

Recipe Description	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Carbohydrate g	Dietary Fiber g	Sugars g	Protein g	Vitamin A IU	Vitamin C mg	Calcium mg	Iron mg
APPLES,Fresh	72	0.23	0.04	0	1	19.06	3.31	14.34	0.36	75	6.35	8.28	0.17
Beef Patty Marinara on Rice	474	20.36	7.67	71	442	47.34	2.24	2.99	21.67	611	5.58	52.67	3.7
BEETS: canned	53	0.24	0.04	0	330	12.26	3.06	9.37	1.55	41	6.97	25.5	3.09
Black Bean and Corn Salsa	180	6.61	0.94	0	267	26.53	5.44	1.41	5.46	469	39.94	42.41	2.38
Bosco CheeseWG Bread Sticks 7",Lt	12	6	30	615	53	5	6	25	400	0	400	2.88	0.98
Bread Cheesy Oven Baked	405	15.37	6.8	21	1006	43.32	4.05	6.56	24.43	709	22.48	501.99	2.63
Bread Fresh Baked Roll	418	5.97	2.98	0	776	77.59	5.97	8.95	14.92	0	44.76	59.68	4.3
Breakfast Bagel & Cr Chz	306	9.34	5.01	30	487	44.86	3.99	5.32	10.3	301	0	119.8	2.39
Breakfast Burrito	552	25.75	7	300	1082	55.5	2	0	19.5	442	0	462	4.78
Breakfast Cinnamon Roll	428	10	2	0	500	72.08	8	18.04	12	0	4	4.02	16
Breakfast Egg Cheese Muffin	231	8.56	3.53	128	502	27.01	1	1.51	9.53	239	0	164.54	1.5
Breakfast Sausage Muffin	301	13.06	5.03	148	742	28.01	1	1.51	15.53	239	0	164.54	1.86
Breakfast Yogurt Parfait	243	3.71	1.02	7	108	46.27	4.37	21.73	7.24	41	1.19	171.01	1.33
Broccoli & Berry Slaw	76	0.8	0.21	1	48	16.25	4.72	9.87	3.72	1029	96.43	82.98	1.16
Burger, Spicy Black Bean	310	9	1.5	0	650	44	7	4	19	0	9	80	2.16
Burrito - Pinto BN, CHZ, Rice	575	18.46	4.29	15	850	84.26	8.08	0	17.66	221	1.69	459.68	6.2
Burrito Refried Bean & Cheese	496	22.06	7.15	30	892	59.25	3.17	0.2	15.11	684	1.14	514.18	4.29
Burrito, Beef, PBN, CHZ, Rice	654	25.6	7.27	40	1486	79.2	6.14	0.82	25.63	774	1.57	454.84	7.86
Burrito, Chick, PBN, CHZ, Rice	374	13.1	3.13	38	780	45.49	3.56	0.42	18.33	464	1.15	264.26	4.34
Burrito, Pork, PBN, CHZ, Rice	697	25.2	6.66	67	1282	82.33	7.4	3.1	33.32	1191	9.39	478.05	7.39
Carrots Babay	16	0.06	0.01	0	35	3.74	1.32	2.16	0.29	6255	1.18	14.51	0.4
Cereal Frosted Flakes	220	0	0	0	250	51	1	22	2	750	9	0	6.3
Cereal Variety WG Gluten Free	217	3.5	0.33	0	337	45.33	3	17	4	1167	12	166.67	11.4
Chicken Burger Spicy	363	13.17	3.04	56	717	41.19	3.02	4.02	20.23	508	9	60.31	3.27
Chicken Fillet on Rice	320	3.13	0.08	64	79	42.36	1.74	0	30.65	0	1.18	18.48	2.63
Chicken Fillet Sandwich	344	8.98	1.29	64	559	37.82	5.46	3.11	32.13	167	10.19	99.86	3.5
Chicken Pozole w/ quesadilla	600	25.61	7.88	55	1245	67.54	4.24	1.63	24.11	568	2.31	543.29	5.52
Chicken Sesame Salad Bowl	399	8.46	1.79	63	452	53.23	3.92	3.89	26.83	6488	18.54	65.82	3.62
Chicken Shawarma Bowl	493	11.07	1.87	63	640	64.64	6.08	2.46	32.89	674	12.27	90.08	4.35
Chicken Shawarma Wrap	333	10.28	1.45	63	583	30.44	3.73	3.39	27.98	450	7.52	121.09	2.56
Chicken Tenderloin & Fries	376	12.17	2	50	644	43.11	4.48	0	22.95	218	1	17	1.53
Chicken Veg Soup w/ grill chz	641	40.9	9.55	57	998	44.51	3.28	6.54	24.33	4350	3.19	278.17	3.29
Chicken with Pesto and Pasta	887	39.03	9.63	82	1656	87.77	5.5	2.2	44.9	1352	5.4	518.11	5.57
Chicken Yakasoba Stir Fry	405	12.78	1.91	51	627	49.27	6.67	5.6	26.45	1031	40	81.84	3.87
Chicken, Mandarin Rice Bowl	447	6.05	0.9	65	462	73.39	1.74	16.33	22.94	0	1.96	18.48	3.1
Chickpea Shawarma	109	2.64	0.34	0	188	17.84	3.61	0.06	3.94	224	4.75	30.5	1.31
Chinese Chicken Salad - Second	283	9.24	2.07	64	128	28.83	2.01	2.84	22.53	762	4.18	39.38	1.62
Coleslaw	32	1.97	0.25	0	70	3.43	0.82	1.62	0.41	308	12.31	16.45	0.15
Condiment Taco Sauce	4	0.04	0.01	0	56	0.75	0.1	0.16	0.1	101	0.81	1.52	0.07
Condiment, Ketchup PC	9	0.01	0	0	82	2.47	0.03	1.91	0.09	47	0.37	1.35	0.03
Condiment, Mayonnaise	28	1.97	0.28	3	76	2.25	0	0	0	0	0	0	0
Condiment, Mustard PC	4	0.24	0.01	0	69	0.35	0.06	0	0.26	0	0	4.62	0.11

Condiment, Ranch Dressing	64	6.8	1.2	4	96	0.4	0	0	0	0	0	0	0
Condiment, Soy Sauce PC	5	0.01	0	0	514	0.77	0	0.47	0	0	1.53	0.18	
Cookie Chocolate Chip	114	3.77	0	16	74	18.75	1.2	8.34	1.77	29	0	5.72	0.62
Corn Chips (non grain dessert)	121	8.09	1.01	0	126	12.14	0	0	1.01	0	0	0	0
CORN: canned, yellow	110	2	0.4	0	336	23.52	3.28	7.28	3.76	75	2.95	4.92	0.44
CORN: frozen, yellow	134	1.11	0.17	0	2	31.85	3.96	5.07	4.21	328	5.78	4.95	0.78
Cucumbers	7	0.1	0.01	0	1	1.29	0.42	0.82	0.35	43	1.9	8.33	0.13
EGG,HARD-BOILED	78	5.31	1.63	187	62	0.56	0	0.56	6.29	260	0	25	0.6
Fruit Assorted	94	0.24	0.05	0	2	24.51	2.64	17.92	0.81	96	17.68	18.39	0.26
Fruit Cup	40	0.05	0.01	0	4	10.55	0.72	9.82	0.29	155	1.37	4.08	0.21
Fruit Juice Break Variety	60	0	0	0	5	14	0	12	0	500	60	20	0
Fruit Juice Lunch Variety	60	0	0	0	10	14.49	0	11.99	0	500	59.96	19.99	0
Grain Treat 1oz WGR	110	3.75	0.75	0	143	18	1.5	4	2.5	0	0	10	0.72
GRAPES,Fresh	62	0.32	0.1	0	2	15.78	0.83	14.95	0.58	92	3.68	12.88	0.27
Hamburger	383	19.21	7.59	71	615	29	2	3	21.2	0	9	60.25	2.9
Hamburger with Cheese	439	23.77	10.12	84	751	30.01	2	3.51	23.73	139	9	144.79	2.95
Macaroni and Cheese	403	20	11.33	63	879	36	2.67	4	21.33	879	0	474.67	0
Meatball Marinara Sub	439	16.66	4.92	57	703	49.86	4.48	7.49	14.9	733	27.96	95.11	3.93
Milk 1% LF Clover	120	2.5	1.5	15	160	15	0	15	10	150	0	380	0
Milk NF Chocolate Clover	120	0	0	5	200	21	0	21	8	500	0	300	0.72
Muffin - Blueberry	221	5.95	0.89	30	114	38.2	3.27	16.37	3.87	52	1.19	8.43	1.09
Muffin - Chocolate Chip	229	6	6	30	125	40	3.1	18.5	3.8	47	0.2	3.5	1
Nacho, Chips, Tex Mex Beans	533	28.69	9.82	40	1646	53.33	7.59	0.97	18.38	850	1.24	470.48	4.41
Pasta Alfredo	580	10	6	38	748	94	4	8	26	450	0	380	3.6
Pasta Italian w/ Cheese	657	16.21	6.07	20	646	95.22	5	8.04	30.63	1933	11.16	485.8	4.66
Pasta Italian w/ Meatballs	689	16.92	4.73	60	455	100.2	6	8.04	23.68	1383	11.16	136.69	5.75
PEACHES: canned,light syrup	136	0.08	0.01	0	13	36.52	3.26	33.26	1.13	889	6.02	7.53	0.9
Pesto Mediterranean Flatbread	427	24.89	6.8	26	853	28.53	3.57	1.09	21.97	1084	1.9	627.15	2.28
Pinto Beans Tex Mex	93	1.43	0.26	0	788	16.95	4.59	0.97	4.97	654	1.24	59.45	2.9
Pizza Big D Four Cheese	360	16	7	35	470	36	3	9	21	400	0	450	2.7
Pizza Big D Pepperoni	370	17	7	45	550	35	3	9	21	400	0	350	2.7
Pizza Big D Veggie	379	16.96	7.14	35	533	38.61	3.83	9.58	21.55	503	15.97	461.93	3.1
Pizza Deep Dish	310	13	6	30	440	31	3	9	16	300	0	200	1.8
Pocket, Ham & Cheese	623	20.51	11.01	72	1411	79.6	5.97	9.46	32.4	139	45.96	303.23	5.07
Pocket, Pizza	611	18.35	8.29	21	1443	81.38	6.97	10.54	31.34	801	47.16	529.62	5.07
Pork BBQ & Rice	320	8	2.6	44	807	42	4	12	22	371	14	77	1.62
Pork BBQ Sandwich	320	8	2.6	44	807	42	4	12	22	371	14	77	1.62
Pork Cilantro Lime Burrito	713	18.94	2.27	56	1800	103.97	8.04	0.04	32.2	325	12.58	361.39	9.32
Pork Korean Banh Mi Bowl	394	9.79	1.55	50	802	56.68	2.15	14.48	19.71	2862	1.45	70.34	3.45
Pork Korean Banh Mi Sandwich	432	12.04	3	50	1238	59.15	3.61	19.73	22.74	3219	24.01	64.91	3.86
Pork Pulled Burrito Bowl	451	7.36	1.33	56	1432	68.11	10.57	0.04	29.9	327	14.18	86.41	7.28
Potato Fries Ovation	169	5.37	0	0	199	26.08	1.53	0	3.07	0	0	0	0.55
Rice - Brown and White WG	202	1.15	0.08	0	5	42.36	1.74	4.97	0	0	0	18.48	1.92

Rice Krispy Treat	160	4	1	0	140	30	0	11	2	0	0	0	2.2
Rice Spanish	54	0.74	0.08	0	17	10.46	0.59	0	1.33	79	0.59	5.68	0.75
Rice Sushi	214	1.15	0.08	0	205	45.56	1.74	3.2	4.97	0	0	18.48	1.92
Salad To-Go	107	4.23	0.57	5	301	15.39	3.63	2.96	2.81	14518	21.34	84.93	1.44
Salsa tomato	10	0.06	0.01	0	122	1.98	0.4		0.43	156	1.13	3.4	0.64
Sandwich Caprese Panini	447	23.09	13.51	60	782	39.58	2.5	5.05	23.38	386	5.66	562.77	2.3
Sandwich Cheese & Ham Panini	325	9.54	3.53	52	855	40.01	2	4.51	20.48	139	1.19	164.54	2.93
Sandwich Cheese Panini	311	11.11	5.06	25	633	40.03	2	5.01	13.06	277	0	249.08	2.27
Sandwich Turkey	538	10.57	4.5	45	1120	79.68	6.66	10.36	32.44	424	50.75	66.92	4.84
Sandwich Turkey & Pepper Jack	628	17.57	9	65	1270	79.68	6.66	10.36	37.44	424	50.75	215.92	4.84
Sauce Spicy Mayo	52	4	0.5	0	181	3.7	0	1.7	0	0	0	0.01	0
Scones	142	4	1.56	6	97	25.42	2.32	10.11	2.07	78	0.94	57.12	0.93
Taco Chicken	538	13.65	4.58	78	829	67.8	10.62	1.73	34.65	740	1.98	478.78	4.28
Taco Pork Carnitas	547	14.62	5.4	65	719	70.3	11.73	4	31.23	1082	9.1	490.87	3.85
Tamale Grn Chili, Bean Salsa	550	30.61	10.94	35	737	55.53	7.44	3.41	21.46	1219	48.93	292.41	2.38
Teriyaki Chicken Rice Bowl	395	6.26	1.53	101	700	57.87	2.26	13.26	27.19	680	21.14	29.37	3.16
Teriyaki Edamame Rice Bowl	337	4.71	0.59	0	1245	55.26	8.15	5.26	17.5	733	22.54	87	3.88
Tuna Salad	95	3.3	0.47	22	345	4.78	0.32	0	11.77	61	0.23	10.64	1.1
Vegetables Banh Mi Pickled	42	0.09	0.02	0	415	10.73	0.9	7.58	0.42	4650	2.35	43.43	0.16
Wrap Chicken Sesame Cold	426	13.24	2.7	63	473	48.9	5.68	1.69	28.57	4441	17.6	169.59	3.81
Wrap Chicken Sesame Hot	594	16.22	1.32	37	918	86.32	4.06	2.1	25.16	2499	19.5	327.44	5.25
Wrap Chicken Teriyaki Hot	309	4.97	1.58	37	596	45.68	3.33	3.76	21.43	533	17.23	61.56	1.59
Wrap, Chicken Caesar	296	10.56	4.25	69	407	23.56	3.48	1.9	26.95	6241	2.82	162.7	1.6
Wrap, Chicken Chipotle	522	18.36	4.47	72	384	52.26	14.91	1.43	36.92	489	2.11	332.46	6.58