

Recipe Description	Total Gram	Calories	Total Fat g	Saturated F	Cholesterol	Sodium mg	Carbohydrate	Dietary Fib	Sugars g	Protein g	Vitamin A I	Vitamin C r	Calcium mg	Iron mg
APPLES,Fresh	138	72	0.23	0.04	0	1	19.06	3.31	14.34	0.36	75	6.35	8.28	0.17
BEETS	170	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	227.85	180	6.61	0.94	0	267	26.53	5.44	1.41	5.46	469	39.94	42.41	2.38
Black Bean Burger	138	310	9	1.5	0	650	44	7	4	19	0	9	80	2.16
Bosco Cheese WG Bread Sticks	435	12	6	30	615	53	5	6	25	400	0	400	2.88	0
Bread Cheesy Oven Baked	170.09	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 Sandwich Roll	14.17	35	0.5	0.25	0	65	6.47	0.5	0.75	1.24	0	3.73	4.97	0.36
Breakfast Bagel & Cheese	127.52	243	8	5	30	352	24	0	3	9	300	0	50	0.18
Breakfast Burrito	212.05	552	25.75	7	300	1082	55.5	2	0	19.5	442	0	462	4.78
Breakfast Cinnamon Roll	73.08	218	5	1	0	250	37.08	4	10.04	6	0	2	2.02	8
Breakfast Egg Cheese Muffin	110.61	231	8.56	3.53	128	502	27.01	1	1.51	9.53	239	0	164.54	1.5
Breakfast Sausage Muffin	144.63	301	13.06	5.03	148	742	28.01	1	1.51	15.53	239	0	164.54	1.86
Breakfast Yogurt Parfait	211.75	206	2.78	1.01	6	128	40.37	4.97	0	5.86	446	2.36	146.35	1.26
Burrito - Pinto BN, CHZ, Rice	239.1	570	18.49	4.08	15	849	83.96	8.59	1	17.83	221	1.69	443.24	6.19
Burrito Refried Bean & Cheese	160.87	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	261.8	652	25.62	7.17	40	1486	79.05	6.4	1.32	25.72	774	1.57	446.4	7.86
Burrito, Chick, PBN, CHZ, Rice	168.72	373	13.11	3.07	38	780	45.4	3.7	0.7	18.38	464	1.15	259.69	4.34
Burrito, Pork, PBN, CHZ, Rice	289.49	679	24.07	5.87	42	1134	89.17	7.39	2.08	25.97	724	5.31	507.54	7.08
CARROTS,RAW,BABY	45.36	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	56.7	220	0	0	0	250	51	1	22	2	750	9	0	6.3
Cereal Variety WG Gluten Free	56	217	3.5	0.33	0	337	45.33	3	17	4	1167	12	166.67	11.4
Chicken Fillet on Rice	310.58	320	3.13	0.08	64	79	42.36	1.74	0	30.65	0	1.18	18.48	2.63
Chicken Fillet Sandwich	186.93	344	8.98	1.29	64	559	37.82	5.46	3.11	32.13	167	10.19	99.86	3.5
Chicken with Pesto and Pasta	278.23	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	334.3	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	258.5	319	4.32	0.64	47	330	52.42	1.24	11.66	16.38	0	1.4	13.2	2.21
Chinese Chicken Salad Special	279.4	283	9.24	2.07	64	128	28.83	2.01	2.84	22.53	762	4.18	39.38	1.62
Coleslaw	43.12	32	1.97	0.25	0	70	3.43	0.82	1.62	0.41	308	12.31	16.45	0.15
Condiment Ketchup	17	20	0	0	0	160	5	0	0	0	100	1.2	0	0
Condiment Taco Sauce	9	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	9	0.01	0	0	82	2.47	0.03	1.91	0.09	47	0.37	1.35	0.03
Condiment, Mayonnaise	9	28	1.97	0.28	3	76	2.25	0	0	0	0	0	0	0
Condiment, Mustard PC	5.5	4	0.24	0.01	0	69	0.35	0.06	0	0.26	0	0	4.62	0.11
Condiment, Ranch Dressing	12	64	6.8	1.2	4	96	0.4	0	0	0	0	0	0	0
Condiment, Soy Sauce PC	9	5	0.01	0	0	514	0.77	0	0	0.47	0	0	1.53	0.18
Condiment, Taco Sauce PC	9	5	0	0	0	95	0	0	0	0	0	0	0	0
CORN: canned, yellow	164	110	2	0.4	0	336	23.52	3.28	7.28	3.76	75	2.95	4.92	0.44
CORN: frozen, yellow	165	134	1.11	0.17	0	2	31.85	3.96	5.07	4.21	328	5.78	4.95	0.78
Cucumbers	59.5	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	50	78	5.31	1.63	187	62	0.56	0	0.56	6.29	260	0	25	0.6

French Fry Potato Wedge	70.87	142	5.36	0.89	0	189	22.11	2.27	0	2.25	0	7.16	5.67	0.88
Fruit Cup	70.78	40	0.05	0.01	0	4	10.55	0.72	9.82	0.29	155	1.37	4.08	0.21
Fruit Fresh Assorted	131	79	0.25	0.06	0	1	20.5	3.3	14.08	0.78	112	19.56	18.34	0.22
Fruit Juice Break Variety	119.92	60	0	0	0	5	14	0	12	0	500	60	20	0
Fruit Juice Lunch Variety	119.92	60	0	0	0	10	14.49	0	11.99	0	500	59.96	19.99	0
GRAPES,Fresh	92	62	0.32	0.1	0	2	15.78	0.83	14.95	0.58	92	3.68	12.88	0.27
Hamburger	141.05	383	19.21	7.59	71	615	29	2	3	21.2	0	9	60.25	2.9
Hamburger with Cheese	155.22	439	23.77	10.12	84	751	30.01	2	3.51	23.73	139	9	144.79	2.95
Macaroni and Cheese	226.8	403	20	11.33	63	879	36	2.67	4	21.33	879	0	474.67	0
MAYONNAISE:individual PC	7	50	5.56	0.6	4	40	0.19	0	0.03	0.08	20	0	1.26	0.04
Meat Ball Sub	189.82	313	16.93	6.29	47	828	14.44	1.87	4.61	26.34	1168	9.31	335.3	2.73
Milk 1% LF Clover	226.8	120	2.5	1.5	15	160	15	0	15	10	150	0	380	0
Milk NF Chocolate Clover	226.8	120	0	0	5	200	21	0	21	8	500	0	300	0.72
Muffin - Blueberry	89.3	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	90	229	6	6	30	125	40	3.1	18.5	3.8	47	0.2	3.5	1
Panini, Caprese	160	397	23.09	14.01	60	662	30.58	2.5	4.05	20.38	386	14.66	522.77	1.58
Pasta Alfredo	215.76	580	10	6	38	748	94	4	8	26	450	0	380	3.6
Pasta Italian w/ Cheese	293.2	635	13.82	7.24	37	552	95.58	5	8.6	29.72	1522	11.16	504.66	4.42
Pasta Italian w/ Meatballs	314.46	620	11.55	4.48	39	602	96.33	5.87	8.92	31.18	1283	11.16	116.69	6.06
PEACHES: canned,light syrup	251	136	0.08	0.01	0	13	36.52	3.26	33.26	1.13	889	6.02	7.53	0.9
PICKLES,DILL	65	8	0.19	0.05	0	526	1.57	0.65	0.7	0.32	81	1.49	37.05	0.17
PINTO BEANS: cooked	171	245	1.11	0.23	0	2	44.84	15.39	0.58	15.41	0	1.37	78.66	3.57
Pizza Big D Four Cheese	147	360	16	7	35	470	36	3	9	21	400	0	450	2.7
Pizza Big D Pepperoni	147	370	17	7	45	550	35	3	9	21	400	0	350	2.7
Pizza Big D Veggie	191.34	379	16.96	7.14	35	533	38.61	3.83	9.58	21.55	503	15.97	461.93	3.1
Pizza Galaxy 78368 WG	141.18	310	13	6	30	440	31	3	9	16	300	0	200	1.8
Pork BBQ & Rice	169.4	320	8	2.6	44	807	42	4	12	22	371	14	77	1.62
Pork BBQ Sandwich	169.4	320	8	2.6	44	807	42	4	12	22	371	14	77	1.62
Rice - Brown and White WG	198.6	202	1.15	0.08	0	5	42.36	1.74	0	4.97	0	0	18.48	1.92
Rice Spanish	49.1	54	0.74	0.08	0	17	10.46	0.59	0	1.33	79	0.59	5.68	0.75
Sack Lunch Field Trip	672.39	712	12.77	5.04	49	1375	118.96	15.22	35.19	35.59	17247	95.58	161.24	6.46
Salad Side	184.95	107	4.23	0.57	5	301	15.39	3.63	2.96	2.81	14518	21.34	84.93	1.44
Salsa	28.35	10	0.06	0.01	0	122	1.98	0.4	0	0.43	156	1.13	3.4	0.64
Sandwich Turkey	313.15	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	336.15	628	17.57	9	65	1270	79.68	6.66	10.36	37.44	424	50.75	215.92	4.84
Taco Chicken	128.1	197	6.73	3.17	18	771	25.24	7.07	1.73	11.73	703	1.98	174.31	3.47
Taco Pork Carnitas	354.27	605	19.37	8.4	80	812	70.8	11.73	4	34.73	1224	9.1	592.87	3.94
Tamale Grn Chili, Bean Salsa	369.6	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	327.02	394	6.25	1.53	100	700	57.85	2.26	13.25	27.17	680	21.14	29.37	3.15
Teriyaki Edamame Rice Bowl	404.75	337	4.71	0.59	0	1245	55.26	8.15	5.26	17.5	733	22.54	87	3.88
Tortilla Corn 6"	168	1.4	0	0	0	33.6	2.8	0	2.8	0	0	232.4	0	0

Tuna Salad	80.24	95	3.3	0.47	22	345	4.78	0.32	0	11.77	61	0.23	10.64	1.1
Wrap, Chicken Chipotle	271.86	522	18.36	4.47	72	384	52.26	14.91	1.43	36.92	489	2.11	332.46	6.58