

Randolph County Schools/Child Nutrition

Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
000909	A LA CARTE, W, DIET COKE	12 fl oz	*N/A*
000912	A LA CARTE, W, DIET DR PEPPER	12 fl oz	0.00
000915	A LA CARTE, W, DIET GREEN TEA	16.9 fl oz	0.00
000911	A LA CARTE, W, DIET MTN DEW	12 fl oz	0.00
000910	A LA CARTE, W, DIET PEPSI	12 fl oz	0.00
000914	A LA CARTE, W, DIET SUNKIST	12 fl oz	0.00
000282	A LA CARTE, W, GATORADE, 20 OZ	20 oz	35.00
000871	A LA CARTE, W, SPARKLING ICE	8 oz	0.00
000913	A LA CARTE, W, SPRITE ZERO	12 fl oz	0.00
000870	A LA CARTE, W, SWITCH JUICE	8 oz	30.00
000283	A LA CARTE, W, WATER, BOTTLED	Each	0.00
000362	A LA CRT, CEREAL BAR, CINN	Each, 1.4 oz	30.00
000920	A LA CRT, CHEETOS-CHILI CHZ	Each, 1 oz	19.00
000921	A LA CRT, CHEETOS-FLAMIN HOT	Each, 1 oz	20.00
000721	A LA CRT, CHEETOS-PUFFS	Each, 0.7 oz	14.00
000718	A LA CRT, CHEEZ-IT ATOMIC	Each, 0.75 oz	14.00
000286	A LA CRT, CHEEZ-IT ORIGINAL	Each, 0.75 oz	14.00
000294	A LA CRT, CHIPS, BAKED, BBQ	Each, 0.875 oz	19.00
000295	A LA CRT, CHIPS, BAKED, ORIG	Each, 0.875 oz	19.00
000922	A LA CRT, CHIPS, BAKED, RUFF	Each, 0.8 oz	18.00
000813	A LA CRT, CHIPS, BAKED, SC&O	Each, 0.875 oz	19.00
000997	A LA CRT, CHIPS, KETTLE, BBQ	Each, 1.38 oz	27.00
000996	A LA CRT, CHIPS, KETTLE, S&V	Each, 1.38 oz	27.00
000889	A LA CRT, CHX BITES, ASIAN	4 Each	27.93
000888	A LA CRT, CHX BITES, SPICY	3 Each	15.45
000792	A LA CRT, COOKIE, CARN 1.5OZ	Each, 1.5 oz	28.00
000790	A LA CRT, COOKIE, CARN 1OZ	Each, 1 oz	18.00
000793	A LA CRT, COOKIE, CHOC 1.5OZ	Each, 1.5 oz	28.00
000791	A LA CRT, COOKIE, CHOC 1OZ	Each, 1 oz	18.00
000794	A LA CRT, COOKIE, SUG 1.5OZ	Each, 1.5 oz	28.00
000923	A LA CRT, COOKIE, SUG 1OZ	Each, 1 oz	18.00
000968	A LA CRT, COOKIE, TRIPLE CHOC	Each, 1.7 oz	31.00
000995	A LA CRT, COOKIES, GRANDMAS	Each, 1.2 oz	25.00
000716	A LA CRT, DORITOS, COOL RAN	Each, 1 oz	20.00
000973	A LA CRT, DORITOS, FLAMAS	Each, 1 oz	20.00
000715	A LA CRT, DORITOS, NACHO CHZ	Each, 1 oz	20.00
000717	A LA CRT, DORITOS, SPICY	Each, 1 oz	20.00
000796	A LA CRT, FROOT LOOPS, 1 OZ	Each, 1 oz	24.00
000814	A LA CRT, FRUIT SNACK	Each, 1.6 oz	37.00
000998	A LA CRT, FUNYUNS, BAKED	Each, 1 oz	14.00
000719	A LA CRT, GOLDFISH, CHEDDAR	Each, 0.75 oz	14.00
000974	A LA CRT, GOLDFISH, COLORS	Each, 0.75 oz	14.00
000720	A LA CRT, GRAHAMS, GOLDFISH	Each, 0.9 oz	19.00
000975	A LA CRT, GRAHAMS, SCOOPY	Each, 0.9 oz	21.00
000291	A LA CRT, MUNCHIES KID'S MIX	Each, 0.875 oz	17.00
000926	A LA CRT, PIZZA, DEEP DISH	Each, 4.88 oz	35.00
000816	A LA CRT, POPCORN	Each, 0.5 oz	9.00
000977	A LA CRT, POPCORN, CAMEL	Each, 0.5 oz	10.00
000976	A LA CRT, RICE KRISPY - CHOC	Each, 1.59 oz	34.00
000596	A LA CRT, RICE KRISPY TREAT	Each, 1.4 oz	31.00
000966	A LA CRT, SLUSHIES, FRUIT	8 fl oz	29.00
001047	A LA CRT, SLUSHIES, MOCHA	8 fl oz	34.00
000144	A LA CRT, TEA, SWEETENED	8 fl oz	12.60
000638	A LA CRT, TEA, SWT, COOPERS	8 fl oz	72.06
000893	BF, BISCUIT, CHICKEN (ALL)	Each	33.00
000759	BF, BISCUIT, CHICKEN (E)	Each	25.00
000805	BF, BISCUIT, SAUSAGE (ALL)	Each	28.00
001013	BF, BISCUIT, SAUSAGE (E)	Each	20.00
000971	BF, DONUT, GLAZED, WG	Each, 2.45 oz	50.51
000972	BF, DUTCH WAFFLE, WG	Each, 2.9 oz	43.00
000806	BF, PIZZA, SAUSAGE BREAKFAST	Each, 3.3 oz	21.00
000927	BF, PKG, BREAD SLICE, BANANA	Each, 3.4 oz	47.00

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No.	Description	Portion Size	Carbohydrates (Grams)
000930	BF, PKG, CEREAL, CINTOAST CRUN	Each, 1 oz	22.00
000931	BF, PKG, CEREAL, HONEY CHEERIO	Each, 1 oz	22.00
000285	BF, PKG, CINNAMON BUN SNACK	Pkg, 1.76 oz	37.00
000970	BF, PKG, CINNAMON BUN, WG	Each, 2.25 oz	30.00
000929	BF, PKG, DUNKIN STIX	Each, 1.9 oz	28.00
000627	BF, PKG, FRENCH TOAST SNACKS	Pkg, 1.76 oz	37.00
000682	BF, PKG, MUFFIN, CHOC CHIP	Each, 2 oz	26.00
000622	BF, PKG, PBJ,SMUCKERS, WG	Each, 2.6 oz	32.00
000625	BF, PKG, POPTART, BROW SUG/CIN	Pkg, 3.53 oz	74.42
001046	BF, PKG, POPTART, FUDGE	Pkg, 3.53 oz	75.41
000626	BF, PKG, POPTARTS, STRAWBERRY	Pkg, 3.53 oz	74.42
000908	BF, PKG, TURK HAM & CHZ SANDW	Each, 3.1 oz	27.21
000028	BF, SAUSAGE, BREAKFAST PATTY	Each, 2 oz	0.00
000936	BF, YOGURT PARFAIT- M/H (C)	Each	53.22
000985	BF, YOGURT PARFAIT- M/H (P)	4 oz	39.09
000740	BF, YOGURT, STRAW, INDV, (P)	Each, 4 oz	15.00
000891	BF, YOGURT, VANILLA, INDV, (P)	Each, 4 oz	15.94
000082	CONDIMENT, BBQ SAUCE, 12 GM	2 Each	8.00
000631	CONDIMENT, BLACK PEPPER, .5 GM	Each, 0.5 GM	0.00
000758	CONDIMENT, BROWN SUG/CINNAMON	Tbsp	6.89
000496	CONDIMENT, CHILI, HOT DOG	1 oz	2.24
000327	CONDIMENT, HONEY MUSTARD, 1 OZ	1 oz	9.23
000960	CONDIMENT, HONEY MUSTARD, INDV	Each	7.00
000476	CONDIMENT, HOT SAUCE, 7 G	2 Each	0.00
000209	CONDIMENT, JELLY, GRAPE .5 OZ	Each	9.00
000220	CONDIMENT, KETCHUP, 9 GM	2 Each	4.00
000143	CONDIMENT, MARGARINE, 900/5 G	Each, 5 GM	0.00
000079	CONDIMENT, MAYONNAISE, 9 GM	2 Each	0.00
000223	CONDIMENT, MUSTARD, 5.5 GM	2 Each	1.83
000877	CONDIMENT, S-TRIM, LETTUCE	Each	0.40
000958	CONDIMENT, S-TRIM, ONION	1 oz	2.00
001009	CONDIMENT, S-TRIM, PICKLES	Each, 3 pc	0.71
000878	CONDIMENT, S-TRIM, TOMATOES	Each, 2 slices	0.54
000629	CONDIMENT, SALAD DRES, CAESAR	Each	2.00
000316	CONDIMENT, SALAD DRES, RANCH	Each	4.00
000630	CONDIMENT, SALAD, VINAIGRETTE	Each, 1.5 oz	4.00
000497	CONDIMENT, SOUR CREAM	Each, 1 oz	4.00
000802	CONDIMENT, SOY SAUCE, 6 G	2 Each	0.00
000890	CONDIMENT, SYRUP, 1.5 OZ	Each	31.00
001041	CONDIMENT, TACO SAUCE, 9 GM	2 Each	2.00
000386	CONDIMENT, TARTAR SAUCE, 12 GM	2 Each	4.00
000755	ENT, BEEF, GRND, PRE-PREP(C/P)	lbs	0.00
000697	ENT, CHEESE STUFFED STICKS	2 Each	30.25
000733	ENT, CHICK, BREADED 8 PC CUT	7 oz	11.00
000952	ENT, CHICK, POPCORN, SESAME	4.3 oz	36.67
000934	ENT, CHICK, POPCORN, SWT CHILI	4.3 oz	40.67
000933	ENT, CHICK, POPCORN, TERIYAKI	4.3 oz	43.34
000706	ENT, CHICK, POPCORN, WG	10 Each	20.00
000951	ENT, CHICK, TENDER, GLUTENFREE	3 Each	13.00
000953	ENT, CHICK, TENDERS, WG	3 Each	15.00
000956	ENT, CHICKEN, BUFFALO	2 oz	1.39
000868	ENT, CORN DOG, NUG, CHICKEN	6 Each	30.16
000600	ENT, COUNTRY STYLE STEAK (C/P)	3 oz	3.10
000664	ENT, FISH NUGGETS, POLLOCK (E)	4 Each	22.00
000965	ENT, FRENCH BREAD	2 Each	32.36
000443	ENT, HOT DOG	Each	27.00
000917	ENT, MAC & CHEESE HAM BAKE	3/4 Cup	22.93
000982	ENT, MEATLOAF, (E) CHEF	2.75 oz	13.08
000963	ENT, MEATLOAF, (M/H) CHEF	3.5 oz	16.20
000569	ENT, MEATLOAF, INDV (C/P)(M/H)	3.5 OZ	7.66
000852	ENT, MEATLOAF, INDV. (C/P)(E)	2.75 OZ	12.42
000879	ENT, MUNCHABLE -YOGURT/CHZ (E)	Each	46.00
000661	ENT, NACHO MEAT, BEEF (C/P)	2.5 oz	0.22

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000836	ENT, NACHOS, BEEF (C/P)	2.5 oz	38.74
000838	ENT, NACHOS, BLACK BEAN	1/2 Cup	61.53
000946	ENT, NACHOS, PINTO BEAN (C/P)	1/2 Cup	57.01
000964	ENT, NACHOS, WALK, BEEF (C/P)	2.5 oz	20.74
008066	ENT, PIE, CHICKEN W/ CRUST	1 Cup	26.87
000886	ENT, PIZZA, CHEESE, 4x6	Each, 4.5 oz	33.00
000978	ENT, PIZZA, FRENCH BREAD (P)	Each, 4.3 oz	30.00
000887	ENT, PIZZA, PEPPERONI, 4x6	Each, 4.5 oz	33.00
000853	ENT, PORK, BBQ	3.4 oz	3.15
001003	ENT, POTATO, BAKED (HAM & CHZ)	Each	44.47
000900	ENT, QUESADILLA, CHEESE	2 Each	32.19
000663	ENT, QUESADILLA, CHICKEN	Each	31.47
000986	ENT, RAVIOLI, MINI CHZ (ELEM)	3/4 CUP	32.44
000849	ENT, RAVIOLI, MINI CHZ (M/H)	1 Cup	43.26
000640	ENT, RICE BOWL, BEAN	Each	70.90
000639	ENT, RICE BOWL, BEEF (C/P)	2.5 oz	48.10
000396	ENT, SALAD, CHEF (NO CROUTONS)	1 Cup	2.74
000991	ENT, SALAD, CHEF (PRE-PKG)	Each	18.72
000992	ENT, SALAD, TUNA (PRE-PKG)	Each	3.30
000677	ENT, SAND, CHEESEBURGER (M/H)	Each	28.14
000808	ENT, SAND, CHICKEN FILLET (H)	Each	42.00
000897	ENT, SAND, CHICKEN FILLET(M)	Each	42.00
001011	ENT, SAND, FISH FILLET (M)	Each	43.00
000842	ENT, SAND, HAMBURGER (E)	Each	27.14
000962	ENT, SAND, TOASTED CHEESE	Each	28.02
000735	ENT, SAND, TURKEY DELI	Each	32.00
001012	ENT, SANDWICH, BARBEQUE	Each	30.15
000959	ENT, SANDWICH, HAMBURGER (H)	Each	27.06
000659	ENT, SANDWICH, SLOPPY JOE	Each	36.35
000994	ENT, SOUP, CHICKEN CHILI (ALL)	3/4 Cup	17.42
000660	ENT, SOUP, TACO- ELEM/MIDD	3/4 Cup	22.09
000686	ENT, SOUP, TACO- HIGH	1 Cup	29.46
000861	ENT, SPAGHETTI, BEEF, ENR (E)	3/4 Cup	26.43
000846	ENT, SPAGHETTI, BEEF, ENR(M/H)	1 Cup	35.24
000990	ENT, TUNA MELT	Each	30.95
000989	ENT, TUNA SALAD	1/2 Cup	0.45
000329	FRUIT, APPLESAUCE CUP (C/P)	Each, 4.5 oz	14.00
000830	FRUIT, CAN, APPLES, BAKED (C)	1/2 Cup	30.67
001025	FRUIT, CAN, APPLES, BAKED (P)	1/2 Cup	24.85
000165	FRUIT, CAN, APPLESAUCE (C/P)	1/2 Cup	15.28
000905	FRUIT, CAN, MIXED FRUIT (C)	1/2 Cup	15.00
000238	FRUIT, CAN, PEACH, SLICE (C/P)	1/2 Cup	14.00
000832	FRUIT, CAN, PEARS, SLICE (C/P)	1/2 Cup	15.89
000199	FRUIT, COBBLER, APPLE	1/2 CUP	45.24
000811	FRUIT, CRAISINS (C/P)	Each, 1.2 oz	28.00
000979	FRUIT, CUP, STRWB, FROZ	Each, 4.5 oz	22.00
000064	FRUIT, FRESH, APPLES	1/2 Cup	9.53
000779	FRUIT, FRESH, APPLES, WHOLE	Each	19.06
000068	FRUIT, FRESH, BANANAS	Each	23.07
000543	FRUIT, FRESH, BLUEBERRIES	1/2 Cup	11.27
000579	FRUIT, FRESH, CANTALOUPE, NC	1/2 Cup	11.10
000777	FRUIT, FRESH, GRAPEFRUIT	1/2 Cup	13.11
000422	FRUIT, FRESH, GRAPES	1/2 Cup	15.06
000594	FRUIT, FRESH, KIWI	1/2 Cup	12.09
000599	FRUIT, FRESH, KUMQUAT	1/2 Cup	21.00
000645	FRUIT, FRESH, MANGO CHUNKS	1/2 Cup	16.99
000086	FRUIT, FRESH, ORANGES	1/2 Cup	5.64
000780	FRUIT, FRESH, ORANGES, WHOLE	Each	11.28
000580	FRUIT, FRESH, PEACH/NECTARINE	Each	16.58
000090	FRUIT, FRESH, PEARS	Each	25.66
000541	FRUIT, FRESH, PINEAPPLE	1/2 Cup	26.04
000403	FRUIT, FRESH, PLUOT	5 oz	19.00
000593	FRUIT, FRESH, POMEGRANATE	1/2 Cup	16.27

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000598	FRUIT, FRESH, STARFRUIT	Each	9.00
000099	FRUIT, FRESH, STRAWBERRIES	1/2 Cup	5.53
000100	FRUIT, FRESH, TANGERINES	Each	11.21
000786	FRUIT, FRESH, TRI FRUIT TRAY	3 oz	8.20
000669	FRUIT, FRESH, WATERMELON CHUNK	4 oz	8.56
000578	FRUIT, FRESH, WATERMELON, NC	1/2 Cup	11.42
000924	FRUIT, JUICE, APPLE, SSTAB	Each, 4.23 oz	14.00
000723	FRUIT, JUICE, APPLE, SUNCUP	Each, 4 oz	14.00
000925	FRUIT, JUICE, GRAPE, SSTAB	Each, 4.23 oz	20.00
000724	FRUIT, JUICE, ORANGE, SUNCUP	Each, 4 oz	14.00
000969	FRUIT, PEARLS, FROZEN	Each, 2.1 oz	9.00
000804	G/B, BISCUIT, ENRICHED (M/H)	Each, 2 oz	28.00
000698	G/B, BISCUIT, WG (E)	Each, 2 oz	20.00
000983	G/B, BREAD, GARLIC TOAST	Slice	15.00
000967	G/B, BREAD, SLICED	Slice	13.00
000807	G/B, BREADSTICK, GARLIC, WG	Each, 1.19 oz	15.00
000980	G/B, CORN CHIPS, BULK	2 oz	40.00
000984	G/B, CORN MUFFIN, WG	Each, 2.5 oz	36.00
000654	G/B, CORNBREAD, WG, 1.5 OZ	1.5 oz	22.71
000655	G/B, CORNBREAD, WG, 3 OZ	3 oz	45.43
000047	G/B, CRACKERS, WAFERS, WG	4 Each	18.00
000864	G/B, CROUTONS, BULK	1/2 Cup	12.96
000935	G/B, GRANOLA, BULK	1/2 Cup	39.11
000748	G/B, HAMBURGER BUN	Each, 2 oz	27.00
000749	G/B, HOT DOG BUN	Each, 2 oz	27.00
000847	G/B, MACARONI & CHEESE, ENRCH	1/2 Cup	19.51
000620	G/B, RICE, BROWN, COOKED (C/P)	1 Cup	47.63
000898	G/B, TORTILLA CHIPS, BULK	2 oz	38.00
000701	G/B, TORTILLA WRAP, 6" WG	Each	15.00
000987	ICE CREAM, BAR, CARAMEL CRUNCH	Each	23.00
000823	ICE CREAM, BAR, CHOC SCOOTER	Each	19.00
000825	ICE CREAM, BAR, FRUIT PUNCH	Each	16.00
000824	ICE CREAM, BAR, STRAWB SCOOTER	Each	21.00
000872	ICE CREAM, CONE, CHOC & VAN	Each	30.00
000818	ICE CREAM, CONE, COOKIES&CREAM	Each	25.00
000820	ICE CREAM, CUP, BIRTHDAY CAKE	Each	16.00
000873	ICE CREAM, CUP, CHOCOLATE	Each	14.00
000819	ICE CREAM, CUP, COTTON CANDY	Each	15.00
000988	ICE CREAM, SANDWICH, BROWNIE	Each	33.00
000821	ICE CREAM, SANDWICH, VAN. 4 OZ	Each	33.00
000822	ICE CREAM, SANDWICH, VAN. MINI	Each	12.00
000829	MILK, 1%, WHITE, 1/2 PT	Carton, 8 fl oz	13.00
000597	MILK, LACTOSE FREE, DAIRY EASE	Carton, 8 fl oz	13.00
000827	MILK, SKIM, CHOCOLATE, 1/2 PT	Carton, 8 fl oz	20.00
000826	MILK, SKIM, STRAWBERRY, 1/2 PT	Carton, 8 fl oz	20.00
000828	MILK, SKIM, WHITE, 1/2 PT	Carton, 8 fl oz	11.00
000691	MILK, SOYMILK, ORIG, 8 OZ	Each, 8 oz	15.00
001045	MISC, CHEESE CUP, 1 OZ	Each	1.08
000999	MISC, CHILI, HAMBURGER	1 oz	2.24
000863	MISC, CHZ, MOZZARELLA STRING	Each, 1 oz	1.00
001044	MISC, DICED HAM, 1 OZ	Each	0.67
000981	MISC, GRAVY, BROWN	Gallon	170.10
000866	MISC, HAM & CHEESE CUPS 1 OZ	Each	1.75
000658	MISC, SPICE RUB	LBS	100.72
000572	VEG, BEANS, BLACK	1/2 Cup	23.03
000573	VEG, BEANS, GREAT NORTHERN	1/2 Cup	14.77
000170	VEG, BEANS, GREEN (C/P)	1/2 Cup	3.35
000692	VEG, BEANS, GREEN, FRESH W/PEP	1/2 Cup	4.20
000833	VEG, BEANS, PINTO (C/P)	1/2 Cup	18.50
000606	VEG, BEANS, PINTO CAJUN (C/P)	1/2 Cup	18.58
000643	VEG, BROCCOLI & CAULIFL, STEAM	1/2 Cup	1.95
000788	VEG, BROCCOLI, STEAM, FZN(3/4)	3/4 Cup	4.80
000478	VEG, BROCCOLI, STEAMED (FRESH)	1/2 Cup	3.37

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000320	VEG, BROCCOLI, STEAMED (FROZ)	1/2 Cup	4.04
000545	VEG, BUTTERNUT SQUASH, RSTD	1/2 Cup	11.81
000259	VEG, CABBAGE, STEAMED	1/2 Cup	4.93
000397	VEG, CARROTS, GLAZED	1/2 Cup	13.02
000688	VEG, CAULIFLOWER, CARN. STEAM	1/2 Cup	2.71
000271	VEG, CORN, FROZEN (C/P)	1/2 Cup	19.57
000342	VEG, CUP, BROCC & TOMATO	1/2 Cup	2.27
000673	VEG, CUP, BROCCOLI & CARROTS	1/2 Cup	3.72
000457	VEG, CUP, CARROTS	3/4 Cup	8.72
000588	VEG, GREENS, COLLARD	1/2 Cup	7.74
000671	VEG, JICAMA STICKS, RAW	1/2 Cup	7.22
000672	VEG, JICAMA, ROASTED	1/2 Cup	7.22
000646	VEG, KALE CHIPS, FRESH	1 Cup	4.41
000647	VEG, KALE, STEAMED	1/2 Cup	9.58
000469	VEG, LETTUCE & TOMATO (Fresh)	1 Cup	3.36
000841	VEG, LETTUCE, SPRING MIX	1 Cup	1.07
000801	VEG, MARINARA CUP, 2.5 OZ	Each, 2.5 oz	7.00
000993	VEG, MARINARA SAUCE, BULK	1/2 Cup	12.05
000653	VEG, OKRA, ROASTED	1/2 Cup	5.94
000961	VEG, PEPPERS & ONIONS, ROASTD	1/2 Cup	6.38
000702	VEG, POTATO ROASTERS	1/2 Cup	19.10
000703	VEG, POTATO ROUNDS, TOTS	1/2 Cup	16.49
000799	VEG, POTATO WEDGES	1/2 Cup	20.50
000752	VEG, POTATO, BAKED (PLAIN)	Each	42.72
000932	VEG, POTATO, SWEET TOTS	1/2 Cup	28.22
000650	VEG, POTATOES, MASHED (RBLISS)	1/2 Cup	18.49
000328	VEG, POTATOES, ROAST (RBLISS)	1/2 Cup	21.59
000539	VEG, POTATOES, SWEET (FRESH)	1/2 Cup	27.72
000605	VEG, SALAD, CAESAR	1 Cup	5.10
000904	VEG, SALAD, CAESAR W/ ROMAINE	1 Cup	6.12
000939	VEG, SALAD, CONFETTI (OMIT S)	3/4 Cup	5.76
000800	VEG, SALSA CUP, 3 OZ	Each, 3 oz	6.00
000087	VEG, SALSA, BULK	3 oz	6.06
000296	VEG, SLAW, COLE	1/2 Cup	7.10
000586	VEG, SOUP, BROCCOLI & CHEESE	3/4 Cup	11.28
000957	VEG, SOUP, VEG BEEF	1 Cup	14.16
000103	VEG, SOUP, VEGETABLE	1 Cup	13.72
000602	VEG, SQUASH & ZUCCHINI, ROAST	1/2 Cup	3.63
000052	VEG, SQUASH,SUMMER, STEAMED	1/2 Cup	3.22
000689	VEG, SWISS CHARD, STEAMED	1/2 Cup	6.69

**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*

NOTICE: The data contained within this report and the NUTRIKIDS® 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.