

Recipe	Group	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000874 - Animal Crackers	SN	0	1	0	0	130	3.50	1.00	0.00	150.00	22.00	0.00	*N/A*	2.00
000851 - Apple Cinnamon Bread (mini	BREAD	0	1	0	0	180	6.00	1.00	20.00	160.00	29.00	0.00	16.00	2.00
000856 - Apple Crisp	FVJ	0	0	0.25	0	143	3.76	0.68	0.00	41.83	26.21	0.93	*8.54*	1.21
000159 - APPLE JUICE,96/4 oz. cups	FVJ	0	0	0.5	0	65	0.00	0.00	0.00	1.00	14.00	0.00	*N/A*	0.00
000079 - APPLES, FRESH HALF	FVJ	0	0	0.5	0	36	0.12	0.02	0.00	0.69	9.53	1.66	7.17	0.18
000064 - APPLES, FRESH WHOLE	FVJ	0	0	0.5	0	72	0.23	0.04	0.00	1.38	19.06	3.31	14.34	0.36
000375 - Applesauce	FVJ	0	0	0.5	0	87	0.00	0.00	0.00	9.68	21.30	1.94	*N/A*	0.00
000154 - Appleslices, warm	FVJ	0	0	0.5	0	69	0.34	0.05	0.00	0.86	17.18	1.92	*0.00*	0.61
000193 - Au gratin Potatoes	VEG	0	0	0.5	0	160	8.00	5.99	25.00	450.00	17.00	2.00	0.00	5.99
000905 - Baked Beans (vegetarian)	VEG	0	0	0.5	0	150	0.50	0.09	0.00	535.15	34.58	5.51	*4.58*	6.40
000914 - Banana Bread slice	BREAD	0	2	0	0	280	10.00	2.00	0.00	220.00	44.00	2.00	*N/A*	5.00
000068 - BANANAS WHOLE	FVJ	0	0	0.5	0	101	0.38	0.13	0.00	1.14	26.04	2.96	13.94	1.24
000930 - BBQ Pork Sandwich	SAND	2	2	0	0	422	18.89	6.00	71.00	460.37	39.74	2.84	*16.00*	22.74
000804 - BBQ Sauce, GFS	SC	0	0	0	0	60	0.00	0.00	0.00	460.00	14.00	0.00	*N/A*	0.00
000424 - BEANS, GREEN CANNED,	FVJ	0	0	0.5	0	14	0.07	0.02	0.00	140.00	3.04	1.30	*N/A*	0.78
000916 - Beans, Green, Low Sodium	VEG	0	0	0	0	14	0.07	0.02	0.00	140.00	3.04	1.30	*N/A*	0.78
000569 - BEANS,(COM),REFRIED,CA	FVJ	0	0	0.5	0	54	1.20	0.38	0.00	220.15	8.06	2.20	0.32	2.96
000967 - Beef & Cheese Burrito, WG	ENT	0	0	0	0	350	15.00	7.00	25.00	560.00	38.00	5.00	3.00	16.00
000949 - Beef Burger - AP, 2.45 oz.	ENT	0	0	0	0	140	10.00	4.00	40.00	290.00	2.00	1.00	0.00	12.00
000950 - Beef Burger - AP, 2.5 oz.	ENT	0	0	0	0	110	5.00	2.00	35.00	270.00	1.00	1.00	0.00	14.00
000948 - Beef Burgers - Tyson, 2 oz.	ENT	0	0	0	0	130	8.00	3.00	45.00	135.00	0.00	0.00	0.00	15.00
000965 - Beef Patty, 2.10 oz.	ENT	0	0	0	0	150	11.00	4.50	30.00	330.00	2.00	1.00	1.00	9.00
000966 - Beef patty, AP, 2.7 oz.	ENT	0	0	0	0	180	13.00	5.00	35.00	320.00	2.00	0.00	0.00	13.00
000935 - Benefit Bar, Variety	BRKFS	0	2	0	0	283	7.99	2.99	16.97	220.61	47.91	3.99	*N/A*	4.99
000913 - Black Bean Salad	VEG	0	0	0.5	0	94	1.15	0.14	0.00	608.75	18.66	3.70	*2.22*	3.87
000110 - Bosco Red. Fat Breadsticks	ENT	2	2	0	0	150	5.00	2.50	15.00	220.00	17.00	2.00	1.00	10.00
000452 - Bread, Whole Wheat White	BREAD	0	1	0	0	53	0.48	0.00	0.00	105.76	11.06	1.92	*N/A*	2.88
000886 - Breakfast Bars - Apple Cinn.	BREAD	0	2	0	0	140	4.00	1.50	0.00	110.00	25.00	3.00	10.00	2.00
000887 - Breakfast Bars - Banana Cho	BREAD	0	2	0	0	280	8.00	3.00	15.00	220.00	48.00	3.00	*N/A*	5.00
000945 - Breakfast Boat	BRKFS	0	0	0	0	200	7.00	2.50	45.00	320.00	26.00	2.00	4.00	9.00
000943 - Breakfast Boat, egg and turk	BRKFS	1	1.5	0	0	193	6.74	2.41	43.32	308.04	25.03	1.93	3.85	8.66
000118 - Breakfast Pizza - Bac/Egg W	BRKFS	1	1.5	0	0	213	8.10	3.54	55.66	323.86	23.28	2.02	5.06	10.12
000198 - Breakfast Sand - egg/cheese	BRKFS	1.5	2	0	0	200	8.00	2.50	95.00	514.00	24.00	1.00	*N/A*	11.50
000171 - Breakfast Sandwich - Egg/Sa	BRKFS	2	2	0	0	278	14.56	4.51	126.06	628.91	23.40	0.99	*0.00*	16.51
000817 - Broccoli with Cheese Sauce	VEG	0	0	0.5	0	74	2.37	1.09	4.42	166.64	8.74	3.35	*1.60*	6.29
000256 - BROCCOLI, RAW FRESH	FVJ	0	0	0.5	0	30	0.33	0.03	0.00	29.04	5.84	2.29	1.50	2.48
000258 - BROCCOLI: frozen, boiled	FVJ	0	0	0.5	0	26	0.11	0.02	0.00	10.12	4.92	2.76	1.35	2.85
000840 - Bun, Hot Dog WW White - 17	BREAD	0	2	0	0	120	1.50	0.00	0.00	220.00	22.00	3.00	*N/A*	4.00
000841 - Bun, Slider, Mini - Nickles 16	BREAD	0	1	0	0	90	1.00	0.00	0.00	190.00	19.00	0.00	*N/A*	3.00
000842 - Bun, WW White - Nickles - 1	BREAD	0	2	0	0	130	2.00	0.00	0.00	240.00	24.00	3.00	*N/A*	5.00
000921 - Calzone, Pizza	PIZZA	2	2	0	0	340	13.00	5.00	30.00	509.99	35.00	3.00	*N/A*	20.00
000603 - Cantaloupe	FVJ	0	0	0.5	0	34	0.11	0.00	0.00	13.61	8.50	0.34	*N/A*	0.79
000152 - Carrots, Mini	VEG	0	0	0.5	0	50	0.18	0.03	0.00	110.56	11.68	4.11	6.75	0.91
000261 - CARROTS: FROZEN, BOIL	FVJ	0	0	0.5	0	27	0.50	0.09	0.00	43.07	5.64	2.41	2.98	0.42
000267 - CELERY STICKS	FVJ	0	0	0.5	0	24	0.25	0.06	0.00	118.84	4.41	2.38	1.99	1.03
500302 - CENTRAL VALLEY HARVE	VEG	0	0	0	0	97	1.92	0.32	0.00	114.58	20.26	3.65	20.34	2.03
000150 - Cereal - Cinn Tst r/s WG	BRKFS	0	1	0	0	110	3.00	1.00	0.00	160.00	22.00	3.00	*N/A*	1.00

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Recipe	Group	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000151 - Cereal - Trix r/s WG	BRKFS	0	1	0	0	110	1.50	0.00	0.00	140.00	24.00	1.00	7.00	1.00
000236 - Cereal Clusters, Gen Max	FVJ	0	1	0	0	140	4.50	1.50	0.00	170.00	20.00	1.00	*N/A*	2.50
000974 - Cereal, Apple Jacks	BRKFS	0	0	0	0	70	0.50	0.00	0.00	95.00	16.00	2.00	7.00	0.00
000975 - Cereal, Cocoa Krispies Bowl	BRKFS	0	0	0	0	120	1.00	0.50	0.00	135.00	28.00	0.00	12.00	1.00
000959 - Cereal, Frosted Flakes RS	BRKFS	0	0	0	0	100	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00
000934 - Cereal, Kix	BRKFS	0	0.5	0	0	60	1.00	0.00	0.00	100.00	15.00	2.00	*N/A*	1.00
000973 - Cereal, Lucky Charms, WG	BRKFS	0	0	0	0	110	1.00	0.00	0.00	180.00	23.00	2.00	10.00	2.00
000958 - Cereal, Rice Krispies, Kellogg	BRKFS	0	0	0	0	70	0.00	0.00	0.00	100.00	16.00	0.00	2.00	1.00
000334 - Cheese Sauce Mild Cheddar,	SC	0	0	0	0	201	18.29	3.66	9.15	1097.40	9.15	0.00	*N/A*	3.66
000866 - Cheese, American - Process	MISC	0.5	0	0	0	54	4.59	2.55	10.20	229.50	0.51	0.00	*N/A*	2.55
001049 - CHEESE, AMERICAN, SHR	MISC	1	0	0	0	115	9.44	5.35	28.07	185.13	0.88	0.00	0.14	6.48
000160 - Cheese, Mozzarella, string	MISC	1	0	0	0	61	3.04	2.03	10.12	202.50	1.01	0.00	*N/A*	8.10
000618 - CHEESE, CREAM, INDIVIDU	MISC	0	0	0	0	198	19.53	11.46	57.27	178.04	3.13	0.00	2.13	3.49
000351 - CHEESE, MOZZARELLA, PA	MISC	1	0	0	0	72	4.51	2.87	18.14	175.49	0.79	0.00	0.32	6.88
000869 - Cheesy Garl Breadsticks (S&	PIZZA	2	2	0	0	300	10.00	3.00	35.00	610.00	37.00	1.00	*N/A*	15.00
000893 - Cheesy Garlic Breadsticks	PIZZA	2	2	0	0	300	10.00	3.00	35.00	610.00	37.00	1.00	*N/A*	15.00
000244 - Cheetos, Hot/Regular	SN	0	1	0	0	120	5.00	1.00	0.00	210.00	17.00	0.00	*N/A*	2.00
000890 - Cherry Apple Crunch Bar	SN	0	1	0	0	240	8.00	2.50	0.00	180.00	37.00	2.00	*N/A*	3.00
000960 - Chicken Alfredo w/pasta	ENT	3	2	0	0	453	14.00	5.00	100.00	1004.00	46.00	2.00	*5.00*	36.00
000206 - Chicken Drumstick	ENT	2	0.75	0	0	190	11.00	2.50	50.00	450.00	5.00	1.00	0.00	16.00
000131 - Chicken Fajita Meat	ENT	2	0	0	0	163	8.00	2.00	81.00	630.00	0.00	0.00	*N/A*	23.00
000844 - Chicken Fingers - Tyson	ENT	2	1	0	0	260	15.00	2.50	25.00	390.00	16.00	3.00	1.00	15.00
000595 - Chicken Nuggets, 5 pc	ENT	2	1	0	0	240	14.00	2.50	20.00	470.00	16.00	3.00	1.00	13.00
000191 - Chicken Parmesan Sandwich	SAND	2	2	0	0	399	16.86	4.70	53.08	1105.44	39.63	3.30	*0.00*	23.01
000870 - Chicken Patty - Grilled	SAND	2	0	0	0	120	2.50	0.50	60.00	320.00	1.00	0.00	0.00	22.00
000955 - Chicken Patty Sandwich - HS	ENT	0	0	0	0	393	16.90	2.50	25.00	627.37	38.74	5.84	*1.00*	20.74
000956 - Chicken Patty Sandwich - Spi	ENT	0	0	0	0	333	12.89	2.50	55.00	697.37	34.74	3.84	*0.00*	19.74
000848 - Chicken Rings - Tyson	ENT	2	1	0	0	223	10.12	2.03	45.56	627.74	13.16	3.04	*N/A*	19.24
000073 - Chicken Sand. w/whole gr bu	SAND	2	2	0	0	345	13.91	2.31	23.11	652.61	36.60	5.62	*0.92*	17.68
000894 - Chicken Sandwich	SAND	2	2	0	0	370	15.00	2.50	25.00	700.00	39.00	6.00	*1.00*	19.00
000187 - Chicken Sandwich - Spicy	SAND	2	2	0	0	396	17.06	3.03	25.27	631.71	39.92	5.87	*1.01*	19.90
000818 - Chicken Sandwich Sliders	SAND	2	2	0	0	327	11.03	2.04	26.25	701.25	40.17	6.30	*4.74*	18.52
000847 - Chicken Sticks - Tyson	ENT	2	0.75	0	0	230	13.00	2.50	20.00	340.00	14.00	2.00	1.00	13.00
000944 - Chicken Tenders - Tyson	ENT	0	0	0	0	260	15.00	2.50	25.00	390.00	16.00	3.00	1.00	15.00
000129 - Chicken, Popcorn - Tyson	ENT	2	1	0	0	230	13.00	2.50	20.00	350.00	14.00	3.00	1.00	14.00
000900 - Chicken, Roasted (8 pc)	ENT	2	0	0	0	110	6.00	2.00	51.00	159.00	1.00	0.00	*N/A*	11.00
000477 - Chili w/o beans	SOUP	2	0	0	0	390	24.00	11.00	90.00	1840.00	18.00	3.00	*N/A*	24.00
000983 - Chips, Lays, Baked BBQ	SN	0	0	0	0	140	3.50	0.50	0.00	220.00	24.00	2.00	4.00	2.00
000984 - Chips, Lays, Baked Sr Cr	SN	0	0	0	0	100	2.50	0.00	0.00	140.00	18.00	1.00	3.00	2.00
000980 - Chips, Lays, RF, Baked, Or.	SN	0	0	0	0	130	2.00	0.00	0.00	150.00	26.00	2.00	2.00	2.00
000981 - Chips, Ruffles, Baked, Sr Cr	SN	0	0	0	0	100	3.00	0.00	0.00	200.00	17.00	1.00	2.00	1.00
000472 - Churro	SN	0	1	0	0	170	9.00	5.00	20.00	160.00	23.00	0.00	*N/A*	2.00
000829 - Cinnamania, Cinn Bun/Fr Tst	BRKFS	0	2	0	0	210	7.00	2.00	0.00	220.00	37.00	2.00	*N/A*	4.00
000888 - Cinnamon Honey Crunch Bar	SN	0	1	0	0	230	7.00	1.50	10.00	190.00	39.00	2.00	*N/A*	3.00
000822 - Cinnamon Toast Crisps	SN	0	1	0	0	120	3.00	0.00	0.00	200.00	22.00	1.00	*N/A*	2.00
000827 - Cinnamon Toast Crunch to g	SN	0	1	0	0	120	3.00	0.50	0.00	200.00	22.00	1.00	*N/A*	1.00
000703 - Clodhoppers	SN	0	1	0	0	135	4.50	1.50	0.00	80.00	22.00	1.50	*N/A*	3.00

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000947 - Cocoa Cherry Bar	BRKFS	0	0	0	0	200	5.00	2.00	*N/A*	55.00	37.00	5.00	18.00	3.00
000889 - Cocoa Crunch Healthy Bar	SN	0	1	0	0	200	7.00	1.50	0.00	110.00	34.00	3.00	*N/A*	3.00
000826 - Cocoa Puffs to go	SN	0	1	0	0	90	1.00	0.00	0.00	130.00	20.00	1.00	*N/A*	1.00
500310 - CONFETTI SOUP	SOUP	0	0	0	0	94	2.82	0.40	17.53	487.57	10.40	2.54	1.94	7.91
000878 - Cookies, Smart, States and	SN	0	0	0	0	130	3.50	1.50	0.00	105.00	22.00	1.00	*N/A*	2.00
000821 - Cookies, Smart, States and	SN	0	1	0	0	130	3.50	1.50	0.00	105.00	22.00	1.00	*N/A*	2.00
000107 - Corn Dog 3 meat	ENT	2	1	0	0	240	8.00	2.00	20.00	590.00	33.00	5.00	*N/A*	9.00
000867 - Corn Dog, Chicken - whole gr	ENT	2	2	0	0	240	8.00	2.00	20.00	590.00	33.00	5.00	*N/A*	9.00
000032 - CORN ON THE COB: frozen	FVJ	0	0	0.5	0	59	0.47	0.07	0.00	2.52	14.07	1.76	*N/A*	1.96
000376 - CORN,WHOLE KERNEL,CA	FVJ	0	0	0.5	0	66	0.82	0.12	0.00	264.86	15.25	1.64	*N/A*	2.13
000823 - Cracker Crisps, Cheddar Bak	SN	0	0	0	0	100	3.00	1.00	0.00	210.13	17.01	1.00	*N/A*	2.00
000791 - CRACKERS, GOLDFISH	BREAD	0	1	0	0	140	6.00	1.50	10.00	199.96	19.00	0.00	*N/A*	4.00
001140 - CRACKERS, SODA 2 CT.	SN	0	0	0	0	25	0.52	0.10	0.00	56.46	4.44	0.17	0.08	0.57
000849 - Crispy Chicken Wraps	ENT	2	3	0	0	402	17.56	3.95	20.71	666.29	41.82	2.07	2.40	17.56
000976 - CrunchMania, French Toast	SN	0	0	0	0	210	6.00	2.00	0.00	220.00	37.00	3.00	13.00	4.00
000919 - CUCUMBERS, FRESH	FVJ	0	0	0.5	0	7	0.05	0.02	0.00	1.04	1.51	0.31	*N/A*	0.26
000243 - Doritos, Cool Ranch	SN	0	0	0	0	130	5.00	1.00	0.00	220.00	19.00	1.00	*N/A*	2.00
000979 - Doritos, RF, Nacho Cheese	SN	0	0	0	0	130	5.00	0.50	0.00	200.00	20.00	2.00	0.00	2.00
000978 - Doritos, RF, Spicy Sw Chili	SN	0	0	0	0	130	5.00	0.50	0.00	180.00	20.00	2.00	1.00	2.00
000657 - Dressing, Ranch Packet	SAL	0	0	0	0	90	7.00	1.00	5.00	170.00	7.00	0.00	*N/A*	0.00
000696 - Egg Round	BRKFS	1	0	0	0	51	5.06	1.01	86.06	86.06	1.01	0.00	*N/A*	3.04
000128 - Eggs, Scrambled	ENT	2	0	0	0	70	4.00	1.00	125.00	220.00	1.00	0.00	1.00	6.00
000952 - Fast Browns (Hash Browns)	VEG	0	0	0	0	250	13.00	3.50	0.00	490.00	29.00	4.00	0.00	4.00
000824 - Fiber One Bar - Oats and Ch	SN	0	0	0	0	140	4.00	1.50	0.00	90.00	29.00	9.00	*N/A*	2.00
500312 - FIESTA MEXICAN LASAGN	ENT	0	0	0	0	264	4.10	0.52	1.00	425.07	52.17	9.37	10.02	8.72
000977 - Fish - Alaskan Pollock Portio	ENT	0	0	0	0	200	8.00	1.50	25.00	340.00	22.00	1.00	0.00	9.00
000938 - Fish Sandwich	SAND	2	2	0	0	343	11.89	2.00	50.00	507.37	36.74	2.84	*0.00*	18.74
000897 - French Fries - Crispy Coat	VEG	0	0	0	0	160	8.00	2.00	0.00	280.00	21.00	2.00	*N/A*	2.00
000899 - French Fries - Criss Cut, Sea	VEG	0	0	0	0	160	8.00	2.00	0.00	360.00	19.00	2.00	*N/A*	2.00
000898 - French Fries - Twister, Seas	VEG	0	0	0	0	160	8.00	2.00	0.00	430.00	20.00	2.00	*N/A*	2.00
000932 - French Toast Sticks, Mini Kel	BRKFS	0	2	0	0	210	5.00	1.50	0.00	240.00	37.00	3.00	*N/A*	4.00
000972 - French Toast, Mini Cinnamon	BRKFS	0	0	0	0	220	7.00	1.00	5.00	380.00	37.00	2.00	11.00	3.00
000971 - French Toast, WG, Papetti's	BRKFS	0	0	0	0	150	3.50	1.00	105.00	270.00	22.00	2.00	8.00	8.00
000839 - French Tst Sticks - Rich's	BRKFS	0	2	0	0	330	12.00	2.00	0.00	*N/A*	47.00	2.00	7.00	8.00
001129 - FRESH FRUIT CUP	FVJ	0	0	0.5	0	34	0.19	0.02	0.00	6.47	8.55	0.92	*4.81*	0.67
000861 - Fruit Jerky - Asst.	FVJ	0	0	0.5	0	70	0.00	0.00	0.00	15.00	16.00	1.00	*N/A*	0.00
000246 - FRUIT JUICE,ASSORTED	FVJ	0	0	0.5	0	64	0.17	0.02	0.00	4.69	15.62	0.28	13.32	0.47
000157 - FRUIT MIX (COM),CANNED,	FVJ	0	0	0.5	0	144	0.18	0.03	0.00	15.12	37.62	2.77	*N/A*	1.01
000218 - Fruit Roll Up - Variety Flavor	SN	0	0	0	0	50	1.00	0.00	0.00	55.00	12.00	0.00	*N/A*	0.00
000873 - Fruit Snacks, Gen. Mills	SN	0	0	0	0	70	0.00	0.00	0.00	30.00	21.00	4.00	8.00	0.00
000815 - Fruit, Asst Fresh and Canned	FVJ	0	0	0.5	0	68	0.10	0.02	0.00	4.15	17.10	1.66	*4.70*	0.44
000245 - FRUIT,FRESH ASSORTED	FVJ	0	0	0.5	0	54	0.27	0.06	0.00	1.32	13.62	1.84	8.77	0.67
000803 - Fry, Sweet Potato	VEG	0	0	0.5	0	200	8.00	0.00	0.00	186.67	30.67	4.00	*N/A*	2.67
000923 - Garlic Bread	BREAD	0	1.75	0	0	180	9.00	3.00	0.00	310.00	20.00	1.00	*N/A*	4.00
000962 - GFS Pork Rib Patties	ENT	0	0	0	0	160	10.00	3.50	30.00	390.00	8.00	1.00	5.00	12.00
000238 - Graham Stick - Scooby Doo	SN	0	1	0	0	120	4.00	1.00	0.00	115.00	21.00	1.00	*N/A*	2.00
000906 - Grahams - Bug Bites	BREAD	0	1	0	0	120	3.50	1.00	0.00	115.00	21.00	1.00	*N/A*	2.00

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Recipe	Group	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000216 - Granola Bars, variety of flavo	SN	0	0	0	0	100	2.00	1.00	0.00	80.00	19.00	1.00	*N/A*	1.00
000422 - GRAPES,Fresh	FVJ	0	0	0.5	0	62	0.32	0.10	0.00	1.84	15.78	0.83	14.95	0.58
500321 - HARVEST DELIGHT	VEG	0	0	0	0	93	3.14	0.43	0.00	102.64	16.16	3.13	8.13	1.20
500314 - HARVEST STEW	SOUP	0	0	0	0	124	2.25	0.26	13.14	57.37	18.20	5.04	2.73	7.95
000963 - Hash browns (Ore-Ida) 2.25	VEG	0	0	0	0	130	7.00	0.50	0.00	240.00	15.00	2.00	0.00	1.00
000140 - Hashbrown Stix	VEG	0	0	0.5	0	100	3.50	0.00	0.00	280.00	15.00	1.00	*N/A*	1.00
000872 - Heartzels- Pretzels	SN	0	1.75	0	0	80	1.50	0.00	0.00	200.00	15.00	2.00	*N/A*	2.00
000115 - Hip Dipper (chicken)	ENT	2	1	0	0	240	12.00	3.00	50.00	390.00	14.00	1.00	*N/A*	20.00
000550 - Hot Dog w/whole grain bun	SAND	2	1	0	0	292	17.36	5.00	45.00	837.78	26.78	0.00	*1.00*	10.07
000953 - Iced Cinnamon Sq., Darlingto	BRKFS	0	0	0	0	170	5.00	1.50	0.00	160.00	30.00	2.00	11.00	2.00
000911 - Italian Dressing, Fat Free	MISC	0	0	0	0	1	0.00	0.00	0.00	9.06	0.13	0.00	*N/A*	0.00
000752 - Juice Bar- (Shape Up)	FVJ	0	0	0.5	0	60	0.00	0.00	0.00	10.00	15.00	0.00	*N/A*	0.00
000813 - Juice, Assorted 6 oz.	FVJ	0	0	0.75	0	90	0.19	0.02	0.00	1.44	20.79	0.00	*N/A*	0.00
000179 - Ketchup	MISC	0	0	0	0	50	0.00	0.00	0.00	643.70	13.34	0.00	*N/A*	0.00
000365 - KIWI FRUIT,FRESH	FVJ	0	0	0.5	0	23	0.20	0.01	0.00	1.14	5.57	1.14	3.42	0.43
000799 - Lasagna Cheese Roll-Up	ENT	2	1	0	0	200	4.00	3.00	35.00	610.00	22.00	1.00	*N/A*	16.00
500309 - LENTILS OF THE SOUTHW	VEG	0	0	0	0	69	0.92	0.11	0.00	141.83	10.96	4.16	1.41	4.56
000034 - LETTUCE &TOMATO:1 leaf,	FVJ	0	0	0.5	0	5	0.06	0.01	0.00	1.73	1.11	0.36	0.75	0.26
000204 - Mac and Cheese - Reduced	ENT	2	1	0	0	290	11.01	6.00	30.02	980.56	32.02	1.00	*N/A*	16.01
000907 - Mandarin Oranges, in pear ju	FVJ	0	0	0	0	60	0.00	0.00	0.00	10.00	14.00	0.00	*N/A*	1.00
000795 - Mandarin Oranges, L/S	FVJ	0	0	0.5	0	70	0.00	0.00	0.00	20.00	17.00	0.00	*N/A*	1.00
000195 - Marinara Sauce	SC	0	0	0	0	23	0.45	0.00	0.00	217.72	4.08	0.91	0.00	0.91
000507 - Meatball Sub w/cheese, secn	SAND	2	2	0	0	437	19.00	9.07	69.49	980.09	31.91	3.93	*0.88*	30.29
000937 - Meatball Sub, Elementary	SAND	0	0	0	0	325	11.23	3.50	45.00	708.80	36.19	4.47	*1.00*	19.65
000322 - MELONS,CANTALOUPE,RA	FVJ	0	0	0.5	0	34	0.11	0.00	0.00	13.61	8.50	0.34	*N/A*	0.79
000462 - Mighty Meat Sauce & Pasta	ENT	2	2	0	0	364	10.40	3.35	33.21	660.79	46.80	6.15	*N/A*	23.53
000863 - Milk, Fat Free Strawberry	MILK	0	0	0	1	120	0.00	0.00	0.00	90.00	22.00	0.00	*N/A*	8.00
000864 - Milk, Fat Free White	MILK	0	0	0	1	90	0.00	0.00	5.00	130.00	13.00	0.00	*N/A*	8.00
000196 - Milk, Fat Free, 8 oz.	MILK	0	0	0	1	193	3.13	0.43	13.45	239.95	33.01	0.00	*N/A*	10.32
000865 - Milk, Fat Free, Chocolate	MILK	0	0	0	1	120	0.00	0.00	0.00	180.00	23.00	0.00	*N/A*	8.00
000903 - Milk, Variety, Fat Free	MILK	0	0	0	0	115	0.00	0.00	0.75	159.00	21.35	0.00	*N/A*	8.00
000231 - MILK,Skim	MILK	0	0	0	1	83	0.20	0.14	4.90	102.90	12.15	0.00	12.47	8.26
000954 - Mini Bagels, Cinn. Cr. Chees	BRKFS	0	2	0	0	240	6.00	2.50	10.00	180.00	41.00	2.00	13.00	6.00
000895 - Mini Burgers (2)-Krabby Patty	ENT	2	2	0	0	308	10.00	3.20	48.00	516.00	38.00	0.00	*N/A*	20.00
000970 - Mini Choc. Chip French Toas	BRKFS	0	0	0	0	210	6.00	1.50	0.00	260.00	35.00	4.00	10.00	5.00
000871 - Mini Cinnis - Pillsbury	BRKFS	0	2	0	0	240	7.00	2.00	0.00	300.00	40.00	2.00	*N/A*	5.00
000929 - Mini Corn Dogs, 4 pc	ENT	2	2	0	0	180	8.00	2.50	25.00	280.00	20.00	3.00	4.00	7.00
000946 - Mini French Toast Choc. Chi	BRKFS	0	0	0	0	210	6.00	1.50	0.00	260.00	35.00	4.00	10.00	5.00
000197 - Mozzarella Cheese Sticks (6)	ENT	2	2	0	0	420	24.00	9.00	30.00	930.00	33.00	0.00	0.00	18.00
000166 - Muffin, Apple	BREAD	0	2	0	0	310	11.00	2.00	65.00	310.00	48.00	1.00	25.00	5.00
000223 - MUSTARD: individual PC	MISC	0	0	0	0	21	1.25	0.06	0.00	354.94	1.81	0.28	*N/A*	1.33
000214 - Nacho Chips, Whole Grain,1.	BREAD	0	2	0	0	150	7.00	1.00	0.00	105.00	18.00	2.00	*N/A*	2.00
000466 - NACHOS & CHEESE SAUC	ENT	2	2	0	0	431	22.24	6.70	20.62	826.00	40.70	4.17	*N/A*	14.62
000838 - Nachos w/taco meat -Elem S	ENT	2	2	0	0	260	12.01	2.40	22.08	316.48	25.30	3.79	*N/A*	10.73
000808 - Nachos w/taco meat -Second	ENT	2	2	0	0	409	18.91	3.73	33.12	488.02	40.24	5.94	*N/A*	16.35
000473 - Nutri Grain Bar WG (variety)	SN	0	1	0	0	160	3.99	1.00	0.00	129.83	29.96	3.00	*N/A*	2.00
001044 - ORANGE JUICE, 96/4 OZ. C	FVJ	0	0	0.5	0	55	0.25	0.03	0.00	0.91	13.72	0.00	*N/A*	0.00

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Recipe	Group	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000649 - Orange Smiles	FVJ	0	0	0.5	0	31	0.08	0.01	0.00	0.00	7.70	1.57	6.12	0.62
000925 - Oranges, Fresh, Whole	FVJ	0	0	1	0	62	0.16	0.03	0.00	0.00	15.39	3.10	*N/A*	1.23
000566 - Pancake & Sausage on stick	BRKFS	1	1	0	0	240	15.00	5.00	25.00	360.00	20.00	2.00	*N/A*	7.00
000855 - Pancake, mini w/g Eggo	BRKFS	0	2	0	0	195	4.65	0.93	9.30	297.68	32.56	3.72	*N/A*	3.72
000205 - Pancakes, Whole Grain	BRKFS	0	3	0	0	230	6.00	1.00	10.00	330.00	41.00	3.00	5.00	5.00
000917 - Pasta w/meat sauce	ENT	2	1	0	0	377	9.00	2.80	55.00	315.00	47.00	6.00	*N/A*	14.00
000922 - Pasta, Barilla with alfredo sc	ENT	1	1	0	0	429	14.07	7.23	45.78	926.44	50.52	4.05	*7.23*	24.58
000927 - Pasta, Barilla, chix & alfredo	ENT	1	1	0	0	536	18.74	8.56	95.78	976.44	50.52	4.05	*7.23*	39.25
000857 - PB&Grape, WW, 2.8 oz. Jam	SAND	1	1	0	0	300	16.00	3.00	0.00	330.00	33.00	4.00	*N/A*	10.00
000797 - Peaches, Freestone, Frz Cup	FVJ	0	0	0.5	0	118	0.00	0.00	0.00	7.00	29.00	2.00	*N/A*	0.00
000901 - Peaches, in juice, diced	FVJ	0	0	0.5	0	60	0.00	0.00	0.00	10.00	14.00	1.00	*N/A*	0.00
000556 - PEACHES,CANNED,DICED,	FVJ	0	0	0.5	0	68	0.04	0.00	0.00	6.28	18.26	1.63	16.63	0.56
000695 - Peanut Butter	MISC	1	0	0	0	94	7.98	1.54	0.00	76.31	3.32	0.94	*N/A*	3.91
000902 - PEARS, BARTLETT, in Juice	FVJ	0	0	0.5	0	71	0.04	0.00	0.00	5.90	18.74	1.97	*N/A*	0.24
000796 - Pears, diced, L/S	FVJ	0	0	0.5	0	80	0.00	0.00	0.00	7.00	20.00	2.00	*N/A*	0.00
000377 - PEARS,CANNED,LIGHT SY	FVJ	0	0	0.5	0	71	0.04	0.00	0.00	6.22	18.89	1.99	15.06	0.24
000090 - PEARS,FRESH	FVJ	0	0	0.5	0	95	0.23	0.04	0.00	1.66	25.28	5.15	16.19	0.60
000439 - PEAS & CARROTS: frozen,b	FVJ	0	0	0.5	0	38	0.34	0.06	0.00	54.40	8.10	2.48	3.49	2.47
000807 - Philly Cheese Steak Sandwic	SAND	2	1	0	0	340	13.14	1.52	48.35	766.58	31.94	3.64	*N/A*	21.88
000042 - PICKLES,DILL	FVJ	0	0	0	0	8	0.19	0.05	0.00	525.85	1.57	0.65	0.70	0.32
000092 - PINEAPPLE CHUNKS:canne	FVJ	0	0	0.5	0	66	0.15	0.01	0.00	1.00	16.95	1.00	*N/A*	0.45
000926 - Pineapple, Fresh	FVJ	0	0	0.5	0	41	0.10	0.01	0.00	0.83	10.82	1.16	8.13	0.45
000853 - Pizza - WG -pepperoni -elem	PIZZA	2	2	0.125	0	300	12.00	5.00	25.00	530.00	33.00	4.00	10.00	16.00
000852 - Pizza - WG- cheese/elem	PIZZA	2	2	0.125	0	300	11.00	5.00	25.00	440.00	33.00	4.00	10.00	16.00
000951 - Pizza Cheese Crunchers	PIZZA	0	0	0	0	210	10.00	4.50	15.00	*N/A*	21.00	2.00	1.00	10.00
000909 - Pizza Sauce w/basil	SC	0	0	0	0	28	0.00	0.00	0.00	167.31	5.58	0.93	*N/A*	0.93
000493 - Pizza, Big Daddy's Cheese	PIZZA	2	2	0	0	298	11.91	4.96	19.84	456.37	34.72	2.98	*N/A*	14.88
000492 - Pizza, Big Daddy's Pepperoni	PIZZA	2	2	0	0	308	11.93	4.97	24.86	527.07	33.81	2.98	*N/A*	14.92
000969 - Pizza, Personal Pan, Cheese	PIZZA	0	0	0	0	280	12.00	6.00	30.00	440.00	29.00	3.00	9.00	15.00
000968 - Pizza, Personal Pan, Pepper	PIZZA	0	0	0	0	320	12.00	3.50	15.00	650.00	39.00	5.00	5.00	16.00
000939 - Pizza, Round - Personal Pan	PIZZA	2	2	0	0	320	11.00	3.50	10.00	610.00	40.00	5.00	5.00	15.00
000940 - Pizza, Stuffed Crust Cheese	PIZZA	2	2	0	0	360	16.00	8.00	40.00	580.00	38.00	3.00	11.00	17.00
000002 - Pizza, Tony's Smart Cheese	PIZZA	2	2.5	0.125	0	378	15.00	5.00	21.00	1047.01	41.00	2.00	*N/A*	19.00
000163 - Pop Tart - Whole Grain 2 ct.	BRKFS	0	1	0	0	185	3.00	1.00	0.00	190.00	37.00	3.00	*N/A*	2.50
000780 - Potato Smiles	VEG	0	0	0.5	0	129	4.82	0.80	0.00	313.30	19.28	1.61	*N/A*	1.61
000141 - Potato Starz	VEG	0	0	0.5	0	240	14.67	1.33	0.00	520.00	25.33	2.67	*N/A*	2.67
000044 - Potato, Baked Large	VEG	0	0	0.5	0	188	0.26	0.07	0.00	20.20	42.72	4.44	2.38	5.05
000475 - Potato, Baked Small	VEG	0	0	0.5	0	102	0.00	0.00	0.00	7.66	22.98	2.19	*N/A*	1.09
000347 - POTATO, BAKED TATER T	VEG	0	0	0.5	0	120	6.00	1.00	0.00	260.00	14.00	2.00	*N/A*	2.00
000819 - Potato, Criss Cut Fry, season	VEG	0	0	0.5	0	125	5.87	1.47	0.00	264.00	13.93	1.47	*N/A*	1.47
000181 - Potato, Red skin, diced	VEG	0	0	0.5	0	129	6.39	0.77	0.00	109.42	14.23	4.20	*N/A*	2.80
000516 - Potato, Wedge Cut Seasone	VEG	0	0	0.5	0	130	6.00	2.00	0.00	270.00	18.00	2.00	*N/A*	2.00
000186 - Potato, white, canned	VEG	0	0	0.5	0	68	0.00	0.00	0.00	3.00	16.00	1.00	*N/A*	2.00
000931 - Potatoes, Crispy Cubes	VEG	0	0	0.5	0	130	6.00	2.00	0.00	280.00	18.00	2.00	*N/A*	2.00
000178 - Potatoes, Mashed	VEG	0	0	0.5	0	67	1.00	0.09	0.00	310.97	13.22	1.09	*N/A*	1.27
000985 - Pretzels, Tiny Twists	SN	0	0	0	0	110	1.00	0.00	0.00	450.00	23.00	1.00	1.00	2.00
000825 - Quaker Crisp Bar, Mixed Berr	SN	0	0	0	0	130	2.50	0.50	0.00	85.00	26.00	1.00	*N/A*	1.00

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000794 - Quesadilla, Cheese -ConAgr	PIZZA	2	2	0	0	320	12.00	3.50	10.00	830.00	40.00	4.00	3.00	16.00
000814 - Quesadilla, Chicken	PIZZA	2	2.25	0	0	320	11.00	2.50	20.00	770.00	38.00	4.00	5.00	18.00
500326 - RAINBOW RICE	ENT	0	0	0	0	232	4.15	1.02	55.41	159.37	28.16	4.50	1.78	22.22
000655 - RAISINS, BOX	FVJ	0	0	0	0	113	0.17	0.02	0.00	4.15	29.85	1.40	22.32	1.16
000910 - Ranch Dressing, Light	MISC	0	0	0	0	85	6.61	0.94	4.73	160.65	6.61	0.00	*N/A*	0.00
000904 - Ranch Dressing, Light	MISC	0	0	0	0	90	7.00	1.00	5.00	170.00	7.00	0.00	*N/A*	0.00
000868 - Ravioli - Chef Boyardee	ENT	2	0	0	0	210	5.00	1.00	5.00	690.00	36.00	4.00	9.00	6.00
000920 - Red/Yellow Pepper Strips	VEG	0	0	0.5	0	14	0.00	0.00	0.00	0.00	2.83	1.41	0.00	0.71
000961 - RIB-B-Q Pork Rib Pattie w/B	ENT	0	0	0	0	130	7.00	2.50	40.00	440.00	3.00	1.00	2.00	13.00
000241 - Rice Cakes, Ched Quakes	SN	0	0	0	0	70	3.00	0.00	0.00	230.00	11.00	0.00	*N/A*	1.00
000219 - Rice Krispie Treat	SN	0	0	0	0	90	3.00	1.00	0.00	105.00	17.00	0.00	*N/A*	0.00
000836 - Rice, Jasmine	BREAD	0	2	0	0	360	0.00	0.00	0.00	0.00	84.00	0.00	*N/A*	6.00
500322 - ROASTED FISH CRISPY SL	SAND	0	0	0	0	342	10.11	1.49	50.42	540.53	36.67	5.75	5.04	28.83
000812 - Roll, Honey Wheat 1 oz.	BREAD	0	1	0	0	70	0.88	0.00	0.00	122.50	13.13	1.75	*N/A*	2.63
000463 - Romaine lettuce	SAL	0	0	0.5	0	12	0.02	0.00	0.00	4.74	1.55	1.09	*0.33*	0.96
000389 - SALAD DRESSING	SC	0	0	0	0	0	0.01	0.00	0.01	0.14	0.00	0.00	*N/A*	0.00
000225 - SALAD DRESSING, Assorted	SAL	0	0	0	0	43	3.31	0.47	2.36	84.85	3.37	0.00	*N/A*	0.00
000896 - Salad, Asian Chicken - N. Orl	SAL	0	0	0	0	237	4.54	1.01	50.00	661.52	32.16	2.26	*1.35*	15.62
000835 - Salad, Asian Chicken - Tang.	SAL	2	0	2	0	262	5.04	1.51	35.00	486.51	44.65	2.76	*1.35*	13.12
000502 - SALAD, CHEF - turkey/chee	SAL	3	0	2	0	153	4.53	3.00	31.43	967.98	6.63	3.57	*N/A*	20.64
000805 - Salad, Crispy Chicken	SAL	2	0	2	0	342	18.35	3.93	39.10	355.93	27.31	3.99	*2.84*	17.83
000192 - Salad, Gr. Chicken w/cheese	SAL	3	0	0.5	0	279	14.89	4.70	59.22	527.09	16.16	4.54	*N/A*	21.23
000713 - Salad, Romaine w/lt ranch	SAL	0	0	0.25	0	50	3.50	0.50	2.50	87.00	4.50	1.00	*N/A*	0.00
001094 - Salad, Taco w/cheese & chip	SAL	2	1	1	0	383	20.73	7.70	63.12	560.39	24.57	5.68	*N/A*	23.09
000527 - SALSA	SC	0	0	0	0	17	0.11	0.01	0.00	228.04	3.84	0.37	*N/A*	0.97
000119 - Shrimp Poppers	ENT	1	1	0	0	210	10.00	1.50	40.00	280.00	21.00	4.00	1.00	9.00
000879 - Sidekicks, fruit juice	FVJ	0	0	0.5	0	80	0.00	0.00	0.00	45.00	20.00	0.00	*N/A*	0.00
000986 - Smartfood Delight - Popcorn	SN	0	0	0	0	70	2.50	0.00	0.00	110.00	9.00	2.00	0.00	2.00
500308 - SMOKED TURKEY & BEAN	SOUP	0	0	0	0	135	2.82	0.68	20.69	524.70	13.63	3.66	1.87	14.50
500323 - SMOKIN' POWERHOUSE C	ENT	0	0	0	0	184	1.65	0.17	0.00	255.96	37.49	7.60	8.47	7.46
000798 - Soup, Tomato	SOUP	0	0	0.5	0	88	0.00	0.00	0.00	663.42	18.54	0.98	*N/A*	1.95
000781 - Spaghetti with Meat Sauce	ENT	2	0	0.5	0	281	10.00	4.00	29.00	654.00	28.00	2.00	*N/A*	19.00
500316 - SPANISH CHICKPEA STEW	SOUP	0	0	0	0	241	7.90	1.09	0.00	156.05	37.92	5.62	16.02	7.80
000936 - Spinach side salad	SAL	0	0	0	0	3	0.06	0.01	0.00	11.85	0.54	0.33	0.06	0.43
500324 - SQUISH SQUASH LASAGN	ENT	0	0	0	0	175	3.72	1.58	7.64	83.24	29.04	4.94	3.87	7.59
000964 - Starz Hash Browns	VEG	0	0	0	0	180	10.00	1.00	0.00	330.00	20.00	2.00	1.00	2.00
000500 - STEAKUM SANDWICH	SAND	2	2	0	0	435	24.56	8.73	9.57	442.74	30.18	1.00	*0.16*	20.84
500318 - STIR FRY FAJITA CHICKEN	ENT	0	0	0	0	396	10.00	1.69	62.32	574.42	58.85	7.07	5.62	19.51
000918 - STRAWBERRIES, RAW	FVJ	0	0	0	0	24	0.23	0.01	0.00	0.76	5.84	1.52	3.72	0.51
000740 - Sub Sandwich, Turkey	SAND	2	2	0	0	*190*	*4.40*	*2.50*	*7.50*	*274.50	*28.00*	*4.00*	*N/A*	*9.50*
000928 - Sub, Hot	SAND	0	0	0	0	426	19.35	8.21	107.65	1634.26	35.20	4.69	*1.00*	30.02
000242 - Sun Chips, Harvest Cheddar	SN	0	0	0	0	140	6.00	1.00	0.00	160.00	19.00	2.00	*N/A*	2.00
000715 - Sunflower Seeds, Blazin Hot	SN	1	0	0	0	170	15.97	1.50	0.00	114.80	4.99	2.00	*N/A*	5.99
000778 - Sunflower Seeds, Honey Roa	SN	1	0	0	0	170	13.98	1.50	0.00	109.80	3.99	2.00	*N/A*	4.99
000912 - Sunspot Sweet Potato	VEG	0	0	0.5	0	180	10.00	2.00	0.00	220.00	22.00	4.00	*N/A*	0.00
500307 - SWEET POTATO & BLACK	SOUP	0	0	0	0	222	4.45	0.33	0.00	578.57	43.49	12.25	7.98	10.35
000942 - Sweet Potato Fries	VEG	0	0	0.5	0	240	8.00	0.00	0.00	180.00	36.00	4.00	*N/A*	0.00

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Recipe	Group	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
000621 - SYRUP,PANCAKE, All Scho	MISC	0	0	0	0	93	0.00	0.00	0.00	32.55	24.40	0.00	8.52	0.00
000170 - Taco Sauce, Gallon	SC	0	0	0	0	16	0.00	0.00	0.00	377.99	3.15	0.00	*N/A*	0.00
000837 - Taco Wedges, Mini (3)	PIZZA	2	2	0	0	250	8.00	2.50	10.00	600.00	30.00	4.00	2.00	15.00
000681 - Taco, Soft	ENT	2	1.5	0	0	221	7.76	2.72	35.00	444.23	21.77	3.84	*1.23*	16.07
500301 - TASTY TOTS	VEG	0	0	0	0	186	4.92	0.42	0.00	381.07	31.66	5.55	5.29	4.79
000820 - Teriyaki Chicken - no rice	ENT	2	0	0	0	102	2.72	0.68	57.83	190.51	4.08	0.00	*N/A*	14.29
000116 - Toasted Cheese Sandwich	SAND	2	2	0	0	322	16.62	7.55	41.43	1166.68	27.14	4.00	*0.00*	20.50
000982 - Tortilla Chips, Tostitos, RFW	SN	0	0	0	0	120	4.50	0.50	0.00	105.00	18.00	2.00	0.00	2.00
000957 - Tortilla, 10"	BREAD	0	0	0	0	180	4.50	1.50	0.00	250.00	29.00	3.00	2.00	5.00
000850 - Tortilla, 8"	BREAD	0	2	0	0	120	3.00	1.00	0.00	230.00	20.00	0.00	1.00	3.00
000122 - Turkey and Gravy with roll	ENT	2	1.5	0	0	250	8.29	2.43	60.75	966.19	18.65	2.00	*N/A*	24.87
000106 - Turkey Breast - Jennie-o	ENT	2	0	0	0	89	1.00	0.00	31.05	1054.59	2.00	0.00	*N/A*	19.03
000105 - Turkey Ham	SAND	2	0	0	0	109	5.00	2.00	61.00	1052.00	1.00	0.00	*N/A*	15.00
000190 - Turkey Sandwich w/cheese-	SAND	2	2	0	0	219	3.91	1.52	35.13	1131.37	30.02	0.57	*0.00*	19.26
000792 - Turkey Wrap, with cheese	SAND	2	1	0	0	184	5.02	1.82	35.13	1278.30	19.71	8.57	*0.00*	17.11
000854 - UBR -Ultimate Bfst Round	BRKFS	0	2	0	0	236	6.61	1.89	4.72	198.17	40.58	5.66	*N/A*	4.72
000720 - Uncrustable, PB & Gr	SAND	2	2	0	0	630	33.00	7.00	0.00	630.00	64.00	6.00	28.00	19.00
000168 - Uncrustable, PB/Grape - 2.8	SAND	1	1	0	0	320	16.00	3.50	0.00	320.00	33.00	3.00	*N/A*	10.00
500317 - VEGETABLE CHILI BOAT	ENT	0	0	0	0	141	4.21	1.16	4.29	159.49	20.72	5.04	3.09	7.27
000433 - VEGETABLES, MIXED/FRO	FVJ	0	0	0.5	0	118	0.27	0.06	0.00	63.70	23.82	8.01	5.68	5.21
001033 - VEGGIES AND DIP	VEG	0	0	0.5	0	186	13.36	1.91	9.45	361.34	16.58	1.27	*1.44*	0.68
000915 - Waffles, Mini Eggo	BRKFS	0	2	0	0	210	5.00	2.00	0.00	270.00	35.00	4.00	*N/A*	5.00
000101 - WATERMELON,CHUNKS	FVJ	0	0	0.5	0	9	0.04	0.00	0.00	0.28	2.14	0.11	1.76	0.17
000174 - Yogurt Parfait	ENT	2	1	0.5	0	279	2.90	2.02	10.00	197.10	57.04	2.83	*5.55*	9.69
000859 - Yogurt, Asst, 8 oz. LF- Upsta	ENT	2	0	0	0	180	0.00	0.00	5.00	150.00	39.00	0.00	*N/A*	6.00
000215 - Yogurt, Upstate - asst., 4 oz.	ENT	1	0	0	0	90	0.00	0.00	0.00	75.26	19.07	0.00	*N/A*	3.01

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