

A LA CARTE

Recipe	Calorie (kcal)	Total Fat (g)	S at Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
BEEF, STICK	30	1.00	0.00	100.00	1.00	0.00	1.00	4.00
CHEX, CHEDDAR	110	2.50	0.50	135.00	20.00	2.00	4.00	2.00
CHEX, CHOCOLATE CARMAEL	120	4.00	1.00	65.00	21.00	2.00	7.00	2.00
CHECK, STRAWBERRY YOGURT	120	3.00	1.00	55.00	23.00	2.00	6.00	2.00
CHIPS, CHEETOS, HOT BAKED	160	11.00	1.50	250.00	13.00	1.00	0.00	1.00
CHIPS, BBQ, BAKED	120	3.00	0.50	190.00	22.00	2.00	3.00	2.00
CHIPS, CHEETOS, BAKED	130	5.00	1.00	230.00	20.00	1.00	1.00	2.00
CHIPS, DORITOS, COOL RANCH, BAKED	130	5.00	1.00	160.00	19.00	2.00	1.00	2.00
CHIPS, DORITOS, NACHO CHEESE, BAKED	130	5.00	1.00	220.00	19.00	2.00	2.00	2.00
CHIPS, SUN CHIPS, CHEDDAR	140	6.00	1.00	210.00	18.00	2.00	2.00	2.00
CHIPS, FANTASTIX	130	5.00	1.00	200.00	19.00	2.00	1.00	2.00
CRACKERS, CHEEZ-IT ATOMIC	90	3.00	0.50	190.00	15.00	1.00	0.00	2.00
CRACKERS, CHEEZ-IT ORIGINAL	100	3.50	1.00	150.00	14.00	1.00	0.00	2.00
GRIPZ, CHOCOLATE CHIP	100	3.00	1.00	80.00	19.00	3.00	5.00	2.00
JUICE, SWITCH, ALL FLAVORS	120	0.00	0.00	5.00	30.00	0.00	29.00	0.00
SNACK MIX, KIDS MUNCHIE	110	3.50	0.00	160.00	17.00	2.00	2.00	3.00
COOKIES, NABISCO 100 CALORIE	100	2.00	0.00	150.00	19.00	1.00	8.00	1.00

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RICE KRISPIE TREAT	160	4.00	1.00	140.00	30.00	1.00	11.00	2.00
RICE KRISPIE TREAT, MINI	181	4.49	1.14	207.68	33.88	0.09	*N/A*	1.32
TURKEY, STICK	30	1.00	0.00	100.00	1.00	0.00	1.00	4.00

CONDIMENTS

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	C arbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
BROWN GRAY	17	0.00	0.00	208.97	2.76	0.06	0.65	0.68
JALEPENO PEPPERS	1	0.08	0.00	97.40	0.08	0.20	0.00	0.07
JELLY	35	0.00	0.00	0.00	9.00	0.00	7.00	0.00
KETCHUP, IW PACKETS (3)	30	0.00	0.00	75.00	6.00	0.00	6.00	0.00
MAYONNAISE, IW PACKET (1)	70	4.50	0.50	70.00	0.00	0.00	0.00	0.00
MUSTARD, IW PACKET (1)	5	0.00	0.00	25.00	0.00	0.00	0.00	0.00
SALAD DRESSING, RANCH	57	5.16	1.16	249.94	2.84	0.00	0.83	0.51
SALSA	20	0.00	0.00	141.25	4.07	0.00	1.36	0.00
SAUCE, BAR-B-QUE	24	0.09	0.01	145.57	5.78	0.13	4.71	0.12
SAUCE, MARINARA	23	0.73	0.00	35.00	3.65	0.73	2.19	0.73
SOUR CREAM	16	1.63	0.95	12.25	0.54	0.00	0.00	0.00
SYRUP, MAPLE	109	0.00	0.00	9.89	26.70	0.00	17.80	0.00

DESSERTS

Recipe	Calories (kcal)	Total Fat (g)	S at Fat (g)	Sodium (mg)	C arbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
BROWNIE	228	9.69	1.14	87.64	34.57	1.36	24.18	3.02
COOKIE, CHOCOLATE CHIP	119	5.28	2.53	78.90	16.52	0.55	4.45	1.54
COOKIE, SUGAR	197	6.89	2.99	120.13	30.75	0.56	16.54	2.94
JELL-O	1	0.00	0.00	5.33	0.34	0.00	0.32	0.03
KING CAKE	219	5.78	1.83	242.28	37.74	1.02	11.92	3.65
PEACH COBBLER	421	14.08	2.71	154.32	70.57	1.67	50.72	3.22

ENTREES/MEAT OR MEAT ALTERNATES

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	C arbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
BEEF, HOT DOG CHILI	106	5.97	2.37	165.43	7.16	2.05	4.07	6.79
BEEF, CHEESEBURGER PATTY NO BUN	158	10.25	4.25	200.00	2.00	0.00	0.00	15.00
BEEF, HAMBURGER PATTY NO BUN	120	8.00	3.00	55.00	1.00	0.00	0.00	12.00
BEEF, SALISBURY STEAK W/ GRAVY	154	11.30	4.60	289.00	3.30	0.70	2.20	10.40
BEEF, TACO MEAT	160	11.41	4.56	385.23	3.06	0.00	0.00	9.70
CHEESE, MOZZEREALL STRING	91	7.09	5.06	202.50	0.00	0.00	0.00	7.09
CHEESE, NACHO CHEESE SAUCE	144	9.94	6.63	629.73	5.52	0.00	0.00	8.84

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHEESE, CHEDDAR	67	4.32	2.88	86.40	0.00	0.00	0.00	6.72
CHICKEN, PATTY, BREADED NO BUN	260	15.00	2.50	400.00	16.00	3.00	1.00	16.00
CHICKEN, PATTY, BREADED, SPICY NO BUN	273	15.16	3.03	404.34	17.18	3.03	1.01	15.16
CHICKEN, BACON FLATBREAD	273	10.19	3.25	627.00	25.38	2.74	1.83	19.06
CHICKEN, BREAST	290	18.00	5.00	75.00	0.00	0.00	1.00	32.00
C HICKEN GORDITA	270	8.00	3.00	490.00	35.00	3.00	5.00	20.00
CHICKEN, FAJITA MEAT K-8 SERVING	131	1.99	1.35	777.42	3.37	0.18	0.25	17.26
CHICKEN, FAJITA MEAT 9-12 SERVING	266	10.18	2.76	1584.74	6.87	0.36	0.51	35.17
CHICKEN, NUGGETS, BREADED	240	14.00	2.50	470.00	16.00	3.00	1.00	13.00
CHICKEN, ORANGE	170	3.00	0.57	477.94	16.27	3.05	1.02	13.22
CHICKEN & SAUSAGE GUMBO	270	15.71	2.75	763.71	13.26	0.78	0.59	19.27
CHICKEN, TENDERS, BREADED	260	15.00	2.50	390.00	16.00	3.00	1.00	15.00
CHICKEN, TERIYAKI	207	3.54	1.42	586.57	19.84	0.00	19.84	21.25
CORN DOG	240	8.00	2.50	390.00	30.00	5.00	5.00	9.00
EGG, BACON & C HEESE EXTRAVAGANZA	120	9.00	3.50	280.00	1.00	0.00	0.00	8.00
EGG, CHEESE, OMELET	110	8.00	3.00	210.00	1.00	0.00	0.00	8.00
EGG, SCRAMBLED	81	5.77	1.91	249.71	0.59	0.00	0.21	6.77

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
EGG, FRITTATA	210	8.00	3.00	300.00	2.00	0.00	0.00	8.00
ENCHILADAS, CHEESE W/ SAUCE	434	23.91	12.53	727.43	33.99	3.39	5.22	19.03
FISH, STICKS, BREADED	180	8.00	0.50	350.00	15.00	1.00	0.00	13.00
FISH, PORTION, BREADED NO BUN	150	6.00	0.50	350.00	11.00	1.00	1.00	13.00
HAM, SMOKED	87	3.74	1.25	697.83	1.25	0.00	1.25	11.21
JAMBALAYA K-8 SERVING	233	6.10	1.80	709.94	27.26	1.44	0.45	16.44
JAMBALAYA 9-12 SERVING	296	7.82	2.32	814.10	34.95	1.76	0.60	20.84
MACARONI & CHEESE	332	18.08	9.35	426.30	28.53	1.11	6.85	12.36
PASTALAYA	264	7.17	2.07	761.21	26.73	1.40	1.27	21.38
PORK CHOP, BREADED	260	13.00	3.50	200.00	19.00	4.00	1.00	17.00
PIZZA, BREAKFAST	210	7.00	2.00	480.00	26.00	2.00	9.00	9.00
PIZZA, BUFFALO C HICKEN	390	19.00	7.00	740.00	35.00	3.00	8.00	20.00
PIZZA, C HEESE, DOMINOS EXTRA SALES	210	5.00	2.00	360.00	28.00	3.00	3.00	14.00
PIZZA, CHEESE, DOMINOS HS 2 ND LINE ONLY	260	7.00	3.50	540.00	29.00	3.00	3.00	20.00
PIZZA, CHEESE, FLATBREAD	366	15.23	7.11	649.96	33.51	3.05	3.05	21.33
PIZZA, PEPPERONI, FLATBREAD	380	18.00	8.00	770.00	33.00	3.00	3.00	22.00
PIZZA, PEPPERONI, DOMINOS EXTRA SALES	210	6.00	2.00	350.00	28.00	3.00	3.00	12.00

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
PIZZA, PEPPERONI, INDIVIDUAL	292	12.08	6.04	523.51	29.20	3.02	9.06	16.11
POBOY, HAM & CHEESE	240	7.24	3.00	689.12	30.50	2.00	4.00	15.47
POBOY, PHILLY CHEESESTEAK	427	9.60	3.00	710.74	39.16	2.00	13.02	33.26
POBOY, MEATBALL W/MARINARA SAUCE	363	14.10	5.00	793.67	41.43	3.68	14.13	19.15
POBOY, ROAST BEEF & CHEESE	250	5.26	2.00	838.20	36.51	2.00	11.51	15.45
POBOY, SHRIMP	371	12.07	2.00	713.08	51.14	5.02	4.00	17.08
PORK, BBQ CARNITA NO BUN	139	5.06	1.90	265.78	8.86	1.27	7.59	11.39
RED BEANS W/ SAUSAGE NO RICE 9-12 SERVING	293	2.66	0.99	543.55	45.24	10.84	0.13	20.57
RED BEANS W/ SAUSAGE NO RICE K-8 SERVING	148	1.33	0.50	271.78	22.89	5.31	0.07	10.29
ROAST BEEF & GRAVY	163	8.04	3.42	640.88	6.16	0.01	2.79	13.85
SANDWICH, GRILLED CHEESE	264	10.85	5.00	573.46	30.00	2.00	2.00	12.00
SANDWICH, TURKEY HAM FIELD TRIPS ONLY	193	3.39	0.80	511.73	28.53	2.00	2.00	13.97
SHRIMP POPPERS	230	12.40	1.50	490.00	22.00	3.00	1.00	12.00
SPAGHETTI MEATSUACE NO PASTA	176	11.42	4.57	385.96	7.81	1.00	5.52	9.95
SPAGEHTTI SAUCE W/ MEATBALLS NO PASTA	191	9.41	3.80	759.26	13.56	4.20	7.91	13.14

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
SPAGHETTI, CHEESY CHICKEN WITH PASTA	362	15.92	7.59	831.28	34.40	1.78	5.09	17.87
TURKEY, CANADIAN BACON	70	3.49	1.00	259.17	0.00	0.00	0.00	7.97
TURKEY, HOT DOG	91	7.09	2.02	243.00	0.00	0.00	0.00	7.09
TURKEY, BREAST, ROASTED	98	2.84	1.21	652.98	0.88	0.01	*0.81*	17.84
TURKEY, SAUSAGE LINK	60	4.00	1.00	80.00	0.00	0.00	0.00	6.00
TURKEY, SAUSAGE PATTY	60	4.00	1.00	100.00	0.00	0.00	0.00	6.00
YOGURT, STRAWBERRY	110	0.00	0.00	40.14	15.05	0.00	14.05	10.04
YOGURT PARFAIT, ORANGE	362	4.73	1.25	144.48	78.86	4.94	48.62	6.48
YOGURT PARFAIT, PEACH	323	4.73	1.25	154.30	63.54	2.97	41.19	6.48
YOGURT PARFAIT, BLUEBERRY	284	4.73	1.25	145.25	54.25	4.07	32.96	6.81
YOGURT PARFAIT, STRAWBERRY	271	4.81	1.25	146.02	51.91	3.61	29.96	6.81
YOGURT PARFAIT, PINEAPPLE	303	4.73	1.25	144.48	60.63	2.98	41.23	6.48

FRUIT

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	C arbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
APPLE, GOLDEN	92	0.32	0.00	3.21	21.84	3.85	16.06	0.48
APPLE, RED	83	0.27	0.04	1.61	22.17	3.85	16.68	0.42
APPLES, JAZZY	89	0.27	0.04	8.77	23.53	3.85	17.97	0.53
APPLESAUCE	91	0.00	0.00	15.19	23.29	2.02	18.23	0.00
APPLEASUCE, CUP	60	0.00	0.00	0.00	14.00	1.00	12.00	0.00

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APPLESAUCE, STRAWBERRY, CUP	60	0.00	0.00	0.00	15.00	1.00	13.00	0.00
BANANA	150	0.56	0.19	1.69	38.54	4.39	20.64	1.84
CRANBERRY SAUCE	48	0.04	0.00	9.19	12.33	0.32	0.00	0.06
FRUIT COCKTAIL	61	0.00	0.00	10.10	14.14	1.01	13.13	0.00
GRAPES	60	0.14	0.05	1.75	15.80	0.79	13.52	0.63
ORANGE WEDGES	75	0.34	0.04	0.00	18.74	3.90	14.84	1.14
ORANGES, MANDARIN, CANNED	80	0.00	0.00	0.00	21.00	1.00	20.00	0.00
PEACHES, CANNED	60	0.00	0.00	5.00	13.00	1.00	11.00	0.00
PEARS, CANNED	60	0.00	0.00	5.00	16.00	2.00	11.00	0.00
PINEAPPLE, CANNED	60	0.00	0.00	0.00	16.00	1.00	15.00	0.00
RAISINS	130	0.00	0.00	10.00	31.00	2.00	29.00	1.00
STRAWBERRIES, FRESH	56	2.53	2.28	0.87	8.96	1.74	6.53	0.58
STRAWBERRIES, CUPS, FROZEN	90	0.00	0.00	0.00	22.00	2.00	18.00	1.00

FRUIT JUICE

Recipe	Calories (kcal)	Total Fat (g)	S at Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
JUICE, APPLE	60	0.00	0.00	0.00	14.00	0.00	12.00	0.00
JUICE, FRUIT PUNCH	60	0.00	0.00	0.00	14.00	0.00	12.00	0.00
JUICE, GRAPE	80	0.00	0.00	0.00	19.00	0.00	18.00	0.00
JUICE, ORANGE	60	0.00	0.00	0.00	14.00	0.00	12.00	0.00
JUICE, ORANGE JUICE BLEND	50	0.00	0.00	0.00	14.00	0.00	12.00	0.00

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JUICE, POWER PUNCH FIELD TRIPS ONLY	90	0.00	0.00	20.00	22.00	0.00	19.00	0.00
JUICE, TROPICAL TWIST FIELD TRIPS ONLY	90	0.00	0.00	20.00	22.00	0.00	19.00	0.00

GRAIN

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
BAR, BeneFIT BANANA CHOCOLATE CHIP	283.69	8.45	2.84	221.05	48.31	3.45	23.39	4.94
BAR, BeneFIT CHOCOLATE	290	9.00	3.00	240.00	47.00	3.00	22.00	5.00
BAR, BeneFIT OATMEAL CHOCOLATE CHIP	290	9.00	3.00	240.00	47.00	3.00	22.00	5.00
BAR, CEREAL, CINNAMON TOAST CRUNCH	150	5.00	3.00	115.00	30.00	12.00	8.00	3.00
BAR, CEREAL, COCO PUFFS	150	5.00	3.00	115.00	30.00	12.00	8.00	3.00
BAR, CEREAL, TRIX	150	5.00	3.00	105.00	30.00	12.00	9.00	2.00
BAR, CEREAL, NUTRI GRAIN APPLE	120	3.00	0.50	110.00	24.00	3.00	12.00	2.00
BAR, CEREAL, NUTRI GRAIN BLUEBERRY	120	3.00	0.50	110.00	24.00	3.00	12.00	2.00
BAR, CEREAL, NUTRI GRAIN STRAWBERRY	120	3.00	0.50	125.00	24.00	3.00	11.00	2.00
BAR, CEREAL, NUTRI GRAIN STRAWBERRY YOGURT	130	3.50	1.00	115.00	25.00	3.00	12.00	2.00
BAR, GRANOLA, RICE KRISPIE CHOCOLATE	158	4.75	1.06	147.78	28.50	3.17	10.56	2.11
BAR, GRANOLA, RICE KRISPIE, BERRY	140	3.00	0.50	105.00	27.00	3.00	9.00	2.00
BAR, GRANOLA, RICE KRISPIE, APPLE	140	3.00	0.50	105.00	27.00	3.00	9.00	2.00

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
BAR, OATMEAL, STRAWBERRY	140	4.50	1.50	80.00	23.00	1.00	10.00	2.00
BISCUIT, HOMEMADE	209	6.68	2.94	227.08	31.84	0.97	4.58	4.67
BISCUIT, SOUTHERN STYLE PREPARED BREAKFAST ON THE GO	180	8.00	6.00	580.00	24.00	1.00	2.00	4.00
BREAD, WG SLICED LOAF	70.00	0.50		115.00	14.00	1.00	1.00	3.00
BREADSTICK	175	4.26	0.33	205.70	30.43	0.91	4.86	3.59
BUN, HAMBURGER	130	1.50	0.00	250.00	24.00	2.00	3.00	3.00
BUN, HOT DOG	130	1.50	0.00	230.00	26.00	3.00	3.00	4.00
BUN, HOAGIE ROLL	140.00	1.00	0.00	220.00	29.00	2.00	4.00	5.00
CEREAL, FROSTED FLAKES	220	0.00	0.00	250.00	51.00	1.00	22.00	2.00
CEREAL, HONEY GRAHAM TOASTERS	130	3.00	0.00	270.00	25.00	0.00	10.00	1.00
CEREAL, HONEY NUT SCOOTERS	220	2.50	0.00	390.00	45.00	4.00	17.00	5.00
CEREAL, MARSHMALLOW MATEYS	220	0.00	0.00	320.00	48.00	2.00	24.00	4.00
CHIPS, TORTILLA	280	14.00	6.00	30.00	34.00	2.00	0.00	4.00
CINI MINIS	240	7.00	1.50	270.00	39.00	2.00	15.00	5.00
CINNAMON SWIRL	328	8.67	2.74	363.43	56.63	1.04	8.21	5.00
CORNBREAD	212	5.35	0.86	168.58	35.41	1.03	8.21	5.32
CRACKERS, IW	70	2.00	0.00	120.00	10.00	0.00	0.00	0.00
DONUTS, MINI GLAZED	260	10.00	4.50	260.00	37.00	3.00	17.00	4.00
DONUTS, MINI POWDERED	280.00	12.00	5.00	430.00	42.00	0.00	180.00	4.00
DRESSING, CORNBREAD THANKSGIVING ONLY	350	15.00	4.77	766.43	40.64	1.51	9.86	12.64

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
FLATBREAD, OVEN FRIED	170.00	5.00	1.00	290.00	26.00	3.00	2.00	5.00
FRENCH TOAST, MINI	210	5.00	1.50	240.00	37.00	4.00	13.00	4.00
FRENCH TOAST, MINI CHOCOLATE CHIP	210	6.00	1.50	250.00	35.00	4.00	9.00	5.00
FRENCH TOAST STICKS	270	8.00	1.00	290.00	43.00	2.20	11.00	7.00
GRITS	90	3.12	1.31	594.11	14.34	0.99	0.00	1.48
PANCKE ON A STICK	190	7.90	2.30	492.00	22.50	1.80	7.90	7.70
PANCAKE ON A STICK, BLUEBERRY	240	15.00	4.00	360.00	18.00	2.00	4.00	7.00
PANCAKES 9-12 SERVING	180	3.00	0.00	375.00	36.00	4.50	9.00	6.00
PANCAKES K-8 SERVING	120	2.00	0.00	250.00	24.00	3.00	6.00	4.00
PANCAKES, MINI BLUEBERRY	210	6.00	1.00	310.00	35.00	4.00	11.00	4.00
PASTA, S PAGHE TTI	102	0.49	0.00	0.00	19.93	0.97	0.97	3.40
POP TART, FROSTED FUDGE 2-PACK	360	6.00	2.00	390.00	76.00	6.00	33.00	5.00
POP TART, STRAWBERRY 2-PACK	360	4.50	2.00	360.00	75.00	6.00	30.00	4.00
RICE, BROWN, PARBOILED	107	0.85	0.17	282.80	22.36	1.01	0.24	2.39
RICE, VEGETABLE	161	2.90	1.00	37.91	30.75	2.23	0.87	3.86
ROLL, YEAST	173	4.27	0.34	205.69	29.95	0.91	4.37	3.59
TACO SHELL	170	8.00	2.00	0.00	23.00	2.00	1.00	2.00
TOAST 1-SLICE	70	0.50	0.79	115.00	14.00	1.00	1.00	3.00
TORTILLA 2- PIECES	190	4.23	1.58	232.43	30.64	4.23	2.11	6.34

Nutrition

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WAFFLE, DUTCH	309	13.00	3.00	350.00	43.00	3.00	12.00	4.00
WAFFLE, BUTTERMILK 9-12 SERVING	196	5.28	0.75	542.54	34.66	4.52	6.03	6.03
WAFFLE, BUTTERMILK K-8 SERVING	130	3.50	0.50	360.00	23.00	3.00	4.00	4.00
WAFFLES, MINI BLUEBERRY	210	6.00	1.00	170.00	37.00	3.00	12.00	4.00
WAFFLES, MINI CINNAMON	190	5.00	1.50	240.00	33.00	3.00	10.00	4.00

MILK

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
MILK, FF C HOCOLATE	110	0.00	0.00	180.00	20.00	1.00	18.00	8.00
MILK, FF STRAWBERRY	135	0.00	0.00	112.50	21.38	0.00	20.25	9.00
MILK, 1% LF WHITE	110	2.50	1.50	125.00	13.00	0.00	0.00	8.00

VEGETABLES

Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
BEANS, BAKED	167	1.00	0.00	1025.63	35.03	5.05	14.37	6.97
BEANS, BLACK	122	1.52	0.00	142.89	20.46	9.15	1.01	6.11
BEANS, GREEN	52	2.63	1.20	579.99	4.55	2.20	1.16	1.11
BEANS, NAVY	130	0.43	0.00	285.87	23.49	9.53	1.69	8.58
BEANS, PINTO	150	0.05	0.01	14.98	27.63	6.45	0.02	8.70

Nutrition

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
BEANS, REFRIED	52	1.53	0.60	160.53	6.77	2.26	0.00	2.67
BROCCOLI & CHEESE	128	8.78	4.57	561.37	8.04	3.04	1.42	5.94
BROCCOLI, STEAMED	57	3.57	1.62	337.58	4.84	2.89	0.95	2.87
CARROT, STICKS 9-12 SERVING	25	0.09	0.02	55.19	5.83	2.05	3.37	0.45
CARROTS, STEAMED, CANNED	87	5.35	2.43	152.92	7.73	3.87	3.87	1.29
CORN, WHOLE KERNAL, CANNED	113	4.24	1.37	943.25	15.93	2.46	3.67	1.23
CUCUMBERS & TOMATOES W/ ITALIAN DRESSING	50	3.14	0.33	268.95	4.93	0.72	2.97	0.53
GREENS, MUSTARD	17	0.00	0.00	224.01	2.72	2.36	0.36	1.57
PEAS, BLACK EYED	115	0.82	0.00	237.25	20.88	4.24	0.26	7.37
PEAS, GREEN	109	2.96	1.13	487.01	15.40	5.78	3.85	3.85
PICKLE, DILL	1.20	0.02	0.00	377.00	6.00	0.00	0.00	0.00
POTATO SALAD K-8 SERVING	78	3.22	0.79	142.80	9.99	0.85	0.00	1.94
POTATO SALAD 9-12 SERVING	157	6.44	1.59	285.59	19.97	1.70	0.00	3.88
POTATO, BAKED PLAIN	189	2.22	0.16	71.54	37.09	4.03	2.00	5.01
POTATO, FRENCH FRIES, SEASONED	185	9.26	2.31	358.71	24.30	2.31	1.16	2.31
POTATO, FRENCH FRIES	155	4.83	0.97	367.46	25.14	1.93	0.00	1.93
POTATO, MASHED	99	260	1.24	235.25	23.99	0.78	0.98	2.14

Nutrition

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Recipe	Calories (kcal)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
RELISH CUP, SANDWICH	11	0.08	0.01	186.35	1.65	0.56	1.11	0.42
RELISH CUP, TACO	11	0.12	0.01	5.63	2.39	0.85	1.60	0.64
SALAD, SPINACH NO DRESSING	23	0.62	0.15	36.20	3.58	1.51	1.98	1.41
SALAD, GARDEN NO DRESSING	24	0.24	0.03	24.54	5.03	1.86	2.99	1.36
SWEET POTATOES, CANNED K-8 SERVING	92	0.00	0.00	20.21	21.37	1.16	9.82	1.73
SWEET POTATOES, CANNED 9-12 SERVING	185	0.00	0.00	40.42	42.74	2.31	19.63	3.47