



RECIPE NUTRITIONAL SUMMARY

Recipe Number	Recipe Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
M50058	COND PC Syrup 1.4oz Smuckers	1 each (0 g)	110	0	0	0	0	0	25	29	0	21	0	0	0	0	0
M50178	FRUIT: PINEAPPLE Tbits w/Jc1/2c	1/2 cup (0 g)	80	0	0	0	0	0	0	18	1	17	1	0	10	0	0
M50187	VEG: BROCCOLI, Frz Chpd 1/2c	1/2 cup (0 g)	25	0	0	0	0	0	10	5	3	1	3	15	60	2	2
M50195	VEG: CARROTS, Sliced Fz 1/2c	1/2 cup (0 g)	30	5	0.5	0	0	0	50	7	3	4	<1	300	4	4	2
M50277	NACHOS ChixGd Bn Scp AP 2.0	1 each (0 g)	310	110	13	6	0	65	720	30	3	<1	17	8	0	25	10
M50290	COND_Ketchup #10 Pouch	1 tablespoon (0 g)	20	0	0	0	0	0	160	5	0	4	0	0	0	0	0
M50319	CHIX Drumstk, AP OvnRstd 2.5	1 each (0 g)	160	90	10	2.5	0	90	320	2	0	0	16	0	0	0	4
M50350	VEG: CUCUMBER, Fresh Slice1/2c	1/2 cup (0 g)	10	0	0	0	0	0	0	3	0	1	0	0	4	0	0
M50392	SDW HD, Tky AM WG 2.0	1 sandwich (0 g)	310	100	11	5	0	55	980	31	2	5	21	4	0	20	10
M50429	FRUIT: CANTALOUPE, Fresh 1/2c	1/2 cup (0 g)	25	0	0	0	0	0	10	6	<1	6	<1	50	45	0	0
M50431	VEG: CARROTS, Fresh Baby 1/2c	1/2 cup (0 g)	25	0	0	0	0	0	55	6	2	3	0	200	4	2	4
M50534	FRUIT: ORANGE 138ct 1/8wg 1/2c	8 wedge (0 g)	45	0	0	0	0	0	0	12	2	9	<1	4	90	4	0
M50536	FRUIT: APPLE, 138ct 1/8wg 1/2c	4 wedge (0 g)	30	0	0	0	0	0	0	8	1	6	0	0	6	0	0
M50549	FRUIT: WATERMELON, Fresh 1/2c	1/2 cup (0 g)	25	0	0	0	0	0	0	7	0	6	<1	10	10	0	0
M50609	COND_Mustard, Brown 1.5Gal	1 tablespoon (0 g)	15	0	0	0	0	0	280	0	0	0	<1	0	0	0	0
M50693	COND_Dressing, Italian Lite	1 tablespoon (0 g)	20	15	2	0	0	0	135	1	0	1	0	0	0	0	0
M50778	VEG: CORN, Fz Mexicali 1/2c	1/2 cup (0 g)	70	0	0.5	0	*0	0	0	16	2	3	2	6	20	0	2
M50821	BURG, Beef AM AP WG 2.25	1 each (0 g)	290	90	11	4.5	0	40	550	30	2	5	19	2	0	15	15

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M50897	SDW BD, Ham AM WG 2.0	1 sandwich (0 g)	320	110	12	5	0	50	1350	32	2	6	21	4	0	15	15
M50951	PASTA, Penne WG 1/2c	1/2 cup (0 g)	100	10	1.5	0	0	0	5	20	3	1	4	0	0	0	8
M50979	JUICE SS, Apple 100% 4oz Cart	1 each (0 g)	60	0	0	0	0	0	15	14	0	13	0	0	0	0	0
M50980	JUICE SS, Frt Bld 100% 4oz Crt	1 each (0 g)	60	0	0	0	0	0	10	14	0	13	0	0	6	0	0
M50982	JUICE SS, ORANGE 100% 4 FLOZ	1 each (0 g)	50	0	0	0	0	0	15	12	0	10	<1	0	70	0	0
M50995	PIZZA AP Wdg Chz WG	1 each (0 g)	300	100	11	4	0	15	580	37	4	15	15	10	0	30	15
M51044	VEG: POTATO, HB Patty 1ea	1 patty (0 g)	130	70	8	0	0	0	250	14	3	<1	1	0	4	0	0
M51045	VEG: POTATO, Mashed 1/2c	1/2 cup (0 g)	80	10	1	0	0	0	100	15	<1	<1	2	0	15	0	0
M51085	SOUP Cond, Tomato 1c	8 fl oz (0 g)	90	0	0	0	0	0	470	20	<1	12	2	8	10	0	4
M51095	MILK SS, SKIM 8 FLOZ	1 carton (0 g)	80	0	0	0	*	<5	105	12	0	12	8	10	0	30	0
M51129	COND PC Mayonnaise FF 12g	1 each (0 g)	15	0	0	0	0	0	105	3	0	1	0	0	0	0	0
M51132	PIZZA AP Wdg Pep WG	1 each (0 g)	300	100	11	4.5	0	15	640	36	4	14	15	8	0	20	15
M51133	BURG, Beef AM SS WG 2.5	1 each (0 g)	350	150	16	6	0.5	65	560	28	2	5	23	2	0	15	15
M51176	BEEF Gd, Taco Meat SS 1.0	1 No 24 Scoop (0 g)	70	30	3.5	1.5	*0	15	125	2	0	0	6	2	2	0	6
M51228	BRD: BUN, Hamburger WG	1 each (0 g)	140	20	2	0	0	0	300	27	2	4	5	0	0	4	8
M51329	VEG: SALAD, Mixed SWest 1/2c	1/2 cup (0 g)	80	25	3	0	*0	0	210	12	3	4	2	8	30	4	4
M51406	BRD: ROLL AP, Dinner WG 1oz	1 each (0 g)	70	0	0	0	0	0	115	14	1	0	3	0	4	2	6
M51457	CHIX Nugget, WG (5) 2.0	5 each (0 g)	200	90	10	2	0	45	440	12	1	0	16	2	0	2	10

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M51458	FRUIT: BANANA (150ct) Whole	1 each (0 g)	70	0	0	0	0	0	0	18	2	9	<1	0	10	0	0
M51461	VEG: BEANS, Black 1/2c	1/2 cup (0 g)	120	10	1	0	0	0	95	21	7	0	7	0	0	10	10
M51465	VEG: BEANS, Green Fz 1/2c	1/2 cup (0 g)	20	0	0	0	0	0	0	4	2	1	1	6	4	2	2
M51661	VEG: SALAD, Cucumber Tom 3/4c	3/4 cup (0 g)	60	35	3.5	0.5	0	0	280	7	1	5	1	15	20	0	2
M51688	FRUIT: CUP SS, APPLESC CHK FRZ 1/2C	1 each (0 g)	70	0	0	0	0	0	20	20	2	16	0	2	20	2	0
M51865	PASTA Salad, Penne Caes WG1/4c	1/4 cup (0 g)	70	40	4	0.5	0	0	75	8	1	<1	2	2	6	2	2
M52044	VEG: POTATO, Mashed 1/2c/PGrvy	1 serving (0 g)	120	15	2	0	0	<5	230	21	<1	2	2	0	15	0	0
M52157	CHIX Pty, Brd AP WG 2.0	1 each (0 g)	200	90	10	2	0	45	450	12	1	0	16	2	0	2	10
M52174	VEG: POTATO SWT, TATER BITES 1/2C	1/2 cup (0 g)	140	35	4	0	0	0	190	26	2	9	1	60	6	2	2
M52193	RICE, Plain WG 1BG	1/2 cup (0 g)	100	10	1	0	0	0	0	21	<1	0	2	0	0	0	0
M52263	STICKS, CORN DOG CHIX AP WG 2.0	1 each (0 g)	240	70	8	2.5	0	40	390	30	5	5	9	0	0	8	10
M52265	VEG: CORN, Fz 1/2c	1/2 cup (0 g)	70	0	0.5	0	0	0	0	16	2	3	2	4	4	0	2
M52268	FRUIT: PEACHES Dice w/Jc 1/2c	1/2 cup (0 g)	50	0	0	0	0	0	10	12	0	10	0	6	2	0	0
M52271	FRUIT: PEARS, Dice w/Jc 1/2c	1/2 cup (0 g)	60	0	0	0	0	0	10	14	2	12	0	0	0	0	0
M52278	VEG: PEAS, Green Fz 1/2c	1/2 cup (0 g)	70	0	0	0	0	0	70	13	4	4	5	40	15	2	8
M52282	YOGURT, Parfait Peach 1.0	1 serving (0 g)	160	10	1	0.5	0	5	75	32	0	23	4	15	0	10	0
M52395	BURG AP, Beef AM WG IW 2.0	1 each (0 g)	340	110	12	5	0	35	490	42	4	8	17	6	30	15	20
M52399	BRD: BRDSTK AP, WG 1ea (1BG)	1 each (0 g)	70	10	1	0	0	0	105	14	1	1	3	0	0	0	4

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M52402	VEG: SALAD, Side GardRomSC 1c	1 each (0 g)	10	0	0	0	0	0	0	3	1	1	<1	70	6	0	2
M52449	COND_Sauce, Swt & Sour SS TBSP	1 tablespoon (0 g)	15	0	0	0	*0	0	30	3	0	3	0	0	0	0	0
M52593	ORI ChixPop Org Broc WG 2.0	8 fl oz (0 g)	360	130	15	3	*0	20	560	38	5	16	18	15	80	6	15
M52610	HOT DOG, Plain WG 2.0	1 each (0 g)	290	130	14	4	0	50	1040	29	2	4	12	6	0	10	15
M52732	STICKS, BOSCO PRETCHZ AP WG 1.0 2EA	2 each (0 g)	400	130	14	4	0	20	460	54	6	6	14	8	0	20	15
M52795	FRUIT: ORANGE MandBrkw/Syr1/2c	1/2 cup (0 g)	80	0	0	0	0	0	10	17	<1	15	<1	4	20	0	0
M52863	ENT: PASTA, MAC&CHZ AP WG 2.25	6 fl oz (0 g)	310	110	12	6	0	30	750	33	2	7	19	0	0	0	0
M52869	ENT: BOWL, ChixPop CHCntryWG 2	1 bowl (0 g)	460	160	18	5	0	30	780	56	5	7	19	6	35	15	15
M52903	BRD: WAFFLE, SS WG (1BG)	1 serving (0 g)	90	15	1.5	0.5	0	<5	270	16	1	3	2	0	0	20	0
M52920	BRD: PANCAKES, AP WG (2BG)	2 each (0 g)	140	35	4	0	0	10	220	28	2	4	4	0	0	0	8
M52962	CHIX Popcorn, AP WG 1.0	1 serving (0 g)	130	60	7	1.5	0	10	190	8	2	<1	8	0	0	2	6
M53086	VEG: SALAD, ColeslawCrmy W3/4c	3/4 cup (0 g)	90	60	7	1	*0	10	220	8	2	3	0	25	0	0	0
M53153	VEG: BEANS, Bkd Veg AP 1/2c	1/2 cup (0 g)	130	0	0	0	0	0	550	29	5	10	7	0	0	4	10
M53275	MELT BD, AM WG 2.0	1 sandwich (0 g)	380	180	20	11	0	65	1320	32	2	7	19	10	0	40	10
M53340	SDW BD, PBJ WG 2.0	1 sandwich (0 g)	630	300	34	6	0	0	620	70	6	34	20	0	0	0	20
M53365	JUICE SS, Grape100% 4oz Cart	1 each (0 g)	80	0	0	0	0	0	15	18	0	18	0	0	0	0	0
M53421	VEG: POTATO, TATER BITES 1/2 C	1/2 cup (0 g)	140	60	7	1.5	0	0	280	16	2	*	2	0	0	0	4
M53465	MILK SS, 1% WHITE 8 FLOZ	1 carton (0 g)	100	20	2.5	1.5	*	10	105	12	0	13	8	10	0	30	0

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M53521	VEG: SALAD, BeanBlk Tomato1/2c	1/2 cup (0 g)	80	5	0.5	0	*0	0	60	15	5	2	5	8	10	6	8
M53522	VEG: SQUASH, ACORN FRESH RSTD 1/2C	1 each (0 g)	35	0	0	0	0	0	0	9	3	*0	<1	4	10	2	4
M53549	FRUIT: APPLESAUCE, Unswt AP1/2c	1/2 cup (0 g)	50	0	0	0	0	0	10	14	2	9	0	0	0	0	0
M53553	VEG: POTATO, Wedge 1/2c	1/2 cup (0 g)	100	25	2.5	1	0	0	25	18	2	<1	2	0	10	0	4
M53575	YOGURT, Parfait Peach 0.5	1 serving (0 g)	90	5	1	0	0	<5	45	19	0	13	2	8	0	6	0
M53577	TKY Rst, SS 1.0	2 ozw (0 g)	60	20	2	1	0	35	280	0	0	0	12	0	0	0	4
M53712	BRD: PRETZEL, Soft 2.2oz WG	1 each (0 g)	140	0	0.5	0	0	0	150	30	3	1	5	0	2	2	10
M53785	BRD: WAFFLE, SS WG (2BG)	1 serving (0 g)	180	30	3	1.5	0	5	530	33	3	6	4	0	0	40	0
M53965	VEG: BEANS, Pinto CampChpt1/2c	1/2 cup (0 g)	170	10	1	0	*0	0	280	34	5	9	7	4	6	6	10
M54024	BEEF Meatballs, RS AP 4ea 1.5	4 each (0 g)	120	70	8	3	0	30	170	2	<1	*	10	0	0	2	6
M54338	TKY GD, TACO MEAT (USDA) AP 1.0	1 No 20 Scoop (0 g)	90	45	5	1	0	20	130	2	1	*	8	8	6	2	4
M54483	CHIX STRIPS, BRD HOMESTYLE WG (3) 2.0 MWWW	3 each (0 g)	280	120	13	2	0	60	460	16	1	0	24	0	0	2	8
M54640	STICKS, MOZZ BREADED RS WG 1.0 (3EA)	3 stick (0 g)	230	100	11	4	0	20	250	21	2	<1	11	6	0	25	6
M54853	VEG: POTATO, FF 5/16" GEN7 1/2C	1/2 cup (0 g)	100	30	3.5	0	0	0	125	17	1	0	1	0	4	0	2
M55222	PACK: BAGEL PIZZA MZ MAKE-YOUR-OWN WG 2.0	1 package (0 g)	350	120	13	7	0	30	920	27	6	8	21	10	4	45	10
M55326	PACK: PRETZEL MZ STICK DANIMAL STRW YOGURT 2.0	1 package (0 g)	280	25	3	2	0	10	430	47	3	14	17	2	2	40	10
M55366	FRANK, PORK & BEEF 2.0	1 each (0 g)	80	140	16	6	0	35	590	2	0	2	6	0	0	0	4
M55389	TKY RST, (USDA) SC DICED 1.0	1/4 cup (0 g)	50	15	2	0.5	*	15	220	<1	0	0	7	0	0	0	2

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M55548	PACK: BAGEL MZ STICK(2) LT CRM CHEESE PC WG 2.0	1 package (0 g)	310	90	10	6	0	35	680	24	4	6	24	10	0	50	10
M55591	BRD: FR TST STK, AP WG 3EA (1.5BG)	3 stick (0 g)	200	70	8	1.5	0	0	230	29	2	7	5	0	0	2	8
M55706	SAUCE P, SPAG AP BEEF SC 2.0	3/4 cup (0 g)	210	80	9	3.5	0	50	105	13	2	8	18	20	15	4	20

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