

School District of Palm Beach County :: Elementary Nutrient Values Rev. 12.16.11

Breakfast

Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
1% Low-Fat Milk	1 Half Pi	100	10	125	0	0	300	500	2.4	8	11	2.5	1.5	0
100% FRUIT JUICE	4 Fl. oz.	60	0	1	0	0.45	144.9	247	56.46	0	14.39	0	0	0
APPLE BREADSTICK	1 Each	200	0	35	2	1.8	20	0	1.2	5	41	1.5	0	0
APPLE CINNAMON ROLL	1 Each	210	0	200	3.99	1.44	20	2246	5.99	5.99	32.94	5.99	1	0
ASSORTED COLD CEREALS	1 Each	82	0	144	1.5	6.25	163.4	400	5.18	1.68	19.21	0.59	0	0
BAGEL STICK	1 Each	177	9	160	3.49	1.26	99.8	75	0.3	6.24	31.94	3.49	1.87	0
BAGEL WITH CHEESE	1/2 Bagel	160	33	590	2	0.9	160	200	0	9	19.5	4.75	3	0
BLUEBERRY PANCAKE	1 Each	75	2	85	1	0.9	10	0	0	1	14	1	0.25	0
BLUEBERRY WAFFLE	1 Packag	240	25	250	2	0.72	20	42	0	5	37	9	2	0
BREAKFAST BREAKS	1 Entire	272	0	345	2.95	6.12	220	675	65.1	2.75	54.25	5.37	0.87	0
BREAKFAST BURRITO	1 Each	192	60	287	1	1.8	112	311	2	8	28	5	2	0
BREAKFAST PIZZA	1 Slice	190	5	440	3	1.44	150	400	0	8	22	7	1.5	0
BREAKFAST POCKET	1 Each	230	65	310	1	1.8	100	200	1.2	10	28	9	4.5	0
BREAKFAST QUESADILLA	1 Each	212	78	553	0.92	1.66	184.3	184	0	11.06	29.48	5.53	2.3	0
BREAKFAST ROUNDS	1 Each	217	7	166	4.67	1.44	20	1434	3.95	5.32	37	5.99	1.34	0
BUTTERMILK BISCUIT	1 Each	180	0	730	4	1.44	100	0	0	5	29	5	3	0
CANADIAN BACON	3 Slices	75	45	465	0	0.54	0	0	0	9	1.5	3.75	1.5	0
CANADIAN BACON & EGG M	1 Each	279	134	749	3	10.99	206.3	242	0	16.54	28.56	11.17	3.24	0
Catsup	1 Each	10	0	85	0	0	0	0	0	0	3	0	0	0
CHEESE MUFFIN	1 Each	152	15	572	1.5	0.81	205	200	0	9.5	15	5.5	3	0
CHEESE OMELET	1 Each	125	182	298	0	0.65	89.3	298	0	7.14	1.79	10.12	3.57	0
CHEESE STICK	1 oz. Po	103	20	177	0	0	183	266	0	6.34	0.34	7.98	5.15	0
CHICKEN BISCUIT	1 Each	230	15	470	2	2.7	80	200	0	12	32	8	1.5	0
CHICKEN TENDERS SANDWIC	1 Each	153	16	493	2.33	1.03	130.7	135	0	10.33	17.67	5.25	2	0
CHICKEN-N-BISCUIT	1 Each	310	22	1160	4	2.44	201	148	0	15	38	10.75	5.5	0
CINNAMON BUN	1 Each	290	4	210	2	5.4	200	2250	2.4	6	44	7	1.5	0
CINNAMON FRENCH TOAST	1 Each	230	106	350	3.69	1.66	22.1	184	0	8.29	31.33	8.29	1.84	0
CINNAMON ROLL	1 Each	200	0	170	3.99	1.08	20	1996	5.99	4.99	33.94	5.99	1	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
CINNAMON TOAST	1 Slice	76	0	133	2.05	0.36	40.1	82	0	4.03	12.57	2.78	0.81	0
CORN MUFFIN	1 Each	194	0	188	3	1.08	0	0	0	3	34	5	1	0
CUP FRUIT	1/2 Cup	73	0	7	0.86	0.27	0	84	17.28	0.25	17.85	0	0	0
EGG & CHEESE BISCUIT	1 Each	291	119	1060	4	10.62	196.3	242	0	11.54	31.06	12.92	5.74	0
EGG & CHEESE MINI BAGELS	3 Bagels	170	85	400	2	1.44	80	0	0	10	21	6	3	0
EGGSPRESS MUFFIN	1 Each	254	119	594	3	10.8	206.3	242	0	13.54	28.06	9.92	2.74	0
Fat-Free Chocolate Milk	1 Half Pi	150	10	210	0	0.36	300	500	2.4	8	26	1.5	1	0
Fat-Free Skim Milk	1 Half Pi	90	5	125	0	0	300	500	2.4	8	11	0	0	0
FRENCH TOAST STICKS	3 Sticks	212	118	278	2.45	1.47	32.7	163	0	7.35	26.13	8.98	2.04	0
FRESH FRUIT	1 Each	64	0	1	2.62	3.43	14.4	234	16.83	0.7	16.5	0.28	0.05	0
FRUDEL	1 Each	210	0	275	2	1.08	0	0	0	4.99	35.96	5.99	1.5	0
FRUIT MUFFIN	1 Each	159	22	170	1.56	2.83	116	721	0.17	3.16	25.86	4.44	0.94	0
GRAHAM CRACKERS	1 Packet	102	0	90	1.32	1.56	40.6	172	5.29	1.32	17.89	2.98	0.16	0
GRITS, CORN	#8 Scoop	184	3	211	1.96	1.41	98.3	281	0.77	5.5	31.96	3.96	1.69	0
GRITS, CORN WITH CHEESE	#8 Scoop	209	8	304	1.96	1.41	146.3	345	0.77	7.42	32.6	5.4	2.65	0
HAM & CHEESE BAGEL	1/2 Bage	155	44	596	2	1.24	85	100	0.75	10.72	18.81	4.07	1.97	0
HAM & CHEESE MUFFIN	1 Each	236	36	828	3	2.14	185	100	1.15	17.17	27.48	6.64	2.22	0
HAM & CHEESE STUFFED BIS	1 Each	230	15	500	5	3.6	149.9	999	0	10.99	25.99	8.99	5	0
HONEY WHEAT DONUT	1 Each	350	10	360	2	6.3	250	2500	21	6	39	19	6	0
Jelly	1 Each	40	0	0	0	0	0	0	0	0	10	0	0	0
MAPLE CHIP PANCAKES	1 Packag	150	5	170	2	1.08	40	1000	0	4	30	2	0	0
MINI BREAKFAST SANDWICH	1 Each	190	96	498	3	1.44	130	150	0	12	22	6	1	0
MOZZARELLA CHEESE POCKE	1 Each	180	10	290	3	0.72	300	300	1.2	11	29	2.5	1.5	0.5
MULTIGRAIN BAGEL	1 Each	160	35	300	4	1.8	20	0	0	6	35	0.5	0	0
MULTIGRAIN BAGEL, W/CREA	1 Each	260	65	400	4	1.8	40	200	0	8	37	9.5	6	0
OATMEAL	#8 Scoop	309	5	68	5.98	0.04	251.9	250	1.2	12.53	55.57	4.8	0.75	0
PANCAKE	1 Each	80	3	130	1	0.48	13.3	0	0	1.67	13.66	2	0.33	0
PANCAKE SAUSAGE SANDWIC	1 Each	151	35	356	0.4	0.54	70	0	0	9	15	6	2	0
PANCAKE SAUSAGE WRAP	1 Each	210	15	470	1	1.08	0	0	0	9	23	10	3.5	0

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PANCAKE SAUSAGE WRAP IV	1 Each	170	15	510	3	1.44	0	0	0	9	21	6	1.5	0
PB & BANANA SANDWICH	1 Each	280	0	320	4	1.44	200	0	0	10	32	15	2.5	0
PB & J SANDWICH	1 Each	285	0	315	4	1.44	200	0	0	10	32.5	15	2.5	0
PEACH OATMEAL	#8 Scoop	300	4	63	5.27	0.04	229.9	292	1.34	11.35	55.06	4.36	0.66	0
PRE-CUPPED FRUIT	1/2 Cup	75	0	7	0.8	0.27	7.4	94	2.64	0.4	18.6	0	0	0
RAISIN OATMEAL	#8 Scoop	298	4	61	5.68	0.13	232.1	220	1.16	11.51	54.97	4.39	0.66	0
SAUSAGE & CHEESE BISCUIT	1 Each	280	38	1050	4	1.8	195	100	0	14	30	11.75	5.5	0.09
SAUSAGE & CHEESE BREAKFA	1 Each	170	15	390	1	1.44	200	200	0	9	20	6	2	0
SAUSAGE & CHEESE MUFFIN	1 Each	243	38	584	3	1.98	205	100	0	16	27	8.75	2.5	0.09
SCRAMBLED EGGS	#16 Scoop	71	185	73	0	0.78	32.7	218	0	5.44	1.09	4.35	1.36	0
STRAWBERRY CUP FRUIT	1/2 Cup	62	0	1	2.83	1.02	22.7	0	51.03	1.13	15.87	0	0	0
SPICED APPLE OATMEAL	#8 Scoop	285	4	61	5.52	0.04	229.9	220	1.06	11.37	51.38	4.37	0.66	0
STRING CHEESE	1 oz. Portion	90	20	190	0	0	150	200	0	7	1	6	3.5	0
Syrup, Pancake	1 Each	119	0	0	0	0	0	0	0	0	30.66	0	0	0
TURKEY SAUSAGE PATTY	1 Patty	60	30	100	0	0.36	20	0	0	6	0	4.5	1	0.09
TURNOVER	1 Each	283	0	320	3	1.8	20	99	8.72	3	48.98	9	2.5	0
WHOLE WHEAT TOAST	1 Slice	66	0	133	2	0.36	40	81	0	4	10	2.78	0.81	0
YOGURT	1 Each	90	0	75	0	0	300	0	1.2	3	19	0	0	0
Lunch														
Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat
1% Low-Fat Milk	1 Half Pint	100	10	125	0	0	300	500	2.4	8	11	2.5	1.5	0
100% FRUIT JUICE	4 Fl. oz.	60	0	1	0	0.45	144.9	247	56.46	0	14.39	0	0	0
BABY CARROTS	1/2 Cup	46	0	120	2.14	0	21.4	3242	1.28	0.54	7.48	0.89	0.41	0
BAKED BEANS	1/2 Cup	159	0	574	7.44	1.91	63.8	0	0	6.38	31.89	1.06	0	0
BAKED POTATO	1 Each	126	0	9	2.71	1.56	11.2	0	14.5	2.61	28.35	0	0	0
BARBECUED CHICKEN	1 Portion	180	95	385	0	0.9	20	50	0	18	4.5	9	2.75	0

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BARBECUED CHICKEN W/ROL	1Portion	241	95	482	1.25	1.17	40	75	0.91	20.51	17.08	9.5	2.75	0
Barbeque Sauce	1 Each	40	0	200	0	0.36	0	100	3.6	0	10	0	0	0
BBQ PORK PLATTER	#8 Scoop	215	53	952	2.09	1.04	39.7	507	6.26	18.78	16.7	8.35	3.03	0
BBQ PORK SANDWICH	#8 Scoop	345	53	1142	6.09	2.12	79.7	507	6.26	24.78	40.7	10.35	3.53	0
BEEF GRAVY	2 oz.Lad	19	0	30	0	0	0.8	0	0	0	3.78	0	0	0
BEEF TACO	#12 Scoop	339	41	1095	2.32	3	181.3	354	0.01	21.79	23.41	17.84	7.85	0
BEEF TACO PIE W/CORN CHIP	#12 Scoop	363	92	537	2.03	2.62	183.3	335	0.11	23.92	21.42	20.44	7.77	0
BLACK BEAN BURGER	1 Each	340	8	880	10	3.78	175	300	0	24	43	9.25	2.5	0
BLACK BEANS	1/2 Cup	127	0	540	5.64	2.48	72	11	0.26	6.53	19.93	2.53	0.2	0
BLACK BEANS MIXED W/RICE	#6 Scoop	239	0	361	4.19	1.82	30.8	64	0	6.57	43.99	4.03	0.31	0
BLACK EYED PEAS	1/2 Cup	100	0	348	2.78	0.99	20.4	86	0.73	4.43	17.4	0.45	0	0
BROCCOLI	1/2 Cup	33	0	71	2.23	0	22.3	0	33.35	1.11	4.46	0	0	0
BROCCOLI & CAULIFLOWER	1/2 Cup	39	0	111	2.17	0.39	21.7	386	32.54	2.17	4.34	1.34	0.61	0
BROWN RICE	#6 Scoop	148	0	215	1.52	0.55	2.6	0	0	3.04	26.6	3.29	0.31	0
BUTTERMILK BISCUIT	1 Each	180	0	730	4	1.44	100	0	0	5	29	5	3	0
CABBAGE	1/2 Cup	36	0	209	2.06	0.5	52.6	81	58.73	1.43	6.31	1.15	0.44	0
CALIFORNIA BLEND	1/2 Cup	45	0	122	2.17	1.55	4.6	4889	32.22	1.09	5.48	1.34	0.61	0
CANADIAN TURKEY MELT	1 Each	279	60	1162	4	1.26	230	321	0	23	23.5	12.92	5.72	0
CARIBBEAN BLEND	1/2 Cup	57	0	122	2.54	0.91	29.8	187	22.71	1.27	7.68	1.34	0.61	0
CARROT & BEAN MEDLEY	1/2 Cup	42	0	102	2.37	0.85	28.1	2996	5.66	1.19	7.16	1.34	0.61	0
CARROT & CELERY STICKS	1/2 Cup	70	4	170	1.88	0.21	30.2	7796	3.85	0.68	6.65	4.71	0.44	0
CARROT STICKS	1/2 Cup	82	4	169	2.48	0.27	29.2	14869	5.22	0.82	9.65	4.75	0.44	0
Catsup	1 Each	10	0	85	0	0	0	0	0	0	3	0	0	0
CELERY STICKS	1/2 Cup	56	4	160	1.02	0.13	25.6	287	1.98	0.44	3.08	4.65	0.43	0
CHEESE OMELET W/TOAST	1 Each/1	199	182	439	2	1.01	129.3	419	0	11.14	11.79	13.79	4.79	0
CHEESE QUESADILLA	1 Each	390	50	1270	1	1.8	500	750	0	18	32	21	12	0
CHEESE SANDWICH	1 Each	260	30	1110	4	0.72	380	400	0	20	24	11	6	0
CHEESEBURGER	1 Each	320	47	630	5	3.08	165	100	0	23	26	13.25	5.5	0.5
CHEESY BURRITO	1 Each	355	18	587	6.13	4.19	172	350	1.85	16.31	53.63	7.96	6.34	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
CHEF GARDEN SALAD	1 Portion	196	61	569	1.46	5.34	224.1	842	10.05	17.87	4.67	12.09	6.88	0
CHICKEN FAJITA	#8 Scoop	295	67	951	1.65	2.29	148.1	268	17.27	22.84	24.32	12.15	3.71	0
CHICKEN GRAVY	2 oz.Lad	18	28	309	0	0	17.3	0	0	0.66	2.81	0.45	0	0
CHICKEN NUGGETS W/ROLL	5 Each/1	221	25	577	2.25	2.27	69	129	0.91	15.52	26.59	6.5	1.5	0
CHICKEN PARM SANDWICH	1 Each	360	35	810	5.48	3.34	205.2	1406	14.42	23.02	41.39	12.28	4.03	0
CHICKEN PARMESAN SUBMA	1 Each	429	35	958	5.45	3.32	222.9	1339	19.6	23.99	61.2	10.76	3.53	0
CHICKEN PATTY SANDWICH	1 Each	300	25	670	5	3.08	89	103	0	19	38	9	2	0
CHICKEN TACO	1 Each	483	57	1384	4.55	3.26	141.1	409	1.86	24.98	65.39	13.12	4.04	0
CHICKEN TENDERS SANDWIC	1 Each	330	33	900	5	3.08	162	204	0	22	39	10.25	3.5	0
CHICKEN TENDERS W/ROLL	4Pieces/	274	33	750	2.59	2.94	82.7	164	0.91	19.85	31.25	8.5	2	0
CHILI CHEESE WRAP	1 Each	300	10	670	4	2.7	200	100	0	16	36	11	3	0
CHILI W/CORNBREAD	8 oz.Lad	445	97	867	6.05	4.4	275.8	604	2.04	29.08	42.11	16.6	7.91	0
COLESLAW	# 8 Scoop	79	6	63	0.85	0.33	25.5	360	18.54	0.73	9.35	4.79	0.71	0
COLLARD GREEN	1/2 Cup	41	3	199	2.24	0.46	87	2409	16.47	2.96	2.87	0.26	0.08	0
CORN	1/2 Cup	107	0	218	2.39	1.06	6	139	10.46	3.21	22.78	2.12	0.6	0
CORN	1/2 Cup	83	0	56	2.14	0.39	0	254	2.56	2.14	17.09	1.42	0.4	0
CORNBREAD	1 Portion	143	4	288	0.84	0.91	51.3	0	0	2.53	26.16	2.95	0.84	0
CORNBREAD STUFFING	#8 Scoop	187	0	868	1.08	1.56	23.5	337	1.3	3.25	23.86	8.51	3.37	0
CORNDOG	1	270	50	730	1	2.7	60	50	0.6	10	22	15	4	*N/A*
CORN-ON-THE-COB	1 Each	75	0	15	1	0.54	0	250	6	3	17	1	0	0
Cream Cheese	1 Each	100	30	100	0	0	20	200	0	2	2	9	6	0
CUBAN PORK W/ROLL	#8 Scoop	286	102	505	1.25	1.43	20	25	0.91	35.76	12.58	10.15	2.68	0
CUP FRUIT	1/2 Cup	73	0	7	0.86	0.27	0	84	17.28	0.25	17.85	0	0	0
Dipping Sauce: Assorted	1 Each	72	3	138	0	0.24	0	34	1.22	0	9.72	3.3	0.49	0
Fat-Free Chocolate Milk	1 Half Pi	150	10	210	0	0.36	300	500	2.4	8	26	1.5	1	0
Fat-Free Skim Milk	1 Half Pi	90	5	125	0	0	300	500	2.4	8	11	0	0	0
FIESTA BEEFARONI W/BREAD	2#8 Scoop	450	55	872	4	4.86	130	300	18	23	52	17	7	0
FIESTA CORN	1/2 Cup	98	0	9	1	0	0	40	4.79	1.99	17.94	1.89	0.4	0
FIESTA PIZZA	1 Each	340	30	760	3	2.7	250	750	0	18	41	12	5	1.5

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FISH FILLET & CHEESE SANDW	1 Each	330	58	530	4	1.8	115	200	0	23	39	9.25	3	0
FISH FILLET SANDWICH	1 Each	290	50	310	4	1.8	40	100	0	20	38	7	1.5	0
FISH FILLET, ROLL	1Portion	221	50	217	1.25	0.99	20	125	0.91	16.51	26.58	5.5	1	0
FISH STICKS W/ROLL	3 Sticks/	304	61	522	1.25	0.27	20	25	0.91	14.66	33.84	12.65	3.04	0
FRENCH GREEN BEANS	1/2 Cup	41	0	226	1.88	0.34	41.7	154	3.37	0.94	4.76	1.34	0.61	0
FRESH GREEN BEANS	12-15 Pc	85	0	440	1	0.54	0	250	6	3	17	2.21	0.17	0
FRESH FRUIT	1 Each	64	0	1	2.62	3.43	14.4	234	16.83	0.7	16.5	0.28	0.05	0
FRESH STEAMED ZUCCHINI	1/2 Cup	29	0	55	1.36	0.48	17	386	10.21	1.32	3.29	1.63	0.24	0
FRUIT, MUFFIN & CHEESE	1 Each	429	62	524	4.19	6.26	496.4	1486	17	16.53	43.04	20.68	11.29	0
FRUIT, YOGURT & CHEESE	1 Each	258	20	252	2.62	3.43	497.4	500	18.03	10.04	35.84	8.26	5.2	0
GARDEN SALAD	1 Portion	22	0	13	1.73	4.91	22.6	4638	9.53	1.19	4.4	0.26	0.04	0
GRAHAM CRACKERS	1 Packet	102	0	90	1.32	1.56	40.6	172	5.29	1.32	17.89	2.98	0.16	0
GREEN BEANS	1/2 Cup	31	0	56	2.83	0.68	42	508	3.39	0.95	4.8	0.89	0.41	0
GRILLED CHEESE SANDWICH	1 Each	316	41	968	4	1.44	380	1000	0	20	34	14	8.5	0
HAM & CHEESE BAGEL	1 Each	287	90	1086	4	2.65	95	100	1.89	20.8	36.79	6.68	2.68	0
HAM & CHEESE ON BREAD	1 Each	227	55	1016	4	1.57	155	100	1.89	22.8	21.79	8.18	2.68	0
HAM & CHEESE ON BUN	1 Each	256	55	976	4	1.93	115	100	1.89	20.79	25.79	8.18	3.18	0
HAM & CHEESE SUB	1 Each	342	55	1119	4.52	2.12	140.9	264	11.15	22.17	46.88	7.77	2.69	0
HAM ON BUN	1 Each	251	66	983	4	2.27	40	0	2.64	22.51	25.1	7.5	2.15	0
HAM SANDWICH	1 Each	221	66	1022	4	1.91	80	0	2.64	24.51	21.1	7.5	1.65	0
HAM SUB	1 Each	337	66	1126	4.52	2.46	65.9	164	11.91	23.89	46.19	7.09	1.66	0
HAM WRAP	1/2 Wra	296	55	1106	2.77	2.52	113.8	547	9.71	19.38	29.54	10.75	3.67	0
HAMBURGER	1 Each	284	41	440	4.62	2.6	56.8	31	0.01	22.5	25.8	11	4.5	0
HOMESTYLE STUFFING	#8 Scoop	116	7	265	0.34	0.36	8.3	362	0.4	1.01	7.09	9.18	2.95	0
HONEY WHEAT BISCUIT	1 Each	199	1	198	2.98	1.43	9.9	0	0	3.98	30.84	5.97	1.99	0
HOT DOG	1 Each	250	50	480	3	1.6	110.3	0	0.07	12	24	12.5	4	0
HOT HAM & CHEESE SANDW	1 Each	237	40	762	3	2.16	240	300	0	20	31	7	3	0
HOT TURKEY SANDWICH	2 Slices(153	36	845	2	1.11	40.8	0	0	21.55	13.31	2.96	0.52	0
ITALIAN GREEN BEANS	1/2 Cup	49	0	84	2.45	0.44	53.2	182	14.61	1.23	6.19	1.34	0.61	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
ITALIAN ICE CUP	1 Each	98	0	15	0	0	0	0	0	0	24.5	0	0	0
MACARONI & CHEESE W/ROLL	#6 Scoop	337	35	1134	2.25	1.27	415	524	2.91	18.51	41.58	11.5	6.4	0
MANDARIN CHICKEN W/RICE	1 Each	409	46	566	3.79	1.88	12	5182	3.76	18.53	70.02	5.72	1.01	0
MASHED POTATOES	#8 Scoop	86	0	34	1.47	0.32	9.6	0	4.1	1.65	16.85	1.05	0.32	0
Mayonnaise	1 Each	80	5	65	0	0	0	0	0	0	0	9	1.5	0
MEAT LASAGNA W/ROLL	1 Portion	288	39	607	3.22	1.87	134.2	2570	29.76	18.89	39.55	6.2	2.31	0
MEATBALL SUB	1Each (5	411	49	828	5.73	2.59	146.8	1244	20.42	22.64	49.56	14.21	5.18	0.75
MEATLESS LASAGNA W/BREA	1 Portion	325	28	562	3.96	3.22	300.1	2665	31.85	19.38	46.77	6.2	3.31	0
MEATLOAF W/ROLL	1 Slice/1	272	69	575	2.25	0.64	460.8	4625	2.11	17.51	24.36	11.5	4.2	0.6
MINESTRONE SOUP	8 oz. Lac	92	0	889	3.69	1	22	277	0	3.69	12.91	3.23	0.46	0
MINI CHEESEBURGER SLIDER	1 Each	424	50	792	1.5	2.1	123	167	6	20	42	20	7	0.5
MINI GRILLED CHICKEN SALA	1 Portion	174	45	667	0.71	23.45	41.4	689	5.67	17.26	15.95	5.27	0.02	0
MINI MANDARIN CHICKEN SA	1 Portion	214	45	662	1.72	6.37	34	326	24.04	15.14	28.29	3.93	0.35	0.49
MUFFIN, YOGURT & CHEESE	1 Each	352	42	422	1.56	2.83	599	987	1.37	12.5	45.2	12.42	6.09	0
Mustard	1 Each	0	0	70	0	0	0	0	0	0	0	0	0	0
OVEN ROAST CHICKEN	1Portion	160	95	150	0	0.72	20	0	0	18	0	9	2.75	0
OVEN ROAST W/ROLL	1Portion	221	95	247	1.25	0.99	40	25	0.91	20.51	12.58	9.5	2.75	0
PB & FRUIT PLATTER W/GRA	1 Each	448	20	428	6.15	5.63	253.4	672	22.12	14.96	42.93	26.04	7.46	0
PB & J & CHEESE STIC	1 Each	365	20	525	4	1.44	420	200	0	17	33.5	21	6.5	0
PB & VEGGIE PLATTER W/GR	1 Each	454	24	598	5.4	2.42	269.1	8234	9.15	14.95	33.08	30.47	7.85	0
PENNE PASTA	8 oz Por	212	0	142	2	1.8	0	0	0	6	42	2.34	0.19	0
PENNE PASTA & MEAT SAUC	6 oz.Sau	439	59	920	4.74	5.91	96.1	840	20.14	24.87	63.24	9.37	3.15	0
PENNE PASTA &MEATBALLS	1C/5Ball	498	45	820	5.77	4.99	106.7	4809	60.7	24.47	67.64	14.36	4.57	0.75
PIZZA	1 Slice	288	15	752	4	3.15	275	400	0.45	15.25	34.25	10.5	3.5	0
POPCORN CHICKEN W/ROLL	1Portion	232	27	577	2.32	2.4	72.3	136	0.91	16.38	27.51	6.9	1.6	0
POT ROAST W/ROLL	1/2 cup	402	90	702	1.92	3.72	59.8	1252	1.34	38.88	15.75	16.03	7.17	0
POTATO STICKS	7 Pieces	161	0	182	2.69	0.48	0	0	3.23	1.34	26.89	5.38	0.67	0
POTATO WEDGES	8-10 Pcs	160	0	20	1.33	0.48	0	0	6.4	2.67	24.01	5.34	1.33	0
PRE-CUPPED FRUIT	1/2 Cup	75	0	7	0.8	0.27	7.4	94	2.64	0.4	18.6	0	0	0

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Recipes	Portion Size	Calories	Cholesterol	Sodium	Dietary Fiber	Iron	Calcium	Vitamin A	Vitamin C	Protein	Carbohydrate rate	Total Fat	Saturated Fat	Trans Fat
Relish	1 Each	10	0	0	0	0	0	0	0	0	3	0	0	0
RICE W/VEGETABLES	2 #8 Sco	211	1	165	3.9	1.18	12.6	5528	4.01	5.57	43.4	1.71	0.01	0
SALAD CUP	1/2 Cup	9	0	4	0.57	0.2	11.5	454	6.91	0.61	1.8	0.15	0.02	0
Salad Dressing, PPI, 12 gm	1 Each	46	4	108	0	0	0	0	0	0	1.18	4.54	0.41	0
SALISBURY STEAK W/ROLL	1 Slice/1	233	38	625	1.7	1.68	41.3	93	2.41	15.11	18.66	10.9	4.2	0.5
Salsa	1 Each	20	0	510	0.5	0.36	20	200	15	1	4	0	0	0
SANTA FE CHICKEN TACO	1 Each	504	57	1486	5.63	3.75	155.5	409	1.86	26.24	69.17	13.3	4.04	0
SEASONED YELLOW SQUASH	1/2 Cup	25	0	121	0.95	0.34	12.1	263	7.27	0.88	2.55	1.59	0.23	0
SLICED CARROTS	1/2 Cup	46	0	100	3.29	0.4	22	4414	3.94	1.1	8.76	0.89	0.41	0
SLICED SWEET PLANTAINS	4 Pieces	326	0	27	5.06	2.73	0	1772	30.38	1.69	64.12	6.75	1.69	0
SLICED TURKEY HAM W/ROL	2 Slices/	221	65	763	1.75	1.54	36.3	25	8.02	17.51	25.98	5.5	1.5	0
SLOPPY JOE SANDWICH	#8 Scoop	288	48	915	5.1	3.28	76.4	483	8.82	20.33	33.92	8.61	2.92	0
SOFT TURKEY	#12 Scoop	304	78	812	1.01	1.95	170.7	271	1.36	24.82	23.58	12.8	4.8	0
SOUTHWEST CHICKEN WRAP	1 Each	336	58	1035	2.65	6.87	148.8	474	6.27	21.96	34.09	12.19	4.17	0
SPAGHETTI	8 oz Por	180	0	142	1.6	1.44	16	0	0	4.8	32.8	2.14	0.19	0
SPAGHETTI & BEEF SAUCE W	6 oz.Lad	450	59	920	4.74	5.91	112.1	840	20.14	24.87	62.44	9.64	3.19	0
SPAGHETTI & MEATBALLS W	8oz/5ML	506	45	820	5.77	4.99	122.7	4809	60.7	24.47	66.84	14.36	4.57	0.75
SPICY CHICKEN PATTY SANDV	1 Each	300	45	430	5	1.44	240	8000	0	24	36	8	2	0
SPINACH	1/2 Cup	41	0	163	4.02	0.72	118.8	10780	12.05	3.98	4.35	0.01	0	0
SPINACH WITH CHEESE	1/2 Cup	47	1	199	4.02	0.72	130.8	10796	12.05	4.46	4.51	0.37	0.24	0
STRAWBERRY CUP FRUIT	1/2 Cup	62	0	1	2.83	1.02	22.7	0	51.03	1.13	15.87	0	0	0
STUFFED CRUST PIZZA	1 Slice	240	20	557	3	2.79	295	388	0	17	27.75	7.25	3.88	0
STUFFED SHELLS W/BREADST	2 Shells/	347	44	732	2.86	2.86	354.2	2845	31.85	21.38	47.97	6.2	3.31	0
SUBMARINE SANDWICH	1 Each	328	47	1081	3	1.8	240	300	0	25	39	8	3.5	0
SUBMARINE SANDWICH	1 Each	356	45	1148	4	1.52	210	200	6.75	22.58	47.15	8.72	3.76	0
SWEET GREEN PEAS	1/2 Cup	83	0	128	4.78	1.51	22.8	2048	9.55	4.78	13.14	1.2	0.43	0
SWEET POTATO BAKE	#8 Scoop	273	0	79	2.04	1.41	20.2	9312	17.32	2.99	57.19	3.57	1.62	0
SWEET POTATO WEDGES	8-10 Pie	154	0	144	3.09	0.37	20.6	4012	7.41	2.06	24.69	5.14	0.51	0
TACO PIE W/CORN CHIPS	#8 Scoop	294	23	666	3.89	1.2	188.9	335	0.9	9.87	30.08	15.43	6.02	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
Taco Sauce	1 Each	5	0	55	0	0	0	0	0	0	1	0	0	0
TACO-TO-GO	1 Each	270	65	640	2	2.7	80	0	1.2	19	23	12	3	0
Tartar Sauce	1 Each	50	5	95	0	0	0	0	0	0	1	5	0.5	0
TERIYAKI CHICKEN W/ROLL	1Portion	256	95	635	1.39	1.04	40.3	25	2.52	20.99	20.52	9.5	2.75	0
TERIYAKI CHICKEN W/RICE	1 Each	399	62	803	3.79	2.62	39.3	5318	3.76	23.17	64.68	4.42	0.69	0
TOASTED CHEESE SANDWICH	1 Each	284	30	1137	4	0.72	380	521	0	20	24	13.67	7.21	0
TOMATO SOUP	8 oz. Lad	90	0	484	1	0.72	3.5	400	6	2	20	0	0	0
TRADITIONAL BEEFARONI W/	2#8 Sco	460	55	912	3	3.96	130	500	12	24	51	17	7	0
TUNA SALAD SUB	1 Each	403	52	834	4.19	2.11	66.2	14	6.71	24.77	44.45	14.26	1.65	0
TUNA SALAD W/CRACKERS	1 Each	300	52	673	1.89	4.96	40.7	106	3.2	19.42	15.92	16.53	2.4	0
TUNA SALAD W/LOCO BREAD	1 Each	250	52	593	1.39	4.6	50.7	106	3.2	19.92	11.42	13.53	1.65	0
TUNA WRAP	1/2 Wra	422	58	857	3.09	2.72	46.9	469	10.35	22.4	28.49	23.83	3.53	0
TURKEY & CHEESE BAGEL	1 Each	303	73	1044	4	2.01	170	200	0	21.74	38.72	7.29	3.57	0
TURKEY & CHEESE ON BUN	1 Each	265	42	866	4	1.39	115	100	0	23.61	27.58	7.69	2.86	0
TURKEY & CHEESE SANDWICH	1 Each	254	33	808	3	1.62	240	300	0	19	31	6	2.5	0
TURKEY & CHEESE SANDWICH	1 Each	236	42	914	4	1.03	158	104	0	25.73	23.62	7.78	2.42	0
TURKEY & CHEESE SUB	1 Each	350	42	1009	4.52	1.58	141	264	9.27	25	48.7	7.28	2.37	0
TURKEY GRAVY	2 oz.Lad	21	0	266	0	0	0.8	0	0	0	3.31	0.41	0	0
TURKEY ON BUN	1 Each	240	40	722	4	1.44	40	0	0	23.05	27.01	6.01	1.5	0
TURKEY ROAST W/ROLL	2 Slices/	164	36	827	1.25	1.02	20.8	25	0.91	20.06	15.89	2.46	0.52	0
TURKEY SANDWICH	1 Each	210	40	762	4	1.08	80	0	0	25.05	23.01	6.01	1	0
TURKEY TACO PIE W/CORN C	#12Scp/	357	88	725	2.03	1.59	210.2	373	1.38	25.04	23.35	18.96	7.09	0
TURKEY WRAP	1/2 Wra	304	42	996	2.77	1.98	113.8	547	7.82	22.2	31.33	10.25	3.36	0
TURKEY, SUB	1 Each	326	40	865	4.52	1.63	66	164	9.27	24.43	48.13	5.6	1.02	0
VEGETABLE SOUP	8 oz. Lad	84	5	893	3.13	1.67	27.8	1195	8.85	2.4	13.72	0.16	0	0
VEGETARIAN CHILI W/CORN	8ozLadle	439	25	1016	13.98	3.62	271.1	861	3.28	18.81	55.47	15.03	6.12	0
VEGETARIAN W/CORNBREAD	8ozLadle	439	30	1242	12.93	4.3	301.3	968	3.79	19.23	62.65	10.6	5.91	0
VEGGIE & CHEESE WRAP	1/2 Wra	332	30	1203	3.03	1.69	344.6	3004	9.71	16.68	32.45	13.56	7	0
VEGGIE BURGER	1 Each	299	0	570	7	2.18	84	3700	8	10.3	45	10	1.5	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
VEGGIE SUB SANDWICH	1 Each	380	30	1214	4.79	1.38	367.1	702	13.3	19.57	50.13	10.65	6.01	0
WHOLE GRAIN ROLL	1 Each	61	0	97	1.25	0.27	20	25	0.91	2.51	12.58	0.5	0	0
WHOLE WHEAT BREADSTICK	1 Each	100	0	192	1	1.26	50	0	3	4	20	0	0	0
YELLOW RICE	#8 Scoop	100	0	356	0.24	1.32	1.7	0	0.58	2.43	20.9	0.89	0.12	0
YOGURT PARFAIT	1 Each	360	22	349	2.46	2.02	529.6	539	21.67	10.96	53.68	10.96	5.31	0
YUCCA	3 Pieces	142	0	118	1.3	1.27	26.4	1	9.25	1.23	30.99	1.48	0.21	0
ZUCCHINI & YELLOW SQUASH	1/2 Cup	39	0	121	1.12	0.39	13	308	8.57	1.03	2.97	2.98	0.42	0
ZUCCHINI SAUTÉ	1/2 Cup	37	0	157	0.97	0.36	11.6	295	7.98	0.93	2.48	2.96	0.42	0