

# GUSD

## Summary Ingredient List (per 100 grams)

No.	Description	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RE)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
<b>BAKE - BAKERY PRODUCTS</b>															
904128s	Bagel, plain, 2 oz Lenders 00072	263	0.88	0.00	*N/A*	0.00	561.40	52.63	1.75	10.53	0.00	0.00	0.00	0.00	3.16
902197s	Bar, Breakfast Banana Chocolate Chunk	394	11.27	4.23	0.00	21.13	309.86	67.61	4.23	7.04	0.00	0.00	0.00	28.17	2.54
900051s	Bread Flat, LoCo bread	274	4.90	0.98	0.00	0.00	509.51	48.99	3.92	9.80	*N/A*	*N/A*	*N/A*	117.58	2.82
902952s	Bread stick, plain, 1.25 oz Golden Crust	316	4.52	0.42	*N/A*	0.00	406.36	57.85	1.98	9.60	0.00	0.00	0.00	11.29	3.53
900550s	Bread, French Roll6" 12 pk #201	245	2.13	0.53	0.00	0.00	500.00	46.81	2.13	11.70	0.00	0.00	0.00	85.11	2.87
990481s	Bread, Rye, Sliced, Galasso code#4398	225	2.50	0.00	0.00	0.00	575.00	47.50	2.50	10.00	0.00	0.00	0.00	100.00	2.70
905770s	Bread, sandwich, whole wheat, Galasso B	222	3.70	0.00	0.00	0.00	425.93	44.44	7.41	11.11	0.00	0.00	0.00	148.15	2.67
900554s	Bread, White Wheat Pullman 24oz #2119	269	3.85	0.00	0.00	0.00	461.54	50.00	3.85	11.54	0.00	0.00	0.00	76.92	2.77
018042	BREAD,PITA,WHOLE-WHEAT	266	2.60	0.41	*N/A*	0.00	532.00	55.00	7.40	9.80	0.00	0.00	0.00	15.00	3.06
900552s	Breadstick 12 pack #503	235	1.96	0.00	0.00	0.00	470.59	45.10	0.00	9.80	0.00	0.00	0.00	156.86	2.82
902086s	Breadstick, cheese, garlic	340	5.23	2.61	0.00	13.06	418.06	60.10	2.61	15.68	0.00	0.00	0.00	125.42	2.61
900553s	Bun, Hamb, 4", white, Sesame Galasso #1	267	5.83	0.83	0.00	0.00	433.33	45.00	1.67	11.67	0.00	0.00	0.00	66.67	3.00
000133s	Bun, Hamburger, 4" Wheat #3500 Galas	227	3.03	0.00	0.00	0.00	424.24	45.46	4.55	10.61	0.00	0.00	0.00	90.91	2.73
000109s	Bun, Hamburger, 4", white, Galasso #123	255	4.41	0.98	0.00	0.00	450.98	47.06	1.96	10.78	0.00	0.00	0.00	147.06	2.65
900548s	Bun, Hot Dog 10" - Galasso	259	3.70	0.00	0.00	0.00	444.44	48.15	0.00	11.11	0.00	0.00	0.00	111.11	2.67
900545s	Bun, Mini Whole Wheat Burger	353	7.06	0.00	0.00	0.00	564.38	63.49	7.06	7.06	0.00	*N/A*	0.00	31.75	4.59
902084s	Cookie, Baked Choc Chip 1 oz	388	13.05	3.95	*N/A*	28.22	423.29	57.11	0.92	4.55	31.75	158.73	0.25	0.00	1.76
990486s	Cookie, Choc Chip, red fat, 2 oz	390	16.56	4.15	*N/A*	30.81	423.29	57.27	0.92	4.55	25.80	129.02	0.23	38.64	1.66
900100s	Cookie, Holiday, Linda's all codes	448	21.16	7.47	*N/A*	14.78	261.93	59.81	0.99	4.94	53.07	265.36	0.22	8.63	1.73
904474s	Cookie, Shamrock	448	21.16	7.47	*N/A*	14.78	261.96	59.81	0.99	4.94	53.07	265.36	0.22	8.63	1.73
904475s	Cookie, Valentine	448	21.16	7.47	*N/A*	14.78	261.96	59.81	0.99	4.94	53.07	265.36	0.22	8.63	1.73
900378s	Croissant, mini 1.25 oz.	395	16.93	11.29	*N/A*	42.33	324.52	45.15	2.82	5.64	0.00	0.00	0.00	0.00	2.03
905668s	English Muffin, white, sliced	252	2.47	0.79	*N/A*	0.62	398.60	49.21	3.33	8.17	0.00	0.00	0.00	1552.06	1726.66
900551s	French Roll 6" hinged #202	247	2.35	0.59	0.00	0.00	494.12	47.06	1.18	11.77	0.00	0.00	0.00	117.65	3.18
900039s	Muffin, Apple Cinnamon Mini	304	8.04	0.98	0.00	33.31	58.79	45.07	0.98	3.92	11.37	56.83	0.20	0.20	1.18
900040s	Muffin, Banana mini	304	8.04	0.98	0.00	33.31	58.79	45.07	0.98	3.92	11.37	56.83	0.20	0.20	1.18
900042s	Muffin, Blueberry mini	304	8.04	0.98	0.00	33.31	58.79	45.07	0.98	3.92	11.37	56.83	0.20	0.20	1.18
900041s	Muffin, Chocolate Chip mini	304	8.04	0.98	0.00	33.31	58.79	45.07	0.98	3.92	11.37	56.83	0.20	0.20	1.18
900061s	MUFFIN, DOUBLE CHOC, BUENA VIST	259	4.59	0.72	*N/A*	1.38	427.14	48.03	0.00	6.49	60.02	300.11	0.01	39.76	2.03

\*N/A\* - denotes missing nutrient values

<sup>1</sup> - denotes optional nutrient values

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No.	Description	Calories (kcal)	Total		Trans		Chol (mg)	Sodium (mg)	Carbs (g)	Dietary		Protein (g)	Vitamin	Vitamin	Vitamin	Calcium (mg)	Iron (mg)
			Fat (g)	Sat Fat (g)	Fat <sup>1</sup> (g)	Fiber (g)				A (RE)	A (IU)		C (mg)				
900420s	Muffin, Sweet Potato Chocolate Chip	263	4.59	1.24	0.00	0.16	395.06	48.65	0.61	6.90	60.09	300.46	0.01	37.24	1.68		
900060s	MUFFIN,BLUEBERRY,BUENA VISTA	386	4.06	1.36	*N/A*	0.16	460.00	81.93	0.00	5.52	11.60	57.99	0.04	41.96	2.05		
900539s	Pan release Spray	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00		
905807s	Roll, Hoagie, whole wheat roll, 4 1/2" -	250	2.06	0.00	*N/A*	0.00	594.78	51.60	3.94	8.07	0.00	*N/A*	0.00	16.89	2.44		
905359s	Roll, Kaiser, 4" Galasso code#386	228	2.53	0.63	0.00	0.00	481.01	44.30	1.27	10.13	0.00	0.00	0.00	126.58	2.28		
902102s	Roll, Squaw, 1.8 oz	263	3.25	0.64	*N/A*	0.00	448.76	49.58	3.86	9.29	0.00	0.00	0.00	50.95	2.65		
900126s	Rolls, French white	247	2.35	0.00	0.00	0.00	494.12	47.06	1.18	10.59	0.00	0.00	0.00	70.59	3.18		
902072s	Rolls, Hawaiian, Galasso 1228 (T-Biscuit)	216	2.70	0.00	0.00	0.00	432.43	48.65	0.00	10.81	0.00	0.00	0.00	54.05	2.92		
075103s	SUGAR,BROWN	376	0.00	0.00	*N/A*	0.00	39.00	97.30	0.00	0.00	0.00	0.00	0.00	85.00	1.91		
019335	SUGARS,GRANULATED	387	0.00	0.00	*N/A*	0.00	1.00	99.98	0.00	0.00	0.00	0.00	0.00	1.00	0.05		
902913s	Taco Shell, Romero's 200/cs	315	13.48	0.00	0.00	0.00	202.25	40.45	4.49	4.49	44.94	224.72	0.00	44.94	3.24		
900117s	Tortillas, flour 6"	311	7.77	1.84	*N/A*	0.28	697.74	52.26	0.30	8.11	0.00	0.00	0.00	207.91	3.39		
905390s	Tortillas, flour, 10", Romeros 210280	317	7.67	1.53	*N/A*	0.00	708.55	53.68	0.00	7.67	0.00	0.00	0.00	199.38	3.59		

**BEEF - BEEF PRODUCTS**

118891	Beef Chili w/beans	146	5.00	1.70	0.00	31.00	565.00	13.00	4.00	13.00	298.00	1490.00	12.00	51.00	3.00
902126s	BEEF GROUND ,80/20 Raw-to Cook & Dr	280	17.64	6.93	*N/A*	101.00	89.00	0.00	0.00	28.20	0.00	0.00	0.00	12.00	2.45
118881	Beef Meatball	151	9.00	3.50	0.60	36.00	216.00	5.00	1.00	12.00	1.00	5.00	1.00	64.00	2.00
905250s	Beef Patty, 5 oz, Grand Champ CNQ3050	193	12.28	4.94	*N/A*	47.27	599.66	3.74	1.48	17.71	12.56	62.79	0.40	32.45	1.98
905530s	Beef Patty, Teriyaki, 2.25oz Don Lee CNQ	204	10.97	4.39	*N/A*	47.03	487.57	8.31	0.78	18.03	14.74	73.68	0.00	39.19	2.04
118885	Beef Sloppy Joe	143	6.00	2.20	0.00	44.00	658.00	9.00	1.00	13.00	87.60	438.00	8.00	33.00	2.00
902949s	Beef Taco Filling Crumble, Don Lee Q852	236	16.55	6.51	*N/A*	62.41	379.87	2.71	0.81	18.45	60.24	301.19	0.00	19.67	2.31
600544s	BEEF TERIYAKI DUNKERS CNQTD065,	229	12.35	4.88	0.00	47.48	463.99	14.11	0.68	15.87	20.08	100.40	0.00	50.20	1.90
900070s	Beef, Cheese burger mini packs 2 per pk	255	10.03	4.32	0.00	30.20	51.13	27.40	1.29	12.73	14.89	74.43	0.00	100.32	2.37
050519c	BEEF, CRUMBLES, WITH SOY PROTEI	202	12.01	4.94	0.42	52.91	567.58	3.17	1.60	20.35	10.58	52.91	0.00	43.29	2.76
902750s	Beef, meatballs, cooked, Don Lee CNQ28	199	13.05	5.12	*N/A*	84.66	446.22	2.82	1.24	18.34	62.44	312.18	0.00	29.98	2.12
900565s	Beef, Shaved fully cooked	212	15.87	6.17	0.00	70.55	282.19	0.00	0.00	19.40	0.00	0.00	0.00	0.00	1.91
905550s	Burrito, Beef, bean, red chili,4 oz, Fer	220	7.06	1.88	*N/A*	13.23	477.96	29.10	1.76	8.82	113.05	565.27	0.88	37.04	2.73
100851	HAMBURGER PATTY, MINI	299	15.49	4.22	*N/A*	31.69	412.67	23.23	1.05	16.90	0.00	0.00	0.00	21.83	1.76
990447s	Roast beef, sliced deli	153	8.48	*N/A*	*N/A*	59.32	796.61	1.70	*N/A*	20.34	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
600460s	Sausage patty, beef	229	16.46	6.76	*N/A*	58.79	579.08	1.47	0.00	18.52	4.12	20.58	0.00	12.05	2.06

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902065s	Taco Filling Crumble, Don Lee CNQTM50	195	13.51	5.17	*N/A*	49.35	361.93	4.94	2.94	14.81	0.00	0.00	0.00	5.76	1.41
601049s	Triple B Burger with Foil Wrappers	307	21.91	8.61	0.00	95.18	87.99	0.33	0.13	25.54	0.10	0.49	0.11	13.82	2.73
<b>BEVER - BEVERAGE</b>															
900446s	Powerade, assorted	31	0.00	0.00	*N/A*	0.00	24.25	8.38	0.00	0.00	0.00	0.00	0.00	0.00	0.00
990475s	Water, Aquafina, 20 oz	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
990456s	Water, Nestle 8oz	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
<b>BOWL - ENTRE</b>															
900038s	Burrito, chicken, bean, rice and cheese	186	6.21	1.86	0.00	21.74	409.94	24.85	3.11	11.18	37.27	186.34	1.49	62.11	2.24
900555s	Burrito, Senor Felix - Fiesta Santa Fe B	178	5.52	2.15	0.00	24.54	355.81	24.54	3.07	8.59	92.02	460.10	0.74	122.69	1.66
900030s	California Roll	219	10.70	1.46	*N/A*	12.16	481.67	25.30	1.95	4.38	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
900047s	Chalupa, bean and cheese bulk	216	8.27	1.93	*N/A*	13.47	628.40	19.44	2.94	11.54	72.31	361.56	0.27	233.76	1.37
900561s	Egg Roll, Whole Wheat Chick and Vege 5	184	2.48	0.36	0.00	21.28	198.58	25.53	3.55	14.89	248.23	1241.14	6.38	28.37	1.92
900570s	Flauta, Chili Bean and Cheese - Ardellas	226	8.04	2.45	0.00	9.45	400.35	29.08	4.45	10.46	43.17	215.84	0.65	117.25	2.44
900068s	Pasta ravioli cheese Tabatchnick	246	9.23	5.39	0.00	26.92	307.69	22.31	0.77	17.69	30.77	153.85	0.00	307.69	0.55
900571s	Potato Strips, Loaded 2x6	191	5.72	1.91	0.00	3.18	444.90	25.42	3.81	9.53	25.42	127.11	0.00	158.89	1.72
<b>BRD - BREAD</b>															
900542s	Edibowl, 4.5" tostada shell	336	9.09	0.00	0.00	0.00	645.46	54.55	4.55	9.09	0.00	0.00	0.00	0.00	3.27
902192s	Pancake, whole wheat 144/cs USDA	241	6.25	1.03	0.00	40.63	500.00	39.59	3.13	7.28	20.63	103.13	0.00	62.50	1.25
<b>BREAK - BREAKFAST ENTREE</b>															
904131s	Breakfast Pizza Bagel, TRC 74600	218	6.48	3.41	*N/A*	17.01	434.40	26.27	1.02	13.21	82.80	413.99	4.31	246.12	1.80
904123s	Cereal, Oatmeal, Instant, Quaker, Maple	372	4.65	0.00	*N/A*	0.00	627.91	76.74	6.98	9.30	465.12	2325.58	0.00	232.56	8.37
900562s	Cinnamon Roll, whole grain 3 oz	317	11.76	2.94	0.00	23.52	564.38	44.68	2.35	3.53	0.00	0.00	0.00	235.16	1.69
990601s	French Toast Sticks, Sunny Fresh	212	4.70	1.18	0.00	152.85	388.01	32.92	0.00	10.58	46.09	230.46	0.00	17.64	2.70
905651s	Muffin, Apple Cinnamon, 1.5 oz 20th Cen 2	272	11.20	1.91	*N/A*	69.49	466.56	35.49	1.66	7.00	25.34	126.68	0.57	75.23	1.74

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102646	PIZZA, BREAKFAST CHEESE - HOT PO	262	10.76	4.61	*N/A*	7.69	589.23	30.76	3.07	12.30	0.00	0.00	0.00	367.69	1.53
900048s	POP-TARTS, STRAWBERRY, Whole grai	400	10.00	3.00	*N/A*	0.00	320.00	70.00	10.00	4.00	200.00	1000.00	0.00	0.00	3.60
905800s	Sausage, Turkey Patty	213	14.11	3.82	*N/A*	107.30	425.40	0.56	0.00	21.75	29.14	145.70	1.60	41.20	1.70
904126s	Texas Toast, Cinnamon, Best Ex 3000SB	322	11.41	2.08	*N/A*	0.00	539.49	48.76	0.00	6.23	77.81	389.05	0.00	103.75	0.71
990362s	Waffle Stix, 1.1 oz, Chef America 0200	226	3.22	0.00	*N/A*	0.00	612.90	45.16	0.00	6.45	1.45	7.25	0.00	79.25	1.93
<b><i>BRK - PURCHASED MIXED DISHES - BREAKFAS</i></b>															
109962	OMELET COLBY CHEESE SKILLET	185	13.43	5.87	*N/A*	327.51	361.10	1.68	0.00	13.43	136.04	680.21	3.35	58.78	1.00
<b><i>BUR - BURRITO</i></b>															
902191s	Burrito, Butcher Boy Bean and Ch 6.20 oz	223	6.60	2.73	0.00	9.59	417.60	31.77	3.68	9.11	59.62	298.12	2.29	105.88	2.37
902195s	Burrito, Chimichanga Posada	225	8.45	2.47	0.00	14.09	422.54	28.87	1.41	7.75	0.00	0.00	2.54	42.25	1.90
902196s	Burrito, Grilled Bean and Cheese 6.5 oz	217	8.68	2.44	0.00	8.14	320.18	27.68	4.34	7.60	32.56	162.80	0.00	81.40	2.93
<b><i>CER - CEREAL</i></b>															
118535	CEREAL, APPLE JACKS REDUCED SU	359	2.80	0.30	0.03	0.00	580.00	85.30	10.60	6.50	300.00	1500.00	45.00	0.00	13.50
118569	CEREAL, APPLE JACKS REDUCED SU	359	2.80	0.30	0.03	0.00	580.00	85.30	10.60	6.50	300.00	1500.00	45.00	0.00	13.50
118545	CEREAL, CORN FLAKES TOUCH OF H	368	0.40	0.10	0.00	0.00	689.00	85.70	1.00	6.60	312.60	1563.00	19.00	9.20	28.10
118570	CEREAL, FROOT LOOPS REDUCED SU	364	4.00	1.60	0.02	0.00	563.00	83.80	10.30	6.30	312.60	1563.00	47.00	0.00	14.10
118568	CEREAL, FROSTED FLAKES REDUCED	379	0.30	0.00	0.00	0.00	568.00	89.00	0.90	6.00	322.60	1613.00	19.00	0.00	14.50
116133	CEREAL, HONEY NUT CHEERIOS SING	375	4.16	0.00	*N/A*	0.00	395.83	83.33	4.16	4.16	333.33	1666.66	20.00	333.33	15.00
905564s	Cereal, Kellogg's Rice Krispies, bowlpac	395	0.00	0.00	*N/A*	0.00	959.45	90.30	0.00	5.64	225.75	1128.77	13.55	0.00	4.06
990612s	Cereal, Reduced Sugar CinnToast Crunch	388	7.06	0.00	0.00	0.00	564.38	74.08	10.58	7.06	282.19	1410.96	16.93	1587.33	25.40
990611s	Cereal, Reduced Sugar Cocoa Puffs, Bow	349	3.88	0.00	0.00	0.00	581.44	77.53	3.88	3.88	310.10	1550.51	18.61	310.10	13.96
117108	Cereal, Reduced Sugar Frosted Flakes, b	379	0.30	0.00	0.00	0.00	568.00	89.00	0.90	6.00	*N/A*	1613.00	19.00	0.00	14.50
114734	Cereal, Reduced Sugar Fruit Loops, bowlpac	364	4.00	1.60	0.02	0.00	563.00	83.80	10.30	6.30	*N/A*	1563.00	47.00	0.00	14.10
990613s	Cereal, Reduced Sugar Trix, bowlpac	361	4.01	0.00	0.00	0.00	641.35	80.17	8.02	4.01	320.67	1603.36	19.24	320.67	18.04
<b><i>COND - CONDIMENTS</i></b>															

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# GUSD

## Summary Ingredient List (per 100 grams)

No.	Description	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RE)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
902187s	Dressing, Salad Light Balsamic	150	13.33	1.67	0.00	0.00	1300.00	6.67	0.00	0.00	0.00	0.00	0.00	0.00	0.00
016579	GARDENBURGER,ORIGINAL	145	4.50	1.40	0.10	13.00	565.00	25.30	6.50	6.40	58.40	292.00	5.60	65.00	1.60
990628s	Ketchup, 33%, Red Plastic Jug	88	*N/A*	*N/A*	*N/A*	*N/A*	1117.01	23.52	*N/A*	*N/A*	352.74	1763.70	*N/A*	*N/A*	*N/A*
083730s	MUSTARD YELLOW PREPARED	75	4.40	0.20	*N/A*	0.00	1252.00	6.40	1.00	4.70	0.00	0.00	0.00	84.00	2.00
990023s	Salsa, USDA	36	0.20	0.03	*N/A*	0.00	430.00	7.00	1.40	1.50	110.00	550.00	4.00	12.00	2.24
902194s	Sauce, Minor's Chile Garlic	147	2.94	0.00	0.00	0.00	1676.47	23.53	0.00	0.00	0.00	0.00	0.00	0.00	0.00
902193s	Sauce, Minor's Zesty Orange	237	0.00	0.00	0.00	0.00	394.74	55.26	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<b>DAIRY - DAIRY PRODUCTS</b>															
118496	Cheddar Cheese sauce Cup	153	10.59	7.06	0.00	35.29	917.65	4.71	0.00	9.41	83.04	415.22	0.00	415.22	0.49
118494	Cheddar Cheese Sauce Cups	153	10.59	7.06	0.00	35.29	917.65	4.71	0.00	9.41	83.04	415.22	0.00	415.22	0.49
001215	CHEESE PRODUCT,PAST PROCESS,A	240	14.10	8.85	*N/A*	53.00	1587.00	10.60	0.00	17.60	189.00	945.00	0.00	529.00	0.20
905236s	Cheese Sauce, Cheddar, Cup, LOL	189	14.00	8.00	0.00	37.00	1132.00	5.00	0.00	9.00	76.00	380.00	0.00	267.00	0.30
601409s	Cheese, American, Reduced fat, sliced, f	250	14.29	8.93	0.00	53.57	1500.00	7.14	0.00	25.00	214.29	1071.43	0.00	714.29	0.00
600956s	Cheese, Cheddar, Mild, Shredded, Fresh/	399	33.00	22.00	0.00	92.00	590.00	2.00	0.00	23.00	293.00	1465.00	0.00	692.00	0.30
050350c	CHEESE, CHEDDAR, WHITE, BLOCK	402	33.16	21.09	0.00	105.82	620.81	1.27	0.00	24.90	200.35	1001.76	0.00	719.58	0.67
050351c	CHEESE, CHEDDAR, YELLOW, BLOCK	402	33.16	21.09	0.00	105.82	620.81	1.27	0.00	24.90	200.35	1001.76	0.00	719.58	0.67
900301s	Cheese, Feta	265	21.29	14.82	*N/A*	88.89	1116.40	4.09	0.00	14.22	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
050339c	CHEESE, MOZZARELLA, LITE, FROZEN	208	8.82	8.47	0.00	31.75	677.25	3.53	0.00	28.22	0.00	0.00	0.00	744.27	0.35
901125s	Cheese, Parmesan, grated	415	27.34	17.37	0.00	72.00	1696.00	3.41	0.00	37.86	127.80	639.00	0.00	1253.00	0.87
096659s	Cheese,Cheddar,Shredded:LAND O' LAK	388	33.16	21.16	*N/A*	105.82	617.28	1.41	0.00	25.04	21.16	105.82	0.00	70.55	0.00
001012	CHEESE,COTTAGE,CRMD,LRG OR SM	98	4.30	1.72	*N/A*	17.00	364.00	3.38	0.00	11.12	48.00	140.00	0.00	83.00	0.07
001017	CHEESE,CREAM	342	34.24	19.29	*N/A*	110.00	321.00	4.07	0.00	5.93	382.00	1343.00	0.00	98.00	0.38
990584s	CHEESE,CREAM, 1 oz whipped individual	349	34.87	21.97	*N/A*	110.00	296.00	2.66	0.00	7.55	382.00	1346.00	0.00	80.00	1.20
900828s	CHEESE,MOZZARELLA,STRING CHEE	302	20.03	12.67	*N/A*	54.00	528.00	3.83	0.00	25.96	191.00	517.00	0.00	731.00	0.25
990385s	Egg Mix, Scrambled, Sunny Fresh 40125	113	7.05	2.82	*N/A*	310.38	112.86	2.82	0.00	11.28	93.11	465.57	0.00	70.54	1.12
990384s	Egg Patty, Scrambled, Grilled, Sunny Fre	127	9.87	2.82	*N/A*	324.49	338.60	2.82	0.00	8.46	155.19	775.95	0.00	56.43	1.12
001129	EGG,Pillopak, WHL,CKD,HARD-BOILED	155	10.61	3.27	*N/A*	424.00	124.00	1.12	0.00	12.58	168.00	520.00	0.00	50.00	1.19
050431c	EGGS, WHOLE, SCRAMBLED FROM FR	117	7.40	2.30	0.00	311.43	210.00	2.11	0.00	8.86	87.14	435.71	0.29	77.14	1.34
900053s	Eggstavaganza, Chorizo - turkey	176	12.35	3.53	*N/A*	352.74	388.01	3.53	0.00	12.35	220.11	1100.55	0.00	65.26	15.87

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No.	Description	Calories (kcal)	Total		Trans		Chol (mg)	Sodium (mg)	Carbs (g)	Dietary		Vitamin			Calcium (mg)	Iron (mg)
			Fat (g)	Sat Fat (g)	Fat <sup>1</sup> (g)	Fiber (g)				Protein (g)	A (RE)	A (IU)	C (mg)			
905743s	Ice cream cup, 3 oz, Clearbrook	123	7.06	4.70	*N/A*	25.87	41.15	14.11	0.00	2.35	58.79	293.95	0.00	58.79	0.00	
118495	Jalapeno Cheese Sauce Cup	153	10.59	7.06	0.00	35.29	976.47	4.71	0.00	9.41	83.04	415.22	0.00	415.22	0.49	
905507s	Milk, Chocolate Nonfat 1%	62	0.00	0.00	*N/A*	0.00	79.37	11.46	0.00	3.53	44.09	220.46	1.59	132.28	0.16	
905340s	Milk, Chocolate Nonfat 1/2 pint	57	0.00	0.00	0.00	0.44	88.19	12.35	0.00	3.09	44.09	220.46	1.06	132.28	0.00	
904494s	Milk, Chocolate Nonfat pouch	57	0.00	0.00	*N/A*	0.00	88.19	11.02	0.00	3.09	44.09	220.46	0.53	110.23	0.16	
902074s	Milk, Light A&D 1% Milkfat	53	1.10	0.66	*N/A*	6.61	66.14	6.17	0.00	4.41	44.09	220.46	1.06	154.32	0.16	
900403s	Milk, Strawberry 1%	76	1.10	0.66	0.00	6.61	61.73	14.55	0.00	3.09	35.27	176.37	0.53	110.23	0.16	
075022s	Sour Cream	214	20.96	13.05	*N/A*	44.40	53.30	4.27	0.00	3.16	195.00	790.00	0.86	116.40	0.06	
990024s	Yogurt, fruit, lofat, 8 oz	99	1.15	0.74	*N/A*	4.50	53.20	18.64	0.00	3.98	9.80	49.00	0.60	138.30	0.06	
900393s	Yogurt, quart flavored low fat	106	0.88	0.44	0.00	4.41	66.14	20.28	0.00	3.53	0.00	*N/A*	2.12	132.28	0.00	

**DESRT - DESSERTS**

902188s	Cookie, Birthday wrapped	435	16.89	3.25	0.00	0.20	298.03	63.45	6.08	7.25	6.55	32.73	0.04	15.29	1.96
902198s	Cookie, Football and Helmet	429	16.65	3.19	0.00	0.19	294.90	62.10	6.00	6.68	4.60	23.00	0.03	10.26	1.90
990472s	Cookie, Fortune	375	0.00	0.00	0.00	0.00	275.00	87.50	0.00	0.00	0.00	0.00	0.00	0.00	2.25
900162s	Cookie, holiday	448	21.16	7.47	*N/A*	14.78	261.93	59.81	*N/A*	4.94	53.07	265.36	*N/A*	8.63	1.73
900573s	Cookie, Jack o Lantern	434	16.78	3.23	0.00	0.20	295.04	62.64	6.00	7.21	6.47	32.35	0.05	15.12	1.92
900055s	Cookie, Knott's Raspberry shortbread 2 p	400	20.16	3.63	5.04	24.69	281.08	52.76	4.74	4.28	0.00	*N/A*	0.00	3.33	1.81
900572s	Cookie, Red Apple	434	16.33	3.18	0.00	0.15	285.87	64.75	5.85	6.95	6.48	32.40	0.05	10.38	1.86
900556s	Cookie, Tree and Bell	437	16.73	3.23	0.00	0.20	294.94	62.54	5.49	7.16	6.48	32.40	0.05	15.12	1.92
900557s	Ice Cream, Good Humor Vanilla Sandwich	250	3.85	1.92	0.00	0.00	0.00	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
900560s	Juice Ice Pop, Firecracker	80	0.00	0.00	0.00	0.00	0.00	18.18	0.00	0.00	0.00	0.00	27.27	0.00	0.00
900559s	Juice Ice Pop, Scribblers	76	0.00	0.00	0.00	0.00	0.00	18.99	0.00	0.00	0.00	0.00	15.19	0.00	0.00

**DRINK - FLAVORED DRINKS**

069048s	Water, hot	0	0.00	0.00	*N/A*	0.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	2.00	0.01
014429	WATER,MUNICIPAL	0	0.00	0.00	*N/A*	0.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	3.00	0.00

**ENT - LUNCH ENTREES**

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			Fat (g)	Sat Fat (g)	Fat <sup>1</sup> (g)	Fiber (g)				Protein (g)	A (RE)	A (IU)	C (mg)			
900358s	Bowls, Taco Edibowl	332	18.81	8.23	*N/A*	55.26	1493.27	14.11	2.35	27.04	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
902134s	Burrito, bean and cheese, Fernandos 621	221	8.59	3.68	*N/A*	15.34	607.33	27.61	2.58	9.20	47.48	237.41	9.20	157.66	1.78	
900441s	CHILI DOG, WEINERSCHNITZEL	230	10.32	3.18	*N/A*	23.81	793.65	24.60	0.79	8.73	23.81	111.11	1.43	39.68	1.57	
990501s	Enchilada, Cheese	210	6.51	3.26	0.00	7.23	390.73	30.39	3.63	7.23	72.29	361.42	1.45	72.29	1.30	
900346s	Hot Pocket Pepperoni Pizza wrp24/4	254	9.88	3.18	*N/A*	7.06	423.29	29.63	2.82	11.29	105.82	529.11	*N/A*	246.92	2.54	
102650	HOT POCKETS PEPPERONI PIZZA STI	271	10.58	4.11	*N/A*	23.52	576.47	35.29	2.35	8.23	0.00	0.00	0.00	176.47	2.35	
902165s	Hot Pockets, Taco pocket, 5 oz, 550	240	8.47	2.82	*N/A*	3.53	373.90	30.34	2.82	10.58	56.44	282.19	0.00	211.64	2.54	
990590s	Max Wraps, Chili Cheese	220	8.08	2.21	0.00	7.35	492.37	26.46	2.94	11.76	14.70	73.49	0.00	146.98	1.98	
903979s	Pasta Shell, Cheese Stuffed	188	7.38	4.03	*N/A*	33.56	302.01	19.46	0.67	10.07	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
900438s	Pizza Bagel, Breakfast, Tonys	218	6.48	3.41	*N/A*	17.01	434.40	26.27	1.02	13.21	82.80	413.99	4.31	246.12	1.80	
902103s	Sandwich, Deli Stick, Ham & Cheese	256	10.17	3.97	0.00	48.87	963.89	25.12	0.98	15.79	29.90	149.48	0.00	147.79	3.03	
601052s	Sandwich, grilled cheese - 3.25 oz	313	14.04	6.61	*N/A*	21.98	786.12	34.32	1.34	10.93	83.72	418.62	0.00	87.83	1.75	
990455s	Sandwich, T Ham & Cheese, French roll	234	8.91	4.30	*N/A*	33.71	872.44	23.05	1.36	12.32	39.19	195.97	0.00	164.61	2.34	
990445s	Taco Snack - Totally taco Wedge	216	7.76	2.59	0.00	8.62	560.59	23.29	1.73	12.94	24.15	120.74	0.00	149.20	2.16	

**FASTF - FASTF**

021293	PIZZA HUT 14" CHS PIZZA,REG CRUST	271	10.87	4.42	*N/A*	26.00	632.00	31.63	1.10	11.75	62.20	311.00	0.00	189.00	1.96
021296	PIZZA HUT 14" PEPPERONI PIZZA,REG	287	12.02	4.73	*N/A*	29.00	744.00	32.48	2.60	12.17	50.40	252.00	0.00	139.00	2.13

**FATS - MARGARINE/OIL/SHORT/SAL.DRESS**

004691	MARGARINE,REG,80% FAT,COMP,STK,	717	80.71	15.19	14.89	0.00	943.00	0.70	0.00	0.16	715.40	3577.00	0.20	3.00	0.06
990631s	Mayonnaise, Lite	357	42.86	7.14	0.00	0.00	571.43	7.14	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
004044	OIL,SOYBN,SALAD OR COOKING	884	100.00	14.40	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.02

**FISH - FISH/SEAFOOD**

900074s	Fish, Rainbow Treasures	230	11.50	2.21	*N/A*	26.55	318.58	15.04	0.89	15.93	11.50	57.52	0.44	190.27	0.50
900033s	Fish, Sea food Sliders	156	1.11	0.00	0.00	44.44	333.33	22.22	0.00	13.33	0.00	0.00	0.00	0.00	1.20
904467s	Shrimp, Breaded, oven crunchy TBF 2075	194	6.17	0.44	*N/A*	74.96	264.56	21.16	0.00	12.35	0.00	0.00	0.00	17.64	2.38
050336c	TUNA, CHUNK LIGHT, CANNED, IN WA	116	0.81	0.25	0.00	31.75	338.62	0.00	0.00	25.50	11.29	56.44	0.00	10.58	1.52

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050337c	TUNA, LIGHT, POUCH, IN WATER, REA	116	0.81	0.25	0.00	31.75	338.62	0.00	0.00	25.50	11.29	56.44	0.00	10.58	1.52
<b>FRUIT - FRUIT &amp; FRUIT JUICE</b>															
900412s	Apple, Pink Lady medium	52	0.17	0.03	*N/A*	0.00	1.00	13.81	2.40	0.26	5.00	54.00	4.60	6.00	0.12
900376s	Apple, Red small	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
050356c	APPLES, CANNED, UNSWEETENED, S	28	0.00	0.00	0.00	0.00	4.00	7.20	0.80	0.00	0.00	0.00	0.96	0.00	1.15
990029s	Apples, fresh w/skin, all varieties, siz	59	0.36	0.06	*N/A*	0.00	0.00	15.25	2.70	0.19	10.60	53.00	5.70	7.00	0.18
900339s	APPLES, GREEN MED whole or sliced	52	0.00	0.00	0.00	0.00	1.30	13.64	2.60	0.00	12.99	64.94	4.68	12.99	0.23
009003	APPLES,RAW,WITH SKIN	52	0.17	0.03	*N/A*	0.00	1.00	13.81	2.40	0.26	5.00	54.00	4.60	6.00	0.12
050361c	APRICOTS, CANNED, HALVES, UNPEE	63	0.05	0.00	0.00	0.00	3.94	16.43	1.57	0.53	263.31	1316.54	2.68	11.02	0.39
009026	APRICOTS,CND,LT SYRUP PK,W/SKN,	63	0.05	0.00	*N/A*	0.00	4.00	16.49	1.60	0.53	132.00	1322.00	2.70	11.00	0.39
009021	APRICOTS,RAW	48	0.39	0.03	*N/A*	0.00	1.00	11.12	2.00	1.40	261.00	1926.00	10.00	13.00	0.39
990034s	BANANAS,RAW	92	0.48	0.19	*N/A*	0.00	1.00	23.43	2.40	1.03	8.00	81.00	9.10	6.00	0.31
900211s	Bever, Juice, Snapple 100% Juiced Fruit	52	0.00	0.00	*N/A*	0.00	4.60	12.88	0.00	0.00	30.67	153.37	18.40	30.67	0.00
900213s	Bever, Juice, Snapple 100% Juiced Green	49	0.00	0.00	*N/A*	0.00	4.29	12.58	0.00	0.00	30.67	153.37	18.40	30.67	0.00
900214s	Bever, Juice, Snapple 100% Juiced Orang	52	0.00	0.00	*N/A*	0.00	4.60	13.50	0.00	0.00	30.67	153.37	18.40	30.67	0.00
900334s	CHERRIES, DRIED	350	0.00	0.00	0.00	0.00	15.00	82.50	25.00	2.50	725.00	3625.00	0.00	50.00	2.25
903983s	Cranberries, whole, sliced, dried, USDA	323	0.00	0.00	*N/A*	0.00	0.00	80.00	3.33	0.00	0.00	0.00	0.00	0.00	0.67
990692s	FRUIT COCKTAIL,CND,LT SYRUP,DRN	57	0.10	0.01	*N/A*	0.00	6.00	14.81	1.50	0.48	64.00	320.00	1.88	7.00	0.29
900406s	Fruit, fresh mixed	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
050378c	FRUIT, MIXED, CANNED, FRUIT AND J	55	0.08	0.01	0.00	0.00	6.35	14.19	1.19	0.40	1.90	9.52	3.10	4.76	0.29
902190s	Juice bar, whole fruit wild cherry 3 oz	59	0.00	0.00	0.00	0.00	11.76	15.29	3.53	0.00	117.58	587.90	70.55	70.55	0.00
901372s	JUICE GRAPE 100% 70/4 OZ CARTON	68	0.03	0.00	*N/A*	0.00	9.15	16.08	0.10	0.11	1.60	8.00	0.20	9.60	0.37
901373s	JUICE GRAPE 100% 96/4OZ K=PAK	68	0.03	0.00	*N/A*	0.00	9.15	16.80	0.10	0.11	1.60	8.00	0.20	9.60	0.37
901375s	JUICE ORANGE 100% 4 OZ CARTON	45	0.23	0.01	*N/A*	0.00	23.40	11.00	0.20	0.54	15.60	78.00	38.90	9.00	0.10
901377s	JUICE ORANGE 100% 70/4 OZ CARTON	45	0.23	0.01	*N/A*	0.00	23.40	11.00	0.20	0.54	15.60	78.00	38.90	9.00	0.10
990506s	Juice, 100% Apple - Apple and Eve 6.75	47	0.00	*N/A*	0.00	0.00	2.61	10.97	0.00	0.00	0.00	0.00	31.36	52.26	0.00
990507s	Juice, 100% Cranberry - Apple and Eve 6.	52	0.00	*N/A*	*N/A*	0.00	*N/A*	13.06	0.00	0.00	0.00	0.00	31.36	52.26	0.06
990508s	Juice, 100% Fruit Punch - Apple and Eve	52	0.00	*N/A*	*N/A*	*N/A*	13.06	12.54	0.00	*N/A*	0.00	0.00	31.36	52.26	0.06
990509s	Juice, 100% Orange Tangerine - Apple an	52	*N/A*	*N/A*	*N/A*	*N/A*	10.45	13.06	*N/A*	*N/A*	*N/A*	*N/A*	31.36	52.26	0.09
900136s	Juice, Apple	49	0.00	0.00	*N/A*	0.00	13.23	13.23	0.00	1.76	0.00	0.00	0.00	440.93	0.00

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## Summary Ingredient List (per 100 grams)

No.	Description	Calories (kcal)	Total		Trans	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary	Protein (g)	Vitamin	Vitamin	Vitamin	Calcium (mg)	Iron (mg)
			Fat (g)	Sat Fat (g)	Fat <sup>1</sup> (g)				Fiber (g)		A (RE)	A (IU)	C (mg)		
901387s	JUICE, APPLE 4 OZ CARTON	49	0.10	0.02	*N/A*	0.00	7.00	11.80	0.10	0.09	7.60	38.00	0.60	6.00	0.26
901389s	JUICE, APPLE 4 OZ K-PAK	49	0.10	0.02	*N/A*	0.00	7.00	11.80	0.10	0.09	7.60	38.00	0.60	6.00	0.26
905413s	Juice, Fruit Smoothie, Cherry, Berkeley	44	0.00	0.00	*N/A*	0.00	11.02	10.58	0.00	0.00	0.00	0.00	1.59	0.00	1.19
900167s	Juice, Fruit Smoothie, Watermelon, Berke	53	0.00	0.00	*N/A*	0.00	30.87	15.43	0.00	0.00	0.00	0.00	2.12	0.00	1.59
905412s	Juice, Fruit Smoothie,Mango/PC, Berkeley	44	0.00	0.00	*N/A*	0.00	6.61	11.02	0.00	0.00	0.00	0.00	0.53	0.00	0.16
900345s	Juice, Minute Maid Juice Bar Blue Raspbe	94	0.00	0.00	*N/A*	0.00	172.45	23.52	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
900293s	Juice, Minute Maid Juice Bar Green Apple	94	0.00	0.00	*N/A*	0.00	15.68	23.52	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
110469	JUICE, PINEAPPLE, E-Z OPEN, AP	56	0.08	0.01	*N/A*	0.00	1.00	13.78	0.20	0.32	0.00	0.00	35.29	17.00	0.26
900436s	Juice, Very Berry 4 oz	55	0.00	0.00	*N/A*	0.00	8.82	14.11	0.00	0.00	0.00	0.00	10.58	8.82	0.32
903721s	Juice, Wild Berry 8 oz.	53	0.00	0.00	*N/A*	0.00	13.23	12.79	0.00	0.44	0.00	0.00	26.46	0.00	0.16
103614	LEMON JUICE	0	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.01	0.05	1.80	0.71	0.00
009159	LIMES,RAW	30	0.20	0.02	*N/A*	0.00	2.00	10.54	2.80	0.70	1.00	50.00	29.10	33.00	0.60
009181	MELONS,CANTALOUPE,RAW	34	0.19	0.05	*N/A*	0.00	16.00	8.16	0.90	0.84	322.00	3382.00	36.70	9.00	0.21
009184	MELONS,HONEYDEW,RAW	36	0.14	0.04	*N/A*	0.00	18.00	9.09	0.80	0.54	4.00	50.00	18.00	6.00	0.17
009191	NECTARINES,RAW	44	0.32	0.03	*N/A*	0.00	0.00	10.55	1.70	1.06	74.00	332.00	5.40	6.00	0.28
009193	OLIVES,RIPE,CND (SMALL-EXTRA LRG	115	10.68	1.42	*N/A*	0.00	872.00	6.26	3.20	0.84	40.00	403.00	0.90	88.00	3.30
900309s	Orange, Mandarin, canned, drained	50	0.00	0.00	0.00	0.00	1.43	12.14	0.71	0.71	42.86	214.29	15.00	14.29	0.51
904147s	Oranges, fresh, size 113	47	0.12	0.02	*N/A*	0.00	0.00	11.75	2.40	0.94	41.00	205.00	53.20	40.00	0.10
990488s	Peaches, Canned, Lite Syrup, sliced	52	0.00	0.00	0.00	0.00	4.75	14.24	0.00	0.00	33.22	166.09	1.58	1.58	0.32
009236	PEACHES,RAW	39	0.25	0.02	*N/A*	0.00	0.00	9.54	1.50	0.91	54.00	326.00	6.60	6.00	0.25
050374c	PEAR, BOSCO, RAW, WHOLE	58	0.12	0.01	0.00	0.00	1.20	15.46	3.07	0.38	4.58	22.89	4.22	9.04	0.17
990705s	PEARS,CND,LT SYRUP,DRND, Halves	57	0.04	0.00	*N/A*	0.00	5.00	15.12	2.70	0.23	0.00	0.00	0.70	6.00	0.28
990038s	PEARS,FRESH	59	0.40	0.02	*N/A*	0.00	0.00	15.11	2.40	0.39	2.00	20.00	4.00	11.00	0.25
902189s	Persimmon, japanese, raw	70	0.00	0.00	0.00	0.00	1.19	18.45	3.57	0.60	327.38	1636.91	7.50	0.00	0.11
990224s	Pineapple, canned, light syrup, USDA	52	0.12	0.01	*N/A*	0.00	1.00	13.45	0.80	0.36	1.00	38.00	7.50	14.00	0.39
050375c	PINEAPPLE, CANNED, TIDBITS, SOLID	52	0.12	0.01	0.00	0.00	0.78	13.24	0.78	0.35	7.50	37.50	7.34	14.06	0.38
009266	PINEAPPLE,RAW,ALL VAR	50	0.12	0.01	*N/A*	0.00	1.00	13.12	1.40	0.54	2.00	58.00	47.80	13.00	0.29
990042s	Plums, Raw	55	0.62	0.05	*N/A*	0.00	0.00	13.01	1.50	0.79	32.00	323.00	9.50	4.00	0.10
009298	RAISINS,SEEDLESS	299	0.46	0.06	*N/A*	0.00	11.00	79.18	3.70	3.07	1.00	0.00	2.30	50.00	1.88
050370c	STRAWBERRIES, FROZEN, THAWED,	95	0.13	0.01	0.00	0.00	3.13	25.82	1.88	0.53	4.84	24.22	41.25	10.94	0.59
050364c	STRAWBERRIES, IQF, THAWED, WHOL	35	0.11	0.01	0.00	0.00	1.82	9.17	2.09	0.44	9.09	45.45	41.36	16.36	0.75
990044s	STRAWBERRIES,FRESH	30	0.37	0.02	*N/A*	0.00	1.00	7.02	2.30	0.61	3.00	27.00	56.70	14.00	0.38

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No.	Description	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RE)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
009320	STRAWBERRIES,FRZ,SWTND,SLICED	96	0.13	0.01	*N/A*	0.00	3.00	25.92	1.90	0.53	2.00	24.00	41.40	11.00	0.59
009218	TANGELO (MANDARIN ORANGES),RA	53	0.31	0.04	*N/A*	0.00	2.00	13.34	1.80	0.81	92.00	681.00	26.70	37.00	0.15
990169s	Tangerines, fresh	44	0.19	0.02	*N/A*	0.00	1.00	11.19	2.30	0.63	92.00	920.00	30.80	14.00	0.10
900437s	Watermelon, Seedless	32	0.43	0.05	*N/A*	0.00	2.00	7.18	0.50	0.62	37.00	366.00	9.60	8.00	0.17
009326	WATERMELON,RAW	30	0.15	0.02	*N/A*	0.00	1.00	7.55	0.40	0.61	37.00	569.00	8.10	7.00	0.24
902123s	Whole Fruit Juice Bar, Cherry	59	0.00	0.00	0.00	0.00	11.76	15.29	3.53	0.00	117.58	587.90	70.55	70.55	0.00
<b>GRAIN - FLOUR/GRAINS/MACARONI/RICES</b>															
905200s	Chow Mein, Lings	214	3.57	0.00	*N/A*	0.00	160.71	42.86	0.00	7.14	142.86	714.29	0.00	0.00	2.57
990423s	Flour, all purpose, white, enriched	364	0.98	0.15	*N/A*	0.00	2.00	76.31	2.70	10.33	0.00	0.00	0.00	15.00	4.64
118509	French Toast made with whl grain	180	4.00	1.00	0.00	55.00	310.00	32.00	3.00	8.00	0.00	0.00	0.00	100.00	1.80
118508	French Toast Sticks made w/ whl grain	310	13.00	3.00	0.00	0.00	410.00	43.00	2.00	6.00	0.00	0.00	0.00	60.00	1.80
799909	LASAGNA NOODLES,ENR,DRY	371	1.51	0.28	0.00	0.00	6.00	74.67	3.20	13.04	0.00	0.00	0.00	21.00	3.30
990304s	Macaroni, cooked, enriched	141	0.67	0.09	*N/A*	0.00	1.00	28.34	1.30	4.77	0.00	0.00	0.00	7.00	1.40
050461c	MACARONI, ELBOW, ENRICHED, DRY	368	1.49	0.28	0.00	0.00	5.66	73.96	3.21	12.92	0.00	0.00	0.00	16.98	3.49
050464c	MACARONI, SPIRAL (ROTINI), ENRICH	158	0.93	0.18	0.00	0.00	1.49	30.87	1.79	5.81	0.00	0.00	0.00	7.46	1.28
050463c	MACARONI, SPIRAL (ROTINI), ENRICH	371	1.50	0.29	0.00	0.00	7.14	74.67	3.10	13.05	0.00	0.00	0.00	21.43	3.24
900164s	Noodle, Chow Mein	214	3.57	0.00	*N/A*	0.00	160.71	42.86	0.00	7.14	142.86	714.29	0.00	0.00	2.57
118510	Pancakes made with whl grain	240	7.00	1.00	0.00	10.00	400.00	42.00	3.00	5.00	0.00	0.00	0.00	40.00	1.44
050451c	RICE, LONG GRAIN, BROWN, COOKED	110	0.90	0.18	0.00	0.00	5.10	22.85	1.84	2.57	0.00	0.00	0.00	10.20	0.42
050452c	RICE, LONG GRAIN, BROWN, DRY	372	2.93	0.59	0.00	0.00	6.52	77.65	3.48	7.98	0.00	0.00	0.00	23.91	1.48
990462s	Rice, par boiled, long grain	123	0.63	0.00	0.00	0.00	1.90	25.95	0.63	3.17	0.00	*N/A*	0.00	18.99	1.82
900382s	Rotini noodles, 2/10#	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
900568s	Rotini noodles, whole grain, 2/10#	129	0.00	0.00	0.00	0.00	0.00	34.29	2.86	5.71	0.00	0.00	0.00	28.57	1.03
050460c	ROTINI, WHOLE GRAIN, COOKED, NO	124	0.57	0.10	0.00	0.00	2.86	26.57	4.43	5.29	0.57	2.86	0.00	14.29	1.06
905403s	Spaghetti, dry, enriched	371	1.58	0.23	0.00	0.00	7.00	74.69	2.40	12.78	0.00	0.00	0.00	18.00	3.86
900569s	Spaghetti, dry, whole grain	77	0.34	0.06	0.00	0.00	1.76	16.39	2.78	3.29	0.00	0.00	0.00	8.82	0.64
050468c	SPAGHETTI, ENRICHED, COOKED, NO	159	0.93	0.17	0.00	0.00	1.43	30.86	1.86	5.80	0.00	0.00	0.00	7.14	1.33
900034s	Tortilla Strips 12/1# bags	494	24.69	0.00	0.00	0.00	423.29	63.49	0.00	7.06	*N/A*	*N/A*	*N/A*	70.55	1.27
900035s	Tortilla, Chips bag 100.1.25 oz	494	25.40	2.82	0.00	0.00	211.64	64.90	8.47	5.64	56.44	282.19	*N/A*	112.88	2.03
900036s	Tostada Bowl, whole grain 144 ct.	476	23.81	*N/A*	*N/A*	*N/A*	*N/A*	61.91	*N/A*	4.76	*N/A*	*N/A*	*N/A*	95.24	1.71

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<b>LMEAT - LUNCH MEATS</b>															
051029	PEPPERONI,"SLICED PEPPERONI",AS	492	45.65	16.56	*N/A*	97.00	1804.00	1.28	0.20	18.63	20.40	102.00	0.50	39.00	1.31
<b>MEATL - MEATLESS ENTREE</b>															
601655s	Cheese Quesadilla (lunch) - lWrap	332	18.20	9.86	*N/A*	47.07	757.22	22.77	1.05	15.03	109.01	545.07	1.63	374.58	1.76
905395s	Egg Roll, Vegetable 1.5 oz Changs	212	7.06	0.00	*N/A*	11.76	176.37	32.92	2.35	4.70	470.32	2351.60	8.47	0.00	1.69
<b>MISC - MISCELLANEOUS</b>															
117915	BAGELS , PLAIN, SLICED 6'S	256	1.76	0.00	*N/A*	0.00	0.00	51.15	1.76	7.06	0.00	0.00	0.00	105.82	317.46
117917	BAGELS, BLUEBERRY, SLICED 6'S	256	1.32	0.00	*N/A*	0.00	264.55	52.91	1.76	7.06	0.00	0.00	0.21	63.49	634.92
117896	BAGELS, CINNAMON RAISIN, SLICED 6'	256	1.26	0.00	*N/A*	0.00	0.00	52.91	2.52	6.30	0.00	0.00	0.00	90.70	317.46
117926	BAGELS, ONION, SLICED - P PK	256	2.21	0.00	*N/A*	0.00	123.46	51.15	1.76	7.06	0.00	0.00	0.00	105.82	476.19
050477c	BEANS, KIDNEY, RED, CANNED, SOLID	85	0.34	0.05	0.00	0.00	340.63	15.59	6.41	5.25	0.00	0.00	1.09	24.22	1.26
050473c	BEANS, LIMA, BABY, CANNED, SOLIDS	71	0.29	0.06	0.00	0.00	251.61	13.33	3.63	4.07	30.00	150.00	7.34	28.23	1.61
050505c	BEANS, PINTO, COOKED DRY BEANS,	142	0.65	0.14	0.00	0.00	1.16	26.07	8.95	8.95	0.00	0.00	0.81	45.35	2.08
050483c	CARROTS, CANNED, SLICED OR CUT,	25	0.19	0.04	0.00	0.00	42.47	5.53	1.51	0.64	2233.97	11169.8	2.74	24.66	0.64
118642	COOKIES, ANIMAL CRACKERS	441	12.40	4.00	0.17	0.00	524.00	76.80	1.40	6.00	0.00	0.00	0.00	426.60	3.50
118539	COOKIES, GRAHAM CRACKERS, CINN	440	14.00	4.40	0.80	0.00	412.00	72.30	3.20	6.40	0.00	0.00	0.00	359.00	2.76
900353s	Crackers, Cheddar Goldfish	476	21.43	4.76	*N/A*	11.91	857.14	61.91	2.38	9.52	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
118649	CRACKERS, CHEESE & CHEDDAR CHE	502	25.90	6.40	0.66	4.00	760.00	59.50	1.30	8.10	8.00	40.00	0.00	159.00	3.20
900357s	Crackers, Goldfish Chocolate	462	13.46	3.85	*N/A*	0.00	403.85	73.08	3.85	7.69	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
118538	CRACKERS, KRISPY SALTINES	411	9.30	1.60	0.08	0.00	1340.00	76.10	2.60	8.60	0.00	0.00	0.00	21.00	5.00
900355s	Crackers, Pretzel Goldfish	429	9.52	0.00	*N/A*	0.00	1428.57	73.81	*N/A*	9.52	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990016s	Crackers, Saltines, 2 pk	433	12.00	2.60	*N/A*	0.00	1241.00	72.00	3.00	10.00	0.00	0.00	0.00	18.20	4.10
601515s	EGG SCRAMBLED BACON CHEESE SU	212	15.87	5.29	*N/A*	335.10	599.66	3.53	0.00	14.11	132.28	661.39	0.00	104.06	1.06
118710	GRAHAM CRACKER CRUMBS, BULK	445	13.20	3.20	0.74	0.00	520.00	75.60	2.70	5.90	0.00	0.00	0.00	379.00	3.80
050333	Hummus	146	6.32	1.15	*N/A*	0.00	241.00	17.90	3.50	5.99	3.40	17.00	6.20	30.00	1.10
600597s	Mac & Cheese, RF, Pouch, Frzn, CN, ES	147	7.20	3.97	0.00	10.68	402.22	12.49	0.40	7.74	81.23	406.14	0.00	157.26	0.58
990469s	Noodles, Cup O, Chicken	463	22.03	9.84	*N/A*	*N/A*	2240.00	57.50	*N/A*	8.75	125.00	625.00	1.88	0.00	*N/A*

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No.	Description	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RE)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
050488c	PEAS, GREEN, COOKED FROM FROZE	78	0.28	0.05	0.00	0.00	72.50	14.26	5.50	5.15	420.00	2100.00	9.88	23.75	1.58
118574	POP-TARTS, BROWN SUGAR CINNAM	397	12.60	4.00	0.17	0.00	319.00	68.80	10.30	5.30	200.00	1000.00	12.00	20.00	3.60
990889s	POTATOES, INSTANT	3529	0.00	0.00	*N/A*	0.00	1470.58	764.70	58.82	58.82	0.00	0.00	176.47	0.00	21.17
050490c	POTATOES, ROUNDS	176	7.89	2.63	2.63	0.00	281.58	23.68	2.63	2.63	0.00	0.00	1.39	0.00	0.42
050489c	POTATOES, RUSSET, IQF, WEDGES	124	2.21	0.55	0.00	0.00	50.00	25.50	2.11	2.71	0.00	0.00	11.32	15.79	0.71
104219	PUMPKIN, CANNED	33	0.41	0.00	*N/A*	0.00	4.09	7.37	4.09	1.63	245.90	1229.50	0.00	16.39	0.59
900049s	SALSA, MEDIUM PICO DE GALLO	41	0.09	0.03	*N/A*	0.00	673.04	8.61	0.79	1.59	61.24	306.22	10.84	43.38	0.47
107873	SLOPPY JOE SEASONING MIX	286	0.00	0.00	*N/A*	0.00	7571.42	71.42	0.00	0.00	0.00	0.00	0.00	0.00	0.00
900388s	Soup Base Chicken	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990845s	SOUP, CREAM OF MUSHROOM, LOW S	1517	96.55	27.58	*N/A*	137.93	1241.37	151.72	27.58	13.79	0.00	0.00	0.00	275.86	0.00
027035	SOUP, RAMEN NOODLE, DRY, ANY FLAV	350	2.50	0.00	0.00	0.00	1200.00	70.95	2.70	10.89	0.40	2.00	1.20	22.00	4.52
990585s	Sugar Substitute, Sweet Think II	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
115094	TOMATO SAUCE	24	0.00	0.00	*N/A*	0.00	596.77	6.45	1.61	1.43	32.26	161.29	3.87	0.00	1.16
050498c	TOMATOES, CANNED, DICED	21	0.00	0.00	0.00	0.00	181.82	4.13	0.83	0.83	123.97	619.83	9.92	33.06	0.60

**MTSUB - MEAT SUBSTITUTES/VEGETABLE PRO**

118786	BURGERS, VEGGIE VEGAN, BULK	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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**NUTS - NUTS/SEEDS**

050387c	PEANUTS, RUNNER, ROASTED, SHELL	582	49.31	6.84	0.00	0.00	7.05	18.91	7.05	26.35	0.00	0.00	0.00	88.18	1.83
050388c	PEANUTS, VIRGINIA, ROASTED, SHELL	578	48.68	6.35	0.00	0.00	7.05	19.86	8.82	25.86	0.00	0.00	0.00	84.66	1.66

**Pizza - PIZZA**

905258s	Pizza 7" Fr. Bread, 100% Mozz Bulk, Arde	221	8.38	4.38	*N/A*	21.65	457.67	22.59	0.11	14.99	108.72	543.61	5.00	312.31	0.46
902985s	Pizza Cheese, Upper Crust, Piazza's	245	7.34	3.67	*N/A*	15.28	562.43	33.01	1.22	12.23	55.02	275.10	0.04	116.15	2.31
900546s	Pizza, 7" Solo Red Baron Cheese	241	7.58	4.01	0.22	15.61	539.59	31.66	1.34	11.59	44.59	222.97	0.00	178.38	2.01
900008s	Pizza, Big Daddy, Harvest Cheese 16"	255	8.29	2.87	0.00	22.33	484.78	29.98	1.91	14.67	51.03	255.15	*N/A*	223.25	2.30
990450s	Pizza, Cheese Upper Crust, Wedge Piazz	198	4.23	2.12	0.00	7.06	395.07	30.34	1.76	9.88	35.27	246.92	0.42	190.48	2.29
905354s	Pizza, Fr.Bread, 7" 100% Mozz Bulk, Arde	221	8.38	4.38	*N/A*	21.65	457.67	22.59	0.11	14.99	108.72	543.61	5.00	312.31	0.46

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No.	Description	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RE)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
905356s	Pizza, Pepperoni, 16", 10 cut, Dominos	228	11.11	4.94	*N/A*	21.61	598.77	23.46	1.24	10.49	92.59	462.96	3.70	123.46	1.67
<b>PLTRY - CHICKEN &amp; TURKEY</b>															
900544s	Bagel dog, Cheese Puppie, wrapped	256	13.23	3.97	0.00	30.87	493.84	24.69	*N/A*	9.70	0.00	0.00	0.00	132.28	3.97
903499s	Canadian Bacon, Turkey, JenO Com#203	113	4.94	1.41	*N/A*	64.20	1029.77	2.09	0.00	15.57	5.41	27.04	1.65	7.06	0.94
900043s	Chicken Breast Strips, grill marked	118	3.25	1.00	0.09	69.00	602.00	2.00	1.62	21.00	10.60	53.00	3.00	11.00	0.42
990589s	Chicken Chunks, whole grain breaded (nu	211	9.47	1.58	0.00	21.05	515.79	15.79	3.16	14.74	*N/A*	*N/A*	*N/A*	42.11	1.90
900302s	Chicken Fajita Strips	121	3.07	0.78	*N/A*	12.15	327.10	16.24	1.87	7.49	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
905251s	Chicken fajita strips, dark meat, ckd, U	164	8.06	2.32	*N/A*	81.63	634.93	0.00	0.00	23.18	0.00	0.00	0.00	0.00	0.40
905237s	Chicken parts, cooked, breaded USDA	286	17.64	5.29	*N/A*	86.42	289.25	8.82	0.00	22.93	28.22	141.10	0.00	21.16	1.41
905804s	Chicken Patties, grilled: TYSON #0431	195	12.99	3.90	*N/A*	1.30	480.52	1.30	1.30	16.88	25.97	129.87	0.00	25.97	1.40
095769s	Chicken Patties,Breaded;TYSON #3857	249	14.53	3.11	*N/A*	41.50	674.36	15.56	1.04	14.53	20.75	103.75	0.00	20.75	1.49
799913	CHICKEN WHOLE RAW 8 PIECE CUT U	240	13.76	3.88	0.00	88.19	81.13	0.00	0.00	24.69	45.86	229.28	0.00	14.11	1.41
990018s	Chicken, diced, cooked, frz, USDA	190	7.64	2.10	*N/A*	89.50	86.60	0.00	0.00	28.79	10.96	54.80	0.00	15.00	1.22
900310s	Chicken, Hot and Spicy Breaded Breast P	243	12.13	2.21	*N/A*	66.14	617.30	13.23	1.10	20.94	165.35	826.73	0.00	22.05	1.98
900799s	Chicken, Mandarin Orange Lings	160	4.00	0.80	*N/A*	56.00	264.00	17.60	0.00	12.80	16.00	80.00	1.92	16.00	0.86
905255s	Chicken, roasted, parts Tyson 3931	200	11.76	2.94	*N/A*	82.31	270.43	0.00	0.00	24.69	0.00	0.00	0.00	0.00	0.42
900233s	Chicken, Smoked Terriyaki, Ling's	120	3.20	0.80	*N/A*	68.00	224.00	4.80	0.00	16.80	16.00	80.00	2.88	16.00	0.86
990458s	Chicken, Sweet/Sour, Minh	423	10.58	2.65	0.00	26.46	723.12	68.78	0.00	12.35	0.00	0.00	0.00	0.00	2.54
007902c	SAUSAGE,TURKEY link,CKD-COMMOD	193	10.70	2.62	*N/A*	99.10	986.00	1.20	0.00	21.60	0.00	0.00	0.00	125.00	1.93
905809s	Turkey Breast, Oven Roast Jennie'O	92	0.89	0.26	*N/A*	39.47	1093.59	2.03	0.00	18.89	0.00	0.00	0.70	8.69	0.50
902157s	Turkey frank, 8/lb, 6" Valchris 96880	250	21.43	6.25	*N/A*	44.64	1000.00	1.79	0.00	12.50	0.00	0.00	0.00	142.86	1.29
050425c	TURKEY HAM, SMOKED, WATER ADDE	118	4.00	1.20	0.00	64.32	908.81	3.09	0.00	16.31	10.79	53.95	0.00	6.22	1.00
990480s	Turkey Pastrami, Jennie-O	198	9.07	2.58	0.00	101.94	1650.82	3.74	0.00	25.31	8.92	44.62	2.82	19.58	1.94
900566s	Turkey Roast and Gravy	97	3.54	0.89	0.00	30.97	495.58	4.43	0.89	12.39	0.00	0.00	0.00	0.00	0.96
904495s	Turkey Taco Filling, cooked, USDA	179	10.72	2.63	*N/A*	62.08	607.65	2.82	0.00	15.99	215.41	1077.03	0.94	35.74	1.79
904189s	Turkey, Corn Dog, Jumbo - Don Lee	192	9.00	2.47	0.09	45.86	690.49	23.63	0.79	7.32	17.46	87.30	0.00	58.20	1.32
990657s	Turkey, Ground, Pre-Cooked, Frozen	137	7.46	1.31	0.14	*N/A*	611.01	1.28	0.00	16.59	11.84	59.20	0.62	85.97	1.60
900564s	Turkey, Seasoned, Diced	191	7.17	2.39	0.00	83.70	275.02	1.20	0.00	28.70	0.00	0.00	0.00	23.92	2.15

### PORK - PORK PRODUCTS

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115518	HAM, FULLY COOKED, CHOPPED	232	14.28	5.35	*N/A*	53.57	1375.00	7.14	0.00	14.28	0.00	0.00	0.00	0.00	0.64
900383s	Hot Link Hot Dog.	304	26.79	8.93	*N/A*	62.50	1017.86	1.79	0.00	*N/A*	0.00	0.00	0.00	0.00	6.43
905645s	Pork Sausage Patty, 1.2 oz Don Lee CNQ	329	29.10	9.99	*N/A*	70.55	561.44	1.47	0.00	14.99	7.64	38.21	0.00	32.63	0.88
050417c	PORK, HAM, CURED, DICED, PRECOO	120	3.01	0.99	0.00	49.38	1152.73	5.95	0.00	15.89	0.00	0.00	0.00	0.00	0.00
900050s	Pork, Seasoned, Cuban brand (Carnitas)	207	8.87	2.46	*N/A*	93.60	374.42	0.00	0.00	30.55	0.00	0.00	0.00	0.00	1.06
<b>SALAD - SALAD AND DRESSING RECIPES</b>															
900147s	Dressing, 1000 Island	370	33.64	5.27	*N/A*	59.30	828.27	15.84	0.29	1.26	18.01	90.05	0.64	14.25	0.37
900313s	Dressing, Caesar	528	57.70	8.79	*N/A*	2.13	1077.87	3.10	0.09	1.20	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
900315s	Dressing, Fat Free Italian	50	0.86	0.29	*N/A*	0.00	1128.57	8.79	0.71	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
905506s	Dressing, Golden Italian, Green Boys GB0	392	39.61	5.94	*N/A*	0.00	1399.04	8.97	0.46	0.20	15.01	75.03	1.03	12.91	0.32
990626s	Dressing, Lite Ranch, No MSG	267	23.33	3.33	0.00	0.00	1133.33	6.67	0.00	3.33	0.00	0.00	0.00	66.67	0.00
905503s	Dressing, Sesame Oriental, Kens 619	388	35.27	8.82	*N/A*	0.00	846.58	10.58	0.00	0.00	0.00	0.00	0.00	0.00	0.00
990582s	Salad, Macaroni	157	5.00	0.71	0.00	2.14	421.43	25.71	0.71	2.86	0.00	0.00	0.86	14.29	0.77
990583s	Salad, Potato	100	2.86	0.36	0.00	3.57	135.71	17.86	1.43	1.43	0.00	*N/A*	4.29	14.29	0.26
<b>SAND - SANDWICH</b>															
900032s	Sandwich, Chicken Panini	211	7.03	1.95	0.00	15.63	484.38	23.44	2.34	15.63	78.13	390.63	1.88	234.38	1.41
900429s	Sandwich, T Ham and Cheese bagel	240	6.68	3.33	0.00	28.09	786.48	29.50	1.16	14.60	32.01	160.04	0.00	142.40	2.86
900058s	Sandwich, Turkey and Cheese French Rol	180	4.50	2.63	*N/A*	30.02	968.16	19.51	0.75	15.01	20.26	75.05	0.00	150.10	1.35
903861s	Sandwich, Turkey ham Cheese Submarin	192	4.27	2.20	*N/A*	24.37	824.77	23.56	0.94	15.34	17.32	86.58	0.00	103.26	1.19
601044s	Turkey Ham & Cheese on Kaiser Roll - Co	227	8.56	4.25	*N/A*	37.93	784.98	22.61	1.36	14.21	24.79	123.94	0.00	115.60	1.88
<b>SAUCE - SAUCES</b>															
900625s	BARBECUE SAUCE	167	0.00	0.00	*N/A*	0.00	583.33	36.11	0.00	0.00	88.89	444.44	1.66	30.55	1.11
902087s	Sauce, Barbeque	142	0.67	0.17	*N/A*	0.00	654.92	33.25	1.33	1.58	0.00	0.00	0.00	0.00	1.50
990302s	Sauce, Soy	53	0.08	0.01	*N/A*	0.00	5715.00	8.51	0.00	5.17	0.00	0.00	0.00	17.00	2.02
990050s	Sauce, Spaghetti, Meatless,cnd USDA C	48	0.90	0.16	0.00	0.00	590.00	8.70	2.10	1.20	34.00	335.00	3.90	20.00	0.90

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905252s	Sauce, sweet and sour	122	2.38	0.37	*N/A*	0.00	353.00	24.78	0.80	0.48	8.00	75.00	0.00	18.00	0.85
990667s	SAUCE, TACO, MILD	54	0.32	0.04	*N/A*	0.00	796.00	13.08	1.30	1.16	107.20	536.00	23.50	15.00	1.03
<b>SNACK - SNACKS/MISC</b>															
905411s	Chips, BBQ, Baked, Frito Lay	423	10.58	0.00	*N/A*	0.00	740.75	77.60	7.06	7.06	0.00	0.00	4.23	141.10	1.27
905408s	Chips, Cheetos Flamin Hot, Baked	488	19.51	2.44	*N/A*	0.00	878.05	70.73	0.00	9.76	0.00	0.00	0.00	0.00	3.51
903626s	Chips, Cheetos, Baked, Frito Lay	459	17.64	3.53	*N/A*	0.00	846.58	67.02	0.00	7.06	352.74	1763.70	0.00	70.55	3.81
903570s	Chips, Dorito ,Baked, Nacho Chs .75 oz	423	12.35	1.76	*N/A*	0.00	776.03	74.08	7.06	7.06	70.55	352.74	0.00	141.10	2.54
900497s	Chips, Potato Crisps, Baked, Frito Lay	388	5.29	0.00	*N/A*	0.00	529.11	81.13	7.06	7.06	0.00	0.00	4.23	141.10	1.27
900389s	Pizza, Breakfast sausage	251	12.29	3.72	*N/A*	15.00	692.36	24.81	1.21	*N/A*	61.94	309.70	0.46	153.97	1.93
019129	SYRUPS, TABLE BLENDS, PANCAKE	234	0.00	0.00	*N/A*	0.00	82.00	61.47	0.00	0.00	0.00	0.00	0.00	3.00	0.03
<b>SOUP - SOUP &amp; GRAVY</b>															
904477s	Soup, Chicken Noodle, Canned	48	1.59	0.40	*N/A*	7.94	674.60	5.56	0.79	2.38	63.49	317.46	0.00	238.10	0.29
903860s	Soup, Chicken, Canned; Goldfish pasta	56	1.99	0.79	*N/A*	3.97	611.73	7.95	0.79	2.38	79.45	397.23	0.00	0.00	0.29
110286	Soup, vegetable & alphabet, vegetarian	71	2.38	0.39	*N/A*	0.00	595.23	11.90	1.58	1.58	555.55	2777.77	0.00	15.87	0.28
<b>SPICE - SPICES</b>															
900639s	BASIL LEAF	0	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
990045s	Chili Powder	314	16.76	2.95	*N/A*	0.00	1010.00	54.66	34.20	12.26	3492.70	34927.0	64.10	278.00	14.25
002010	CINNAMON, GROUND	247	1.24	0.35	0.00	0.00	10.00	80.59	53.10	3.99	26.00	295.00	3.80	1002.00	8.32
990046s	CUMIN, GROUND	375	22.27	1.54	*N/A*	0.00	168.00	44.24	10.50	17.81	127.00	1270.00	7.70	931.00	66.36
002017	DILL WEED, DRIED	253	4.36	0.23	*N/A*	0.00	208.00	55.82	13.60	19.96	585.00	5850.00	50.00	1784.00	48.78
905727s	Garlic powder	332	0.76	0.14	*N/A*	0.00	26.34	72.72	9.90	16.80	0.00	0.00	18.00	79.50	2.75
002023	MARJORAM, DRIED	271	7.04	0.53	*N/A*	0.00	77.00	60.56	40.30	12.66	806.80	8068.00	51.40	1990.00	82.71
990659s	MINT LEAVES, FRESH	45	0.80	0.05	*N/A*	0.00	29.00	8.30	6.40	3.70	2493.40	12467.0	3.00	241.00	9.00
905783s	Mustard, dry	500	0.00	0.00	*N/A*	0.00	0.00	40.00	0.00	26.67	0.00	0.00	0.00	0.00	0.00
110500	NUTMEG, GROUND	0	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
990432s	Onions, dehydrated flakes	349	0.46	0.07	*N/A*	0.00	21.00	83.28	9.20	8.95	4.20	21.00	75.00	257.00	1.55

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No.	Description	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat <sup>1</sup> (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (RE)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
799905	OREGANO LEAVES,DRIED	306	10.25	2.66	*N/A*	0.00	15.00	64.43	42.80	11.00	690.30	6903.00	50.00	1576.00	44.00
002028	PAPRIKA	289	12.95	2.10	*N/A*	0.00	34.00	55.74	37.40	14.76	6060.39	52735.0	71.10	177.00	23.59
901553s	PARSLEY FLAKES	0	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
905515s	Pepper, black, 5#	255	3.26	0.98	*N/A*	0.00	44.00	64.81	26.50	10.95	38.00	190.00	21.00	436.64	28.86
002031	PEPPER,RED OR CAYENNE	318	17.27	3.26	*N/A*	0.00	30.00	56.63	27.20	12.01	4161.00	41610.0	76.40	148.00	7.80
110506	PUMPKIN PIE SPICE	0	0.00	0.00	*N/A*	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
002047	SALT, TABLE	0	0.00	0.00	*N/A*	0.00	38758.0	0.00	0.00	0.00	0.00	0.00	0.00	24.00	0.33
990639s	Taco Meat Seasoning, dry, no MSG 6/9oz	300	0.00	0.00	*N/A*	*N/A*	7600.00	40.00	20.00	*N/A*	1200.00	6000.00	*N/A*	*N/A*	7.20
799921	TACO SEASONING MIX, MILD	300	3.05	0.45	*N/A*	0.00	7004.00	63.41	6.00	6.59	1235.60	6178.00	56.60	92.00	6.84
799906	THYME LEAF,DRIED	276	7.43	2.73	*N/A*	0.00	55.00	63.94	37.00	9.11	380.00	3800.00	50.00	1890.00	123.60
990330s	Vinegar, cider	14	0.00	0.00	*N/A*	0.00	1.00	5.90	0.00	0.00	0.00	0.00	0.00	6.00	0.60

### SWEET - SWEET

019296	HONEY	304	0.00	0.00	*N/A*	0.00	4.00	82.40	0.20	0.30	0.00	0.00	0.50	6.00	0.42
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### USDA - USDA Standardized Recipes

050178	Baked Beans (Using Canned Vegetarian	99	0.40	0.10	*N/A*	0.00	332.50	22.49	4.37	4.23	45.00	225.00	4.87	53.75	0.53
990035s	Bread, White pullman 32 oz #1211	229	1.43	0.00	0.00	0.00	485.71	48.57	0.00	8.57	0.00	0.00	0.00	57.14	4.11
050210	Granola	349	6.73	1.05	*N/A*	0.00	132.43	67.16	5.40	7.81	0.54	2.70	0.81	45.94	2.81
990049s	Seasoning, Mexican Mix	333	16.45	2.17	*N/A*	0.00	570.36	54.30	23.01	13.93	2380.99	23809.8	43.01	471.10	29.44

### VEG - VEGETABLES

990294s	Beans, black, canned, drained	77	0.00	0.00	0.00	0.00	246.15	14.62	4.62	4.62	0.31	1.54	0.46	30.77	1.39
902112s	Beans, Garbanzo	119	1.14	0.12	*N/A*	0.00	299.17	22.61	4.42	4.95	0.00	0.00	0.00	0.00	0.00
990489s	Beans, Green, Canned	11	0.05	0.02	0.00	0.00	135.06	2.22	0.00	0.00	17.48	87.39	1.59	14.30	0.48
904483s	Beans, green, frozen	28	0.17	0.04	*N/A*	0.00	9.00	6.45	3.00	1.49	80.20	401.00	4.10	49.00	0.88
902199s	BEANS, LIMA, FROZEN	103	0.32	0.00	0.00	0.00	69.13	19.29	5.79	6.11	38.59	192.93	12.73	28.94	1.79
903808s	Beans, Pinto, Canned, Commodity	77	0.00	0.00	*N/A*	0.00	246.15	14.62	4.62	4.62	0.31	1.54	0.46	30.77	1.39
903935s	Beans, Santiago Refried Dry Vegetarian	141	3.53	0.88	*N/A*	0.00	449.74	22.05	5.29	7.06	*N/A*	*N/A*	*N/A*	7.06	8.82

\*N/A\* - denotes missing nutrient values

<sup>1</sup> - denotes optional nutrient values

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# GUSD

## Summary Ingredient List (per 100 grams)

No.	Description	Calories (kcal)	Total		Trans		Chol (mg)	Sodium (mg)	Carbs (g)	Dietary		Vitamin			Calcium (mg)	Iron (mg)
			Fat (g)	Sat Fat (g)	Fat <sup>1</sup> (g)	Fiber (g)				Protein (g)	A (RE)	A (IU)	C (mg)			
900308s	Beans, Vegetarian, Cmdy	94	0.37	0.07	0.00	0.00	343.31	21.14	4.09	4.75	21.58	107.87	0.00	33.86	1.19	
799926	BEANS,BLACK,CND,DRND	237	0.45	0.12	*N/A*	0.00	388.00	16.80	4.80	8.08	1.40	7.00	2.50	48.00	2.20	
016034	BEANS,KIDNEY,RED,MATURE SEEDS,	85	0.34	0.05	*N/A*	0.00	341.00	15.59	6.40	5.25	0.00	0.00	1.10	24.00	1.26	
990028s	Broccoli, fresh, raw, florettes	45	0.00	0.00	0.00	0.00	55.00	8.00	5.00	5.00	150.00	750.00	3.60	60.00	1.08	
011109	CABBAGE,RAW,green	25	0.10	0.03	*N/A*	0.00	18.00	5.80	2.50	1.28	13.00	98.00	36.60	40.00	0.47	
011112	carrots	31	0.16	0.02	*N/A*	0.00	27.00	7.37	2.10	1.43	4.00	1116.00	57.00	45.00	0.80	
990027s	Carrots, fresh, raw, shredded	43	0.19	0.03	*N/A*	0.00	35.00	10.14	3.00	1.03	5625.80	28129.0	9.30	27.00	0.50	
905402s	Carrots, frozen, cooked diced	36	0.11	0.02	*N/A*	0.00	59.00	8.25	3.50	1.19	3540.40	17702.0	2.80	28.00	0.47	
990155s	Carrots, raw, baby	35	0.13	0.02	*N/A*	0.00	78.00	8.24	1.80	0.64	1501.00	13790.0	8.40	32.00	0.89	
011124	CARROTS,RAW, sticks	41	0.24	0.04	0.00	0.00	69.00	9.58	2.80	0.93	2813.00	16811.0	5.90	33.00	0.30	
990249s	Cauliflower, fresh, raw	25	0.10	0.03	*N/A*	0.00	30.00	5.30	2.50	1.98	2.00	13.00	46.40	22.00	0.44	
905437s	Celery, raw, sticks	16	0.14	0.04	*N/A*	0.00	87.00	3.65	1.70	0.75	26.80	134.00	7.00	40.00	0.40	
011143	CELERY,RAW, diced	16	0.17	0.04	*N/A*	0.00	80.00	2.97	1.60	0.69	13.00	449.00	3.10	40.00	0.20	
990036s	Cilantro,raw	24	0.48	0.01	*N/A*	0.00	54.00	4.34	2.81	2.02	613.00	6130.00	35.30	67.00	1.68	
105919	CORN, 3" COBBETTES, FROZEN	94	1.17	0.00	*N/A*	0.00	11.76	21.17	1.17	3.52	0.00	0.00	2.37	0.00	0.08	
990280s	Corn, sweet, yellow, frozen	81	0.67	0.10	*N/A*	0.00	1.00	19.30	2.40	2.55	22.00	199.00	3.50	3.00	0.47	
900367s	Cucumber slices	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
104818	FRIES,STEALTH SHOESTRING QUART	179	8.33	2.38	*N/A*	0.00	369.04	23.81	2.38	2.38	0.00	0.00	4.28	0.00	0.80	
011215	GARLIC,RAW	149	0.50	0.09	*N/A*	0.00	17.00	33.06	2.10	6.36	0.00	9.00	31.20	181.00	1.70	
990496s	Jalapenos, Sliced	40	2.00	*N/A*	*N/A*	0.00	2180.00	6.00	4.00	2.00	0.00	*N/A*	0.00	0.00	0.00	
902067s	Jicama Sticks	38	0.09	0.02	*N/A*	0.00	4.11	8.82	4.90	0.72	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
990252s	Lettuce, Iceberg, Fresh	14	0.14	0.01	*N/A*	0.00	10.00	2.97	1.20	0.90	33.00	502.00	2.80	18.00	0.41	
901129s	Lettuce, romaine, raw, chopped	14	0.20	0.03	*N/A*	0.00	8.00	2.37	1.70	1.62	520.00	2600.00	24.00	36.00	1.10	
000156s	Lettuce, shredded, precut	12	0.18	0.03	*N/A*	0.00	9.00	2.09	1.40	1.02	33.00	165.00	3.90	19.00	0.50	
011253	LETTUCE,GRN LEAF,RAW	15	0.15	0.02	*N/A*	0.00	28.00	2.79	1.30	1.36	190.00	7405.00	18.00	36.00	0.86	
011260	MUSHROOMS,RAW	22	0.34	0.05	*N/A*	0.00	5.00	3.26	1.00	3.09	0.00	0.00	2.10	3.00	0.50	
902798s	Onion, green	40	0.00	0.00	*N/A*	0.00	20.00	8.00	4.00	0.00	80.00	400.00	19.20	0.00	0.00	
011282	ONIONS,RAW	40	0.10	0.04	*N/A*	0.00	4.00	9.34	1.70	1.10	0.00	2.00	7.40	23.00	0.21	
901538s	ONIONS,RED,RAW	40	0.10	0.04	*N/A*	0.00	4.00	9.34	1.70	1.10	0.00	2.00	7.40	23.00	0.21	
799908	ONIONS,RED,RAW	40	0.10	0.04	*N/A*	0.00	4.00	9.34	1.70	1.10	0.00	2.00	7.40	23.00	0.21	
011297	PARSLEY,RAW	36	0.79	0.13	*N/A*	0.00	56.00	6.33	3.30	2.97	520.00	8424.00	133.00	138.00	6.20	
990298s	Peppers, Jalapeno, canned, drained	37	0.97	0.08	*N/A*	0.00	1478.00	7.49	2.94	1.07	275.00	2754.00	12.10	35.00	3.25	

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			Fat (g)	Sat Fat (g)	Fat <sup>1</sup> (g)	Fiber (g)				A (RE)	A (IU)		C (mg)				
905758s	Peppers, sweet, green or red, raw, slice	27	0.19	0.03	*N/A*	0.00	2.00	6.43	1.80	0.89	126.40	632.00	89.30	9.00	0.46		
011945	PICKLE RELISH,SWEET	130	0.47	0.05	*N/A*	0.00	811.00	35.06	1.10	0.37	16.00	1218.00	1.00	3.00	0.87		
990020s	Pickles, dill, chips	18	0.19	0.05	*N/A*	0.00	1282.00	4.13	1.20	0.62	65.80	329.00	1.90	9.00	0.53		
905801s	Potato, Cosmic Creation	207	9.08	1.30	*N/A*	0.00	548.56	29.83	2.59	1.30	0.00	0.00	383.86	0.00	0.00		
011674	POTATO,BKD,FLESH & SKN,WO/ SALT	93	0.13	0.04	*N/A*	0.00	10.00	21.15	2.20	2.50	0.00	10.00	9.60	15.00	1.08		
900133s	Potatoes, Smiles	202	7.74	4.17	*N/A*	0.00	464.29	28.57	2.38	2.38	0.00	0.00	0.00	0.00	0.00		
011391	POTATOES,HASHED BROWN,FRZ,PLN,	218	11.50	4.49	*N/A*	0.00	34.00	28.10	2.00	3.16	0.00	0.00	6.30	15.00	1.51		
990011s	POTATOES,LUNCH TATER TOTS W/VI	179	8.33	1.19	*N/A*	0.00	559.52	22.61	3.57	2.38	0.00	0.00	0.00	0.00	0.00		
900318s	Salad Mix, 3 Way	15	0.20	0.03	*N/A*	0.00	11.48	2.75	1.53	1.02	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*		
011457	SPINACH,RAW	23	0.39	0.06	*N/A*	0.00	79.00	3.63	2.20	2.86	672.00	9377.00	28.10	99.00	2.71		
990063s	Squash, summer, zucchini, raw	16	0.18	0.03	*N/A*	0.00	10.00	3.35	1.10	1.21	34.00	200.00	17.00	15.00	0.35		
990119s	Tomato paste, canned	82	0.47	0.10	*N/A*	0.00	98.00	18.91	4.50	4.32	244.00	1525.00	21.90	36.00	2.98		
990315s	Tomatoes, red, ripe, raw, year round ave	18	0.03	0.00	0.00	0.00	4.92	3.90	1.20	0.88	41.55	828.87	12.63	9.84	0.27		
900344s	ZUCCHINI SLICES	22	0.04	0.01	*N/A*	0.00	0.00	4.30	2.15	1.08	43.01	215.05	16.13	21.51	0.39		

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