

Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
392 Sheet Cake	PIECE	99	333.814	*2.626* *7.079%*	*273.173*	*43.383* *51.985%*	*N/A* *N/A%*	13.320 35.911%	*11.675* 35.911%	52.986 63.492%	1.725	2.463 2.951%	*585.196*	*18.492*	*0.102*	1.174
111 Apple Baked CN	1/2 CUP	146	124.913	0.002 0.016%	10.875	27.689 88.667%	*N/A* *N/A%*	0.008 0.055%	0.000	31.400 100.551%	1.394	0.025 0.080%	1.841	6.434	1.034	1.273
107 Apple Cobbler CN	1/2 CUP	206	262.343	*1.622* *5.563%*	*61.850*	*35.106* *53.527%*	*N/A* *N/A%*	6.633 22.756%	*0.000*	49.668 75.730%	*1.893*	1.037 1.581%	*0.877*	*4.494*	*0.973*	*1.831*
1070 Apple Cobbler Frozen	1/2 CUP	198	288.246	*1.699* *5.305%*	*56.148*	*30.305* *42.054%*	*N/A* *N/A%*	7.061 22.046%	*0.000*	57.233 79.423%	*3.369*	1.413 1.961%	*25.798*	*11.405*	*0.504*	*0.925*
61 Apple Crisp	1/2 CUP	297	290.582	*1.324* *4.100%*	*87.994*	*32.352* *44.534%*	*N/A* *N/A%*	7.396 22.906%	*0.000*	56.710 78.064%	4.314	1.338 1.842%	*334.583*	*26.105*	*1.468*	2.061
788 Apple Crisp CN	1/2 CUP	140	202.224	*1.276* *5.677%*	*82.313*	*26.558* *52.532%*	*N/A* *N/A%*	7.109 31.640%	*0.000*	33.977 67.206%	1.517	0.796 1.574%	*317.772*	*15.608*	*0.980*	1.491
953 Apple Sliced Bag	PKG	57	30.000	0.000 0.000%	0.000	6.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	7.000 93.333%	1.000	0.000 0.000%	30.000	20.000	21.000	0.000
990085 Apple, Dried Crisp	PKG	10	40.000	0.000 0.000%	0.000	7.000 70.000%	0.000 0.000%	0.000 0.000%	0.000	10.000 100.000%	2.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
990232 Apple, Dried Str Flavor Crisp	PKG	10	40.000	0.000 0.000%	0.000	7.000 70.000%	0.000 0.000%	0.000 0.000%	0.000	10.000 100.000%	2.000	0.000 0.000%	0.000	0.000	0.000	0.000
333 Applesauce	1/2 CUP	170	72.343	0.034 0.422%	2.784	*N/A* *N/A%*	*N/A* *N/A%*	0.085 1.056%	0.000	19.181 106.053%	1.952	0.272 1.504%	50.090	5.567	1.952	0.187
417 Applesauce Cup	Cup	128	60.000	0.000 0.000%	15.000	18.000 120.000%	*N/A* *N/A%*	0.000 0.000%	0.000	14.000 93.333%	1.000	0.200 1.333%	*N/A*	*N/A*	*N/A*	*N/A*
990216 Apricot	1/2 Cup	124	60.000	0.000 0.000%	10.000	12.000 80.000%	4.000 26.667%	0.000 0.000%	0.000	14.000 93.333%	1.000	1.000 6.667%	*N/A*	10.000	*N/A*	0.300
870 Bacon	3 PIECES	18	101.250	3.375 30.000%	427.500	0.000 0.000%	*N/A* *N/A%*	9.000 80.000%	16.875	0.000 0.000%	0.000	5.625 22.222%	0.000	0.000	0.000	0.000
1114 Bagel	BAGEL	57	140.000	0.000 0.000%	160.000	5.000 14.286%	*N/A* *N/A%*	1.000 6.429%	0.000	28.000 80.000%	4.000	6.000 17.143%	0.000	*N/A*	0.000	*N/A*
1116 Bagel & Cream Cheese, WG	Bagel	85	241.248	6.075 22.663%	256.186	6.012 9.968%	*N/A* *N/A%*	10.112 37.725%	30.374	30.025 49.783%	4.000	8.025 13.306%	202.496	*20.250*	0.000	*0.000*
990250 Bagel & Cream Cheese, WG, ECC	Bagel	85	241.248	6.075 22.663%	256.186	6.012 9.968%	*N/A* *N/A%*	10.112 37.725%	30.374	30.025 49.783%	4.000	8.025 13.306%	202.496	*20.250*	0.000	*0.000*
990201 Bagel Mini Variety, WG	Pkg	85	230.000	2.000 7.826%	190.000	13.000 22.609%	12.000 20.870%	6.000 23.478%	10.000	42.000 73.043%	2.000	6.000 10.435%	*N/A*	30.000	*N/A*	1.600

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990200 Bagel Mini, Cinnamon, WGR	Pkg	85	230.000	2.000 7.826%	190.000	13.000 22.609%	12.000 20.870%	6.000 23.478%	10.000	42.000 73.043%	2.000	6.000 10.435%	*N/A*	30.000	*N/A*	1.600
1042 Bagel Mini, Strawberry, WGR	PKG	85	230.000	2.000 7.826%	190.000	13.000 22.609%	12.000 20.870%	6.000 23.478%	10.000	42.000 73.043%	2.000	6.000 10.435%	*N/A*	30.000	*N/A*	1.600
1115 Bagel Sandwich	SANDWIC H	100	220.000	2.500 10.227%	400.000	5.500 10.000%	*N/A* *N/A%*	6.000 24.545%	87.500	29.000 52.727%	4.000	12.000 21.818%	*200.000*	*17.000*	*0.000*	*0.360*
172 Baked Beans	1/2 CUP	135	139.353	0.088 0.570%	185.345	*5.711* *16.393%*	*N/A* *N/A%*	0.472 3.050%	0.000	32.052 92.002%	5.080	5.870 16.849%	138.144	45.921	1.638	1.504
68 Banana	BANANA	118	105.020	0.132 1.133%	1.180	14.431 54.965%	*N/A* *N/A%*	0.389 3.337%	0.000	26.951 102.652%	3.068	1.286 4.898%	75.520	5.900	10.266	0.307
113 Banana/Pineapple Split Salad	1/2 CUP	148	236.912	3.705 14.074%	134.935	*15.648* *26.420%*	*N/A* *N/A%*	9.409 35.743%	1.191	39.225 66.226%	2.158	1.986 3.353%	298.882	72.250	8.071	0.768
398 BBQ Pork Roast w/Bun	Servings	189	492.369	7.826 14.305%	772.699	*10.676* *8.673%*	*4.000* *3.250%*	21.964 40.147%	108.002	37.235 30.249%	*0.044*	34.446 27.984%	*12.492*	56.495	*2.004*	3.088
479 BBQ Rib w/Bun	Sandwich	125	310.000	4.000 11.613%	700.001	9.000 11.613%	4.000 5.161%	12.000 34.839%	30.000	37.000 47.742%	*1.000*	16.000 20.645%	*2.000*	44.000	*2.000*	7.900
1091 BBQ Sauce	OZ	28	41.690	0.000 0.000%	275.157	8.338 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	10.006 96.001%	0.000	0.000 0.000%	0.000	0.000	2.001	0.000
990046 Bean Salad Corn	1/2 cup	505	670.158	4.285 5.755%	865.717	*8.590* *5.127%*	*0.000* *0.000%*	*28.653* *38.480%*	9.072	83.786 50.010%	19.053	18.391 10.977%	*797.065*	107.906	*29.573*	4.783
990044 Bean Salad Cucumber	1/2 cup	238	149.687	0.543 3.265%	420.457	*2.384* *6.371%*	*N/A* *N/A%*	3.577 21.504%	0.000	23.177 61.934%	8.168	7.160 19.133%	445.775	53.563	9.798	2.723
990048 Bean Salad Green	1/2 cup	511	522.384	0.061 0.106%	227.573	*102.373* *78.389%*	*0.000* *0.000%*	*0.380* *0.654%*	0.000	121.842 93.297%	7.971	6.655 5.096%	*0.400*	63.456	*2.634*	2.340
990050 Bean salad Mexican Pasta	1/2 cup	130	268.033	1.076 3.614%	396.701	*5.507* *8.218%*	*0.000* *0.000%*	*7.115* *23.891%*	3.110	42.952 64.100%	4.250	7.690 11.476%	*703.242*	29.265	*18.429*	2.392
836 Bean Salad Three	1/2 CUP	240	130.177	0.698 4.829%	445.440	*0.240* *0.737%*	*N/A* *N/A%*	4.146 28.663%	1.200	17.628 54.167%	7.016	6.088 18.707%	163.255	43.865	1.095	1.725
1057 Beef Burrito Bake	4oz SERVINGS	208	376.410	11.359 27.159%	829.147	*1.477* *1.570%*	*N/A* *N/A%*	21.470 51.335%	62.411	21.488 22.834%	3.274	24.370 25.897%	*522.662*	*267.079*	*5.316*	*2.803*
868 Beef Stew	8 OZ SERVINGS	414	346.144	*4.051* *10.533%*	*1733.450*	*5.418* *6.261%*	*N/A* *N/A%*	12.057 31.349%	*64.000*	29.729 34.354%	5.366	27.092 31.307%	*5535.497*	*48.641*	*19.407*	10.444
1059 Biscuit	BISCUIT	62	200.849	5.286 23.684%	613.118	2.114 4.210%	*N/A* *N/A%*	8.457 37.895%	0.000	27.485 54.737%	1.057	3.171 6.315%	0.000	31.713	0.000	1.691

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541 Biscuit & Gravy	1 B, 4 oz Gravy	176	320.849	7.286 20.436%	1133.118	2.114 2.636%	*N/A* *N/A%*	17.124 48.032%	10.000	33.485 41.745%	3.124	7.171 8.940%	3.333	31.713	*0.000*	1.691
758 Biscuit Garlic	1 Biscuit	59	204.761	3.965 17.428%	504.065	*0.692* *1.352%*	*N/A* *N/A%*	12.273 53.943%	12.729	17.730 34.635%	0.838	5.254 10.264%	*389.238*	*79.436*	*0.089*	*0.989*
793 Biscuit Mini	BISCUIT	28	110.000	2.500 20.455%	280.000	1.000 3.636%	*N/A* *N/A%*	6.000 49.091%	0.000	13.000 47.273%	0.000	2.000 7.273%	0.000	0.000	0.000	0.800
990084 Biscuit Sausage Sandwich	Sandwich	105	380.849	11.286 26.669%	893.118	2.114 2.220%	*N/A* *N/A%*	25.457 60.158%	30.000	27.485 28.867%	1.057	9.171 9.632%	0.000	31.713	0.000	1.691
847 Black Eye Peas	1/2 CUP	174	152.795	0.422 2.485%	1237.237	*0.990* *2.592%*	*N/A* *N/A%*	3.167 18.651%	0.000	22.724 59.490%	5.328	8.645 22.632%	109.478	33.511	7.518	1.559
255 Blueberries Fresh	1/2 Cup	74	42.180	0.021 0.442%	0.740	7.370 69.891%	*N/A* *N/A%*	0.244 5.211%	0.000	10.723 101.684%	1.776	0.548 5.197%	39.960	4.440	7.178	0.207
611 Blueberries FRZ	1/2 CUP	113	58.153	0.000 0.000%	1.454	10.177 70.002%	*N/A* *N/A%*	1.454 22.500%	0.000	14.538 100.000%	2.908	0.000 0.000%	0.000	0.000	0.000	0.000
599 Blueberry Crisp	1/2 CUP	145	202.547	*1.037* *4.608%*	*62.287*	*28.617* *56.514%*	*N/A* *N/A%*	7.163 31.828%	*0.000*	37.378 73.816%	3.240	0.783 1.546%	*257.488*	*12.352*	*0.179*	0.518
990104 Blueberry Crispy Bites	Each	28	120.000	0.500 3.750%	70.000	8.000 26.667%	*N/A* *N/A%*	4.000 30.000%	0.000	21.000 70.000%	2.000	2.000 6.667%	0.000	5.000	0.000	1.000
990124 Blueberry Fluff	1/2 CUP SERVING	163	216.903	*6.202* *25.732%*	*0.988*	*26.965* *49.727%*	*N/A* *N/A%*	*8.480* *35.184%*	*0.000*	38.099 70.261%	*1.467*	*0.004* *0.007%*	*46.511*	*0.156*	*0.000*	*0.013*
990256 Bosco Breadsticks 6", WG, ECC	2 Sticks	130	352.812	6.093 15.542%	505.082	*2.000* *2.267%*	*2.000* *2.267%*	15.714 40.084%	30.448	34.072 38.630%	4.000	20.148 22.843%	*258.193*	448.443	0.000	2.003
1131 Bosco Breadsticks 6", WG, Elem	2 Sticks	130	352.812	6.093 15.542%	505.082	*2.000* *2.267%*	*2.000* *2.267%*	15.714 40.084%	30.448	34.072 38.630%	4.000	20.148 22.843%	*258.193*	448.443	0.000	2.003
144 Bosco Breadsticks 7", WG, Sec	2 Sticks	175	476.004	7.756 14.665%	666.594	*2.000* *1.681%*	*2.000* *1.681%*	17.865 33.778%	30.448	54.072 45.439%	2.000	24.148 20.292%	*174.157*	432.443	0.000	4.003
915 Bosco Pepperoni Breadsticks 7", WG	2 Sticks	222	552.812	10.093 16.431%	1085.082	*6.000* *4.341%*	*6.000* *4.341%*	23.714 38.607%	50.448	60.072 43.467%	6.000	22.148 16.026%	*258.193*	268.443	*0.000*	4.003
175 Bread Flat	2 1/3 OZ	71	191.286	*0.654* *3.076%*	*372.906*	*5.018* *10.493%*	*N/A* *N/A%*	5.017 23.606%	*0.395*	32.018 66.952%	3.070	5.376 11.242%	*51.881*	*28.196*	*0.125*	2.618
990145 Bread Item	Breadstick	34	110.000	1.000 8.182%	200.000	1.000 3.636%	*N/A* *N/A%*	4.000 32.727%	0.000	15.000 54.545%	0.500	2.500 9.091%	*N/A*	20.000	*N/A*	0.900
1102 Bread Marble Rye Square	SQUARE	88	230.000	0.500 1.957%	460.000	6.000 10.435%	*N/A* *N/A%*	3.000 11.739%	0.000	44.000 76.522%	5.000	9.000 15.652%	0.000	4.000	0.000	2.700

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990159 Bread Slice, Banana, WG	PKG	96	260.000	1.500 5.192%	240.000	24.000 36.923%	23.000 35.385%	8.000 27.692%	0.000	45.000 69.231%	2.000	5.000 7.692%	*N/A*	161.000	*N/A*	1.000
990160 Bread Slice, Blueberry, WG	PKG	96	270.000	1.500 5.000%	250.000	24.000 35.556%	23.000 34.074%	8.000 26.667%	0.000	45.000 66.667%	2.000	5.000 7.407%	*N/A*	46.000	*N/A*	1.000
990212 Bread Slice, Cocoa Chocolate, WG	Slice	96	250.000	1.500 5.400%	240.000	22.000 35.200%	22.000 35.200%	8.000 28.800%	0.000	43.000 68.800%	3.000	5.000 8.000%	*N/A*	155.000	*N/A*	2.000
990161 Bread Slice, Pumpkin, WG	PKG	96	260.000	1.500 5.192%	240.000	24.000 36.923%	23.000 35.385%	8.000 27.692%	0.000	44.000 67.692%	2.000	5.000 7.692%	*N/A*	114.000	*N/A*	1.000
840 Bread Wheat	SLICE	31	77.000	0.000 0.000%	99.000	1.100 5.714%	*N/A* *N/A%*	1.100 12.857%	0.000	15.400 80.000%	1.650	3.300 17.143%	*N/A*	33.000	*N/A*	0.440
1144 Breaded Beef Pattie Country FR	PATTIE	81	260.000	5.000 17.308%	240.000	1.000 1.538%	*N/A* *N/A%*	18.000 62.308%	30.000	15.000 23.077%	2.000	11.000 16.923%	0.000	40.000	0.000	1.800
990089 Breadstick Garlic 6"	Breadstick	34	110.000	1.000 8.182%	200.000	1.000 3.636%	*N/A* *N/A%*	4.000 32.727%	0.000	15.000 54.545%	0.500	2.500 9.091%	*N/A*	20.000	*N/A*	0.900
1147 Breadstick Wheat	BREADSTI CK	31	80.000	0.000 0.000%	160.000	2.000 10.000%	*N/A* *N/A%*	1.000 11.250%	0.000	16.000 80.000%	2.000	3.000 15.000%	0.000	0.000	*N/A*	0.800
1001 Breakfast Bun	PKG	85	270.000	4.500 15.000%	220.000	13.000 19.259%	*N/A* *N/A%*	10.000 33.333%	0.000	40.000 59.259%	3.000	6.000 8.889%	0.000	40.000	0.000	2.100
990177 Breakfast Casserole	1 Cup	108	271.297	4.020 13.335%	691.333	*1.342* *1.979%*	*N/A* *N/A%*	23.067 76.524%	53.397	2.373 3.498%	0.000	14.264 21.031%	*60.000*	*36.717*	*0.144*	*0.004*
990042 Breakfast Casserole & Toast	1/2 cup	140	359.969	6.359 15.899%	675.900	*1.320* *1.467%*	*N/A* *N/A%*	26.269 65.678%	234.889	16.580 18.423%	1.650	19.025 21.141%	*178.746*	*135.162*	*0.024*	*3.760*
1119 Breakfast in a Bag	Bag	178	180.961	0.050 0.248%	176.459	22.698 50.172%	*N/A* *N/A%*	1.849 9.195%	0.000	41.993 92.822%	2.199	2.199 4.861%	529.893	201.993	66.359	4.769
990239 Breakfast Pizza Bagel, WG	Bagel	97	240.000	3.000 11.250%	450.000	3.000 5.000%	0.000 0.000%	7.000 26.250%	60.000	31.000 51.667%	3.000	12.000 20.000%	0.000	169.000	0.000	1.500
990079 Breakfast Pizza Bagel, WG, ECC	Bagel	97	240.000	3.000 11.250%	450.000	3.000 5.000%	0.000 0.000%	7.000 26.250%	60.000	31.000 51.667%	3.000	12.000 20.000%	0.000	169.000	0.000	1.500
853 Breakfast Sliders	Pkg	72	150.000	1.500 9.000%	280.000	8.000 21.333%	*N/A* *N/A%*	4.500 27.000%	25.000	21.000 56.000%	2.000	8.000 21.333%	40.000	100.000	*N/A*	1.800
1037 Breakfast Smiles	PKG	40	160.000	1.500 8.438%	125.000	13.000 32.500%	*N/A* *N/A%*	5.000 28.125%	5.000	27.000 67.500%	1.000	2.000 5.000%	65.000	0.000	0.000	0.720
990134 Breakfast Tornado Variety	1 Tornado	85	185.000	2.000 9.730%	240.000	0.500 1.081%	*N/A* *N/A%*	8.000 38.919%	20.000	21.500 46.486%	0.500	6.500 14.054%	*0.000*	0.000	*0.000*	0.000

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
883 Broc/Caul Salad	1/2 CUP	72	68.368	0.756 9.945%	66.472	*2.281* *13.345%*	*N/A* *N/A%*	5.097 67.102%	4.010	5.318 31.115%	1.515	1.456 8.519%	823.331	22.556	41.617	0.389
990118 Broccoli & Carrots Steamed	2 OZ	284	88.040	0.129 1.321%	130.640	8.676 39.418%	*N/A* *N/A%*	1.065 10.887%	0.000	18.006 81.806%	8.946	5.098 23.162%	21646.480	130.640	83.638	1.775
256 Broccoli Raw	CUP	91	30.940	0.104 3.016%	30.030	1.547 20.000%	*N/A* *N/A%*	0.337 9.794%	0.000	6.042 78.118%	2.366	2.566 33.174%	566.930	42.770	81.172	0.664
990038 Broccoli Raw resized	1/4 CUP	23	7.735	0.026 3.014%	7.508	0.387 20.013%	*N/A* *N/A%*	0.084 9.797%	0.000	1.511 78.118%	0.592	0.642 33.200%	141.732	10.692	20.293	0.166
833 Broccoli Soup	1/2 CUP	238	168.561	3.949 21.084%	691.785	*7.094* *16.834%*	*N/A* *N/A%*	10.051 53.664%	20.617	9.455 22.437%	1.196	10.010 23.754%	*819.472*	*167.607*	*21.462*	*0.311*
990039 Broccoli Soup resized	CUP	490	384.750	*7.898* *18.475%*	*1383.570*	*14.188* *14.750%*	*N/A* *N/A%*	20.333 47.562%	*41.235*	28.857 30.001%	3.453	21.612 22.469%	*1638.944*	*335.214*	*42.923*	*1.588*
307 Broccoli Steamed	1/2 Cup	131	61.483	1.250 18.296%	139.393	1.931 12.563%	*N/A* *N/A%*	2.329 34.091%	6.000	6.220 40.469%	3.402	5.586 36.342%	*1172.535*	*63.681*	*63.956*	*0.919*
990041 Broccoli Steamed resized	CUP	261	122.967	2.500 18.296%	278.787	3.862 12.563%	*N/A* *N/A%*	4.658 34.090%	12.000	12.441 40.469%	6.804	11.173 36.345%	*2345.071*	*127.361*	*127.913*	*1.837*
1111 Brownie Gage	2 OZ	71	161.997	1.013 5.625%	182.662	18.225 45.001%	*N/A* *N/A%*	1.013 5.625%	20.250	30.375 75.000%	2.025	2.025 5.000%	202.496	40.914	0.000	1.458
990075 Brunch Lunch	SERVING	157	349.356	7.934 20.439%	813.629	*1.959* *2.243%*	*N/A* *N/A%*	22.606 58.238%	213.302	23.909 27.375%	1.870	14.694 16.824%	*145.519*	*131.936*	*0.025*	*4.151*
990093 Bun Hamburger	bun	54	150.000	0.500 3.000%	310.000	4.000 10.667%	4.000 10.667%	2.000 12.000%	0.000	29.000 77.333%	*N/A*	4.000 10.667%	*N/A*	40.000	*N/A*	1.900
990092 Bun Hot Dog 6"	Bun	57	135.714	0.000 0.000%	217.143	3.619 10.667%	*N/A* *N/A%*	1.357 9.000%	0.000	27.143 80.000%	1.810	6.333 18.666%	*N/A*	45.238	*N/A*	1.538
151 Cantaloupe	1/2 CUP	80	27.200	0.041 1.350%	12.800	6.288 92.471%	*N/A* *N/A%*	0.152 5.029%	0.000	6.528 96.000%	0.720	0.672 9.882%	2705.600	7.200	29.360	0.168
567 Carrots & Celery w/Dip	Cup	138	105.900	1.537 13.060%	377.000	3.184 12.026%	*N/A* *N/A%*	8.167 69.408%	10.000	6.902 26.070%	2.410	0.734 2.772%	7164.400	40.000	3.160	0.565
384 Carrots Glazed	1/2 Cup	193	81.520	0.432 4.764%	95.037	*5.030* *24.681%*	*N/A* *N/A%*	2.184 24.113%	0.000	15.165 74.410%	2.739	1.208 5.927%	20045.590	48.869	8.618	1.194
1053 Carrots w/Dip	3/4 Cup	108	108.000	1.518 12.653%	352.400	3.808 14.104%	*N/A* *N/A%*	8.104 67.533%	10.000	7.592 28.119%	2.320	0.512 1.896%	11032.000	25.600	2.080	0.712
990067 Celery Raw	1/2 CUP	74	10.399	0.031 2.700%	59.421	0.995 38.273%	*N/A* *N/A%*	0.126 10.931%	0.000	2.206 84.854%	1.188	0.513 19.733%	333.498	29.710	2.303	0.149

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
491 Cereal Bar Cinn Toast	BAR	40	160.000	0.000 0.000%	120.000	8.000 20.000%	*N/A* *N/A%*	3.500 19.688%	0.000	30.000 75.000%	3.000	2.000 5.000%	0.000	230.000	*N/A*	1.700
490 Cereal Bar Coco Puffs	BAR	40	160.000	0.000 0.000%	105.000	9.000 22.500%	*N/A* *N/A%*	3.500 19.688%	0.000	30.000 75.000%	3.000	3.000 7.500%	20.000	260.000	*N/A*	1.900
666 Cereal Bar Fruity Cheerios	BAR	40	150.000	0.000 0.000%	105.000	9.000 24.000%	*N/A* *N/A%*	3.500 21.000%	0.000	29.000 77.333%	3.000	3.000 8.000%	30.000	270.000	2.000	1.800
919 Cereal Bar Golden Graham	SERVING	40	160.000	0.000 0.000%	115.000	9.000 22.500%	*N/A* *N/A%*	3.500 19.688%	0.000	30.000 75.000%	3.000	2.000 5.000%	0.000	240.000	*N/A*	1.300
488 Cereal Bar Trix	BAR	40	160.000	0.500 2.812%	105.000	9.000 22.500%	*N/A* *N/A%*	3.500 19.688%	0.000	29.000 72.500%	3.000	2.000 5.000%	0.000	260.000	*N/A*	1.500
660 Cereal Bar Variety	SERVING	40	159.000	0.100 0.566%	109.500	8.700 21.887%	*N/A* *N/A%*	3.500 19.811%	0.000	29.700 74.717%	3.000	2.500 6.289%	11.000	252.000	*0.200*	1.750
932 Cereal Cinn Toast Crunch	Bowl	28	110.000	0.500 4.091%	160.000	8.000 29.091%	*N/A* *N/A%*	3.000 24.545%	0.000	22.000 80.000%	2.000	1.000 3.636%	*N/A*	*N/A*	*N/A*	*N/A*
934 Cereal Golden Graham	SERVING	28	110.000	0.000 0.000%	210.000	9.000 32.727%	*N/A* *N/A%*	1.000 8.182%	0.000	24.000 87.273%	1.000	1.000 3.636%	0.000	90.000	0.000	1.800
935 Cereal Honey Nut Cheerios BWL	Bowl	28	110.000	0.000 0.000%	160.000	9.000 32.727%	*N/A* *N/A%*	1.500 12.273%	0.000	23.000 83.636%	2.000	2.000 7.273%	0.000	*N/A*	*N/A*	*N/A*
937 Cereal Lucky Charms BWL	Bowl	28	110.000	0.000 0.000%	180.000	9.000 32.727%	*N/A* *N/A%*	1.000 8.182%	0.000	23.000 83.636%	2.000	2.000 7.273%	0.000	90.000	*N/A*	2.800
939 Cereal Reeses Puffs BWL	Bowl	28	120.000	0.500 3.750%	160.000	9.000 30.000%	*N/A* *N/A%*	3.000 22.500%	0.000	21.000 70.000%	1.000	2.000 6.667%	0.000	90.000	*N/A*	1.800
662 Cereal Variety	Cereal	29	115.000	0.250 1.957%	156.250	8.000 27.826%	1.500 5.217%	2.250 17.609%	0.000	22.750 79.130%	1.750	1.750 6.087%	*0.000*	*72.500*	*N/A*	*1.900*
990126 Cereal Variety & Toast	Cereal	64	225.749	0.925 3.688%	292.374	*9.100* *16.124%*	*1.500* *2.658%*	7.062 28.156%	0.000	38.150 67.597%	3.400	5.050 8.948%	*168.746*	*105.500*	*0.000*	*2.340*
990248 Cereal Variety, WG, ECC	Bowl	25	96.667	0.000 0.000%	121.667	3.000 12.414%	3.000 12.414%	1.500 13.965%	0.000	20.000 82.758%	2.000	2.333 9.654%	0.000	*66.667*	*N/A*	*4.000*
990236 Cereal, Blueberry Chex 2 oz Bwl, WG	Bowl	56	240.000	0.000 0.000%	320.000	11.000 18.333%	11.000 18.333%	5.000 18.750%	0.000	46.000 76.667%	1.000	3.000 5.000%	*N/A*	130.000	*N/A*	*N/A*
990237 Cereal, Cheerios 1 oz Bwl, WG, Elem	Bowl	28	100.000	0.000 0.000%	140.000	1.000 4.000%	1.000 4.000%	2.000 18.000%	0.000	21.000 84.000%	3.000	4.000 16.000%	0.000	90.000	*N/A*	9.000
933 Cereal, Cocoa Puffs 1oz Bwl, RS, WG, Elem	Bowl	30	120.000	0.000 0.000%	125.000	6.000 20.000%	6.000 20.000%	2.000 15.000%	0.000	25.000 83.333%	2.000	2.000 6.667%	0.000	110.000	*N/A*	3.000

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936 Cereal, Kix 5/8 oz Bwl, WG, ECC	Bowl	17	70.000	0.000 0.000%	100.000	2.000 11.429%	2.000 11.429%	0.500 6.429%	0.000	14.000 80.000%	1.000	1.000 5.714%	0.000	*N/A*	*N/A*	*N/A*
940 Cereal, Trix 1 oz Bwl, RS, WG, Elem	Bowl	28	110.000	0.000 0.000%	160.000	6.000 21.818%	6.000 21.818%	2.000 16.364%	0.000	23.000 83.636%	2.000	2.000 7.273%	0.000	90.000	*N/A*	2.000
990253 Cheese Bites, WG, ECC	4 bites	112	280.000	4.000 12.857%	540.000	0.000 0.000%	*N/A* *N/A%*	12.000 38.571%	20.000	28.000 40.000%	4.000	16.000 22.857%	8.000	24.000	0.000	8.000
990047 Cheese Bites, WG, Elem	4 bites	112	280.000	4.000 12.857%	540.000	0.000 0.000%	*N/A* *N/A%*	12.000 38.571%	20.000	28.000 40.000%	4.000	16.000 22.857%	8.000	24.000	0.000	8.000
990221 Cheese Bites, WG, Sec	6 Bites	168	420.000	6.000 12.857%	810.000	0.000 0.000%	*N/A* *N/A%*	18.000 38.571%	30.000	42.000 40.000%	6.000	24.000 22.857%	12.000	36.000	0.000	12.000
990168 Cheese Pocket	Pocket	113	280.000	6.000 19.286%	460.000	2.000 2.857%	1.000 1.429%	10.000 32.143%	35.000	28.000 40.000%	0.000	19.000 27.143%	*N/A*	453.000	*N/A*	2.000
9 Cheese Sauce	2 OZ	80	160.000	6.000 33.750%	560.711	2.000 5.000%	*N/A* *N/A%*	10.000 56.250%	30.000	4.000 10.000%	0.000	12.000 30.000%	*0.000*	*0.711*	*0.000*	*0.000*
990162 Cheese Sauce Cheddar	1.82 oz	52	112.479	4.912 39.303%	413.285	0.810 2.881%	*N/A* *N/A%*	8.565 68.533%	25.798	1.672 5.945%	0.000	6.501 23.119%	*N/A*	200.193	0.000	0.000
2 Cheese Sauce Nacho	2 OZ	82	160.562	6.001 33.635%	567.411	*2.000* *4.982%*	*N/A* *N/A%*	10.003 56.070%	30.000	4.109 10.237%	0.021	12.023 29.952%	*8.575*	*0.898*	*0.062*	*0.035*
709 Cheese Slice	Slice	14	55.000	2.500 40.909%	135.000	0.500 3.636%	*N/A* *N/A%*	4.500 73.636%	12.500	1.000 7.273%	0.000	2.500 18.182%	*N/A*	*N/A*	0.000	*N/A*
968 Cheese Stick	STICK	28	90.000	5.000 50.000%	200.000	0.000 0.000%	*N/A* *N/A%*	7.000 70.000%	20.000	0.000 0.000%	0.000	7.000 31.111%	*N/A*	*N/A*	*N/A*	*N/A*
969 Cheese Stick Coby	STICK	28	110.000	6.000 49.091%	200.000	0.000 0.000%	*N/A* *N/A%*	9.000 73.636%	25.000	0.000 0.000%	0.000	7.000 25.455%	200.000	200.000	0.000	0.000
645 Cheeseburger Mac	SERVINGS	175	473.932	10.013 19.015%	805.664	*13.275* *11.204%*	*N/A* *N/A%*	22.454 42.641%	84.805	34.064 28.750%	1.323	32.394 27.341%	*236.296*	*309.842*	3.867	*2.638*
149 Cheeseburger w/Bun Elem	Sandwich	132	331.000	5.900 16.042%	611.001	4.500 5.438%	4.000 4.834%	14.500 39.426%	43.500	31.000 37.462%	*1.000*	20.000 24.169%	*0.000*	*65.000*	*0.000*	*2.900*
1058 Cheeseburger w/Bun Sec	Sandwich	138	360.000	7.000 17.500%	670.001	4.500 5.000%	4.000 4.444%	17.500 43.750%	42.500	32.000 35.556%	*1.000*	19.000 21.111%	*0.000*	*40.000*	*0.000*	*1.900*
900 Cheeto Mellow Puff .7 OZ RF	PKG	20	90.000	0.000 0.000%	135.000	1.000 4.444%	*N/A* *N/A%*	3.500 35.000%	0.000	14.000 62.222%	1.000	2.000 8.889%	5.000	100.000	0.000	0.720
1184 Cheeto Puffs	PKG	20	90.000	0.000 0.000%	135.000	0.500 2.222%	*N/A* *N/A%*	3.500 35.000%	0.000	14.000 62.222%	0.500	2.000 8.889%	0.000	100.000	0.000	0.720

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360 Cheetos Cracker Trax	PKG	21	100.000	0.500 4.500%	190.000	*N/A* *N/A%*	*N/A* *N/A%*	3.500 31.500%	0.000	15.000 60.000%	*N/A*	2.000 8.000%	0.000	0.000	0.000	1.080
896 Cheetos Crunchy Baked	PKG	25	120.000	0.500 3.750%	200.000	1.000 3.333%	*N/A* *N/A%*	4.500 33.750%	0.000	17.000 56.667%	1.000	2.000 6.667%	5.000	100.000	0.000	0.720
897 Cheetos Flamin Hot Baked	SERVING	25	120.000	0.500 3.750%	190.000	0.000 0.000%	*N/A* *N/A%*	4.500 33.750%	0.000	18.000 60.000%	1.000	2.000 6.667%	0.000	100.000	0.000	0.720
899 Cheetos Flamin Hot Puff	PKG	20	90.000	0.000 0.000%	135.000	1.000 4.444%	*N/A* *N/A%*	3.500 35.000%	0.000	14.000 62.222%	1.000	2.000 8.889%	5.000	80.000	0.000	0.720
600 Cheez-It	PKG	30	140.000	1.500 9.643%	230.000	*N/A* *N/A%*	*N/A* *N/A%*	5.000 32.143%	*N/A*	20.000 57.143%	*N/A*	3.000 8.571%	100.000	0.000	0.000	1.080
1136 Chef Salad	Salad	164	279.278	7.281 23.462%	833.087	*2.090* *2.993%*	*N/A* *N/A%*	15.855 51.093%	48.000	23.849 34.159%	1.866	14.622 20.943%	*6205.376*	*31.211*	*2.831*	*8.975*
268 Cherries Frozen	1/2 CUP	78	36.000	0.000 0.000%	1.000	7.000 77.778%	*N/A* *N/A%*	0.000 0.000%	0.000	9.000 100.000%	1.000	1.000 11.111%	*N/A*	0.000	*N/A*	0.000
110 Cherry Crisp	1/2 CUP	288	360.536	*1.358* *3.390%*	*154.241*	*0.002* *0.002%*	*N/A* *N/A%*	7.570 18.896%	*0.000*	73.323 81.349%	*3.814*	*3.587* *3.980%*	*1970.189*	*44.027*	*4.696*	*3.961*
770 Cherry Crisp FRZ	1/2 CUP	197	344.022	*1.314* *3.437%*	*141.677*	*34.266* *39.842%*	*N/A* *N/A%*	7.349 19.227%	*0.000*	68.598 79.760%	2.942	3.552 4.130%	*308.785*	*18.962*	*0.003*	0.932
108 Cherry Fluff	1/2 CUP	163	213.995	*6.202* *26.082%*	*0.988*	*26.965* *50.403%*	*N/A* *N/A%*	*7.753* *32.605%*	*0.000*	37.372 69.857%	*0.740*	*0.731* *1.366%*	*46.511*	*0.156*	*0.000*	*0.013*
990170 Chex Mix Simply Cheddar WGR	PKG	26	110.000	0.000 0.000%	130.000	4.000 14.545%	4.000 14.545%	2.500 20.455%	0.000	20.000 72.727%	2.000	2.000 7.273%	*N/A*	*N/A*	*N/A*	0.700
990171 Chex Mix Simply Strawberry Yogurt WGR	PKG	29	130.000	1.000 6.923%	55.000	6.000 18.462%	5.000 15.385%	3.000 20.769%	0.000	23.000 70.769%	2.000	2.000 6.154%	*N/A*	*N/A*	*N/A*	0.700
718 Chex Mix, Simply Chocolate Carmel, WG	PKG	29	130.000	0.500 3.462%	50.000	6.000 18.462%	6.000 18.462%	4.000 27.692%	0.000	22.000 67.692%	2.000	2.000 6.154%	*N/A*	0.000	*N/A*	1.300
990129 Chicken & Dumpling Soup	1 cup	301	231.377	2.774 10.791%	1775.262	*2.550* *4.408%*	*0.000* *0.000%*	*7.419* *28.858%*	59.800	19.368 33.482%	1.445	19.498 33.708%	*164.943*	35.474	*2.071*	2.033
382 Chicken & Noodles	4 OZ SERVINGS	410	206.315	*1.014* *4.425%*	*1163.224*	*0.349* *0.677%*	*N/A* *N/A%*	9.087 39.638%	*55.931*	11.957 23.182%	1.369	17.854 34.615%	*247.739*	*10.139*	*0.084*	*1.237*
1150 Chicken Alfredo	2/3 cup	646	366.951	4.818 11.816%	630.097	*6.418* *6.996%*	*N/A* *N/A%*	10.775 26.426%	68.922	40.939 44.626%	0.831	26.115 28.467%	1806.340	294.941	4.838	9.295
990056 Chicken BBQ Sandwich w/ Bun	Sandwich	181	316.643	0.500 1.421%	560.977	8.169 10.320%	4.000 5.053%	6.050 17.196%	85.048	34.003 42.954%	*0.000*	28.300 35.750%	*0.000*	40.000	*1.001*	3.358

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990111 Chicken Breast Strip GF	Pieces	31	66.667	0.833 11.249%	176.667	0.000 0.000%	*N/A* *N/A%*	*N/A* *N/A%*	15.000	4.000 24.000%	0.000	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	0.167
1151 Chicken Chili	CUP	451	323.202	*0.778* *2.166%*	*1084.519*	*1.672* *2.069%*	*N/A* *N/A%*	10.169 28.316%	*107.308*	20.050 24.814%	4.975	35.408 43.822%	*200.439*	*57.799*	*1.975*	3.765
839 Chicken Chunks Boneless Wings, WG, Elem	4 Pieces	113	190.000	1.000 4.737%	470.000	0.000 0.000%	0.000 0.000%	7.000 33.158%	60.000	13.000 27.368%	1.000	20.000 42.105%	*N/A*	19.000	*N/A*	1.000
990218 Chicken Chunks Boneless Wings, WG, Sec	5 Pieces	142	237.500	1.250 4.737%	587.500	0.000 0.000%	0.000 0.000%	8.750 33.158%	75.000	16.250 27.368%	1.250	25.000 42.105%	*N/A*	23.750	*N/A*	1.250
990114 Chicken Country Style Breaded Slider	pieces	57	100.000	1.000 9.000%	330.000	0.000 0.000%	*N/A* *N/A%*	4.500 40.500%	25.000	7.000 28.000%	0.000	8.000 32.000%	0.000	10.000	0.000	0.000
62 Chicken Divan	4oz Servings	315	326.225	7.669 21.156%	943.992	*2.362* *2.896%*	*N/A* *N/A%*	17.198 47.446%	89.133	16.803 20.602%	2.692	24.882 30.509%	*773.421*	*76.505*	32.584	*1.669*
990176 Chicken Drumstick & Thigh Breaded WG	Piece	113	230.000	3.500 13.696%	490.000	0.000 0.000%	0.000 0.000%	14.000 54.783%	75.000	11.000 19.130%	1.000	16.000 27.826%	*N/A*	23.000	*N/A*	1.000
627 Chicken Drumstick BBQ Slugger	LEG	144	260.000	3.000 10.385%	920.000	4.000 6.154%	*N/A* *N/A%*	14.000 48.462%	130.000	8.000 12.308%	0.000	24.000 36.923%	*N/A*	20.000	*N/A*	1.000
990054 Chicken Drumstick Elem	4.75oz	136	220.000	3.000 12.273%	450.000	0.000 0.000%	*N/A* *N/A%*	13.000 53.182%	75.000	8.000 14.545%	1.000	16.000 29.091%	*N/A*	2.000	*N/A*	6.000
990062 Chicken Drumstick Sec	9.5	68	110.000	1.500 12.273%	225.000	0.000 0.000%	*N/A* *N/A%*	6.500 53.182%	37.500	4.000 14.545%	0.500	8.000 29.091%	*N/A*	1.000	*N/A*	3.000
30 Chicken Fajita	FAJITAS	205	410.513	5.602 12.281%	1177.028	*4.607* *4.489%*	*N/A* *N/A%*	17.359 38.057%	77.347	36.369 35.437%	2.291	24.667 24.035%	93.355	221.234	4.069	2.821
699 Chicken Gumbo	8 OZ SERVINGS	293	213.199	*0.819* *3.457%*	*688.308*	*1.755* *3.293%*	*N/A* *N/A%*	6.472 27.323%	*42.524*	22.366 41.963%	3.252	15.785 29.616%	*890.035*	*49.869*	*26.146*	2.192
990203 Chicken Lo Mein	servings	219	394.175	2.980 6.803%	735.554	*2.977* *3.021%*	*N/A* *N/A%*	11.345 25.903%	104.971	31.163 31.623%	*2.455*	40.109 40.702%	642.601	47.225	*14.100*	2.467
1149 Chicken Nachos	SERVINGS	215	501.389	7.829 14.052%	4023.980	4.267 3.404%	*N/A* *N/A%*	25.824 46.354%	118.032	34.362 27.413%	3.048	32.847 26.205%	554.667	305.714	0.000	1.521
544 Chicken Noodle Soup	8 oz servings	272	88.082	*0.652* *6.663%*	*789.179*	*1.151* *5.227%*	*N/A* *N/A%*	5.167 52.797%	*14.694*	5.984 27.173%	0.668	4.666 21.189%	*187.899*	*9.807*	*0.476*	*0.357*
478 Chicken Noodle Soup CN	6 OZ	170	99.306	0.818 7.416%	662.070	0.000 0.000%	*N/A* *N/A%*	2.063 18.695%	20.680	10.758 43.331%	1.654	9.104 36.670%	248.274	331.026	0.000	1.176
990251 Chicken Nuggets, WG, ECC	5 Pieces	85	187.898	1.978 9.474%	375.796	0.000 0.000%	*N/A* *N/A%*	8.900 42.631%	34.613	12.856 27.368%	1.978	14.834 31.579%	*N/A*	29.668	*N/A*	1.780

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
914 Chicken Nuggets, WG, Elem	5 Pieces	85	187.898	1.978 9.474%	375.796	0.000 0.000%	*N/A* *N/A%*	8.900 42.631%	34.613	12.856 27.368%	1.978	14.834 31.579%	*N/A*	29.668	*N/A*	1.780
304 Chicken Oriental	Servings	145	109.183	1.238 10.206%	548.115	*4.238* *15.526%*	*N/A* *N/A%*	3.409 28.101%	44.554	9.716 35.596%	1.399	10.985 40.244%	1786.974	34.351	24.086	1.264
990107 Chicken Pattie	Pattie	86	190.000	2.000 9.474%	390.000	0.000 0.000%	*N/A* *N/A%*	9.000 42.632%	35.000	13.000 27.368%	2.000	15.000 31.579%	0.000	20.000	0.000	1.600
804 Chicken Patty w/Bun, Sec	Sandwich	153	400.000	3.000 6.750%	810.001	4.000 4.000%	4.000 4.000%	16.000 36.000%	50.000	44.000 44.000%	*0.000*	20.000 20.000%	*N/A*	50.000	*N/A*	2.700
990255 Chicken Patty w/Bun, WG, ECC	Sandwich	140	340.000	2.500 6.618%	700.000	4.000 4.706%	4.000 4.706%	11.000 29.118%	35.000	42.000 49.412%	*2.000*	19.000 22.353%	*0.000*	60.000	*0.000*	3.500
910 Chicken Patty w/Bun, WG, Elem	Sandwich	140	340.000	2.500 6.618%	700.000	4.000 4.706%	4.000 4.706%	11.000 29.118%	35.000	42.000 49.412%	*2.000*	19.000 22.353%	*0.000*	60.000	*0.000*	3.500
917 Chicken Pizza Quesadilla	Slice	142	320.000	2.500 7.031%	770.000	5.000 6.250%	*N/A* *N/A%*	11.000 30.938%	20.000	38.000 47.500%	4.000	18.000 22.500%	25.000	*N/A*	*N/A*	*N/A*
550 Chicken Popcorn, WG	10 Pieces	122	240.000	2.000 7.500%	480.000	*N/A* *N/A%*	*N/A* *N/A%*	11.000 41.250%	75.000	19.000 31.667%	3.000	18.000 30.000%	*N/A*	20.000	*N/A*	1.500
990254 Chicken Popcorn, WG, ECC	10 Pieces	122	240.000	2.000 7.500%	480.000	*N/A* *N/A%*	*N/A* *N/A%*	11.000 41.250%	75.000	19.000 31.667%	3.000	18.000 30.000%	*N/A*	20.000	*N/A*	1.500
742 Chicken Pot Pie	4 OZ SERVINGS	420	509.765	*9.001* *15.891%*	*1643.504*	*2.633* *2.066%*	*N/A* *N/A%*	22.803 40.259%	*93.215*	39.797 31.228%	5.422	32.476 25.483%	*4139.553*	*78.163*	*8.285*	*3.201*
1110 Chicken Rice Casserole	8 OZ	216	203.113	*1.820* *8.066%*	*603.814*	*2.217* *4.366%*	*N/A* *N/A%*	8.560 37.928%	*47.168*	14.301 28.164%	1.195	15.662 30.844%	*284.294*	*52.626*	*0.601*	*1.425*
756 Chicken Roasted	2 PIECES	57	100.000	2.000 18.000%	200.000	0.000 0.000%	*N/A* *N/A%*	6.600 59.400%	36.600	0.000 0.000%	0.000	9.300 37.200%	0.000	0.000	0.000	0.240
990099 Chicken Rotisserie	2 oz servings	57	63.620	0.067 0.948%	681.648	2.272 14.285%	*N/A* *N/A%*	1.704 24.107%	31.242	4.374 27.500%	0.227	7.669 48.218%	4.544	9.089	5.680	1.250
787 Chicken Salad	SERVING	124	238.782	*2.306* *8.692%*	*106.674*	*2.333* *3.908%*	*N/A* *N/A%*	*17.218* *64.897%*	*44.904*	8.697 14.568%	*1.116* *19.635%*	*11.721* *19.635%*	*78.572*	*22.144*	*0.975*	*0.926*
990052 Chicken Salad Bacon Ranch	1/2 cup	183	563.879	*12.507* *19.962%*	1289.096	*0.803* *0.570%*	*N/A* *N/A%*	42.648 68.071%	*172.064*	12.018 8.525%	*0.258*	31.882 22.616%	*11.417*	*8.180*	*2.313*	*0.659*
990051 Chicken Salad Southwest	1/2 cup	224	497.662	7.431 13.439%	725.788	*2.280* *1.833%*	*N/A* *N/A%*	36.624 66.232%	*127.048*	6.358 5.110%	*1.686*	29.025 23.329%	*317.239*	*15.655*	*9.095*	*2.085*
990049 Chicken Salad with Grapes	1/2 cup	157	414.974	5.663 12.282%	817.433	*1.193* *1.150%*	*N/A* *N/A%*	30.768 66.729%	139.117	12.186 11.746%	0.405	23.024 22.193%	30.727	8.325	2.980	0.702

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Recipe Nutrient Composition - Summary

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990123 Chicken Soft Taco	1/2 cup	13608	17495.691	0.000 0.000%	13607.760	0.000 0.000%	*N/A* *N/A%*	485.991 25.000%	10205.820	0.000 0.000%	0.000	2915.949 66.667%	0.000	0.000	0.000	174.957
990122 Chicken Southern Select Breast Slider	Sliders	68	130.000	1.000 6.923%	370.000	1.000 3.077%	*N/A* *N/A%*	6.000 41.538%	30.000	9.000 27.692%	1.000	*N/A* *N/A%*	*N/A*	14.000	*N/A*	0.000
859 Chicken Sweet & Sour w/Rice	Servings	358	318.178	*0.142* *0.402%*	*754.078*	*22.384* *28.140%*	*N/A* *N/A%*	*3.975* *11.245%*	*68.039*	45.806 57.585%	*1.084*	*21.157* *26.598%*	*1840.224*	*15.574*	*2.770*	*2.138*
913 Chicken Tender, Spicy, Breaded, WG, Sec	4 Tenders	174	340.000	4.000 10.588%	820.000	4.000 4.706%	2.000 2.353%	16.000 42.353%	80.000	22.000 25.882%	2.000	26.000 30.588%	0.000	0.000	0.000	2.000
990116 Chicken Tenderloins	pieces	111	200.000	1.500 6.750%	420.000	3.000 6.000%	*N/A* *N/A%*	7.000 31.500%	30.000	18.000 36.000%	4.000	16.000 32.000%	*N/A*	0.000	*N/A*	1.000
990117 Chicken Tenders, Breaded, WG, Elem	3 Pieces	128	288.558	3.037 9.474%	470.804	0.000 0.000%	0.000 0.000%	13.669 42.631%	60.749	16.706 23.158%	1.519	24.300 33.685%	*N/A*	18.225	*N/A*	1.519
990224 Chicken Tenders, Breaded, WG, Sec	4 Pieces	170	384.743	4.050 9.474%	627.739	0.000 0.000%	0.000 0.000%	18.225 42.632%	80.999	22.275 23.158%	2.025	32.399 33.684%	*N/A*	24.300	*N/A*	2.025
163 Chicken Tetrizzini	1 CUP	422	264.181	*1.781* *6.067%*	*590.624*	*2.853* *4.320%*	*N/A* *N/A%*	8.158 27.793%	*58.327*	24.048 36.411%	2.662	22.263 33.709%	*356.881*	*123.502*	*4.182*	*1.489*
990106 Chicken Tortellini	2/3 CUP	637	333.672	4.913 13.250%	633.296	*4.818* *5.776%*	*N/A* *N/A%*	10.485 28.282%	68.922	35.514 42.573%	3.040	25.852 30.991%	1806.340	309.660	4.838	2.619
445 Chicken Wings Fire, ELE & SEC	5 Pieces	120	275.000	4.375 14.318%	700.000	0.000 0.000%	*N/A* *N/A%*	18.750 61.364%	137.500	1.250 1.818%	0.000	25.000 36.364%	0.000	0.000	0.000	0.000
582 Chicken Wings Honey BBQ, ELE & SEC	5 Pieces	118	276.170	4.394 14.318%	539.787	7.532 10.909%	7.532 10.909%	17.575 57.273%	106.702	10.043 14.546%	0.000	18.830 27.273%	*N/A*	25.106	0.000	1.004
990195 Chicken Wings Variety	5 Pieces	119	275.585	4.384 14.318%	619.894	3.766 5.466%	3.766 5.466%	18.162 59.314%	122.101	5.646 8.195%	0.000	21.915 31.809%	*0.000*	12.553	0.000	0.502
555 Chicken/Veggie Pasta	4 OZ SERVINGS	319	324.068	*4.342* *12.060%*	*1128.623*	*5.273* *6.509%*	*N/A* *N/A%*	14.738 40.929%	*73.829*	19.918 24.585%	2.329	26.566 32.791%	*1069.812*	*114.615*	*11.505*	*1.418*
10 Chili	Cup	386	427.349	5.331 11.226%	646.566	*2.366* *2.215%*	*N/A* *N/A%*	14.207 29.919%	61.472	45.395 42.489%	8.950	29.118 27.255%	909.472	103.342	9.904	12.350
693 Chinese Cole Slaw	1/2 CUP	94	240.050	2.712 10.169%	217.495	*8.347* *13.909%*	*N/A* *N/A%*	17.123 64.197%	0.000	18.727 31.206%	2.957	4.927 8.210%	*71.565*	*43.103*	17.807	1.390
990057 Chip Variety	PKG	28	140.000	1.000 6.429%	160.000	*1.000* *2.857%*	*N/A* *N/A%*	6.000 38.571%	0.000	18.500 52.857%	3.000	2.000 5.714%	0.000	0.000	*0.000*	0.360
990053 Chipotle broccoli salad	1/2 cup	151	448.691	*12.662* *25.397%*	880.679	*1.940* *1.729%*	*N/A* *N/A%*	41.081 82.401%	*67.682*	5.119 4.563%	*1.566*	13.089 11.669%	*347.969*	*28.386*	*49.259*	*0.434*

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1014 Chocolate Sundae Crunch Bar	BAR	75	160.000	1.500 8.438%	75.000	16.000 40.000%	*N/A* *N/A%*	5.000 28.125%	*N/A*	25.000 62.500%	0.050	3.000 7.500%	100.000	200.000	0.000	0.360
1153 Ciabatta Sandwich	SANDWIC H	150	292.550	4.500 13.845%	890.329	5.000 6.836%	*N/A* *N/A%*	*7.501* *23.076%*	52.525	36.001 49.224%	3.000	20.502 28.032%	*0.000*	*20.000*	*0.000*	*1.882*
955 Cinnamon Roll	Roll	85	270.000	4.500 15.000%	420.000	9.000 13.333%	9.000 13.333%	11.000 36.667%	0.000	37.000 54.815%	2.000	6.000 8.889%	100.000	20.000	0.000	2.100
865 Cinnamon Roll Scratch	SERVINGS	84	230.060	*0.768* *3.006%*	*189.044*	*11.194* *19.463%*	*N/A* *N/A%*	4.676 18.291%	*8.902*	41.682 72.471%	3.514	6.174 10.735%	*180.374*	*29.418*	*0.142*	2.992
990078 Clementine	each	96	45.120	0.014 0.287%	0.000	8.976 79.574%	*N/A* *N/A%*	0.115 2.298%	0.000	11.280 100.000%	2.304	0.902 7.996%	216.000	38.400	51.072	0.096
1097 Club Sandwich	Sandwich	191	386.707	5.997 13.956%	1169.512	5.167 5.345%	*N/A* *N/A%*	15.777 36.719%	74.336	33.733 34.893%	3.000	30.241 31.281%	*8.338*	*0.000*	*0.000*	*1.440*
1076 Cobbler Cherry CN	1/2 CUP	185	249.324	1.661 5.996%	126.261	*22.754* *36.505%*	*N/A* *N/A%*	6.705 24.203%	0.000	46.613 74.783%	*1.867*	1.967 3.156%	*1038.377*	*17.631*	*2.933*	*2.339*
109 Cobbler Cherry FRZ	1/2 CUP	177	259.470	1.633 5.666%	118.890	*34.385* *53.008%*	*N/A* *N/A%*	6.567 22.779%	0.000	49.270 75.955%	*1.945*	2.568 3.959%	*0.000*	*1.823*	*0.000*	*0.439*
754 Coffee Cake	Serving	54	140.000	1.000 6.429%	250.000	*N/A* *N/A%*	*N/A* *N/A%*	3.000 19.286%	10.000	26.000 74.286%	1.000	2.000 5.714%	13.000	40.000	0.000	1.080
990081 Coleslaw	1/2 CUP	94	70.804	0.025 0.315%	152.173	*2.145* *12.118%*	*N/A* *N/A%*	0.096 1.214%	0.000	17.572 99.272%	*1.644*	*0.856* *4.836%*	*63.962*	*29.290*	*23.885*	*0.390*
358 Coleslaw	1/2 CUP	94	72.437	0.025 0.308%	152.309	15.725 86.834%	*N/A* *N/A%*	0.096 1.187%	0.000	17.570 97.019%	1.644	0.856 4.727%	63.962	29.426	23.885	0.397
755 Cookie Best Maid Shapes Dough	COOKIE	35	170.000	4.000 21.176%	70.000	*N/A* *N/A%*	*N/A* *N/A%*	8.000 42.353%	10.000	21.000 49.412%	0.000	2.000 4.706%	0.000	0.000	0.000	0.000
1041 Cookie Chewy Chocolate	Cookie	48	206.186	*2.460* *10.739%*	*165.430*	*17.517* *33.983%*	*N/A* *N/A%*	10.689 46.657%	*23.552*	27.037 52.452%	*2.027*	2.520 4.889%	*249.226*	*15.995*	*0.000*	*1.605*
798 COOKIE CHOC CHIP PKG	PKG	48	210.000	6.000 25.714%	115.000	*N/A* *N/A%*	*N/A* *N/A%*	9.000 38.571%	30.000	30.000 57.143%	1.000	1.000 1.905%	0.000	0.000	0.000	0.720
160 Cookie Chocolate Chip	Cookie	46	197.400	*2.363* *10.771%*	*194.570*	*15.498* *31.404%*	*N/A* *N/A%*	9.276 42.290%	*21.050*	26.902 54.512%	*1.345*	2.480 5.025%	*151.872*	*17.258*	*0.000*	*1.573*
1171 Cookie Chocolate Chip Otis	COOKIE	40	160.000	1.500 8.438%	100.000	12.000 30.000%	*N/A* *N/A%*	5.000 28.125%	10.000	26.000 65.000%	2.000	2.000 5.000%	500.000	0.000	0.000	2.700
806 Cookie Halloween WG	PKG	28	110.000	1.500 12.273%	95.000	*N/A* *N/A%*	*N/A* *N/A%*	3.500 28.636%	0.000	19.000 69.091%	1.000	1.000 3.636%	0.000	0.000	0.000	0.720

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
772 Cookie Haystack (NO BAKE)	COOKIE	68	162.056	1.522 8.453%	76.588	*15.935* *39.332%*	*N/A* *N/A%*	7.851 43.600%	0.375	21.243 52.433%	1.352	2.564 6.329%	214.996	*11.744*	0.030	*0.395*
711 Cookie Oatmeal Choc Chip	Cookie	42	150.481	*1.682* *10.061%*	*132.917*	*15.239* *40.507%*	*N/A* *N/A%*	6.881 41.155%	*8.450*	21.489 57.120%	0.860	1.449 3.852%	*260.646*	*9.414*	*0.000*	0.732
642 Cookie Peanut Butter	Cookie	44	211.454	*2.525* *10.746%*	*148.825*	*14.045* *26.568%*	*N/A* *N/A%*	12.031 51.206%	*8.724*	23.119 43.733%	*1.266*	3.071 5.809%	*180.219*	*7.815*	*0.000*	*0.858*
410 Cookie Snickerdoodle	COOKIE	47	203.065	*2.196* *9.732%*	*228.253*	*14.172* *27.916%*	*N/A* *N/A%*	10.190 45.162%	*14.083*	25.823 50.866%	*1.413*	2.320 4.570%	*241.549*	*7.590*	*0.015*	*1.198*
617 Cookie Soft Bake Choc Chip PKG	PKG	35	150.000	1.500 9.000%	110.000	*N/A* *N/A%*	*N/A* *N/A%*	6.000 36.000%	10.000	23.000 61.333%	2.000	2.000 5.333%	0.000	0.000	0.000	0.720
408 Cookie Sugar	COOKIE	45	193.605	*2.261* *10.512%*	*229.125*	*11.805* *24.390%*	*N/A* *N/A%*	10.335 48.045%	*25.515*	23.052 47.626%	*1.198*	2.505 5.175%	*210.934*	*12.684*	*0.000*	*1.529*
799 Cookies	PKG	31	130.000	2.000 13.846%	115.000	*N/A* *N/A%*	*N/A* *N/A%*	5.000 34.615%	0.000	21.000 64.615%	1.000	2.000 6.154%	0.000	0.000	0.000	0.720
805 Cookies Holiday pkg	PKG	28	120.000	1.500 11.250%	100.000	*N/A* *N/A%*	*N/A* *N/A%*	4.000 30.000%	0.000	20.000 66.667%	1.000	1.000 3.333%	0.000	0.000	0.000	0.720
6 Corn	1/2 CUP	121	104.850	0.354 3.041%	219.944	*0.000* *0.000%*	*N/A* *N/A%*	2.093 17.966%	0.000	22.346 85.247%	2.344	3.149 12.013%	137.250	5.869	10.265	1.046
990234 Corn Dog Mini Turkey, WG, ECC	4 Corn Dogs	76	190.000	2.000 9.474%	540.000	4.000 8.421%	4.000 8.421%	10.000 47.368%	15.000	17.000 35.789%	2.000	7.000 14.737%	0.000	40.000	0.000	1.100
990217 Corn Dog Mini Turkey, WG, Elem	4 Corn Dogs	76	190.000	2.000 9.474%	540.000	4.000 8.421%	4.000 8.421%	10.000 47.368%	15.000	17.000 35.789%	2.000	7.000 14.737%	0.000	40.000	0.000	1.100
579 Corn Dog Mini Turkey, WG, Sec	6 Corn Dogs	114	285.000	3.000 9.474%	810.000	6.000 8.421%	6.000 8.421%	15.000 47.368%	22.500	25.500 35.789%	3.000	10.500 14.737%	0.000	60.000	0.000	1.650
893 Corn Dog, WG	CORN DOG	113	280.000	3.500 11.250%	620.000	9.000 12.857%	*N/A* *N/A%*	14.000 45.000%	45.000	28.000 40.000%	1.000	9.000 12.857%	45.000	110.000	*N/A*	1.900
87 Cornbread	PIECES	99	262.008	*1.473* *5.059%*	*649.210*	*10.972* *16.751%*	*N/A* *N/A%*	8.875 30.485%	*35.712*	39.968 61.018%	2.236	5.885 8.984%	*183.739*	*46.212*	*0.165*	2.339
990165 Cornbread Poppers	3 Pieces	43	150.000	3.500 21.000%	200.000	5.000 13.333%	4.000 10.667%	8.000 48.000%	10.000	19.000 50.667%	1.000	2.000 5.333%	*N/A*	10.000	*N/A*	0.900
1158 Cracker Caption Wafer	2 PKG	13	60.000	0.500 7.500%	100.000	1.000 6.667%	*N/A* *N/A%*	2.000 30.000%	0.000	9.000 60.000%	0.000	1.000 6.667%	0.000	0.000	0.000	0.500
990153 Cracker Crunch & Crave Churro WGR	Bag	28	111.373	0.000 0.000%	75.936	8.100 29.091%	*N/A* *N/A%*	2.531 20.455%	0.000	21.262 76.364%	2.025	2.025 7.273%	*N/A*	50.624	*N/A*	0.709

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990152 Cracker Crunch & Crave Original	Bag	45	190.000	0.000 0.000%	200.000	5.000 10.526%	*N/A* *N/A%*	6.000 28.421%	0.000	30.000 63.158%	4.000	4.000 8.421%	*N/A*	*N/A*	*N/A*	*N/A*
842 Cracker Jacks	PKG	28	120.000	0.000 0.000%	70.000	*N/A* *N/A%*	*N/A* *N/A%*	2.000 15.000%	0.000	23.000 76.667%	1.000	2.000 6.667%	0.000	0.000	0.000	0.720
947 Cracker Saltine	PKG	11	45.000	0.000 0.000%	130.000	0.000 0.000%	*N/A* *N/A%*	1.500 30.000%	0.000	8.000 71.111%	0.000	1.000 8.889%	0.000	0.000	0.000	4.000
639 Cracker Scooby Doo Graham, Cinn	PKG	28	120.000	1.000 7.500%	115.000	8.000 26.667%	*N/A* *N/A%*	3.500 26.250%	0.000	21.000 70.000%	1.000	2.000 6.667%	10.000	10.000	0.000	1.080
990087 Craisins, Dried	PKG	33	110.000	*N/A* *N/A%*	0.000	24.000 87.273%	*N/A* *N/A%*	0.000 0.000%	*N/A*	27.000 98.182%	2.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
1024 Cream Cheese	OZ	28	101.248	6.075 54.000%	96.186	1.012 3.998%	*N/A* *N/A%*	9.112 81.000%	30.374	2.025 8.000%	0.000	2.025 8.000%	202.496	20.250	0.000	0.000
1120 Cream Cheese pkg	PKG	28	90.000	5.000 50.000%	140.000	2.000 8.889%	*N/A* *N/A%*	8.000 80.000%	25.000	2.000 8.889%	0.000	1.000 4.444%	300.000	20.000	0.000	0.000
496 Crispito Chicken & Chili WG, Sec	2 Crisпитos	194	540.000	6.000 10.000%	740.000	2.000 1.481%	0.000 0.000%	28.000 46.667%	50.000	46.000 34.074%	4.000	24.000 17.778%	*N/A*	0.000	0.000	4.000
1167 Croissant	Croissant	67	220.000	3.500 14.318%	300.000	5.000 9.091%	*N/A* *N/A%*	9.000 36.818%	5.000	30.000 54.545%	2.000	6.000 10.909%	0.000	20.000	0.000	1.800
820 Croutons	OUNCES	9	30.294	0.253 7.528%	145.448	*0.251* *3.314%*	*N/A* *N/A%*	1.644 48.838%	0.000	3.531 46.620%	0.386	0.757 9.995%	*64.826*	7.946	*0.011*	0.114
884 Cucumber Salad	SERVINGS	87	30.152	0.027 0.794%	211.371	*5.682* *75.378%*	*N/A* *N/A%*	0.078 2.334%	0.000	7.373 97.810%	*0.398*	0.481 6.381%	*71.509*	12.427	2.169	0.231
990045 Dilled bean salad	1/2 cup	290	568.195	1.564 2.477%	281.367	*3.414* *2.403%*	*N/A* *N/A%*	9.805 15.531%	0.000	90.382 63.627%	19.514	30.498 21.470%	135.548	257.822	3.281	12.453
631 Dirt Cake	PIECES	166	219.855	4.307 17.629%	203.000	*8.917* *16.223%*	*N/A* *N/A%*	7.443 30.470%	*8.218*	32.812 59.698%	0.091	5.561 10.118%	*286.566*	*160.730*	*0.730*	*0.091*
990215 Donut Holes, WG, ELE	4 Holes	45	147.414	2.328 14.211%	217.241	4.655 12.631%	3.879 10.525%	5.431 33.158%	0.000	20.948 56.842%	1.552	3.103 8.420%	0.000	7.759	0.000	1.009
1113 Donut Holes, WG, SEC	6 Holes	69	226.034	3.569 14.211%	333.103	7.138 12.632%	5.948 10.526%	8.328 33.158%	0.000	32.121 56.842%	2.379	4.759 8.422%	0.000	11.897	0.000	1.547
664 Donut Long John	Donut	94	405.660	9.073 20.130%	305.352	*29.664* *29.250%*	*N/A* *N/A%*	19.284 42.784%	0.312	54.173 53.417%	1.000	4.167 4.109%	*20.963*	16.524	*0.025*	1.616
990166 Donut Variety (long john, holes, cake)	Serving	59	210.000	4.333 18.571%	296.667	6.000 11.429%	1.667 3.175%	10.000 42.857%	6.667	26.333 50.159%	2.000	4.000 7.619%	21.667	16.333	0.000	1.280

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
1101 Donuts Mini	4 DONUTS	57	190.000	4.000 18.947%	250.000	8.000 16.842%	*N/A* *N/A%*	10.000 47.368%	20.000	24.000 50.526%	1.000	3.000 6.316%	45.000	19.000	0.000	1.100
904 Dorito Spicy Sweet Chili Chip	PKG	28	130.000	0.500 3.462%	180.000	1.000 3.077%	*N/A* *N/A%*	5.000 34.615%	0.000	20.000 61.538%	2.000	2.000 6.154%	5.000	20.000	0.000	0.360
362 Doritos Baked	PKG	21	90.000	*N/A* *N/A%*	170.000	*N/A* *N/A%*	*N/A* *N/A%*	3.000 30.000%	*N/A*	16.000 71.111%	1.000	2.000 8.889%	*N/A*	*N/A*	*N/A*	*N/A*
902 Dorito's Cool Ranch Tortilla	PKG	28	130.000	1.000 6.923%	160.000	1.000 3.077%	*N/A* *N/A%*	5.000 34.615%	0.000	19.000 58.462%	2.000	2.000 6.154%	5.000	40.000	0.000	0.360
903 Doritos Nacho	PKG	28	130.000	0.500 3.462%	200.000	0.000 0.000%	*N/A* *N/A%*	5.000 34.615%	0.000	20.000 61.538%	2.000	2.000 6.154%	100.000	0.000	0.000	0.360
967 Dressing Balsamic Vinaigrette	OZ	31	60.000	0.500 7.500%	200.000	4.000 26.667%	*N/A* *N/A%*	5.000 75.000%	0.000	5.000 33.333%	0.000	0.000 0.000%	*N/A*	0.000	0.000	0.000
975 Dressing Catalina	OZ	34	130.000	1.500 10.385%	420.000	8.000 24.615%	*N/A* *N/A%*	11.000 76.154%	0.000	8.000 24.615%	0.000	0.000 0.000%	*N/A*	0.000	0.000	0.000
977 Dressing Creamy Ceasar Kraft	OZ	30	130.000	2.500 17.308%	330.000	1.000 3.077%	*N/A* *N/A%*	13.000 90.000%	15.000	2.000 6.154%	0.000	1.000 3.077%	5.000	40.000	*N/A*	0.000
1055 Dressing Honey Mustard OTTS	2 TBSP	28	100.000	1.000 9.000%	280.000	5.000 20.000%	*N/A* *N/A%*	8.000 72.000%	0.000	8.000 32.000%	0.000	0.000 0.000%	25.000	0.000	0.000	0.000
978 Dressing Italian Kraft	OZ	30	80.000	1.000 11.250%	330.000	2.000 10.000%	*N/A* *N/A%*	8.000 90.000%	0.000	2.000 10.000%	0.000	0.000 0.000%	10.000	0.000	*N/A*	0.000
415 Dressing Osage Bend	TBSP	17	48.959	0.377 6.930%	36.804	*6.317* *51.611%*	*N/A* *N/A%*	2.580 47.420%	0.000	6.416 52.417%	0.019	0.026 0.212%	0.154	1.413	0.005	0.036
554 Dressing Poppy Seed	TBSP	14	71.633	0.878 11.034%	81.875	*4.719* *26.351%*	*N/A* *N/A%*	5.977 75.097%	0.000	4.744 26.488%	0.013	0.012 0.067%	0.000	1.209	0.001	0.010
962 Drink Grape Gojo Fx	Bottle	340	60.000	*N/A* *N/A%*	15.000	15.000 100.000%	*N/A* *N/A%*	0.000 0.000%	0.000	18.000 120.000%	2.000	0.000 0.000%	750.000	230.000	*N/A*	*N/A*
990158 Egg Bake Bite turkey/sausage/cheese & Toast	Egg Bite	93	230.749	3.175 12.384%	326.124	*2.100* *3.640%*	*0.000* *0.000%*	13.812 53.873%	130.000	18.400 31.896%	2.650	9.300 16.121%	*168.746*	*33.000*	*0.000*	*0.440*
990180 Egg Bake Bite, Turkey Sausage & Cheese	Egg Bite	57	120.000	2.500 18.750%	190.000	1.000 3.333%	0.000 0.000%	9.000 67.500%	130.000	3.000 10.000%	1.000	6.000 20.000%	*N/A*	*N/A*	*N/A*	*N/A*
708 Egg Patty	1 PATTY	28	40.000	1.000 22.500%	100.000	0.000 0.000%	*N/A* *N/A%*	2.500 56.250%	80.000	0.000 0.000%	0.000	3.000 30.000%	200.000	17.000	0.000	0.360
986 Egg Roll	EGG ROLL	85	170.000	2.000 10.588%	300.000	3.000 7.059%	*N/A* *N/A%*	7.000 37.059%	25.000	20.000 47.059%	3.000	9.000 21.176%	750.000	50.000	8.000	1.700

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Recipe Nutrient Composition - Summary

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990179 Egg Scrambled	1/2 Cup	128	165.007	4.630 25.252%	166.257	*0.688* *1.668%*	*N/A* *N/A%*	13.764 75.073%	490.817	0.688 1.667%	0.000	14.108 34.200%	*31.250*	259.154	0.075	8.301
566 Egg Scrambled & Toast	1/2 cup	163	275.756	5.305 17.313%	302.381	*1.788* *2.594%*	*N/A* *N/A%*	18.576 60.629%	490.817	16.088 23.336%	1.650	17.408 25.251%	*199.996*	292.154	*0.075*	8.741
1155 Egg/Cheese Burrito	BURRITO	239	618.227	13.450 19.580%	1664.842	*6.176* *3.996%*	*N/A* *N/A%*	33.218 48.359%	407.207	43.767 28.318%	1.152	33.251 21.514%	*1225.613*	*479.834*	*0.662*	*3.956*
990169 Egg/Ham/Cheese Croissant Sandwich	Sandwich	138	330.851	6.834 18.590%	733.444	6.334 7.658%	*N/A* *N/A%*	15.668 42.620%	107.509	32.668 39.495%	2.000	16.169 19.548%	*204.169*	*37.000*	*0.000*	*2.160*
179 Egg/Pork Sau/Veggie Burrito	1 Burrito	155	396.502	6.166 13.995%	762.165	*0.452* *0.456%*	*N/A* *N/A%*	19.777 44.891%	147.145	37.429 37.759%	1.158	14.594 14.723%	*366.446*	*192.991*	*5.836*	*2.596*
990231 Egg/Pork Sau/Veggie Flat Bread	1 Burrito	146	366.502	5.666 13.913%	652.165	*2.452* *2.676%*	*1.000* *1.091%*	20.277 49.793%	477.145	29.429 32.119%	3.158	15.594 17.019%	*366.446*	*32.991*	*5.836*	*0.596*
504 Egg/Sausage/Cheese Biscuit Sandwich	Sandwich	147	440.849	12.786 26.102%	1143.118	*2.614* *2.372%*	*N/A* *N/A%*	28.457 58.095%	117.500	29.485 26.753%	1.057	15.171 13.765%	*200.000*	*68.713*	*0.000*	*2.411*
1187 Egg/Sausage/Cheese Croissant Sandwich	Sandwich	152	460.000	11.000 21.522%	830.000	5.500 4.783%	*N/A* *N/A%*	29.000 56.739%	122.500	32.000 27.826%	2.000	18.000 15.652%	*200.000*	*57.000*	*0.000*	*2.520*
1027 Elbow Macaroni	1/2 CUP	62	210.000	0.000 0.000%	0.000	2.000 3.810%	*N/A* *N/A%*	1.000 4.286%	0.000	41.000 78.095%	2.000	7.000 13.333%	0.000	0.000	0.000	0.720
1161 Elf Graham Choc	PKG	28	120.000	1.000 7.500%	125.000	7.000 23.333%	*N/A* *N/A%*	4.000 30.000%	0.000	20.000 66.667%	2.000	2.000 6.667%	500.000	100.000	0.000	1.080
534 Elf Graham Cracker Cinn	PKG	28	120.000	1.000 7.500%	105.000	8.000 26.667%	*N/A* *N/A%*	4.000 30.000%	0.000	21.000 70.000%	2.000	2.000 6.667%	500.000	100.000	0.000	0.720
990187 Enchiladas Beef	1	170	368.649	9.718 23.725%	700.224	*1.275* *1.383%*	*N/A* *N/A%*	20.280 49.509%	70.027	21.860 23.719%	4.398	23.053 25.013%	*317.631*	*189.083*	*3.474*	*2.916*
775 English Muffin	Muffin	57	130.690	0.000 0.000%	241.274	1.005 3.076%	*N/A* *N/A%*	1.508 10.385%	0.000	24.127 73.846%	3.016	6.032 18.462%	0.000	100.531	0.000	1.005
991 Fish Filet w/Bun	Sandwich	155	310.000	1.500 4.355%	660.000	5.000 6.452%	4.000 5.161%	8.000 23.226%	35.000	45.000 58.065%	*2.000*	15.000 19.355%	*5.000*	60.000	*0.000*	2.620
990072 Fish Nuggets	Nuggets	142	300.000	2.500 7.500%	562.500	0.000 0.000%	*N/A* *N/A%*	16.250 48.750%	43.750	25.000 33.333%	1.250	13.750 18.333%	*N/A*	0.000	*N/A*	1.250
992 Fish Sticks	4 STICKS	112	210.000	1.500 6.429%	340.000	1.000 1.905%	*N/A* *N/A%*	8.000 34.286%	30.000	22.000 41.905%	2.000	12.000 22.857%	0.000	0.000	0.000	1.300
796 French Toast Mini, WG	Pkg	83	210.000	1.000 4.286%	200.000	11.000 20.952%	10.000 19.048%	7.000 30.000%	0.000	36.000 68.571%	3.000	4.000 7.619%	*N/A*	80.000	*N/A*	1.500

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990240 French Toast Mini, WG, ECC	Pkg	83	210.000	1.000 4.286%	200.000	11.000 20.952%	10.000 19.048%	7.000 30.000%	0.000	36.000 68.571%	3.000	4.000 7.619%	*N/A*	80.000	*N/A*	1.500
990209 French Toast Sticks, WG, ELE	3 Sticks	94	260.000	1.000 3.462%	290.000	14.000 21.538%	14.000 21.538%	8.000 27.692%	10.000	42.000 64.615%	2.000	6.000 9.231%	*N/A*	23.600	*N/A*	0.700
990210 French Toast Sticks, WG, SEC	4 Sticks	125	345.745	1.330 3.462%	385.638	18.617 21.538%	18.617 21.538%	10.638 27.692%	13.298	55.851 64.615%	2.660	7.979 9.231%	*N/A*	31.383	*N/A*	0.931
990059 Fresh Fruit Variety	1/2 CUP	161	95.380	0.070 0.662%	1.000	16.848 70.656%	*N/A* *N/A%*	0.307 2.892%	0.000	24.569 103.034%	3.951	1.163 4.877%	195.933	30.140	38.842	0.236
999 Fries	1/2 Cup	85	130.000	1.000 6.923%	30.000	0.000 0.000%	*N/A* *N/A%*	4.000 27.692%	0.000	22.000 67.692%	2.000	2.000 6.154%	*N/A*	*N/A*	*N/A*	*N/A*
350 Fries Curly	4 OZ SERVING	113	215.996	1.350 5.625%	593.990	0.000 0.000%	*N/A* *N/A%*	9.450 39.375%	0.000	28.350 52.500%	1.350	2.700 5.000%	0.000	0.000	*N/A*	0.945
990247 Fritos	Pkg	28	160.000	1.500 8.438%	150.000	0.000 0.000%	0.000 0.000%	10.000 56.250%	0.000	16.000 40.000%	1.000	2.000 5.000%	0.000	40.000	0.000	0.200
696 Frudel Apple	Frudel	65	210.000	1.000 4.286%	250.000	10.000 19.048%	*N/A* *N/A%*	6.000 25.714%	0.000	36.000 68.571%	2.000	4.000 7.619%	55.000	0.000	0.000	1.500
697 Frudel Cherry	FRUDEL	65	210.000	1.000 4.286%	260.000	11.000 20.952%	*N/A* *N/A%*	6.000 25.714%	0.000	36.000 68.571%	2.000	4.000 7.619%	55.000	0.000	0.000	1.500
1046 Fruit Cocktail Cobbler	1/2 CUP	123	183.007	*1.695* *8.336%*	*101.949*	*20.060* *43.845%*	*N/A* *N/A%*	9.174 45.115%	*0.750*	25.758 56.299%	0.390	0.985 2.153%	*436.419*	*18.314*	*2.098*	0.556
419 Fruit Cocktail, CN	1/2 CUP	126	60.000	0.000 0.000%	10.000	14.000 93.333%	*N/A* *N/A%*	0.080 1.200%	0.000	17.000 113.333%	0.000	0.000 0.000%	9.520	4.760	3.020	0.290
924 Fruit Roll up	PKG	14	45.000	0.000 0.000%	55.000	4.000 35.556%	*N/A* *N/A%*	1.000 20.000%	0.000	11.000 97.778%	2.000	0.000 0.000%	20.000	*N/A*	*N/A*	*N/A*
1169 Fruit Salad Fresh	1/2 cup	82	40.883	0.039 0.854%	6.403	6.844 66.962%	*N/A* *N/A%*	0.245 5.389%	0.000	10.114 98.956%	1.529	0.699 6.839%	563.083	11.848	36.259	0.224
1164 Fruit Snacks	PKG	31	100.000	0.000 0.000%	5.000	16.000 64.000%	*N/A* *N/A%*	0.000 0.000%	0.000	23.000 92.000%	0.000	1.000 4.000%	0.000	0.000	60.000	0.000
990061 Fruit Variety	1/2 CUP	130	80.366	0.073 0.816%	4.993	*11.830* *58.881%*	*N/A* *N/A%*	0.255 2.858%	0.000	20.454 101.805%	2.324	0.635 3.161%	*66.382*	*7.443*	*5.589*	*0.198*
1170 Garden Bar	1/2 CUP	50	15.105	0.039 2.324%	19.540	1.623 42.979%	*N/A* *N/A%*	0.130 7.728%	0.000	3.281 86.888%	1.212	0.760 20.126%	2497.095	13.525	30.912	0.316
309 Garlic French Bread Pizza, WG	Piece	122	320.000	6.000 16.875%	530.000	4.000 5.000%	1.000 1.250%	15.000 42.188%	20.000	29.000 36.250%	2.000	18.000 22.500%	*N/A*	330.000	0.000	2.100

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990120 Garlic Knot	Rolls	57	169.102	1.492 7.941%	188.997	2.984 7.058%	*N/A* *N/A%*	5.968 31.765%	0.000	26.857 63.529%	2.984	4.974 11.766%	*N/A*	11.937	*N/A*	1.989
849 Garlic Stuffed Breadstick	BREADSTICK	65	190.000	3.000 14.211%	310.000	1.000 2.105%	*N/A* *N/A%*	8.000 37.895%	10.000	24.000 50.526%	2.000	8.000 16.842%	300.000	150.000	0.000	1.440
1146 Garlic Toast	1 SLICE	40	160.000	2.000 11.250%	280.000	0.000 0.000%	*N/A* *N/A%*	9.000 50.625%	0.000	17.000 42.500%	1.000	3.000 7.500%	0.000	0.000	0.000	0.360
477 General Tso Chicken w/Rice	1/2 Cup	278	365.626	2.733 6.728%	937.781	*0.118* *0.129%*	*N/A* *N/A%*	14.993 36.907%	69.767	42.294 46.270%	3.419	17.624 19.281%	*203.159*	*25.015*	*0.000*	*1.540*
551 Goldfish	PKG	21	100.000	1.000 9.000%	170.000	*N/A* *N/A%*	*N/A* *N/A%*	3.500 31.500%	5.000	14.000 56.000%	1.000	3.000 12.000%	0.000	20.000	0.000	0.360
990183 Goldfish Pretzel WG	Pkg	21	90.000	0.000 0.000%	200.000	0.000 0.000%	0.000 0.000%	1.500 15.000%	0.000	16.000 71.111%	1.000	2.000 8.889%	*N/A*	*N/A*	*N/A*	*N/A*
990181 Graham Cracker Choc Tiger Bite WGR	Pkg	28	120.000	1.000 7.500%	125.000	7.000 23.333%	7.000 23.333%	4.000 30.000%	0.000	20.000 66.667%	2.000	2.000 6.667%	*N/A*	*N/A*	*N/A*	1.700
990193 Graham Cracker Tiger Bite Original WGR	Pkg	28	120.000	1.000 7.500%	100.000	8.000 26.667%	8.000 26.667%	4.000 30.000%	0.000	21.000 70.000%	1.000	2.000 6.667%	*N/A*	*N/A*	*N/A*	0.800
604 Graham Goldfish Giant	PKG	26	120.000	1.000 7.500%	50.000	*N/A* *N/A%*	*N/A* *N/A%*	4.500 33.750%	0.000	19.000 63.333%	2.000	1.000 3.333%	0.000	100.000	0.000	0.720
922 Granola Bar Chew Chocolate Chunk	PKG	25	90.000	0.500 5.000%	55.000	6.000 26.667%	*N/A* *N/A%*	2.000 20.000%	0.000	19.000 84.444%	0.500	1.000 4.444%	30.000	*N/A*	*N/A*	*N/A*
921 Granola Bar Crunchy PB	PKG	42	200.000	0.000 0.000%	160.000	10.000 20.000%	*N/A* *N/A%*	8.000 36.000%	0.000	28.000 56.000%	2.000	4.000 8.000%	25.000	*N/A*	*N/A*	1.200
920 Granola Bars Crunchy Oats & Honey	PKG	42	200.000	0.000 0.000%	140.000	12.000 24.000%	*N/A* *N/A%*	7.000 31.500%	0.000	30.000 60.000%	2.000	4.000 8.000%	60.000	*N/A*	*N/A*	1.000
1123 Granola Topping	OUNCES	35	76.542	0.848 9.976%	46.289	*5.245* *27.410%*	*N/A* *N/A%*	4.693 55.176%	0.000	8.060 42.120%	0.555	0.627 3.277%	203.359	9.212	0.011	0.222
154 Grapes	1/2 CUP	46	30.820	0.052 1.530%	0.920	7.475 97.015%	*N/A* *N/A%*	0.161 4.701%	0.000	7.889 102.388%	0.414	0.290 3.764%	46.000	6.440	1.840	0.133
990175 Grapes Sliced	1/2 Cup	46	30.820	0.052 1.530%	0.920	7.475 97.015%	*N/A* *N/A%*	0.161 4.701%	0.000	7.889 102.388%	0.414	0.290 3.764%	46.000	6.440	1.840	0.133
707 Gravy	1/4 CUP	63	19.714	0.000 0.000%	287.600	*0.000* *0.000%*	*N/A* *N/A%*	0.493 22.498%	0.000	2.957 60.000%	0.000	0.000 0.000%	0.000	1.750	0.000	0.000
128 Green Beans	1/2 CUP	143	22.740	0.025 1.001%	187.724	*0.000* *0.000%*	*N/A* *N/A%*	0.139 5.509%	0.000	4.295 75.548%	1.432	1.432 25.189%	6.328	42.958	0.000	1.145

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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)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
181 Grilled Cheese	SANDWIC H	124	347.750	6.675 17.275%	795.127	*4.200* *4.831%*	*N/A* *N/A%*	15.913 41.183%	30.000	34.800 40.029%	3.300	18.600 21.395%	*168.746*	*66.000*	*0.000*	*0.880*
990173 Grilled Cheese Pepperoni	1 sandwich	147	397.169	10.136 22.969%	927.579	5.930 5.972%	*N/A* *N/A%*	22.824 51.721%	50.312	35.741 35.995%	3.895	18.167 18.296%	*0.000*	*74.505*	*4.961*	*1.502*
888 Ham & Beans	4 OZ	256	287.245	1.586 4.970%	609.338	*1.448* *2.016%*	*N/A* *N/A%*	3.485 10.920%	24.013	46.707 65.041%	10.247	22.034 30.683%	0.831	110.790	2.900	3.520
405 Ham & Cheese Sandwich	SANDWIC H	153	282.550	4.500 14.335%	1030.329	7.000 9.910%	4.000 5.663%	9.501 30.263%	52.525	35.001 49.550%	*0.000*	19.502 27.609%	*0.000*	*40.000*	*0.000*	*2.342*
841 Hamburger Bun	Bun	54	150.000	0.500 3.000%	310.000	4.000 10.667%	4.000 10.667%	2.000 12.000%	0.000	29.000 77.333%	*N/A*	4.000 10.667%	*N/A*	40.000	*N/A*	1.900
1145 Hamburger Patty Sec	Patty	70	170.000	5.000 26.471%	220.000	0.000 0.000%	*N/A* *N/A%*	13.000 68.824%	35.000	2.000 4.706%	1.000	12.000 28.235%	0.000	0.000	0.000	*N/A*
734 Hamburger w/Bun Sec	Sandwich	124	320.000	5.500 15.469%	530.000	4.000 5.000%	4.000 5.000%	15.000 42.188%	35.000	31.000 38.750%	*1.000*	16.000 20.000%	*0.000*	40.000	*0.000*	*1.900*
161 Hamburger w/Bun, Elem	Sandwich	118	291.000	4.400 13.608%	471.000	4.000 5.498%	4.000 5.498%	12.000 37.113%	36.000	30.000 41.237%	*1.000*	17.000 23.368%	*0.000*	65.000	*0.000*	2.900
441 Hashbrown Patty	Patty	64	130.000	2.000 13.846%	230.000	*N/A* *N/A%*	*N/A* *N/A%*	8.000 55.385%	0.000	14.000 43.077%	2.000	1.000 3.077%	0.000	0.000	4.800	0.360
990082 Hashbrown Stuffed	PKG	106	290.000	6.000 18.621%	760.000	2.000 2.759%	*N/A* *N/A%*	17.000 52.759%	25.000	25.000 34.483%	2.000	10.000 13.793%	4.000	10.000	4.000	8.000
990040 Healthy Choice Pasta Sauce	2 OZ	57	27.000	0.000 0.000%	166.497	3.150 46.667%	*N/A* *N/A%*	0.000 0.000%	0.000	5.400 79.999%	1.350	0.900 13.333%	*N/A*	9.000	*N/A*	0.486
1045 Homemade Sausage Gravy	1/2 Cup	194	342.761	*2.137* *5.610%*	*701.298*	*6.160* *7.189%*	*N/A* *N/A%*	25.751 67.615%	*40.799*	15.306 17.862%	0.984	11.614 13.553%	*604.228*	*168.247*	*0.672*	*0.891*
990150 Honey Cheerios Cereal	Bowl	28	110.000	0.000 0.000%	170.000	6.000 21.818%	*N/A* *N/A%*	1.500 12.273%	0.000	22.000 80.000%	2.000	3.000 10.909%	*N/A*	80.000	*N/A*	2.700
152 Honeydew	1/2 CUP	85	30.600	0.032 0.950%	15.300	6.902 90.222%	*N/A* *N/A%*	0.119 3.500%	0.000	7.727 101.000%	0.680	0.459 6.000%	42.500	5.100	15.300	0.144
194 Hot Dog, Elem	1 Hot Dog	113	325.714	5.000 13.816%	797.143	5.619 6.901%	*N/A* *N/A%*	17.357 47.960%	60.000	31.143 38.246%	1.810	12.333 15.146%	*5.000*	125.238	*0.000*	2.618
391 Hot Dog, Sec	Hot dog	147	405.714	9.000 19.965%	1027.143	3.619 3.568%	*N/A* *N/A%*	26.357 58.468%	50.300	30.143 29.718%	1.810	16.333 16.103%	*N/A*	45.238	*N/A*	1.538
193 Hot Ham & Cheese	Sandwich	153	282.550	4.500 14.335%	1030.329	7.000 9.910%	4.000 5.663%	9.501 30.263%	52.525	35.001 49.550%	*0.000*	19.502 27.609%	*0.000*	*40.000*	*0.000*	*2.342*

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990138 Hot Pocket Chicken Enchilada (Calzone)	Calzone	142	300.000	5.000 15.000%	650.000	4.000 5.333%	*N/A* *N/A%*	11.000 33.000%	35.000	32.000 42.667%	3.000	19.000 25.333%	*N/A*	271.000	*N/A*	2.000
990139 Hot Pocket Pepperoni (Calzone)	Calzone	142	270.000	4.000 13.333%	540.000	4.000 5.926%	*N/A* *N/A%*	10.000 33.333%	30.000	30.000 44.444%	3.000	17.000 25.185%	*N/A*	222.000	*N/A*	2.000
908 Hot Roll	ROLL	62	176.000	0.000 0.000%	297.000	5.500 12.500%	*N/A* *N/A%*	2.200 11.250%	0.000	31.900 72.500%	2.200	5.500 12.500%	0.000	55.000	6.600	1.760
857 Hot Roll Scratch	ROLL	86	230.591	*0.778* *3.038%*	*454.178*	*6.031* *10.462%*	*N/A* *N/A%*	5.981 23.344%	*0.525*	38.702 67.135%	3.718	6.527 11.322%	*0.578*	*34.441*	*0.182*	3.168
1159 Hot Sauce	TSP	5	0.000	0.000 *N/A%*	150.000	*N/A* *N/A%*	*N/A* *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
1177 Hummus Red Pepper Pretzel	4.56 OZ	129	370.000	3.000 7.297%	840.000	1.000 1.081%	*N/A* *N/A%*	20.000 48.649%	300.000	40.000 43.243%	5.000	10.000 10.811%	*N/A*	500.000	*N/A*	*N/A*
1092 Ice Cream Cup Vanilla/Choc	Cup	51	70.000	0.500 6.429%	35.000	11.000 62.857%	*N/A* *N/A%*	1.000 12.857%	*N/A*	14.000 80.000%	2.000	2.000 11.429%	200.000	80.000	0.000	0.000
1018 Ice Cream Fudge Bar	BAR	92	130.000	1.000 6.923%	95.000	21.000 64.615%	*N/A* *N/A%*	1.500 10.385%	5.000	25.000 76.923%	0.050	5.000 15.385%	100.000	150.000	0.000	0.720
1021 Ice Cream Sandwich	Sandwich	55	130.000	1.000 6.923%	105.000	12.000 36.923%	*N/A* *N/A%*	2.500 17.308%	5.000	25.000 76.923%	0.000	3.000 9.231%	100.000	200.000	0.000	0.000
1020 Ice Cream Sundae Cone Mini	Cone	62	120.000	1.000 7.500%	70.000	17.000 56.667%	*N/A* *N/A%*	2.000 15.000%	0.000	25.000 83.333%	2.000	3.000 10.000%	100.000	300.000	0.000	0.360
115 Jello Apples	APPLE	142	86.882	*0.039* *0.400%*	11.461	*14.338* *66.011%*	*N/A* *N/A%*	0.235 2.430%	*0.000*	22.650 104.278%	*3.312*	0.668 3.075%	*74.520*	*8.280*	*6.348*	0.172
1012 Jello Cake	PIECE	110	319.582	*8.098* *22.804%*	303.517	*10.886* *13.625%*	*N/A* *N/A%*	12.432 35.010%	*12.600*	52.323 65.489%	*0.000*	3.051 3.819%	*54.431*	*34.239*	*0.000*	0.917
123 Jello w/Peaches	4 OZ	218	121.582	*0.000* *0.000%*	44.334	*0.000* *0.000%*	*N/A* *N/A%*	0.038 0.278%	*0.000*	30.971 101.894%	*1.590*	1.657 5.451%	*22.851*	*6.339*	*2.980*	0.472
379 Jelly	TBSP	21	55.860	0.001 0.016%	6.300	10.756 77.021%	*N/A* *N/A%*	0.004 0.068%	0.000	14.690 105.188%	0.210	0.032 0.229%	1.050	1.470	0.189	0.040
1109 Jelly Grape	TBSP	20	50.000	0.000 0.000%	5.000	10.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	13.000 104.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
981 Juice Carton	Carton	113	60.000	*N/A* *N/A%*	15.000	13.000 86.667%	*N/A* *N/A%*	0.000 0.000%	*N/A*	14.000 93.333%	0.000	0.000 0.000%	500.000	100.000	60.000	*N/A*
983 Juice Cup	CUP	113	60.000	*N/A* *N/A%*	15.000	13.000 86.667%	*N/A* *N/A%*	0.000 0.000%	*N/A*	15.000 100.000%	0.000	0.000 0.000%	65.000	0.000	0.000	0.000

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Jefferson City School District

Recipe Nutrient Composition - Summary

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765 Juice Cup Frz	CUP	125	70.000	0.000 0.000%	5.000	16.000 91.429%	*N/A* *N/A%*	0.000 0.000%	0.000	19.000 108.571%	3.000	0.000 0.000%	500.000	80.000	60.000	0.360
984 Juice Fruit 66	CAN	227	116.000	*N/A* *N/A%*	10.000	28.000 96.552%	*N/A* *N/A%*	0.000 0.000%	*N/A*	28.000 96.552%	0.000	0.000 0.000%	500.000	100.000	60.000	*N/A*
792 Juice Jamba	4 OZ	113	60.000	0.000 0.000%	0.000	*N/A* *N/A%*	*N/A* *N/A%*	0.000 0.000%	0.000	14.000 93.333%	1.000	0.000 0.000%	0.000	20.000	36.000	0.000
980 Juice V8 Pomegranate Blueberry	CAN	227	100.000	0.000 0.000%	65.000	22.000 88.000%	*N/A* *N/A%*	0.000 0.000%	0.000	25.000 100.000%	0.000	0.000 0.000%	500.000	20.000	60.000	0.360
979 Juice V8 Straw Ban Fusion	Can	227	110.000	0.000 0.000%	70.000	22.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	28.000 101.818%	0.000	0.000 0.000%	2500.000	20.000	60.000	0.360
982 JUICY JUICE BOX	BOX	191	100.000	*N/A* *N/A%*	15.000	22.000 88.000%	*N/A* *N/A%*	0.000 0.000%	*N/A*	24.000 96.000%	*N/A*	0.000 0.000%	110.000	*N/A*	60.000	*N/A*
1138 Ketchup	TBSP	17	20.000	0.000 0.000%	160.000	4.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	5.000 100.000%	0.000	0.000 0.000%	100.000	0.000	1.200	0.000
465 Kiwi	1/2 CUP	89	53.985	0.026 0.428%	2.655	7.956 58.950%	*N/A* *N/A%*	0.460 7.672%	0.000	12.974 96.131%	2.655	1.009 7.476%	76.995	30.090	82.040	0.274
687 Lasagna	PIECE	97	280.288	8.420 27.037%	248.302	3.359 4.794%	*N/A* *N/A%*	14.408 46.264%	54.144	20.646 29.464%	0.809	16.805 23.982%	*7.518*	*13.708*	*2.344*	*5.323*
581 Little Smokies	8 Smokies	106	308.335	6.750 19.702%	1253.858	*4.050* *5.254%*	*N/A* *N/A%*	21.600 63.047%	60.749	19.332 25.079%	0.000	8.100 10.508%	20.250	27.000	0.000	0.972
383 Lunch Beef Burrito	SERVINGS	182	515.158	12.077 21.100%	912.696	*0.353* *0.274%*	*N/A* *N/A%*	25.572 44.675%	93.347	37.802 29.352%	1.275	29.465 22.878%	*405.534*	*170.191*	*0.783*	*4.141*
990174 Lunch Tornado Variety	2 Tornado	170	350.000	3.000 7.714%	680.000	2.000 2.286%	*N/A* *N/A%*	13.000 33.429%	15.000	48.000 54.857%	3.000	13.000 14.857%	*0.000*	*N/A*	0.000	*N/A*
480 Mac/Cheese	1/2 Cup	264	289.652	5.328 16.554%	543.202	*8.983* *12.405%*	*N/A* *N/A%*	11.119 34.548%	25.769	28.378 39.188%	0.831	17.273 23.853%	*432.993*	*165.701*	*0.730*	*0.058*
536 Mandarin Oranges	1/2 CUP	113	71.441	0.011 0.142%	6.804	*N/A* *N/A%*	*N/A* *N/A%*	0.159 2.001%	0.000	18.212 101.968%	1.361	0.612 3.427%	1467.370	9.072	22.226	0.420
348 Manwich w/Bun	Sandwich	141	200.383	4.491 20.172%	422.208	*0.082* *0.164%*	*0.082* *0.164%*	11.802 53.007%	53.318	6.338 12.652%	*0.957*	15.614 31.168%	*394.274*	12.578	*1.913*	2.634
609 Manwich w/Tostito Scoops	Serving	165	307.322	4.481 13.123%	540.881	*0.000* *0.000%*	*N/A* *N/A%*	14.261 41.764%	53.318	24.746 32.209%	2.957	17.533 22.820%	394.274	31.761	1.913	2.955
366 Margarine	OZ	28	202.496	4.050 18.000%	222.746	*N/A* *N/A%*	*N/A* *N/A%*	22.275 99.000%	0.000	0.000 0.000%	0.000	0.000 0.000%	1012.482	0.000	0.000	0.000

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364 Marinara Sauce	2 oz servings	59	28.080	0.000 0.000%	173.157	3.276 46.667%	*N/A* *N/A%*	0.000 0.000%	0.000	5.616 79.999%	1.404	0.936 13.333%	*N/A*	9.360	*N/A*	0.505
458 Mashed Potatoes & Gravy	1/2 CUP	19	67.135	0.023 0.314%	305.586	*N/A* *N/A%*	*N/A* *N/A%*	0.879 11.782%	0.152	14.115 84.100%	*0.801*	1.692 10.081%	2.464	17.190	24.037	0.251
1139 Mayonnaise	TBSP	14	100.000	1.500 13.500%	85.000	0.000 0.000%	*N/A* *N/A%*	11.000 99.000%	10.000	0.000 0.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
1 Meat Sauce	4 OZ	85	182.212	4.844 23.924%	55.935	0.000 0.000%	*N/A* *N/A%*	12.713 62.791%	57.630	0.000 0.000%	0.000	15.755 34.586%	*11.865*	12.712	*0.000*	1.771
990101 Meatball, Italian, Ckd	4 Meatballs	113	373.333	12.000 28.929%	706.667	2.667 2.858%	*N/A* *N/A%*	30.667 73.929%	66.667	6.667 7.143%	1.333	14.667 15.715%	*N/A*	*N/A*	*N/A*	*N/A*
556 Meatloaf	4 OZ	148	225.731	4.734 18.874%	520.989	*9.564* *16.948%*	*N/A* *N/A%*	12.652 50.443%	99.366	12.190 21.602%	0.561	16.070 28.476%	*930.429*	73.106	3.402	2.573
730 Meatloaf Sandwich	Sandwich	199	374.828	8.538 20.502%	664.524	*10.070* *10.746%*	*0.080* *0.085%*	21.283 51.102%	115.154	17.670 18.856%	*0.779*	26.799 28.599%	*1052.529*	171.267	*3.406*	2.979
434 Melon Wedges (Honeydew & Cantaloupe)	1/2 CUP	82	28.560	0.036 1.134%	13.890	6.516 91.261%	*N/A* *N/A%*	0.134 4.210%	0.000	7.046 98.678%	0.691	0.557 7.801%	1340.230	6.060	21.963	0.154
990034 Mexican Bean Salsa	1/3 CUP	132	98.506	0.093 0.853%	224.700	*1.134* *4.605%*	*N/A* *N/A%*	0.572 5.222%	0.000	19.298 78.364%	5.061	4.556 18.500%	294.602	37.450	9.738	5.966
759 Mexican Beef Rice Casserole	4 oz	216	331.944	6.286 17.044%	501.045	*0.106* *0.128%*	*N/A* *N/A%*	13.897 37.678%	62.225	26.568 32.015%	3.612	22.611 27.247%	*563.183*	*80.681*	*2.723*	*3.586*
16 Mexican Meat	1/2 CUP SERVING	158	210.366	4.845 20.728%	313.672	*0.536* *1.019%*	*N/A* *N/A%*	12.735 54.485%	57.630	6.828 12.983%	1.283	16.016 30.454%	901.938	16.560	3.165	2.597
209 Mexican Seasoning Mix	CUPS	134	74.000	0.000 0.000%	2114.747	1.075 5.811%	*N/A* *N/A%*	0.275 3.345%	0.000	15.750 85.135%	2.650	2.825 15.270%	6935.375	35.000	0.000	0.540
317 Mik 1%	CARTON	227	100.000	1.500 13.500%	120.000	11.000 44.000%	*N/A* *N/A%*	2.500 22.500%	15.000	11.000 44.000%	0.000	8.000 32.000%	500.000	300.000	1.200	0.000
1186 Milk Choc	CARTON	227	150.000	1.500 9.000%	230.000	22.000 58.667%	*N/A* *N/A%*	2.500 15.000%	10.000	24.000 64.000%	0.000	8.000 21.333%	20.000	20.000	*N/A*	0.000
327 Milk Skim	CARTON	227	80.000	0.000 0.000%	120.000	11.000 55.000%	*N/A* *N/A%*	0.000 0.000%	5.000	11.000 55.000%	0.000	8.000 40.000%	500.000	300.000	1.200	0.000
319 Milk Strawberry	CARTON	227	140.000	1.500 9.643%	105.000	22.000 62.857%	*N/A* *N/A%*	2.500 16.071%	10.000	22.000 62.857%	0.000	8.000 22.857%	15.000	25.000	*N/A*	0.000
489 Milk Variety	carton	227	117.500	1.125 8.617%	143.750	16.500 56.170%	*N/A* *N/A%*	1.875 14.362%	10.000	17.000 57.872%	0.000	8.000 27.234%	258.750	161.250	*0.600*	0.000

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690 Mini Cinnis, WGR	Pkg	65	230.000	1.500 5.870%	280.000	14.000 24.348%	13.000 22.609%	7.000 27.391%	0.000	41.000 71.304%	3.000	5.000 8.696%	*N/A*	30.000	0.000	1.700
169 Mix Vegetables	1/2 CUP	58	50.948	0.258 4.559%	45.053	*0.000* *0.000%*	*N/A* *N/A%*	1.409 24.883%	0.000	7.637 59.962%	2.268	1.888 14.823%	2929.799	14.179	5.897	0.539
990088 Mixed Berry Cup	cup	113	90.317	*N/A* *N/A%*	*N/A*	16.056 71.110%	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	20.070 88.889%	2.007	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
342 Mozzarella Cheese Sticks, WG, Elem	5 Sticks	128	398.961	7.481 16.875%	465.455	1.662 1.666%	*N/A* *N/A%*	19.948 45.000%	33.247	36.571 36.667%	3.325	18.286 18.334%	*N/A*	448.831	*N/A*	2.161
990230 Mozzarella Cheese Sticks, WG, Sec	6 Sticks	154	480.000	9.000 16.875%	560.000	2.000 1.667%	*N/A* *N/A%*	24.000 45.000%	40.000	44.000 36.667%	4.000	22.000 18.333%	*N/A*	540.000	*N/A*	2.600
990119 Mozzarella Filled Twisted Breadstick	2 Breadsticks	176	440.000	6.000 12.273%	660.000	6.000 5.455%	*N/A* *N/A%*	12.000 24.545%	20.000	58.000 52.727%	6.000	26.000 23.636%	*N/A*	284.000	*N/A*	2.000
990196 Muffin Puck Variety	Muffin	43	160.000	4.000 22.500%	130.000	11.500 28.750%	6.000 15.000%	8.500 47.812%	25.000	18.500 46.250%	0.500	2.000 5.000%	*N/A*	*0.000*	*N/A*	0.850
990199 Muffin Puck Variety & Toast	Muffin	79	270.749	4.675 15.540%	266.124	*12.600* *18.615%*	*6.000* *8.864%*	13.312 44.252%	25.000	33.900 50.083%	2.150	5.300 7.830%	*168.746*	*33.000*	*0.000*	1.290
990149 Muffin Puck, Blueberry	Muffin	43	150.000	4.000 24.000%	140.000	10.000 26.667%	*N/A* *N/A%*	8.000 48.000%	25.000	17.000 45.333%	0.000	2.000 5.333%	*N/A*	*N/A*	*N/A*	0.500
1068 Muffin Puck, Chocolate Chocolate Chip	Muffin	43	170.000	4.000 21.176%	120.000	13.000 30.588%	12.000 28.235%	9.000 47.647%	25.000	20.000 47.059%	1.000	2.000 4.706%	*N/A*	0.000	*N/A*	1.200
990178 Muffin Variety	1 Pkg	59	207.500	2.250 9.759%	147.500	17.250 33.253%	12.500 24.096%	7.750 33.614%	36.250	30.750 59.277%	1.750	3.250 6.265%	*25.000*	35.000	0.600	1.215
990125 Muffin Variety & Toast	Pkg	95	318.249	2.925 8.272%	283.624	*18.350* *23.064%*	*12.500* *15.711%*	12.562 35.526%	36.250	46.150 58.005%	3.400	6.550 8.233%	*193.746*	68.000	*0.600*	1.655
990148 Muffin, Apple Cinnamon, WG	Muffin	57	188.997	1.989 9.473%	129.314	15.916 33.685%	*N/A* *N/A%*	5.968 28.421%	39.789	30.836 65.263%	1.989	2.984 6.315%	99.472	39.789	2.387	1.074
990249 Muffin, Apple Cinnamon, WG, ECC	Muffin	57	188.997	1.989 9.473%	129.314	15.916 33.685%	*N/A* *N/A%*	5.968 28.421%	39.789	30.836 65.263%	1.989	2.984 6.315%	99.472	39.789	2.387	1.074
990146 Muffin, Banana, WG	Muffin	57	190.000	2.000 9.474%	130.000	17.000 35.789%	15.000 31.579%	6.000 28.421%	40.000	30.000 63.158%	2.000	3.000 6.316%	*N/A*	30.000	0.000	0.880
990147 Muffin, Blueberry, WG	Muffin	57	190.000	2.000 9.474%	130.000	16.000 33.684%	16.000 33.684%	6.000 28.421%	30.000	30.000 63.158%	2.000	3.000 6.316%	*N/A*	30.000	0.000	0.900
990258 Muffin, Blueberry, WG, ECC	Muffin	57	190.000	2.000 9.474%	130.000	16.000 33.684%	16.000 33.684%	6.000 28.421%	30.000	30.000 63.158%	2.000	3.000 6.316%	*N/A*	30.000	0.000	0.900

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951 Muffin, Choc Choc Chip (not WG)	Muffin	64	260.000	3.000 10.385%	200.000	20.000 30.769%	19.000 29.231%	13.000 45.000%	35.000	32.000 49.231%	1.000	4.000 6.154%	*N/A*	40.000	0.000	2.000
1137 Mustard	TBSP	15	0.000	0.000 *N/A%*	240.000	0.000 *N/A%*	*N/A* *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
1130 Nacho Bites w/Queso	SERVING	170	391.610	9.550 21.948%	876.500	1.290 1.318%	0.000 0.000%	19.630 45.114%	44.050	33.310 34.024%	3.070	17.680 18.059%	*500.000*	*150.000*	2.400	1.440
876 Nacho Cheese/Chips	SERVINGS	107	280.562	6.501 20.853%	662.461	2.109 3.007%	*N/A* *N/A%*	14.503 46.524%	30.000	22.109 31.520%	2.021	14.023 19.993%	*8.525*	*23.898*	*0.062*	*0.395*
467 Nacho Supreme	servings	240	518.485	14.643 25.418%	1132.911	*0.627* *0.484%*	*N/A* *N/A%*	31.639 54.920%	104.423	28.606 22.069%	3.301	28.941 22.327%	1432.089	283.965	3.217	3.319
942 Nutri Grain Bar Blueberry	BAR	44	159.720	0.704 3.967%	134.200	*N/A* *N/A%*	*N/A* *N/A%*	3.960 22.314%	0.000	29.832 74.711%	2.992	2.156 5.399%	861.960	211.772	0.000	2.552
943 Nutri Grain Bar Straw	Bar	44	157.960	0.660 3.760%	148.280	*N/A* *N/A%*	*N/A* *N/A%*	3.960 22.563%	0.000	29.480 74.652%	2.948	2.200 5.571%	861.080	213.400	0.000	1.804
1165 Nutri Grain Bar, Apple Cinnamon	Bar	44	160.000	0.500 2.812%	135.000	14.000 35.000%	*N/A* *N/A%*	4.000 22.500%	0.000	30.000 75.000%	3.000	2.000 5.000%	750.000	200.000	0.000	1.800
990110 Oatmeal Round	Cookie	79	310.000	2.000 5.806%	210.000	26.000 33.548%	*N/A* *N/A%*	10.000 29.032%	15.000	53.000 68.387%	5.000	5.000 6.452%	*N/A*	52.000	*N/A*	1.800
990206 Omelet Variety	Omelet	92	145.000	4.250 26.379%	450.000	1.000 2.759%	0.000 0.000%	10.000 62.069%	227.500	2.000 5.517%	0.000	11.000 30.345%	*N/A*	105.500	*N/A*	1.000
990208 Omelet Variety & Toast	1 Omelet	128	255.749	4.925 17.331%	586.124	*2.100* *3.284%*	*0.000* *0.000%*	14.812 52.126%	227.500	17.400 27.214%	1.650	14.300 22.366%	*168.746*	138.500	*0.000*	1.440
990205 Omelet, Cheese	Omelet	99	180.000	6.000 30.000%	400.000	1.000 2.222%	0.000 0.000%	13.000 65.000%	270.000	2.000 4.444%	0.000	13.000 28.889%	*N/A*	157.000	*N/A*	1.000
990204 Omelet, Ham/Cheese/Vegetables	Omelet	85	110.000	2.500 20.455%	500.000	1.000 3.636%	0.000 0.000%	7.000 57.273%	185.000	2.000 7.273%	0.000	9.000 32.727%	*N/A*	54.000	*N/A*	1.000
155 Orange Smiles	ORANGE	131	61.570	0.020 0.287%	0.000	12.248 79.571%	*N/A* *N/A%*	0.157 2.298%	0.000	15.393 100.000%	3.144	1.231 7.997%	294.750	52.400	69.692	0.131
650 Pancake Mini Maple	Pkg	86	200.000	1.000 4.500%	210.000	10.000 20.000%	10.000 20.000%	6.000 27.000%	0.000	35.000 70.000%	4.000	4.000 8.000%	0.000	40.000	0.000	3.600
651 Pancake Mini Strawberry	Pkg	89	230.000	0.000 0.000%	260.000	14.000 24.348%	*N/A* *N/A%*	6.000 23.478%	0.000	39.000 67.826%	2.000	4.000 6.957%	0.000	60.000	0.000	1.500
990192 Pancake Mini Variety	1 Pkg	88	215.000	0.500 2.093%	235.000	12.000 22.326%	5.000 9.302%	6.000 25.116%	0.000	37.000 68.837%	3.000	4.000 7.442%	0.000	50.000	0.000	2.550

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990257 Pancake, Mini Maple, WG, ECC	Pkg	86	200.000	1.000 4.500%	210.000	10.000 20.000%	10.000 20.000%	6.000 27.000%	0.000	35.000 70.000%	4.000	4.000 8.000%	0.000	40.000	0.000	3.600
990259 Pancake, Mini Strawberry, WG, ECC	Pkg	89	230.000	0.000 0.000%	260.000	14.000 24.348%	*N/A* *N/A%*	6.000 23.478%	0.000	39.000 67.826%	2.000	4.000 6.957%	0.000	60.000	0.000	1.500
891 Pancake, Stick Turkey Sausage, WG	Stick	81	190.000	2.500 11.842%	310.000	4.000 8.421%	4.000 8.421%	10.000 47.368%	25.000	17.000 35.789%	3.000	7.000 14.737%	0.000	30.000	0.000	1.800
990246 Pancake, Stick Turkey Sausage, WG, ECC	Stick	81	190.000	2.500 11.842%	310.000	4.000 8.421%	4.000 8.421%	10.000 47.368%	25.000	17.000 35.789%	3.000	7.000 14.737%	0.000	30.000	0.000	1.800
948 Pancakes	2 PANCAKE S	65	139.950	0.000 0.000%	219.921	3.999 11.430%	*N/A* *N/A%*	3.999 25.714%	9.996	27.990 80.000%	1.999	3.999 11.430%	0.000	0.000	0.000	1.439
1152 Panine Sandwich	Panine	150	302.550	4.500 13.387%	920.329	5.000 6.610%	*N/A* *N/A%*	11.001 32.725%	52.525	36.001 47.597%	3.000	21.502 28.428%	*0.000*	*20.000*	*0.000*	*1.882*
1157 Parmesan Cheese	1/4 CUP	28	100.000	4.000 36.000%	430.000	0.050 0.200%	*N/A* *N/A%*	7.000 63.000%	20.000	0.050 0.200%	0.000	9.000 36.000%	200.000	300.000	0.000	0.000
990186 Parmesan Chicken Sandwich, Elem	Sandwich	253	563.091	12.647 20.215%	1085.927	11.460 8.141%	4.000 2.841%	25.924 41.435%	85.000	51.881 36.855%	*3.191*	32.009 22.738%	*0.000*	*77.010*	*9.922*	*4.016*
990185 Parmesan Chicken Sandwich, Sec	Sandwich	266	623.092	13.147 18.990%	1195.927	11.460 7.357%	4.000 2.568%	30.924 44.667%	100.000	53.881 34.590%	*1.191*	33.009 21.190%	*N/A*	*67.010*	*9.922*	*3.216*
192 Pasta Bar	SERVINGS	187	367.909	5.529 13.525%	481.600	*5.969* *6.490%*	*N/A* *N/A%*	12.731 31.142%	53.332	37.537 40.811%	3.000	23.783 25.857%	*0.000*	*21.915*	*0.000*	*3.137*
1174 PASTA BOWTIE	2 OZ	57	200.000	0.000 0.000%	0.000	2.000 4.000%	*N/A* *N/A%*	1.000 4.500%	0.000	41.000 82.000%	2.000	7.000 14.000%	*N/A*	*N/A*	*N/A*	*N/A*
1175 Pasta Egg Noodle	2 OZ	57	210.000	0.500 2.143%	10.000	2.000 3.810%	*N/A* *N/A%*	2.500 10.714%	0.000	39.000 74.286%	2.000	8.000 15.238%	*N/A*	*N/A*	*N/A*	10.000
173 Pasta Salad	1/2 CUP	219	149.830	1.345 8.077%	468.017	*1.078* *2.878%*	*N/A* *N/A%*	8.894 53.423%	4.860	14.386 38.406%	1.349	2.977 7.948%	*113.035*	*17.274*	*24.929*	*0.211*
1188 Pasta Sydney	SERVING	308	786.142	13.178 15.087%	1442.061	*2.440* *1.242%*	*N/A* *N/A%*	50.392 57.691%	83.165	44.296 22.538%	2.940	39.185 19.938%	1214.513	623.727	14.067	3.026
990121 Patty Melt	Sandwich	233	470.933	6.874 13.137%	528.766	*5.040* *4.281%*	*N/A* *N/A%*	24.823 47.439%	45.800	38.192 32.439%	5.278	28.185 23.940%	*549.953*	373.827	*4.255*	2.063
1108 PB&J Sandwich w/Cheese Stick	Sandwich	142	493.880	6.500 11.845%	543.040	15.200 12.311%	0.000 0.000%	24.192 44.085%	19.880	52.800 42.763%	5.300	21.608 17.501%	*0.000*	*265.920*	*0.000*	*0.880*
15 PBJ Sandwich	SANDWIC H	103	376.344	3.000 7.175%	360.520	9.502 10.099%	*N/A* *N/A%*	18.202 43.528%	0.000	44.676 47.484%	5.384	13.613 14.469%	*0.420*	*66.588*	*0.076*	*0.896*

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1181 PBJ/Cheese Stick	Sandwich	142	494.000	8.000 14.575%	563.000	15.200 12.308%	*N/A* *N/A%*	25.200 45.911%	20.000	51.800 41.943%	5.300	20.600 16.680%	*0.000*	*66.000*	*0.000*	*0.880*
1095 Peach Crisp	1/2 CUP	145	260.440	*1.296* *4.478%*	*80.496*	*19.061* *29.275%*	*N/A* *N/A%*	7.245 25.035%	*0.000*	49.303 75.722%	2.463	1.453 2.232%	*618.802*	*17.257*	*100.363*	0.924
357 Peach Cup	CUP	125	90.000	0.000 0.000%	0.000	19.000 84.444%	*N/A* *N/A%*	0.000 0.000%	0.000	21.000 93.333%	2.000	1.000 4.444%	*N/A*	0.000	*N/A*	*N/A*
437 Peaches	1/2 CUP	126	60.968	0.000 0.000%	10.161	12.194 80.003%	*N/A* *N/A%*	0.000 0.000%	0.000	14.226 93.333%	0.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
397 Peanut Butter Bars	Servings	100	529.132	10.843 18.443%	315.177	*31.703* *23.966%*	*N/A* *N/A%*	31.158 52.996%	0.569	56.574 42.767%	2.105	5.407 4.087%	539.990	*68.777*	0.000	*0.408*
990076 Peanut Butter Cup	SERVING	32	200.000	3.000 13.500%	160.000	3.000 6.000%	*N/A* *N/A%*	16.000 72.000%	0.000	8.000 16.000%	2.000	7.000 14.000%	0.000	*N/A*	0.000	*N/A*
990164 Pear Crisp CN	1/2 CUP	181	163.369	*1.276* *7.027%*	*74.242*	*19.083* *46.724%*	*N/A* *N/A%*	7.111 39.172%	*0.000*	24.721 60.529%	0.762	0.805 1.971%	*317.772*	*15.843*	*0.224*	0.558
90 Pear Fresh	Pear	166	94.620	0.037 0.347%	1.660	16.185 68.421%	*N/A* *N/A%*	0.232 2.211%	0.000	25.282 106.877%	5.146	0.598 2.528%	41.500	14.940	7.138	0.299
390 Pears, CN	1/2 CUP	124	57.231	0.000 0.000%	4.769	11.446 79.999%	*N/A* *N/A%*	0.000 0.000%	0.000	15.262 106.666%	1.908	0.000 0.000%	0.000	6.925	1.927	0.200
170 Peas	1/2 CUP	116	99.365	0.405 3.668%	159.876	*5.274* *21.231%*	*N/A* *N/A%*	3.107 28.137%	0.000	14.065 56.619%	2.637	3.516 14.154%	*101.248*	*0.009*	*0.000*	*0.000*
738 Philly Cheesesteak Sandwich	Sandwich	232	397.010	3.528 7.998%	921.984	*6.882* *6.934%*	*N/A* *N/A%*	11.577 26.243%	40.000	48.963 49.332%	5.964	23.556 23.733%	*105.460*	*9.355*	*24.891*	*2.676*
531 PIE PUMPKIN	1/10 PIE	122	290.000	4.000 12.414%	360.000	20.000 27.586%	*N/A* *N/A%*	11.000 34.138%	40.000	46.000 63.448%	1.000	4.000 5.517%	1750.000	70.000	0.000	0.500
990032 PIE PUMPKIN *RESIZED*	1/8 PIE	153	362.500	5.000 12.414%	450.000	25.000 27.586%	*N/A* *N/A%*	13.750 34.138%	50.000	57.500 63.448%	1.250	5.000 5.517%	2187.500	87.500	0.000	0.625
466 Pig in Blanket Ele	SERVINGS	118	390.849	10.286 23.684%	1193.118	4.114 4.210%	*N/A* *N/A%*	24.457 56.316%	60.000	31.485 32.222%	1.057	9.171 9.386%	5.000	111.713	0.000	2.771
990064 Pig in Blanket Sec	SANDWIC H	166	525.849	17.286 29.584%	1518.118	2.114 1.608%	*N/A* *N/A%*	37.957 64.964%	65.300	30.485 23.189%	1.057	16.171 12.301%	*0.000*	*31.713*	*0.000*	*1.691*
92 Pineapple Tidbits	1/2 CUP	123	80.656	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	15.123 75.000%	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
858 Pizza	1 Slice	153	400.000	9.000 20.250%	580.000	9.000 9.000%	*N/A* *N/A%*	17.000 38.250%	40.000	42.000 42.000%	2.000	19.000 19.000%	10.000	350.000	0.000	2.800

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45 Pizza Burger	SERVINGS	155	258.550	6.842 23.818%	367.648	*0.220* *0.340%*	*0.080* *0.124%*	15.679 54.579%	68.172	6.589 10.193%	*1.096*	22.617 34.991%	*672.158*	151.205	*2.663*	2.674
635 Pizza Pepperoni	SLICE	168	465.811	11.531 22.280%	848.308	9.000 7.728%	*N/A* *N/A%*	23.581 45.561%	52.656	42.000 36.066%	2.000	21.531 18.489%	10.000	350.000	0.000	2.982
916 Pizza Quesadilla	Slice	136	330.000	3.500 9.545%	830.000	3.000 3.636%	*N/A* *N/A%*	12.000 32.727%	10.000	40.000 48.485%	4.000	16.000 19.394%	15.000	*N/A*	*N/A*	*N/A*
637 Pizza Sausage	SLICE	168	455.687	9.000 17.775%	726.810	*9.000* *7.900%*	*N/A* *N/A%*	22.316 44.074%	50.125	42.000 36.867%	2.000	20.772 18.234%	*10.000*	*350.000*	*0.000*	*2.800*
653 Poptart Cinnamon 1CT	PKG	50	190.000	1.000 4.737%	200.000	16.000 33.684%	*N/A* *N/A%*	3.000 14.211%	0.000	38.000 80.000%	3.000	2.000 4.211%	*N/A*	*N/A*	0.000	1.800
990 Poptart Cinnamon 2CT	PKG	100	420.000	5.000 10.714%	340.000	30.000 28.571%	*N/A* *N/A%*	5.000 10.714%	0.000	70.000 66.667%	*N/A*	4.000 3.810%	*N/A*	*N/A*	0.000	*N/A*
648 Poptart Straw 1ct	PKG	50	180.000	1.000 5.000%	180.000	15.000 33.333%	*N/A* *N/A%*	2.500 12.500%	0.000	38.000 84.444%	3.000	2.000 4.444%	*N/A*	*N/A*	0.000	*N/A*
989 Poptart Straw 2ct	PKG	100	360.000	2.000 5.000%	360.000	30.000 33.333%	*N/A* *N/A%*	5.000 12.500%	0.000	76.000 84.444%	6.000	4.000 4.444%	*N/A*	*N/A*	*N/A*	*N/A*
661 Poptart Variety	PKGS	50	185.000	1.000 4.865%	190.000	15.500 33.514%	*N/A* *N/A%*	2.750 13.378%	0.000	38.000 82.162%	3.000	2.000 4.324%	*N/A*	*N/A*	0.000	*0.900*
1124 Pork Carnitas	4 OZ SERVING	259	818.853	15.357 16.879%	1239.807	*4.733* *2.312%*	*N/A* *N/A%*	74.479 81.860%	108.002	7.659 3.741%	1.827	31.120 15.202%	139.193	57.398	26.174	1.729
990151 Pork Chop Pattie	Pattie	88	250.000	3.500 12.600%	390.000	1.000 1.600%	*N/A* *N/A%*	14.000 50.400%	90.000	15.000 24.000%	3.000	15.000 24.000%	*N/A*	40.000	*N/A*	2.000
1096 Pork Chops With Cranberry Bals	CHOPS	189	236.465	2.403 9.144%	652.501	*37.224* *62.967%*	*N/A* *N/A%*	3.980 15.150%	*7.954*	51.395 86.939%	*0.735*	1.077 1.822%	119.027	10.222	0.212	0.559
748 Pork Roast Cooked	SERVINGS	99	271.201	6.447 21.394%	199.377	*0.000* *0.000%*	*N/A* *N/A%*	17.566 58.292%	95.041	0.041 0.060%	0.016	26.756 39.463%	10.906	14.454	0.355	1.032
1112 Pork Stew	8 OZ SERVINGS	294	299.282	5.564 16.731%	342.829	*2.060* *2.753%*	*N/A* *N/A%*	15.551 46.766%	78.961	15.001 20.050%	*2.310*	25.057 33.489%	*619.023*	*55.562*	*12.637*	*1.894*
1083 Pork Tenderloin w/bun	SANDWIC H	145	460.000	4.500 8.804%	600.000	4.000 3.478%	4.000 3.478%	26.000 50.870%	25.000	43.000 37.391%	*1.000*	15.000 13.043%	*0.000*	80.000	*0.000*	2.980
1069 Pork, Ground, Canned, With Nat	4 OZ	166	390.005	6.503 15.007%	690.005	*4.000* *4.103%*	*4.000* *4.103%*	18.005 41.549%	70.000	29.000 29.743%	*0.000*	25.997 26.663%	*0.000*	40.000	*0.000*	2.617
996 Potato Baby Bakes	1/2 CUP	113	120.000	0.000 0.000%	213.333	0.000 0.000%	*N/A* *N/A%*	2.000 15.000%	0.000	20.000 66.667%	0.000	4.000 13.333%	0.000	26.667	0.000	0.960

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44 Potato Baked	POTATO	213	146.970	0.055 0.339%	34.080	2.450 6.668%	*N/A* *N/A%*	0.213 1.304%	0.000	33.462 91.072%	5.112	3.578 9.738%	17.040	19.170	19.383	1.108
1180 Potato Baked w/Cheese	POTATO	293	306.970	6.055 17.754%	594.791	4.450 5.799%	*N/A* *N/A%*	10.213 29.943%	30.000	37.462 48.816%	5.112	15.578 20.299%	*17.040*	*19.881*	*19.383*	*1.108*
778 Potato Cheesy Hashbrowns	4 OZ SERVING	154	163.580	4.024 22.138%	834.868	2.996 7.326%	*N/A* *N/A%*	7.917 43.556%	20.554	14.176 34.665%	1.386	7.955 19.452%	*276.310*	*82.746*	*2.596*	*6.907*
1148 Potato Smiles	4 OZ	113	213.455	1.334 5.625%	306.842	0.000 0.000%	*N/A* *N/A%*	8.005 33.750%	0.000	33.352 62.500%	2.668	2.668 5.000%	*N/A*	13.341	*N/A*	0.667
586 Potato Wedges	1/2 CUP	85	110.000	1.000 8.182%	45.000	0.000 0.000%	*N/A* *N/A%*	4.000 32.727%	0.000	17.000 61.818%	2.000	2.000 7.273%	0.000	*N/A*	*N/A*	*N/A*
990220 Potsticker, Chicken & Vegetable, WG, Elem	4 Potstickers	90	160.000	0.333 1.875%	366.667	2.000 5.000%	0.667 1.668%	4.667 26.250%	23.333	20.667 51.667%	1.333	11.333 28.332%	*N/A*	23.333	*N/A*	2.000
990219 Potsticker, Chicken & Vegetable, WG, SEC	6 Potstickers	233	349.000	0.680 1.754%	555.000	3.340 3.828%	1.000 1.146%	7.880 20.321%	35.000	53.500 61.318%	3.800	19.530 22.384%	*1.700*	45.000	*0.000*	3.410
905 Pretzel Rold Gold Heartzell	PKG	20	80.000	0.000 0.000%	200.001	0.000 0.000%	*N/A* *N/A%*	1.500 16.875%	0.000	15.000 75.000%	2.000	2.000 10.000%	0.000	0.000	0.000	0.720
1128 Pretzel Roll	PRETZEL	62	160.000	1.000 5.625%	0.000	2.000 5.000%	*N/A* *N/A%*	2.500 14.062%	0.000	29.000 72.500%	3.000	5.000 12.500%	0.000	20.000	0.000	1.800
990135 Pretzel Stick	Pretzel	28	70.000	0.000 0.000%	40.000	0.000 0.000%	*N/A* *N/A%*	0.500 6.429%	0.000	14.000 80.000%	1.000	2.000 11.429%	0.000	0.000	0.000	4.000
1156 Pretzel w/Cheese Sec	Each	151	350.000	6.000 15.429%	720.711	*2.000* *2.286%*	*N/A* *N/A%*	11.000 28.286%	30.000	*4.000* *4.571%*	*0.000*	*12.000* *13.714%*	*0.000*	*0.711*	*0.000*	*0.000*
46 Pretzel w/Cheese, Elem	EACH	142	320.000	7.000 19.688%	560.711	4.000 5.000%	*N/A* *N/A%*	12.500 35.156%	30.000	33.000 41.250%	3.000	17.000 21.250%	*0.000*	*20.711*	*0.000*	*1.800*
532 Pudding w/Banana	1/2 CUP	180	125.268	0.831 5.972%	75.401	*13.517* *43.162%*	*N/A* *N/A%*	1.504 10.803%	6.825	25.369 81.008%	2.022	4.333 13.836%	263.012	134.168	7.338	0.214
1094 Queso Cheese Sauce JTM	2 oz	57	121.612	5.550 41.074%	436.508	0.290 0.954%	0.000 0.000%	9.630 71.269%	29.051	1.310 4.309%	0.070	6.680 21.972%	*N/A*	*N/A*	0.000	0.000
990229 Rainbow Veggies	1/2 Cup	12	3.821	0.006 1.413%	3.739	*0.190* *19.890%*	*N/A* *N/A%*	0.033 7.726%	0.000	0.855 89.463%	0.288	0.166 17.378%	758.706	3.039	8.661	0.054
990058 Rainbow Veggies & Leafy Greens	1/2 Cup	7	1.900	0.003 1.516%	2.040	*0.094* *19.789%*	*N/A* *N/A%*	0.018 8.574%	0.000	0.415 87.411%	0.150	0.094 19.789%	432.549	1.978	3.978	0.042
1008 Raisels Sour	Box	43	140.000	0.000 0.000%	5.000	28.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	35.000 100.000%	1.000	1.000 2.857%	140.000	20.000	60.000	0.720

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1007 Raisins, Dried	Box	38	120.000	0.000 0.000%	5.000	27.000 90.000%	*N/A* *N/A%*	0.000 0.000%	0.000	29.000 96.667%	2.000	1.000 3.333%	*N/A*	*N/A*	*N/A*	*N/A*
1140 Ranch Dressing Reduced Ms Clarks	TBSP	14	40.000	0.750 16.875%	145.000	0.000 0.000%	*N/A* *N/A%*	4.000 90.000%	5.000	0.500 5.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990157 Ranch Dressing, Homemade	1 oz	62	85.762	1.660 17.415%	332.839	2.935 13.689%	*N/A* *N/A%*	5.535 58.080%	6.688	7.535 35.145%	0.000	1.531 7.141%	64.140	36.100	0.261	0.049
644 Ranchero Beans	1/2 CUP	107	84.169	0.168 1.797%	119.473	*0.439* *2.086%*	*N/A* *N/A%*	0.817 8.739%	0.000	15.078 71.657%	4.592	4.658 22.136%	193.301	46.066	3.561	2.700
449 Ravioli	CUP	254	260.000	3.500 12.115%	600.000	6.000 9.231%	*N/A* *N/A%*	8.000 27.692%	25.000	30.000 46.154%	4.000	16.000 24.615%	200.000	20.000	*N/A*	2.700
735 Red Beans And Rice	1/2 CUP	158	90.493	0.275 2.736%	228.242	*0.713* *3.152%*	*N/A* *N/A%*	1.772 17.622%	0.000	15.062 66.576%	4.799	3.983 17.606%	67.684	25.893	6.683	0.959
442 Refried Beans	1/2 CUP	155	164.647	2.551 13.943%	298.620	*1.060* *2.575%*	*N/A* *N/A%*	4.572 24.993%	19.954	21.714 52.753%	7.196	9.399 22.834%	*81.900*	*47.382*	*8.464*	*2.533*
446 Rice Brown Long Grain	1/2 Cup	154	89.566	0.997 10.021%	122.593	*0.135* *0.603%*	*N/A* *N/A%*	5.441 54.674%	0.000	8.936 39.908%	0.718	1.005 4.488%	232.182	7.326	0.000	0.165
1163 Rice Krispie Treat	PKG	40	160.000	1.000 5.625%	140.000	11.000 27.500%	*N/A* *N/A%*	4.000 22.500%	0.000	30.000 75.000%	0.500	2.000 5.000%	0.000	0.000	0.000	1.800
394 Rice Krispie Treat Scratch	EACH	52	197.051	0.772 3.528%	157.837	*2.099* *4.261%*	*N/A* *N/A%*	4.148 18.947%	0.000	38.873 78.910%	0.085	1.869 3.794%	974.156	1.063	13.459	6.468
990223 Rice, White, Dry	1/2 Cup	49	102.316	0.405 3.564%	52.057	*0.000* *0.000%*	*0.000* *0.000%*	2.228 19.597%	0.000	18.345 71.720%	0.486	1.932 7.553%	*101.321*	16.712	*0.000*	0.967
1090 Roast Beef PO BOY Sandwich	SANDWIC H	114	256.667	2.167 7.598%	546.667	*3.000* *4.675%*	*N/A* *N/A%*	7.667 26.883%	26.667	28.667 44.675%	3.000	15.333 23.896%	*0.000*	*0.000*	*0.000*	2.400
472 Roast Beef Sandwich	SANDWIC H	170	390.000	6.500 15.000%	860.000	*3.000* *3.077%*	*N/A* *N/A%*	16.000 36.923%	55.000	30.000 30.769%	3.000	27.000 27.692%	*100.000*	*200.000*	*0.000*	2.880
990156 Roasted Potatoes	1/2 Cup	85	120.068	0.000 0.000%	90.051	0.000 0.000%	*N/A* *N/A%*	3.002 22.500%	0.000	20.011 66.667%	2.001	2.001 6.666%	*N/A*	10.006	*N/A*	0.600
724 Romaine Salad	1 Salad	97	27.000	0.053 1.770%	30.242	2.250 33.333%	*N/A* *N/A%*	0.291 9.707%	0.000	5.691 84.317%	2.348	1.475 21.852%	8829.537	35.277	23.795	0.704
1026 Rotini Spiral Noodles	2/3 CUP	56	197.534	0.000 0.000%	0.000	1.975 3.999%	*N/A* *N/A%*	0.988 4.500%	0.000	40.495 82.000%	0.988	6.914 14.001%	0.000	0.000	0.000	9.877
990154 Rotini Whole Grain Rich Blend	1/2 Cup	28	44.624	0.000 0.000%	1.575	0.000 0.000%	*N/A* *N/A%*	0.525 10.588%	0.000	8.925 80.000%	1.050	1.575 14.118%	2.625	*N/A*	*N/A*	*N/A*

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1190 SALAD CRANBERRY WALNUT	SALAD	146	427.771	5.934 12.485%	410.196	*5.590* *5.227%*	*N/A* *N/A%*	29.013 61.041%	20.250	32.698 30.575%	3.873	12.474 11.664%	4307.536	94.761	2.363	1.539
29 Salad Dressing Osage Bend	OZ	33	97.918	0.754 6.929%	73.608	*12.635* *51.615%*	*N/A* *N/A%*	5.159 47.420%	0.000	12.831 52.417%	0.038	0.053 0.217%	0.307	2.826	0.011	0.071
1189 SALAD GREEK	SALAD	91	160.838	2.381 13.322%	435.604	*1.504* *3.740%*	*N/A* *N/A%*	14.926 83.520%	*14.175*	3.936 9.789%	*0.987*	1.523 3.788%	*4098.425*	*53.309*	*1.880*	*0.456*
174 Salad Mandarin Orange	1 CUP	125	153.371	1.655 9.711%	125.142	*4.989* *13.012%*	*N/A* *N/A%*	11.901 69.835%	0.000	11.724 30.577%	2.224	1.597 4.165%	6105.041	35.972	9.326	0.898
24 SALAD PARMESAN	Salad	104	207.060	5.876 25.540%	805.194	0.579 1.119%	*N/A* *N/A%*	16.034 69.691%	34.381	6.490 12.537%	0.987	8.635 16.681%	4369.829	257.336	1.880	0.595
1191 Salad Southwest	Salad	166	329.490	2.518 6.879%	699.905	*8.559* *10.391%*	*N/A* *N/A%*	19.141 52.284%	*0.000*	34.992 42.481%	5.763	5.884 7.143%	*4193.700*	34.408	1.880	1.732
809 Saltines	PKG	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	*N/A* *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
990095 Santa Fe Vegetable Blend	1/2 CUP	102	82.116	0.000 0.000%	5.865	4.692 22.855%	*N/A* *N/A%*	1.173 12.857%	0.000	14.077 68.571%	3.519	3.519 17.142%	0.000	0.000	24.635	8.212
998 Sausage Link	2 Links	57	260.000	8.000 27.692%	380.000	0.000 0.000%	*N/A* *N/A%*	26.000 90.000%	40.000	0.000 0.000%	0.000	8.000 12.308%	0.000	0.000	0.000	0.720
1117 Sausage Patty	PATTY	43	180.000	6.000 30.000%	280.000	0.000 0.000%	*N/A* *N/A%*	17.000 85.000%	30.000	0.000 0.000%	0.000	6.000 13.333%	0.000	0.000	0.000	0.000
926 Scooby Doo Fruit Snack	PKG	25	70.000	0.000 0.000%	30.000	8.000 45.714%	*N/A* *N/A%*	0.000 0.000%	0.000	21.000 120.000%	4.000	0.000 0.000%	40.000	*N/A*	*N/A*	*N/A*
721 Shepherd's Pie	4x6 SERVING	193	360.133	12.163 30.396%	869.462	*N/A* *N/A%*	*N/A* *N/A%*	24.155 60.366%	95.986	9.714 10.790%	1.890	26.547 29.486%	2832.976	220.602	4.914	2.554
831 Shortcake	SERVING	162	254.599	3.504 12.385%	224.613	*18.921* *29.727%*	*N/A* *N/A%*	6.418 22.686%	9.844	48.818 76.698%	1.660	2.525 3.967%	31.222	40.191	48.804	1.054
814 Shortcake Frz	SERVING	207	350.036	3.504 9.009%	227.789	*14.862* *16.983%*	*N/A* *N/A%*	6.335 16.288%	9.844	75.493 86.269%	2.406	2.647 3.025%	52.264	40.915	52.800	1.469
416 Shredded Lettuce/Cheese	SERVING	56	113.969	6.005 47.422%	192.835	0.558 1.958%	*N/A* *N/A%*	9.040 71.385%	30.000	0.842 2.955%	0.340	6.255 21.953%	*142.314*	*5.103*	*0.794*	*0.116*
990155 Sloppy Joe FFF	3 oz servings	224	394.325	*5.723* *13.061%*	*669.795*	*10.780* *10.935%*	*4.000* *4.058%*	16.062 36.658%	*61.781*	39.358 39.924%	*1.357*	21.825 22.139%	*444.721*	*74.505*	*9.708*	4.409
39 Sloppy Joe w/Bun	SERVING	126	199.485	3.913 17.654%	101.014	*1.739* *3.487%*	*0.080* *0.160%*	11.444 51.630%	59.747	5.002 10.030%	*0.666*	18.173 36.440%	*305.654*	20.753	*6.573*	2.419

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396 Smore Bars	EACH	58	233.989	*3.096* *11.908%*	195.369	*17.637* *30.150%*	*N/A* *N/A%*	7.941 30.542%	*0.000*	42.678 72.957%	*0.962*	1.480 2.530%	*50.624*	*6.717*	*0.000*	*0.510*
990063 Snack Cracker	PKG	28	121.147	1.053 7.823%	111.330	*6.571* *21.696%*	*3.286* *10.850%*	3.945 29.307%	0.000	20.719 68.410%	1.286	1.976 6.524%	*144.286*	*43.064*	*0.000*	0.977
907 Snack Mix Kids	PKG	25	110.000	0.000 0.000%	160.000	2.000 7.273%	*N/A* *N/A%*	3.500 28.636%	0.000	17.000 61.818%	2.000	3.000 10.909%	10.000	20.000	0.000	2.700
829 Sorbet	CUP	125	70.000	0.000 0.000%	5.000	15.000 85.714%	*N/A* *N/A%*	0.000 0.000%	0.000	19.000 108.571%	3.000	0.000 0.000%	75.000	60.000	60.000	0.360
385 Soup Tomato	Cup	227	141.384	1.112 7.080%	699.520	0.000 0.000%	*N/A* *N/A%*	2.973 18.928%	3.700	25.285 71.536%	2.973	2.973 8.411%	558.136	44.646	17.840	0.250
539 Soup Vegetable Beef	1 CUP	333	127.293	1.096 7.750%	591.753	*3.385* *10.637%*	*N/A* *N/A%*	4.039 28.556%	16.148	14.392 45.226%	3.953	8.352 26.245%	*2377.115*	*47.868*	*9.348*	*7.956*
990141 Soup/Sandwich	Soup/Sandwich	486	409.843	5.597 12.290%	1622.082	*10.385* *10.136%*	*4.000* *3.904%*	13.540 29.733%	68.673	49.393 48.207%	*3.953*	27.854 27.185%	*2377.115*	*87.868*	*9.348*	*10.298*
993 Soy Sauce	SERVING	14	5.000	0.000 0.000%	610.000	1.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	1.000 80.000%	0.000	0.000 0.000%	5.000	0.000	0.000	0.000
31126 Spaghetti w/Meatballs	Serving	285	579.730	12.000 18.629%	1091.460	11.387 7.857%	*N/A* *N/A%*	31.387 48.726%	66.667	48.666 33.578%	5.893	21.787 15.033%	*0.000*	*20.800*	*0.000*	*2.419*
372 Spaghetti w/Meatsauce	Servings	261	436.794	5.215 10.745%	464.797	*8.720* *7.985%*	*N/A* *N/A%*	14.420 29.712%	80.004	41.999 38.461%	4.560	31.948 29.257%	*0.000*	40.001	*0.000*	5.044
1003 Spicy Chicken Patty w/Bun	Sandwich	196	450.000	4.000 8.000%	1260.000	4.000 3.556%	4.000 3.556%	14.000 28.000%	45.000	52.000 46.222%	*1.000*	22.000 19.556%	*500.000*	60.000	*0.000*	2.980
880 Spinach Dip	2 OZ serving	57	136.251	3.128 20.659%	228.753	*0.064* *0.188%*	*N/A* *N/A%*	12.327 81.428%	15.942	4.546 13.347%	0.828	2.573 7.554%	3064.094	344.002	2.648	0.452
51 Spinach Frozen	1/2 CUP	95	32.300	0.149 4.157%	92.150	0.484 5.994%	*N/A* *N/A%*	0.827 23.029%	0.000	4.560 56.471%	3.515	3.810 47.183%	11457.950	145.350	2.090	1.862
334 Strawberries Fresh	1/2 Cup	76	24.320	0.011 0.422%	0.760	3.716 61.118%	*N/A* *N/A%*	0.228 8.438%	0.000	5.837 96.000%	1.520	0.509 8.372%	9.120	12.160	44.688	0.312
615 Strawberries Frz	1/2 CUP	128	121.997	0.013 0.094%	4.006	*N/A* *N/A%*	*N/A* *N/A%*	0.166 1.228%	0.000	33.050 108.362%	2.406	0.678 2.223%	31.002	14.003	52.800	0.755
598 Strawberry Cup	CUP	128	80.000	0.000 0.000%	1.000	16.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	21.000 105.000%	2.000	0.000 0.000%	*N/A*	*N/A*	*N/A*	*N/A*
990070 Strawberry Fluff	1/2 CUP	102	201.539	6.207 27.720%	2.036	*21.877* *43.420%*	*N/A* *N/A%*	7.826 34.949%	0.000	37.908 75.238%	1.079	0.304 0.603%	60.243	6.359	23.388	0.348

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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)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990108 Strawberry/Blueberry Frz	1/2 Cup	71	64.633	0.006 0.089%	2.094	*0.636* *3.936%*	*N/A* *N/A%*	0.174 2.424%	0.000	17.433 107.892%	1.385	0.339 2.098%	15.501	7.002	26.400	0.378
737 Stromboli	Serving	117	230.059	*5.109* *19.987%*	*548.769*	*1.920* *3.338%*	*N/A* *N/A%*	10.441 40.845%	*40.639* 40.845%	21.519 37.414%	2.036	17.145 29.810%	*148.848*	*151.453*	*0.015*	2.057
1178 Stromboli	SERVINGS	125	265.045	5.663 19.231%	706.929	*3.976* *6.000%*	*N/A* *N/A%*	11.682 39.666%	42.202	25.474 38.445%	2.500	19.171 28.932%	163.542	156.249	0.000	0.874
460 Sub Meatball	1 Sandwich	324	734.132	15.800 19.370%	1501.261	*13.127* *7.152%*	*N/A* *N/A%*	39.967 48.997%	78.666	60.428 32.925%	8.673	30.827 16.796%	*117.600*	*135.599*	*0.000*	*1.978*
1160 Sunchip Original	PKG	28	140.000	1.000 6.429%	120.000	2.000 5.714%	*N/A* *N/A%*	6.000 38.571%	0.000	18.000 51.429%	3.000	2.000 5.714%	0.000	0.000	*N/A*	0.360
852 Sunchip, Cheddar	PKG	28	140.000	1.000 6.429%	200.000	*N/A* *N/A%*	*N/A* *N/A%*	6.000 38.571%	0.000	19.000 54.286%	3.000	2.000 5.714%	0.000	0.000	0.000	0.360
990222 Sweet & Sour Meatballs w/Rice	Servings	150	504.585	12.000 21.404%	706.667	2.667 2.114%	0.000 0.000%	30.667 54.698%	66.667	36.005 28.543%	2.105	17.755 14.075%	*N/A*	*25.478*	*N/A*	*1.544*
990211 Sweet Potato Fries	12 Fries	51	92.820	0.590 5.722%	74.460	6.579 28.352%	*N/A* *N/A%*	4.549 44.110%	0.000	18.146 78.198%	2.907	1.102 4.749%	4423.740	26.520	3.825	0.393
1022 Syrup	TBSP	20	45.922	0.000 0.000%	16.092	4.213 36.697%	*N/A* *N/A%*	0.000 0.000%	0.000	12.064 105.078%	0.000	0.000 0.000%	0.000	0.589	0.000	0.006
1088 Taco Burger	1/2 CUP SERVING	187	306.928	9.600 28.151%	496.901	*0.578* *0.753%*	*0.042* *0.055%*	20.256 59.398%	80.130	7.381 9.619%	*1.283*	22.558 29.398%	*975.438*	*91.976*	*3.165*	*2.652*
13 Taco Crunch	4 OZ SERVING	229	479.855	9.768 18.320%	596.975	*0.447* *0.373%*	*N/A* *N/A%*	28.504 53.462%	89.997	24.821 20.691%	3.145	28.085 23.411%	*1065.962*	*84.801*	*4.368*	*5.011*
1067 Taco Salad	CUP	81	19.705	0.043 1.959%	21.723	*0.851* *17.275%*	*N/A* *N/A%*	0.308 14.081%	0.000	4.096 83.144%	1.685	1.126 22.857%	6238.926	24.066	3.662	0.775
1033 Taco Soft/Crunchy	1/2 CUP	199	338.092	8.597 22.886%	431.473	*0.619* *0.732%*	*N/A* *N/A%*	19.420 51.696%	72.630	18.353 21.713%	2.065	20.420 24.159%	*1405.202*	*57.235*	*3.421*	*3.345*
990073 Taco Soup	1/2 CUP	355	241.849	2.422 9.013%	502.380	*6.166* *10.198%*	*0.000* *0.000%*	*7.238* *26.934%*	46.414	25.725 42.547%	6.493	15.951 26.382%	*1012.818*	27.782	*4.455*	4.217
720 Tater Tot Casserole	4 oz	215	355.518	7.573 19.170%	784.725	*1.174* *1.321%*	*N/A* *N/A%*	19.692 49.851%	54.092	25.861 29.096%	3.800	17.695 19.909%	*1459.223*	*12.599*	4.417	*1.854*
352 Tater Tots	8 pieces	84	149.999	3.494 20.967%	329.994	0.000 0.000%	*N/A* *N/A%*	6.997 41.983%	9.996	18.992 50.647%	1.999	1.999 5.331%	0.000	0.000	8.996	0.714
621 Tetrazzini Turkey	1 CUP	365	250.095	*2.384* *8.580%*	*626.056*	*2.883* *4.611%*	*N/A* *N/A%*	7.882 28.363%	*34.629*	26.293 42.053%	*2.667*	19.273 30.825%	*356.315*	*126.620*	*4.749*	*0.951*

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
959 Texas Toast Garlic	Slice	37	100.000	0.500 4.500%	125.000	1.000 4.000%	*N/A* *N/A%*	3.500 31.500%	0.000	14.000 56.000%	2.000	3.000 12.000%	*N/A*	0.000	0.000	1.100
495 Toast	Slice	36	110.749	0.675 5.485%	136.124	*1.100* *3.973%*	*N/A* *N/A%*	4.812 39.108%	0.000	15.400 55.621%	1.650	3.300 11.919%	*168.746*	33.000	*0.000*	0.440
93 Toast Cinn	SLICES	15	79.607	1.017 11.493%	59.989	*5.966* *29.977%*	*N/A* *N/A%*	5.629 63.640%	0.000	7.499 37.678%	0.696	0.185 0.930%	*256.605*	13.270	*0.045*	0.120
990207 Toasted Ravioli & Mozzarella Sticks, WG, Elem	3 Rav/3 Mozz	138	420.741	6.383 13.653%	611.358	1.753 1.667%	0.000 0.000%	22.543 48.222%	31.296	38.568 36.667%	3.506	16.272 15.470%	*N/A*	294.852	*N/A*	2.806
990065 Toasted Ravioli & Mozzarella Sticks, WG, SEC	3 Rav/5 Mozz	189	579.702	9.363 14.537%	796.813	2.415 1.666%	0.000 0.000%	30.491 47.338%	44.543	53.139 36.667%	4.831	23.557 16.255%	*N/A*	473.683	*N/A*	3.667
564 Toasted Ravioli WG	4 Pieces	81	240.000	2.500 9.375%	440.000	1.000 1.667%	0.000 0.000%	14.000 52.500%	15.000	22.000 36.667%	2.000	7.000 11.667%	*N/A*	33.000	*N/A*	2.000
811 TOMATO RED RAW	2 OZ SERVING	45	8.100	0.013 1.400%	2.250	1.184 58.469%	*N/A* *N/A%*	0.090 10.000%	0.000	1.751 86.444%	0.540	0.396 19.556%	374.850	4.500	6.165	0.122
527 Tornado French Toast Sausage	Tornado	85	190.000	2.000 9.474%	200.000	1.000 2.105%	*N/A* *N/A%*	8.000 37.895%	25.000	22.000 46.316%	1.000	7.000 14.737%	0.000	0.000	0.000	0.000
1060 Tornado Ranchero Beef Steak & Cheese	2 Tornado	170	360.000	4.000 10.000%	720.000	2.000 2.222%	*N/A* *N/A%*	14.000 35.000%	20.000	48.000 53.333%	2.000	14.000 15.556%	*N/A*	*N/A*	0.000	*N/A*
990132 Tornado Sausage/Egg/Cheese	Tornado	85	180.000	2.000 10.000%	280.000	0.000 0.000%	*N/A* *N/A%*	8.000 40.000%	15.000	21.000 46.667%	0.000	6.000 13.333%	*N/A*	0.000	*N/A*	0.000
1062 Tornado Southwest Chicken	2 Tornado	170	340.000	2.000 5.294%	640.000	2.000 2.353%	*N/A* *N/A%*	12.000 31.765%	10.000	48.000 56.471%	4.000	12.000 14.118%	0.000	*N/A*	0.000	*N/A*
990100 Tortellini w/ Meat Sauce	1/2 CUP	2	4.973	0.058 10.551%	6.577	0.015 1.207%	*N/A* *N/A%*	0.117 21.192%	0.680	0.761 61.243%	0.031	0.219 17.615%	2.317	2.462	0.000	0.024
895 Tostito Scoops Baked	PKG	25	110.026	0.000 0.000%	125.029	0.000 0.000%	*N/A* *N/A%*	2.500 20.453%	0.000	19.004 69.088%	1.999	1.999 7.267%	0.000	80.668	0.000	1.451
1166 TOSTITOS CRISPY ROUND CHIPS	PKG	25	120.000	0.500 3.750%	100.000	0.000 0.000%	*N/A* *N/A%*	4.500 33.750%	0.000	18.000 60.000%	2.000	2.000 6.667%	0.000	23.000	0.000	0.360
894 Tostitos Round Oven Baked	PKG	25	110.000	0.000 0.000%	125.000	0.000 0.000%	*N/A* *N/A%*	2.500 20.455%	0.000	19.000 69.091%	2.000	2.000 7.273%	0.000	20.000	0.000	0.360
118 Tropical Fruit Salad	1/2 CUP	100	68.166	*0.023* *0.305%*	*0.785*	*7.442* *43.670%*	*N/A* *N/A%*	*0.118* *1.554%*	*0.000*	15.832 92.903%	*1.334*	*0.323* *1.895%*	*21.246*	*4.761*	*12.108*	*0.081*
643 Tuna Casserole	8 OZ	441	225.634	*1.409* *5.621%*	*800.300*	*5.957* *10.560%*	*N/A* *N/A%*	6.508 25.959%	*20.479*	24.397 43.250%	2.871	17.911 31.752%	*280.301*	*57.411*	*11.071*	*1.299*

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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)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
188 Tuna Salad Sandwich	1/2 CUP	107	142.470	1.067 6.742%	322.951	*3.135* *8.802%*	*N/A* *N/A%*	6.767 42.750%	52.239	5.130 14.402%	0.379	15.744 44.203%	*206.496*	21.598	*0.463*	1.442
1122 Tuna Sliders	SANDWIC HES	160	373.309	8.096 19.518%	912.174	2.143 2.296%	*N/A* *N/A%*	13.352 32.189%	86.399	24.876 26.655%	1.555	34.694 37.175%	*0.000*	*63.245*	*0.000*	*2.816*
629 Turkey & Cheese Sandwich	SANDWIC H	162	284.210	1.500 4.750%	786.952	2.700 3.800%	*N/A* *N/A%*	6.798 21.527%	45.262	33.898 47.708%	3.300	26.383 37.132%	*N/A*	*66.000*	*N/A*	*0.880*
990102 Turkey & Noodles	8 OZ SERVINGS	410	225.495	*2.393* *9.552%*	*1584.157*	*0.349* *0.619%*	*N/A* *N/A%*	10.690 42.664%	*39.965*	14.185 25.162%	1.369	17.775 31.531%	*247.739*	*13.768*	*0.084*	*1.486*
990235 Turkey Corn Dog, WG, ECC	CORN DOG	113	280.000	3.500 11.250%	620.000	9.000 12.857%	*N/A* *N/A%*	14.000 45.000%	45.000	28.000 40.000%	1.000	9.000 12.857%	45.000	110.000	*N/A*	1.900
990190 Turkey Roast	1 Cup	113	175.767	2.155 11.032%	771.106	0.000 0.000%	*N/A* *N/A%*	6.554 33.561%	60.101	3.481 7.923%	0.000	24.176 55.018%	0.000	5.670	0.000	1.848
485 Turkey Roast w/Gravy	1 CUP	228	201.612	*2.155* *9.618%*	*1081.878*	*0.400* *0.794%*	*N/A* *N/A%*	7.051 31.474%	*62.099*	8.027 15.926%	0.443	25.240 50.076%	*2.012*	*8.883*	*0.000*	2.251
990037 Turkey Roast w/Gravy	CUP	456	403.224	*4.309* *9.618%*	*2163.756*	*0.799* *0.793%*	*N/A* *N/A%*	14.101 31.473%	*124.198*	16.054 15.926%	0.886	50.479 50.075%	*4.023*	*17.766*	*0.000*	4.502
764 Ultimate Breakfast Round	Serving	67	250.000	2.000 7.200%	200.000	16.000 25.600%	*N/A* *N/A%*	7.000 25.200%	5.000	42.000 67.200%	6.000	5.000 8.000%	*N/A*	*N/A*	*N/A*	1.600
727 Uncrustable Whole Wheat with Grape Jelly	2.6 OZ PKG	74	300.000	3.000 9.000%	280.000	14.000 18.667%	*N/A* *N/A%*	17.000 51.000%	0.000	32.000 42.667%	4.000	9.000 12.000%	0.000	26.000	0.000	1.000
990143 Uncrustable Whole Wheat with Strawberry Jam	2.6 OZ Pkg	74	300.000	3.500 10.500%	280.000	15.000 20.000%	*N/A* *N/A%*	16.000 48.000%	0.000	33.000 44.000%	4.000	9.000 12.000%	*N/A*	44.000	*N/A*	1.000
596 Veg Blend Stir Fry Supreme	4 OZ	113	46.667	0.000 0.000%	20.000	*N/A* *N/A%*	*N/A* *N/A%*	0.000 0.000%	0.000	9.333 79.999%	2.667	2.667 22.860%	1000.000	26.667	28.000	0.480
387 Veg Blend w/Garden Pasta	4 OZ	113	109.740	0.000 0.000%	18.290	3.658 13.333%	*N/A* *N/A%*	1.219 10.000%	0.000	19.509 71.111%	2.439	3.658 13.333%	*N/A*	17.071	0.000	0.854
990097 Vegetable Blend Garden & Pasta	cup	227	219.480	0.000 0.000%	36.580	7.316 13.333%	*N/A* *N/A%*	2.439 10.000%	0.000	39.019 71.111%	4.877	7.316 13.333%	*N/A*	34.141	0.000	1.707
386 Vegetable California	4 OZ	113	33.333	*N/A* *N/A%*	33.333	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	6.667 80.001%	*N/A*	1.333 15.996%	2000.000	26.667	36.000	0.480
454 Vegetable Catalina	4 OZ	113	40.023	0.000 0.000%	33.352	2.668 26.665%	*N/A* *N/A%*	0.000 0.000%	0.000	6.671 66.667%	2.668	1.334 13.332%	133.409	26.682	24.014	0.961
610 Vegetable Italian	4 OZ	113	40.000	*N/A* *N/A%*	26.667	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	0.000	8.000 80.000%	2.667	1.333 13.330%	1666.667	26.667	20.000	0.480

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451 Vegetable Monaco	4 OZ	113	46.693	0.000 0.000%	20.011	4.002 34.284%	*N/A* *N/A%*	0.000 0.000%	0.000	6.671 57.143%	2.668	1.334 11.428%	1000.571	53.364	4.803	0.480
1172 Vegetable Sonoma	4 OUNCE	113	46.693	0.000 0.000%	46.693	4.002 34.284%	*N/A* *N/A%*	0.000 0.000%	0.000	8.005 68.572%	2.668	1.334 11.428%	1000.571	26.682	16.009	0.961
453 Vegetable Tuscan	4 OZ	113	40.023	0.000 0.000%	26.682	4.002 39.997%	*N/A* *N/A%*	0.000 0.000%	0.000	6.671 66.667%	2.668	1.334 13.332%	1000.571	26.682	8.005	0.000
990214 Waffle Snaps, Choc Chip, WG	Pkg	54	230.000	1.500 5.870%	180.000	16.000 27.826%	16.000 27.826%	7.000 27.391%	0.000	40.000 69.565%	3.000	3.000 5.217%	*N/A*	9.000	*N/A*	1.000
616 Waffle, Dutch, WG	Funnel Cake	83	330.000	3.000 8.182%	330.000	12.000 14.545%	11.000 13.333%	19.000 51.818%	15.000	38.000 46.061%	3.000	4.000 4.848%	0.000	30.000	0.000	1.500
990213 Waffle, Kellogg's Eggo	Waffle	35	90.000	0.500 5.000%	165.000	2.000 8.889%	2.000 8.889%	2.500 25.000%	0.000	15.000 66.667%	0.500	2.000 8.889%	*N/A*	130.000	*N/A*	*N/A*
762 Waffle, Mini Blueberry, WG	Pkg	79	210.000	1.000 4.286%	170.000	12.000 22.857%	11.000 20.952%	6.000 25.714%	0.000	37.000 70.476%	2.000	4.000 7.619%	0.000	30.000	0.000	1.400
990242 Waffle, Mini Blueberry, WG, ECC	Pkg	79	210.000	1.000 4.286%	170.000	12.000 22.857%	11.000 20.952%	6.000 25.714%	0.000	37.000 70.476%	2.000	4.000 7.619%	0.000	30.000	0.000	1.400
797 Waffle, Mini Maple, WG	Pkg	79	210.000	1.000 4.286%	170.000	13.000 24.762%	12.000 22.857%	6.000 25.714%	0.000	37.000 70.476%	2.000	3.000 5.714%	0.000	30.000	0.000	1.400
990243 Waffle, Mini Maple, WG, ECC	Pkg	79	210.000	1.000 4.286%	170.000	13.000 24.762%	12.000 22.857%	6.000 25.714%	0.000	37.000 70.476%	2.000	3.000 5.714%	0.000	30.000	0.000	1.400
990191 Waffle, Mini Variety	Pkg	79	210.000	1.000 4.286%	170.000	12.500 23.810%	11.500 21.905%	6.000 25.714%	0.000	37.000 70.476%	2.000	3.500 6.667%	0.000	30.000	0.000	1.400
346 Watermelon	1/2 CUP	76	22.800	0.012 0.482%	0.760	4.712 82.667%	*N/A* *N/A%*	0.114 4.500%	0.000	5.738 100.667%	0.304	0.464 8.140%	432.440	5.320	6.156	0.182
585 WG Cinn Bug Bite Graham Crackers	PKG	31	140.000	1.500 9.643%	125.000	*N/A* *N/A%*	*N/A* *N/A%*	4.500 28.929%	0.000	23.000 65.714%	0.000	2.000 5.714%	0.000	100.000	0.000	0.720
1179 Whip Topping Richs	2 TSP	9	25.000	2.000 72.000%	0.000	2.000 32.000%	*N/A* *N/A%*	2.000 72.000%	0.000	2.000 32.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990074 Wrap, Chicken Salad Southwest	1/2 cup	276	631.119	8.212 11.710%	1055.512	*2.280* *1.445%*	*N/A* *N/A%*	40.155 57.262%	*127.048*	27.551 17.461%	*5.610*	33.735 21.381%	*317.239*	*31.351*	*9.095*	*2.366*
302 Wrap, Ham & Cheese	SERVING	125	327.486	3.485 9.576%	1029.960	*0.044* *0.054%*	*N/A* *N/A%*	15.106 41.515%	29.693	35.940 43.898%	6.100	12.948 15.815%	*2.725*	*121.575*	0.008	*2.022*
1031 Wrap, Turkey & Cheese	WRAP	83	264.733	2.318 7.880%	518.728	*0.044* *0.066%*	*N/A* *N/A%*	10.224 34.758%	5.968	36.724 55.488%	1.100	5.510 8.325%	*2.725*	*161.575*	*0.008*	*2.040*

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RAE)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
303 Wrap, Turkey & Ham & Cheese	WRAP	106	290.441	3.012 9.335%	679.930	*0.738* *1.016%*	*N/A* *N/A%*	11.613 35.986%	18.475	38.113 52.490%	1.100	8.983 12.372%	*2.725*	*161.575*	*0.008*	*2.163*
497 Yogurt	Container	113	100.000	0.500 4.500%	50.000	13.000 52.000%	*N/A* *N/A%*	0.500 4.500%	5.000	20.000 80.000%	0.000	3.000 12.000%	500.000	100.000	0.000	0.000
1183 Yogurt Boat	Serving	214	510.423	7.004 12.349%	880.194	*8.000* *6.269%*	*N/A* *N/A%*	18.505 32.629%	25.018	76.081 59.622%	2.000	17.014 13.333%	*1001.761*	*200.352*	*0.000*	*16.720*
1100 Yogurt Go Big Gogurt Strawberry	PKG	113	100.000	1.000 9.000%	70.000	12.000 48.000%	*N/A* *N/A%*	1.500 13.500%	5.000	18.000 72.000%	0.000	4.000 16.000%	60.000	100.000	6.000	*N/A*
1173 Yogurt Greek 64oz	4 OZ	113	90.718	0.000 0.000%	37.799	9.576 42.223%	*N/A* *N/A%*	0.000 0.000%	2.520	13.104 57.778%	*N/A*	10.080 44.445%	100.798	100.798	0.000	0.000
994 Yogurt Lit & Fit 4oz	Bundle	185	320.000	5.000 14.062%	770.000	7.000 8.750%	*N/A* *N/A%*	13.000 36.562%	24.900	41.000 51.250%	0.000	14.000 17.500%	*500.000*	*100.000*	*0.000*	*16.000*
65 Yogurt Parfait with Fruit	SERVING	179	148.199	0.109 0.664%	50.616	*13.786* *37.209%*	*N/A* *N/A%*	0.801 4.865%	2.520	25.601 69.100%	*1.747*	11.202 30.235%	119.759	111.285	19.494	0.456
995 Yogurt Upstate 4 oz	Container	113	90.000	0.000 0.000%	50.000	15.000 66.667%	*N/A* *N/A%*	0.000 0.000%	0.000	19.000 84.444%	0.000	3.000 13.333%	75.000	0.000	18.000	0.000
997 Yogurt Yoplait 4oz	Container	113	110.000	0.500 4.091%	60.000	17.000 61.818%	*N/A* *N/A%*	1.000 8.182%	5.000	22.000 80.000%	0.000	3.000 10.909%	500.000	150.000	0.000	0.000
990226 Yogurt, Strawberry Pch w/Strawberries	1/2 Cup	204	119.841	0.000 0.000%	42.043	16.308 54.432%	8.800 29.372%	0.400 3.004%	4.000	26.216 87.502%	2.043	2.400 8.011%	*N/A*	*95.998*	*N/A*	*0.000*
990228 Yogurt, Vanilla Pch w/Blueberries	1/2 Cup	204	122.189	0.000 0.000%	54.818	17.648 57.773%	4.269 13.975%	0.534 3.930%	2.668	24.824 81.266%	2.908	3.202 10.482%	*N/A*	*N/A*	*N/A*	*N/A*
48 Yogurt/Cheese Stick	SERVING	192	420.423	7.004 14.992%	620.194	*8.000* *7.611%*	*N/A* *N/A%*	15.505 33.192%	25.018	60.081 57.162%	2.000	15.014 14.285%	*1001.761*	*200.352*	*0.000*	*8.720*

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