

# Randolph County Schools/Child Nutrition

## Food Source List

Recipe No. Recipe Name	Portion Size	Cals	G T-Fat	G S-fat	\$ Cost	G Prot	MG Iron	MG Calc	IU Vit-A	MG Vit-C	MG Chol	MG Sodm	G Carb	G Fiber
		*N/A*	*N/A* *N/A*	*N/A* N/A*	\$0.00	*N/A* *N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A* *N/A*	*N/A*
000362 A LA CARTE, CEREAL	Each, 1.4 oz	150	3.00 18.00%	0.50 3.00%	\$0.00	3.00 8.00%	1.80	200	0	0.0	0	115	30.00 80.00%	3.00
000920 A LA CARTE, CHEETOS	Each, 1 oz	130	5.00 34.62%	1.00 6.92%	\$0.00	2.00 6.15%	0.72	0	500	0.0	0	200	19.00 58.46%	2.00
000921 A LA CARTE, CHEETOS	Each, 1 oz	130	5.00 34.62%	1.00 6.92%	\$0.00	2.00 6.15%	0.72	0	500	0.0	0	200	20.00 61.54%	2.00
000721 A LA CARTE, CHEETOS	Each, 0.7 oz	90	3.50 35.00%	0.00 0.00%	\$0.00	2.00 8.89%	0.72	100	0	0.0	0	135	14.00 62.22%	0.90
000718 A LA CARTE, CHEEZ-IT	Each, 0.75 oz	100	3.50 31.50%	1.00 9.00%	\$0.00	2.00 8.00%	0.72	100	500	0.0	0	200	14.00 56.00%	1.00
000286 A LA CARTE, CHEEZ-IT	Each, 0.75 oz	100	3.50 31.50%	1.00 9.00%	\$0.00	2.00 8.00%	0.72	100	500	0.0	5	150	14.00 56.00%	1.00
000901 A LA CARTE, CHICKEN	4 Each	211	4.89 20.85%	0.16 0.68%	\$0.00	10.37 19.65%	2.27	62	38	0.0	0	453	32.54 61.64%	2.44
000294 A LA CARTE, CHIPS, B	Each, 0.875 oz	110	2.50 20.45%	0.00 0.00%	\$0.00	2.00 7.27%	0.00	0	100	1.2	0	170	19.00 69.09%	2.00
000295 A LA CARTE, CHIPS, B	Each, 0.875 oz	100	1.50 13.50%	0.00 0.00%	\$0.00	2.00 8.00%	0.00	0	0	1.2	0	115	20.00 80.00%	2.00
000922 A LA CARTE, CHIPS, B	Each, 0.8 oz	100	3.00 27.00%	0.00 0.00%	\$0.00	1.00 4.00%	0.00	0	0	0.0	0	200	17.00 68.00%	1.00
000813 A LA CARTE, CHIPS, B	Each, 0.875 oz	100	2.50 22.50%	0.00 0.00%	\$0.00	2.00 8.00%	0.00	0	0	1.2	0	140	18.00 72.00%	1.00
000889 A LA CARTE, CHX BITE	4 Each	229	7.98 31.31%	1.50 5.87%	\$0.00	10.97 19.13%	0.36	0	100	0.0	30	439	27.93 48.70%	1.00
000888 A LA CARTE, CHX BITE	3 Each	206	9.27 40.50%	1.55 6.75%	\$0.00	13.39 26.00%	1.11	0	309	0.0	36	484	15.45 30.00%	2.06
000792 A LA CARTE, COOKIE,	Each, 1.5 oz	175	6.00 30.86%	1.50 7.71%	\$0.00	2.00 4.57%	0.72	0	0	0.0	7	110	27.00 61.71%	1.50
000790 A LA CARTE, COOKIE,	Each, 1 oz	115	4.00 31.30%	1.00 7.83%	\$0.00	1.00 3.48%	0.36	0	0	0.0	4	75	18.00 62.61%	1.00
000793 A LA CARTE, COOKIE,	Each, 1.5 oz	165	6.00 32.73%	1.50 8.18%	\$0.00	1.50 3.64%	0.72	0	0	0.0	5	105	27.00 65.45%	1.50
000791 A LA CARTE, COOKIE,	Each, 1 oz	110	4.00 32.73%	1.00 8.18%	\$0.00	1.00 3.64%	0.36	0	0	0.0	4	70	18.00 65.45%	1.00
000794 A LA CARTE, COOKIE,	Each, 1.5 oz	165	6.00 32.73%	1.70 9.27%	\$0.00	2.00 4.85%	0.72	0	0	0.0	7	115	27.00 65.45%	1.60
000923 A LA CARTE, COOKIE,	Each, 1 oz	110	4.00 32.73%	1.00 8.18%	\$0.00	1.00 3.64%	0.36	0	0	0.0	4	80	18.00 65.45%	1.00
000716 A LA CARTE, DORITOS,	Each, 1 oz	130	5.00 34.62%	1.00 6.92%	\$0.00	2.00 6.15%	0.36	40	0	0.0	0	160	19.00 58.46%	2.00
000715 A LA CARTE, DORITOS,	Each, 1 oz	130	5.00 34.62%	0.50 3.46%	\$0.00	2.00 6.15%	0.36	0	100	0.0	0	200	20.00 61.54%	2.00

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000717 A LA CARTE, DORITOS,	Each, 1 oz	130	5.00 34.62%	0.50 3.46%	\$0.00	2.00 6.15%	0.36	20	0	0.0	0	180	20.00 61.54%	2.00
000796 A LA CARTE, FROOT L	Pkg, 1 oz	110	1.00 8.18%	0.50 4.09%	\$0.00	2.00 7.27%	3.60	0	400	12.0	0	170	24.00 87.27%	3.00
000814 A LA CARTE, FRUIT SN	Each, 1.55 oz	130	0.00 0.00%	0.00 0.00%	\$0.00	1.00 3.08%	0.00	0	1250	60.0	0	20	34.00 104.62%	3.00
000719 A LA CARTE, GOLDFIS	Each, 0.75 oz	100	4.00 36.00%	0.50 4.50%	\$0.00	2.00 8.00%	0.72	20	0	0.0	0	170	14.00 56.00%	1.00
000291 A LA CARTE, MUNCHIE	Each, 0.875 oz	100	3.00 27.00%	0.00 0.00%	\$0.00	2.00 8.00%	2.70	40	100	0.0	0	150	17.00 68.00%	2.00
000926 A LA CARTE, PIZZA, DE	Each, 4.88 OZ	310	10.00 29.03%	3.00 8.71%	\$0.00	17.00 21.94%	2.70	300	500	0.0	15	470	35.00 45.16%	3.00
000816 A LA CARTE, POPCOR	Each, 0.5 oz	70	2.50 32.14%	0.00 0.00%	\$0.00	2.00 11.43%	0.36	0	0	0.0	0	110	9.00 51.43%	2.00
000938 A LA CARTE, PUDDING	Each, 3 OZ	120	4.00 30.00%	0.50 3.75%	\$0.00	2.00 6.67%	0.00	51	723	0.0	0	125	20.00 66.67%	0.00
000937 A LA CARTE, PUDDING	Each, 3 OZ	120	3.50 26.25%	0.00 0.00%	\$0.00	2.00 6.67%	0.00	51	723	0.0	0	120	19.00 63.33%	0.12
000596 A LA CARTE, RICE KRI	Each, 1.4 oz	160	4.00 22.50%	1.00 5.63%	\$0.00	2.00 5.00%	1.80	0	300	0.0	0	140	30.00 75.00%	0.90
000144 A LA CARTE, TEA, SWE	8 FL OZ	47	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.02	5	0	0.0	0	7	12.60 106.67%	0.00
000638 A LA CARTE, TEA, SWT	8 FL OZ	320	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	192	72.06 90.00%	0.00
000909 A LA CARTE, W, DIET C	12 fl oz	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	40	0.00 0.00%	0.00
000912 A LA CARTE, W, DIET D	12 fl oz	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	50	0.00 0.00%	0.00
000915 A LA CARTE, W, DIET G	16.9 fl oz	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	126.0	0	170	0.00 0.00%	0.00
000911 A LA CARTE, W, DIET	12 fl oz	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	50	0.00 0.00%	0.00
000910 A LA CARTE, W, DIET P	12 fl oz	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	35	0.00 0.00%	0.00
000914 A LA CARTE, W, DIET S	12 fl oz	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	110	0.00 0.00%	0.00
000282 A LA CARTE, W, GATO	20 OZ	125	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	275	35.00 112.00%	0.00
000941 A LA CARTE, W, MUSC	10 OZ	150	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	8	36.00 96.00%	0.00
000871 A LA CARTE, W, SPAR	8 OZ	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	5	0.00 0.00%	0.00
000913 A LA CARTE, W, SPRIT	12 fl oz	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	35	0.00 0.00%	0.00

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000870 A LA CARTE, W, SWITC	8 OZ	120	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	60.0	0	5	30.00 100.00%	0.00
000283 A LA CARTE, W, WATE	BOTTLE	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.07	14	0	0.0	0	21	0.00 0.00%	0.00
000759 BF, BISCUIT, CHICKEN	Each	275	12.11 39.67%	5.31 17.39%	\$0.00	11.11 16.17%	2.90	49	50	0.0	0	598	27.33 39.79%	2.58
000893 BF, BISCUIT, CHICKEN	Each	285	13.11 41.44%	6.31 19.94%	\$0.00	11.11 15.61%	2.52	62	51	0.1	0	863	30.33 42.61%	1.27
000804 BF, BISCUIT, ENRICHE	Each, 2 OZ	190	9.00 42.63%	6.00 28.42%	\$0.00	4.00 8.42%	1.42	33	1	0.1	0	660	23.00 48.42%	0.69
001013 BF, BISCUIT, SAUSAGE	Each	320	20.00 56.25%	9.00 25.31%	\$0.00	12.00 15.00%	2.52	20	0	0.0	40	715	20.00 25.00%	2.00
000805 BF, BISCUIT, SAUSAGE	Each	330	21.00 57.27%	10.00 27.27%	\$0.00	12.00 14.55%	2.14	33	1	0.1	40	980	23.00 27.88%	0.69
000698 BF, BISCUIT, WG (E)	Each, 2 OZ	180	8.00 40.00%	5.00 25.00%	\$0.00	4.00 8.89%	1.80	20	0	0.0	0	395	20.00 44.44%	2.00
000151 BF, PANCAKES (2 EA)	2 Each	140	4.00 25.71%	0.00 0.00%	\$0.00	4.00 11.43%	3.60	0	20	0.0	8	220	28.02 80.00%	2.00
000806 BF, PIZZA, SAUSAGE B	Each, 3.3 OZ	210	8.00 34.28%	3.00 12.86%	\$0.00	12.00 22.86%	1.80	150	200	6.0	20	260	21.00 40.00%	2.00
000927 BF, PKG, BREAD SLICE	Each, 3.4 oz	280	10.00 32.14%	2.00 6.43%	\$0.00	5.00 7.14%	1.08	80	100	0.0	0	220	44.00 62.86%	2.00
000928 BF, PKG, BREAD SLICE	Each, 3.4 oz	270	9.00 30.00%	2.00 6.67%	\$0.00	6.00 8.89%	1.44	100	100	0.0	0	190	43.00 63.70%	2.00
000930 BF, PKG, CEREAL, CIN	Each, 1 oz	110	3.00 24.54%	0.50 4.09%	\$0.00	1.00 3.64%	3.60	200	400	4.8	0	160	22.00 80.00%	3.00
000931 BF, PKG, CEREAL, HON	Each, 1 oz	110	1.50 12.27%	0.00 0.00%	\$0.00	2.00 7.27%	4.50	100	500	6.0	0	160	22.00 80.00%	2.00
000690 BF, PKG, CEREAL, RIC	Each, 1 oz	100	0.50 4.50%	0.00 0.00%	\$0.00	2.00 8.00%	9.00	100	500	6.0	0	250	24.00 96.00%	1.00
000285 BF, PKG, CINNAMON B	Pkg, 1.76 oz	220	7.00 28.64%	2.00 8.18%	\$0.00	4.00 7.27%	1.44	150	750	0.0	0	230	37.00 67.27%	2.00
000929 BF, PKG, DUNKIN STIX	Each, 1.9 oz	180	6.00 30.00%	1.50 7.50%	\$0.00	3.00 6.67%	0.72	20	0	0.0	0	170	28.00 62.22%	2.00
000627 BF, PKG, FRENCH TOA	Pkg, 1.76 oz	210	6.00 25.71%	2.00 8.57%	\$0.00	4.00 7.62%	1.44	150	750	0.0	0	220	37.00 70.48%	3.00
000089 BF, PKG, GRAHAM CRA	Each, 0.78 oz	90	2.50 25.00%	0.00 0.00%	\$0.00	2.00 8.89%	0.72	100	500	0.0	0	95	17.00 75.56%	1.00
000942 BF, PKG, GRAHAMS, DI	Each, 1 oz	140	4.50 28.93%	1.50 9.64%	\$0.00	2.00 5.71%	0.72	0	0	0.0	0	110	22.00 62.86%	2.00
000720 BF, PKG, GRAHAMS, G	Each, 0.9 oz	120	4.00 30.00%	1.00 7.50%	\$0.00	2.00 6.67%	1.44	100	200	1.2	0	135	19.00 63.33%	1.00
000559 BF, PKG, MUFFIN, BLU	Each, 1.6 oz	140	4.00 25.71%	0.50 3.21%	\$0.00	3.00 8.57%	0.72	0	0	0.0	20	140	23.00 65.71%	1.00

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000682 BF, PKG, MUFFIN, CHO	Each, 2 oz	190	6.00 28.42%	2.00 9.47%	\$0.00	4.00 8.42%	1.44	40	100	0.0	45	130	32.00 67.37%	2.00
000622 BF, PKG, PBJ,SMUCKE	Each, 2.6 OZ	320	17.00 47.81%	3.50 9.84%	\$0.00	10.00 12.50%	1.08	20	65	0.0	0	320	32.00 40.00%	3.00
000625 BF, PKG, POPTART, BR	Pkg, 3.53 oz	370	5.00 12.16%	2.00 4.86%	\$0.00	5.00 5.41%	3.60	200	1001	0.0	0	380	75.06 81.08%	6.00
000626 BF, PKG, POPTARTS, S	Pkg, 3.53 oz	360	4.50 11.25%	2.00 5.00%	\$0.00	4.00 4.44%	3.60	200	1001	0.0	0	360	75.06 83.33%	6.00
000908 BF, PKG, TURK HAM &	Each	209	5.22 22.44%	1.52 6.53%	\$0.00	11.75 22.44%	1.91	122	133	4.7	37	642	28.18 53.83%	2.00
000652 BF, SAUSAGE BREAKF	Each	280	16.00 51.42%	4.00 12.85%	\$0.00	12.00 17.14%	4.32	0	20	0.0	48	540	28.02 40.01%	2.00
000028 BF, SAUSAGE, BREAKF	Each, 2 OZ	140	12.00 77.14%	4.00 25.71%	\$0.00	8.00 22.86%	0.72	0	0	0.0	40	320	0.00 0.00%	0.00
000936 BF, YOGURT PARFAIT,	Each	293	7.71 23.65%	1.27 3.91%	\$0.00	6.59 8.99%	0.84	100	500	0.0	3	199	48.88 66.66%	2.32
000740 BF, YOGURT, STRAW/B	Each, 4 OZ	80	0.00 0.00%	0.00 0.00%	\$0.00	4.00 20.00%	0.00	150	0	0.0	5	65	16.00 80.00%	0.00
000891 BF, YOGURT, VANILLA,	Each, 4 OZ	80	0.00 0.00%	0.00 0.00%	\$0.00	3.99 20.00%	0.00	149	0	0.0	5	60	15.94 80.00%	0.00
000082 CONDIMENT, BBQ SAU	PKT, 12 GM	15	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	100	0.6	0	160	4.00 106.67%	0.00
000631 CONDIMENT, BLACK P	PKT, 0.5 GM	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	0	0.00 0.00%	0.00
000758 CONDIMENT, BROWN	tblsp	26	0.00 0.10%	0.00 0.03%	\$0.00	0.01 0.15%	0.16	8	34	0.0	0	3	6.89 104.13%	0.13
000496 CONDIMENT, CHILI, HO	1 OZ	69	4.33 56.25%	1.53 19.84%	\$0.00	5.35 30.91%	0.61	6	72	0.5	20	117	2.24 12.94%	0.03
000327 CONDIMENT, HONEY M	1 OZ	139	11.48 74.58%	1.57 10.17%	\$0.00	0.25 0.71%	0.00	0	42	0.0	10	113	9.23 26.65%	0.00
000476 CONDIMENT, HOT SAU	PKT, 7 GM	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	100	1.2	0	100	1.00 0.00%	0.00
000209 CONDIMENT, JELLY, G	PKT, 0.5 OZ	35	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	25	0.0	0	0	9.00 102.86%	0.00
000220 CONDIMENT, KETCHU	PKT, 9 GM	10	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	10	0.0	0	25	2.00 80.00%	0.00
000143 CONDIMENT, MARGAR	Each, 5 GM	20	2.50 112.50%	0.50 22.50%	\$0.00	0.00 0.00%	0.00	0	200	0.0	0	35	0.00 0.00%	0.00
000079 CONDIMENT, MAYONN	PKT, 9 GM	70	7.00 90.00%	1.00 12.86%	\$0.00	0.00 0.00%	0.00	0	0	0.0	5	50	0.00 0.00%	0.00
000223 CONDIMENT, MUSTAR	PKT, 5.5 GM	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	64	0.92 0.00%	0.00
000877 CONDIMENT, S-TRIM, L	Each	2	0.02 9.00%	0.00 1.20%	\$0.00	0.19 36.27%	0.12	5	1033	1.3	0	4	0.40 76.53%	0.18

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001009 CONDIMENT, S-TRIM,	Each, 3 pc	4	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	14	0	0.0	0	279	0.00 0.00%	0.00
000878 CONDIMENT, S-TRIM, T	Each, 2 slices	3	0.03 10.00%	0.00 1.50%	\$0.00	0.12 19.56%	0.04	1	116	1.9	0	1	0.54 86.44%	0.17
000629 CONDIMENT, SALAD D	PKT, 1.5 OZ	200	21.00 94.50%	4.00 18.00%	\$0.00	3.00 6.00%	0.00	40	10	1.2	25	450	3.00 6.00%	0.00
000316 CONDIMENT, SALAD D	PKT, 1 OZ	80	7.00 78.75%	1.00 11.25%	\$0.00	0.00 0.00%	0.00	0	0	0.0	5	230	4.00 20.00%	0.00
000630 CONDIMENT, SALAD, V	Each, 1.5 OZ	170	17.00 90.00%	2.50 13.24%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	330	4.00 9.41%	0.00
000497 CONDIMENT, SOUR CR	PKT, 1 OZ	25	0.00 0.00%	0.00 0.00%	\$0.00	2.00 32.00%	0.00	60	200	0.0	0	30	4.00 64.00%	0.00
000802 CONDIMENT, SOY SAU	PKT, 6 GM	0	0.00 0.00%	0.00 0.00%	\$0.00	0.56 0.00%	0.00	0	0	0.0	0	230	0.00 0.00%	0.00
000890 CONDIMENT, SYRUP, 1	Each, 1.5 OZ	160	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	45	31.00 77.50%	0.00
001041 CONDIMENT, TACO SA	PKT, 9 GM	5	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	55	1.00 80.00%	0.00
000386 CONDIMENT, TARTAR	PKT, 12 GM	45	4.00 80.00%	0.50 10.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	4	85	2.00 17.78%	0.00
000755 ENT, BEEF, GRND, PR	LBS	948	68.00 64.56%	24.00 22.78%	\$0.00	84.00 35.44%	9.36	81	0	0.0	308	301	0.00 0.00%	0.00
000894 ENT, CHICK 'N WAFFLE	Each	318	12.21 34.61%	1.32 3.75%	\$0.00	11.16 14.06%	2.92	90	50	0.0	0	507	42.77 53.88%	5.64
000943 ENT, CHICK 'N WAFFLE	Each	301	12.27 36.70%	1.13 3.37%	\$0.00	16.25 21.60%	3.11	89	100	0.0	0	558	32.38 43.05%	3.69
000733 ENT, CHICK, BREADED	7 OZ	215	13.00 54.42%	3.00 12.56%	\$0.00	12.00 22.33%	0.18	120	78	1.0	41	591	11.00 20.46%	1.00
000934 ENT, CHICK, POPCOR	3 OZ	265	7.88 26.71%	0.41 1.39%	\$0.00	13.77 20.76%	2.13	57	281	4.5	0	781	32.66 49.21%	1.12
000899 ENT, CHICK, POPCOR	3 OZ	238	7.42 28.07%	0.41 1.55%	\$0.00	13.77 23.17%	2.13	57	148	0.0	0	495	27.12 45.62%	1.12
000933 ENT, CHICK, POPCOR	3 OZ	256	7.42 26.05%	0.41 1.44%	\$0.00	14.70 22.95%	2.80	57	97	0.0	0	919	29.89 46.66%	1.12
000706 ENT, CHICK, POPCOR	10 Each	178	7.23 36.60%	0.40 2.02%	\$0.00	13.43 30.21%	2.08	55	94	0.0	0	383	13.84 31.13%	1.09
000907 ENT, CHICK, ROASTED	5.45 OZ	166	10.00 54.21%	3.50 18.97%	\$0.00	19.00 45.78%	1.00	1	105	1.0	100	95	0.00 0.00%	0.00
000556 ENT, CHILI, CHICKEN	3/4 CUP	201	7.84 35.04%	4.68 20.91%	\$0.00	17.01 33.79%	1.29	244	789	6.3	35	577	15.44 30.67%	4.70
000868 ENT, CORN DOG, NUG,	6 Each	275	12.21 40.00%	3.56 11.67%	\$0.00	10.18 14.82%	1.83	153	0	0.0	41	417	30.54 44.45%	5.09
000600 ENT, COUNTRY STYLE	3 OZ	210	14.02 60.16%	4.50 19.32%	\$0.00	15.76 30.07%	1.77	16	0	0.0	58	320	5.13 9.78%	0.01

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# Randolph County Schools/Child Nutrition

## Food Source List

Recipe No. Recipe Name	Portion Size	Cals	G T-Fat	G S-fat	\$ Cost	G Prot	MG Iron	MG Calc	IU Vit-A	MG Vit-C	MG Chol	MG Sodm	G Carb	G Fiber
000664 ENT, FISH NUGGETS,	4 Each	240	10.00 37.50%	1.00 3.75%	\$0.00	15.00 25.00%	1.44	0	0	0.0	50	330	22.00 36.67%	2.00
000443 ENT, HOT DOG	Each	260	11.00 38.08%	2.50 8.65%	\$0.00	13.00 20.00%	2.88	140	100	1.2	60	560	28.00 43.08%	2.00
000917 ENT, MACARONI & CH	3/4 Cup	272	12.74 42.09%	5.20 17.19%	\$0.00	16.41 24.09%	1.15	204	257	0.0	35	664	22.89 33.60%	1.01
000569 ENT, MEATLOAF, INDV	3.5 OZ	202	12.16 54.06%	4.29 19.07%	\$0.00	15.06 29.77%	1.71	17	157	1.9	55	385	7.66 15.15%	0.24
000852 ENT, MEATLOAF, INDV.	2.75 OZ	163	9.82 54.06%	3.46 19.07%	\$0.00	12.17 29.77%	1.38	14	127	1.5	44	311	6.19 15.15%	0.19
000879 ENT, MUNCHABLE MEA	Each	350	11.00 28.29%	3.50 9.00%	\$0.00	16.00 18.29%	1.80	370	200	1.2	15	665	48.00 54.86%	3.00
000919 ENT, NACHO DIP, BUF	3.5 OZ	196	11.36 52.06%	6.19 28.35%	\$0.00	20.61 41.96%	1.04	351	1032	8.9	56	712	6.91 14.06%	1.13
000918 ENT, NACHO DIP, CHE	3 OZ	187	13.68 65.94%	7.99 38.52%	\$0.00	13.56 29.04%	0.68	332	862	4.5	36	370	2.99 6.41%	0.70
000661 ENT, NACHO MEAT, BE	2.5 OZ	68	4.86 63.85%	1.71 22.45%	\$0.00	6.02 35.15%	0.74	8	43	0.0	22	144	0.22 1.28%	0.06
000836 ENT, NACHOS, BEEF (	2.5 OZ	405	22.95 50.95%	9.47 21.02%	\$0.00	14.84 14.64%	1.85	88	80	0.0	38	491	34.39 33.93%	2.06
000838 ENT, NACHOS, BLACK	1/2 cup	426	16.16 34.16%	7.00 14.80%	\$0.00	12.87 12.09%	2.62	152	51	0.0	4	490	57.83 54.34%	8.15
000711 ENT, NACHOS, PINTO	1/2 cup	403	15.63 34.86%	7.00 15.62%	\$0.00	11.74 11.64%	2.17	130	50	0.0	4	488	52.39 51.96%	9.06
008066 ENT, PIE, CHICKEN W/	1 Cup	353	18.94 48.26%	8.65 22.04%	\$0.00	18.70 21.18%	1.89	29	384	1.1	62	620	26.63 30.16%	1.04
000902 ENT, PIE, TURKEY	1 Cup	309	18.53 53.92%	7.60 22.11%	\$0.00	17.87 23.10%	1.63	13	0	0.1	50	674	19.24 24.89%	0.55
000886 ENT, PIZZA, CHEESE, 4	Each, 4.5 OZ	300	11.00 33.00%	5.00 15.00%	\$0.00	16.00 21.33%	2.70	250	300	0.0	25	440	33.00 44.00%	4.00
000887 ENT, PIZZA, PEPPER	Each, 4.5 OZ	300	12.00 36.00%	5.00 15.00%	\$0.00	16.00 21.33%	2.70	200	300	0.0	25	530	33.00 44.00%	4.00
000697 ENT, PIZZASTICKS, W	2 Each, 4.4 OZ	303	11.09 33.00%	6.05 18.00%	\$0.00	20.17 26.67%	1.82	403	202	0.0	25	494	30.25 40.00%	3.03
000853 ENT, PORK, BBQ	3.4 OZ	214	13.28 55.90%	4.50 18.95%	\$0.00	19.12 35.79%	1.24	9	134	1.1	82	508	3.15 5.90%	0.11
001003 ENT, POTATO, BAKED (	Each	326	8.94 24.69%	4.89 13.50%	\$0.00	17.75 21.79%	2.41	239	229	19.4	31	599	44.34 54.44%	4.44
000900 ENT, QUESADILLA, CH	Each	385	20.12 47.03%	10.72 25.05%	\$0.00	20.04 20.82%	1.82	573	1191	6.4	32	681	32.08 33.32%	2.96
000663 ENT, QUESADILLA, CHI	Each	417	19.63 42.38%	9.69 20.92%	\$0.00	29.72 28.52%	2.40	490	841	4.1	68	728	31.45 30.18%	2.49
000844 ENT, RAVIOLI, MINI CH	3/4 CUP	255	7.88 27.76%	4.03 14.20%	\$0.00	16.54 25.90%	2.09	285	594	11.8	30	652	26.42 41.36%	2.42

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# Randolph County Schools/Child Nutrition

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Recipe No. Recipe Name	Portion Size	Cals	G T-Fat	G S-fat	\$ Cost	G Prot	MG Iron	MG Calc	IU Vit-A	MG Vit-C	MG Chol	MG Sodm	G Carb	G Fiber
000849 ENT, RAVIOLI, MINI CH	1 CUP	307	8.02 23.47%	3.91 11.44%	\$0.00	19.38 25.21%	2.86	298	764	16.2	35	793	35.57 46.28%	3.30
000640 ENT, RICE BOWL, BEA	Each	405	6.65 14.75%	2.64 5.86%	\$0.00	14.10 13.91%	2.87	115	163	0.0	10	754	71.44 70.48%	8.80
000639 ENT, RICE BOWL, BEE	2.5 OZ	351	10.85 27.83%	4.22 10.83%	\$0.00	13.00 14.82%	1.70	60	180	0.0	32	760	48.08 54.84%	2.71
000677 ENT, SAND, CHEESEB	Each	408	22.92 50.61%	8.62 19.04%	\$0.00	23.91 23.47%	3.05	149	100	0.0	71	500	28.00 27.48%	2.00
000897 ENT, SAND, CHICKEN	Each	390	15.00 34.62%	2.50 5.77%	\$0.00	21.00 21.54%	4.14	60	100	1.2	55	840	45.00 46.15%	4.00
001011 ENT, SAND, FISH FILLE	Each	350	15.00 38.57%	2.00 5.14%	\$0.00	15.00 17.14%	2.16	40	0	3.6	50	760	40.00 45.71%	2.60
000842 ENT, SAND, HAMBURG	Each	368	19.92 48.77%	6.87 16.83%	\$0.00	20.41 22.21%	3.05	49	0	0.0	64	360	27.00 29.38%	2.00
000735 ENT, SAND, TURKEY D	SANDWICH	280	7.00 22.50%	2.00 6.43%	\$0.00	25.00 35.71%	2.16	200	20	0.0	45	790	32.00 45.71%	4.00
001012 ENT, SANDWICH, BAR	Each, 3.4 OZ	354	15.28 38.86%	4.50 11.45%	\$0.00	24.12 27.28%	2.68	49	134	1.1	82	808	30.15 34.09%	2.11
000861 ENT, SPAGHETTI, BEE	3/4 Cup	251	8.83 31.69%	3.28 11.78%	\$0.00	14.55 23.22%	3.24	58	519	9.4	35	509	26.61 42.45%	2.34
000846 ENT, SPAGHETTI, BEE	1 Cup	334	11.77 31.69%	4.37 11.78%	\$0.00	19.40 23.22%	4.32	78	691	12.6	47	679	35.48 42.45%	3.12
000903 ENT, TURKEY & GRAV	4 OZ	120	6.00 45.00%	2.00 15.00%	\$0.00	16.00 53.33%	0.72	0	0	0.0	50	460	2.00 6.67%	0.00
000549 ENT, TURKEY, ROAST	1/2 CUP	132	4.82 32.74%	1.66 11.25%	\$0.00	16.91 51.08%	0.49	1	148	0.0	49	783	4.90 14.81%	0.30
000329 FRUIT, APPLESAUCE C	Each, 4.5 OZ	50	0.00 0.00%	0.00 0.00%	\$0.00	0.90 7.20%	0.00	0	0	60.0	0	15	14.00 112.00%	1.00
000830 FRUIT, CAN, APPLES, B	1/2 Cup	122	0.00 0.02%	0.00 0.00%	\$0.00	0.01 0.02%	1.58	2	49	1.3	0	11	30.67 100.97%	2.27
001025 FRUIT, CAN, APPLES, B	1/2 Cup	95	0.00 0.02%	0.00 0.01%	\$0.00	0.97 4.06%	1.40	2	34	1.2	0	5	24.85 104.24%	1.04
000165 FRUIT, CAN, APPLESA	1/2 Cup	59	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	1.42	0	59	2.4	0	10	14.79 100.00%	1.97
000905 FRUIT, CAN, MIXED FR	1/2 Cup	60	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	5	15.00 100.00%	1.00
000238 FRUIT, CAN, PEACHES,	1/2 Cup	60	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.38	6	90	3.8	0	10	14.01 93.34%	0.00
000781 FRUIT, CAN, PEACHES,	1/2 Cup	70	0.00 0.00%	0.00 0.00%	\$0.00	0.90 5.14%	0.18	20	80	3.6	0	5	18.99 108.57%	1.00
000832 FRUIT, CAN, PEARS, S	1/2 Cup	64	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	79	0.0	0	5	15.89 100.00%	2.12
000507 FRUIT, CAN, PINEAPPL	1/2 Cup	80	0.00 0.00%	0.00 0.00%	\$0.00	0.89 4.50%	0.18	20	60	3.6	0	5	14.91 75.00%	1.99

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# Randolph County Schools/Child Nutrition

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Recipe No. Recipe Name	Portion Size	Cals	G T-Fat	G S-fat	\$ Cost	G Prot	MG Iron	MG Calc	IU Vit-A	MG Vit-C	MG Chol	MG Sodm	G Carb	G Fiber
000632 FRUIT, CAN, TROPICAL	1/2 Cup	100	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	20	0	27.0	0	5	23.99 96.00%	2.00
000811 FRUIT, CRAISINS, STR	Each, 1.2 OZ	110	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	120	0.0	0	0	28.00 101.82%	3.00
000064 FRUIT, FRESH, APPLE	1/2 Cup	36	0.12 2.94%	0.02 0.52%	\$0.00	0.18 2.00%	0.08	4	37	3.2	0	1	9.53 106.23%	1.66
000779 FRUIT, FRESH, APPLE	1 Each	72	0.23 2.94%	0.04 0.52%	\$0.00	0.36 2.00%	0.17	8	75	6.3	0	1	19.06 106.23%	3.31
000068 FRUIT, FRESH, BANAN	Each	90	0.33 3.34%	0.11 1.13%	\$0.00	1.10 4.90%	0.26	5	65	8.8	0	1	23.07 102.65%	2.63
000543 FRUIT, FRESH, BLUEB	1/2 CUP	44	0.26 5.21%	0.02 0.44%	\$0.00	0.58 5.19%	0.22	5	42	7.5	0	1	11.27 101.68%	1.87
000579 FRUIT, FRESH, CANTA	1/2 CUP	46	0.26 5.03%	0.07 1.35%	\$0.00	1.14 9.88%	0.29	12	4602	49.9	0	22	11.10 96.00%	1.22
000777 FRUIT, FRESH, GRAPE	1/2 Cup	52	0.17 3.00%	0.02 0.43%	\$0.00	0.95 7.33%	0.10	27	1415	38.4	0	0	13.11 101.52%	1.97
000422 FRUIT, FRESH, GRAPE	1/2 Cup	59	0.31 4.70%	0.10 1.53%	\$0.00	0.55 3.76%	0.25	12	88	3.5	0	2	15.06 102.39%	0.79
000594 FRUIT, FRESH, KIWI	1/2 CUP	50	0.43 7.67%	0.02 0.43%	\$0.00	0.94 7.48%	0.26	28	72	76.5	0	2	12.09 96.13%	2.47
000599 FRUIT, FRESH, KUMQU	1/2 CUP	90	1.00 10.00%	0.00 0.00%	\$0.00	3.00 13.34%	1.08	80	400	60.0	0	15	21.00 93.33%	9.00
000645 FRUIT, FRESH, MANGO	1/2 CUP	68	0.43 5.70%	0.10 1.35%	\$0.00	0.93 5.47%	0.18	12	1227	41.3	0	1	16.99 99.87%	1.81
000086 FRUIT, FRESH, ORANG	1/2 Cup	23	0.06 2.30%	0.01 0.38%	\$0.00	0.45 8.00%	0.05	19	108	25.5	0	0	5.64 100.00%	1.15
000780 FRUIT, FRESH, ORANG	1 Each	45	0.12 2.30%	0.02 0.38%	\$0.00	0.90 8.00%	0.10	38	216	51.1	0	0	11.28 100.00%	2.30
000580 FRUIT, FRESH, PEACH/	EACH	68	0.47 6.16%	0.03 0.42%	\$0.00	1.62 9.49%	0.44	10	544	10.0	0	0	16.58 96.87%	2.64
000090 FRUIT, FRESH, PEARS	Each	96	0.20 1.86%	0.02 0.16%	\$0.00	0.63 2.62%	0.28	15	38	7.0	0	2	25.66 106.62%	5.15
000541 FRUIT, FRESH, PINEAP	1/2 CUP	99	0.24 2.16%	0.02 0.16%	\$0.00	1.07 4.32%	0.58	26	115	94.9	0	2	26.04 104.96%	2.78
000403 FRUIT, FRESH, PLUOT	5 OZ	80	0.00 0.00%	0.00 0.00%	\$0.00	1.00 5.00%	0.00	0	0	6.0	0	0	19.00 95.00%	3.00
000593 FRUIT, FRESH, POMEK	1/2 CUP	72	1.02 12.69%	0.10 1.30%	\$0.00	1.45 8.05%	0.26	9	0	8.9	0	3	16.27 90.12%	3.48
000598 FRUIT, FRESH, STARF	EACH	40	0.00 0.00%	0.00 0.00%	\$0.00	1.00 9.99%	0.00	0	100	42.0	0	0	9.00 90.01%	4.00
000099 FRUIT, FRESH, STRAW	1/2 CUP	23	0.22 8.44%	0.01 0.42%	\$0.00	0.48 8.38%	0.30	12	9	42.3	0	1	5.53 96.00%	1.44
000100 FRUIT, FRESH, TANGE	EACH	45	0.26 5.26%	0.03 0.66%	\$0.00	0.68 6.11%	0.13	31	572	22.4	0	2	11.21 100.68%	1.51

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000786 FRUIT, FRESH, TRI FR	3 OZ	36	0.00 0.00%	0.00 0.00%	\$0.00	1.03 11.43%	0.00	0	1282	21.5	0	15	8.20 91.42%	1.03
000669 FRUIT, FRESH, WATER	4 OZ	34	0.17 4.50%	0.02 0.48%	\$0.00	0.69 8.13%	0.27	8	645	9.2	0	1	8.56 100.67%	0.45
000578 FRUIT, FRESH, WATER	1/2 CUP	45	0.23 4.50%	0.02 0.48%	\$0.00	0.92 8.13%	0.36	11	860	12.2	0	2	11.42 100.67%	0.60
000924 FRUIT, JUICE, APPLE,	Each, 4.23 oz	0	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	0	0.00 0.00%	0.00
000723 FRUIT, JUICE, APPLE,	Each, 4 oz	60	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	5	14.00 93.33%	0.00
000925 FRUIT, JUICE, GRAPE,	Each, 4.23 oz	70	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	60.0	0	10	16.00 91.43%	0.00
000724 FRUIT, JUICE, ORANG	Each, 4 oz	60	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	0	0.0	0	0	14.00 93.33%	0.00
000305 FRUIT, RAISINS, 1.3 OZ	Each, 1.3 OZ	113	0.00 0.00%	0.00 0.00%	\$0.00	1.00 3.54%	0.00	40	250	0.0	0	4	30.00 106.20%	1.00
000807 G/B, BREADSTICK, GA	Each, 1.3 OZ	110	4.00 32.73%	1.00 8.18%	\$0.00	3.00 10.91%	1.08	0	0	1.2	0	230	17.00 61.82%	2.00
000654 G/B, CORNBREAD, WG	1.5 OZ	134	4.40 29.55%	0.60 4.03%	\$0.00	2.10 6.27%	0.72	0	50	0.0	15	114	22.61 67.46%	1.80
000655 G/B, CORNBREAD, WG	3 OZ	268	8.81 29.55%	1.20 4.03%	\$0.00	4.20 6.27%	1.44	0	100	0.0	29	229	45.23 67.46%	3.60
000047 G/B, CRACKERS, SALTI	Each, 2 PKT	64	2.00 28.12%	0.00 0.00%	\$0.00	1.00 6.25%	0.00	0	0	0.0	0	118	10.00 62.50%	1.00
000864 G/B, CROUTONS, BULK	1 Cup	162	6.48 36.00%	0.00 0.00%	\$0.00	6.48 16.00%	0.00	0	0	0.0	0	454	25.92 64.00%	0.00
000935 G/B, GRANOLA, BULK	1/2 Cup	169	6.09 32.40%	0.68 3.60%	\$0.00	2.71 6.40%	0.73	0	0	0.0	0	129	25.73 60.80%	2.03
000748 G/B, HAMBURGER BUN	Each, 2 OZ	140	2.00 12.86%	0.00 0.00%	\$0.00	5.00 14.29%	1.44	40	0	0.0	0	300	27.00 77.14%	2.00
000749 G/B, HOT DOG BUN	Each, 2 OZ	140	2.00 12.86%	0.00 0.00%	\$0.00	5.00 14.28%	1.44	40	0	0.0	0	300	27.00 77.14%	2.00
000847 G/B, MACARONI & CHE	1/2 Cup	181	7.27 36.13%	4.16 20.67%	\$0.00	10.00 22.08%	0.77	211	258	0.0	16	270	19.59 43.29%	0.85
000620 G/B, RICE, BROWN, CO	1 Cup	260	4.36 15.12%	1.51 5.25%	\$0.00	5.29 8.15%	0.97	2	87	0.0	6	569	47.63 73.34%	2.65
000701 G/B, TORTILLA WRAP,	Each	90	2.50 25.00%	0.50 5.00%	\$0.00	3.00 13.33%	0.72	60	5	0.0	0	125	14.00 62.22%	1.00
000898 G/B, TORTILLA CHIPS,	2 oz (20 chips)	280	14.00 45.00%	6.00 19.29%	\$0.00	4.00 5.71%	0.72	40	0	0.0	0	300	34.00 48.57%	2.00
000823 ICE CREAM, BAR, CHO	Each, 2.75 oz	140	5.00 32.14%	1.50 9.64%	\$0.00	2.00 5.71%	1.08	100	750	0.0	0	100	22.00 62.86%	0.00
000825 ICE CREAM, BAR, FRUI	Each	70	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.00	0	60	96.0	0	5	16.00 91.43%	0.00

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# Randolph County Schools/Child Nutrition

Recipe No. Recipe Name	Portion Size	Cals	G T-Fat	G S-fat	\$ Cost	G Prot	MG Iron	MG Calc	IU Vit-A	MG Vit-C	MG Chol	MG Sodm	G Carb	G Fiber
000824 ICE CREAM, BAR, STR	Each, 2.75 oz	140	5.00 32.14%	1.50 9.64%	\$0.00	1.00 2.86%	0.00	60	500	0.0	0	50	22.00 62.86%	0.00
000872 ICE CREAM, CONE, CH	Each, 2.3 oz	150	2.00 12.00%	1.50 9.00%	\$0.00	3.00 8.00%	0.00	100	300	0.0	4	95	30.00 80.00%	0.00
000818 ICE CREAM, CONE, CO	Each, 2.2 oz	120	1.50 11.25%	1.00 7.50%	\$0.00	2.00 6.67%	0.72	100	100	0.0	5	100	25.00 83.33%	0.00
000820 ICE CREAM, CUP, BIRT	Each	80	0.00 0.00%	0.00 0.00%	\$0.00	4.00 20.00%	0.00	150	75	0.0	4	85	16.00 80.00%	0.00
000873 ICE CREAM, CUP, CHO	Each	70	1.00 12.86%	0.50 6.43%	\$0.00	2.00 11.43%	0.00	100	200	0.0	4	50	12.00 68.57%	0.00
000819 ICE CREAM, CUP, COT	Each	80	0.00 0.00%	0.00 0.00%	\$0.00	4.00 20.00%	0.00	150	75	0.0	4	95	15.00 75.00%	0.00
000874 ICE CREAM, CUP, STR	Each	80	1.00 11.25%	0.00 0.00%	\$0.00	2.00 10.00%	0.00	100	200	0.0	4	60	17.00 85.00%	0.00
000875 ICE CREAM, SANDWIC	Each, 4 oz	180	3.50 17.50%	1.50 7.50%	\$0.00	4.00 8.89%	0.00	100	400	0.0	10	150	33.00 73.33%	0.00
000821 ICE CREAM, SANDWIC	Each, 4 oz	180	3.50 17.50%	1.50 7.50%	\$0.00	4.00 8.89%	0.00	100	400	0.0	10	150	33.00 73.33%	0.00
000822 ICE CREAM, SANDWIC	Each, 1.5 oz	120	2.50 18.75%	1.00 7.50%	\$0.00	2.00 6.67%	0.72	80	300	0.0	5	70	12.00 40.00%	0.00
000829 MILK, 1%, WHITE, 1/2 P	Carton, 8 fl oz	110	2.00 16.37%	0.00 0.00%	\$0.00	9.00 32.72%	0.00	250	500	2.4	15	115	12.00 43.64%	0.00
000597 MILK, LACTOSE FREE,	Carton, 8 fl oz	90	0.00 0.00%	0.00 0.00%	\$0.00	8.00 35.55%	0.00	300	500	0.0	5	125	12.00 53.33%	0.00
000827 MILK, SKIM, CHOCOLA	Carton, 8 fl oz	130	0.00 0.00%	0.00 0.00%	\$0.00	8.00 24.61%	0.00	300	500	0.0	5	160	24.00 73.85%	1.00
000826 MILK, SKIM, STRAWBE	Carton, 8 fl oz	110	0.00 0.00%	0.00 0.00%	\$0.00	8.00 29.09%	0.00	300	500	0.0	5	125	20.00 72.72%	0.00
000828 MILK, SKIM, WHITE, 1/2	Carton, 8 fl oz	90	0.00 0.00%	0.00 0.00%	\$0.00	8.00 35.55%	0.00	250	500	2.4	5	120	11.00 48.89%	0.00
000691 MILK, SOYMILK, ORIG,	Each, 8 oz	124	3.00 21.78%	0.00 0.00%	\$0.00	8.00 25.80%	1.80	300	500	0.0	0	170	15.00 48.39%	0.00
000863 MISC, CHZ, MOZZAREL	Each, 1 OZ	60	3.00 45.00%	2.00 30.00%	\$0.00	7.00 46.67%	0.00	200	200	0.0	10	200	1.00 6.67%	0.00
000200 MISC, GRAVY, BROWN,	Gallon	1772	70.88 36.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.38	77	0	0.0	0	10038	283.50 64.00%	0.00
000866 MISC, HAM & CHEESE	Each	138	8.15 53.18%	4.29 27.96%	\$0.00	12.96 37.58%	0.23	209	105	0.0	31	602	1.67 4.85%	0.00
000658 MISC, SPICE RUB	LBS	471	10.22 19.51%	1.74 3.32%	\$0.00	18.89 16.03%	18.87	463	36025	17.3	0	36619	100.72 85.46%	36.94
000572 VEG, BEANS, BLACK	1/2 Cup	123	0.53 3.89%	0.00 0.01%	\$0.00	7.18 23.32%	1.90	62	1	0.0	0	144	23.59 76.58%	6.15
000573 VEG, BEANS, GREAT N	1/2 CUP	90	0.00 0.00%	0.00 0.00%	\$0.00	6.00 26.66%	0.72	40	0	0.0	0	360	16.00 71.11%	5.00

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# Randolph County Schools/Child Nutrition

Recipe No. Recipe Name	Portion Size	Cals	G T-Fat	G S-fat	\$ Cost	G Prot	MG Iron	MG Calc	IU Vit-A	MG Vit-C	MG Chol	MG Sodm	G Carb	G Fiber
000170 VEG, BEANS, GREEN (	1/2 Cup	28	1.06 34.41%	0.08 2.46%	\$0.00	1.03 14.86%	0.93	21	310	3.1	0	145	3.35 48.27%	2.10
000692 VEG, BEANS, GREEN,	1/2 Cup, 2 OZ	25	0.86 31.36%	0.55 19.96%	\$0.00	0.84 13.67%	0.30	34	199	5.0	2	45	4.20 68.32%	2.52
000007 VEG, BEANS, PINTO	1/2 cup	101	0.00 0.00%	0.00 0.00%	\$0.00	6.05 24.00%	1.45	40	0	0.0	0	141	18.15 72.00%	7.06
000833 VEG, BEANS, PINTO (C	1/2 cup	101	1.03 9.18%	0.00 0.00%	\$0.00	6.17 24.49%	1.80	53	5	1.1	0	144	18.50 73.47%	6.17
000834 VEG, BEANS, PINTO C	1/2 cup	101	1.04 9.22%	0.00 0.01%	\$0.00	6.18 24.46%	1.81	54	51	1.3	0	190	18.75 74.17%	6.20
000606 VEG, BEANS, PINTO C	1/2 cup	101	0.01 0.06%	0.00 0.01%	\$0.00	6.06 23.98%	1.46	41	34	0.2	0	176	18.34 72.53%	7.08
000643 VEG, BROCCOLI & CAU	1/2 cup	29	2.04 63.29%	1.27 39.56%	\$0.00	0.86 11.89%	0.17	9	193	11.1	5	11	1.95 26.92%	0.88
000788 VEG, BROCCOLI, STEA	3/4 CUP	45	1.67 33.28%	1.06 21.18%	\$0.00	2.40 21.24%	0.43	24	661	7.2	5	24	4.80 42.49%	2.40
000478 VEG, BROCCOLI, STEA	1/2 cup	53	3.52 59.70%	2.24 37.99%	\$0.00	1.69 12.70%	0.30	17	549	5.1	10	17	3.37 25.41%	1.69
000320 VEG, BROCCOLI, STEA	1/2 Cup	30	1.11 33.28%	0.71 21.18%	\$0.00	1.60 21.24%	0.29	16	441	4.8	3	16	3.20 42.49%	1.60
000545 VEG, BUTTERNUT SQU	1/2 CUP	77	3.57 41.61%	0.28 3.26%	\$0.00	1.31 6.76%	0.80	39	1879	16.9	0	148	11.81 61.11%	2.06
000259 VEG, CABBAGE, STEA	1/2 Cup	29	0.95 29.67%	0.57 17.81%	\$0.00	1.14 15.84%	0.15	43	104	33.5	2	19	4.93 68.74%	1.70
000940 VEG, CARROT SOUFFL	1/2 Cup	226	11.81 46.96%	1.97 7.82%	\$0.00	2.95 5.22%	1.06	39	14763	3.5	74	207	29.52 52.17%	1.97
000397 VEG, CARROTS, GLAZ	1/2 Cup	71	1.98 25.24%	1.20 15.34%	\$0.00	0.61 3.44%	0.85	31	13099	2.5	5	74	13.02 73.72%	2.77
000688 VEG, CAULIFLOWER, C	1/2 cup	38	2.83 67.10%	1.74 41.22%	\$0.00	1.05 11.02%	0.23	12	103	26.2	7	16	2.71 28.53%	1.09
000271 VEG, CORN, FROZEN	1/2 Cup	108	2.58 21.49%	1.05 8.74%	\$0.00	2.80 10.34%	0.00	0	212	3.4	5	0	19.57 72.34%	0.93
000831 VEG, CORN, FROZEN (	1/2 Cup	83	2.66 28.95%	1.05 11.42%	\$0.00	2.02 9.77%	0.00	0	225	3.6	5	1	16.19 78.20%	2.02
000342 VEG, CUP, BROCC & T	1/2 cup	11	0.00 0.00%	0.00 0.00%	\$0.00	0.63 22.78%	0.16	9	410	5.7	0	5	2.27 82.43%	0.88
000673 VEG, CUP, BROCCOLI	1/2 CUP	17	0.05 2.44%	0.01 0.43%	\$0.00	0.59 13.98%	0.38	15	4978	2.0	0	31	3.65 86.03%	1.39
000457 VEG, CUP, CARROTS	3/4 CUP	16	0.06 3.34%	0.01 0.59%	\$0.00	0.29 7.31%	0.40	15	6255	1.2	0	35	3.74 94.17%	1.32
000588 VEG, GREENS, COLLA	1/2 Cup	53	2.05 34.58%	0.16 2.72%	\$0.00	1.43 10.74%	0.12	87	3905	20.7	0	168	7.83 58.63%	2.28
000671 VEG, JICAMA STICKS,	1/2 CUP	30	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	0.43	0	0	14.4	0	0	7.22 96.00%	3.61

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Recipe No. Recipe Name	Portion Size	Cals	G T-Fat	G S-fat	\$ Cost	G Prot	MG Iron	MG Calc	IU Vit-A	MG Vit-C	MG Chol	MG Sodm	G Carb	G Fiber
000672 VEG, JICAMA, ROASTE	1/2 CUP	47	1.93 36.62%	0.14 2.62%	\$0.00	0.00 0.00%	0.43	0	0	14.4	0	81	7.22 60.85%	3.61
000646 VEG, KALE CHIPS, FRE	1 CUP	67	5.14 69.30%	0.38 5.12%	\$0.00	2.16 12.94%	0.74	76	5035	60.5	0	85	4.41 26.45%	1.81
000647 VEG, KALE, STEAMED	1/2 CUP	67	2.88 38.39%	0.24 3.24%	\$0.00	2.99 17.76%	1.54	124	13949	108.9	0	182	9.58 56.88%	1.81
000469 VEG, LETTUCE & TOM	1 Cup	18	0.29 14.67%	0.02 0.94%	\$0.00	0.87 19.72%	0.28	13	837	9.2	0	3	3.36 76.55%	1.06
000841 VEG, LETTUCE, SPRIN	1 Cup	17	0.00 0.00%	0.00 0.00%	\$0.00	0.67 15.99%	3.00	40	9339	16.0	0	53	2.67 64.00%	1.33
000801 VEG, MARINARA CUP,	Each, 2.5 OZ	40	1.00 22.50%	0.00 0.00%	\$0.00	1.00 10.00%	0.36	20	200	6.0	0	230	8.00 80.00%	1.00
000763 VEG, MARINARA SAUC	2.4 OZ	27	0.55 18.00%	0.00 0.00%	\$0.00	1.09 16.00%	0.39	11	273	4.9	0	268	5.46 80.00%	1.09
000653 VEG, OKRA, ROASTED	1/2 Cup	60	3.36 50.45%	0.24 3.60%	\$0.00	1.19 7.92%	0.00	71	119	2.9	0	183	5.94 39.64%	3.56
000395 VEG, PEAS, BLACKEYE	1/2 Cup	162	0.68 3.75%	0.00 0.00%	\$0.00	12.15 30.00%	2.43	54	135	1.6	0	337	27.00 66.67%	6.75
000107 VEG, PEAS, GREEN (F	1/2 CUP	100	2.70 24.26%	1.72 15.44%	\$0.00	5.41 21.57%	1.17	0	531	6.5	7	216	12.97 51.77%	4.32
000702 VEG, POTATO ROASTE	1/2 Cup	100	2.00 18.00%	0.00 0.00%	\$0.00	2.00 8.00%	0.72	0	0	4.8	0	110	19.00 76.00%	2.00
000703 VEG, POTATO ROUND	1/2 Cup	154	7.17 42.00%	1.02 6.00%	\$0.00	2.05 5.33%	0.37	0	0	3.7	0	369	19.46 50.67%	2.05
000799 VEG, POTATO WEDGE	1/2 Cup	133	4.10 27.69%	0.51 3.46%	\$0.00	2.05 6.15%	0.37	0	0	3.7	5	154	21.54 64.62%	2.05
000752 VEG, POTATO, BAKED	1 EACH	188	0.26 1.26%	0.08 0.39%	\$0.00	5.05 10.75%	2.18	30	20	19.4	0	20	42.72 90.97%	4.44
000932 VEG, POTATO, SWEET	1/2 Cup, 3 oz	133	3.59 24.23%	0.00 0.00%	\$0.00	1.03 3.08%	0.37	21	3077	3.7	0	205	23.59 70.77%	2.05
000650 VEG, POTATOES, MAS	1/2 Cup	147	6.96 42.73%	4.38 26.90%	\$0.00	2.74 7.48%	0.57	45	315	21.6	19	281	18.49 50.45%	2.62
001034 VEG, POTATOES, PAR	1/2 cup	61	0.93 13.73%	0.59 8.73%	\$0.00	0.76 4.97%	0.28	31	34	9.0	3	610	10.51 68.91%	1.51
000328 VEG, POTATOES, ROA	1/2 CUP	125	3.53 25.35%	0.27 1.94%	\$0.00	2.31 7.37%	0.72	12	11	27.1	0	165	21.59 68.89%	3.30
000539 VEG, POTATOES, SWE	1/2 CUP	118	0.07 0.52%	0.02 0.19%	\$0.00	2.16 7.30%	0.84	41	19544	3.3	0	76	27.72 93.58%	4.13
000709 VEG, POTATOES, SWE	1/2 Cup, 2.1 OZ	95	3.16 30.00%	0.53 5.00%	\$0.00	1.05 4.45%	0.38	21	3370	1.3	0	158	15.80 66.67%	2.11
000605 VEG, SALAD, CAESAR	1 Cup	39	0.65 15.02%	0.00 0.00%	\$0.00	1.56 16.00%	3.09	45	9638	20.3	0	100	6.70 68.93%	1.81
000904 VEG, SALAD, CAESAR	1 Cup	36	1.00 24.83%	0.00 0.00%	\$0.00	1.58 17.53%	0.34	19	993	6.0	0	47	6.12 67.77%	1.17

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000396 VEG, SALAD, CHEF	1 CUP	155	8.68 50.31%	4.80 27.78%	\$0.00	13.50 34.75%	3.23	247	9546	16.0	32	643	4.30 11.08%	1.33
000644 VEG, SALAD, CONFETT	1 Cup	79	2.47 27.99%	0.21 2.35%	\$0.00	5.94 29.91%	1.37	70	2245	25.9	0	51	10.55 53.08%	3.56
000939 VEG, SALAD, CONFETT	3/4 Cup	61	2.34 34.31%	0.21 3.04%	\$0.00	5.02 32.69%	1.23	70	2171	24.6	0	24	6.86 44.67%	2.76
000800 VEG, SALSA CUP, 3 OZ	Each, 3 OZ	30	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	1.08	0	600	3.6	0	210	6.00 80.00%	0.00
000087 VEG, SALSA, BULK	3 OZ	30	0.00 0.00%	0.00 0.00%	\$0.00	0.00 0.00%	1.07	59	1481	17.8	0	207	5.92 80.00%	2.66
000296 VEG, SLAW, COLE	1/2 Cup	108	8.85 73.55%	1.22 10.12%	\$0.00	0.67 2.47%	0.25	21	51	19.1	8	215	7.12 26.31%	1.30
000586 VEG, SOUP, BROCCOL	3/4 CUP	123	5.22 38.08%	3.34 24.36%	\$0.00	7.94 25.77%	0.35	231	846	5.7	14	360	10.78 34.99%	1.86
000103 VEG, SOUP, VEGETAB	1 Cup	71	0.00 0.02%	0.00 0.01%	\$0.00	2.38 13.47%	1.35	18	808	7.7	0	496	13.86 78.30%	2.53
000602 VEG, SQUASH & ZUCC	1/2 Cup	49	3.36 61.53%	0.24 4.40%	\$0.00	0.79 6.39%	0.28	16	199	14.8	0	146	3.63 29.53%	1.30
000052 VEG, SQUASH,SUMME	1/2 cup	49	3.57 66.12%	2.27 42.08%	\$0.00	0.81 6.64%	0.29	16	337	15.5	10	145	3.22 26.57%	1.27
000689 VEG, SWISS CHARD, S	1/2 CUP	64	3.50 49.23%	0.25 3.52%	\$0.00	1.97 12.31%	2.84	81	8859	41.3	0	518	6.69 41.85%	1.97
000884 VEG, TOMATOES, GRA	1/4 Cup	6	0.00 0.00%	0.00 0.00%	\$0.00	0.24 16.00%	0.09	5	300	4.3	0	1	1.44 96.01%	0.48

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