

Warren County School System

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990165 Bacon	each	5	29.812	0.994 30.002%	125.875	0.000 0.000%	2.650 80.001%	4.969	0.000 0.000%	0.000	1.656 22.219%	0.000	0.000	0.000	0.000
990204 Bacon Biscuit	each	73	269.625	6.988 23.324%	646.750	2.000 2.967%	13.300 44.395%	9.938	28.000 41.539%	0.500	8.312 12.331%	0.000	60.000	0.000	1.800
990174 Bacon, Egg, and Cheese Biscuit	each	110	332.946	10.325 27.910%	1088.006	2.200 2.643%	20.726 56.025%	105.048	26.287 31.581%	0.748	9.169 11.016%	174.658	93.168	0.110	1.764
990192 BBQ Chicken Sandwich	each	121	232.333	0.000 0.000%	539.487	7.803 13.434%	3.120 12.086%	34.019	35.336 60.838%	1.000	14.720 25.343%	0.000	60.000	0.000	1.800
990207 BBQ Nachos	serving	113	296.503	7.225 21.931%	627.508	0.000 0.000%	15.850 48.111%	43.501	19.425 26.205%	1.000	18.700 25.227%	215.754	122.052	0.126	1.913
990200 BBQ, Pulled Pork	serving =2.7 oz	75	130.000	2.100 14.538%	348.000	0.000 0.000%	5.800 40.154%	38.000	1.900 5.846%	0.000	17.600 54.154%	21.000	1.400	0.168	2.070
990129 Beans, BUSH's Baked	.5 cup	130	140.000	0.000 0.000%	550.000	12.000 34.286%	1.000 6.429%	0.000	29.000 82.857%	5.000	6.000 17.143%	0.000	40.000	0.000	1.800
990034 Beans, Green	.5 cup	122	30.493	0.000 0.000%	410.201	2.047 26.852%	0.099 2.931%	0.000	6.065 79.564%	2.047	1.094 14.351%	8.152	13.427	7.954	5.965
990157 Beans, Homemade Baked	.5 cup	128	112.390	0.004 0.029%	229.381	8.348 29.711%	0.009 0.068%	0.000	21.809 77.617%	4.245	5.876 20.913%	64.589	2.458	1.459	0.042
990041 Beans, Pinto	.5 cup	170	157.307	0.000 0.000%	184.947	1.308 3.326%	0.000 0.000%	0.000	27.507 69.944%	6.542	9.188 23.363%	0.059	54.954	0.000	2.617
990040 Beans, Refried	.5 cup	50	180.000	0.500 2.500%	670.000	0.000 0.000%	1.500 7.500%	0.000	31.000 68.889%	11.000	11.000 24.444%	0.740	56.480	1.040	2.520
990205 Beans, White	.5 cup	193	235.106	0.000 0.000%	270.572	3.099 5.273%	0.000 0.000%	0.000	44.064 74.969%	9.223	10.716 18.232%	0.000	159.087	0.000	2.756
990083 Beef Dippers w/Teriyaki	4 pcs =2.8 oz	79	150.000	3.500 21.000%	420.000	4.000 10.667%	8.000 48.000%	35.000	6.000 16.000%	1.000	12.000 32.000%	100.000	20.000	0.000	1.800
990184 Beef Teriyaki with Onion Ring	4 pcs =2.8 oz	95	190.000	3.800 18.000%	466.000	5.000 10.526%	9.600 45.474%	35.000	11.600 24.421%	1.600	12.600 26.526%	100.000	40.000	0.480	2.016
990203 Biscuit 2.2 oz, Mary B's	each	62	210.000	5.000 21.429%	395.000	2.000 3.810%	8.000 34.286%	0.000	28.000 53.333%	0.500	5.000 9.524%	0.000	60.000	0.000	1.800
990195 Biscuit, 2.2 oz., Rich's	each	62	208.996	6.600 28.421%	725.987	2.200 4.211%	9.900 42.632%	0.000	25.300 48.421%	0.748	3.300 6.316%	0.891	35.914	0.110	1.408
990071 Bread Stick, Garlic	each	36	110.000	1.000 8.182%	230.000	2.000 7.273%	4.000 32.727%	0.000	17.000 61.818%	2.000	3.000 10.909%	0.000	0.000	1.200	1.080

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990080 Bread Stick, Mozzarella Filled	serving =2 pcs	108	315.821	4.935 14.062%	789.553	5.922 7.500%	13.817 39.375%	9.869	33.556 42.500%	1.974	13.817 17.500%	0.000	296.082	0.000	2.132
990091 Bread, Banana	each	96	280.000	2.000 6.429%	220.000	25.000 35.714%	10.000 32.143%	0.000	44.000 62.857%	2.000	5.000 7.143%	100.000	80.000	0.000	1.080
990077 Broccoli Florets	.5 cup	85	30.017	0.000 0.000%	20.011	2.001 26.665%	0.000 0.000%	0.000	4.002 53.334%	2.001	2.001 26.665%	0.000	20.011	30.017	0.000
990136 BUN, Hamburger	each	61	160.000	0.000 0.000%	200.000	4.000 10.000%	2.000 11.250%	0.000	31.000 77.500%	3.000	7.000 17.500%	0.000	200.000	0.000	1.800
990171 Bun, Hamburger	each	57	150.000	0.000 0.000%	270.000	3.000 8.000%	1.500 9.000%	0.000	30.000 80.000%	1.000	5.000 13.333%	0.000	60.000	0.000	1.800
990137 BUN, Hotdog	each	61	160.000	0.000 0.000%	200.000	4.000 10.000%	2.000 11.250%	0.000	31.000 77.500%	3.000	7.000 17.500%	0.000	1.800	0.000	200.000
990138 BUN, Slider Roll	each	33	90.000	0.000 0.000%	150.000	2.000 8.889%	1.000 10.000%	0.000	17.000 75.556%	1.000	3.000 13.333%	0.000	20.000	0.000	1.080
990159 Calzone	each	133	250.000	2.000 7.200%	420.000	4.000 6.400%	5.000 18.000%	10.000	33.000 52.800%	4.000	19.000 30.400%	200.000	400.000	0.000	2.700
990061 Carrots, Glazed	.5 cup	99	56.913	0.000 0.000%	238.912	6.431 45.199%	0.000 0.000%	0.000	13.285 93.373%	3.383	1.089 7.654%	0.000	120.885	0.000	0.871
990090 Cereal, Cheerios	1 oz bowl	28	101.248	0.506 4.500%	141.748	1.012 3.998%	2.025 18.000%	0.000	20.250 80.000%	3.037	3.037 11.998%	506.241	101.248	6.075	8.201
990087 Cereal, Cinnamon Toast Crunch	1 oz bowl	28	111.373	0.506 4.091%	161.997	6.075 21.819%	3.037 24.545%	0.000	22.275 80.000%	3.037	1.012 3.635%	404.993	202.496	4.860	3.645
990086 Cereal, Cocoa Puffs	1.05 oz bowl	30	110.000	0.000 0.000%	160.000	8.000 29.091%	1.500 12.273%	0.000	25.000 90.909%	2.000	2.000 7.273%	500.000	100.000	6.000	4.500
990089 Cereal, Honey Nut Cheerios	1 oz bowl	28	110.000	0.000 0.000%	160.000	9.000 32.727%	1.500 12.273%	0.000	22.000 80.000%	2.000	2.000 7.273%	500.000	100.000	6.000	4.500
990088 Cereal, Trix	1 oz bowl	28	110.000	0.000 0.000%	140.000	7.000 25.455%	1.500 12.273%	0.000	24.000 87.273%	1.000	1.000 3.636%	400.000	80.000	4.800	4.500
990199 Cheese Sauce, White, Queso Blanco	serving	57	118.002	5.300 40.424%	433.008	0.000 0.000%	9.000 68.644%	30.001	2.000 6.780%	0.000	7.000 23.728%	400.007	202.004	0.000	0.000
990193 Cheese Steak Sub	each	75	158.485	5.309 30.150%	338.680	1.223 3.087%	11.119 63.142%	37.847	3.482 8.788%	0.109	13.697 34.570%	214.049	213.644	2.742	0.743
990037 Cheese Stick, Mozzarella, String	each	28	60.000	2.000 30.000%	210.000	0.000 0.000%	2.500 37.500%	10.000	1.000 6.667%	0.000	8.000 53.333%	100.000	200.000	0.000	0.000

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990065 Cheeseburger on a Bun	each	146	381.508	7.562 17.840%	676.979	3.985 4.178%	19.655 46.366%	47.937	32.906 34.501%	4.001	21.623 22.671%	251.248	314.732	0.000	3.616
990206 Chicken & Waffle	serving	137	305.000	3.250 9.590%	670.000	2.000 2.623%	14.750 43.525%	47.500	24.500 32.131%	2.500	19.000 24.918%	100.000	50.000	0.000	2.340
990168 Chicken Casserole	serving=.75 cup	244	314.084	3.776 10.821%	643.570	1.293 1.647%	13.808 39.567%	107.073	19.023 24.226%	1.511	26.967 34.344%	251.897	44.890	0.000	0.408
990144 Chicken Cheese Wrap	each	108	259.932	2.999 10.385%	413.892	1.999 3.076%	9.997 34.615%	13.996	26.993 41.539%	2.999	15.996 24.616%	238.938	158.959	1.999	1.999
990046 Chicken Fajitas	serving	114	197.334	2.432 11.090%	593.808	2.432 4.930%	4.863 22.181%	52.973	21.432 43.442%	2.000	16.885 34.226%	0.000	60.000	0.000	1.080
990030 Chicken Nuggets	serving=5 pcs	86	184.000	2.000 9.783%	380.000	0.000 0.000%	8.000 39.130%	33.000	13.000 28.261%	2.000	15.000 32.609%	79.000	20.000	87.000	2.000
990213 Chicken Parmesan	serving	220	473.678	3.772 7.167%	787.248	7.062 5.964%	13.068 24.830%	42.594	60.742 51.294%	6.593	27.760 23.442%	412.248	136.248	105.000	4.396
990073 Chicken Patty, Breakfast	each	59	140.000	1.000 6.429%	250.000	0.000 0.000%	7.000 45.000%	25.000	9.000 25.714%	1.000	12.000 34.286%	0.000	20.000	0.000	1.080
990169 Chicken Quesada	serving	124	326.902	6.568 18.082%	663.418	3.312 4.053%	11.758 32.372%	45.471	33.929 41.516%	4.978	20.134 24.636%	6.000	119.556	0.000	1.792
990067 Chicken Sandwich	each	163	399.386	3.000 6.760%	689.233	3.985 3.991%	14.992 33.785%	45.000	43.881 43.949%	3.988	23.973 24.010%	100.000	219.233	0.000	3.593
990183 Chicken Sandwich, Fried	each	144	334.000	2.000 5.389%	653.000	3.000 3.593%	9.500 25.599%	34.000	43.000 51.497%	3.000	20.000 23.952%	84.000	80.000	87.000	3.800
990145 Chicken Strips, Breaded commodity 625300	serving	87	184.000	2.000 9.783%	383.000	0.000 0.000%	8.000 39.130%	34.000	13.000 28.261%	2.000	15.000 32.609%	84.000	20.000	87.000	2.000
990085 Chicken Tenders	serving=3 pcs	110	229.582	1.497 5.870%	379.309	0.998 1.739%	8.984 35.217%	54.900	13.975 24.348%	0.998	22.958 40.000%	0.000	0.000	0.000	1.437
990216 Chicken, Zesty Orange	serving=12 pcs	105	281.218	2.542 8.135%	434.419	6.122 8.708%	14.235 45.557%	25.419	21.558 30.663%	3.050	15.252 21.694%	101.677	0.000	0.000	1.830
990158 Chili	serving= 6 oz	292	269.084	2.183 7.300%	874.966	3.516 5.227%	5.093 17.033%	21.818	34.680 51.552%	8.555	18.224 27.090%	490.548	83.718	2.324	*4.173*
990202 Chip, Taco Tub	each	22	110.000	0.000 0.000%	0.000	0.000 0.000%	6.000 49.091%	0.000	13.000 47.273%	2.000	2.000 7.273%	0.000	20.000	0.000	0.360
990111 Chips, Cheetos Cheese Baked Crunchy	serving=.875 oz	25	119.972	0.500 3.750%	199.953	0.000 0.000%	4.499 33.750%	0.000	16.996 56.667%	1.000	2.000 6.668%	0.000	0.000	0.000	0.360

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990059 Chips, Doritos RF Nacho Cheese	serving =1 oz	28	130.000	0.500 3.462%	200.000	0.000 0.000%	5.000 34.615%	0.000	20.000 61.538%	2.000	2.000 6.154%	100.000	0.000	0.000	0.360
990035 Chips, Tortilla	serving =1 oz	28	140.000	3.000 19.286%	150.000	0.000 0.000%	7.000 45.000%	0.000	17.000 48.571%	1.000	2.000 5.714%	0.000	20.000	0.000	0.360
990099 Cookie, Carnival	each	28	115.000	1.000 7.826%	75.000	9.000 31.304%	4.000 31.304%	4.000	18.000 62.609%	1.000	1.000 3.478%	0.000	0.000	0.000	0.360
990100 Cookie, Choc Chip	each	28	110.000	1.000 8.182%	70.000	9.000 32.727%	4.000 32.727%	4.000	18.000 65.455%	1.000	1.000 3.636%	0.000	0.000	0.000	0.360
990055 Corn, WK	.5 cup	85	74.532	0.000 0.000%	81.235	3.032 16.272%	1.015 12.260%	0.000	17.591 94.407%	2.039	2.009 10.782%	0.043	8.247	0.000	0.000
990062 Cornbread	each =1.5 oz	44	89.883	0.090 0.901%	314.271	1.027 4.570%	0.935 9.362%	11.584	18.861 83.936%	0.000	3.004 13.368%	58.551	79.091	0.203	1.222
990047 Corndog	each	113	280.000	4.000 12.857%	700.000	9.000 12.857%	14.000 45.000%	45.000	7.000 10.000%	1.000	10.000 14.286%	0.000	60.000	0.000	3.600
990170 Cracker, Cheddar Goldfish	pack	21	101.248	0.506 4.500%	172.122	0.000 0.000%	4.050 36.000%	0.000	14.175 56.000%	1.012	2.025 8.000%	0.000	20.250	0.000	0.729
990120 Crackers, Choc Graham Belly Bears	pack	28	120.000	0.000 0.000%	85.000	7.000 23.333%	4.000 30.000%	0.000	20.000 66.667%	2.000	2.000 6.667%	0.000	100.000	0.000	1.080
990119 Crackers, Cinnamon Graham	pack	28	118.521	0.494 3.750%	148.151	6.914 23.334%	2.963 22.500%	0.000	19.753 66.666%	1.975	1.975 6.665%	281.486	7.901	2.963	1.975
990161 Croissant, Breakfast	each	35	110.000	2.000 16.364%	150.000	1.000 3.636%	4.500 36.818%	0.000	15.000 54.545%	1.000	3.000 10.909%	200.000	20.000	0.000	0.720
990162 Croissant, Lunch	each	67	220.000	3.500 14.318%	300.000	5.000 9.091%	9.000 36.818%	4.500	30.000 54.545%	2.000	6.000 10.909%	0.000	20.000	0.000	1.800
990112 Donut, Chocolate Mini Pack	pack	94	320.000	7.000 19.688%	270.000	19.000 23.750%	15.000 42.188%	0.000	41.000 51.250%	2.000	5.000 6.250%	0.000	40.000	0.000	1.800
990097 Donut, Plain	each =2.5 oz	71	230.000	4.000 15.652%	260.000	6.000 10.435%	11.000 43.043%	0.000	29.000 50.435%	2.000	5.000 8.696%	0.000	100.000	6.000	1.440
990098 Donut, Powdered Mini Pack	pack	85	270.000	3.000 10.000%	230.000	21.000 31.111%	11.000 36.667%	0.000	41.000 60.741%	2.000	4.000 5.926%	0.000	60.000	0.000	0.720
990074 Egg Patty	each	35	70.000	1.500 19.286%	110.000	0.000 0.000%	6.000 77.143%	95.000	1.000 5.714%	0.000	3.000 17.143%	100.000	20.000	0.000	0.360
990075 Egg Patty with Cheese	each	42	95.000	2.750 26.053%	237.500	0.000 0.000%	8.250 78.158%	101.250	1.000 4.211%	0.000	4.250 17.895%	175.000	57.500	0.000	0.360

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990209 Fajita Trim	serving	127	37.811	0.043 1.026%	5.996	4.526 47.880%	0.197 4.696%	0.000	8.654 91.545%	1.847	1.360 14.387%	617.556	21.033	36.665	0.402
990215 Fish Filet	each	102	190.000	1.500 7.105%	330.000	0.000 0.000%	11.000 52.105%	35.000	13.000 27.368%	1.000	10.000 21.053%	0.000	0.000	0.000	0.600
990217 Frudel, Cherry or Apple	each	65	210.000	1.500 6.429%	290.000	11.000 20.952%	6.000 25.714%	0.000	37.000 70.476%	2.000	5.000 9.524%	0.000	0.000	0.000	1.080
990151 Grab & Go Bag, Breakfast, Choc. Mini Donuts	bag	137	451.971	7.033 14.005%	276.345	44.370 39.268%	15.274 30.415%	0.000	75.576 66.886%	3.627	6.338 5.609%	0.000	60.415	0.607	2.537
990149 Grab & Go Bag, Breakfast, Poptart	bag	143	493.261	2.016 3.678%	367.874	55.515 45.019%	4.738 8.644%	0.000	109.968 89.176%	7.665	5.346 4.335%	1007.828	221.789	0.607	4.356
990150 Grab & Go Bag, Breakfast, Powdered Mini Donuts	bag	128	400.443	3.000 6.743%	235.056	46.280 46.229%	11.202 25.177%	0.000	75.380 75.297%	3.618	5.315 5.309%	0.000	80.224	0.607	1.448
990143 Grab & Go Bag, Chicken & Cheese Wrap	bag	232	308.532	2.999 8.749%	428.472	12.691 16.453%	9.997 29.163%	13.996	41.573 53.898%	4.943	15.996 20.738%	238.938	158.959	13.663	1.999
990147 Grab & Go Bag, Field Trip	bag	675	748.572	5.000 6.011%	934.533	59.692 31.896%	22.999 27.651%	15.000	108.576 58.018%	6.944	28.000 14.962%	1100.000	560.000	72.864	1.800
990060 Grab & Go Bag, Ham & Cheese	bag	148	371.264	6.118 14.830%	1354.544	7.059 7.605%	16.146 39.140%	39.411	40.878 44.042%	2.500	14.529 15.654%	300.000	170.000	0.000	1.440
990045 Grab & Go Bag, PBJ	bag	160	506.000	5.000 8.893%	720.500	15.000 11.858%	23.000 40.909%	10.000	56.000 44.269%	5.500	20.000 15.810%	100.000	260.000	0.000	1.800
990063 Grab & Go Bag, Smoothie	bag	406	471.720	2.499 4.768%	384.550	39.775 33.728%	10.499 20.031%	4.996	85.965 72.895%	3.100	10.994 9.322%	1099.101	203.664	12.000	1.134
990079 Grab & Go Bag, Yogurt	bag	324	458.221	3.998 7.853%	549.358	33.643 29.368%	11.497 22.582%	14.982	76.506 66.785%	3.944	14.989 13.085%	598.245	299.649	17.664	1.080
990092 Gravy, Peppered Low Sodium	serving =2 oz	59	39.167	1.119 25.715%	158.165	1.119 11.428%	2.238 51.428%	0.000	5.595 57.143%	0.000	0.000 0.000%	0.000	1.497	0.000	0.000
990175 Ham & Cheese Croissant Breakfast	each	92	215.687	5.259 21.946%	1012.489	3.531 6.548%	11.025 46.004%	30.218	18.544 34.390%	1.000	11.069 20.528%	350.000	95.000	0.000	0.720
990181 Ham & Cheese Croissant Lunch	each	138	375.687	9.259 22.182%	1417.489	7.531 8.018%	20.025 47.972%	47.218	33.544 35.715%	2.000	16.569 17.641%	300.000	170.000	0.000	1.800
990201 Ham, Diced	serving =2 oz	57	60.001	1.000 15.000%	750.013	1.000 6.667%	2.000 30.000%	20.000	2.000 13.333%	0.000	9.000 59.999%	0.000	0.000	0.000	0.360
990116 Hamburger Beef Patty, Flame Broiled	each =2 oz	71	172.122	5.062 26.471%	222.746	0.000 0.000%	13.162 68.824%	35.437	2.025 4.706%	1.012	12.150 28.236%	101.248	40.499	0.000	1.822

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Warren County School System

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990066 Hamburger on a Bun	each	132	331.508	5.062 13.744%	421.979	3.985 4.808%	15.155 41.143%	35.437	32.906 39.705%	4.001	19.123 23.074%	101.248	239.732	0.000	3.616
990068 Hotdog on a Bun	each	118	332.122	5.062 13.718%	817.614	4.000 4.818%	18.200 49.318%	35.437	32.013 38.555%	3.000	14.087 16.966%	101.248	2.164	0.000	220.250
990113 Hotdog Wiener	each	57	172.122	5.062 26.471%	617.614	0.000 0.000%	16.200 84.706%	35.437	1.013 2.353%	0.000	7.087 16.470%	101.248	0.364	0.000	20.250
990126 Juice, 4 oz Apple	each =4 oz	113	50.000	0.000 0.000%	10.000	12.000 96.000%	0.000 0.000%	0.000	13.000 104.000%	0.000	0.000 0.000%	0.000	0.000	1.200	0.000
990128 Juice, 4 oz Fruit Punch	each =4 oz	113	60.000	0.000 0.000%	15.000	14.000 93.333%	0.000 0.000%	0.000	15.000 100.000%	0.000	0.000 0.000%	0.000	20.000	0.000	0.000
990127 Juice, 4 oz Orange	each =4 oz	113	50.000	0.000 0.000%	15.000	10.000 80.000%	0.000 0.000%	0.000	12.000 96.000%	0.000	1.000 8.000%	0.000	0.000	42.000	0.000
990152 Juice, Power Punch	each	191	90.000	0.000 0.000%	20.000	19.000 84.444%	0.000 0.000%	0.000	22.000 97.778%	0.000	0.000 0.000%	500.000	0.000	60.000	0.000
990153 Juice, Tropical Twist	each	191	90.000	0.000 0.000%	20.000	19.000 84.444%	0.000 0.000%	0.000	22.000 97.778%	0.000	0.000 0.000%	500.000	0.000	60.000	0.000
990042 Macaroni and Cheese	.5 cup	256	115.403	0.218 1.698%	190.800	1.452 5.033%	0.726 5.660%	0.000	22.355 77.484%	1.016	3.774 13.081%	0.000	21.008	0.000	0.915
990133 Mandarin Oranges in Juice	.5 cup	140	80.000	0.000 0.000%	10.000	18.000 90.000%	0.000 0.000%	0.000	20.000 100.000%	1.000	0.000 0.000%	500.000	20.000	21.000	0.360
990130 Marinara Sauce, Ind Cup	each =2.5 oz	71	40.000	0.000 0.000%	200.000	4.000 40.000%	1.000 22.500%	0.000	7.000 70.000%	2.000	1.000 10.000%	0.000	19.000	0.000	0.000
990078 Meatball Sub	each	188	353.381	5.376 13.692%	770.100	7.917 8.961%	14.170 36.088%	33.761	39.501 44.713%	4.417	20.837 23.586%	200.000	214.801	0.000	201.084
990214 Meatballs Stroganoff	serving	154	415.199	11.002 23.849%	1375.200	1.834 1.767%	54.340 117.788%	57.521	44.690 43.054%	0.834	12.423 11.968%	200.000	45.003	0.000	1.167
990082 Meatloaf, Beef	serving =3 oz	84	177.781	4.445 22.500%	562.973	4.938 11.110%	10.864 55.000%	34.569	7.901 17.778%	0.988	11.852 26.667%	197.534	19.753	3.556	1.778
990124 MILK 0% PLUS, White	8 oz carton	226	89.684	0.000 0.000%	129.544	11.958 53.334%	0.000 0.000%	4.982	12.954 57.778%	0.000	7.972 35.556%	498.245	298.947	2.392	0.000
990123 MILK 1% Lowfat, White	8 oz carton	226	109.614	1.495 12.272%	129.544	11.958 43.637%	2.491 20.454%	9.965	12.954 47.273%	0.000	7.972 29.091%	498.245	298.947	2.392	0.000
990125 MILK, Chocolate Fat Free	8 oz carton	226	119.579	0.000 0.000%	179.368	17.937 60.001%	0.000 0.000%	4.982	19.930 66.667%	0.000	7.972 26.667%	498.245	298.947	1.196	0.000

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990101 Oatmeal	.5 cup	274	212.524	0.509 2.155%	75.794	7.431 13.986%	3.053 12.929%	0.000	38.374 72.225%	4.117	7.124 13.408%	0.000	13.948	0.000	1.465
990135 Oatmeal Bar, Choc Chip	each	34	130.000	1.000 6.923%	75.000	9.000 27.692%	4.000 27.692%	0.000	24.000 73.846%	1.000	2.000 6.154%	0.000	0.000	6.000	0.720
990096 Pancake Sausage on a Stick	each =2.8 oz	80	237.635	4.456 16.875%	356.453	3.961 6.667%	14.852 56.250%	24.754	17.823 30.000%	1.980	6.931 11.667%	0.000	19.803	0.000	1.426
990186 Patty Melt	each	156	380.000	7.000 16.579%	1095.000	8.000 8.421%	17.000 40.263%	47.500	38.000 40.000%	2.000	19.500 20.526%	350.000	155.000	3.600	3.600
990029 PBJ Jamwich	each =2.7 oz	79	310.000	2.500 7.258%	310.000	12.000 15.484%	16.000 46.452%	0.000	34.000 43.871%	4.000	10.000 12.903%	0.000	60.000	0.000	1.440
990134 Peaches, Diced in Juice	.5 cup	124	50.000	0.000 0.000%	5.000	10.000 80.000%	0.000 0.000%	0.000	12.000 96.000%	0.000	0.000 0.000%	300.000	0.000	1.200	0.000
990093 Pizza, Breakfast Bacon Scramble	2.9 oz piece	84	210.000	3.500 15.000%	340.000	8.000 15.238%	8.000 34.286%	55.000	23.000 43.810%	2.000	10.000 19.048%	0.000	150.000	0.000	1.800
990095 Pizza, Breakfast Sausage	3.3 oz piece	94	210.000	2.000 8.571%	480.000	9.000 17.143%	7.000 30.000%	15.000	26.000 49.524%	2.000	9.000 17.143%	200.000	100.000	0.000	1.800
990094 Pizza, Breakfast with Gravy	3 oz piece	85	200.000	2.000 9.000%	440.000	9.000 18.000%	7.000 31.500%	15.000	24.000 48.000%	2.000	10.000 20.000%	0.000	150.000	0.000	1.800
990048 Pizza, Cheese 4x6, Thick Crust	5.1 oz piece	145	330.000	7.000 19.091%	510.000	16.000 19.394%	14.000 38.182%	35.000	34.000 41.212%	3.000	17.000 20.606%	300.000	350.000	0.000	1.800
990052 Pizza, Cheese Stuffed Crust	4.8 oz piece	138	329.852	4.498 12.273%	869.609	2.999 3.637%	13.994 38.182%	19.991	34.984 42.424%	3.998	16.992 20.606%	299.865	249.888	0.000	1.799
990051 Pizza, Cheese Stuffed Crust, Tonys	5.3 oz piece	151	369.056	7.980 19.459%	578.520	11.969 12.973%	15.959 38.919%	39.898	37.903 41.081%	2.992	16.957 18.379%	398.979	349.107	0.000	2.693
990050 Pizza, Cheese, Wild Mike's	5.5 oz piece	156	360.836	8.019 20.000%	511.184	4.009 4.444%	17.040 42.500%	30.070	34.079 37.778%	3.007	20.046 22.222%	501.161	501.161	6.014	1.804
990053 Pizza, Pepperoni Smart 4x6, Tony's	4.4 oz piece	127	289.987	4.000 12.414%	619.972	13.999 19.310%	11.000 34.138%	14.999	32.999 45.517%	4.000	14.999 20.689%	399.982	249.989	0.000	2.700
990049 Pizza, Pepperoni Stuffed Crust	4.8 oz piece	138	330.000	4.500 12.273%	880.000	4.000 4.848%	14.000 38.182%	20.000	36.000 43.636%	2.000	16.000 19.394%	300.000	250.000	0.000	2.700
990187 Pizza, Smart Mouth, Cheese	each	145	360.000	6.000 15.000%	570.000	4.000 4.444%	15.000 37.500%	35.000	40.000 44.444%	5.000	18.000 20.000%	3000.000	350.000	2.400	2.700
990188 Pizza, Smart Mouth, Pepperoni	each	151	380.000	7.000 16.579%	660.000	4.000 4.211%	17.000 40.263%	45.000	40.000 42.105%	5.000	19.000 20.000%	3000.000	350.000	2.400	2.700

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Recipe Nutrient Composition - Summary

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990189 Popsicle, Strawberry Banana	each	44	50.000	0.500 9.000%	25.000	10.000 80.000%	1.000 18.000%	5.000	10.000 80.000%	0.000	1.000 8.000%	0.000	20.000	6.000	0.000
990190 Popsicle, Triple Berry	each	44	50.000	0.000 0.000%	25.000	10.000 80.000%	0.500 9.000%	0.000	11.000 88.000%	1.000	1.000 8.000%	0.000	20.000	6.000	0.000
990106 Poptart, Blueberry 2 pk	3.5 oz pack	104	417.801	3.057 6.585%	346.469	33.628 32.195%	10.190 21.951%	0.000	77.446 74.146%	1.019	4.076 3.902%	1019.026	0.000	0.000	3.668
990102 Poptart, Brown Sugar Cinnamon 2pk	3.5 oz pack	100	372.896	2.016 4.865%	382.975	31.243 33.514%	5.039 12.162%	0.000	75.587 81.081%	6.047	5.039 5.405%	1007.828	201.566	0.000	3.628
990108 Poptart, Choc Chip 2 pk	3.6 oz pack	104	427.991	4.586 9.643%	499.323	35.666 33.333%	12.228 25.714%	0.000	73.370 68.571%	2.038	5.095 4.762%	1019.026	203.805	0.000	3.668
990105 Poptart, Frosted Strawberry 2 pk	3.5 oz pack	100	362.818	2.016 5.000%	362.818	30.235 33.334%	4.535 11.250%	0.000	75.587 83.333%	6.047	4.031 4.444%	1007.828	201.566	0.000	3.628
990104 Poptart, Fudge 2 pk	3.5 oz pack	100	372.896	2.016 4.865%	393.053	30.235 32.433%	6.047 14.595%	0.000	76.595 82.162%	6.047	5.039 5.405%	1007.828	201.566	0.000	3.628
990107 Poptart, Smores 2 pk	3.6 oz pack	104	407.611	3.567 7.875%	427.991	37.704 37.000%	10.190 22.500%	0.000	73.370 72.000%	2.038	6.114 6.000%	1019.026	203.805	0.000	3.668
990069 Potato Smiles	.5 cup= 4 pcs	68	130.074	0.500 3.462%	180.103	0.000 0.000%	4.503 31.154%	0.000	20.011 61.539%	2.001	2.001 6.153%	0.000	0.000	2.401	0.360
990076 Potato Tots	.5 cup	85	170.000	1.500 7.941%	340.000	0.000 0.000%	10.000 52.941%	0.000	19.000 44.706%	2.000	2.000 4.706%	0.000	20.000	4.800	0.360
990036 Potato Wedges	.5 cup	85	121.498	0.506 3.750%	222.746	0.000 0.000%	3.544 26.250%	0.000	20.250 66.666%	2.025	2.025 6.667%	0.000	0.000	2.430	0.000
990054 Potato, Krinkle Cut French Fries	.5 cup	85	120.068	1.001 7.500%	30.017	0.000 0.000%	4.503 33.750%	0.000	19.011 63.333%	2.001	2.001 6.666%	0.000	0.000	6.003	0.720
990057 Potatoes, Mashed	.5 cup	24	85.502	0.000 0.000%	499.374	0.706 3.303%	1.000 10.523%	0.000	18.398 86.070%	1.106	1.000 4.678%	1.899	24.118	6.398	0.190
990121 Raisins, Ind Pack	pack	43	130.443	0.000 0.000%	5.056	25.280 77.520%	0.202 1.395%	0.000	34.380 105.427%	1.618	1.315 4.032%	0.000	20.224	0.607	0.728
990084 Rice, Brown	serving =1 cup	47	170.000	0.000 0.000%	0.000	0.000 0.000%	1.000 5.294%	0.000	37.000 87.059%	2.000	4.000 9.412%	0.000	0.000	0.000	0.720
990196 Rice, Mexican Fiesta	serving	57	198.944	0.000 0.000%	636.620	2.984 6.000%	0.995 4.500%	0.000	42.773 86.000%	0.995	4.974 10.001%	0.000	39.789	8.952	1.790
990191 Roast Beef	serving =3.7 oz	107	207.009	4.791 20.830%	412.616	2.603 5.030%	15.369 66.820%	58.573	7.559 14.607%	0.000	16.921 32.696%	0.000	26.033	0.000	1.874

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Recipe Nutrient Composition - Summary

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990212 Salad, Chef, Low Carb	serving	301	251.581	7.817 27.964%	1007.908	9.796 15.575%	12.978 46.428%	42.500	16.599 26.392%	4.014	20.465 32.538%	8605.000	69.270	12.800	1.468
990146 Salad, Shaker	.5 cup	53	14.237	0.018 1.163%	16.342	1.638 46.021%	0.129 8.174%	0.000	3.171 89.100%	1.100	0.530 14.891%	4846.629	13.364	4.332	0.250
990194 Salad, Tossed	.5 cup	91	21.586	0.029 1.217%	19.799	2.677 49.606%	0.206 8.593%	0.000	4.776 88.498%	1.595	0.865 16.029%	5574.736	17.776	9.278	0.355
990072 Salisbury Steak, Beef	each =2.1 oz	61	140.000	4.000 25.714%	250.000	1.000 2.857%	10.000 64.286%	30.000	3.000 8.571%	1.000	10.000 28.571%	0.000	20.000	1.200	1.080
990039 Salsa, Tomato	.25 cup	64	20.000	0.000 0.000%	70.000	2.000 40.000%	0.000 0.000%	0.000	4.000 80.000%	2.000	0.000 0.000%	0.000	0.000	0.000	0.000
990154 Sandwich Trimmings	.25 cup	18	2.846	0.004 1.297%	1.334	0.409 57.484%	0.030 9.550%	0.000	0.610 85.748%	0.213	0.158 22.207%	118.734	2.490	1.468	0.060
990131 Sausage Patty, Pork	each	34	80.000	2.000 22.500%	240.000	0.000 0.000%	6.000 67.500%	20.000	1.000 5.000%	0.000	6.000 30.000%	0.000	20.000	0.000	0.360
990122 Slider, Ham & Cheese	each	95	235.292	5.618 21.488%	1154.091	4.059 6.900%	11.647 44.550%	39.411	19.882 33.800%	1.000	12.529 21.299%	300.000	170.000	0.000	1.080
990177 Smoothie Ring	each	274	279.764	3.517 11.313%	153.645	37.545 53.681%	7.536 24.243%	0.000	50.598 72.344%	2.005	2.512 3.592%	0.000	30.095	60.000	1.444
990118 Smoothie, Pineapple	serving =8 oz	233	169.910	0.500 2.646%	52.453	28.987 68.241%	0.749 3.969%	2.498	35.483 83.532%	1.000	3.497 8.233%	499.551	109.910	6.000	0.180
990167 Smoothie, Yogurt & Fruit , Shiver Shock	serving =12 oz	344	211.720	0.999 4.247%	109.550	30.775 58.143%	1.499 6.371%	4.996	41.965 79.284%	0.100	6.994 13.214%	999.101	203.664	6.000	0.054
990056 Spaghetti w/Meat Sauce	serving =1 cup	159	285.000	2.727 8.613%	608.939	5.341 7.496%	7.147 22.570%	27.273	37.909 53.206%	4.675	16.428 23.057%	232.430	27.617	2.830	3.229
990156 Spaghetti w/Meatballs	serving =1 cup	232	380.066	3.752 8.885%	840.806	9.949 10.471%	11.623 27.523%	37.522	47.664 50.163%	6.015	19.045 20.044%	283.041	23.872	5.661	3.597
990179 Steak Biscuit	each	117	398.996	11.600 26.165%	1105.987	2.200 2.206%	24.900 56.166%	30.000	34.300 34.386%	1.748	10.300 10.326%	0.891	55.914	0.110	2.488
990166 Steak Patty	each	56	192.931	5.077 23.684%	385.862	0.000 0.000%	15.231 71.053%	30.463	9.139 18.947%	1.015	7.108 14.737%	0.000	20.309	0.000	1.097
990173 Strawberries, Frozen Cups	each	128	90.000	0.000 0.000%	0.000	18.000 80.000%	0.000 0.000%	0.000	22.000 97.778%	2.000	1.000 4.444%	0.000	0.000	0.000	0.000
990132 Switch, Carbonated Juice Beverage	each	227	120.000	0.000 0.000%	5.000	29.000 96.667%	0.000 0.000%	0.000	30.000 100.000%	0.000	0.000 0.000%	0.000	0.000	60.000	0.000

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Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990211 Taco Salad	serving	274	519.030	12.043 20.883%	671.645	3.210 2.474%	28.827 49.986%	46.500	41.718 32.151%	5.744	23.854 18.384%	8380.824	93.270	6.842	1.693
990160 Taco Shell, Hard	serving	35	170.000	2.500 13.235%	0.000	0.000 0.000%	7.000 37.059%	0.000	23.000 54.118%	2.000	3.000 7.059%	0.000	20.000	0.000	0.720
990210 Taco Trim	serving	147	38.755	0.052 1.215%	7.620	4.363 45.032%	0.264 6.140%	0.000	8.665 89.429%	2.307	1.518 15.668%	3028.407	28.817	13.627	0.564
990208 Taco Tub / Boat	serving	123	329.000	6.000 16.413%	363.000	1.500 1.824%	20.500 56.079%	46.500	16.750 20.365%	3.500	20.500 24.924%	6.000	40.000	0.000	0.360
990031 Taco w/Chips & Cheese	serving	93	277.826	6.555 21.233%	376.729	1.011 1.456%	16.012 51.870%	29.712	19.446 27.998%	2.011	13.763 19.815%	3.391	31.304	0.000	0.360
990182 Tacos, in 2 Shells w/ Cheese	serving	136	389.000	8.500 19.666%	363.000	1.500 1.542%	21.500 49.743%	46.500	26.750 27.506%	3.500	21.500 22.108%	6.000	40.000	0.000	0.720
990070 Vegetables, Italian Roasted	.5 cup	83	31.169	0.034 0.993%	19.405	1.941 24.909%	0.241 6.944%	0.000	5.822 74.709%	1.941	0.970 12.448%	1212.813	19.405	14.554	0.349
990081 Vegetables, Mediterranean Blend	.5 cup	118	55.529	0.000 0.000%	291.529	2.776 19.997%	2.082 33.751%	0.000	8.329 60.000%	2.776	1.388 9.998%	1388.235	27.765	12.494	0.500
990197 Vegetables, Oriental Blend	1 cup	90	30.000	0.000 0.000%	20.000	3.000 40.000%	0.000 0.000%	0.000	5.000 66.667%	2.000	2.000 26.667%	200.000	0.000	12.000	0.000
990172 Waffle	each	65	288.380	5.967 18.621%	159.106	17.899 24.827%	13.922 43.448%	14.916	36.793 51.034%	1.989	3.978 5.518%	497.207	0.000	0.000	1.432
990176 Waffle with Strawberries	serving	193	380.000	6.000 14.211%	160.000	36.000 37.895%	14.000 33.158%	15.000	59.000 62.105%	4.000	5.000 5.263%	500.000	0.000	0.000	1.440
990198 Whole Grain Round Waffle	each	35	65.000	0.250 3.462%	180.000	2.000 12.308%	1.750 24.231%	2.500	11.500 70.769%	1.500	2.000 12.308%	0.000	30.000	0.000	0.540
990178 Yogurt Parfait	each	266	269.910	0.500 1.666%	142.453	30.987 45.922%	4.749 15.836%	2.498	51.483 76.296%	2.000	5.497 8.146%	799.551	199.910	1.200	1.080
990115 Yogurt, Raspberry Rainbow	each =4 oz	113	100.000	0.500 4.500%	50.000	14.000 56.000%	0.500 4.500%	5.000	20.000 80.000%	0.000	3.000 12.000%	500.000	100.000	0.000	0.000
990110 Yogurt, Strawberry Banana	each =4 oz	113	100.000	0.500 4.500%	50.000	14.000 56.000%	0.500 4.500%	5.000	20.000 80.000%	0.000	3.000 12.000%	500.000	100.000	0.000	0.000
990109 Yogurt, Triple Cherry	each =4 oz	113	100.000	0.500 4.500%	50.000	14.000 56.000%	0.500 4.500%	5.000	20.000 80.000%	0.000	3.000 12.000%	500.000	100.000	0.000	0.000

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

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

¹ - denotes required nutrient values

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.