65%	0.000
Yogurt, Lowfat, Strawberry/Banana, 8 oz., Driftwood, 8oz=2M, (P,F,V,M)	2194247		210.000	10.000	115.000	N/A*	0.000	34.000	0.720	700.000	N/A*	7.000	41.000	2.000	1.000	4.29%	0.000
String Cheese, Bongards', #40295-1, 1M	2193371		79.014	14.815	197.534	N/A*	0.000	0.000	0.000	197.534	N/A*	5.926	0.988	5.926	3.457	39.38%	0.000
Goldfish Crackers, WG, "Guppies", 18105, 1G, (W)	2193339		100.000	5.000	170.000	N/A*	1.000	0.000	0.360	20.000	N/A*	3.000	14.000	3.500	1.000	9.00%	0.000
Graham Crackers w/fiber, MJM #300151, 1G, (W)	2194243		110.000	0.000	140.000	N/A*	2.000	7.000	2.000	5.000	N/A*	2.000	20.000	3.000	1.000	8.18%	0.000
<b>Yogurt Parfait, North - 2M/2G/.5F</b>	2194189	1 each	501.997	25.000	359.006	N/A*	4.406	32.000*	1.835	584.003	N/A*	16.678	92.050	9.666	3.513	6.30%	0.000
Granola, Cinnamon, MOM Brand, #7485, 1G, (W)	2194187		90.000	0.000	25.000	N/A*	1.000	6.000	0.720	150.000	N/A*	2.000	17.000	1.500	0.000	0.00%	0.000
Strawberries, frozen, thawed, sliced, sweetened (sugar added) [100254, A380]	9250		121.997	0.000	4.006	N/A*	2.406	N/A*	0.755	14.003	N/A*	0.678	33.050	0.166	0.013	0.09%	0.000
Yogurt, Vanilla, Lowfat , 32# tub, Driftwood, #52935, 8oz=2M, (P, F, M)	2194185		190.000	20.000	160.000	N/A*	0.000	26.000	0.000	400.000	N/A*	11.000	28.000	4.500	2.500	11.84%	0.000
Goldfish Crackers, WG, "Guppies", 18105, 1G, (W)	2193339		100.000	5.000	170.000	N/A*	1.000	0.000	0.360	20.000	N/A*	3.000	14.000	3.500	1.000	9.00%	0.000

\* = Indicates missing Nutrient Information.

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