



Adelanto Elementary School District

(1040) 1 % WHITE MILK 8 OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
1 % WHITE MILK 8 OZ	119.9998	119.9998	1.5	1.5	134.9999	134.9999	16	16
	119.9998	119.9998	1.5	1.5	134.9999	134.9999	16	16

* Total includes one or more missing nutrient data.

(465) 3 WAY SALAD	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	4 OZ	6 OZ	8 OZ	Recipe	4 OZ	6 OZ	8 OZ	Recipe	4 OZ	6 OZ	8 OZ	Recipe	4 OZ	6 OZ	8 OZ
3 WAY ROMAINE SALAD	20.0115	20.0115	20.0115	20.0115	0	0	0	0	13.3409	13.3409	13.3409	13.3409	4.0023	4.0023	4.0023	4.0023
	20.0115	20.0115	20.0115	20.0115	0	0	0	0	13.3409	13.3409	13.3409	13.3409	4.0023	4.0023	4.0023	4.0023

* Total includes one or more missing nutrient data.

(9138) 3 WAY SALAD W/ TOMATOES 20/6OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	salad	Recipe	salad	Recipe	salad	Recipe	salad
TOMATO SLICES	244.9399	12.247	0.381	0.019	68.0389	3.4019	52.9342	2.6467
3 WAY ROMAINE SALAD	400.2295	20.0115	0	0	266.8189	13.3409	80.0455	4.0023
	645.1694	32.2585	0.381	0.019	334.8578	16.7429	132.9797	6.649

* Total includes one or more missing nutrient data.

(1226) 3" 51% HAMBURGER BUNS WWW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
3" 51% HAMBURGER BUNS WWW	140	141.2023	0	0	210	211.8035	26	26.2233
	140	141.2023	0	0	210	211.8035	26	26.2233

* Total includes one or more missing nutrient data.

(416) APPLESAUCE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
APPLESAUCE UNSWEETENED (CANNED)	47.4004	47.4004	0	0	1.8484	1.8484	13.0068	13.0068
	47.4004	47.4004	0	0	1.8484	1.8484	13.0068	13.0068

* Total includes one or more missing nutrient data.



(9021) ASIAN RICE RECIPE 120 4OZ SERVINGS	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ
BUTTER (ROCKVIEW)	1697.5681	14.1464	28.2928	116.758	0.973	1.946	122.4698	1.0206	2.0412	0	0	0
RICE, BROWN 25 LBS	25703.5491	214.1962	428.3925	0	0	0	0	0	0	5443.104	45.3592	90.7184
Water	0	0	0	0	0	0	435.4483	3.6287	7.2575	0	0	0
ASIAN RICE SEASONING	2984.1606	24.868	49.736	0	0	0	34616.2601	288.4688	576.9377	596.8323	4.9736	9.9472
	30385.2778	253.2106	506.4213	116.758	0.973	1.946	35174.1782	293.1182	586.2363	6039.9363	50.3328	100.6656

* Total includes one or more missing nutrient data.

(446) BANANA	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BANANA	72.09	72.09	0.0907	0.0907	0.81	0.81	18.5004	18.5004
	72.09	72.09	0.0907	0.0907	0.81	0.81	18.5004	18.5004

* Total includes one or more missing nutrient data.

(500) BBQ SAUCE PACKET	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH
BBQ SAUCE PACKET	30	15	30	0	0	0	150	75	150	8	4	8
	30	15	30	0	0	0	150	75	150	8	4	8

* Total includes one or more missing nutrient data.

(9002) BEEF BURGER RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
3" 51% HAMBURGER BUNS WWW	141.2023	141.2023	0	0	211.8035	211.8035	26.2233	26.2233
BEEF STEAK BURGER PATTY	118	118	3	3	315	315	0.6	0.6
	259.2024	259.2024	3	3	526.8035	526.8035	26.8233	26.8233

* Total includes one or more missing nutrient data.

(sys-61) BEEF HAMBURGER RECIPE-MS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
BEEF STEAK BURGER PATTY	118	118	3	3	315	315	0.6	0.6
HAMBURGER BUN (WHITE WHOLE WHEAT)	150	150	0	0	270	270	29	29
	268	268	3	3	585	585	29.6	29.6

* Total includes one or more missing nutrient data.



(114) BREADED CHICKEN PATTY TYSON	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BREADED CHICKEN PATTY TYSON	240	240	2.5	2.5	460	460	15	15
	240	240	2.5	2.5	460	460	15	15

* Total includes one or more missing nutrient data.

(9132) BUTTERY PEAS RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
ONION POWDER 1.25 LB	193.3436	1.6112	0.1242	0.001	41.3903	0.3449	44.8602	0.3738
SALT FREE SEASONING	25.1222	0.2094	0.58	0.0048	44.1005	0.3675	40.5046	0.3375
BUTTER (ROCKVIEW)	565.856	4.7155	38.9193	0.3243	40.8233	0.3402	0	0
PEAS FROZEN	6803.8856	56.699	0	0	0	0	1224.6994	10.2058
Water	0	0	0	0	145.1494	1.2096	0	0
	7588.2074	63.2351	39.6235	0.3302	271.4635	2.2622	1310.0643	10.9172

* Total includes one or more missing nutrient data.

(449) CABBAGE MIX	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
CABBAGE MIX	28.3495	28.3495	0.0386	0.0386	20.4116	20.4116	6.5771	6.5771
	28.3495	28.3495	0.0386	0.0386	20.4116	20.4116	6.5771	6.5771

* Total includes one or more missing nutrient data.

(9158) CARNITAS SOFT TACO	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	TACO	Recipe	TACO	Recipe	TACO	Recipe	TACO
ULTRA GRAIN TORTILLA 8"	154.6457	154.6457	1.3332	1.3332	143.9805	143.9805	26.663	26.663
CMDY CHPD PORK CARNITAS STY CKD	148.7351	148.7351	2.9947	2.9947	56.8987	56.8987	0.9983	0.9983
	303.3808	303.3808	4.3279	4.3279	200.8792	200.8792	27.6613	27.6613

* Total includes one or more missing nutrient data.

(453) CARROT STICKS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
CARROT STICKS	46.4932	46.4932	0.0363	0.0363	78.2446	78.2446	10.8635	10.8635
	46.4932	46.4932	0.0363	0.0363	78.2446	78.2446	10.8635	10.8635

* Total includes one or more missing nutrient data.



(732) CELERY STICKS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
CELERY STICKS	15.8757	15.8757	0.0476	0.0476	90.7184	90.7184	3.3679	3.3679
	15.8757	15.8757	0.0476	0.0476	90.7184	90.7184	3.3679	3.3679

* Total includes one or more missing nutrient data.

(sys-597) CHEESE YELLOW SAUCE POUCH 35-3OZ SERVINGS PER BAG	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2 OZ	SERVING	Recipe	2 OZ	SERVING	Recipe	2 OZ	SERVING	Recipe	2 OZ	SERVING
CHEESE YELLOW SAUCE POUCH 35-3OZ SERVINGS PER BAG	129.9999	86.6666	129.9999	6	4	6	399.9997	266.6665	399.9997	5	3.3333	5
	129.9999	86.6666	129.9999	6	4	6	399.9997	266.6665	399.9997	5	3.3333	5

* Total includes one or more missing nutrient data.

(1087) CHEESY GARLIC BREADSTICK	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 EACH	Recipe	2 EACH	Recipe	2 EACH	Recipe	2 EACH
CHEESY GARLIC BREADSTICK	200	200	1	1	280	280	26	26
	200	200	1	1	280	280	26	26

* Total includes one or more missing nutrient data.

(9110) CHEESY PENNE PASTA BAKE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	8 OZ BOWL	Recipe	8 OZ BOWL	Recipe	8 OZ BOWL	Recipe	8 OZ BOWL
BUTTER (ROCKVIEW)	636.588	15.9147	43.7842	1.0946	45.9262	1.1482	0	0
1 % WHITE MILK 8 OZ	2159.9965	53.9999	27.0005	0.675	2429.9976	60.7499	288.0001	7.2
PENNE PASTA BLEND WG	2851.1528	71.2788	0	0	111.083	2.7771	555.4184	13.8855
CHEESE, SHREDDED CHEDDAR 5LB	10560.0012	264	576.0007	14.4	9600.0001	240	0	0
	16207.7385	405.1935	646.7854	16.1696	12187.0068	304.6752	843.4185	21.0855

* Total includes one or more missing nutrient data.

(107) CHICKEN NUGGETS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	5 EACH	Recipe	5 EACH	Recipe	5 EACH	Recipe	5 EACH
CHICKEN NUGGETS TYSON	200	200	2	2	330	330	13	13
	200	200	2	2	330	330	13	13

* Total includes one or more missing nutrient data.



(sys-411) CHICKEN TAMALES GREEN SAUCE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
CHICKEN TAMALES GREEN SAUCE	269.9999	269.5198	6.0001	5.9894	490	489.1287	19	18.9662
	269.9999	269.5198	6.0001	5.9894	490	489.1287	19	18.9662

* Total includes one or more missing nutrient data.

(504) CHIPOTLE RANCH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ
CHIPOTLE RANCH	35	35	0	0	269.9998	269.9998	4	4
	35	35	0	0	269.9998	269.9998	4	4

* Total includes one or more missing nutrient data.

(9139) CHOPPED KALE SALAD	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
FRESH KALE	39.6893	39.6893	0.2018	0.2018	60.1009	60.1009	5.0122	5.0122
CABBAGE MIX	14.1748	14.1748	0.0193	0.0193	10.2058	10.2058	3.2885	3.2885
	53.864	53.864	0.2211	0.2211	70.3068	70.3068	8.3007	8.3007

* Total includes one or more missing nutrient data.

(9133) CINNAMON PEARS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4OZ	Recipe	4OZ	Recipe	4OZ	Recipe	4OZ
BUTTER (ROCKVIEW)	141.464	1.4146	9.7298	0.0973	10.2058	0.1021	0	0
PEARS, DICED 6/#10	5443.104	54.431	0.4354	0.0044	435.4483	4.3545	1408.6753	14.0868
CINNAMON (SPICE)	140.0465	1.4005	0.1956	0.002	5.6699	0.0567	45.6937	0.4569
	5724.6145	57.2461	10.3609	0.1036	451.324	4.5132	1454.369	14.5437

* Total includes one or more missing nutrient data.

(9077) CK CHEF'S SALAD	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SALAD	Recipe	SALAD	Recipe	SALAD	Recipe	SALAD
SHREDDED YELLOW CHEESE	114.4101	114.4101	6.0747	6.0747	182.2448	182.2448	0	0
GRAPE TOMATOES	10.2058	10.2058	0.0159	0.0159	2.835	2.835	2.2056	2.2056
WG SAVORY BITE WHEAT CRACKERS (LUNCH)	170	170	1	1	370	370	30	30
TURKEY DELI BREAST SLICED FRZN (224 SRV PER CS)	43.5803	43.5803	0	0	216.8878	216.8878	1.0135	1.0135
KEN'S RANCH DRESSING RANCH POUCH IW	260	260	4	4	240	240	2	2

* Total includes one or more missing nutrient data.



(9077) CK CHEF'S SALAD	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SALAD	Recipe	SALAD	Recipe	SALAD	Recipe	SALAD
3 WAY ROMAINE SALAD	20.0115	20.0115	0	0	13.3409	13.3409	4.0023	4.0023
	618.2077	618.2077	11.0906	11.0906	1025.3085	1025.3085	39.2214	39.2214

* Total includes one or more missing nutrient data.

(9016) COOKED BROCCOLI	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
SALT FREE SEASONING	25.1222	0.2512	0.58	0.0058	44.1005	0.441	40.5046	0.405
BUTTER (ROCKVIEW)	565.856	5.6586	38.9193	0.3892	40.8233	0.4082	0	0
BROCCOLI	1565.4924	15.6549	0	0	1324.6485	13.2465	301.0583	3.0106
	2156.4706	21.5647	39.4994	0.395	1409.5722	14.0957	341.563	3.4156

* Total includes one or more missing nutrient data.

(996) CRINKLE CUT FRIES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3 OZ	Recipe	3 OZ	Recipe	3 OZ	Recipe	3 OZ
CRINKLE CUT FRIES	130.0742	130.0742	0	0	30.0171	30.0171	20.0114	20.0114
	130.0742	130.0742	0	0	30.0171	30.0171	20.0114	20.0114

* Total includes one or more missing nutrient data.

(1022) DICED PEACHES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
DICED PEACHES	49.8951	49.8951	0.0045	0.0045	4.5359	4.5359	13.1201	13.1201
	49.8951	49.8951	0.0045	0.0045	4.5359	4.5359	13.1201	13.1201

* Total includes one or more missing nutrient data.

(432) DICED PEARS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
PEARS, DICED 6/#10	56.699	56.699	0.0045	0.0045	4.5359	4.5359	14.6737	14.6737
	56.699	56.699	0.0045	0.0045	4.5359	4.5359	14.6737	14.6737

* Total includes one or more missing nutrient data.

(526) DILL PICKLES	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 OZ	2 OZ	Recipe	1 OZ	2 OZ	Recipe	1 OZ	2 OZ	Recipe	1 OZ	2 OZ
DILL PICKLES	0	0	0	0	0	0	384.7432	384.7432	769.4864	0	0	0
	0	0	0	0	0	0	384.7432	384.7432	769.4864	0	0	0



* Total includes one or more missing nutrient data.

(700) FRESH ORANGE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
FRESH ORANGE	60.48	60.48	0.0336	0.0336	1.92	1.92	14.88	14.88
	60.48	60.48	0.0336	0.0336	1.92	1.92	14.88	14.88

* Total includes one or more missing nutrient data.

(486) FRESH STRAWBERRIES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
FRESH STRAWBERRIES	36.2874	36.2874	0.017	0.017	1.134	1.134	8.709	8.709
	36.2874	36.2874	0.017	0.017	1.134	1.134	8.709	8.709

* Total includes one or more missing nutrient data.

(126) GALAXY PIZZA-CHEESE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
GALAXY PIZZA-CHEESE	290.0001	290.0001	6	6	520	520	28.9999	28.9999
	290.0001	290.0001	6	6	520	520	28.9999	28.9999

* Total includes one or more missing nutrient data.

(9131) GARLIC PARMESAN CORN RECIPE 100/4OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4OZ	Recipe	4OZ	Recipe	4OZ	Recipe	4OZ
PARMESAN GRATED CHS	714.4074	7.1441	26.1456	0.2615	3068.5499	30.6855	23.6605	0.2366
GARLIC POWDER	187.6737	1.8767	0.1412	0.0014	34.0194	0.3402	41.2372	0.4124
BUTTER (ROCKVIEW)	565.856	5.6586	38.9193	0.3892	40.8233	0.4082	0	0
CORN (CANNED)	7692.9203	76.9292	9.2555	0.0926	1442.4226	14.4242	1852.311	18.5231
BLACK PEPPER	71.1572	0.7116	0.3946	0.0039	5.6699	0.0567	18.1295	0.1813
	9232.0147	92.3201	74.8563	0.7486	4591.485	45.9148	1935.3382	19.3534

* Total includes one or more missing nutrient data.

(444) GREEN APPLE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
GREEN APPLE	95.004	95.004	0.0546	0.0546	2.002	2.002	25.1342	25.1342
	95.004	95.004	0.0546	0.0546	2.002	2.002	25.1342	25.1342

* Total includes one or more missing nutrient data.



(420) GREEN BEANS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
GREEN BEANS	20.77	20.77	0	0	181.8099	181.8099	3.89	3.89
	20.77	20.77	0	0	181.8099	181.8099	3.89	3.89

* Total includes one or more missing nutrient data.

(9127) GREEN BEANS RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
ONION POWDER 1.25 LB	193.3436	1.8591	0.1242	0.0012	41.3903	0.398	44.8602	0.4313
SALT FREE SEASONING	25.1222	0.2416	0.58	0.0056	44.1005	0.424	40.5046	0.3895
BUTTER (ROCKVIEW)	565.856	5.4409	38.9193	0.3742	40.8233	0.3925	0	0
GREEN BEANS	1827.758	17.5746	0	0	15999.2694	153.8391	342.3204	3.2915
	2612.0798	25.1162	39.6235	0.381	16125.5834	155.0537	427.6853	4.1124

* Total includes one or more missing nutrient data.

(9048) HAMBURGER GRAVY	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ POTATOES/ 4 OZ MEAT	Recipe	4 OZ POTATOES/ 4 OZ MEAT	Recipe	4 OZ POTATOES/ 4 OZ MEAT	Recipe	4 OZ POTATOES/ 4 OZ MEAT
BROWN GRAVY	2645.9531	26.4595	0	0	42335.2531	423.3525	529.1909	5.2919
BEEF CRUMBLE UNSEASONED 40 LB CS	15999.728	159.9973	367.9904	3.6799	5599.9066	55.9991	0	0
	18645.6811	186.4568	367.9904	3.6799	47935.1597	479.3516	529.1909	5.2919

* Total includes one or more missing nutrient data.

(sys-602) HAPPY BIRTHDAY MANGO FLAVOR ROSATI ICE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
HAPPY BIRTHDAY MANGO FLAVOR ROSATI ICE	98.9999	98.9999	0	0	15	15	24.9999	24.9999
	98.9999	98.9999	0	0	15	15	24.9999	24.9999

* Total includes one or more missing nutrient data.

(9055) HOMEMADE REFRIED BEANS RECIPE: 52 SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
GARLIC POWDER	187.6737	3.5747	0.1412	0.0027	34.0194	0.648	41.2372	0.7855
BEANS, PINTO	7065.5698	134.5823	0	0	9891.7941	188.4151	1201.1444	22.8789
SPICE CHILI POWDER 1 LB SHAKER	159.8912	3.0455	1.3959	0.0266	1625.5603	30.9631	28.1794	0.5368
CUMIN	212.6212	4.0499	0.8703	0.0166	95.2543	1.8144	25.0836	0.4778

* Total includes one or more missing nutrient data.



(9055) HOMEMADE REFRIED BEANS RECIPE: 52 SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
DICED ONION	181.4368	3.4559	0.1905	0.0036	18.1437	0.3456	42.3655	0.807
Water	0	0	0	0	435.4483	8.2943	0	0
	7807.1927	148.7084	2.5979	0.0495	12100.2201	230.4804	1338.0101	25.4859

* Total includes one or more missing nutrient data.

(9168) HOMEMADE SPICY TOASTED CHEESE SANDWICH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SANDWICH	Recipe	SANDWICH	Recipe	SANDWICH	Recipe	SANDWICH
SANDWICH BREAD 51% WG	200	200	0	0	360	360	38	38
BUTTERMIST SPRAY	1.7118	1.7118	0.0143	0.0143	1.6012	1.6012	0.0011	0.0011
CHEESE PEPPER JACK SHRED	222.746	222.746	10.1247	10.1247	374.6182	374.6182	2.0247	2.0247
	424.4578	424.4578	10.139	10.139	736.2194	736.2194	40.0259	40.0259

* Total includes one or more missing nutrient data.

(9167) HOMEMADE TOASTED CHEESE SANDWICH RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SANDWICH	Recipe	SANDWICH	Recipe	SANDWICH	Recipe	SANDWICH
SANDWICH BREAD 51% WG	200	200	0	0	360	360	38	38
BUTTERMIST SPRAY	1.7118	1.7118	0.0143	0.0143	1.6012	1.6012	0.0011	0.0011
SLICED CHEESE	219.996	219.996	9.9999	9.9999	539.9968	539.9968	3.9984	3.9984
	421.7078	421.7078	10.0142	10.0142	901.598	901.598	41.9995	41.9995

* Total includes one or more missing nutrient data.

(9143) HOMEMADE TURKEY AND CHEESE SANDWICH RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	sandwich	Recipe	sandwich	Recipe	sandwich	Recipe	sandwich
SANDWICH BREAD 51% WG	200	200	0	0	360	360	38	38
SLICED CHEESE	54.999	54.999	2.5	2.5	134.9992	134.9992	0.9996	0.9996
TURKEY DELI BREAST SLICED FRZN (224 SRV PER CS)	43.5803	43.5803	0	0	216.8878	216.8878	1.0135	1.0135
	298.5793	298.5793	2.5	2.5	711.887	711.887	40.0131	40.0131

* Total includes one or more missing nutrient data.

(sys-242) HONEY WG BISCUIT SLICED	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	BISCUIT	Recipe	BISCUIT	Recipe	BISCUIT	Recipe	BISCUIT
HONEY WG BISCUIT SLICED	190	190	2	2	320	320	30	30
	190	190	2	2	320	320	30	30

* Total includes one or more missing nutrient data.



(506) ITALIAN DRESSING 64/2OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ SERVING	Recipe	2 OZ SERVING	Recipe	2 OZ SERVING	Recipe	2 OZ SERVING
ITALIAN DRESSING 64/2OZ SERVINGS	40.001	0.6452	0.4992	0.0081	269.9991	4.3548	2.0002	0.0323
	40.001	0.6452	0.4992	0.0081	269.9991	4.3548	2.0002	0.0323

* Total includes one or more missing nutrient data.

(NULL35) JELLO SF CHERRY	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
JELLO SF CHERRY	4.9999	4.9999	0	0	0	0	0	0
	4.9999	4.9999	0	0	0	0	0	0

* Total includes one or more missing nutrient data.

(903) JICAMA	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
JICAMA	43.0912	43.0912	0.0238	0.0238	4.5359	4.5359	10.0017	10.0017
	43.0912	43.0912	0.0238	0.0238	4.5359	4.5359	10.0017	10.0017

* Total includes one or more missing nutrient data.

(7215) KETCHUP PACKET	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH
KETCHUP PACKET	20	10	20	0	0	0	170	85	170	6	3	6
	20	10	20	0	0	0	170	85	170	6	3	6

* Total includes one or more missing nutrient data.

(9037) MASHED POTATOES RECIPE 40/4 OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
PARSLEY FLAKES	165.5611	4.139	0.7813	0.0195	256.2795	6.407	28.7124	0.7178
GARLIC POWDER	93.8368	2.3459	0.0706	0.0018	17.0097	0.4252	20.6186	0.5155
BUTTER (ROCKVIEW)	1131.712	28.2928	77.8387	1.946	81.6466	2.0412	0	0
MASHED POTATO MIX	593.3148	14.8329	0	0	1898.6063	47.4652	112.7295	2.8182
Water	0	0	0	0	145.1494	3.6287	0	0
	1984.4247	49.6106	78.6906	1.9673	2398.6915	59.9673	162.0605	4.0515

* Total includes one or more missing nutrient data.



(520) MAYO PACKET	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH
MAYO PACKET	70	70	140	1	1	2	45	45	90	0	0	0
	70	70	140	1	1	2	45	45	90	0	0	0

* Total includes one or more missing nutrient data.

(9041) MEXICORN RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
PARMESAN GRATED CHS	714.4074	9.5254	26.1456	0.3486	3068.5499	40.914	23.6605	0.3155
CORN (CANNED)	5769.6902	76.9292	6.9417	0.0926	1081.8169	14.4242	1389.2332	18.5231
MAYO GALLON	1133.9799	15.1197	22.6797	0.3024	2267.9601	30.2395	22.6797	0.3024
TAJIN (1 GRAM/.25 TSP)	113.398	1.512	0	0	10489.315	139.8575	0	0
	7731.4755	103.0863	55.767	0.7436	16907.6419	225.4352	1435.5734	19.141

* Total includes one or more missing nutrient data.

(919) MINI CHOCOLATE CHIP COOKIES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	BAG	Recipe	BAG	Recipe	BAG	Recipe	BAG
MINI CHOCOLATE CHIP COOKIES	159.9999	159.9999	1.5	1.5	159.9999	159.9999	25	25
	159.9999	159.9999	1.5	1.5	159.9999	159.9999	25	25

* Total includes one or more missing nutrient data.

(427) MIXED FRUIT	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
MIXED FRUIT	52.1631	52.1631	0.0011	0.0011	4.5359	4.5359	13.449	13.449
	52.1631	52.1631	0.0011	0.0011	4.5359	4.5359	13.449	13.449

* Total includes one or more missing nutrient data.

(9172) MS-HOMEMADE SPICY BEAN & CHEESE BURRITO	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	BURRITO	Recipe	BURRITO	Recipe	BURRITO	Recipe	BURRITO
10" ULTRA GRN WW FLOUR TORTILLA 6/2DOZ(144)-2OZ SERVINGS	180.9998	180.9998	1	1	167.9999	167.9999	31	31
HOMEMADE REFRIED BEANS RECIPE: 52 SERVINGS	148.7084	148.7084	0.0495	0.0495	230.4804	230.4804	25.4859	25.4859
CHEESE PEPPER JACK SHRED	111.373	111.373	5.0624	5.0624	187.3091	187.3091	1.0124	1.0124
	441.0813	441.0813	6.1119	6.1119	585.7894	585.7894	57.4982	57.4982

* Total includes one or more missing nutrient data.



(524) MUSTARD PACKET	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
MUSTARD PACKET	0	0	0	0	65	65	0	0
	0	0	0	0	65	65	0	0

* Total includes one or more missing nutrient data.

(122) ORANGE CHICKEN	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3.6 OZ	Recipe	3.6 OZ	Recipe	3.6 OZ	Recipe	3.6 OZ
ORANGE CHICKEN	153.0873	153.0873	0.5103	0.5103	285.763	285.763	19.3911	19.3911
	153.0873	153.0873	0.5103	0.5103	285.763	285.763	19.3911	19.3911

* Total includes one or more missing nutrient data.

(9038) PARFAIT-MS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
STRAWBERRY SLICED (FROZEN)	72.8922	72.8922	0	0	0	0	18.62	18.62
BULK GRANOLA	248.6798	248.6798	0.9947	0.9947	169.1023	169.1023	41.7782	41.7782
PARFAIT PRO VANILLA YOGURT	199.8202	199.8202	0.999	0.999	104.9056	104.9056	38.9649	38.9649
	521.3923	521.3923	1.9938	1.9938	274.0079	274.0079	99.3631	99.3631

* Total includes one or more missing nutrient data.

(sys-621) PEPPERS BELL TRI-CLR SLCD	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
PEPPERS BELL TRI-CLR SLCD	15	22.6796	0.0435	0.0658	2.25	3.4019	3.48	5.2617
	15	22.6796	0.0435	0.0658	2.25	3.4019	3.48	5.2617

* Total includes one or more missing nutrient data.

(sys-457) PIZZA 8" CHEESE WEDGE WG IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SLICE	Recipe	SLICE	Recipe	SLICE	Recipe	SLICE
PIZZA 8" CHEESE WEDGE WG IW	327.81	331.9697	6.1	6.1774	570.62	577.8607	34.58	35.0188
	327.81	331.9697	6.1	6.1774	570.62	577.8607	34.58	35.0188

* Total includes one or more missing nutrient data.



(sys-236) PIZZA, LONGBOARD	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
PIZZA, LONGBOARD	291.4497	291.4497	5.9399	5.9399	520.2196	520.2196	30.26	30.26
	291.4497	291.4497	5.9399	5.9399	520.2196	520.2196	30.26	30.26

* Total includes one or more missing nutrient data.

(709) RED APPLE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
RED APPLE	80.388	80.388	0.0462	0.0462	1.694	1.694	21.2674	21.2674
	80.388	80.388	0.0462	0.0462	1.694	1.694	21.2674	21.2674

* Total includes one or more missing nutrient data.

(436) RED SALSA	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2 OZ	3 OZ	Recipe	2 OZ	3 OZ	Recipe	2 OZ	3 OZ	Recipe	2 OZ	3 OZ
RED SALSA	19.5514	19.5514	19.5514	0	0	0	136.8596	136.8596	136.8596	3.9103	3.9103	3.9103
	19.5514	19.5514	19.5514	0	0	0	136.8596	136.8596	136.8596	3.9103	3.9103	3.9103

* Total includes one or more missing nutrient data.

(1112) REFRIED BEANS (INSTANT)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
REFRIED BEANS (INSTANT)	139.5667	139.5667	0.8723	0.8723	418.7003	418.7003	23.5519	23.5519
	139.5667	139.5667	0.8723	0.8723	418.7003	418.7003	23.5519	23.5519

* Total includes one or more missing nutrient data.

(9130) REFRIED BLACK BEANS RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
DEHYDRATED ONION SPICE	1546.7487	14.7309	0.9525	0.0091	331.1222	3.1535	358.882	3.4179
GARLIC POWDER	375.3474	3.5747	0.2824	0.0027	68.0388	0.648	82.4744	0.7855
BEANS BLACK LO SODIUM	16994.9016	161.8562	0	0	21827.8676	207.8845	3117.1976	29.6876
SPICE CHILI POWDER 1 LB SHAKER	319.7824	3.0455	2.7919	0.0266	3251.1207	30.9631	56.3588	0.5368
CUMIN	425.2425	4.0499	1.7407	0.0166	190.5086	1.8144	50.1673	0.4778
Water	0	0	0	0	870.8966	8.2943	0	0
	19662.0225	187.2574	5.7674	0.0549	26539.5545	252.7577	3665.0801	34.9055

* Total includes one or more missing nutrient data.



(1028) RIPS, CHERRY LIMEADE 60 SRV PER CS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
RIPS, CHERRY LIMEADE 60 SRV PER CS	59.9999	59.9999	0	0	14.9999	14.9999	14.9999	14.9999
	59.9999	59.9999	0	0	14.9999	14.9999	14.9999	14.9999

* Total includes one or more missing nutrient data.

(9166) ROASTED RAINBOW CARROTS RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
RAINBOW BABY CARROTS	793.7867	39.6893	0.5216	0.0261	1769.0104	88.4505	186.8801	9.344
SALT FREE SEASONING	25.1222	1.2561	0.58	0.029	44.1005	2.205	40.5046	2.0252
GARLIC BUTTERMIST SPRAY	60.3362	3.0168	0.489	0.0244	54.3942	2.7197	0.0454	0.0023
	879.2451	43.9623	1.5907	0.0795	1867.505	93.3753	227.4301	11.3715

* Total includes one or more missing nutrient data.

(123) ROTINI PASTA	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	4 OZ	7.44 OZ	Recipe	4 OZ	7.44 OZ	Recipe	4 OZ	7.44 OZ	Recipe	4 OZ	7.44 OZ
ROTINI PASTA	113.3978	113.3978	113.3978	3.3494	3.3494	3.3494	333.8868	333.8868	333.8868	12.9677	12.9677	12.9677
	113.3978	113.3978	113.3978	3.3494	3.3494	3.3494	333.8868	333.8868	333.8868	12.9677	12.9677	12.9677

* Total includes one or more missing nutrient data.

(1041) RV FF CHOCOLATE MILK 8 OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
RV FF CHOCOLATE MILK 8 OZ	119.9998	119.9998	0	0	199.9998	199.9998	23.0001	23.0001
	119.9998	119.9998	0	0	199.9998	199.9998	23.0001	23.0001

* Total includes one or more missing nutrient data.

(9141) SAUCY BEANS RECIPE100/4OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ SERVINGS	Recipe	4 OZ SERVINGS	Recipe	4 OZ SERVINGS	Recipe	4 OZ SERVINGS
BEANS, PINTO	9420.7597	94.2076	0	0	13189.0588	131.8906	1601.5259	16.0153
CHIPOTLE RANCH	139.9999	1.4	0	0	1079.9992	10.8	16	0.16
	9560.7597	95.6076	0	0	14269.0579	142.6906	1617.5259	16.1753

* Total includes one or more missing nutrient data.



(sys-41) SESAME ORIENTAL DRESSING IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
SESAME ORIENTAL DRESSING IW	179.9998	179.9998	2.5	2.5	579.9995	579.9995	8	8
	179.9998	179.9998	2.5	2.5	579.9995	579.9995	8	8

* Total includes one or more missing nutrient data.

(23) SHREDDED ROMAINE LETTUCE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
SHREDDED ROMAINE LETTUCE	3.995	3.995	0.0092	0.0092	1.88	1.88	0.7732	0.7732
	3.995	3.995	0.0092	0.0092	1.88	1.88	0.7732	0.7732

* Total includes one or more missing nutrient data.

(0316) SHREDDED YELLOW CHEESE	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 OZ	2 OZ	Recipe	1 OZ	2 OZ	Recipe	1 OZ	2 OZ	Recipe	1 OZ	2 OZ
SHREDDED YELLOW CHEESE	403.57	114.4101	228.8202	21.428	6.0747	12.1495	642.85	182.2448	364.4895	0	0	0
	403.57	114.4101	228.8202	21.428	6.0747	12.1495	642.85	182.2448	364.4895	0	0	0

* Total includes one or more missing nutrient data.

(sys-54) SIDEKICK SOUR CHERRY LEMON ICE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
SIDEKICK SOUR CHERRY LEMON ICE	89.9999	89.9999	0	0	29.9999	29.9999	22	22
	89.9999	89.9999	0	0	29.9999	29.9999	22	22

* Total includes one or more missing nutrient data.

(9149) SLOPPY JO SANDWICH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SANDWICHES	Recipe	SANDWICHES	Recipe	SANDWICHES	Recipe	SANDWICHES
3" 51% HAMBURGER BUNS WWW	141.2023	141.2023	0	0	211.8035	211.8035	26.2233	26.2233
BEEF SLOPPY JOE FILLING	144.9983	144.9983	2.2002	2.2002	416.9942	416.9942	9.9996	9.9996
	286.2007	286.2007	2.2002	2.2002	628.7977	628.7977	36.2229	36.2229

* Total includes one or more missing nutrient data.



(9012) SPICY CHICKEN SANDWICH RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
HAMBURGER BUN (WHITE WHOLE WHEAT)	150	150	0	0	270	270	29	29
BRD SPICY CHICKEN PATTY WG	179.9999	179.9999	2	2	469.9996	469.9996	11	11
	329.9999	329.9999	2	2	739.9996	739.9996	40	40

* Total includes one or more missing nutrient data.

(742) SPINACH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
SPINACH	26.0815	26.0815	0.0714	0.0714	89.5844	89.5844	4.1163	4.1163
	26.0815	26.0815	0.0714	0.0714	89.5844	89.5844	4.1163	4.1163

* Total includes one or more missing nutrient data.

(sys-154) SUPERPRETZEL	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
SUPERPRETZEL	139.9999	139.9999	0	0	149.9999	149.9999	30	30
	139.9999	139.9999	0	0	149.9999	149.9999	30	30

* Total includes one or more missing nutrient data.

(9020) SWEET BBQ BEANS RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
DEHYDRATED ONION SPICE	193.3436	1.9334	0.1191	0.0012	41.3903	0.4139	44.8602	0.4486
BROWN SUGAR	225.662	2.2566	0	0	0	0	56.4722	0.5647
VEGETARIAN BEANS	10745.9574	107.4596	0	0	13677.2503	136.7725	1953.3486	19.5335
BBQ SAUCE GALLON	429.0735	4.2907	0	0	1777.5903	17.7759	110.3331	1.1033
MUSTARD GALLON	39.6893	0.3969	0	0	578.3298	5.7833	3.4019	0.034
	11633.7258	116.3373	0.1191	0.0012	16074.5607	160.7456	2168.4161	21.6842

* Total includes one or more missing nutrient data.

(9031) TACO ABOUT CHICKEN ENCHILADAS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
CHEESE PEPPER JACK SHRED	7127.8775	142.5576	323.992	6.4798	11987.7932	239.7559	64.7911	1.2958
WG CHICKEN TAQUITOS BULK	14000.0016	280	150.0018	3	39999.999	800	1500.0024	30
ENCHILADA SAUCE	59.0165	1.1803	0	0	1495.0819	29.9016	11.8032	0.2361

* Total includes one or more missing nutrient data.



(9031) TACO ABOUT CHICKEN ENCHILADAS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
	21186.8956	423.7379	473.9938	9.4799	53482.8741	1069.6575	1576.5967	31.5319

* Total includes one or more missing nutrient data.

(529) TACO SAUCE PACKET	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
TACO SAUCE PACKET	5	5	0	0	95	95	1	1
	5	5	0	0	95	95	1	1

* Total includes one or more missing nutrient data.

(408) TATER TOTS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2.52 OZ	Recipe	2.52 OZ	Recipe	2.52 OZ	Recipe	2.52 OZ
TATER TOTS	130	130	1	1	310	310	16	16
	130	130	1	1	310	310	16	16

* Total includes one or more missing nutrient data.

(711) TOMATO SLICES	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ
TOMATO SLICES	20.4116	10.2058	20.4116	0.0318	0.0159	0.0318	5.6699	2.835	5.6699	4.4112	2.2056	4.4112
	20.4116	10.2058	20.4116	0.0318	0.0159	0.0318	5.6699	2.835	5.6699	4.4112	2.2056	4.4112

* Total includes one or more missing nutrient data.

(9053) WET BURRITO	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
MS-HOMEMADE SPICY BEAN & CHEESE BURRITO	441.0813	441.0813	6.1119	6.1119	585.7894	585.7894	57.4982	57.4982
RED ENCHILADA SAUCE LOW SODIUM	9.4498	9.4498	0	0	61.4239	61.4239	1.89	1.89
	450.5311	450.5311	6.1119	6.1119	647.2133	647.2133	59.3882	59.3882

* Total includes one or more missing nutrient data.

(sys-402) WG CRISPY CHICKEN TENDERS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3 PIECES	Recipe	3 PIECES	Recipe	3 PIECES	Recipe	3 PIECES
WG CRISPY CHICKEN TENDERS	260	260	2.5	2.5	390	390	16	16
	260	260	2.5	2.5	390	390	16	16

* Total includes one or more missing nutrient data.



(9005) WG BEEF TACO SALAD	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ SERVING	Recipe	2 OZ SERVING	Recipe	2 OZ SERVING	Recipe	2 OZ SERVING
SHREDDED YELLOW CHEESE	114.4101	0.7151	6.0747	0.038	182.2448	1.139	0	0
TOSTADA BOWL, RECTANGULAR	110	0.6875	0	0	0	0	14	0.0875
BEEF CRUMBLE (W/ TACO SEASONING) 160-2OZ SERVING	32793.242	204.9578	735.9809	4.5999	61385.2322	383.6577	453.5923	2.835
	33017.6521	206.3603	742.0556	4.6378	61567.477	384.7967	467.5923	2.9225

* Total includes one or more missing nutrient data.

(sys-334) WG CHICKEN TACO	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	PACKAGE	Recipe	PACKAGE	Recipe	PACKAGE	Recipe	PACKAGE
WG CHICKEN TACO	226.9998	226.9998	0.5	0.5	225.9999	225.9999	27	27
	226.9998	226.9998	0.5	0.5	225.9999	225.9999	27	27

* Total includes one or more missing nutrient data.

(9009) WG CHILI CHEESE FLAQUITO	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
WG CHILI CHEESE FLAQUITO	337.9997	337.9997	5.5	5.5	382.9997	382.9997	30.9999	30.9999
	337.9997	337.9997	5.5	5.5	382.9997	382.9997	30.9999	30.9999

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 5/1/2023, End = 5/30/2023)
Menu Plans	(Middle School Lunch 2022/2023)
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)