

Jeffco Public Schools :: Secondary 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
AB CHIX FAJITA		45.9	25.66	285.3	0	0.49	0.49	15.79	0	7.89	0.98	0.98	0.49	0
AB KUNG PAO SAUCE		75.9	0	518.73	0.1603	0.25	20.9	96.95	4.2	1.66	16.51	0.6748	0.0945	0
AB MEATBALLS		183.57	43.7591	267.89	1.0673	2.13	39.48	7.47	1.06	13.87	6.4037	11.7	4.375	0.7471
AB PORK		214.52	97.04	388.191	0	1.1032	0	0	0	31.66	0	9.19	2.5539	0
AB SWEET & SOUR SAUCE		100.9	0	562.672	0.2952	0.1656	15.14	133.83	8.5	2.04	23.9948	0.0332	0.0022	0
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
BAGEL , PLAIN		280	0	440	4	3.6	60	0	6	10	56	2	0.5	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
BB BLACK BEANS		112.26	0	612.34	7.17	1.02	44.9	0	0	7.144	20.4115	0	0	0
BB CHIIX FAJITA		45.9	25.66	285.3	0	0.49	0.49	15.79	0	7.89	0.98	0.98	0.49	0
BB CILANTRO RICE (Secondary only Bre		23.46	0	0.729	0.2355	0.1016	1.8063	32.69	0.1883	0.05	4.8937	0.1865	0.0369	0
BB CUBAN PORK		107.26	48.52	194.09	0	0.55	0	0	0	15.83	0	4.59	1.27	0
BB FIESTA BEEF		91.56	18.26	269.31	0.9132	0	0	12.5	0.009	10.04	0.9632	5.47	2.28	0
BB REFRIED BEANS		67.71	0	216.425	2.35	0.8485	21.4282	0	1.02	3.2142	10.28	1.54	0.4286	0.7286
BB TORTILLA, FLOUR 8' (sec only Breac		169.99	459.99		1	0	99.99	0	0	4.999	29.99	2.99	1	0.5
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 BAGEL		300	0	450	5	3.6	80	0	9	5	61	2	0	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 BOWL		431.66	0	585.823	6.1665	5.5499	0	0	0	15.4163	83.2485	4.6249	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

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
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, BNANA 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
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 (veg All Grades)		27	N/A	43	2.4	0.39	26	12137	1.7	0.42	5.64	0.5	0.09	N/A
CHICKEN CHUNKS SECONDARY		261.333	72	614.667	1.3334	2.6667	25.3333	101.333	0	18.6667	15.9999	13.3333	4	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
CHICKEN SANDWICH SECONDARY		353.009	61.499	992.513	4.0003	2.7361	40.0029	0	9.6006	29.4001	37.0021	8.9	0.9999	0
CINNAMON RAISIN BAGEL		320	0	460	5	3.6	80	0	9	5	64	2.5	0	0
CINNAMON RAISN PRETZEL		19	0	220	2	2.7	0	0	0	6	39	1	0	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 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, RED, MRS 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
EVERYTHING BAGEL		310	0	660	5	3.6	80	0	9	5	61	2.5	0	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
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
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

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
GRAVY FOR TURKEY	1/4 CUP SV	32	4	217	0.12	0.3	11.5	2	0.04	2.08	3.33	1.16	0.28	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, 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
JALAPENOS		27	0	1671	2.6	1.88	23	1700	10	0.92	4.72	0.94	0.097	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 SECONDARY		385.06	59.17	1259.4	2.29	1.67	380.32	1144.81	0.16	18.84	27.05	22.37	12.7	0.19
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,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
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: individual PC	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
PARFAIT BBERRY / BANANA		413.025	22.5001	241.9	4.7925	0.4881	612.95	153.9	15.7749	16.4842	79.2907	4.7856	2.4992	0
PARFAIT BBERRY / ORANGE		355.59	22.4996	247	2.9642	0.4758	619.895	1123.51	48.1165	16.0976	64.8461	4.283	2.2948	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
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 SEC		469.985	39.9987	1059.97	2.9999	3.1999	399.987	499.984	0	23.9993	54.9983	17.9993	8.9997	0.5

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
PIZZA BIG D PEPP SEC		479.986	34.999	1189.97	3	3.1998	299.991	399.988	0	22.9994	55.9983	17.9995	7.9998	0.5
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
QUESO SAUCE	SERVING	115	28	601	0.11	0.19	210.6	468	1.48	7.01	3.38	8.29	4.6	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 COLIC 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 CUKE		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 4/11 SVG = 2		70	15	150	0	0	0	0	0	0	0	7	0	0
SALAD DRESSING - HONEY MU 1 SVG = 2		70	4	190	0	0	0	0	0	0	10	3	0	0
SALAD DRESSING - THOUSAND 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
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 C	20	0	244	0.79	1.27	6.8	312	2.27	0.85	3.97	0.11	0.02	0
SALSA		33.33	0	466.66	0	0	0	0	0	0	3.33	0	0	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

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
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
SOUR CREAM (sec Only)		25.71	6.4		5.33	0.01	13.97	94.8	0.1	0.38	0	2.52	1.57	N/A
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
STROMBOLI SAUCE, JEFFCO R 1 SERVING		34	1	582	1.55	1.19	30.6	535	11.27	1.93	6.86	0.45	0.21	0
STUFFED SHELLS		200	39.99	429.99	1	1.08	249.99	399.99	0	15	21.99	4.5	2..5	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
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
TORTILLA, 8"		170	5	459	0	0	150	0	0	5	19	1	0.5	0
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