

Recipe Nutrition Summary

for School District of West De Pere

August 2, 2017

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
100% Orange Juice	1 - 4 oz cup	60.00	0.00g	0.000%	0.00mg	0.00g	14.00g	N/A		0.00g
100% Smooth Frozen Juice	1 - 4.4 oz juice	80.00	0.00g	0.000%	45.00mg	0.00g	20.00g	0.00g		0.00g
Alfredo Buds	1/4 cup	40.00	0.00g	0.000%	320.00mg	1.00g	8.00g	0.00g		0.00g
American Cheese, 1 slice (1/2 oz)	1 Slice (1/2 oz)	35.00	1.25g	32.143%	155.00mg	2.00g	1.00g	0.00g		3.50g
American Cheese, 2 slices (1 oz)	2 Slices (1 oz)	70.00	2.50g	32.143%	310.00mg	4.00g	2.00g	0.00g		7.00g
Apple Cinnamon Muffin, Otis Spunkmeyer	1 Apple Cinnamon Muffin, Otis Spunkmeyer	190.00	2.00g	9.474%	130.00mg	6.00g	31.00g	2.00g		3.00g
Apple Jacks Bowl	1 Apple Jacks Bowl	67.50	0.34g	4.560%	83.88mg	0.61g	15.88g	1.67g		0.92g
APPLES,RAW,WITH SKIN	1 APPLES,RAW,WITH SKIN	77.48	0.04g	0.485%	1.49mg	0.25g	20.58g	3.58g		0.39g
APPLESAUCE	1/2 cup	51.24	0.01g	0.171%	2.44mg	0.12g	13.75g	1.34g		0.21g
Bagel	1 WG Bagel	140.00	0.00g	0.000%	180.00mg	1.00g	29.00g	4.00g		6.00g
Baked Beans, 1/2 cup	1/2 cup	130.00	0.00g	0.000%	550.00mg	0.00g	29.00g	5.00g		7.00g
Baked Beans, 1/4 cup	1/4 cup	65.00	0.00g	0.000%	275.00mg	0.00g	14.50g	2.50g		3.50g
Banana Bread	1 Slice	280.00	2.00g	6.429%	220.00mg	10.00g	44.00g	2.00g		5.00g
Banana Muffin, Otis Spunkmeyer	1 Banana Muffin, Otis Spunkmeyer	190.00	2.00g	9.474%	130.00mg	6.00g	31.00g	2.00g		3.00g
BANANAS,RAW	1 BANANAS,RAW	89.89	0.11g	1.133%	1.01mg	0.33g	23.07g	2.63g		1.10g
BBQ Pork	4 oz.	230.00	3.00g	11.739%	250.00mg	8.00g	16.00g	N/A		21.00g
BBQ Sauce	1 oz.	33.35	0.00g	0.000%	333.52mg	0.00g	7.50g	0.00g		0.00g
Beef & Bean Burrito	1 Beef & Bean Burrito	270.00	2.00g	6.667%	520.00mg	7.00g	40.00g	8.00g		16.00g
Beef Crumble, Pierre	1 Beef Crumble, Pierre	120.00	3.00g	22.500%	430.00mg	7.00g	1.00g	0.00g		13.00g

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Beef Pattie, ELE	1 Beef Pattie, ELE	160.00	4.50g	25.313%	100.00mg	11.00g	0.00g	0.00g		14.00g
Beef Pattie, MS & HS	1 Beef Pattie, MS & HS	190.00	5.00g	23.684%	260.00mg	13.00g	0.00g	0.00g		17.00g
BEETS,RAW	1/8 cup	7.31	0.00g	0.565%	13.26mg	0.03g	1.63g	0.48g		0.27g
BLUEBERRIES,RAW	1/4 cup	21.09	0.01g	0.442%	0.37mg	0.12g	5.36g	0.89g		0.27g
Blueberry Muffin, Otis Spunkmeyer	1 Blueberry Muffin, Otis Spunkmeyer	190.00	2.00g	9.474%	130.00mg	6.00g	30.00g	2.00g		3.00g
Bologna, Turkey Deli	3.5 oz	120.00	2.50g	18.750%	540.00mg	5.00g	1.00g	0.00g		8.00g
Bologna, Turkey Deli (when used with cheese)	1.75 oz	60.14	1.25g	18.750%	270.61mg	2.51g	0.50g	0.00g		4.01g
Bread, Syble Hopp	2 Slices	137.53	0.77g	5.048%	250.31mg	2.37g	25.52g	2.70g		4.57g
Breakfast Bun	1 Breakfast Bun	300.00	4.50g	13.500%	280.00mg	10.00g	48.00g	3.00g		6.00g
Breakfast Pizza	1 piece	210.00	2.00g	8.571%	480.00mg	8.00g	27.00g	3.00g		10.00g
BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/SALT	1/2 cup	25.80	0.02g	0.579%	22.11mg	0.10g	4.94g	2.76g		2.86g
BROCCOLI,RAW	1/8 cup	3.86	0.00g	1.032%	3.74mg	0.04g	0.75g	0.29g		0.32g
Bun, ELE	1 Bun, ELE	170.00	0.50g	2.647%	135.00mg	3.00g	28.00g	3.40g		7.00g
Bun, ele dinner bimbo	roll	110.00	0.00g	0.000%	170.00mg	1.00g	20.00g	2.00g		4.00g
Bun, ele hamb bimbo	bun	160.00	0.00g	0.000%	270.00mg	2.00g	31.00g	3.00g		6.00g
Bun, ele Hoagie	Bun	230.00	0.50g	1.957%	290.00mg	2.50g	43.00g	4.00g		9.00g
Bun, ele hot dog bimbo	bun	160.00	0.00g	0.000%	270.00mg	2.00g	31.00g	3.00g		6.00g
Bun, HS/MS	1 Roll	173.36	0.52g	2.675%	295.12mg	4.52g	29.29g	2.68g		5.08g
Butter	1 tsp.	33.91	2.39g	63.375%	0.52mg	3.84g	0.00g	0.00g		0.04g

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Cabbage	1/8 cup	2.78	0.00g	1.224%	2.00mg	0.01g	0.65g	0.28g		0.14g
CABBAGE,RAW	1/8 cup	2.78	0.00g	1.224%	2.00mg	0.01g	0.65g	0.28g		0.14g
Calzone	Calzone	250.00	2.00g	7.200%	420.00mg	5.00g	33.00g	4.00g		19.00g
CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	1/4 cup	16.99	0.06g	2.919%	27.10mg	0.31g	3.55g	1.52g		0.27g
CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	1/2 cup	33.99	0.11g	2.919%	54.19mg	0.62g	7.10g	3.03g		0.53g
CARROTS,RAW	1/8 cup	7.32	0.01g	0.812%	12.32mg	0.04g	1.71g	0.50g		0.17g
CAULIFLOWER	1/8 cup	3.12	0.02g	4.680%	3.74mg	0.03g	0.62g	0.25g		0.24g
CELERY	1/8 cup	1.77	0.00g	2.363%	8.85mg	0.02g	0.33g	0.18g		0.08g
Cereal Bar	1 Cereal Bar	150.00	0.50g	3.000%	100.00mg	3.00g	30.00g	3.00g		2.00g
CEREALS,OATS,INST,FORT,W/ CINN & SPICE,DRY	1 CEREALS,OATS,INST,FORT,W/ CINN & SPICE,DRY	166.05	0.35g	1.873%	195.30mg	2.18g	34.24g	3.60g		4.29g
Chees Sticks	1 Chees Sticks	290.00	5.00g	15.517%	680.00mg	12.00g	30.00g	3.00g		17.00g
Cheese Sauce	1 Cheese Sauce	45.00	0.00g	0.000%	400.00mg	1.50g	7.00g	0.00g		1.00g
CHEESE, CHEDDAR, YELLOW, 1/4 cup	1/4 cup	228.82	12.15g	47.787%	364.49mg	18.22g	0.00g	0.00g		14.17g
CHEESE, CHEDDAR, YELLOW, SHREDDED	1 oz	114.41	6.07g	47.787%	182.24mg	9.11g	0.00g	0.00g		7.09g
Cheesy Omelet	Cheesy Omelet	110.00	3.00g	24.545%	210.00mg	8.00g	1.00g	0.00g		8.00g
Chewy Granola Bar	1 bar	90.00	0.50g	5.000%	80.00mg	2.00g	19.00g	1.00g		1.00g
Chicken & Gravy	3 oz.	112.45	0.00g	0.000%	300.24mg	2.65g	7.00g	0.00g		12.90g
Chicken Nuggets, Phd	4 nuggets	254.00	3.00g	10.630%	321.00mg	14.00g	15.00g	3.00g		17.00g

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Chicken Nuggets, Tyson	1 Chicken Nuggets, Tyson	262.50	2.50g	8.571%	400.00mg	15.00g	16.25g	2.50g		16.25g
Chicken Pattie, Breaded	1 Chicken Pattie, Breaded	168.00	2.00g	10.714%	367.00mg	8.00g	9.00g	1.00g		15.00g
Chicken Pattie, PhD	Pattie	254.00	3.00g	10.630%	321.00mg	14.00g	15.00g	3.00g		17.00g
Chicken Pot Pie	1 cup	182.81	0.03g	0.163%	362.67mg	4.33g	16.62g	2.02g		16.54g
Chicken Pot Pie, NEW	1 cup	190.32	0.06g	0.294%	269.11mg	4.20g	16.25g	2.54g		18.94g
Chicken Taco Meat	2 oz	118.04	0.01g	0.053%	94.18mg	3.30g	0.22g	0.09g		19.50g
Chicken Tenders, PhD	3 tenders	254.00	3.00g	10.630%	321.00mg	14.00g	15.00g	3.00g		17.00g
Chicken Tenders, SYBLE HOPP	3 Chicken Tenders, SYBLE HOPP	84.00	2.00g	21.429%	176.00mg	4.00g	0.00g	0.00g		12.00g
Chicken Tenders, Tyson	1 Chicken Tenders, Tyson	260.00	2.50g	8.654%	390.00mg	15.00g	16.00g	3.00g		15.00g
Chicken, bone in	piece	160.00	2.50g	14.063%	320.00mg	10.00g	2.00g	N/A		16.00g
Chili (for hot dogs)	1/4 cup	70.00	1.25g	16.071%	310.00mg	3.00g	5.25g	0.75g		5.50g
Chocolate Chip Cookie	1 Chocolate Chip Cookie	180.00	1.50g	7.500%	200.00mg	5.00g	32.00g	2.00g		3.00g
Chocolate Chip Muffin, Otis Spunkmeyer	1 Chocolate Chip Muffin, Otis Spunkmeyer	190.00	2.00g	9.474%	130.00mg	6.00g	32.00g	2.00g		4.00g
Cinnamon Raisin Bagel	1 Cinnamon Raisin Bagel	170.00	0.00g	0.000%	150.00mg	1.50g	33.00g	5.00g		7.00g
Cinnamon Roll	1 Cinnamon Roll	190.00	2.00g	9.474%	210.00mg	5.00g	33.00g	3.00g		5.00g
Cocoa Krispies Bowl	1 Bowl Pack	124.48	0.67g	4.859%	135.68mg	0.86g	28.13g	0.45g		1.47g
Cookie, Pumpkin	1 Cookie	140.00	3.00g	19.286%	110.00mg	6.00g	20.00g	0.00g		1.00g
Cookie, Tree	1 Cookie	130.00	2.50g	17.308%	95.00mg	6.00g	18.00g	0.00g		1.00g
Copy of BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/SALT	1/4 cup	12.90	0.01g	0.579%	11.06mg	0.05g	2.47g	1.38g		1.43g

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Copy of REGULAR CUT GREEN BEANS IQF	1/2 cup	21.91	0.03g	1.414%	0.78mg	0.13g	5.05g	2.35g		1.17g
Corn	1/8 cup	17.96	0.02g	1.217%	0.61mg	0.16g	4.23g	0.43g		0.62g
Corn Pops	1 Bowl Pack	81.27	0.11g	1.163%	74.97mg	0.27g	18.84g	1.76g		1.01g
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	1/2 cup	66.00	0.05g	0.743%	4.13mg	0.35g	16.14g	1.98g		2.27g
CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	1/4 cup	33.00	0.03g	0.743%	2.06mg	0.18g	8.07g	0.99g		1.13g
Cottage Cheese	1/2 cup	81.36	0.73g	8.063%	458.78mg	1.15g	3.07g	0.00g		14.00g
CRANBERRIES,DRIED,SWTND	1 CRANBERRIES,DRIED, SWTND	139.71	0.04g	0.257%	2.27mg	0.49g	37.56g	2.40g		0.08g
Cream Cheese, 1 oz Cup	1 oz cup	70.00	4.00g	51.429%	95.00mg	6.00g	2.00g	0.00g		2.00g
Crinkle Cut Fries	1 French Fry, Crinkle Cut	90.00	0.00g	0.000%	115.00mg	3.00g	15.00g	0.00g		1.00g
Crispito	2 Crisпитos	480.00	7.00g	13.125%	680.00mg	28.00g	40.00g	4.00g		16.00g
Criss Cut Fries	1 Criss Cut Fries	120.00	1.50g	11.250%	260.00mg	6.00g	14.00g	1.00g		1.00g
CUCUMBER Slices	1/8 cup	1.95	0.00g	2.220%	0.26mg	0.01g	0.47g	0.07g		0.08g
Curly Fry	1 Curly Fry	120.00	1.50g	11.250%	320.00mg	6.00g	15.00g	2.00g		2.00g
Diced Chicken	2.1 oz	77.45	0.00g	0.000%	60.24mg	2.15g	0.00g	0.00g		12.90g
Diced Ham	2 oz.	61.70	1.67g	24.315%	386.89mg	3.33g	3.33g	0.00g		8.33g
Diced Ham	1 oz.	51.03	0.97g	17.110%	294.55mg	2.92g	1.19g	0.00g		4.68g
Diced Ham, 1/2 cup	1/2 cup	123.40	3.33g	24.315%	773.77mg	6.67g	6.67g	0.00g		16.67g
Diced Peaches, 1/2 cup	1/2 cup	51.91	0.01g	0.236%	6.18mg	0.12g	13.72g	1.24g		0.49g
Diced Peaches, 1/4 cup	1/4 cup	25.96	0.01g	0.236%	3.09mg	0.06g	6.86g	0.62g		0.25g

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Diced Pears, 1/2 cup	1/2 cup	59.13	0.01g	0.115%	2.52mg	0.13g	15.35g	2.01g		0.38g
Diced Pears, 1/4 cup	1/4 cup	18.50	0.00g	0.062%	1.28mg	0.02g	4.98g	1.02g		0.12g
Dinner Roll, HS/MS	1 Roll	173.36	0.52g	2.675%	295.12mg	4.52g	29.29g	2.68g		5.08g
Dominos A la Carte Cheese	1 piece	220.00	2.40g	9.818%	410.00mg	6.00g	28.00g	3.00g		14.00g
Egg Roll	1 Egg Roll	320.00	5.00g	14.063%	640.00mg	16.00g	28.00g	5.00g		16.00g
Fajita Chicken Meat	2.45 oz	87.81	1.44g	14.731%	436.21mg	2.87g	1.44g	0.00g		12.96g
French Dressing, ELE	1 packet	123.00	1.50g	10.976%	180.00mg	11.00g	5.00g	0.00g		0.00g
French Toast Sticks	1 French Toast Sticks	210.00	2.00g	8.571%	270.00mg	9.00g	26.00g	2.00g		8.00g
Froot Loops	1 Bowl Pack	75.40	0.38g	4.536%	118.40mg	0.78g	17.20g	1.86g		1.34g
Frosted Flakes Bowl	1 Bowl Pack	103.32	0.00g	0.000%	134.68mg	0.08g	24.84g	0.59g		1.40g
Frosted Mini-Wheats	1 Bowl Pack	98.00	0.11g	1.029%	0.56mg	0.45g	23.63g	3.02g		2.58g
Frosting	1 oz	42.86	0.25g	5.294%	1.42mg	0.40g	9.96g	0.00g		0.08g
FRUIT, CANNED, MIXED, EXTRA LIGHT SYRUP	1/4 cup	30.37	0.00g	0.000%	2.53mg	0.00g	7.59g	0.50g		0.00g
FRUIT, CANNED, MIXED, EXTRA LIGHT SYRUP	1/2 cup	60.74	0.00g	0.000%	5.05mg	0.00g	15.18g	1.01g		0.00g
Fudge Pop-Tarts	2 ct. package	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		5.00g
Garlic Bread	1 Slice	70.00	0.50g	6.429%	95.00mg	2.50g	12.00g	1.00g		2.00g
GELATIN DSSRT, DRY MIX, PREP W/ H2O	4 oz.	70.31	0.00g	0.000%	85.05mg	0.00g	16.09g	0.00g		1.38g
Gilardi Cheese Pizza	1 Gilardi Cheese Pizza	300.00	6.00g	18.000%	600.00mg	11.00g	35.00g	4.00g		16.00g
Gilardi Pepperoni Pizza	1 Gilardi Pepperoni Pizza	300.00	5.00g	15.000%	650.00mg	11.00g	35.00g	5.00g		17.00g

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Graham, Scooby Doo	1 package	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		2.00g
Granola	1 Granola	328.13	1.31g	3.600%	249.38mg	11.81g	49.88g	3.94g		5.25g
GRAPES, 1/2 cup	1/2 cup	56.22	0.10g	1.531%	1.68mg	0.29g	14.39g	0.76g		0.53g
GRAPES, 1/4 cup	1/4 cup	28.11	0.05g	1.531%	0.84mg	0.15g	7.20g	0.38g		0.26g
Gravy, Poultry	1 Gravy, Poultry	35.00	0.00g	0.000%	240.00mg	0.50g	7.00g	0.00g		0.00g
Ham, Turkey Deli (1.75 oz)	1.75 oz	53.04	0.44g	7.500%	521.52mg	1.77g	0.88g	0.00g		7.07g
Ham, Turkey Deli (3.5 oz)	3.5 oz	106.07	0.88g	7.500%	1043.04mg	3.54g	1.77g	0.00g		14.14g
Hard Taco Shell	2 Shells	99.98	1.33g	12.000%	0.00mg	4.00g	13.33g	1.33g		1.33g
Hash Brown Triangles	1 Hash Brown Triangles	220.00	1.50g	6.136%	450.00mg	11.00g	29.00g	3.00g		2.00g
Honey BBQ Rib Patty	1 Honey BBQ Rib Patty	200.00	4.00g	18.000%	300.00mg	10.00g	13.00g	2.00g		14.00g
Hot Dog	1 Hot Dog	120.00	9.00g	67.500%	260.00mg	9.00g	1.00g	0.00g		8.00g
Hot Dog Bun	1 Hot Dog Bun	150.00	0.00g	0.000%	260.00mg	2.00g	27.00g	3.00g		6.00g
Hot Lings (wings)	3.4 oz.	115.00	0.50g	3.913%	291.00mg	3.00g	11.00g	0.00g		11.00g
Hot N Spicy Boneless Wings	1 Hot N Spicy Boneless Wings	237.50	1.88g	7.105%	487.50mg	10.00g	15.00g	1.25g		21.25g
Hot N Spicy Chicken Pattie, Tyson	1 Hot N Spicy Chicken Pattie, Tyson	270.00	3.00g	10.000%	400.00mg	15.00g	17.00g	3.00g		15.00g
Hot N SPicy Chicken Tenders, Tyson	1 Hot N SPicy Chicken Tenders, Tyson	260.00	2.50g	8.654%	390.00mg	15.00g	16.00g	3.00g		15.00g
Italian Flatbread/Cheese Fries	1 Italian Flatbread/Cheese Fries	339.05	7.13g	18.926%	536.41mg	15.35g	29.14g	3.09g		18.90g
Jicama	1/8 cup	7.22	0.00g	0.497%	0.76mg	0.02g	1.68g	0.93g		0.14g
Ketchup	1 oz	33.35	0.00g	0.000%	83.38mg	0.00g	6.67g	0.00g		0.00g

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Recipe Nutrition Summary

for School District of West De Pere

August 2, 2017

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
LETTUCE, ROMAINE	1/2 cup	4.00	0.01g	2.065%	1.88mg	0.07g	0.77g	0.49g		0.29g
LETTUCE,ICEBERG	1/4 cup	2.00	0.00g	1.157%	1.43mg	0.02g	0.42g	0.17g		0.13g
Macaroni & Cheese	6 oz.	290.00	8.00g	24.828%	550.00mg	12.00g	28.00g	2.00g		17.00g
MACARONI, ELBOW, ENRICHED, COOKED, NO SALT ADDED	1/2 cup	87.00	0.09g	0.941%	2.00mg	0.38g	18.60g	2.00g		3.73g
MACARONI, ELBOW, ENRICHED, COOKED, NO SALT ADDED	1 cup	174.01	0.18g	0.941%	4.00mg	0.76g	37.20g	4.00g		7.46g
Mandarin Oranges	1/4 cup	32.91	0.02g	0.662%	1.24mg	0.19g	8.28g	1.12g		0.50g
Mandarin Oranges, 1/2 cup	1/2 cup	66.11	0.05g	0.662%	2.49mg	0.39g	16.64g	2.25g		1.01g
Mashed Potatoes, Idahoan Low Sodium	1 Mashed Potatoes, Idahoan Low Sodium	80.00	0.00g	0.000%	0.00mg	1.00g	17.00g	1.00g		1.00g
Mashed Potatoes, Idahoan Low Sodium	1 Mashed Potatoes, Idahoan Low Sodium	40.00	0.00g	0.000%	0.00mg	0.50g	8.50g	0.50g		0.50g
MAYONNAISE	1 oz.	94.40	1.31g	12.481%	207.80mg	9.44g	1.90g	0.00g		0.26g
Meatball, Beef	1 Meatball, Beef	150.00	3.50g	21.000%	250.00mg	9.00g	4.00g	1.00g		14.00g
MEXICALI CORN	1 MEXICALI CORN	85.13	0.10g	1.020%	393.85mg	0.62g	20.62g	N/A		2.64g
Milk, Chocolate Skim	1 Milk, Chocolate Skim	130.00	0.00g	0.000%	200.00mg	0.00g	23.00g	0.00g		9.00g
Milk, Strawberry Skim	1 carton	130.00	0.00g	0.000%	115.00mg	0.00g	27.00g	0.00g		8.00g
MILK,LOWFAT,FLUID,1% MILKFAT,PROT FORT,W/ ADDED VIT A & D	1 MILK,LOWFAT,FLUID,1% MILKFAT,PROT FORT,W/ ADDED	108.86	1.65g	13.650%	131.54mg	2.65g	12.52g	0.00g		8.91g
MILK,NONFAT,FLUID,PROT FORT,W/ ADD VIT A & D (FAT FREE/SKIM)	1 MILK,NONFAT,FLUID,PROT FORT,W/ ADD VIT A & D (FA	92.99	0.37g	3.556%	133.81mg	0.57g	12.61g	0.00g		8.98g
Mini Bagel	1 Package	230.00	2.50g	9.783%	180.00mg	6.00g	41.00g	2.00g		6.00g
Mini Corn Dogs, Chicken	1 Mini Corn Dogs, Chicken	270.00	3.50g	11.667%	410.00mg	12.00g	30.00g	5.00g		10.00g

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Recipe Nutrition Summary

for School District of West De Pere

August 2, 2017

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Mini Pancake	1 pouch	230.00	0.50g	1.957%	150.00mg	7.00g	41.00g	3.00g		4.00g
Mini Rice Krispy	Mini Rice Krispy	50.00	0.00g	0.000%	45.00mg	1.00g	9.00g	0.00g		0.00g
MIXED VEGETABLES	1/4 cup	32.06	0.02g	0.429%	17.26mg	0.07g	6.46g	2.17g		1.41g
MIXED VEGETABLES	1/2 cup	62.65	0.03g	0.429%	33.74mg	0.14g	12.62g	4.24g		2.76g
Mozzarella Sticks	5 Sticks	320.00	5.00g	14.063%	490.00mg	14.00g	31.00g	3.00g		18.00g
MUSTARD	1 oz	17.01	0.06g	3.210%	312.98mg	0.95g	1.65g	1.13g		1.06g
Orange Chicken	5.6 oz. serving	300.00	3.00g	9.000%	380.00mg	12.00g	18.00g	0.00g		26.00g
ORANGES,RAW,ALL COMM VAR	1 ORANGES,RAW,ALL COMM VAR	61.57	0.02g	0.287%	0.00mg	0.16g	15.39g	3.14g		1.23g
ORANGES,RAW,NAVELS	1 ORANGES,RAW,NAVELS	68.60	0.02g	0.312%	1.40mg	0.21g	17.56g	3.08g		1.27g
Pancakes	2 Pancakes	160.00	0.67g	3.769%	260.00mg	4.00g	27.30g	2.00g		3.30g
PB&J Pierre	1 sandwich	610.00	1.50g	2.213%	620.00mg	31.00g	69.00g	7.00g		20.00g
PB&J Uncrustable, Grape	1 Sandwich	630.00	7.00g	10.000%	630.00mg	33.00g	64.00g	6.00g		19.00g
PB&J Uncrustable, Strawberry	1 Sandwich	630.00	7.00g	10.000%	620.00mg	33.00g	64.00g	7.00g		19.00g
Peanut Butter Balls	1	127.18	2.80g	19.802%	37.29mg	7.47g	13.32g	2.03g		3.09g
PEAR, BOSCO, RAW, WHOLE	1 Pear	96.00	0.02g	0.156%	1.99mg	0.20g	25.66g	5.10g		0.63g
PEAS, GREEN, COOKED FROM FROZEN, WITHOUT SALT	1/4 cup	36.69	0.02g	0.581%	34.32mg	0.13g	6.75g	2.60g		2.44g
PEAS, GREEN, COOKED FROM FROZEN, WITHOUT SALT	1/2 cup	73.38	0.05g	0.581%	68.65mg	0.27g	13.50g	5.21g		4.88g
PEAS,EDIBLE-PODDED,RAW	1/8 cup	9.64	0.01g	0.836%	0.92mg	0.05g	1.73g	0.60g		0.64g
Pepper Jack Cheese, 1 slice (1/2 oz)	1 Slice (1/2 oz)	55.00	3.00g	49.091%	105.00mg	4.50g	0.50g	0.00g		3.00g

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Recipe Nutrition Summary

for School District of West De Pere

August 2, 2017

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Pepper Jack Cheese, 2 slices (1 oz)	2 Slices (1 oz)	110.00	6.00g	49.091%	210.00mg	9.00g	1.00g	0.00g		6.00g
Pepper, Strips	1/8 cup	3.06	0.01g	2.610%	0.46mg	0.03g	0.71g	0.26g		0.13g
Philly Steak	1.5 oz.	55.00	0.75g	12.273%	165.00mg	1.75g	0.50g	0.00g		9.50g
PICKLE RELISH,HOT DOG	oz.	25.80	0.01g	0.435%	309.29mg	0.13g	6.62g	0.43g		0.43g
PICKLES	1 oz	3.40	0.02g	5.925%	229.35mg	0.09g	0.68g	0.28g		0.14g
PINEAPPLE,CND,LT SYRUP PK,SOL&LIQUIDS	1/2 cup	62.50	0.01g	0.156%	1.20mg	0.14g	16.17g	0.96g		0.43g
PINEAPPLE,CND,LT SYRUP PK,SOL&LIQUIDS	1/4 cup	31.25	0.01g	0.156%	0.60mg	0.07g	8.08g	0.48g		0.22g
Pizza Hut Cheese Pizza	1 Slice	280.00	3.90g	12.536%	520.00mg	9.00g	29.00g	3.00g		21.00g
Pizza Hut Pepperoni Pizza	1 Slice	290.00	4.40g	13.655%	570.00mg	11.00g	29.00g	3.00g		21.00g
Pizza Hut Sausage Pizza	1 Slice	340.00	6.00g	15.882%	670.00mg	16.00g	28.00g	3.00g		21.00g
Pizza Quesadilla	1 Pizza Quesadilla	320.00	2.50g	7.031%	770.00mg	11.00g	38.00g	4.00g		18.00g
Pizza, Dominos Cheese	Piece	280.00	3.90g	12.536%	520.00mg	9.00g	29.00g	3.00g		21.00g
Pizza, Dominos Pepperoni	Piece	270.00	4.00g	13.333%	570.00mg	9.00g	29.00g	3.00g		20.00g
Pizza, Dominos Sausage	1 piece	310.00	4.00g	11.613%	650.00mg	12.00g	31.00g	3.00g		19.00g
Pizza, Tonys pepperoni stuffed	piece	360.00	6.00g	15.000%	640.00mg	16.00g	38.00g	3.00g		16.00g
Pizza, Wild Mike's Cheese	1 piece	360.00	8.00g	20.000%	510.00mg	17.00g	34.00g	3.00g		20.00g
Pizza, Wild Mike's Pepperoni	1 piece	370.00	9.00g	21.892%	580.00mg	18.00g	34.00g	3.00g		20.00g
Popcorn Chicken, Goldkist	1 Popcorn Chicken	269.00	3.00g	10.037%	590.00mg	13.00g	20.00g	3.00g		18.00g
Pretzel Nuggets	3 Pretzel Nuggets	90.00	0.00g	0.000%	90.00mg	0.00g	19.50g	1.50g		3.00g

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Recipe Nutrition Summary

for School District of West De Pere

August 2, 2017

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Raisin Bran Bowl	1 Bowl Pack	111.65	0.14g	1.129%	124.60mg	0.67g	27.48g	4.20g		2.70g
Ranch Dressing	1 oz	160.00	3.00g	16.875%	170.00mg	17.00g	1.00g	0.00g		1.00g
Red Ranch	1 oz.	91.72	0.83g	8.182%	241.80mg	5.84g	10.84g	0.00g		0.00g
REFRIED BNS,CND,TRADITIONAL,RED NA	1/2 cup	105.91	0.75g	6.381%	164.22mg	2.39g	16.12g	4.40g		5.93g
REFRIED BNS,CND,TRADITIONAL,RED NA	1/4 cup	52.96	0.38g	6.381%	82.11mg	1.20g	8.06g	2.20g		2.96g
REGULAR CUT GREEN BEANS IQF	1/4 cup	10.87	0.02g	1.414%	0.39mg	0.07g	2.51g	1.17g		0.58g
Rice, Brown 1 cup	1 cup	215.99	0.35g	1.470%	10.00mg	1.76g	44.79g	3.61g		5.04g
Rice, Brown 1/2 cup	1/2 cup	108.00	0.18g	1.470%	5.00mg	0.88g	22.39g	1.80g		2.52g
Rice, Brown 1/4 cup	1/4 cup	54.00	0.09g	1.470%	2.50mg	0.44g	11.20g	0.90g		1.26g
Roll, ELE	1 Roll, ELE	170.00	0.50g	2.647%	135.00mg	3.00g	28.00g	3.40g		7.00g
Roll, HS/MS	1 Roll	173.36	0.52g	2.675%	295.12mg	4.52g	29.29g	2.68g		5.08g
Salami, Turkey Deli Meat (3 slices)	3 Slices (1 oz m/ma)	34.50	1.38g	35.870%	433.12mg	3.44g	0.69g	0.00g		5.50g
Salami, Turkey Deli Meat (5.5 slices)	5.5 Slices (2 m/ma)	69.00	2.75g	35.870%	866.25mg	6.87g	1.38g	0.00g		11.00g
Salisbury Steak	1 Salisbury Steak	140.00	3.50g	22.500%	510.00mg	9.00g	2.00g	1.00g		12.00g
SALSA, LOW-SODIUM, CANNED	1/4 cup	20.00	0.00g	0.000%	70.00mg	0.00g	4.00g	2.00g		0.00g
SALSA, LOW-SODIUM, CANNED	1/8 cup	10.00	0.00g	0.000%	35.00mg	0.00g	2.00g	1.00g		0.00g
Sauerkraut	1/4 cup.	10.00	0.00g	0.000%	360.00mg	0.00g	2.00g	2.00g		0.00g
Shredded Mozzarella Cheese	1 oz	90.00	3.50g	35.000%	210.00mg	6.00g	1.00g	0.00g		7.00g
SideKicks	1 SideKicks	80.00	0.00g	0.000%	45.00mg	0.00g	20.00g	0.00g		0.00g

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Recipe Nutrition Summary

for School District of West De Pere

August 2, 2017

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Smuckers, LARGE Grape	Smuckers, LARGE Grape	630.00	7.00g	10.000%	630.00mg	33.00g	64.00g	6.00g		19.00g
Smuckers, LARGE Strawberry	Smuckers, LARGE Strawberry	630.00	7.00g	10.000%	620.00mg	33.00g	64.00g	7.00g		19.00g
Soft Pretzel	1 Soft Pretzel	140.00	0.00g	0.000%	150.00mg	0.50g	30.00g	3.00g		5.00g
Sour Cream	1 oz.	38.27	2.12g	49.800%	25.23mg	3.40g	1.21g	0.00g		0.83g
Spaghetti Sauce	1.2 oz	14.00	0.00g	0.000%	133.00mg	0.00g	3.00g	1.00g		1.00g
SPAGHETTI, WHOLE GRAIN, COOKED, NO SALT ADDED	1 cup	174.01	0.14g	0.724%	4.00mg	0.76g	37.16g	6.40g		7.46g
SPAGHETTI, WHOLE GRAIN, COOKED, NO SALT ADDED	1/2 cup	87.00	0.07g	0.724%	2.00mg	0.38g	18.58g	3.20g		3.73g
SPINACH	1/2 cup	6.52	0.02g	2.465%	22.40mg	0.11g	1.03g	0.62g		0.81g
STRAWBERRIES,FRZ,UNSWTND	1/4 cup	19.34	0.00g	0.154%	1.11mg	0.06g	5.04g	1.16g		0.24g
STRAWBERRIES,FRZ,UNSWTND	1/2 cup	38.68	0.01g	0.154%	2.21mg	0.12g	10.09g	2.32g		0.48g
String Cheese	1 String Cheese	80.00	3.50g	39.375%	200.00mg	6.00g	1.00g	0.00g		6.00g
Sunbutter Sandwich	1 Sandwich	310.00	2.00g	5.806%	250.00mg	17.00g	33.00g	5.00g		10.00g
Sweet Potato Fries, Ele	1 Sweet Potato Fries, Ele	120.00	0.00g	0.000%	80.00mg	5.00g	17.00g	2.00g		1.00g
Sweet Potato Fries, Seasoned, MS & HS	1 Sweet Potato Fries, Seasoned, MS & HS	100.00	0.00g	0.000%	350.00mg	3.50g	15.00g	2.00g		1.00g
Swiss Cheese, 1 Slice (1/2 oz)	1 Slice (1/2 oz)	44.44	1.73g	35.000%	56.79mg	2.96g	0.49g	0.00g		3.95g
Swiss Cheese, 2 Slices (1 oz)	2 Slices (1 oz)	90.00	3.50g	35.000%	115.00mg	6.00g	1.00g	0.00g		8.00g
Syrup	1 oz	66.34	0.00g	0.000%	23.25mg	0.00g	17.43g	0.00g		0.00g
Taco Meat	1 Taco Meat	119.00	2.10g	15.882%	287.00mg	6.00g	4.00g	2.00g		13.00g
Taco Sauce	1 oz.	14.17	0.00g	0.000%	230.48mg	0.00g	3.54g	0.00g		0.00g

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Recipe Nutrition Summary

for School District of West De Pere

August 2, 2017

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Tater Tot, Spicy Western	1 Tater Tot, Spicy Western	110.00	1.50g	12.273%	250.00mg	5.00g	14.00g	2.00g		2.00g
Teriyaki Chicken	5.6 oz. serving	260.00	2.00g	6.923%	600.00mg	9.00g	18.00g	0.00g		28.00g
TERIYAKI SAUCE	1 oz.	38.31	0.00g	0.000%	191.55mg	0.00g	9.19g	0.00g		0.38g
TOMATOES, Cherry	1/4 cup	6.74	0.01g	1.400%	1.87mg	0.07g	1.46g	0.45g		0.33g
TOMATOES, Diced	1/4 cup	3.37	0.01g	1.400%	0.94mg	0.04g	0.73g	0.22g		0.16g
Tortilla Chip	10 chips	140.00	1.00g	6.429%	105.00mg	7.00g	19.00g	1.00g		2.00g
Tortilla Chips, HS & MS	20 chips	280.00	2.00g	6.429%	210.00mg	14.00g	38.00g	2.00g		4.00g
Tortilla, 9"	1 Tortilla, 9"	150.00	1.50g	9.000%	210.00mg	3.50g	25.00g	1.00g		5.00g
Tortillas, 2 - 6"	1 Tortillas, 2 - 6"	140.00	1.00g	6.429%	210.00mg	4.00g	26.00g	4.00g		4.00g
Turkey Deli Meat (3.5 slices)	3.5 slices (1 oz. m/ma)	40.50	0.00g	0.000%	511.87mg	0.00g	1.63g	0.00g		8.13g
Turkey Deli Meat (6.5 slices)	6.5 slices (2 oz. m/ma)	81.00	0.00g	0.000%	1023.75mg	0.00g	3.25g	0.00g		16.25g
Turkey Pot Roast	3.54 oz.	130.00	1.00g	6.923%	410.00mg	3.00g	4.00g	0.00g		20.00g
Ultimate Cheddar Cheese Cup	1 Cheese Cup	190.00	6.00g	28.421%	570.00mg	10.00g	14.00g	0.00g		10.00g
Uncrustable, Small	1 Uncrustable, Small	320.00	3.50g	9.844%	320.00mg	17.00g	32.00g	3.00g		10.00g
Waffles	2 Waffles	200.00	1.00g	4.500%	490.00mg	6.00g	32.00g	3.00g		5.00g
YAM,RAW	1 YAM,RAW	88.50	0.03g	0.282%	6.75mg	0.13g	20.91g	3.08g		1.15g
YAMBEAN (JICAMA),RAW	1 YAMBEAN (JICAMA),RAW	7.22	0.00g	0.497%	0.76mg	0.02g	1.68g	0.93g		0.14g
Yogurt, Trix Raspberry Rainbow	1 container	100.00	0.50g	4.500%	50.00mg	0.50g	20.00g	N/A		3.00g
Yogurt, Trix Strawberry Banana	1 container	100.00	0.50g	4.500%	50.00mg	0.50g	20.00g	N/A		3.00g

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Recipe Nutrition Summary

for School District of West De Pere

August 2, 2017

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Yogurt, Trix Triple Cherry	1 container	100.00	0.50g	4.500%	50.00mg	0.50g	20.00g	1.00g		3.00g
YOGURT, VANILLA, LOFAT, 11 GRAMS PROT PER 8 OZ, FORT W/ VIT D	8 oz.	192.78	1.83g	8.534%	149.69mg	2.83g	31.30g	0.00g		11.18g
Zucchini Coins	1/8 cup	2.94	0.01g	4.447%	1.38mg	0.06g	0.54g	0.17g		0.21g

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