

A LA CARTE

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000359 - BAR, GRANOLA, COCOA K	ALA	BAR-38 GRAMS	1	158	4.75	147.78	28.50	2.11
000406 - BAR, GRANOLA, APPLE CIN	ALA	BAR-36 GRAMS	1	140	3.00	105.00	27.00	2.00
000394 - BEEF, STICK HONEY PEPP	ALA	STICK-14 GRAMS	1	30	1.00	100.00	1.00	4.00
000414 - CEREAL BAR, NG APPLE/C	ALA	BAR-37 GRAMS	1	120	3.00	110.00	24.00	2.00
000415 - CEREAL BAR, NG BLUEBE	ALA	BAR-37 GRAMS	1	120	3.00	110.00	24.00	2.00
000416 - CEREAL BAR, NG STRAWB	ALA	BAR-37 GRAMS	1	120	3.00	125.00	24.00	2.00
000446 - CEREAL BAR, NG, STBERR	ALA	BAR-37 GRAMS	1	130	3.50	115.00	25.00	2.00
000381 - CHEX, SIMPLY, CHEDDAR	ALA	BAG-0.92 OZ	1	110	2.50	135.00	20.00	2.00
000383 - CHEX, SIMPLY, COCO. CA	ALA	BAG-1.03 OZ	1	120	4.00	65.00	21.00	2.00
000384 - CHEX, SIMPLY, EXTREME	ALA	BAG-0.92 OZ	1	110	2.50	170.00	20.00	2.00
000380 - CHEX, SIMPLY, STRAW. Y	ALA	BAG-1.03 OZ	1	120	3.00	55.00	23.00	2.00
000389 - CHIPS, BAKED "HOT" CHE	ALA	BAG-1.0 OZ	1	160	11.00	250.00	13.00	1.00
000395 - CHIPS, BAKED LAY'S BARB	ALA	BAG-1.0 OZ	1	120	3.00	190.00	22.00	2.00
000391 - CHIPS, BAKED ORIGINAL	ALA	BAG-1.0 OZ	1	120	2.00	135.00	23.00	2.00
000387 - CHIPS, CHEETOS CRUNC	ALA	BAG-1.0 OZ	1	130	5.00	230.00	20.00	2.00
000386 - CHIPS, DORITOS, COOL R	ALA	BAG-1.0 OZ	1	130	5.00	160.00	19.00	2.00
000305 - CHIPS, DORITOS, NACHO	ALA	BAG-1.0 OZ.	1	130	5.00	220.00	19.00	2.00
000373 - CHIPS, SPECIAL K, ALL FL	ALA	BAG-30 GRAMS	1	120	4.00	230.00	22.00	2.00
000398 - CHIPS, SUNCHIPS HRVST	ALA	BAG-1.0 OZ	1	140	6.00	210.00	18.00	2.00
000390 - CHIPS, SUNCHIPS MULTIG	ALA	BAG-1.0 OZ	1	140	6.00	120.00	18.00	2.00
000385 - CHIPS, CHEETOS CHILI CH	ALA	BAG-1.0 OZ	1	130	5.00	200.00	19.00	2.00
000393 - CRACKERS, CHEEZ-IT AT	ALA	BAG-21 GRAMS	1	90	3.00	190.00	15.00	2.00
000392 - CRACKERS, CHEEZ-IT ORI	ALA	BAG-21 GRAMS	1	100	3.50	150.00	14.00	2.00
000399 - FRUIT FIESTA (ALL FLAVO	ALA	4.48 OZ	1	127	0.08	9.18	23.40	0.25
000375 - FRUIT ROLL UP	ALA	PIECE-14 GRAMS	1	50	1.00	55.00	12.00	0.00
000376 - GRAHAMS, BUG BITES, KE	ALA	BAG-1 OZ	1	120	3.50	115.00	21.00	2.00
000445 - GRAHAMS, CINN "FROZEN	ALA	BAG-31 GRAMS	1	140	5.00	115.00	23.00	2.00
000403 - GRAHAMS, ELF, CHOCOLA	ALA	BAG 1.0 OZ	1	121	4.05	126.56	20.25	2.03
000372 - GRIPZ, CINNAMON, KEEBL	ALA	BAG-25 GRAMS	1	100	3.00	80.00	19.00	2.00
000410 - JUICE, CAPRI SUN, ALL FL	ALA	POUCH-8.0 OZ	1	60	0.00	15.00	17.00	0.00
000400 - JUICE, SWITCH, ALL FLAV	ALA	CAN-8.0 OZ	1	120	0.00	5.00	30.00	0.00
000401 - KIDS MUNCHIES MIX, SNA	ALA	BAG-.875 OZ	1	110	3.50	160.00	17.00	3.00
000365 - MINI TREATS, ALPHABET	ALA	BAG-31 GRAMS	1	130	4.00	125.00	22.00	2.00
000371 - MINI TREATS, CHOCOLAT	ALA	BAG-33 GRAMS	1	140	4.50	120.00	24.00	2.00
000366 - NABISCO 100 CALORIE, O	ALA	BAG-23 GRAMS	1	100	2.00	150.00	19.00	1.00
000364 - PRETZEL, STICKLETS	ALA	BAG-21 GRAMS	1	80	1.00	200.00	17.00	2.00
000408 - RICE KRISPIES TREATS MI	ALA	(4)BAR-44 GRAMS	1	181	4.49	207.68	33.88	1.32

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000361 - TURKEY, STICK HONEY PE	ALA	STICK-14 GRAMS	1	30	1.00	100.00	1.00	4.00

BREAKFAST

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000187 - BISCUIT, CHICKEN	BRKFS	2 OZ	100	484	16.00	725.70	69.11	14.61
000448 - BREAKFAST TO GO	BRKFS	2 OZ	50	292	6.94	272.36	55.10	4.38
000045 - BREAKFAST TOAST W/ TK	BRKFS	SERVING	1	180	6.98	349.12	18.95	8.98
000240 - CEREAL, FROSTED FLAKE	BRKFS	BOWL-2.00 OZ	1	220	0.00	250.00	51.00	2.00
000191 - CEREAL, HONEY GRAHAM	BRKFS	BOWL-2.00 OZ	1	130	3.00	270.00	25.00	1.00
000189 - CEREAL, HONEY NUT SCO	BRKFS	BOWL-2.00 OZ	1	220	2.50	390.00	45.00	5.00
000190 - CEREAL, MARSHMALLOW	BRKFS	BOWL-2.00 OZ	1	220	0.00	320.00	48.00	4.00
000213 - CEREAL, TOOTIE FRUTIES	BRKFS	BOWL-1.50 OZ	1	170	1.50	200.00	37.00	2.00
000109 - CINNAMON SWIRL	BRKFS	2.0 OZ	100	328	8.64	363.43	56.62	5.48
000358 - DONUTS, BREAKFAST BIT	BRKFS	PACK-2.75 OZ	1	260	10.00	260.00	37.00	4.00
000188 - DONUTS, POWDERED SU	BRKFS	PACK-3.20 OZ	1	309	12.96	259.20	44.86	3.99
000116 - EGG, BACON & CHEESE E	BRKFS	2.00 OZ	40	120	9.00	280.00	1.00	8.00
000016 - EGG, PATTIE	BRKFS	PATTY	1	51	3.04	121.50	1.01	3.04
000107 - EGG, SCRAMBLED	BRKFS	2 OZ	40	79	4.54	248.12	1.13	6.80
000047 - EGG, SKILLET FRITTATA	BRKFS	2.2 OZ	1	210	8.00	300.00	2.00	8.00
000018 - FRENCH TOAST MINI	BRKFS	BAG 3.03 OZ	1	210	5.00	240.00	37.00	4.00
000115 - FRENCH TOAST STICKS	BRKFS	3 PIECES	1	271	8.04	291.38	43.21	7.03
000013 - GRITS	BRKFS	.50 CUP	125	77	1.67	604.99	14.22	1.47
000450 - PANCAK ON A STICK	BRKFS	3 OZ	1	190	7.90	492.00	22.50	7.70
000201 - PANCAKE ON A STICK, BL	BRKFS	PIECE	1	240	15.00	360.00	18.00	7.00
000164 - PANCAKES (9-12)	BRKFS	3 Pancakes	1	180	3.00	375.00	36.00	6.00
000024 - PANCAKES (K-8)	BRKFS	2 Pancakes	1	120	2.00	250.00	24.00	4.00
000002 - PANCAKES, MINI BLUEBER	BRKFS	BAG-3.03 OZ	1	210	6.00	310.00	9.00	4.00
000192 - PARFAIT,FRUIT & YOGURT	BRKFS	PARFAITS	20	339	4.73	156.29	67.31	6.48
000197 - PARFAIT,FRUIT&YOGURT	BRKFS	PARFAITS	20	284	4.73	145.25	54.30	6.81
000348 - PARFAIT,FRUIT&YOGURT,	BRKFS	PARFAITS	20	284	4.85	146.74	55.22	6.97
000337 - PARFAIT,FRUIT&YOGURT,	BRKFS	PARFAITS	25	255	3.78	115.58	51.66	5.19
000017 - PIZZA, BREAKFAST	BRKFS	PIECE-3.31 OZ	1	210	7.00	480.00	26.00	9.00
000328 - TURKEY, CANADIAN BACO	BRKFS	1.52 OZ (2 SLC)	32	75	3.74	277.96	*N/A*	8.55
000001 - TURKEY, SAUSAGE PATTY	BRKFS	PATTY-1.025 OZ	1	60	4.00	100.00	0.00	6.00
000350 - WAFFLE, DUTCH	BRKFS	PIECE-2.92 OZ	50	309	13.00	350.05	45.39	4.00
000169 - WAFFLES, BUTTERMILK (9	BRKFS	3 PIECES-3.75OZ	1	196	5.28	542.54	34.66	6.03
000168 - WAFFLES, BUTTERMILK (K	BRKFS	2 PIECES-2.5 OZ	1	130	3.50	360.00	23.00	4.00
000327 - WAFFLES, MINI CINNAMO	BRKFS	BAG	1	190	5.00	240.00	33.00	4.00

CONDIMENT

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000073 - GRAVY,BROWN	COND	0.125 CUP	100	16	0.00	208.70	2.63	0.65

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000014 - JELLY	COND	PACKET-.50 OZ	1	35	0.00	0.00	9.00	0.00
000112 - KETCHUP, PACKET	COND	PACKET (3)	1	30	0.00	255.00	9.00	0.00
000111 - MAYONNAISE, PACKET	COND	PACKET	1	36	3.20	104.00	1.60	0.00
000113 - MUSTARD, YELLOW, PACK	COND	PACKET	1	4	0.24	68.86	0.35	0.26
000243 - PEPPERS, JALEPENO	COND	1.0 OZ	250	2	0.06	98.38	0.50	0.07
000299 - SALAD DRESSING, ITALIA	COND	2.0 OZ	62	113	9.44	811.84	5.66	0.00
000275 - SALAD DRESSING, RANCH	COND	2.0 OZ	62	111	10.08	503.90	5.59	1.03
000103 - SALAD DRESSING, RANCH	COND	.125 CUP	125	55	5.00	249.94	2.77	0.51
000114 - SALSA	COND	.25 CUP	100	20	0.00	141.25	4.07	0.00
000214 - SAUCE, BBQ DIPPING	COND	1.0 OZ	125	60	0.22	357.56	14.19	0.29
000118 - SAUCE, MARINARA	COND	.125 CUP	210	10	0.33	16.00	1.67	0.33
000158 - SAUCE, MARINARA	COND	.25 CUP	96	23	0.73	35.00	3.65	0.73
000003 - SYRUP, E-Z PEEL	COND	PACKET	1	109	0.00	9.89	26.70	0.00

DESSERTS

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000354 - BROWNIE, WG	DESRT	1.5 OZ	80	222	10.29	97.49	31.39	3.50
000120 - JELL-O, ANY FLAVOR	DESRT	.50 CUP	32	10	0.00	16.21	2.39	0.21
000133 - WW SUGAR COOKIE	DESRT	1.25 OZ	150	197	6.88	120.13	30.74	2.94

ENTREE

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000451 - FLATBREAD, CHICKEN BA	ENT	EACH	100	291	11.42	476.51	24.40	22.47
000457 - GORDITA, CHIPOTLE CHIC	ENT	PIECE-4.37 OZ	1	270	8.00	490.00	35.00	20.00
000242 - GUMBO, CHICKEN & SAUS	ENT	1.00 CUP	100	268	15.71	762.91	12.86	19.19
000039 - JAMBALAYA (K-8)	ENT	0.66 CUP	100	229	6.10	725.39	26.83	16.34
000175 - JAMBALAYA (9-12)	ENT	1.00 CUP	100	293	7.82	835.82	34.61	20.73
000443 - LASAGNA WITH GROUND	ENT	1.00 CUP	100	342	12.91	792.10	40.03	16.39
000123 - MACARONI & CHEESE	ENT	.66 CUP	100	305	16.16	624.30	27.83	13.65
000236 - PASTALAYA	ENT	1 CUP	100	260	7.17	782.93	26.65	21.23
000177 - PIZZA, CHEESE, DOMINOS	ENT	1 SLICE	8	210	5.00	360.00	28.00	14.00
000203 - PIZZA, CHEESE, DOMINOS	ENT	1 slice	8	260	7.00	540.00	29.00	20.00
000338 - PIZZA, FLATBREAD CHEES	ENT	PIECE-5.66 OZ	72	366	15.23	649.96	33.51	21.33
000117 - PIZZA, FLATBREAD PEPPE	ENT	PIECE-5.66 OZ	72	380	18.00	770.00	33.00	22.00
000178 - PIZZA, PEPPERONI, DOMI	ENT	1 SLICE	8	210	6.00	350.00	28.00	12.00
000309 - PIZZA, PEPPERONI, IW, R	ENT	PIECE	1	292	12.08	523.51	29.20	16.11
000204 - PIZZA, PEPPERONI, DOMIN	ENT	1 slice	8	270	9.00	570.00	29.00	20.00
000205 - PIZZA, VEGGIE, DOMINOS,	ENT	1 slice	8	270	8.00	640.00	30.00	20.00
000340 - POBOY, SHRIMP	ENT	EACH	53	371	12.07	713.08	51.14	17.08
000163 - RED BEANS WITH SAUSA	ENT	1.0 CUP	50	293	2.66	542.49	45.24	20.47
000137 - RED BEANS WITH SAUSA	ENT	.50 CUP	100	147	1.33	271.24	22.62	10.23
000209 - SANDWICH, BBQ CHICKEN	ENT	PIECE, 2.45 OZ	195	258	5.70	757.18	31.85	17.17
000330 - SANDWICH, GRILLED CHE	ENT	SANDWICH	100	264	10.85	573.46	30.00	12.00

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Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000304 - SANDWICH, TURKEY HAM	ENT	Sandwiches	25	193	3.39	511.73	28.53	13.97
000339 - SOUP, TACO	ENT	1.00 CUP	100	305	9.83	815.92	36.79	15.66
000329 - SOUP, VEGETABLE	ENT	1 CUP	100	66	0.49	331.30	11.90	2.09
000183 - SPAGHETTI SAUCE WITH	ENT	6.00 OZ	100	211	12.09	453.87	10.78	13.85
000318 - SPAGHETTI SAUCE WITH	ENT	SERVINGS	100	190	9.41	758.73	13.29	13.09
000122 - SPAGHETTI, CHEESY CHI	ENT	1.00 CUP	100	347	15.59	749.54	30.68	18.47
000141 - SUB, HAM & CHEESE	ENT	EACH	100	240	7.24	689.12	30.50	15.47
000212 - SUB, MEATBALL	ENT	EACH	75	363	14.10	793.67	41.43	19.15
000447 - SUB, PHILLY CHEESESTEAK	ENT	PIECE-5.86 OZ	167	427	9.60	710.74	39.16	33.26
000140 - SUB, ROAST BEEF & CHEESE	ENT	EACH	100	250	5.26	838.20	36.51	15.45
000343 - SUB, TURKEY & CHEESE	ENT	EACH	100	284	8.41	734.74	31.96	21.97
000346 - TACOS, MINI VOLCANO	ENT	3 TACOS	100	233	5.72	846.06	33.68	12.06

FRUIT

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000182 - APPLE, GRANNY SMITH	FRUIT	PIECE-1.00 CUP	113	129	0.00	0.00	35.26	0.00
000004 - APPLE, RED	FRUIT	PIECE-1.00 CUP	113	83	0.27	1.61	22.17	0.42
000235 - APPLES, JAZZY	FRUIT	PIECE-1.00 CUP	25	78	0.21	17.44	20.13	0.58
000239 - APPLESAUCE	FRUIT	.50 CUP	96	91	0.00	15.19	23.29	0.00
000068 - BANANA	FRUIT	PIECE-1.00 CUP	100	150	0.56	1.69	38.54	1.84
000332 - CRANBERRY SAUCE	FRUIT	.125 CUP	95	48	0.04	9.19	12.33	0.06
000110 - FRUIT COCKTAIL	FRUIT	.5 CUP	48	61	0.00	10.10	14.14	0.00
000306 - FRUIT CUP, CANDY CORN	FRUIT	.50 CUP	100	132	2.27	0.00	31.09	0.00
000238 - GRAPES	FRUIT	.50 CUP	100	60	0.14	1.75	15.80	0.63
000015 - ORANGE	FRUIT	PIECE-1.00 CUP	100	75	0.34	0.00	18.74	1.14
000342 - ORANGES, MANDARIN	FRUIT	.50 CUP	100	118	0.00	0.00	33.99	0.00
000104 - PEACHES, SLICED	FRUIT	.50 CUP	24	79	0.00	9.84	18.70	0.00
000106 - PEARS, DICED	FRUIT	.50 CUP	24	71	0.04	5.90	18.74	0.24
000105 - PINEAPPLE, TIDBITS	FRUIT	0.50 CUP	25	59	0.00	0.00	15.76	0.00
000172 - RAISINS, BOXED	FRUIT	BOX	1	130	0.00	10.00	31.00	1.00
000099 - STRAWBERRIES	FRUIT	.50 CUP	100	56	2.53	0.87	8.96	0.58

GRAIN

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000019 - BISCUIT	GRAIN	2.00 OZ	100	412	12.76	543.45	63.44	9.35
000126 - BREAD, MOZZARELLA BRE	GRAIN	STICK	1	150	7.00	390.00	16.00	7.00
000174 - BREADSTICK	GRAIN	2 OZ	50	177	4.21	214.40	30.92	3.65
000057 - BUN, HAMBURGER	GRAIN	PIECE-2.00 OZ	1	130	1.50	250.00	24.00	3.00
000434 - BUN, HOT DOG	GRAIN	BUN-2.00 OZ	1	130	1.50	230.00	26.00	4.00
000147 - CHIPS, TORTILLA	GRAIN	2.0 OZ	96	280	14.00	30.00	34.00	4.00
000198 - CORNBREAD	GRAIN	2 OZ	108	214	5.59	168.41	35.12	5.32
000263 - CRACKERS (9-12)	GRAIN	4 PKS-28 GRAMS	100	140	4.00	240.00	20.00	0.00

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000249 - CRACKERS (K-8)	GRAIN	2 PKS-14 GRAMS	100	70	2.00	120.00	10.00	0.00
000313 - DRESSING, CORNBREAD	GRAIN	.50 CUP	66	348	14.95	775.41	40.35	12.84
000062 - PASTA, SPAGHETTI	GRAIN	.50 CUP	100	101	0.48	0.00	20.16	3.36
000134 - RICE, BROWN, PARBOILE	GRAIN	.50 CUP	100	115	0.91	282.96	24.08	2.57
000102 - ROLL, YEAST	GRAIN	2.00 OZ	150	173	4.27	205.69	29.95	3.59
000194 - ROLL, YEAST (K-8)	GRAIN	ROLL-1.00 OZ	300	90	2.14	102.86	15.69	1.89
000011 - TOAST, WG	GRAIN	1-1.0 OZ SLICE	1	70	0.50	115.00	14.00	3.00
000166 - TOAST, WG (9-12)	GRAIN	2-1.0 OZ SLICES	1	140	1.00	230.00	28.00	6.00
000081 - TORTILLA, WHOLE GRAIN	GRAIN	2 TORTILLA	1	190	4.23	232.43	30.64	6.34
000127 - VEGETABLE RICE	GRAIN	.66 CUP	100	161	3.04	52.20	30.80	3.95

JUICE

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000005 - JUICE, APPLE	JUICE	POUCH-4 OZ	1	60	0.00	0.00	14.00	0.00
000009 - JUICE, GRAPE	JUICE	POUCH 4 OZ	1	80	0.00	0.00	19.00	0.00
000006 - JUICE, ORANGE	JUICE	POUCH-4 OZ	1	60	0.00	0.00	15.00	0.00

MILK

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000020 - MILK, FF CHOCOLATE	MILK	1.00 CUP	1	110	0.00	100.00	19.00	8.00
000021 - MILK, FF STRAWBERRY	MILK	1.00 CUP	1	124	0.00	112.50	21.38	9.00
000230 - MILK,1% LF WHITE	MILK	1.00 CUP	1	100	2.50	125.00	12.00	8.00

MEAT/MEAT ALT

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000441 - BEEF, CHILI	MMA	1.0 OZ	80	103	5.97	164.10	6.49	6.66
000202 - BEEF, HAMBURGER WITH C	MMA	PATTY-2.20 OZ	1	158	10.25	200.00	2.00	15.00
000095 - BEEF, HAMBURGER PATT	MMA	PATTY-2.20 OZ	1	120	8.00	55.00	1.00	12.00

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000136 - BEEF, SALISBURY STEAK	MMA	PATTY-2.14 OZ	1	154	11.30	289.00	3.30	10.40
000184 - BEEF, TACO MEAT	MMA	1.00 OZ	100	84	6.04	183.60	1.32	5.24
000215 - CHEESE, MOZZARELLA ST	MMA	PIECE-28 GRAMS	1	91	7.09	202.50	0.00	7.09
000142 - CHEESE, NACHO CHEESE	MMA	3.00 OZ	32	144	9.94	629.73	5.52	8.84
000302 - CHEESE, NACHO CHEESE	MMA	2.00 OZ	64	87	6.00	380.00	3.33	5.33
000171 - CHEESE, SHREDDED CHE	MMA	1.0 OZ	80	70	4.50	90.00	0.00	7.00
000048 - CHICKEN PATTY, BREADE	MMA	PATTY-3.49 OZ	150	260	15.00	400.00	16.00	16.00
000170 - CHICKEN, BREAST	MMA	PIECE	1	290	18.00	75.00	0.00	32.00
000079 - CHICKEN, FAJITA (9-12)	MMA	6.00 OZ	26	269	10.22	1662.21	7.40	35.26
000185 - CHICKEN, FAJITA (K-8)	MMA	3.00 OZ	53	132	5.01	815.43	3.63	17.30
000148 - CHICKEN, NUGGETS	MMA	5 PIECES	144	182	8.10	455.62	14.18	13.16
000125 - CHICKEN, ORANGE	MMA	4 OZ	168	244	10.05	258.38	15.79	20.10
000199 - CHICKEN, PATTY SPICY	MMA	PATTY	1	273	15.16	404.34	17.18	15.16
000071 - CHICKEN, TENDERS	MMA	3 PIECES	150	260	15.00	390.00	16.00	15.00
000320 - HAM, SMOKED	MMA	2.45 OZ	65	87	3.74	697.83	1.25	11.21
000135 - PORK, BREADED PORK C	MMA	PATTY	1	260	13.00	200.00	19.00	17.00
000449 - PORK, CARNITA STYLE	MMA	4.00 OZ	40	223	8.10	425.24	14.17	18.22
000121 - SHRIMP,POPPERS	MMA	3 OZ (20 PIECES)	53	231	11.07	493.08	22.14	12.08
000440 - TURKEY, FRANK	MMA	PIECE 2.0 OZ	1	91	7.09	243.00	0.00	7.09
000314 - TURKEY, ROASTED	MMA	2.00 OZ	100	98	2.84	652.98	0.88	17.84

VEGETABLE

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000143 - BEANS, BAKED	VEG	0.66 CUP	100	239	1.74	1497.58	47.48	11.33
000319 - BEANS, BLACK	VEG	.50 CUP	72	122	1.52	142.89	20.46	6.11
000352 - BEANS, FIESTA	VEG	.50 CUP	72	135	1.52	319.56	22.91	6.19
000075 - BEANS, GREEN	VEG	.50 CUP	67	52	2.67	602.23	4.60	1.12
000069 - BEANS, NAVY	VEG	0.50 CUP	100	45	0.17	285.66	8.13	3.18
000082 - BEANS, PINTO	VEG	.50 CUP	100	63	0.33	14.41	11.62	3.95
000237 - BROCCOLI & CHEESE	VEG	.50 CUP	97	127	8.69	561.37	8.01	5.94
000128 - BROCCOLI, STEAMED	VEG	.50 CUP	100	57	3.57	337.58	4.84	2.87
000151 - CARROT STICKS (9-12)	VEG	.50 CUP	50	25	0.09	55.19	5.83	0.45
000452 - CARROT STICKS (HS FIEL	VEG	1.00 CUP	25	50	0.18	110.39	11.66	0.91
000022 - CARROT STICKS (K-8)	VEG	.25 CUP	100	12	0.05	27.60	2.92	0.23
000317 - CARROTS, STEAMED	VEG	.50 CUP	100	87	5.35	152.92	7.73	1.29
000093 - CORN, WHOLE KERNEL	VEG	.50 CUP	50	77	4.19	695.71	8.32	0.67
000089 - CORN, WHOLE KERNEL	VEG	0.25 CUP	100	38	2.10	347.85	4.16	0.34
000241 - GREENS, MUSTARD	VEG	.50 CUP	52	17	0.00	224.01	2.72	1.57
000311 - MARINATED CUCUMBER &	VEG	.25 CUP	100	25	1.57	134.50	2.49	0.27
000176 - MARINATED CUCUMBERS	VEG	.50 CUP	100	50	3.14	268.95	4.93	0.53
000138 - PEAS, BLACK EYED	VEG	.50 CUP	100	115	0.82	237.25	20.88	7.37
000066 - PEAS, SWEET	VEG	.50 CUP	55	143	3.87	637.54	20.16	5.04
000124 - PICKLE, DILL	VEG	PICKLES	20	4	0.06	1131.00	18.00	0.00
000269 - POTATO SALAD (9-12)	VEG	.66 CUP	50	157	6.44	285.59	19.97	*3.88*

Recipe	Group	Portion Size	# of Portions	Calories (kcal)	Total Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
000266 - POTATO SALAD (K-8)	VEG	.33 CUP	100	78	3.22	142.80	9.99	*1.94*
000301 - POTATO, BAKED	VEG	MED. POTATO	50	189	2.22	71.54	37.09	5.01
000193 - POTATO, CAJUN SEASON	VEG	0.75 CUP	70	185	9.26	428.14	24.30	2.31
000061 - POTATO, CRINKLE CUT FR	VEG	.75 CUP	100	155	4.83	367.46	25.14	1.93
000072 - POTATOES, MASHED	VEG	.50 CUP	100	105	2.77	182.60	18.34	2.02
000155 - RELISH CUP, SANDWICH	VEG	.375 CUP	50	11	0.08	186.35	1.65	0.42
000152 - RELISH CUP, TACO	VEG	.50 CUP	100	11	0.12	5.63	2.39	0.64
000150 - SALAD, SPINACH	VEG	1.125 CUP	100	23	0.62	36.20	3.58	1.41
000139 - SALAD,GARDEN	VEG	1.25 CUP	100	24	0.24	24.54	5.03	1.36
000208 - SWEET POTATO FRIES CR	VEG	.75 CUP	70	148	4.92	222.46	24.23	1.53
000130 - SWEET POTATOES	VEG	.25 CUP	100	94	0.19	70.17	21.61	1.84
000131 - SWEET POTATOES	VEG	.50 CUP	50	189	0.37	140.33	43.22	3.69
000312 - SWEET POTATOES, CANDI	VEG	.50 CUP	100	223	2.16	228.61	47.82	3.69