

Oxnard School District :: Elementary Nutrient Values Rev. 12.26.11

Breakfast

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Apple Flip	1 Each	218	18	432	2.68	1.42	271	141	1.41	10.95	29.29	6.8	3.83	0
Banana	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Burrito, Cheese/Bean	1 each	290	5	610	5	2.7	100	400	1.2	11	44	8	3	0
Buttermilk Bars	1 Each	247	14	314	1.3	1.51	24.2	13	0.07	2.89	52.5	2.87	0.92	0
Cereal-Variety	1 Each	98	0	169	0.92	5.42	75.7	370	5.35	1.38	20.77	1.15	0.04	0
Chili Crispito	1 each	240	30	340	2	1.08	100	0	0	8	20	14	3.5	0
Cinnamon Toast	1 each	220	0	300	1	1.44	60	100	0	5	29	9	2	0
French Toast Boat	1 Each	216	16	273	1.4	1.7	49.5	19	0.11	4.23	29.4	9	2	0
Fresh Apple	1 Each	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03	0
Fresh Orange	1 each	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	0
Fresh Pear	1 each	86	0	1	4.59	0.25	13.3	34	6.22	0.56	22.88	0.18	0.01	0
Fruit Danish	1 each	236	0	262	2.6	1.3	7.6	287	0.3	3.6	39.8	7.3	1.6	0
Graham Crackers	1 Each	90	0	100	0	0.72	100	0	0	1	16	2.5	0	0
Juice-Variety	1 each	58	0	8	0	0	5	0	30	0.25	14.75	0	0	0
Milk, Lowfat 1%	8 ounces	120	10	150	0	0	350	500	2.4	11	14	2.5	1.5	0
Milk, Nonfat Chocolate	8 ounces	120	5	180	0	0	300	500	2.4	8	22	0	0	0
Muffin of the Month	1 Each	232	59	397	1.41	1.48	64	108	0.49	5.95	30.17	9.52	1.62	0
Muffin, Apple Cinnamon	1 Each	116	30	198	0.71	0.74	32	54	0.24	2.98	15.09	4.76	0.81	0
Oatmeal Bowl	serving/3	96	0	46	1.44	0.76	15.4	0	0.02	2.15	16.64	2.89	0.44	0
Oatmeal Round	1 Each	190	0	160	3	1.8	20	200	0	4	37	3	0	0
Pan Dulce	1 each	250	5	120	3	1.8	40	0	0	6	41	8	3	0
Pancake on a Stick	1 Each	239	23	402	0.6	1.9	14	10	0	8.4	24	12.2	3.1	0
Pancake Sandwich	1 each	220	10	260	2	1.44	100	0	0	4	35	7	1.5	0
Peanut Butter Graham Crackers	1 Each	318	0	271	2.2	1.5	160	0	0.2	10.3	28.6	20.1	3.9	0
Pizza, Breakfast 3X4	1 Each	240	17	500	1	1.8	220	100	0	11	30	8	4	0
Proball	1 Each	130	4	160	0	3.6	80	900	12	3	17	6	3	0
Raisins, 1 oz box	box	85	0	3	1.05	0.53	14.2	0	0.65	0.87	22.45	0.13	0.02	0
Sausage Biscuit Sandwich	1 each	240	25	640	1	1.44	80	0	0	10	24	12	4	2.5
Sausage Roll	1 Each	172	20	364	0	0.36	20.2	0	0	6.07	15.19	9.11	3.04	0

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Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Saus-A-Rage	1 each	286	31	261	0	2.6	60	82	0	14.1	37.5	8.2	3.3	0
Southwest Scramble	1 each	287	102	631	1.78	3.06	500	700	0	12.59	39.12	8.61	3.51	0
Sweet Potato Muffin	1 each	250	27	214	0.93	2.19	78	114	0.75	3.24	40.33	8.93	1.95	0
Yogurt Parfait	1 each	211	11	141	2.22	1.44	232	453	24.69	7.95	40.42	3.55	1.98	0
Yogurt, assorted	1 Each	120	5	75	0	0	150	0	2.4	4	23	1	0.5	0

Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Animal Crackers, Strawberry	1 Each	120	0	105	1	3.6	0	100	2.4	2	19	4	1	0
Animal Snackers	1 Each	121	0	51	0	1.46	0	101	0	1.01	20.25	3.04	0.51	0
Apple Bar	1 Each	177	0	74	0.56	0.95	26.9	29	0.42	2.51	30.84	4.83	1.4	0
Apple Bites	1 Each	70	0	50	0.5	0	0	0	36	0.1	18	0	0	0
Applesauce	3/8 Cup	67	0	11	1.5	0	0	0	0	0	17.23	0	0	0
Baked Chicken	1 Breast/2	375	122	386	0.4	1.84	26	109	0	33.19	12.26	20.58	5.44	0
Banana	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
BBQ Beans 3/8 cup	3/8 Cup	97	0	425	2.93	1.12	24.3	152	0	3.39	21.1	0.26	0.05	0
BBQ Chicken Burger	1 each	340	45	850	1	2.16	40	0	0	17	39	13	2.5	0
BBQ Rib Dunkers	4 Each	149	34	439	0.5	0.7	23	235	0	11	5.8	9	3.1	0
Bean & Cheese Burrito	1 each	355	18	587	6.13	4.19	172	350	1.85	16.31	53.63	7.96	4.02	0
Beef Ravioli	6 ounces	231	25	621	2.89	1.95	28.9	144	0	10.11	24.55	5.78	2.17	0
Beef Teriyaki Dippers	4 Each	181	34	496	0	1.75	17.9	26	0.03	17.2	6.5	9.4	3.7	0
Beef Teriyaki Dippers (Tyson)	4 each	180	45	450	0	1.8	20	100	0	16	6	11	4	0
Blueberry Turnover	1 Each	301	0	338	2.1	1.6	25	15	3	3.8	50.6	9.1	2.1	0
Breadstick	1 each	120	0	250	0	1.44	40	0	0	4	23	0.5	0	0
Broccoli, cooked, 1/4 cup	1/4 Cup	13	0	5	1.38	0.28	15.2	465	18.45	1.43	2.46	0.06	0.01	0
Brunch Muffin	1 Each	250	27	214	0.93	2.19	78	114	0.75	3.24	40.33	8.93	1.95	0
Burrito, Cheese/Bean SantaFe	1 Each	360	5	830	5	4.5	200	300	0	13	54	10	3.5	0
Calzone, Pepperoni	1 Each	305	26	639	5.1	0.47	349.3	481	0.55	29.58	22.78	11.05	4.97	0
Carrots Sticks 3/8 cup	3/8 Cup	19	0	43	1.6	0.49	17.7	7623	1.44	0.35	4.56	0.07	0.01	0

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Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Celery Sticks 3/8 cup	3/8 Cup	9	0	45	0.89	0.11	22.3	250	1.73	0.38	1.65	0.09	0.02	0
Chalupa, Bean and Cheese	1 Each	233	15	677	3.17	1.48	251.8	389	0.29	12.43	20.94	8.91	2.08	0
Cheese Calzone	1 each	465	45	645	1.83	3.25	397	503	0.87	21.59	50.84	18.92	8.92	0
Cheese Nachos (LOL)	serving	265	30	840	2	0.58	318.2	500	0	10	23	14	7	0
Cheese Pizza	1 Each	350	30	830	1	2.7	450	400	4.8	20	39	14	7	0
Cheese Pizza (Tonys)	1 each	330	15	530	3	2.7	300	400	0	15	32	13	4	0
Cheese Pizza Wedge, WG	1 each	321	36	641	3.63	2	515.9	434	9.82	19.32	35.04	11.74	6.1	0
Cheeseburger	1 Each	356	61	755	1.31	3.35	127	135	0.14	22.66	31.83	14.89	6.18	0.63
Chicago Pizza Strip	1 each	290	30	680	2	1.99	412.6	641	2.22	19	35	11	6	0
Chicken Burger	1 Each	370	45	990	1	3.6	120	100	0	20	41	14.5	2.5	0
Chicken Eggroll	1 Each	231	60	563	3.02	2.71	80.4	2262	12.06	19.1	22.12	8.04	2.01	0
Chicken Nuggets	4 each	181	38	378	0.76	1.09	0	76	0	12.85	10.58	9.83	2.27	0
Chicken Nuggets	5 each	200	25	580	0	1.08	20	0	1.2	10	18	10	1.5	0
Chicken Nuggets (Bats)	4 each	140	30	340	0	1.8	60	100	0	15	6	6	1.5	0
Chicken Nuggets (Winter)	5 each	150	20	390	2	1.8	40	100	0	13	13	5	1.5	0
Chicken Sluggers	1 each	170	65	830	0	3.96	0	0	0	12	7	11	2.5	0
Chicken Taquitos	2 each	220	10	190	2	0	0	0	0	6	22	12	2	0
Chili Beans 1/2 cup	1/2 Cup	206	57	180	2	3.31	37.2	652	11.97	18.74	8.55	10.78	3.71	0
Chili Crispito	1 Each	240	30	340	2	1.08	100	0	0	8	20	14	3.5	0
Chocolate Chip Cookie	1 each	150	13	180	0.39	0.7	11	0	0.1	1.79	26.45	4.05	1.65	0
Chortles	1 Each	125	0	109	2	1	2.3	4	0.01	2	23	3	0.5	0
Churro	1 each	210	0	290	1	1.44	0	0	0	5	30	8	1	0
Ciabatta Cheese Bread	1 Each	311	10	1204	5.02	3.61	351.3	1004	0	18.07	48.17	9.03	3.51	0
Cinnamon Grahams	1 each	130	0	115	0	1.08	100	0	0	2	20	4	0	0
Cole Slaw 1/4 cup	1/4 Cup	33	3	77	1.04	0.26	17.4	684	12.49	0.55	4.61	1.56	0.25	0
Cookie, Bear Grahams	1 Each	110	0	90	1	1	16	0	0	2	19	3.5	1	0
Cookie, Born & Baked in the US	1 Each	123	0	51	0	1.09	0	101	0	1.01	20.25	3.16	0.52	0
Cinnamon Grahams	1 Each	121	0	51	0	1.09	0	101	0	1.01	20.25	3.04	0.51	0
Cole Slaw 1/4 cup	1 each	170	4	93	1.21	1.1	63	0	0.26	2.72	26.93	5.25	1.03	0
Cookie, Oatmeal Raisin	1 Each	190	0	160	3	1.8	20	200	0	4	37	3	0	0

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Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Cookie, Peanut Butter	1 Each	120	0	119	0.43	0.79	8.3	0	0	1.99	17.1	5.13	1.19	0
Corn 3/8 cup	3/8 Cup	50	0	1	1.48	0.29	1.8	122	2.15	1.57	11.87	0.41	0.06	0
Corn Cobette	1 Each	59	0	3	1.76	0.38	1.9	146	3.02	1.96	14.07	0.47	0.07	0
Corn Dog	1 each	270	30	740	1	2.7	80	0	0	10	27	14	4	0
Cutie Pie, Apple	1 Each	297	0	335	3.4	1.8	20	0	1.2	3.1	52.4	9.3	2.6	0
Dinosaur Chicken Fingers	4 each	160	40	480	1	1.8	60	100	0	21	7	9	2	0
Dinner Roll (Wheat)	1 Each	55	0	120	0.5	0.54	30	0	0	2.5	10.5	0.75	0	0
Dinner Roll (White)	1 each	85	0	211	0.7	1.1	6.3	0	0	3.8	17.1	0.4	0.1	0
Double Chocolate Chip Cookie	1 each	163	1	171	1.13	1.18	9.2	0	0.03	1.89	28.35	5.5	1.8	0
Double Dogs	pkg/2	279	30	555	1	2.16	10	400	1.2	12	33	11	3.5	0
Egg Roll, Beef	1 Each	250	102	600	2	3	45	770	10	14	25	10	4	0
El Rollo Taco	1 each	372	11	745	2.65	3.65	106.6	74	0.23	2.85	56.96	9.72	2.64	0
Fiesta Sticks	2 each	480	50	760	4	5.4	80	2000	4.8	20	46	24	4	0
Fish Sticks	4 Each	261	30	361	1	0.57	215.8	65	0.5	18.06	17.06	13.05	2.51	0
Fish Sticks	3 each	160	40	390	1	0.36	40	0	30	9	16	7	1	0
Fish Sticks, Trident	4 Each	231	15	391	1	1.08	20.1	0	0	14.05	19.07	11.04	1	0
Fortune Cookie	1 Each	10	0	0	0	0	0	0	0	0	2	0	0	0
French Bread	1 Each	70	0	180	1	0.72	60	0	0	3	14	1	0	0
French Breadstick	1 each	110	0	230	1	1.44	0	0	0	4	21	1	0	0
French Fries 3/8 cup	3/8 cup	60	0	18	1	0.36	0	0	3	1	10	2	0	0
French Toast - Cinnamon Glaze	1 each	220	130	330	1	1.8	20	200	0	8	31	7.9	2	0
Fresh Apple	1 Each	55	0	1	2.54	0.13	6.4	57	4.88	0.28	14.64	0.18	0.03	0
Fresh Orange	1 each	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	0
Fresh Orange half	1/2 each	23	0	0	1.15	0.05	19.2	108	25.54	0.45	5.64	0.06	0.01	0
Fresh Pear	1 each	86	0	1	4.59	0.25	13.3	34	6.22	0.56	22.88	0.18	0.01	0
Fruit and Nut Mix	1/4 cup	135	0	0	3	0.7	39	0	0	2.3	23	3.8	0.2	0
Fruit Bar, Apple	1 Each	177	0	74	0.56	0.95	26.9	29	0.42	2.51	30.84	4.83	1.4	0
Fruit Gelatin	1/2 Cup	130	0	38	0.5	0	0	100	0.6	1.5	30	0	0	0
Fruit Slush	1 each	110	0	15	0	0	0	0	0	0	28	0	0	0
Fruit Snack	1 Each	68	0	15	1.5	0.3	5.8	0	60	0.3	16	0.3	0	0

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Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Fruit-a-roo	1 each	315	0	393	0.55	1.48	10.1	169	1.34	2.93	50.27	11.13	2.43	0
Glazed Strawberries 3/8 cup	3/8 Cup	250	0	3	1.82	0.56	10.5	23	39.59	0.51	64.27	0.12	0.01	0
Goldfish Grahams	1 Each	120	0	110	1	0.72	100	0	0	1	19	4	1	0
Green Beans 3/8 cup	3/8 Cup	10	0	133	1.16	0.44	14.2	179	2.18	0.6	2.23	0.06	0.02	0
Green Beans 1/4 cup	1/4 Cup	7	0	88	0.78	0.29	9.5	119	1.45	0.4	1.49	0.04	0.01	0
Green Salad w Dressing 1/2 cup	1/2 Cup	65	6	124	0.94	0.25	27.8	589	7.26	1.2	3.51	4.94	0.96	0
Grilled Cheese Sandwich	1 Each	292	30	1138	1.18	1.55	368.1	611	0	18.66	31.81	11.18	6.7	0
Grilled Ham & Cheese Sandwich	1 each	380	90	1240	2	2.7	200	500	9	20	34	17	7	0
Ham & Cheese Deli Stick	1 Each	320	60	849	2	1.8	199.7	300	0	18.97	29.96	13.98	5.99	0
Ham & Cheese on a Bagel	1 each	370	55	1260	2	3.6	150	300	0	22	43	12	6	0
Ham & Cheese on a French Roll	1 each	230	35	1010	0.98	1.44	400	200	0	14	26	7	4	0
Hamburger, Charbroiled	1 Each	299	37	617	1.4	3.1	111.1	13	0	17.9	29.9	12.2	3.9	0
Hamburger, Charbroiled	1 each	279	37	527	1.4	2.74	51.1	13	0	15.9	27.9	11.7	3.9	0
Hash Browns 3/8 cup	3/8 Cup	100	0	42	1.05	0.13	0	0	2.7	1.27	12	5.03	0.6	1.27
Hash Browns 1/4 cup	1/4 Cup	66	0	28	0.7	0.09	0	0	1.8	0.85	8	3.35	0.4	0.85
Hot Carrots 1/4 cup	1/4 Cup	37	0	353	2.19	0.93	36.5	16308	3.94	0.93	8.09	0.28	0.05	0
Hot Carrots 3/8 cup	3/8 Cup	55	0	530	3.29	1.4	54.8	24462	5.91	1.4	12.13	0.42	0.08	0
Hot Dog	1 Each	271	44	930	1	2.4	154	18	1.1	12.9	26.2	14	5.8	0
Hot Dog	1 Each	260	30	750	0	2.16	140	0	0	11	21	14	4	0
Italian Dunkers	1 Each	273	33	479	3.11	3.3	34.2	663	4.29	15.44	30.23	10.46	3.73	0
Italian Ice, Blue Raspberry	1 Each	108	0	4	0.4	0.3	15.3	2	1	0.2	22	0	0	0
Jello, Treasure Pear	1 Each	93	0	38	1.23	0.19	4.9	0	0.85	0.9	23.2	0.1	0.01	0
Juice Smoothie	1 each	100	0	35	0	1.8	100	500	60	0	25	0	0	0
Ketchup & Mustard	serving	15	0	140	0	0	0	0	0	0	3	0	0	0
Ketchup, Mustard, Pickles	serving	18	0	388	0.31	0.1	11.9	52	0.23	0.17	3.73	0.04	0.01	0
Lettuce & Cheese	1/4 cup	38	10	237	0.22	0.07	103.2	290	0.5	3.66	1.53	2.28	1.5	0
Lettuce & Pickle 1/4 cup	1/4 cup	3	0	124	0.35	0.12	8.5	48	0.65	0.22	0.65	0.04	0.01	0
Lettuce & Pickle 1/4 cup	3/8 cup	5	0	186	0.52	0.18	12.7	72	0.97	0.34	0.97	0.07	0.01	0
Macaroni & Cheese (RF)	serving	290	30	981	1	1.08	400.2	800	0	16.01	32.02	11.01	6	0
Macaroni and Cheese	7 Ounces	298	30	1212	0.83	1.03	480.3	386	3.71	18.25	33.95	10.03	5.64	0

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Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Mashed Potatoes 1/4 cup	1/4 Cup	31	0	125	0	1.25	0	0	1.25	0.62	6.23	0.31	0	0
Mashed Potatoes 3/8 cup	3/8 Cup	47	0	187	0	1.87	0	0	1.87	0.93	9.34	0.47	0	0
Mexican Rice	1/2 cup	161	0	528	0.69	1.5	12.2	400	6.97	3.16	28.18	2.89	0.58	0.42
Milk, Lowfat 1%	8 ounces	120	10	150	0	0	350	500	2.4	11	14	2.5	1.5	0
Milk, Nonfat Chocolate	8 ounces	120	5	180	0	0	300	500	2.4	8	22	0	0	0
Mini Muffin	1 each	116	30	198	0.71	0.74	32	54	0.24	2.98	15.09	4.76	0.81	0
Mixed Fruit 3/8 cup	3/8 Cup	60	0	4	0.75	0	0	150	0.9	0.75	13.5	0	0	0
Mixed Vegetables 1/4 cup	1/4 Cup	29	0	22	21.75	0.35	9.7	483	4.35	1.45	5.8	0	0	0
Mixed Vegetables 3/8 cup	3/8 Cup	44	0	33	32.63	0.52	14.5	725	6.52	2.17	8.7	0	0	0
Orange Chicken	4 oz	190	60	270	0	1.08	20	100	0	14	16	7	1.5	0
Orange Juice 4 oz	1 each	60	0	0	0	0	10	0	30	0.5	14.5	0	0	0
Oriental Rice	1/2 cup	161	0	538	0.59	1.5	12.2	1394	1	3.16	28.18	2.89	0.58	0.42
Pancake Syrup	1 fl oz	120	0	43	0	0	0	0	0	0	29	0	0	0
Pancakes	1 each	77	13	160	1	0.4	20	33	0	2.33	12.67	2	0.33	0
Peach Delight	1 Each	190	25	130	0	1.44	20	100	15	3	29	7	2	0
Peaches, Light Syrup 3/8 cup	3/8 Cup	51	0	5	1.22	0.34	2.8	333	2.26	0.42	13.7	0.03	0	0
Pears, Light Syrup 3/8 cup	3/8 Cup	60	0	4	1.5	0.27	0	0	0.9	0	15	0	0	0
Peas 1/4 cup	1/4 Cup	31	0	29	2.2	0.61	9.6	840	3.96	2.06	5.7	0.11	0.02	0
Peas 3/8 cup	3/8 Cup	47	0	43	3.3	0.91	14.4	1260	5.94	3.09	8.56	0.16	0.03	0
Peas and Carrots 1/4 cup	1/4 Cup	25	0	43	2	0.54	10	1000	4.5	1.5	5	0	0	0
Peas and Carrots 3/8 cup	3/8 Cup	38	0	64	3	0.81	15	1500	6.75	2.25	7.5	0	0	0
Pepperoni Pizza	1 Each	340	41	876	1.92	2.46	454.1	466	4.48	18.35	35.56	13.7	7.44	0
Pepperoni Pizza (Piazza)	1 Each	400	25	910	1	1.8	400	400	3.6	20	45	16	8	0
Pepperoni Pizza 4 x 6	1 Each	370	20	1000	2	5.4	300	500	0	18	42	15	5	0
Pepperoni Pizza 4 x 6	1 Each	300	25	640	4	2.7	250	400	0	18	33	12	4.5	0
Pepperoni Pizza 4 x 6	1 Each	320	20	750	2	2.7	250	300	0	16	36	13	4.5	0
Pepperoni Pizza Wedge, WG	1 each	330	38	686	3.63	1.99	484.8	415	9.82	19.15	34.93	12.83	6.3	0
Philly Cheesesteak Sandwich	1 each	383	36	939	4.82	1.44	173.5	154	0	24.82	48.48	9.68	3.72	0
Pineapple Cup 3/8 cup	3/8 Cup	41	0	8	0	0	0	0	0	0	12.38	0	0	0
Pink Cookie	1 each	160	10	135	0	0.36	0	300	0	2	23	8	4	0

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Lunch

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
Pinto Beans 1/2 cup	1/2 cup	117	0	559	4.66	2.49	66.6	3	0.8	8.12	20.5	0.67	0.15	0
Pinto Beans 3/8 cup	3/8 cup	88	0	419	3.49	1.87	49.9	2	0.6	6.09	15.37	0.5	0.11	0
Pizza Nada	1 Each	300	30	450	5	3.6	0	0	0	16	40	9	0	0
Pizza Sticks	2 each	300	10	740	4	2.16	200	200	0	14	34	12	4	0
Pizza, 3.2 X 5 Pepperoni	1 Each	310	43	773	1.47	1.97	436.9	417	3.16	17.32	28.24	14.01	7.75	0
Pizza, Cheese whole grain	1 Each	309	36	740	3.37	2	507.2	426	3.33	19.21	32.4	11.87	6.94	0
Pizza, Whole Grain	1 Each	270	10	800	4	5.4	250	500	0	15	32	10	3	0
Pork Egg Roll	1 each	300	100	670	3	3.6	60	500	4.8	15	27	15	4.5	0
Potato Wedges 3/8 cup	3/8 cup	137	0	44	2.13	1.78	13.6	0	19.99	4.18	30.77	0.28	0.07	0
Pudding, Vanilla	1 Each	150	0	200	0	0	50	0	0	2	25	5	1	0
Quesadilla	1 Each	390	60	560	2	1.8	450.3	500	1.2	19.01	28.02	23.01	13.01	0
Raisins, 1 oz box	box	85	0	3	1.05	0.53	14.2	0	0.65	0.87	22.45	0.13	0.02	0
Ranch Dressing	1 FL OZ	53	7	121	0	0	21.9	31	0.15	0.62	0.81	4.81	0.94	0
Refried Beans 1/4 cup	1/4 Cup	82	3	280	2.05	1.18	83.1	153	0.51	5.05	8.96	3.03	0.97	0
Refried Beans 3/8 cup	3/8 Cup	122	4	420	3.08	1.78	124.6	229	0.77	7.58	13.44	4.54	1.45	0
Refried Beans (protein)	1/4 Cup	59	5	188	3.3	1.05	22	0	3.8	3.46	9.78	0.79	0.3	N/A
Refried Beans (protein)	1/4 Cup	59	5	188	3.3	1.05	22	0	3.8	3.46	9.78	0.79	0.3	*N/A*
Rice, Cooked White	1/2 cup	126	0	96	0.29	1.46	4	0	0	2.32	27.81	0.2	0.06	0
Rock N Roll Bar	1 Each	193	6	68	2.03	1.5	30.8	5	22	3.25	39.28	5.51	1.4	0
Shape Up	1 Each	60	0	0	0	0	0	0	60	0	15	0	0	0
Sherbet Cup	1 Each	134	4	35	0.4	0.3	55	55	12	1	29	1.7	1	0
Sloppy Joe	1 each	261	23	636	1.24	2.78	110.1	295	2.51	14.79	32.05	8.72	2.2	0.19
Soft Taco	1 each	341	45	584	2.51	4.15	195.6	555	1.45	17.84	35.57	16.27	5.3	0.78
Soft Taco (Beef)	1 Each	377	54	333	1.89	2.26	107.2	178	1.45	18.68	28.43	21.32	4.35	0
Soft Taco (Turkey)	1 each	302	54	708	0	1.88	110.9	0	0.62	17.67	27.43	13.09	2.76	0
Spaghetti with Meat Sauce	serving	320	55	1022	2.26	3.6	24.9	400	6	23.06	31.41	10.65	3.62	0
String Cheese	1 each	80	15	200	0	0	200	200	0	6	0	6	3.5	0
Stuffed Crust Cheese Pizza	1 each	380	15	940	4	5.4	350	500	0	18	46	15	4.5	0
Sun Chips	1 each	140	0	120	2	0.36	0	0	0	2	18	6	1	0
Sun Sandwich	1 each	350	0	420	6	2.18	32.1	1	61.71	16	41	14	2	0

