

Jeffco Public Schools :: Elementary School Nutrient Values Rev. 10/10

| Recipes | Portion Size | Calories | Cholesterol | Sodium | Dietary Fiber | Iron | Calcium | Vitamin A | Vitamin C | Protein | Carbohydrate | Total Fat | Saturated Fat | Trans Fat |
|----------------------------|--------------|----------|-------------|---------|---------------|---------|---------|-----------|-----------|---------|--------------|-----------|---------------|-----------|
| APPLE SLICES | | 109.875 | 0 | 22.8906 | 1.8318 | 0.2743 | 6.4094 | 0 | 0 | 0 | 25.6377 | 0 | 0 | 0 |
| APPLES FRESH | | 40.12 | 0 | 0 | 1.836 | 0.1224 | 4.76 | 36.04 | 3.876 | 0.1292 | 10.37 | 0.2448 | 0.0394 | 0 |
| APPLES, GOLD | | 94.7342 | 0 | 0 | 4.3353 | 0.289 | 11.2396 | 85.1002 | 9.1523 | 0.3051 | 24.4864 | 0.578 | 0.0931 | 0 |
| APPLES, RED | | 94.7342 | 0 | 0 | 4.3353 | 0.289 | 11.2396 | 85.1002 | 9.1523 | 0.3051 | 24.4864 | 0.578 | 0.0931 | 0 |
| APPLESAUCE CUP | | 48.7611 | 0 | 2.268 | 1.3608 | 0.1361 | 3.4019 | 32.8854 | 24.0404 | 0.1928 | 12.8026 | 0.0567 | 0.0091 | 0 |
| APPLESAUCE, CND | | 101.17 | 0 | 3.9936 | 1.5974 | 0.4659 | 5.3247 | 14.643 | 2.263 | 0.2396 | 26.5039 | 0.2396 | 0.0399 | 0 |
| BACK PACK LUNCH | | 239.322 | 5 | 125.847 | 0.9922 | 1.6159 | 227.779 | 9.6388 | 0.2551 | 10.4373 | 20.8638 | 13.9102 | 1.895 | 0 |
| BAKED BEANS | | 118.11 | 0 | 504.19 | 6.35 | 0.36 | 63.5 | 217.17 | 3.93 | 6.08 | 26.04 | 0.57 | 0.14 | 0 |
| BALCK BEAN & CORN SALSA | | 114.345 | 0 | 528.193 | 6.2385 | 1.0205 | 38.137 | 82.7302 | 4.5383 | 6.3901 | 22.3454 | 0.2463 | 0.0378 | 0 |
| BANANAS, PETITE | | 92.92 | 0 | 1.01 | 2.424 | 0.3131 | 6.06 | 81.81 | 9.191 | 1.0403 | 23.6643 | 0.4848 | 0.1869 | 0 |
| BEANS & RICE | | 219.763 | 0 | 544.665 | 7.3498 | 1.4874 | 60.6047 | 0 | 0.3673 | 8.8416 | 43.1721 | 0.9812 | 0.1962 | 0 |
| BISCUIT | | 280 | 0 | 870 | 1 | 1.8 | 20 | 0 | 0 | 6 | 34 | 13 | 3.5 | 0 |
| BKD HAM & CHZ SANDWICH | | 378.011 | 128.173 | 1193.54 | 1.0141 | 2.2383 | 122.213 | 439.08 | 0.0283 | 11.8716 | 35.4025 | 20.9365 | 7.264 | 0 |
| BLUEBERRIES, FRZ | | 38.556 | 0 | 0.756 | 2.0412 | 0.1361 | 6.048 | 61.236 | 1.89 | 0.3175 | 9.2005 | 0.4838 | 0.0401 | 0 |
| BLUEBERRY, SAUCE | | 202.973 | 0 | 7.4077 | 2.9631 | 0.2667 | 0 | 148.155 | 15.1119 | 1.4815 | 51.8543 | 0 | 0 | 0 |
| BREAD STICK | | 98.0099 | 0 | 212.422 | 2.8903 | 0.9401 | 26.4027 | 3.4003 | 1.5002 | 4.0004 | 19.402 | 1.2001 | 0.2 | 0 |
| BREAD STICKS STUFFED | | 170.325 | 5.0004 | 423.428 | 2.0044 | 2.7038 | 60.4963 | 151.259 | 0.0119 | 8.0199 | 16.0409 | 8.142 | 2.6987 | 0 |
| BREAK BAR, APPLE CINN | | 290 | 20 | 250 | 3 | 1.8 | 20 | 0 | 0 | 5 | 48 | 9 | 2.5 | 0 |
| BREAK BAR, BANANA CHOC | | 280 | 15 | 220 | 3 | 1.8 | 20 | 0 | 0 | 5 | 48 | 8 | 3 | 0 |
| BRK SANDWICH EGG CHEESE | | 418.013 | 39.9823 | 1305.05 | 1.0142 | 2.2882 | 111.815 | 271.796 | 0.2084 | 17.1718 | 34.8026 | 22.7367 | 8.2642 | 0 |
| BRK SANDWICH SAUS CHZ | | 271.053 | 30.1599 | 818.458 | 3 | 10.9428 | 8.1179 | 27.6319 | 50 | 15.5822 | 41.0764 | 4.3415 | 0.6405 | 0 |
| BROCCOLI | | 26.46 | 0 | 25.515 | 2.835 | 0.8316 | 45.36 | 1457.19 | 88.074 | 2.8161 | 4.9518 | 0.3308 | 0.051 | 0 |
| BROWN RICE | | 167.832 | 0 | 3.1753 | 1.5876 | 0.6668 | 10.4329 | 0 | 0 | 3.6016 | 35.0361 | 1.3245 | 0.2649 | 0 |
| BURRITO BRfst EGG/SAUS | | 188.797 | 55.755 | 382.11 | 1.177 | 81.4256 | 1.8279 | 284.698 | 2.0469 | 8.6858 | 26.9085 | 4.9649 | 1.8899 | 0 |
| BURRITO BRfst POT/EGG/CHZ | | 217.157 | 61.5921 | 448.655 | 0.96 | 1.68 | 115.794 | 282.009 | 4.3102 | 8.3803 | 24.1308 | 9.5503 | 4.1802 | 0.11 |
| BURRITO BRfst SAU/EGG/CHZ | | 270 | 110 | 610 | 2 | 2.7 | 100 | 300 | 2.4 | 10 | 32 | 11 | 4 | 0 |
| BURRITO CARNITAS | | 470 | 25 | 930 | 6.0001 | 3.6 | 60 | 400 | 3.6 | 21 | 67 | 14 | 6.0001 | 0 |
| CALIFORNIA BLEND | | 27.7778 | 0 | 9.2593 | 0.7408 | 0.1333 | 7.4074 | 555.556 | 10 | 1.1111 | 1.8518 | 0 | 0 | 0 |
| CANTALOUPE | | 52.92 | 0 | 13.608 | 1.2096 | 0.3175 | 16.632 | 4874.69 | 63.8064 | 1.3306 | 12.6403 | 0.4234 | 0.1074 | 0 |
| CARROT CELERY STICKS #1 | | 36.288 | 0 | 34.776 | 3.213 | 0.688 | 36.666 | 11222.8 | 56.2842 | 2.2643 | 7.7792 | 0.2835 | 0.0439 | 0 |
| CARROTS | | 27 | N/A | 43 | 2.4 | 0.39 | 26 | 12137 | 1.7 | 0.42 | 5.64 | 0.5 | 0.09 | N/A |
| CHICKEN NUGGETS ELEMENTARY | | 195.997 | 53.9991 | 460.992 | 1 | 2 | 18.9997 | 75.9987 | 0 | 13.9997 | 11.9997 | 9.9998 | 2.9999 | 0 |
| CHICKEN PARMESAN | | 249.35 | 75.3 | 964.59 | 2.25 | 1.01 | 240.82 | 406.8 | 7.74 | 33.28 | 10.89 | 7.8535 | 3.083 | 0 |
| CHICKEN QUESADILLA | | | | | | | | | | | | | | |
| CHICKEN ROASTED, BBQ | | 380.07 | 211.11 | 444.38 | 0 | 1.78 | 46.28 | 4.72 | 0 | 40.15 | 5.66 | 20.09 | 6.69 | 0 |

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|---------------------------------|--------------|----------|-------------|---------|---------------|--------|---------|-----------|-----------|---------|--------------|-----------|---------------|-----------|
| CHICKEN SANDWICH ELEMENTARY | | 329.998 | 59.999 | 809.991 | 0.9999 | 2.7 | 50.9998 | 19.9997 | 37 | 28.9995 | 36.9998 | 6.5 | 0.5 | 0 |
| CHICKEN TERIYAKI DIPPERS | | 187.8 | 41.9 | 308.91 | 1.42 | 1.72 | 36.72 | 79.91 | 2.53 | 19.3 | 11.49 | 4.07 | 1.1 | 0 |
| CLEMENTINE | | 32.56 | 0 | 0.74 | 1.702 | 0.074 | 10.36 | 680.8 | 22.792 | 0.4662 | 8.2806 | 0.1406 | 0.0163 | 0 |
| COLESLAW | | 39.8342 | 0 | 24.5822 | 2.5471 | 0.5755 | 24.0339 | 2137.22 | 20.1869 | 2.4479 | 8.1415 | 0.131 | 0.0179 | 0 |
| CORN | | 83.16 | 0 | 2.835 | 2.268 | 0.3969 | 3.78 | 122.85 | 6.048 | 2.8539 | 19.656 | 0.7277 | 0.1125 | 0 |
| CORN DOG MINI | | 383.93 | 59.1699 | 1259.27 | 2.2755 | 1.6647 | 390.993 | 1144.81 | 0.1619 | 18.7929 | 26.85 | 22.3685 | 12.7137 | 0.7973 |
| CORN ON THE COB | | 122.5 | 0 | 6.25 | 3.4999 | 0.85 | 4.9999 | 307.5 | 9 | 4.1001 | 29.375 | 0.975 | 0.15 | 0 |
| CRISPY CUBES | | 129.133 | 0 | 198.667 | 1.9867 | 0.7152 | 0 | 0 | 3.576 | 1.9867 | 20.86 | 3.4766 | 0.4967 | 0 |
| CRISPY CUBESw/ CUBAN PORK | | 316.672 | 73.2348 | 1335.71 | 3.2484 | 5.8467 | 3.2988 | 178.062 | 593.782 | 471.179 | 38.2707 | 178.545 | 19.3768 | 3.7513 |
| CROUTONS | | 216.72 | 0.6148 | 355.024 | 2.7999 | 1.0853 | 44.3111 | 530.63 | 6.7737 | 4.6389 | 21.0618 | 13.0269 | 2.1341 | 0 |
| DRESSING FRENCH | 2 TBSP | 130 | 0 | 170 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 10 | 2 | 0 |
| EGG ROLL PORK & VEG | | 179.997 | 29.9995 | 429.993 | 2 | 1.8 | 39.9993 | 749.987 | 4.7999 | 8.9998 | 21.9996 | 6.9999 | 2 | 0 |
| ENCHILADAS CHEESE | | 385 | 19.9 | 1085 | 2 | 0 | 0 | 156.51 | 0.25 | 17.99 | 36.62 | 18.2 | 5.99 | 0 |
| FRENCH FRIES | | 92.8 | 0 | 23.2 | 1.5467 | 0.5568 | 0 | 0 | 4.64 | 1.5467 | 14.6933 | 3.48 | 1.16 | 0 |
| FRENCH TOAST STIKS WITH SAUSAGE | | 179.997 | 129.998 | 329.994 | 0 | 2.3 | 14.9997 | 195.997 | 0 | 8.9998 | 27.9995 | 3.9999 | 1 | 0 |
| FRUIT MIXED | | 100.758 | 0 | 10.606 | 2.6515 | 0.5126 | 12.3737 | 565.656 | 3.3232 | 0.8485 | 26.1793 | 0.1768 | 0.0247 | 0 |
| FRUITED GELATIN | | 119.196 | 0 | 33.0008 | 2.6516 | 0.5126 | 12.3737 | 565.656 | 3.3231 | 1.1134 | 30.6565 | 0.1768 | 0.0247 | 0 |
| GALAXY PIZZA | | 357.86 | 20.35 | 643.58 | 3 | 3.07 | 286 | 540.15 | 0 | 16.17 | 32 | 15.7 | 5.07 | 0 |
| GRAPES, GREEN | | 60.7824 | 0 | 1.8144 | 0.9072 | 0.2631 | 12.7008 | 90.72 | 3.6288 | 0.5715 | 15.5585 | 0.3175 | 0.1034 | 0 |
| GRAPES, RED | | 60.7824 | 0 | 1.8144 | 0.9072 | 0.2631 | 12.7008 | 90.72 | 3.6288 | 0.5715 | 15.5585 | 0.3175 | 0.1034 | 0 |
| GRAVY, BEEF | | 41.7392 | 5.2174 | 313.044 | 0 | 0.0939 | 5.2174 | 0 | 0 | 1.0435 | 4.1739 | 2.6087 | 1.0435 | 0 |
| GRAVY, THANKSGIVING | SERVINGS | 49 | 7 | 405 | 0 | 0 | 0 | 89 | 0 | 1.34 | 4.01 | 3.12 | 0.45 | 0 |
| GRAVY, TURKEY | | 134.813 | 15.4072 | 1117.03 | 0 | 0 | 0 | 385.181 | 0 | 3.8518 | 11.5554 | 7.7036 | 0 | 0 |
| GREEN BEANS | | 50 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 2 | 10 | 0 | 0 | 0 |
| HONEYDEW | | 105.84 | 0 | 30.24 | 1.8144 | 0.2117 | 18.144 | 120.96 | 74.9952 | 1.391 | 27.7603 | 0.3024 | 0.0756 | 0 |
| ITALIAN DUNKERS | | 440 | 30 | 740 | 4 | 2.2 | 407 | 404 | 0.4 | 19 | 33 | 21 | 8 | 0 |
| ITALIAN DUNKERS | | 440 | 30 | 740 | 4 | 2.2 | 407 | 404 | 0.4 | 19 | 33 | 21 | 8 | 0 |
| JELLY | 1 TBSP | 51 | 0 | 6 | 0.19 | 0.04 | 1.3 | 1 | 0.17 | 0.03 | 13.29 | 0 | 0 | 0 |
| KETCHUP | 1 TABLESF | 15 | 0 | 190 | 0 | 0 | 0 | 300 | 0 | 0 | 4 | 0 | 0 | 0 |
| KIWI | | 46.116 | 0 | 3.78 | 2.5704 | 0.31 | 19.656 | 132.3 | 74.088 | 0.7484 | 11.2493 | 0.3326 | 0.0219 | 0 |
| MAC & CHEESE ELEMENTARY | | 288.8 | 44.37 | 944.55 | 1.72 | 1.25 | 285.24 | 858.6 | 0.12 | 14.13 | 20.29 | 16.78 | 9.53 | 0.59 |
| MANDARIN ORANGES | | 55.5934 | 0 | 7.5126 | 1.0518 | 0.4057 | 16.5278 | 1280.15 | 51.3863 | 0.9316 | 14.3791 | 0.0451 | 0.0045 | 0 |
| MARGARINE | 1 TSP | 34 | 0 | 44 | 0 | 0 | 1.4 | 168 | 0.01 | 0.04 | 0.04 | 3.78 | 0.66 | 0 |
| MASHED POTATOES | | 25.4417 | 0 | 114.488 | 0.5088 | 0.0916 | 0 | 0 | 1.2212 | 0.5088 | 5.0883 | 0.3816 | 0 | 0 |
| MAYONNAISE | SERVING | 45 | 0 | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 4 | 0.5 | 0 |
| MILK, SKIM | HALF PINT | 83 | 5 | 103 | 0 | 0.07 | 306.3 | 500 | 0 | 8.26 | 12.15 | 0.2 | 0.12 | 0 |
| MILK,1% CHOCOLATE | HALF PINT | 159 | 8 | 154 | 1.27 | 0.61 | 291.1 | 496 | 2.28 | 8.2 | 26.43 | 2.53 | 1.56 | 0 |
| MILK,1% CHOCOLATE | HALF PINT | 159 | 8 | 154 | 1.27 | 0.61 | 291.1 | 496 | 2.28 | 8.2 | 26.43 | 2.53 | 1.56 | 0 |
| MILK,1% LOWFAT | HALF PINT | 113 | 13 | 118 | 0 | 0.08 | 319.4 | 526 | 0 | 9.05 | 13.39 | 2.6 | 1.7 | 0 |
| MILK,1% LOWFAT | HALF PINT | 113 | 13 | 118 | 0 | 0.08 | 319.4 | 526 | 0 | 9.05 | 13.39 | 2.6 | 1.7 | 0 |

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| MILK,2% LOWFAT | HALF PINT | 122 | 20 | 100 | 0 | 0.07 | 285.5 | 461 | 0.49 | 8.05 | 11.42 | 4.81 | 3.07 | 0 |
| MILK,2% LOWFAT | HALF PINT | 122 | 20 | 100 | 0 | 0.07 | 285.5 | 461 | 0.49 | 8.05 | 11.42 | 4.81 | 3.07 | 0 |
| MINI PANCAKES | | 200 | 10 | 370 | 2 | 6 | 4 | 0 | 0 | 4 | 34 | 6 | 1 | 0 |
| MUFFIN, BERRY | | 180 | 0 | 170 | 2 | 0 | 0 | 0 | 0 | 3 | 30 | 6 | 1 | 0 |
| MUFFIN, ORANGE | | 180 | 10 | 180 | 2 | 0 | 0 | 0 | 0 | 3 | 28 | 7 | 1 | 0 |
| MUSTARD | Pkt 5g | 3 | 0 | 57 | 0.17 | 0.08 | 2.9 | 4 | 0.08 | 0.22 | 0.27 | 0.2 | 0.01 | 0 |
| ORANGES | | 61.57 | 0 | 0 | 3.144 | 0.131 | 52.4 | 268.55 | 69.692 | 1.2314 | 15.3925 | 0.1572 | 0.0197 | 0 |
| ORIENTAL VEGETABLES | | 27.7942 | 0 | 5.5589 | 2.2235 | 0.4002 | 22.2353 | 444.706 | 26.6824 | 1.1118 | 5.5589 | 0 | 0 | 0 |
| OVEN FRIED CHICKEN | | 377.77 | 144.44 | 888.88 | 0 | 2.39 | 0 | 0 | 0 | 44.44 | 0 | 22.22 | 5.55 | 0 |
| OVEN FRIED RICE | | 194.873 | 0 | 322.512 | 3.1187 | 1.0849 | 18.1375 | 625 | 3.375 | 6.047 | 39.9733 | 1.3506 | 0.2701 | 0 |
| PEACH CUP, FRZ | | 106.594 | 0 | 6.8038 | 2.0412 | 0.4196 | 3.4019 | 322.048 | 106.82 | 0.7144 | 27.1927 | 0.1474 | 0.0159 | 0 |
| PEACHES, CANNED | | 73.4567 | 0 | 6.6779 | 2.1703 | 0.4508 | 10.0168 | 636.068 | 6.0101 | 1.0518 | 19.3158 | 0.0501 | 0.0067 | 0 |
| PEARS, DICED | | 88.3837 | 0 | 7.0707 | 2.8283 | 0.5126 | 15.9091 | 10.606 | 2.8283 | 0.601 | 22.8737 | 0.1237 | 0.0071 | 0 |
| PEARS, FRESH | | 97.94 | 0 | 0 | 3.984 | 0.415 | 18.26 | 33.2 | 6.64 | 0.6474 | 25.0826 | 0.664 | 0.0365 | 0 |
| PEAS | | 69.85 | 0 | 101.6 | 4.26 | 1.38 | 19.95 | 659.53 | 16.32 | 4.72 | 12.42 | 0.33 | 0.0599 | 0 |
| PEAS & CARROTS | | 53.3647 | 0 | 90.72 | 4.2692 | 1.1527 | 21.3459 | 1778.82 | 9.6056 | 5.3365 | 10.6729 | 0 | 0 | 0 |
| PHILLY CHEESE STEAK SAND(elem) | | 303.15 | 37.15 | 892.61 | 4.01 | 11.61 | 111.86 | 264.5 | 50.06 | 20.54 | 32.73 | 9.853 | 3.3732 | 0 |
| PICKLE SPEARS, DILL | | 0 | 0 | 0.2527 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| PIG IN BLANKET | | 270 | 45 | 870 | 2 | 2.16 | 20 | 0 | 1.2 | 14 | 25 | 14 | 5 | 0 |
| PIZZA BIG D CHSE ELEM | | 340 | 30 | 620 | 2.0001 | 2.7 | 250 | 400 | 0 | 20 | 39 | 12 | 4.5 | 0 |
| PIZZA BIG D PEPP ELEM | | 350 | 30 | 690 | 2.0001 | 2.7 | 200 | 300 | 0 | 20 | 39 | 13 | 5.0001 | 0 |
| PIZZA GALAXY | | 357.867 | 20.3575 | 643.587 | 3 | 3.0772 | 286.008 | 540.016 | 0 | 16.0718 | 32.0009 | 15.7861 | 5.0715 | 0 |
| POTATO BKD CUBAN PORK | | 428.041 | 73.2346 | 1024.89 | 4.0001 | 2.6693 | 278.543 | 593.782 | 22.1995 | 35.5636 | 41.1638 | 13.6923 | 2.9393 | 0 |
| POTATO ROUNDS | | 133.33 | 0 | 266.66 | 1.5686 | 0.2824 | 0 | 0 | 3.7646 | 1.5686 | 14.9016 | 7.843 | 1.9607 | 0 |
| POTATO TRIANGLES (2) | | 181.436 | 0 | 391.221 | 2.2679 | 0.1225 | 103.192 | 0 | 3.1502 | 1.134 | 22.6795 | 9.0718 | 2.2679 | 0 |
| POTATO WEDGES | | 101.147 | 0 | 18.3904 | 1.8391 | 0.331 | 0 | 0 | 3.3103 | 1.8391 | 13.7928 | 1.3793 | 0.9195 | 0 |
| POTATO WEDGES | | 69.8544 | 0 | 101.606 | 4.2638 | 1.388 | 19.9584 | 659.534 | 16.3296 | 4.7265 | 12.4286 | 0.3357 | 0.0599 | 0 |
| RAVIOLI | | 227.516 | 27.3018 | 627.944 | 4.5503 | 2.4572 | 18.2012 | 182.013 | 0 | 14.561 | 27.3018 | 7.2805 | 3.1853 | 0 |
| REFRIED BEANS | | 67.71 | 0 | 216.42 | 6.23 | 0.84 | 21.42 | 0 | 1.02 | 3.21 | 10.28 | 1.54 | 0.42 | 0.72 |
| RELISH BROCC COL TOM # 3 | | 39.735 | 0 | 13.7664 | 2.6943 | 0.5978 | 17.554 | 10156.9 | 86.2021 | 1.178 | 9.4286 | 0.2413 | 0.0362 | 0 |
| RELISH CAR CEL GRN PEP | | 12.7299 | 0 | 19.2606 | 1.0371 | 0.2504 | 14.2116 | 4365.37 | 4.9137 | 0.5848 | 2.874 | 0.088 | 0.018 | 0 |
| RELISH CAR CEL ZUCCH | | 23.058 | 0 | 14.364 | 1.8144 | 0.5633 | 25.326 | 846.342 | 43.5078 | 1.6632 | 4.6797 | 0.3175 | 0.0533 | 0 |
| RELISH CARROT GR PEPP | | 26.6261 | 0 | 5.3635 | 1.7752 | 0.4214 | 17.6561 | 415.872 | 56.9535 | 1.1141 | 6.0028 | 0.2475 | 0.0504 | 0 |
| RELISH CAUL CAR BROCC | | 24.2287 | 0 | 19.5781 | 1.7312 | 0.3969 | 15.2322 | 4631.18 | 53.0974 | 0.7737 | 5.7306 | 0.1576 | 0.026 | 0 |
| RELISH CAULI GRN PEP COL | | 13.7359 | 0 | 17.3823 | 1.0116 | 0.221 | 18.6004 | 77.7859 | 7.3787 | 0.7228 | 2.9088 | 0.1609 | 0.0401 | 0 |
| SALAD DRESSING - RANCH | 1 SVG = 2 | 70 | 15 | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 0 | 0 |
| SALAD DRESSING - HONEY MUSTARD | 1 SVG = 2 | 70 | 4 | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 3 | 0 | 0 |
| SALAD DRESSING - THOUSAND ISLAND | 1 SVG = 2 | 120 | 15 | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 11 | 2 | 0 |
| SALAD DRESSING- ITALIAN | 2 TBSP | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| SALAD GARDEN BAG | | 8.734 | 0 | 7.6229 | 0.8542 | 0.5483 | 26.1319 | 1904.98 | 7.6286 | 0.5541 | 1.7388 | 0.1307 | 0.0162 | 0 |

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| SALAD GARDEN HEAD LETT | | 15.7496 | 0 | 10.505 | 1.0552 | 0.1984 | 11.0247 | 944.978 | 6.303 | 1.0552 | 3.15 | 0 | 0 | 0 |
| SALAD LETTUCE TOM BAG | | 7.5456 | 0 | 3.7728 | 0.7965 | 0.5869 | 28.5056 | 796.48 | 7.5456 | 0.545 | 1.4672 | 0.1258 | 0.0163 | 0 |
| SALAD LETTUCE TOM HEAD | | 137.128 | 13.2 | 294.538 | 2.1374 | 0.6245 | 44.1896 | 135.866 | 29.3857 | 1.3397 | 10.7553 | 10.8107 | 1.7906 | 0 |
| SALAD MIXED GREEN | | 33.453 | 0 | 69.174 | 2.6649 | 0.5103 | 37.989 | 16025.1 | 9.2421 | 1.0093 | 7.8189 | 0.1871 | 0.038 | 0 |
| SALAD SIDE | | 8.9863 | 0 | 12.3984 | 0.7879 | 0.4343 | 16.8769 | 1227.96 | 7.0401 | 0.7976 | 1.6713 | 0.0516 | 0.0078 | 0 |
| SALAD, ENTREE BASE | | 94.3591 | 0 | 106.232 | 7.7787 | 4.1143 | 154.952 | 10864 | 75.7299 | 7.6054 | 18.0664 | 0.7573 | 0.1205 | 0 |
| SALSA | SVG = 1/4 | 20 | 0 | 244 | 0.79 | 1.27 | 6.8 | 312 | 2.27 | 0.85 | 3.97 | 0.11 | 0.02 | 0 |
| SAND CHICKEN GRILL | | 231.493 | 54.1472 | 834.891 | 2.2835 | 1.887 | 117.106 | 560.171 | 21.8703 | 17.2699 | 18.3189 | 9.2906 | 4.07 | 0.06 |
| SAND HAMBURGER/CHSBURGER | | 516.04 | 96.3686 | 1417.14 | 5.0283 | 10.0765 | 168.427 | 524.18 | 50.0567 | 39.7452 | 33.8053 | 23.874 | 10.5284 | 0 |
| SANDWICH CHICKEN BBQ | | 377.962 | 38.4385 | 1191.54 | 4.971 | 11.9712 | 42.4385 | 53.6704 | 55.9137 | 23.7409 | 44.7695 | 10.8847 | 2.8672 | 0 |
| SANDWICH COLD CUT SUB | | 458.176 | 100.911 | 1805.16 | 5.0658 | 4.2513 | 195.166 | 1111.44 | 47.724 | 35.7815 | 39.269 | 16.466 | 5.4818 | 0.1281 |
| SANDWICH DELI HAM SUB | | 162.773 | 22.1278 | 481.665 | 2.2693 | 1.2585 | 33.3203 | 269.325 | 20.9917 | 13.0476 | 19.3768 | 3.1032 | 0.7358 | 0.04 |
| SANDWICH DELI TURKEY SUB | | 316.748 | 23.976 | 990.486 | 3.9979 | 12.094 | 34.6495 | 15.2418 | 50.0324 | 18.0977 | 47.7631 | 5.6736 | 0.6947 | 0 |
| SANDWICH EGG SALAD | | 263.834 | 29.9998 | 741.991 | 4.5464 | 1.9921 | 144.056 | 794.096 | 15.0035 | 16.3525 | 32.8141 | 7.859 | 3.14 | 0.0303 |
| SANDWICH FISH | | 296.836 | 19.4295 | 927.772 | 4.961 | 10.7126 | 4.0001 | 296.876 | 52.3751 | 17.6759 | 35.909 | 8.8288 | 2.4286 | 0 |
| SANDWICH GRILLED CHZ | | 309.998 | 59.999 | 769.991 | 3 | 10 | 14.9999 | 19.9997 | 51 | 29.9996 | 33 | 5.9998 | 0 | 0 |
| SANDWICH HAM/CHZ | | 303.102 | 46.5315 | 1114.73 | 2.032 | 3.4801 | 254.187 | 1009.6 | 6.3304 | 18.923 | 27.5788 | 13.1947 | 3.1708 | 0 |
| SANDWICH HOT DOG | | 343.02 | 48.1843 | 843.569 | 4.0142 | 10.0383 | 86.2132 | 262.09 | 50.0284 | 22.8725 | 31.4027 | 13.4369 | 5.2641 | 0 |
| SANDWICH ITALIAN SUB | | 531.898 | 28.0674 | 3027.73 | 16.0967 | 9.8357 | 508.882 | 4370.61 | 102.739 | 27.6132 | 93.39 | 12.901 | 2.1204 | 0 |
| SANDWICH PORK BBQ | | 194.805 | 25.3104 | 556.108 | 1.9474 | 0.7648 | 177.725 | 583.775 | 4.6663 | 8.4144 | 15.1943 | 11.2946 | 5.6229 | 0 |
| SANDWICH SLOPPY JOE | | 260 | 45 | 830 | 0 | 2.52 | 40.0001 | 0 | 1.2 | 11.9999 | 26 | 12.4999 | 3 | 0 |
| SANDWICH TUNA SALAD | | 416.01 | 396 | 780.019 | 4.0004 | 2.7201 | 94.4028 | 512 | 9.6006 | 15.6005 | 39.6021 | 21.1999 | 4.7999 | 0 |
| SANDWICH TURKEY/CHZ | | 263.08 | 31.9389 | 1031.27 | 4.5465 | 4.5713 | 141.256 | 794.09 | 14.6691 | 15.2382 | 33.6355 | 8.0214 | 3.5252 | 0 |
| SAUSAGE PATTY | | 84.9985 | 26.7995 | 231.496 | 0 | 0.45 | 9.5998 | 9.6998 | 0.18 | 8.2998 | 0.4 | 5.2999 | 2 | 0 |
| SEASME BAGEL | | 280 | 0 | 420 | 4 | 3.6 | 60 | 0 | 6 | 4 | 54 | 3 | 0 | 0 |
| SLD PACK, CHEF TURKEY | | 265.36 | 26.71 | 912.7 | 1.6 | 1.14 | 259.92 | 184.27 | 0.31 | 17.41 | 28.92 | 9.85 | 4.16 | 0.0029 |
| SLD PACK, MANDARIN CHICKEN | | 98.8576 | 37.7 | 452.963 | 0.5758 | 0.893 | 7.5725 | 553.57 | 21.2894 | 12.4059 | 9.9274 | 2.4487 | 0.9367 | 0 |
| SLD PACK, SW CHIK SALAD PACK | | 242.402 | 23.7539 | 1143.92 | 6.2386 | 1.6312 | 248.362 | 794.344 | 4.5383 | 20.0408 | 23.5726 | 7.6482 | 1.6918 | 0 |
| SLD PACK, VEGGIE w/Beans | | 286.373 | 0 | 653.848 | 9.5774 | 2.6861 | 84.102 | 9.6388 | 0.2551 | 13.0224 | 29.9642 | 13.9104 | 1.6453 | 0 |
| SLD PACK, VEGGIE w/chz & egg | | 273.6 | 241.13 | 872.29 | 1.6 | 1.55 | 243.79 | 1017.69 | 0 | 14.39 | 19.95 | 14.93 | 4.01 | 0 |
| SOY SAUCE | TBSP / 1 S' | 8 | 0 | 531 | 0.13 | 0.32 | 2.7 | 0 | 0 | 0.82 | 1.36 | 0.01 | 0 | 0 |
| STRAWBERRIES, FRESH | | 45.36 | 0 | 1.512 | 3.4776 | 0.5746 | 21.168 | 40.824 | 85.7304 | 0.9223 | 10.6142 | 0.5594 | 0.0302 | 0 |
| SUN BUTTER SANDWICH | | 310 | 0 | 250 | 5 | 2.7 | 40 | 0 | 0 | 10 | 33 | 17 | 2 | 0 |
| SUPER BUN | | 310 | 0 | 170 | 1 | 0 | 0 | 0 | 0 | 5 | 34 | 17 | 5 | 0 |
| SYRUP | PACKET | 80 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 |
| SYRUP | PACKET | 80 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 |
| TACO SOFT BEEF | | 305.36 | 18.83 | 911.45 | 1.91 | 0.096 | 204.89 | 361.34 | 0 | 18.39 | 31.14 | 11.74 | 3.892 | 0.05 |
| TACO SOFT CHICKEN | | 483.742 | 151.363 | 2322.8 | 1.0001 | 2.9967 | 207.793 | 454.145 | 0 | 54.7441 | 36.0281 | 12.0657 | 4.5095 | 0.4999 |
| TOAST BUTTERED | | 113.785 | 0 | 194.352 | 2.0001 | 0.7201 | 21.4068 | 167.837 | 4.8078 | 3.0425 | 15.0434 | 4.7836 | 0.658 | 0 |
| TOMATO SOUP | | 44.999 | 0 | 359.992 | 0.9999 | 0.0899 | 0 | 99.9977 | 0.8999 | 0.9999 | 9.4999 | 0.9999 | 0.2499 | 0 |

| Recipes | Portion Size | Calories | Cholesterol | Sodium | Dietary Fiber | Iron | Calcium | Vitamin A | Vitamin C | Protein | Carbohydrate | Total Fat | Saturated Fat | Trans Fat |
|--------------------|--------------|----------|-------------|---------|---------------|--------|---------|-----------|-----------|---------|--------------|-----------|---------------|-----------|
| TURKEY & GRAVY | | 149.901 | 56.7994 | 669.967 | 0 | 1.0197 | 12.8487 | 109.01 | 0.5812 | 19.0895 | 3.6302 | 6.5569 | 2.478 | 0.0612 |
| TURKEY NOODLE SOUP | | 198.247 | 61.5609 | 1205.13 | 1.0435 | 1.0435 | 47.9968 | 1019.41 | 2.0867 | 23.9984 | 14.6076 | 4.1736 | 2.7129 | 0 |
| VEGETARIAN CHILI | | 207.34 | 0 | 1167.4 | 10.39 | 2.29 | 123.87 | 1569.29 | 14.51 | 10.9 | 38.36 | 0.7274 | 0.0324 | 0 |
| WAFFLE STICKS | | 140 | 0 | 740 | 2 | 2.88 | 200 | 0 | 0 | 3 | 56 | 4 | 1 | 0 |
| WATERMELON | | 48.384 | 0 | 3.024 | 0.756 | 0.257 | 12.096 | 553.392 | 14.5152 | 0.9374 | 10.8562 | 0.6502 | 0.0726 | 0 |
| WRAP CHICKEN | | 385.997 | 53.9991 | 770.992 | 2 | 4.7 | 58.9996 | 75.9987 | 36 | 18.9998 | 44.9997 | 13.4998 | 3.4999 | 0 |
| WRAP DELI HAM | | 295.678 | 27.1638 | 937.469 | 2.0319 | 2.8499 | 251.696 | 980.847 | 5.37 | 15.2317 | 28.5691 | 13.3376 | 2.4805 | 0 |
| WRAP DELI TURKEY | | 419.996 | 59.9988 | 659.993 | 3.9999 | 10.72 | 4 | 0 | 50 | 19.9997 | 49.9997 | 13.9997 | 1.4999 | 0 |