

Randolph County Schools/Child Nutrition

No.	Description	Source	Portion Size	Unit Cost \$	Calories (kcal)	Total Fat (g)	% Fat Cals	Sodium (mg)	Chol (mg)	Dietary Fiber (g)	Saturated Fat (g)	% Sat Fat	Carbs (g)
000909	A LA CARTE, W, DIET COKE	BRAND	12 fl oz	0	*N/A*	*N/A*	*N/A%*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A*
000912	A LA CARTE, W, DIET DR PEPPER	BRAND	12 fl oz	0	0	0.00	0.00%	50.00	0.00	0.00	0.00	0.00%	0.00
000915	A LA CARTE, W, DIET GREEN TEA	BRAND	16.9 fl oz	0	0	0.00	0.00%	170.00	0.00	0.00	0.00	0.00%	0.00
000911	A LA CARTE, W, DIET MTN DEW	BRAND	12 fl oz	0	0	0.00	0.00%	50.00	0.00	0.00	0.00	0.00%	0.00
000910	A LA CARTE, W, DIET PEPSI	BRAND	12 fl oz	0	0	0.00	0.00%	35.00	0.00	0.00	0.00	0.00%	0.00
000914	A LA CARTE, W, DIET SUNKIST	BRAND	12 fl oz	0	0	0.00	0.00%	110.00	0.00	0.00	0.00	0.00%	0.00
000282	A LA CARTE, W, GATORADE, 20 OZ	BRAND	20 oz	0	125	0.00	0.00%	275.00	0.00	0.00	0.00	0.00%	35.00
000871	A LA CARTE, W, SPARKLING ICE	BRAND	8 oz	0	0	0.00	0.00%	5.00	0.00	0.00	0.00	0.00%	0.00
000913	A LA CARTE, W, SPRITE ZERO	BRAND	12 fl oz	0	0	0.00	0.00%	35.00	0.00	0.00	0.00	0.00%	0.00
000870	A LA CARTE, W, SWITCH JUICE	BRAND	8 oz	0	120	0.00	0.00%	5.00	0.00	0.00	0.00	0.00%	30.00
000283	A LA CARTE, W, WATER, BOTTLED	BRAND	Each	0	0	0.00	0.00%	21.18	0.00	0.00	0.00	0.00%	0.00
000362	A LA CRT, CEREAL BAR, CINN	BRAND	Each, 1.4 oz	0	150	3.00	18.00%	115.00	0.00	3.00	0.50	3.00%	30.00
000920	A LA CRT, CHEETOS-CHILI CHZ	BRAND	Each, 1 oz	0	130	5.00	34.62%	200.00	0.00	2.00	1.00	6.92%	19.00
000921	A LA CRT, CHEETOS-FLAMIN HOT	BRAND	Each, 1 oz	0	130	5.00	34.62%	200.00	0.00	2.00	1.00	6.92%	20.00
000721	A LA CRT, CHEETOS-PUFFS	BRAND	Each, 0.7 oz	0	90	3.50	35.00%	135.00	0.00	0.90	0.00	0.00%	14.00
000718	A LA CRT, CHEEZ-IT ATOMIC	BRAND	Each, 0.75 o	0	100	3.50	31.50%	200.00	0.00	1.00	1.00	9.00%	14.00
000286	A LA CRT, CHEEZ-IT ORIGINAL	BRAND	Each, 0.75 o	0	100	3.50	31.50%	150.00	4.90	1.00	1.00	9.00%	14.00
000294	A LA CRT, CHIPS, BAKED, BBQ	BRAND	Each, 0.875	0	110	3.00	24.55%	140.00	0.00	1.00	0.00	0.00%	19.00
000295	A LA CRT, CHIPS, BAKED, ORIG	BRAND	Each, 0.875	0	110	3.00	24.55%	140.00	0.00	1.00	0.00	0.00%	19.00
000922	A LA CRT, CHIPS, BAKED, RUFF	BRAND	Each, 0.8 oz	0	100	3.00	27.00%	200.00	0.00	1.00	0.00	0.00%	18.00
000813	A LA CRT, CHIPS, BAKED, SC&O	BRAND	Each, 0.875	0	110	3.00	24.55%	150.00	0.00	1.00	0.00	0.00%	19.00
000889	A LA CRT, CHX BITES, ASIAN	LOCAL	4 Each	0	229	7.98	31.31%	438.86	29.92	1.00	1.50	5.87%	27.93
000888	A LA CRT, CHX BITES, SPICY	LOCAL	3 Each	0	206	9.27	40.50%	484.10	36.05	2.06	1.55	6.75%	15.45
000792	A LA CRT, COOKIE, CARN 1.5OZ	LOCAL	Each, 1.5 oz	0	170	6.00	31.77%	130.00	10.00	2.00	1.50	7.94%	28.00
000790	A LA CRT, COOKIE, CARN 1OZ	LOCAL	Each, 1 oz	0	115	4.00	31.30%	75.00	4.00	1.00	1.00	7.83%	18.00
000793	A LA CRT, COOKIE, CHOC 1.5OZ	LOCAL	Each, 1.5 oz	0	160	5.00	28.13%	105.00	10.00	2.00	1.50	8.44%	28.00
000791	A LA CRT, COOKIE, CHOC 1OZ	LOCAL	Each, 1 oz	0	110	4.00	32.73%	70.00	4.00	1.00	1.00	8.18%	18.00
000794	A LA CRT, COOKIE, SUG 1.5OZ	LOCAL	Each, 1.5 oz	0	160	5.00	28.13%	115.00	15.00	2.00	1.50	8.44%	28.00
000923	A LA CRT, COOKIE, SUG 1OZ	LOCAL	Each, 1 oz	0	110	4.00	32.73%	80.00	4.00	1.00	1.00	8.18%	18.00
000968	A LA CRT, COOKIE, TRIPLE CHOC	LOCAL	Each, 1.7 oz	0	200	7.00	31.50%	130.00	5.00	3.00	2.00	9.00%	31.00
000716	A LA CRT, DORITOS, COOL RAN	BRAND	Each, 1 oz	0	130	5.00	34.62%	150.00	0.00	2.00	0.50	3.46%	20.00
000973	A LA CRT, DORITOS, FLAMAS	BRAND	Each, 1 oz	0	130	5.00	34.62%	200.00	0.00	2.00	0.50	3.46%	20.00
000715	A LA CRT, DORITOS, NACHO CHZ	BRAND	Each, 1 oz	0	130	5.00	34.62%	200.00	0.00	2.00	1.00	6.92%	20.00
000717	A LA CRT, DORITOS, SPICY	BRAND	Each, 1 oz	0	130	5.00	34.62%	200.00	0.00	2.00	0.50	3.46%	20.00
000796	A LA CRT, FROOT LOOPS, 1 OZ	BRAND	Each, 1 oz	0	110	1.00	8.18%	170.00	0.00	3.00	0.50	4.09%	24.00
000814	A LA CRT, FRUIT SNACK	BRAND	Each, 1.6 oz	0	130	0.00	0.00%	55.00	0.00	8.00	0.00	0.00%	37.00
000719	A LA CRT, GOLDFISH, CHEDDAR	BRAND	Each, 0.75 o	0	100	4.00	36.00%	170.00	0.00	1.00	0.50	4.50%	14.00
000974	A LA CRT, GOLDFISH, COLORS	BRAND	Each, 0.75 o	0	100	3.50	31.50%	170.00	0.00	1.00	0.50	4.50%	14.00
000720	A LA CRT, GRAHAMS, GOLDFISH	BRAND	Each, 0.9 oz	0	120	4.00	30.00%	135.00	0.00	1.00	1.00	7.50%	19.00
000975	A LA CRT, GRAHAMS, SCOOPY	BRAND	Each, 0.9 oz	0	120	3.50	26.25%	115.00	0.00	1.00	1.00	7.50%	21.00
000291	A LA CRT, MUNCHIES KID'S MIX	BRAND	Each, 0.875	0	110	3.50	28.64%	180.00	0.00	2.00	0.00	0.00%	17.00

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Recipe Master List

Aug 7, 2017

No.	Description	Source	Portion Size	Unit Cost \$	Calories (kcal)	Total Fat (g)	% Fat Cals	Sodium (mg)	Chol (mg)	Dietary Fiber (g)	Saturated Fat (g)	% Sat Fat	Carbs (g)
000926	A LA CRT, PIZZA, DEEP DISH	BRAND	Each, 4.88 o	0	310	10.00	29.03%	470.00	15.00	3.00	3.00	8.71%	35.00
000816	A LA CRT, POPCORN	BRAND	Each, 0.5 oz	0	70	2.50	32.14%	100.00	0.00	2.00	0.00	0.00%	9.00
000977	A LA CRT, POPCORN, CARAMEL	BRAND	Each, 0.5 oz	0	70	2.50	32.14%	115.00	0.00	2.00	0.00	0.00%	10.00
000976	A LA CRT, RICE KRISPY - CHOC	BRAND	Each, 1.59 oz	0	190	5.00	23.68%	150.00	0.00	0.90	2.00	9.47%	34.00
000596	A LA CRT, RICE KRISPY TREAT	BRAND	Each, 1.4 oz	0	160	4.00	22.50%	150.00	0.00	0.90	1.00	5.63%	31.00
000966	A LA CRT, SLUSHIES, FRUIT	LOCAL	8 fl oz	0	120	0.00	0.00%	10.00	0.00	0.00	0.00	0.00%	29.00
000144	A LA CRT, TEA, SWEETENED	LOCAL	8 fl oz	0	47	0.00	0.00%	7.20	0.00	0.00	0.00	0.00%	12.60
000638	A LA CRT, TEA, SWT, COOPERS	LOCAL	8 fl oz	0	320	0.00	0.00%	192.16	0.00	0.00	0.00	0.00%	72.06
000759	BF, BISCUIT, CHICKEN (E)	LOCAL	Each	0	265	12.67	43.07%	502.00	19.67	3.00	6.00	20.40%	25.00
000893	BF, BISCUIT, CHICKEN (M/H)	LOCAL	Each	0	295	12.67	38.69%	502.00	19.67	1.50	6.00	18.32%	33.00
001013	BF, BISCUIT, SAUSAGE (E)	LOCAL	Each	0	320	20.00	56.25%	715.00	40.00	2.00	9.00	25.31%	20.00
000805	BF, BISCUIT, SAUSAGE (M/H)	LOCAL	Each	0	350	20.00	51.43%	715.00	40.00	0.50	9.00	23.14%	28.00
000971	BF, DONUT, GLAZED, WG	BRAND	Each, 2.45 o	0	357	16.00	40.32%	300.18	0.00	2.64	7.00	17.64%	50.51
000972	BF, DUTCH WAFFLE, WG	BRAND	Each, 2.9 oz	0	300	13.00	39.00%	350.00	20.00	3.00	3.00	9.00%	43.00
000806	BF, PIZZA, SAUSAGE BREAKFAST	BRAND	Each, 3.3 oz	0	210	8.00	34.28%	260.00	20.00	2.00	3.00	12.86%	21.00
000927	BF, PKG, BREAD SLICE, BANANA	BRAND	Each, 3.4 oz	0	280	7.00	22.50%	210.00	35.00	3.00	1.50	4.82%	47.00
000930	BF, PKG, CEREAL, CINTOAST CRU	BRAND	Each, 1 oz	0	110	3.00	24.54%	160.00	0.00	3.00	0.50	4.09%	22.00
000931	BF, PKG, CEREAL, HONEY CHEERI	BRAND	Each, 1 oz	0	110	1.50	12.27%	160.00	0.00	2.00	0.00	0.00%	22.00
000285	BF, PKG, CINNAMON BUN SNACK	BRAND	Pkg, 1.76 oz	0	220	7.00	28.64%	230.00	0.00	2.00	2.00	8.18%	37.00
000970	BF, PKG, CINNAMON BUN, WG	BRAND	Each, 2.25 o	0	200	7.00	31.50%	200.00	0.00	2.00	2.00	9.00%	30.00
000929	BF, PKG, DUNKIN STIX	BRAND	Each, 1.9 oz	0	180	6.00	30.00%	170.00	0.00	2.00	1.50	7.50%	28.00
000627	BF, PKG, FRENCH TOAST SNACKS	BRAND	Pkg, 1.76 oz	0	210	6.00	25.71%	220.00	0.00	3.00	2.00	8.57%	37.00
000682	BF, PKG, MUFFIN, CHOC CHIP	BRAND	Each, 2 oz	0	150	6.00	36.00%	115.00	25.00	2.00	1.50	9.00%	26.00
000622	BF, PKG, PBJ, SMUCKERS, WG	LOCAL	Each, 2.6 oz	0	320	17.00	47.81%	320.00	0.00	3.00	3.50	9.84%	32.00
000625	BF, PKG, POPTART, BROW SUG/CI	BRAND	Pkg, 3.53 oz	0	367	4.96	12.16%	377.05	0.00	5.95	1.98	4.86%	74.42
000626	BF, PKG, POPTARTS, STRAWBERR	BRAND	Pkg, 3.53 oz	0	357	4.47	11.25%	357.20	0.00	5.95	1.98	5.00%	74.42
000908	BF, PKG, TURK HAM & CHZ SANDW	BRAND	Each, 3.1 oz	0	186	4.25	20.55%	516.92	16.98	1.99	1.37	6.62%	27.21
000028	BF, SAUSAGE, BREAKFAST PATTY	LOCAL	Each, 2 oz	0	140	12.00	77.14%	320.00	40.00	0.00	4.00	25.71%	0.00
000936	BF, YOGURT PARFAIT- M/H (C)	LOCAL	Each	0	358	9.28	23.32%	241.03	5.02	3.09	1.03	2.59%	53.22
000985	BF, YOGURT PARFAIT- M/H (P)	LOCAL	4 oz	0	229	5.39	21.19%	150.43	3.50	1.55	1.02	3.99%	39.09
000740	BF, YOGURT, STRAW, INDV, (P)	BRAND	Each, 4 oz	0	110	0.00	0.00%	40.00	10.00	0.00	0.00	0.00%	15.00
000891	BF, YOGURT, VANILLA, INDV, (P)	BRAND	Each, 4 oz	0	80	0.00	0.00%	59.79	4.98	0.00	0.00	0.00%	15.94
000082	CONDIMENT, BBQ SAUCE, 12 GM	BRAND	2 Each	0	30	0.00	0.00%	320.00	0.00	0.00	0.00	0.00%	8.00
000631	CONDIMENT, BLACK PEPPER, .5 G	BRAND	Each, 0.5 G	0	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000758	CONDIMENT, BROWN SUG/CINNAM	LOCAL	Tbsp	0	26	0.00	0.10%	2.71	0.00	0.13	0.00	0.03%	6.89
000496	CONDIMENT, CHILI, HOT DOG	LOCAL	1 oz	0	69	4.33	56.25%	117.45	19.58	0.03	1.53	19.84%	2.24
000327	CONDIMENT, HONEY MUSTARD, 1	LOCAL	1 oz	0	139	11.48	74.58%	113.06	10.43	0.00	1.57	10.17%	9.23
000960	CONDIMENT, HONEY MUSTARD, IN	BRAND	Each	0	80	6.00	67.50%	125.00	10.00	0.00	0.00	0.00%	7.00
000476	CONDIMENT, HOT SAUCE, 7 G	BRAND	2 Each	0	0	0.00	0.00%	300.00	0.00	0.00	0.00	0.00%	0.00
000209	CONDIMENT, JELLY, GRAPE .5 OZ	BRAND	Each	0	35	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	9.00
000220	CONDIMENT, KETCHUP, 9 GM	BRAND	2 Each	0	20	0.00	0.00%	50.00	0.00	0.00	0.00	0.00%	4.00
000143	CONDIMENT, MARGARINE, 900/5 G	BRAND	Each, 5 GM	0	25	2.50	90.00%	40.00	0.00	0.00	0.50	18.00%	0.00

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

¹ - denotes optional nutrient values

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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.

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Recipe Master List

Aug 7, 2017

No.	Description	Source	Portion Size	Unit Cost \$	Calories (kcal)	Total Fat (g)	% Fat Cals	Sodium (mg)	Chol (mg)	Dietary Fiber (g)	Saturated Fat (g)	% Sat Fat	Carbs (g)
000079	CONDIMENT, MAYONNAISE, 9 GM	BRAND	2 Each	0	140	14.00	90.00%	100.00	10.00	0.00	2.00	12.86%	0.00
000223	CONDIMENT, MUSTARD, 5.5 GM	BRAND	2 Each	0	9	0.00	0.00%	119.17	0.00	0.00	0.00	0.00%	1.83
000877	CONDIMENT, S-TRIM, LETTUCE	LOCAL	Each	0	2	0.02	9.00%	3.91	0.00	0.18	0.00	1.20%	0.40
000958	CONDIMENT, S-TRIM, ONION	LOCAL	1 oz	0	13	0.00	0.00%	3.34	0.00	0.33	0.00	0.00%	2.00
001009	CONDIMENT, S-TRIM, PICKLES	LOCAL	Each, 3 pc	0	4	0.00	0.00%	285.71	0.00	0.00	0.00	0.00%	0.71
000878	CONDIMENT, S-TRIM, TOMATOES	LOCAL	Each, 2 slice	0	3	0.03	10.00%	0.70	0.00	0.17	0.00	1.50%	0.54
000629	CONDIMENT, SALAD DRES, CAESA	BRAND	Each	0	200	21.00	94.50%	250.00	10.00	0.00	3.50	15.75%	2.00
000316	CONDIMENT, SALAD DRES, RANCH	BRAND	Each	0	80	7.00	78.75%	230.00	5.00	0.00	1.00	11.25%	4.00
000630	CONDIMENT, SALAD, VINAIGRETTE	BRAND	Each, 1.5 oz	0	170	17.00	90.00%	330.00	0.00	0.00	2.50	13.24%	4.00
000497	CONDIMENT, SOUR CREAM	BRAND	Each, 1 oz	0	25	0.00	0.00%	30.00	0.00	0.00	0.00	0.00%	4.00
000802	CONDIMENT, SOY SAUCE, 6 G	BRAND	2 Each	0	0	0.00	0.00%	460.00	0.00	0.00	0.00	0.00%	0.00
000890	CONDIMENT, SYRUP, 1.5 OZ	LOCAL	Each	0	120	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	31.00
001041	CONDIMENT, TACO SAUCE, 9 GM	LOCAL	2 Each	0	10	0.00	0.00%	110.00	0.00	0.00	0.00	0.00%	2.00
000386	CONDIMENT, TARTAR SAUCE, 12 G	BRAND	2 Each	0	90	8.00	80.00%	170.00	8.00	0.00	1.00	10.00%	4.00
000755	ENT, BEEF, GRND, PRE-PREP(C/P)	LOCAL	lbs	0	948	68.00	64.56%	300.72	308.00	0.00	24.00	22.78%	0.00
000697	ENT, CHEESE STUFFED STICKS	BRAND	2 Each	0	303	11.09	33.00%	494.12	25.21	3.03	6.05	18.00%	30.25
000733	ENT, CHICK, BREADED 8 PC CUT	LOCAL	7 oz	0	215	13.00	54.42%	591.00	41.00	1.00	3.00	12.56%	11.00
000952	ENT, CHICK, POPCORN, SESAME	LOCAL	4.3 oz	0	398	19.44	43.95%	1036.49	62.02	3.10	3.77	8.52%	36.67
000934	ENT, CHICK, POPCORN, SWT CHILI	LOCAL	4.3 oz	0	358	13.44	33.78%	1023.15	62.02	3.10	3.10	7.79%	40.67
000933	ENT, CHICK, POPCORN, TERIYAKI	LOCAL	4.3 oz	0	385	13.44	31.43%	1369.82	62.02	3.10	3.10	7.25%	43.34
000706	ENT, CHICK, POPCORN, WG	LOCAL	10 Each	0	269	13.00	43.49%	590.00	60.00	3.00	3.00	10.04%	20.00
000951	ENT, CHICK, TENDER, GLUTENFRE	LOCAL	3 Each	0	210	13.00	55.71%	510.00	45.00	1.00	3.00	12.86%	13.00
000953	ENT, CHICK, TENDERS, WG	LOCAL	3 Each	0	254	14.00	49.60%	321.00	59.00	3.00	3.00	10.63%	15.00
000956	ENT, CHICKEN, BUFFALO	LOCAL	2 oz	0	116	4.81	37.49%	505.07	52.97	0.03	2.36	18.40%	1.39
000868	ENT, CORN DOG, NUG, CHICKEN	LOCAL	6 Each	0	271	12.06	40.00%	412.18	40.21	5.03	3.52	11.66%	30.16
000600	ENT, COUNTRY STYLE STEAK (C/P)	LOCAL	3 oz	0	198	12.75	57.87%	284.31	57.75	0.01	4.50	20.43%	3.10
000664	ENT, FISH NUGGETS, POLLOCK (E)	LOCAL	4 Each	0	210	8.00	34.29%	280.00	35.00	3.00	1.50	6.43%	22.00
000965	ENT, FRENCH BREAD	LOCAL	2 Each	0	283	10.09	32.06%	705.29	20.25	4.08	4.05	12.88%	32.36
000443	ENT, HOT DOG	LOCAL	Each	0	260	11.00	38.08%	540.00	50.00	2.00	2.50	8.65%	27.00
000917	ENT, MAC & CHEESE HAM BAKE	LOCAL	3/4 Cup	0	262	11.21	38.54%	753.62	40.96	1.01	4.44	15.27%	22.93
000982	ENT, MEATLOAF, (E) CHEF	LOCAL	2.75 oz	0	201	10.30	46.11%	377.74	44.42	0.88	3.47	15.54%	13.08
000963	ENT, MEATLOAF, (M/H) CHEF	LOCAL	3.5 oz	0	249	12.76	46.11%	467.68	55.00	1.09	4.30	15.54%	16.20
000879	ENT, MUNCHABLE -YOGURT/CHZ (BRAND	Each	0	350	10.00	25.71%	510.00	16.00	2.00	2.50	6.43%	46.00
000661	ENT, NACHO MEAT, BEEF (C/P)	LOCAL	2.5 oz	0	109	7.75	64.11%	156.93	35.00	0.06	2.73	22.58%	0.22
000836	ENT, NACHOS, BEEF (C/P)	LOCAL	2.5 oz	0	405	22.10	49.07%	483.42	42.82	4.06	6.30	13.98%	38.74
000838	ENT, NACHOS, BLACK BEAN	LOCAL	1/2 Cup	0	433	15.56	32.31%	466.26	8.86	10.01	3.90	8.10%	61.53
000946	ENT, NACHOS, PINTO BEAN (C/P)	LOCAL	1/2 Cup	0	404	16.06	35.81%	470.07	8.86	10.17	3.90	8.69%	57.01
000964	ENT, NACHOS, WALK, BEEF (C/P)	LOCAL	2.5 oz	0	283	15.88	50.48%	456.03	44.13	2.06	5.69	18.07%	20.74
008066	ENT, PIE, CHICKEN W/ CRUST	LOCAL	1 Cup	0	376	19.67	47.03%	668.25	75.50	1.04	8.89	21.27%	26.87
000886	ENT, PIZZA, CHEESE, 4x6	BRAND	Each, 4.5 oz	0	300	11.00	33.00%	440.00	25.00	4.00	5.00	15.00%	33.00
000978	ENT, PIZZA, FRENCH BREAD (P)	BRAND	Each, 4.3 oz	0	330	16.00	43.64%	700.00	20.00	3.00	6.00	16.36%	30.00
000887	ENT, PIZZA, PEPPERONI, 4x6	BRAND	Each, 4.5 oz	0	300	12.00	36.00%	530.00	25.00	4.00	5.00	15.00%	33.00

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Randolph County Schools/Child Nutrition

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Recipe Master List

Aug 7, 2017

No.	Description	Source	Portion Size	Unit Cost \$	Calories (kcal)	Total Fat (g)	% Fat Cals	Sodium (mg)	Chol (mg)	Dietary Fiber (g)	Saturated Fat (g)	% Sat Fat	Carbs (g)
000853	ENT, PORK, BBQ	LOCAL	3.4 oz	0	214	13.28	55.90%	508.49	81.67	0.11	4.50	18.95%	3.15
001003	ENT, POTATO, BAKED (HAM & CHZ)	LOCAL	Each	0	326	8.74	24.11%	638.73	38.90	4.44	4.80	13.23%	44.47
000900	ENT, QUESADILLA, CHEESE	LOCAL	Each	0	403	21.23	47.40%	837.49	60.75	4.00	13.15	29.37%	33.04
000663	ENT, QUESADILLA, CHICKEN	LOCAL	Each	0	417	19.63	42.37%	728.97	67.84	2.34	9.69	20.92%	31.47
000986	ENT, RAVIOLI, MINI CHZ (ELEM)	LOCAL	3/4 CUP	0	286	7.94	24.97%	698.87	31.79	1.74	3.63	11.40%	32.41
000849	ENT, RAVIOLI, MINI CHZ (M/H)	LOCAL	1 Cup	0	382	10.59	24.97%	931.83	42.39	2.32	4.83	11.40%	43.21
000640	ENT, RICE BOWL, BEAN	LOCAL	Each	0	410	6.38	14.01%	758.82	11.49	8.65	2.52	5.52%	70.90
000639	ENT, RICE BOWL, BEEF (C/P)	LOCAL	2.5 oz	0	390	13.62	31.44%	773.17	45.86	2.71	5.18	11.96%	48.10
000677	ENT, SAND, CHEESEBURGER (M/H)	LOCAL	Each	0	400	21.12	47.47%	711.60	60.16	2.00	8.60	19.33%	28.14
000808	ENT, SAND, CHICKEN FILLET (H)	LOCAL	Each	0	370	10.00	24.33%	790.00	65.00	3.00	1.50	3.65%	42.00
000897	ENT, SAND, CHICKEN FILLET(M)	LOCAL	Each	0	404	16.00	35.64%	621.00	59.00	5.00	3.00	6.68%	42.00
001011	ENT, SAND, FISH FILLET (M)	LOCAL	Each	0	330	10.00	27.27%	540.00	35.00	4.00	1.50	4.09%	43.00
000842	ENT, SAND, HAMBURGER (E)	LOCAL	Each	0	365	19.12	47.09%	501.60	52.66	2.00	7.35	18.10%	27.14
000962	ENT, SAND, TOASTED CHEESE	LOCAL	Each	0	377	19.11	45.59%	684.74	48.96	4.00	10.75	25.65%	28.02
000735	ENT, SAND, TURKEY DELI	LOCAL	Each	0	280	7.00	22.50%	790.00	45.00	4.00	2.00	6.43%	32.00
001012	ENT, SANDWICH, BARBEQUE	LOCAL	Each	0	364	15.28	37.79%	808.49	81.67	2.11	4.50	11.13%	30.15
000959	ENT, SANDWICH, HAMBURGER (H)	LOCAL	Each	0	328	14.75	40.47%	444.72	57.75	2.01	4.50	12.35%	27.06
000659	ENT, SANDWICH, SLOPPY JOE	LOCAL	Each	0	331	12.21	33.14%	609.51	46.20	2.11	3.60	9.78%	36.35
000556	ENT, SOUP, CHICKEN CHILI (E/M)	LOCAL	3/4 Cup	0	211	5.32	22.74%	1044.57	42.15	5.34	2.87	12.27%	19.58
000954	ENT, SOUP, CHICKEN CHILI (H)	LOCAL	1 Cup	0	286	7.24	22.74%	1420.62	57.32	7.27	3.91	12.27%	26.63
000660	ENT, SOUP, TACO- ELEM/MIDD	LOCAL	3/4 Cup	0	196	7.25	33.35%	515.68	24.10	5.64	3.27	15.04%	22.09
000686	ENT, SOUP, TACO- HIGH	LOCAL	1 Cup	0	261	9.67	33.35%	687.57	32.13	7.53	4.36	15.04%	29.46
000861	ENT, SPAGHETTI, BEEF, ENR (E)	LOCAL	3/4 Cup	0	250	8.83	31.80%	502.20	35.42	0.98	3.28	11.82%	26.43
000846	ENT, SPAGHETTI, BEEF, ENR(M/H)	LOCAL	1 Cup	0	333	11.77	31.80%	669.60	47.22	1.31	4.37	11.82%	35.24
000329	FRUIT, APPLESAUCE CUP (C/P)	BRAND	Each, 4.5 oz	0	50	0.00	0.00%	15.00	0.00	1.00	0.00	0.00%	14.00
000830	FRUIT, CAN, APPLES, BAKED (C)	LOCAL	1/2 Cup	0	122	0.00	0.02%	10.90	0.00	2.27	0.00	0.00%	30.67
001025	FRUIT, CAN, APPLES, BAKED (P)	LOCAL	1/2 Cup	0	95	0.00	0.02%	4.82	0.00	1.04	0.00	0.01%	24.85
000165	FRUIT, CAN, APPLESAUCE (C/P)	LOCAL	1/2 Cup	0	56	0.07	1.05%	2.18	0.00	1.09	0.01	0.17%	15.28
000905	FRUIT, CAN, MIXED FRUIT (C)	LOCAL	1/2 Cup	0	60	0.00	0.00%	5.00	0.00	1.00	0.00	0.00%	15.00
000238	FRUIT, CAN, PEACH, SLICE (C/P)	LOCAL	1/2 Cup	0	60	0.00	0.00%	10.00	0.00	0.00	0.00	0.00%	14.00
000832	FRUIT, CAN, PEARS, SLICE (C/P)	LOCAL	1/2 Cup	0	64	0.00	0.00%	5.30	0.00	2.12	0.00	0.00%	15.89
000199	FRUIT, COBBLER, APPLE	LOCAL	1/2 CUP	0	334	16.25	43.81%	233.56	10.12	2.72	7.96	21.47%	45.24
000811	FRUIT, CRAISINS (C/P)	BRAND	Each, 1.2 oz	0	110	0.00	0.00%	0.00	0.00	3.00	0.00	0.00%	28.00
000979	FRUIT, CUP, STRWB, FROZ	LOCAL	Each, 4.5 oz	0	90	0.00	0.00%	0.00	0.00	2.00	0.00	0.00%	22.00
000064	FRUIT, FRESH, APPLES	LOCAL	1/2 Cup	0	36	0.12	2.94%	0.69	0.00	1.66	0.02	0.52%	9.53
000779	FRUIT, FRESH, APPLES, WHOLE	LOCAL	Each	0	72	0.23	2.94%	1.38	0.00	3.31	0.04	0.52%	19.06
000068	FRUIT, FRESH, BANANAS	LOCAL	Each	0	90	0.33	3.34%	1.01	0.00	2.63	0.11	1.13%	23.07
000543	FRUIT, FRESH, BLUEBERRIES	LOCAL	1/2 Cup	0	44	0.26	5.21%	0.78	0.00	1.87	0.02	0.44%	11.27
000579	FRUIT, FRESH, CANTALOUPE, NC	LOCAL	1/2 Cup	0	46	0.26	5.03%	21.77	0.00	1.22	0.07	1.35%	11.10
000777	FRUIT, FRESH, GRAPEFRUIT	LOCAL	1/2 Cup	0	52	0.17	3.00%	0.00	0.00	1.97	0.02	0.43%	13.11
000422	FRUIT, FRESH, GRAPES	LOCAL	1/2 Cup	0	59	0.31	4.70%	1.76	0.00	0.79	0.10	1.53%	15.06
000594	FRUIT, FRESH, KIWI	LOCAL	1/2 Cup	0	50	0.43	7.67%	2.47	0.00	2.47	0.02	0.43%	12.09

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Randolph County Schools/Child Nutrition

No.	Description	Source	Portion Size	Unit Cost \$	Calories (kcal)	Total Fat (g)	% Fat Cals	Sodium (mg)	Chol (mg)	Dietary Fiber (g)	Saturated Fat (g)	% Sat Fat	Carbs (g)
000599	FRUIT, FRESH, KUMQUAT	LOCAL	1/2 Cup	0	90	1.00	10.00%	15.00	0.00	9.00	0.00	0.00%	21.00
000645	FRUIT, FRESH, MANGO CHUNKS	LOCAL	1/2 Cup	0	68	0.43	5.70%	1.13	0.00	1.81	0.10	1.35%	16.99
000086	FRUIT, FRESH, ORANGES	LOCAL	1/2 Cup	0	23	0.06	2.30%	0.00	0.00	1.15	0.01	0.38%	5.64
000780	FRUIT, FRESH, ORANGES, WHOLE	LOCAL	Each	0	45	0.12	2.30%	0.00	0.00	2.30	0.02	0.38%	11.28
000580	FRUIT, FRESH, PEACH/NECTARINE	LOCAL	Each	0	68	0.47	6.16%	0.00	0.00	2.64	0.03	0.42%	16.58
000090	FRUIT, FRESH, PEARS	LOCAL	Each	0	96	0.20	1.86%	1.66	0.00	5.15	0.02	0.16%	25.66
000541	FRUIT, FRESH, PINEAPPLE	LOCAL	1/2 Cup	0	99	0.24	2.16%	1.98	0.00	2.78	0.02	0.16%	26.04
000403	FRUIT, FRESH, PLUOT	LOCAL	5 oz	0	80	0.00	0.00%	0.00	0.00	3.00	0.00	0.00%	19.00
000593	FRUIT, FRESH, POMEGRANATE	LOCAL	1/2 Cup	0	72	1.02	12.69%	2.61	0.00	3.48	0.10	1.30%	16.27
000598	FRUIT, FRESH, STARFRUIT	LOCAL	Each	0	40	0.00	0.00%	0.00	0.00	4.00	0.00	0.00%	9.00
000099	FRUIT, FRESH, STRAWBERRIES	LOCAL	1/2 Cup	0	23	0.22	8.44%	0.72	0.00	1.44	0.01	0.42%	5.53
000100	FRUIT, FRESH, TANGERINES	LOCAL	Each	0	45	0.26	5.26%	1.68	0.00	1.51	0.03	0.66%	11.21
000786	FRUIT, FRESH, TRI FRUIT TRAY	LOCAL	3 oz	0	36	0.00	0.00%	15.38	0.00	1.03	0.00	0.00%	8.20
000669	FRUIT, FRESH, WATERMELON CHU	LOCAL	4 oz	0	34	0.17	4.50%	1.13	0.00	0.45	0.02	0.48%	8.56
000578	FRUIT, FRESH, WATERMELON, NC	LOCAL	1/2 Cup	0	45	0.23	4.50%	1.51	0.00	0.60	0.02	0.48%	11.42
000924	FRUIT, JUICE, APPLE, SSTAB	BRAND	Each, 4.23 o	0	60	0.00	0.00%	5.00	0.00	0.00	0.00	0.00%	14.00
000723	FRUIT, JUICE, APPLE, SUNCUP	BRAND	Each, 4 oz	0	60	0.00	0.00%	5.00	0.00	0.00	0.00	0.00%	14.00
000925	FRUIT, JUICE, GRAPE, SSTAB	BRAND	Each, 4.23 o	0	80	0.00	0.00%	10.00	0.00	0.00	0.00	0.00%	20.00
000724	FRUIT, JUICE, ORANGE, SUNCUP	BRAND	Each, 4 oz	0	60	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	14.00
000969	FRUIT, PEARLS, FROZEN	BRAND	Each, 2.1 oz	0	40	0.00	0.00%	0.00	0.00	2.00	0.00	0.00%	9.00
000804	G/B, BISCUIT, ENRICHED (M/H)	LOCAL	Each, 2 oz	0	210	8.00	34.29%	395.00	0.00	0.50	5.00	21.43%	28.00
000698	G/B, BISCUIT, WG (E)	LOCAL	Each, 2 oz	0	180	8.00	40.00%	395.00	0.00	2.00	5.00	25.00%	20.00
000983	G/B, BREAD, GARLIC TOAST	LOCAL	Slice	0	80	2.00	22.50%	180.00	0.00	2.00	0.00	0.00%	15.00
000967	G/B, BREAD, SLICED	LOCAL	Slice	0	80	1.00	11.25%	150.00	0.00	2.00	0.00	0.00%	13.00
000807	G/B, BREADSTICK, GARLIC, WG	BRAND	Each, 1.19 o	0	90	3.00	30.00%	95.00	0.00	1.00	0.00	0.00%	15.00
000980	G/B, CORN CHIPS, BULK	LOCAL	2 oz	0	280	12.00	38.57%	340.00	0.00	4.00	2.00	6.43%	40.00
000984	G/B, CORN MUFFIN, WG	BRAND	Each, 2.5 oz	0	210	7.00	30.00%	115.00	20.00	1.00	0.50	2.14%	36.00
000654	G/B, CORNBREAD, WG, 1.5 OZ	LOCAL	1.5 oz	0	134	4.40	29.55%	96.05	14.71	1.80	0.60	4.03%	22.71
000655	G/B, CORNBREAD, WG, 3 OZ	LOCAL	3 oz	0	268	8.81	29.55%	192.11	29.42	3.60	1.20	4.03%	45.43
000047	G/B, CRACKERS, WAFERS, WG	BRAND	2 Each	0	60	1.50	22.50%	105.00	0.00	1.00	0.50	7.50%	9.00
000864	G/B, CROUTONS, BULK	BRAND	1 Cup	0	162	6.48	36.00%	453.60	0.00	0.00	0.00	0.00%	25.92
000935	G/B, GRANOLA, BULK	LOCAL	1/2 Cup	0	257	9.26	32.40%	195.56	0.00	3.09	1.03	3.60%	39.11
000748	G/B, HAMBURGER BUN	LOCAL	Each, 2 oz	0	150	2.00	12.00%	300.00	0.00	2.00	0.00	0.00%	27.00
000749	G/B, HOT DOG BUN	LOCAL	Each, 2 oz	0	150	2.00	12.00%	300.00	0.00	2.00	0.00	0.00%	27.00
000847	G/B, MACARONI & CHEESE, ENRCH	LOCAL	1/2 Cup	0	194	8.11	37.58%	511.83	18.80	0.85	3.08	14.28%	19.51
000620	G/B, RICE, BROWN, COOKED (C/P)	LOCAL	1 Cup	0	260	4.36	15.12%	568.75	6.49	2.65	1.51	5.25%	47.63
000898	G/B, TORTILLA CHIPS, BULK	LOCAL	2 oz	0	260	12.00	41.54%	230.00	0.00	4.00	2.00	6.92%	38.00
000701	G/B, TORTILLA WRAP, 6" WG	BRAND	Each	0	80	1.50	16.88%	115.00	0.00	2.00	0.50	5.63%	15.00
000823	ICE CREAM, BAR, CHOC SCOOTER	BRAND	Each, 2.75 o	0	140	5.00	32.14%	100.00	0.00	0.00	1.50	9.64%	22.00
000825	ICE CREAM, BAR, FRUIT PUNCH	BRAND	Each	0	70	0.00	0.00%	5.00	0.00	0.00	0.00	0.00%	16.00
000824	ICE CREAM, BAR, STRAWB SCOOT	BRAND	Each, 2.75 o	0	140	5.00	32.14%	50.00	0.00	0.00	1.50	9.64%	22.00
000872	ICE CREAM, CONE, CHOC & VAN	BRAND	Each, 2.3 oz	0	150	2.00	12.00%	95.00	4.00	0.00	1.50	9.00%	30.00

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Randolph County Schools/Child Nutrition

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000818	ICE CREAM, CONE, COOKIES&CRE	BRAND	Each, 2.2 oz	0	120	1.50	11.25%	100.00	5.00	0.00	1.00	7.50%	25.00
000820	ICE CREAM, CUP, BIRTHDAY CAKE	BRAND	Each	0	80	0.00	0.00%	85.00	4.00	0.00	0.00	0.00%	16.00
000873	ICE CREAM, CUP, CHOCOLATE	BRAND	Each	0	70	1.00	12.86%	50.00	4.00	0.00	0.50	6.43%	12.00
000819	ICE CREAM, CUP, COTTON CANDY	BRAND	Each	0	80	0.00	0.00%	95.00	4.00	0.00	0.00	0.00%	15.00
000874	ICE CREAM, CUP, STRWBERRY	BRAND	Each	0	80	1.00	11.25%	60.00	4.00	0.00	0.00	0.00%	17.00
000875	ICE CREAM, SANDWICH, MINT 4 OZ	BRAND	Each, 4 oz	0	180	3.50	17.50%	150.00	10.00	0.00	1.50	7.50%	33.00
000821	ICE CREAM, SANDWICH, VAN. 4 OZ	BRAND	Each, 4 oz	0	180	3.50	17.50%	150.00	10.00	0.00	1.50	7.50%	33.00
000822	ICE CREAM, SANDWICH, VAN. MINI	BRAND	Each, 1.5 oz	0	120	2.50	18.75%	70.00	5.00	0.00	1.00	7.50%	12.00
000829	MILK, 1%, WHITE, 1/2 PT	BRAND	Carton, 8 fl o	0	110	2.00	16.37%	115.00	15.00	0.00	0.00	0.00%	12.00
000597	MILK, LACTOSE FREE, DAIRY EASE	BRAND	Carton, 8 fl o	0	90	0.00	0.00%	125.00	5.00	0.00	0.00	0.00%	12.00
000827	MILK, SKIM, CHOCOLATE, 1/2 PT	BRAND	Carton, 8 fl o	0	130	0.00	0.00%	160.00	5.00	1.00	0.00	0.00%	24.00
000826	MILK, SKIM, STRAWBERRY, 1/2 PT	BRAND	Carton, 8 fl o	0	110	0.00	0.00%	125.00	5.00	0.00	0.00	0.00%	20.00
000828	MILK, SKIM, WHITE, 1/2 PT	BRAND	Carton, 8 fl o	0	90	0.00	0.00%	120.00	5.00	0.00	0.00	0.00%	11.00
000691	MILK, SOYMILK, ORIG, 8 OZ	BRAND	Each, 8 oz	0	124	3.00	21.78%	170.00	0.00	0.00	0.00	0.00%	15.00
000863	MISC, CHZ, MOZZARELLA STRING	BRAND	Each, 1 oz	0	60	3.00	45.00%	200.00	10.00	0.00	2.00	30.00%	1.00
000981	MISC, GRAVY, BROWN	LOCAL	Gallon	0	1134	0.00	0.00%	8053.06	0.00	0.00	0.00	0.00%	170.10
000866	MISC, HAM & CHEESE CUPS 1 OZ	LOCAL	Each	0	133	8.48	57.36%	629.33	41.60	0.00	4.99	33.73%	1.75
000658	MISC, SPICE RUB	LOCAL	LBS	0	471	10.22	19.51%	36618.6	0.00	36.94	1.74	3.32%	100.72
000572	VEG, BEANS, BLACK	LOCAL	1/2 Cup	0	130	0.52	3.59%	140.08	0.00	6.01	0.00	0.01%	23.03
000573	VEG, BEANS, GREAT NORTHERN	BRAND	1/2 Cup	0	90	0.00	0.00%	360.00	0.00	5.00	0.00	0.00%	16.00
000170	VEG, BEANS, GREEN (C/P)	LOCAL	1/2 Cup	0	28	1.06	34.41%	144.67	0.00	2.10	0.08	2.46%	3.35
000692	VEG, BEANS, GREEN, FRESH W/PE	LOCAL	1/2 Cup	0	25	0.86	31.36%	45.34	2.34	2.52	0.55	19.96%	4.20
000833	VEG, BEANS, PINTO (C/P)	LOCAL	1/2 Cup	0	101	1.03	9.18%	143.89	0.00	6.17	0.00	0.00%	18.50
000606	VEG, BEANS, PINTO CAJUN (C/P)	LOCAL	1/2 Cup	0	101	1.04	9.22%	198.69	0.00	6.20	0.00	0.01%	18.58
000643	VEG, BROCCOLI & CAULIFL, STEAM	LOCAL	1/2 Cup	0	29	2.04	63.29%	10.79	5.40	0.88	1.27	39.56%	1.95
000788	VEG, BROCCOLI, STEAM, FZN(3/4)	LOCAL	3/4 Cup	0	45	1.67	33.28%	24.01	4.56	2.40	1.06	21.18%	4.80
000478	VEG, BROCCOLI, STEAMED (FRES	LOCAL	1/2 Cup	0	53	3.52	59.70%	16.85	9.60	1.69	2.24	37.99%	3.37
000320	VEG, BROCCOLI, STEAMED (FROZ)	LOCAL	1/2 Cup	0	38	1.41	33.28%	20.22	3.84	2.02	0.90	21.18%	4.04
000545	VEG, BUTTERNUT SQUASH, RSTD	LOCAL	1/2 Cup	0	77	3.57	41.61%	148.39	0.00	2.06	0.28	3.26%	11.81
000259	VEG, CABBAGE, STEAMED	LOCAL	1/2 Cup	0	29	0.95	29.67%	18.94	2.43	1.70	0.57	17.81%	4.93
000397	VEG, CARROTS, GLAZED	LOCAL	1/2 Cup	0	71	1.98	25.24%	73.71	5.07	2.77	1.20	15.34%	13.02
000688	VEG, CAULIFLOWER, CARN. STEA	LOCAL	1/2 Cup	0	38	2.83	67.10%	16.33	7.30	1.09	1.74	41.22%	2.71
000271	VEG, CORN, FROZEN (C/P)	LOCAL	1/2 Cup	0	108	2.58	21.49%	0.00	4.50	0.93	1.05	8.74%	19.57
000342	VEG, CUP, BROCC & TOMATO	LOCAL	1/2 Cup	0	11	0.00	0.00%	5.00	0.00	0.88	0.00	0.00%	2.27
000673	VEG, CUP, BROCCOLI & CARROTS	LOCAL	1/2 Cup	0	17	0.05	2.46%	31.93	0.00	1.42	0.01	0.44%	3.72
000457	VEG, CUP, CARROTS	LOCAL	3/4 Cup	0	16	0.06	3.34%	35.38	0.00	1.32	0.01	0.59%	3.74
000588	VEG, GREENS, COLLARD	LOCAL	1/2 Cup	0	53	2.05	34.58%	168.37	0.00	2.28	0.16	2.72%	7.83
000671	VEG, JICAMA STICKS, RAW	LOCAL	1/2 Cup	0	30	0.00	0.00%	0.00	0.00	3.61	0.00	0.00%	7.22
000672	VEG, JICAMA, ROASTED	LOCAL	1/2 Cup	0	47	1.93	36.62%	81.30	0.00	3.61	0.14	2.62%	7.22
000646	VEG, KALE CHIPS, FRESH	LOCAL	1 Cup	0	67	5.14	69.30%	84.65	0.00	1.81	0.38	5.12%	4.41
000647	VEG, KALE, STEAMED	LOCAL	1/2 Cup	0	67	2.88	38.39%	181.61	0.00	1.81	0.24	3.24%	9.58
000469	VEG, LETTUCE & TOMATO (Fresh)	LOCAL	1 Cup	0	18	0.29	14.67%	3.05	0.00	1.06	0.02	0.94%	3.36

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Randolph County Schools/Child Nutrition

No.	Description	Source	Portion Size	Unit Cost \$	Calories (kcal)	Total Fat (g)	% Fat Cals	Sodium (mg)	Chol (mg)	Dietary Fiber (g)	Saturated Fat (g)	% Sat Fat	Carbs (g)
000841	VEG, LETTUCE, SPRING MIX	LOCAL	1 Cup	0	7	0.00	0.00%	21.35	0.00	0.53	0.00	0.00%	1.07
000801	VEG, MARINARA CUP, 2.5 OZ	BRAND	Each, 2.5 oz	0	40	1.00	22.50%	230.00	0.00	1.00	0.00	0.00%	7.00
000653	VEG, OKRA, ROASTED	LOCAL	1/2 Cup	0	60	3.36	50.45%	183.05	0.00	3.56	0.24	3.60%	5.94
000961	VEG, PEPPERS & ONIONS, ROAST	LOCAL	1/2 Cup	0	74	4.67	56.83%	143.75	0.00	1.28	0.33	4.06%	6.38
000702	VEG, POTATO ROASTERS	LOCAL	1/2 Cup	0	101	2.01	18.00%	115.64	0.00	2.01	0.00	0.00%	19.10
000703	VEG, POTATO ROUNDS, TOTS	LOCAL	1/2 Cup	0	134	6.18	41.54%	319.43	0.00	2.06	1.03	6.92%	16.49
000799	VEG, POTATO WEDGES	LOCAL	1/2 Cup	0	123	4.10	30.00%	143.53	4.10	2.05	0.51	3.75%	20.50
000752	VEG, POTATO, BAKED (PLAIN)	LOCAL	Each	0	188	0.26	1.26%	20.20	0.00	4.44	0.08	0.39%	42.72
000932	VEG, POTATO, SWEET TOTS	LOCAL	1/2 Cup	0	152	4.34	25.72%	173.68	0.00	2.17	0.00	0.00%	28.22
000650	VEG, POTATOES, MASHED (RBLISS)	LOCAL	1/2 Cup	0	147	6.96	42.73%	281.16	19.26	2.62	4.38	26.90%	18.49
000328	VEG, POTATOES, ROAST (RBLISS)	LOCAL	1/2 Cup	0	125	3.53	25.35%	164.89	0.00	3.30	0.27	1.94%	21.59
000539	VEG, POTATOES, SWEET (FRESH)	LOCAL	1/2 Cup	0	118	0.07	0.52%	75.77	0.00	4.13	0.02	0.19%	27.72
000605	VEG, SALAD, CAESAR	LOCAL	1 Cup	0	29	0.65	20.22%	67.98	0.00	1.01	0.00	0.00%	5.10
000904	VEG, SALAD, CAESAR W/ ROMAINE	LOCAL	1 Cup	0	36	1.00	24.83%	46.64	0.00	1.17	0.00	0.00%	6.12
000396	VEG, SALAD, CHEF (NO CROUTON)	LOCAL	1 Cup	0	140	8.14	52.48%	615.13	37.34	0.53	4.53	29.19%	2.74
000939	VEG, SALAD, CONFETTI (OMIT S)	LOCAL	3/4 Cup	0	54	1.61	26.67%	20.17	0.00	2.78	0.21	3.47%	5.76
000800	VEG, SALSA CUP, 3 OZ	BRAND	Each, 3 oz	0	30	0.00	0.00%	208.00	0.00	0.00	0.00	0.00%	6.00
000087	VEG, SALSA, BULK	BRAND	3 oz	0	30	0.00	0.00%	210.04	0.00	1.82	0.00	0.00%	6.06
000296	VEG, SLAW, COLE	LOCAL	1/2 Cup	0	108	8.85	73.55%	214.87	8.00	1.30	1.22	10.12%	7.12
000586	VEG, SOUP, BROCCOLI & CHEESE	LOCAL	3/4 Cup	0	114	3.85	30.36%	475.68	14.35	1.86	2.43	19.14%	11.28
000957	VEG, SOUP, VEG BEEF	LOCAL	1 Cup	0	103	2.20	19.22%	522.09	9.94	1.50	0.78	6.78%	14.16
000103	VEG, SOUP, VEGETABLE	LOCAL	1 Cup	0	70	0.00	0.02%	496.33	0.00	1.51	0.00	0.01%	13.72
000602	VEG, SQUASH & ZUCCHINI, ROAST	LOCAL	1/2 Cup	0	49	3.36	61.53%	145.60	0.00	1.30	0.24	4.40%	3.63
000052	VEG, SQUASH, SUMMER, STEAMED	LOCAL	1/2 Cup	0	49	3.57	66.12%	144.92	9.73	1.27	2.27	42.08%	3.22
000689	VEG, SWISS CHARD, STEAMED	LOCAL	1/2 Cup	0	64	3.50	49.23%	518.13	0.00	1.97	0.25	3.52%	6.69

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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.