

Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
64 Apple	APPLE	138	71.760	0.039 0.484%	1.380	14.338 79.922%	0.235 2.942%	0.000	19.058 106.231%	3.312	0.359 2.001%	74.520	8.280	6.348	0.166
417 Applesauce Cup	CUP	128	51.000	0.010 0.176%	2.000	12.000 94.118%	0.100 1.765%	0.000	14.000 109.804%	1.000	0.200 1.569%	35.000	5.000	1.200	0.300
1116 Bagel/Cream Cheese	BAGEL	85	241.248	6.075 22.663%	256.186	5.012 8.310%	10.112 37.725%	30.374	30.025 49.783%	4.000	8.025 13.306%	202.496	60.250	0.000	1.800
172 Baked Beans	1/2 CUP	135	139.363	0.088 0.570%	182.863	*4.377* *12.563%*	0.473 3.054%	0.000	32.053 91.998%	5.080	5.870 16.848%	138.162	45.931	1.638	1.553
68 Banana	BANANA	118	105.020	0.132 1.133%	1.180	14.431 54.965%	0.389 3.337%	0.000	26.951 102.652%	3.068	1.286 4.898%	75.520	5.900	10.266	0.307
113 Banana Split Salad	1/2 CUP	148	236.912	3.705 14.074%	134.935	*15.648* *26.420%*	9.409 35.743%	1.191	39.225 66.226%	2.158	1.986 3.353%	298.882	72.250	8.071	0.768
398 BBQ Pork Roast w/Bun	SERVINGS	178	462.369	7.326 14.260%	639.358	*3.006* *2.601%*	21.464 41.779%	108.002	30.235 26.156%	2.044	34.446 29.800%	27.492	116.495	2.004	2.868
479 BBQ Rib w/Bun	SANDWICH	128	312.000	4.200 12.115%	658.000	9.000 11.538%	13.500 38.942%	36.000	31.600 40.513%	3.200	18.400 23.590%	17.400	104.800	2.400	8.640
1091 BBQ Sauce	OZ	28	41.690	0.000 0.000%	258.481	*N/A* *N/A%*	0.000	0.000	10.006 96.001%	0.000	0.000 0.000%	0.000	0.000	2.001	0.300
595 Bosco Apple Breadstick	STICK	86	190.000	0.500 2.368%	170.000	9.000 18.947%	2.500 11.842%	0.000	38.000 80.000%	3.000	5.000 10.526%	45.000	20.000	0.000	1.800
1131 Bosco Breadsticks Ele	2 STICKS	120	300.000	3.000 9.000%	460.000	4.000 5.333%	9.000 27.000%	20.000	32.000 42.667%	4.000	20.000 26.667%	600.000	400.000	0.000	2.160
144 Bosco Breadsticks Sec	2 STICKS	167	456.004	6.756 13.335%	586.594	*4.000* *3.509%*	17.865 35.259%	30.448	52.072 45.677%	4.000	24.148 21.182%	574.157	404.443	0.000	2.883
1134 Bosco Egg Breadstick	STICK	63	150.000	2.500 15.000%	380.000	2.000 5.333%	6.000 36.000%	55.000	18.000 48.000%	2.000	8.000 21.333%	200.000	0.000	0.000	1.080
1135 Bosco Egg Turkey Breadstick	STICK	65	160.000	2.500 14.062%	370.000	1.000 2.500%	6.000 33.750%	60.000	17.000 42.500%	2.000	9.000 22.500%	200.000	0.000	0.000	1.440
915 Bosco Pepp Breadsticks	2 STICKS	210	480.000	9.000 16.875%	1000.000	6.000 5.000%	18.000 33.750%	50.000	58.000 48.333%	6.000	22.000 18.333%	800.000	300.000	7.200	3.600
179 Breakfast Burrito	BURRITO	150	356.435	5.126 12.942%	584.232	*0.452* *0.507%*	18.217 45.998%	141.945	32.969 36.999%	5.158	15.174 17.029%	*366.446*	*72.991*	*5.836*	*0.596*
585 Bug Bite Graham Crackers	PKG	31	140.000	1.500 9.643%	125.000	*N/A* *N/A%*	4.500 28.929%	0.000	23.000 65.714%	0.000	2.000 5.714%	0.000	100.000	0.000	0.720

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1104 Bun Hot Dog	BUN	43	120.000	0.500 3.750%	220.000	4.000 13.333%	1.500 11.250%	0.000	22.000 73.333%	1.000	4.000 13.333%	20.000	100.000	0.000	1.800
383 Burrito	SERVINGS	176	464.018	9.893 19.189%	748.036	*0.353* *0.304%*	22.296 43.244%	82.427	33.936 29.254%	5.275	30.683 26.450%	*405.534*	*50.191*	*0.783*	*2.141*
1057 Burrito Bake	SERVINGS	207	356.327	10.059 25.406%	796.731	*1.477* *1.658%*	19.520 49.303%	55.911	20.913 23.476%	4.274	25.095 28.171%	*522.662*	*237.079*	*5.316*	*2.303*
567 Carrot/Celery Dip	CUP	138	105.900	1.537 13.060%	377.000	3.184 12.026%	8.167 69.408%	10.000	6.902 26.070%	2.410	0.734 2.772%	7164.400	40.000	3.160	0.565
1053 Carrot/Dip	3/4 CUP	108	108.000	1.518 12.653%	352.400	3.808 14.104%	8.104 67.533%	10.000	7.592 28.119%	2.320	0.512 1.896%	11032.000	25.600	2.080	0.712
384 Carrots Glazed	1/2 CUP	193	81.520	0.432 4.764%	95.037	*5.030* *24.681%*	2.184 24.113%	0.000	15.165 74.410%	2.739	1.208 5.927%	20045.590	48.869	8.618	1.194
934 Cereal Golden Graham	SERVING	28	110.000	0.000 0.000%	220.000	9.000 32.727%	1.000 8.182%	0.000	24.000 87.273%	1.000	1.000 3.636%	45.000	*N/A*	*N/A*	*N/A*
9 Cheese Sauce	2 OZ	80	160.000	6.000 33.750%	600.711	4.000 10.000%	10.000 56.250%	30.000	4.000 10.000%	0.000	12.000 30.000%	0.000	0.711	0.000	0.000
2 Cheese Sauce Nacho	2 OZ	82	160.562	6.001 33.635%	607.411	*4.000* *9.965%*	10.003 56.070%	30.000	4.109 10.237%	0.021	12.023 29.952%	8.575	0.898	0.062	0.035
1141 Cheese Sauce Queso	2 OZ SERVING	57	118.000	5.300 40.424%	415.000	0.000 0.000%	9.000 68.644%	30.000	2.000 6.780%	0.000	7.000 23.729%	400.000	203.000	0.000	0.000
709 Cheese Slice	SLICE	14	40.000	1.500 33.750%	150.001	1.000 10.000%	2.500 56.250%	7.500	1.000 10.000%	0.000	3.000 30.000%	0.000	0.000	0.000	0.000
968 Cheese Stick	STICK	28	90.000	5.000 50.000%	200.000	0.000 0.000%	7.000 70.000%	20.000	0.000 0.000%	0.000	7.000 31.111%	*N/A*	*N/A*	*N/A*	*N/A*
969 Cheese Stick Coby	STICK	28	110.000	6.000 49.091%	200.000	0.000 0.000%	9.000 73.636%	25.000	0.000 0.000%	0.000	7.000 25.455%	200.000	200.000	0.000	0.000
149 Cheeseburger Ele	SANDWICH	121	288.000	4.700 14.688%	479.001	4.000 5.556%	12.000 37.500%	42.500	24.000 33.333%	3.000	20.000 27.778%	15.000	320.000	0.000	1.620
645 Cheeseburger Mac	SERVINGS	175	428.574	6.774 14.224%	831.582	*11.979* *11.180%*	16.622 34.906%	71.845	34.063 31.792%	1.323	33.690 31.444%	352.934	681.787	3.867	2.871
1058 Cheeseburger Sec	SANDWICH	141	350.000	6.500 16.714%	600.001	4.000 4.571%	17.000 43.714%	67.500	23.000 26.286%	2.000	24.000 27.429%	15.000	100.000	0.000	2.880
110 Cherry Crisp	1/2 CUP	288	360.536	*1.358* *3.390%*	*154.241*	*0.002* *0.002%*	7.570 18.896%	*0.000*	73.323 81.349%	*3.814*	*3.587* *3.980%*	*1970.189*	*44.027*	*4.696*	*3.961*

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770 Cherry Crisp FRZ	1/2 CUP	197	344.022	*1.314* *3.437%*	*141.677*	*34.266* *39.842%*	7.349 19.227%	*0.000*	68.598 79.760%	2.942	3.552 4.130%	*308.785*	*18.962*	*0.003*	0.932
108 Cherry Fluff	1/2 CUP	163	213.995	*6.202* *26.082%*	*0.988*	*26.965* *50.403%*	*7.753* *32.605%*	*0.000*	37.372 69.857%	*0.740*	*0.731* *1.366%*	*46.511*	*0.156*	*0.000*	*0.013*
1150 Chicken Alfredo	2/3 CUP	641	353.128	5.600 14.272%	605.906	*4.818* *5.458%*	10.953 27.914%	82.180	35.514 40.228%	3.040	32.074 36.331%	1806.340	309.660	4.838	2.671
627 Chicken BBQ Leg	LEG	144	280.000	4.000 12.857%	1140.000	2.000 2.857%	16.000 51.429%	80.000	12.000 17.143%	0.000	24.000 34.286%	200.000	0.000	0.000	1.440
990056 Chicken BBQ Sandwich	SANDWICH	171	286.643	0.000 0.000%	432.638	*3.000* *4.186%*	5.550 17.426%	85.048	27.003 37.682%	2.000	28.300 39.492%	15.000	100.000	1.001	3.048
990060 Chicken Boneless Wing Sec	5 wings	85	170.000	1.500 7.941%	360.000	0.000 0.000%	8.000 42.353%	35.000	11.000 25.882%	2.000	15.000 35.294%	0.000	2.000	0.000	4.000
990055 Chicken Boneless Wings Elem	4 wings	85	170.000	1.500 7.941%	360.000	0.000 0.000%	8.000 42.353%	35.000	11.000 25.882%	2.000	15.000 35.294%	0.000	2.000	0.000	4.000
1151 Chicken Chili	CUP	451	328.452	*0.778* *2.131%*	*423.019*	*1.672* *2.036%*	9.644 26.425%	*102.058*	22.150 26.975%	4.975	34.358 41.842%	*200.439*	*57.799*	*1.975*	3.765
62 Chicken Divan	8 OZ SERVINGS	314	308.512	5.931 17.301%	675.661	*1.350* *1.750%*	12.794 37.322%	88.383	17.602 22.822%	2.692	31.553 40.910%	864.553	367.090	32.588	1.842
990054 Chicken Drumstick	4.75oz	135	229.000	3.000 11.790%	420.000	0.000 0.000%	13.000 51.092%	75.000	8.000 13.974%	1.000	16.000 27.948%	2.000	2.000	100.000	8.000
990062 Chicken Drumstick Sec	9.5	67	114.500	1.500 11.790%	210.000	0.000 0.000%	6.500 51.092%	37.500	4.000 13.974%	0.500	8.000 27.948%	1.000	1.000	50.000	4.000
30 Chicken Fajita	FAJITAS	193	364.757	6.311 15.572%	639.568	*2.725* *2.988%*	18.758 46.283%	67.115	30.449 33.391%	4.291	23.237 25.482%	93.355	161.235	4.069	0.143
477 Chicken General Tso/Rice	SERVING	273	428.746	0.698 1.465%	1608.364	*0.334* *0.312%*	18.812 39.490%	61.661	44.248 41.282%	0.503	19.840 18.510%	*163.728*	*5.128*	*0.000*	*0.115*
699 Chicken Gumbo	8 OZ SERVINGS	295	216.237	*0.819* *3.408%*	*690.670*	*1.755* *3.246%*	6.557 27.290%	*44.296*	22.366 41.374%	3.252	16.291 30.135%	*890.035*	*49.869*	*26.146*	2.222
1149 Chicken Nachos	SERVINGS	215	516.242	9.989 17.414%	1450.458	4.267 3.306%	25.310 44.125%	89.679	42.895 33.237%	3.048	25.341 19.635%	554.667	305.714	0.000	0.549
382 Chicken Noodles	8 OZ SERVINGS	405	254.112	*2.958* *10.477%*	*1071.206*	*1.309* *2.061%*	10.689 37.856%	*44.711*	24.149 38.013%	2.281	15.034 23.665%	*250.019*	*10.139*	*0.084*	*0.303*
1023 Chicken Nugget Sec	5 PIECE	106	208.000	1.000 4.327%	546.000	1.000 1.923%	8.000 34.615%	42.000	15.000 28.846%	2.000	19.000 36.538%	178.000	20.000	0.000	0.180

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914 Chicken Nuggets Ele	5 PIECES	86	184.000	2.000 9.783%	400.000	0.000 0.000%	8.000 39.130%	35.000	12.000 26.087%	2.000	15.000 32.609%	153.000	31.000	95.000	2.000
304 Chicken Oriental	SERVINGS	145	109.537	1.238 10.173%	503.465	*4.238* *15.476%*	3.374 27.719%	44.200	9.858 35.999%	1.399	10.914 39.855%	1786.974	34.351	24.086	1.264
742 Chicken Pot Pie	4 OZ SERVINGS	420	498.200	*7.030* *12.699%*	*1520.565*	*3.365* *2.702%*	22.434 40.527%	*92.270*	38.084 30.577%	5.387	32.784 26.322%	*4145.553*	*59.136*	*8.285*	2.835
1110 Chicken Rice Casserole	8 OZ	216	201.793	*1.586* *7.075%*	*487.461*	*2.217* *4.395%*	8.114 36.189%	*45.053*	14.801 29.338%	1.195	15.603 30.929%	*284.294*	*52.626*	*0.601*	*1.425*
756 Chicken Roasted	2 PIECES	57	100.000	2.000 18.000%	200.000	0.000 0.000%	6.600 59.400%	36.600	0.000 0.000%	0.000	9.300 37.200%	0.000	0.000	0.000	0.468
787 Chicken Salad	SERVING	124	238.782	*2.306* *8.692%*	*106.674*	*2.333* *3.908%*	*17.218* *64.897%*	*44.904*	8.697 14.568%	*1.116*	*11.721* *19.635%*	*78.572*	*22.144*	*0.975*	*0.926*
804 Chicken Sandwich Crisp	SANDWICH	185	240.000	0.000 0.000%	860.000	*3.000* *5.000%*	3.000 11.250%	80.000	23.000 38.333%	3.000	30.000 50.000%	15.000	100.000	3.600	2.160
910 Chicken Sandwich Ele	SANDWICH	129	317.000	2.000 5.678%	616.000	4.000 5.047%	10.500 29.811%	35.000	35.000 44.164%	4.000	20.000 25.237%	176.000	350.000	102.000	1.800
1003 Chicken Sandwich Spicy	SANDWICH	185	420.000	3.500 7.500%	1140.000	3.000 2.857%	13.500 28.929%	45.000	45.000 42.857%	3.000	22.000 20.952%	515.000	120.000	0.000	2.520
912 Chicken Stirps Ele	3 STRIPS	94	200.000	3.000 13.500%	520.000	0.000 0.000%	12.000 54.000%	45.000	10.000 20.000%	2.000	13.000 26.000%	0.000	0.000	0.000	0.000
1099 Chicken Strips Sec	4 STRIPS	125	265.957	3.989 13.500%	691.489	0.000 0.000%	15.957 54.000%	59.840	13.298 20.000%	2.660	17.287 26.000%	0.000	0.000	0.000	0.000
859 Chicken Sweet/Sour & Rice	SERVING	359	310.431	*2.734* *7.926%*	*891.454*	*22.384* *28.842%*	*5.919* *17.161%*	*59.615*	45.806 59.022%	*1.084*	*17.269* *22.252%*	*1840.224*	*15.584*	*2.770*	*0.972*
163 Chicken Tetrzzini	1 CUP	422	264.181	*1.781* *6.067%*	*597.024*	*3.173* *4.804%*	8.158 27.793%	*58.327*	24.048 36.411%	2.662	22.263 33.709%	*356.881*	*123.502*	*4.182*	1.489
445 Chicken Wings Fire	4 PCS	96	220.000	3.500 14.318%	560.000	6.000 10.909%	15.000 61.364%	110.000	1.000 1.818%	0.000	20.000 36.364%	0.000	0.000	0.000	0.000
582 Chicken Wings Honey	4 PCS	94	200.000	2.500 11.250%	380.000	1.000 2.000%	13.000 58.500%	105.000	4.000 8.000%	0.000	18.000 36.000%	100.000	60.000	0.000	1.080
990057 Chip Variety	PKG	28	140.000	1.000 6.429%	160.000	*1.000* *2.857%*	6.000 38.571%	0.000	18.500 52.857%	3.000	2.000 5.714%	0.000	0.000	*0.000*	0.360
1076 Cobbler Cherry CN	1/2 CUP	185	249.324	1.661 5.996%	126.261	*22.754* *36.505%*	6.705 24.203%	0.000	46.613 74.783%	*1.867*	1.967 3.156%	*1038.377*	*17.631*	*2.933*	*2.339*

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109 Cobbler Cherry FRZ	1/2 CUP	177	259.470	1.633 5.666%	118.890	*34.385* *53.008%*	6.567 22.779%	0.000	49.270 75.955%	*1.945* 3.959%	2.568 3.959%	*0.000*	*1.823*	*0.000*	*0.439*
639 Cracker Scooby Graham	PKG	28	120.000	1.000 7.500%	115.000	*N/A* *N/A*	4.000 30.000%	0.000	21.000 70.000%	0.000	2.000 6.667%	0.000	100.000	0.000	1.080
1024 Cream Cheese	OZ	28	101.248	6.075 54.000%	96.186	1.012 3.998%	9.112 81.000%	30.374	2.025 8.000%	0.000	2.025 8.000%	202.496	20.250	0.000	0.000
1120 Cream Cheese pkg	PKG	28	90.000	5.000 50.000%	140.000	2.000 8.889%	8.000 80.000%	25.000	2.000 8.889%	0.000	1.000 4.444%	300.000	20.000	0.000	0.000
496 Crispitos	2 CRISPITOS	194	540.000	6.000 10.000%	740.000	2.000 1.481%	28.000 46.667%	50.000	46.000 34.074%	6.000	24.000 17.778%	1500.000	80.000	0.000	3.600
884 Cucumber Salad	SERVINGS	87	30.152	0.027 0.794%	211.371	*5.682* *75.378%*	0.078 2.334%	0.000	7.373 97.810%	*0.398* 6.381%	0.481 6.381%	*71.509*	12.427	2.169	0.231
1101 Donut Cake Mini	4 DONUTS	57	200.000	4.500 20.250%	270.000	9.000 18.000%	10.000 45.000%	20.000	25.000 50.000%	1.000	3.000 6.000%	45.000	20.000	0.000	1.080
1113 Donut Holes	5 HOLES	55	220.000	5.000 20.455%	240.000	5.000 9.091%	12.000 49.091%	0.000	24.000 43.636%	2.000	4.000 7.273%	0.000	0.000	0.000	0.720
664 Donut Long John	Donut	84	405.660	9.073 20.130%	305.352	*25.664* *25.306%*	19.284 42.784%	0.312	53.173 52.431%	1.000	4.167 4.109%	*20.963*	*6.524*	*0.025*	*0.016*
903 Doritos Nacho	PKG	28	130.000	0.500 3.462%	200.000	0.000 0.000%	5.000 34.615%	0.000	20.000 61.538%	2.000	2.000 6.154%	100.000	0.000	0.000	0.360
975 Dressing Catalina	OZ	34	130.000	1.500 10.385%	420.000	8.000 24.615%	11.000 76.154%	0.000	8.000 24.615%	0.000	0.000 0.000%	40.000	0.000	0.000	0.000
708 Egg Pattie	PATTY	28	40.000	1.000 22.500%	90.000	0.000 0.000%	2.000 45.000%	115.000	1.000 10.000%	0.000	3.000 30.000%	200.000	20.000	0.000	0.360
1187 Egg Sandwich Croissant	SANDWICH	152	460.000	11.000 21.522%	830.001	6.000 5.217%	28.500 55.761%	157.500	33.000 28.696%	2.000	18.000 15.652%	200.000	60.000	0.000	2.520
566 Egg Scrambled	cup	255	339.086	7.264 19.279%	337.050	*1.375* *1.622%*	21.904 58.136%	845.556	3.008 3.548%	0.000	29.486 34.783%	1287.199	164.506	0.150	3.992
991 Fish Filet w/Bun	SANDWICH	144	280.000	1.000 3.214%	540.000	4.000 5.714%	7.500 24.107%	35.000	38.000 54.286%	4.000	15.000 21.429%	20.000	120.000	0.000	2.160
992 Fish Sticks	4 STICKS	112	210.000	1.500 6.429%	270.000	1.000 1.905%	8.000 34.286%	35.000	22.000 41.905%	3.000	12.000 22.857%	5.000	20.000	0.000	1.080
697 Frudel Cherry	FRUDEL	65	210.000	1.500 6.429%	290.000	11.000 20.952%	6.000 25.714%	0.000	37.000 70.476%	2.000	5.000 9.524%	55.000	0.000	0.000	1.080

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Jefferson City School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
839 GF Chicken Chunks	5 PIECES	66	130.000	2.500 17.308%	320.000	*N/A* *N/A*	9.000 62.308%	40.000	1.000 3.077%	1.000	11.000 33.846%	0.000	20.000	0.000	1.080
551 Goldfish	PKG	21	100.000	1.000 9.000%	170.000	*N/A* *N/A*	3.500 31.500%	5.000	14.000 56.000%	1.000	3.000 12.000%	0.000	20.000	0.000	0.360
604 Graham Goldfish Giant	PKG	26	120.000	1.000 7.500%	50.000	*N/A* *N/A*	4.500 33.750%	0.000	19.000 63.333%	2.000	1.000 3.333%	0.000	100.000	0.000	0.720
154 Grapes	1/2 CUP	46	30.820	0.052 1.530%	0.920	7.475 97.015%	0.161 4.701%	0.000	7.889 102.388%	0.414	0.290 3.764%	46.000	6.440	1.840	0.133
1045 Gravy Sausage	1/2 CUP	194	342.761	*2.137* *5.610%*	*701.298*	*6.160* *7.189%*	25.751 67.615%	*40.799*	15.306 17.862%	0.984	11.614 13.553%	*604.228*	*168.247*	*0.672*	*0.891*
128 Green Beans	1/2 CUP	143	30.743	0.068 1.999%	310.674	*0.000* *0.000%*	0.282 8.267%	0.000	6.400 83.264%	2.734	1.646 21.416%	625.302	37.905	6.743	1.289
181 Grilled Cheese	SANDWICH	118	343.750	7.675 20.095%	847.126	*9.000* *10.473%*	16.213 42.447%	30.000	30.000 34.909%	3.000	19.000 22.109%	193.746	250.000	0.000	1.440
165 Ham/Cheese Pretzel	SANDWICH	175	332.553	6.501 17.595%	880.332	6.501 7.820%	12.503 33.837%	60.026	36.003 43.305%	3.000	23.507 28.275%	12.507	*20.000*	*0.000*	*1.800*
405 Ham/Cheese Sandwich	SANDWICH	156	282.553	5.001 15.931%	940.331	8.501 12.035%	10.003 31.862%	52.526	32.003 45.305%	3.000	22.507 31.862%	37.507	*250.000*	*0.000*	*1.440*
194 Hot Dog Ele	SANDWICH	99	230.000	3.000 11.739%	840.000	5.000 8.696%	9.500 37.174%	50.000	23.000 40.000%	1.000	11.000 19.130%	25.000	180.000	0.000	2.880
391 Hot Dog Sec	SANDWICH	134	410.000	10.800 23.707%	1177.700	4.000 3.902%	28.000 61.463%	50.000	24.300 23.707%	1.100	14.200 13.854%	*20.000*	*100.000*	*0.000*	*1.800*
193 Hot Ham/Cheese	SANDWICH	142	252.553	4.001 14.259%	920.331	6.501 10.296%	9.003 32.083%	52.526	28.003 44.352%	2.000	19.507 30.896%	27.507	*100.000*	*0.000*	*1.440*
115 Jello Apples	APPLE	142	86.882	*0.039* *0.400%*	11.461	*14.338* *66.011%*	0.235 2.430%	*0.000*	22.650 104.278%	*3.312*	0.668 3.075%	*74.520*	*8.280*	*6.348*	0.172
1012 Jello Cake	PIECE	110	319.582	*8.098* *22.804%*	303.517	*10.886* *13.625%*	12.432 35.010%	*12.600*	52.323 65.489%	*0.000*	3.051 3.819%	*54.431*	*34.239*	*0.000*	0.917
123 Jello w/Fruit	4 OZ	214	120.403	*0.000* *0.000%*	56.714	*0.000* *0.000%*	0.026 0.193%	*0.000*	30.034 99.778%	*1.090*	1.894 6.292%	*15.669*	*5.972*	*2.043*	0.338
687 Lasagna	PIECE	97	268.668	*5.752* *19.268%*	93.031	*1.109* *1.651%*	10.661 35.711%	*40.810*	22.087 32.884%	2.448	18.410 27.409%	*326.160*	353.140	*2.344*	1.072
480 Mac/Cheese	1/2 CUP	264	284.265	*5.257* *16.644%*	580.731	*9.884* *13.908%*	11.100 35.145%	25.769	27.711 38.994%	2.030	17.488 24.608%	482.604	235.158	0.730	0.148

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
536 Mandarin Oranges	1/2 CUP	113	71.441	0.011 0.142%	6.804	*N/A* *N/A%*	0.159 2.001%	0.000	18.212 101.968%	1.361	0.612 3.427%	1467.370	9.072	22.226	0.420
458 Mashed Potatoes	1/2 CUP	18	64.087	0.000 0.000%	248.337	*N/A* *N/A%*	0.801 11.250%	0.000	13.619 85.000%	0.801	1.602 9.999%	0.000	16.022	24.033	0.288
434 Melon Wedges	1/2 CUP	82	28.560	0.036 1.134%	13.890	6.516 91.261%	0.134 4.210%	0.000	7.046 98.678%	0.691	0.557 7.801%	1340.230	6.060	21.963	0.154
317 Mik 1%	CARTON	227	100.000	1.500 13.500%	120.000	11.000 44.000%	2.500 22.500%	15.000	11.000 44.000%	0.000	8.000 32.000%	500.000	300.000	1.200	0.000
1186 Milk Choc	CARTON	227	150.000	1.500 9.000%	230.000	22.000 58.667%	2.500 15.000%	10.000	24.000 64.000%	0.000	8.000 21.333%	20.000	20.000	*N/A*	0.000
327 Milk Skim	CARTON	227	80.000	0.000 0.000%	120.000	11.000 55.000%	0.000 0.000%	5.000	11.000 55.000%	0.000	8.000 40.000%	500.000	300.000	1.200	0.000
342 Mozz Cheese Sticks	6 STICKS	130	320.000	3.500 9.844%	620.000	2.000 2.500%	12.000 33.750%	15.000	37.000 46.250%	4.000	20.000 25.000%	10.000	*N/A*	*N/A*	*N/A*
876 Nacho Cheese/Chips	SERVINGS	107	280.562	6.501 20.853%	702.461	4.109 5.858%	14.503 46.524%	30.000	22.109 31.520%	2.021	14.023 19.993%	8.525	23.898	0.062	0.395
1105 Omlet	OMELET	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
155 Orange	ORANGE	131	61.570	0.020 0.287%	0.000	12.248 79.571%	0.157 2.298%	0.000	15.393 100.000%	3.144	1.231 7.997%	294.750	52.400	69.692	0.131
948 Pancake	2 PANCAKES	65	139.950	0.000 0.000%	219.921	3.999 11.430%	3.999 25.714%	9.996	27.990 80.000%	1.999	3.999 11.430%	0.000	0.000	0.000	1.439
650 Pancake Mini Maple	PKG	89	220.000	0.500 2.045%	130.000	12.000 21.818%	6.000 24.545%	0.000	39.000 70.909%	3.000	4.000 7.273%	0.000	20.000	0.000	0.720
552 Pancake Sausage Mini	3 PCS (72g)	72	190.000	3.000 14.211%	480.000	7.000 14.737%	10.000 47.368%	25.000	19.000 40.000%	1.000	8.000 16.842%	35.000	40.000	0.000	1.440
1154 Pancake Sausage Mini	3 PIECES	72	210.000	3.000 12.857%	430.000	5.000 9.524%	13.000 55.714%	20.000	17.000 32.381%	2.000	6.000 11.429%	0.000	40.000	0.000	1.080
891 Pancake Stick	STICK	71	220.000	3.500 14.318%	460.000	*N/A* *N/A%*	13.000 53.182%	25.000	22.000 40.000%	2.000	6.000 10.909%	0.000	20.000	0.000	1.080
1157 Parmesan Cheese	1/4 CUP	28	100.000	4.000 36.000%	430.000	0.050 0.200%	7.000 63.000%	20.000	0.050 0.200%	0.000	9.000 36.000%	200.000	300.000	0.000	0.000
1181 PBJ/Cheese Stick	SANDWICH	137	478.000	9.040 17.021%	567.000	*15.000* *12.552%*	25.350 47.729%	20.000	46.670 39.055%	4.798	21.021 17.591%	*25.000*	*266.998*	*0.000*	*2.131*

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
390 Pears	1/2 CUP	124	57.995	0.000 0.000%	1.996	*N/A* *N/A%*	0.124 1.924%	0.000	15.103 104.169%	1.996	0.384 2.649%	0.000	9.002	2.505	0.260
738 Philly Steak Sandwich	SANDWICH	232	397.010	3.528 7.998%	921.984	*6.882* *6.934%*	11.577 26.243%	40.000	48.963 49.332%	5.964	23.556 23.733%	*105.460*	*9.355*	*24.891*	2.676
466 Pig in Blanket Ele	SERVINGS	128	380.000	10.500 24.868%	1140.000	*3.000* *3.158%*	24.000 56.842%	35.000	30.000 31.579%	*2.000*	11.000 11.579%	15.000	100.000	0.000	1.080
990064 Pig in Blanket Sec	SANDWICH	167	515.562	14.325 25.007%	1644.012	2.000 1.552%	37.538 65.528%	60.125	26.806 20.798%	1.100	17.744 13.767%	*10.000*	*0.000*	*0.000*	*1.080*
858 Pizza	SLICE	153	400.000	9.000 20.250%	670.000	6.000 6.000%	17.000 38.250%	40.000	43.000 43.000%	2.000	20.000 20.000%	10.000	*N/A*	0.000	*N/A*
45 Pizza Bun	SERVINGS	197	375.550	6.832 16.374%	551.448	*3.140* *3.344%*	17.139 41.074%	68.172	28.009 29.832%	3.096	26.537 28.265%	687.158	250.405	2.663	4.076
309 Pizza Garlic Bread	PIECE	122	330.000	6.000 16.364%	680.000	2.000 2.424%	15.000 40.909%	20.000	30.000 36.364%	3.000	18.000 21.818%	500.000	300.000	0.000	1.800
635 Pizza Pepperoni	SLICE	168	465.811	11.531 22.280%	938.308	6.000 5.152%	23.581 45.561%	52.656	43.000 36.925%	2.000	22.531 19.348%	10.000	*0.000*	0.000	*0.182*
916 Pizza Quesadilla	SLICE	136	330.000	3.500 9.545%	830.000	3.000 3.636%	12.000 32.727%	10.000	40.000 48.485%	4.000	16.000 19.394%	15.000	*N/A*	*N/A*	*N/A*
917 Pizza Quesadilla Chicken	SLICE	142	320.000	2.500 7.031%	770.000	5.000 6.250%	11.000 30.938%	20.000	38.000 47.500%	4.000	18.000 22.500%	25.000	*N/A*	*N/A*	*N/A*
637 Pizza Sausage	SLICE	168	455.687	9.000 17.775%	816.810	*6.000* *5.267%*	22.316 44.074%	50.125	43.000 37.745%	2.000	21.772 19.111%	*10.000*	*N/A*	*0.000*	*N/A*
996 Potato Baby Bakes	1/2 CUP	113	120.000	0.000 0.000%	213.333	0.000 0.000%	2.000 15.000%	0.000	20.000 66.667%	0.000	4.000 13.333%	0.000	26.667	0.000	0.960
44 Potato Baked	POTATO	213	146.970	0.055 0.339%	34.080	2.450 6.668%	0.213 1.304%	0.000	33.462 91.072%	5.112	3.578 9.738%	17.040	19.170	19.383	1.108
1180 Potato Baked w/Cheese	POTATO	293	306.970	6.055 17.754%	634.791	6.450 8.405%	10.213 29.943%	30.000	37.462 48.816%	5.112	15.578 20.299%	17.040	19.881	19.383	1.108
1148 Potato Smiles	4 OZ	113	213.455	1.334 5.625%	306.842	0.000 0.000%	8.005 33.750%	0.000	33.352 62.500%	2.668	0.000 0.000%	0.000	0.000	4.803	0.961
586 Potato Wedge	1/2 CUP	76	93.971	0.420 4.022%	37.988	*N/A* *N/A%*	1.680 16.085%	0.000	19.374 82.468%	1.600	2.059 8.764%	0.000	11.996	8.597	0.540
1156 Pretzel w/Cheese Sec	EACH	151	350.000	6.000 15.429%	760.711	*4.000* *4.571%*	11.000 28.286%	30.000	*4.000* *4.571%*	*0.000*	*12.000* *13.714%*	*0.000*	*0.711*	*0.000*	*0.000*

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46 Pretzel/Cheese Ele	EACH	142	320.000	7.000 19.688%	600.711	6.000 7.500%	12.500 35.156%	30.000	33.000 41.250%	3.000	17.000 21.250%	0.000	20.711	0.000	1.800
532 Pudding w/Banana	1/2 CUP	180	125.268	0.831 5.972%	75.401	*13.517* *43.162%*	1.504 10.803%	6.825	25.369 81.008%	2.022	4.333 13.836%	263.012	134.168	7.338	0.214
731 Queso Cheese Sauce	SERVING	57	119.670	5.100 38.355%	549.000	*N/A* *N/A%*	10.000 75.207%	30.000	2.450 8.189%	0.000	7.700 25.737%	405.000	201.000	*N/A*	0.000
1094 Queso Cheese Sauce	2 OZ	57	118.000	5.300 40.424%	415.000	0.000 0.000%	9.000 68.644%	30.000	2.000 6.780%	0.000	7.000 23.729%	400.000	203.000	0.000	0.000
990058 Rainbow Veggies	1/2 CUP	12	3.821	0.006 1.413%	3.739	*0.190* *19.890%*	0.033 7.726%	0.000	0.855 89.463%	0.288	0.166 17.378%	758.706	3.039	8.661	0.054
449 Ravioli	CUP	254	250.000	3.500 12.600%	690.000	*N/A* *N/A%*	8.000 28.800%	30.000	30.000 48.000%	5.000	16.000 25.600%	200.000	20.000	*N/A*	2.700
472 Roast Beef Sandwich	SANDWICH	170	390.000	6.500 15.000%	860.000	*3.000* *3.077%*	16.000 36.923%	55.000	30.000 30.769%	3.000	27.000 27.692%	*100.000*	*200.000*	*0.000*	2.880
174 Salad Mandarin Orange	1 CUP	125	153.374	1.655 9.711%	125.142	*4.989* *13.011%*	11.901 69.833%	0.000	11.724 30.576%	2.224	1.597 4.165%	6105.041	35.973	9.326	0.898
998 Sausage Link	2 LINKS	57	240.000	10.000 37.500%	400.000	0.000 0.000%	24.000 90.000%	50.000	0.000 0.000%	0.000	8.000 13.333%	0.000	0.000	0.000	0.720
1117 Sausage Patty Raw	PATTY	56	220.000	6.000 24.545%	300.000	0.000 0.000%	19.000 77.727%	50.000	0.000 0.000%	0.000	8.000 14.545%	0.000	0.000	0.000	0.000
416 Shredded Lettuce/Cheese	SERVING	57	95.094	4.055 38.379%	215.460	0.558 2.347%	6.115 57.871%	20.250	1.855 7.801%	0.340	7.343 30.887%	*142.314*	*5.103*	*0.794*	*0.116*
990063 Snack Cracker Variety WG	PKG	28	122.008	1.093 8.062%	114.828	*3.750* *12.294%*	4.029 29.719%	0.000	20.758 68.056%	0.750	1.957 6.416%	250.000	97.862	0.000	0.885
544 Soup Chicken Noodle	8 OZ SERVINGS	272	111.891	*0.652* *5.245%*	*223.102*	*1.471* *5.259%*	4.870 39.174%	*10.206*	11.643 41.623%	0.972	4.225 15.104%	*188.660*	*9.807*	*0.476*	*0.357*
478 Soup Chicken Noodle CN	6 OZ	170	99.306	0.818 7.416%	662.070	0.000 0.000%	2.063 18.695%	20.680	10.758 43.331%	1.654	9.104 36.670%	248.274	331.026	0.000	1.176
385 Soup Tomato	CUP	227	141.384	1.112 7.080%	699.520	0.000 0.000%	2.973 18.928%	3.700	25.285 71.536%	2.973	2.973 8.411%	558.136	44.646	17.840	0.250
539 Soup Vegetable	1 CUP	315	84.118	0.067 0.720%	214.424	*3.300* *15.692%*	0.717 7.676%	0.000	16.472 78.329%	4.353	3.229 15.355%	2511.649	48.735	11.473	7.567
1126 Spaghetti w/Meatballs	SERVING	303	589.180	3.000 4.583%	579.744	*10.622* *7.211%*	10.898 16.648%	33.000	94.534 64.180%	7.722	27.239 18.493%	*24.000*	83.500	*1.000*	5.470

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Jefferson City School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
372 Spaghetti w/Meatsauce	SERVING	261	436.794	5.215 10.745%	464.797	*8.720* *7.985%*	14.420 29.712%	80.004	41.999 38.461%	4.560	31.948 29.257%	*0.000*	40.001	*0.000*	5.044
1178 Stromboli	SERVINGS	125	265.045	5.663 19.231%	706.929	*3.976* *6.000%*	11.682 39.666%	42.202	25.474 38.445%	2.500	19.171 28.932%	163.542	156.249	0.000	0.874
460 Sub Meatball	SANDWICH	329	680.905	13.909 18.384%	1165.244	*12.145* *7.135%*	32.887 43.469%	70.967	60.500 35.541%	9.025	39.747 23.350%	*286.077*	202.990	*2.022*	4.404
459 Sub Sandwich	SANDWICH	210	468.479	7.453 14.319%	1230.270	*6.998* *5.975%*	18.789 36.095%	66.587	47.077 40.196%	5.000	31.197 26.637%	156.992	*149.999*	*0.000*	*1.165*
1160 Sunchip	PKG	28	140.000	1.000 6.429%	120.000	2.000 5.714%	6.000 38.571%	0.000	18.000 51.429%	3.000	2.000 5.714%	0.000	0.000	*N/A*	0.360
852 Sunchip Cheddar	PKG	28	140.000	1.000 6.429%	200.000	*N/A* *N/A%*	6.000 38.571%	0.000	19.000 54.286%	3.000	2.000 5.714%	0.000	0.000	0.000	0.360
1022 Syrup	TBSP	20	45.922	0.000 0.000%	16.092	4.213 36.697%	0.000 0.000%	0.000	12.064 105.078%	0.000	0.000 0.000%	0.000	0.589	0.000	0.006
1088 Taco Burger	1/2 CUP SERVING	229	415.928	8.620 18.652%	694.984	*3.536* *3.401%*	20.273 43.868%	75.255	29.585 28.452%	3.283	27.060 26.024%	*990.438*	*191.559*	*3.165*	*4.072*
13 Taco Crunch	4 OZ SERVING	229	470.417	8.793 16.822%	608.288	*0.447* *0.380%*	27.042 51.736%	85.122	25.327 21.536%	3.145	28.629 24.344%	*1065.962*	*84.801*	*4.368*	*5.011*
1067 Taco Salad	CUP	81	19.705	0.043 1.959%	21.723	*0.851* *17.275%*	0.308 14.081%	0.000	4.096 83.144%	1.685	1.126 22.857%	6238.926	24.066	3.662	0.775
1033 Taco Soft/Crunchy	1/2 CUP	196	318.655	7.622 21.528%	400.285	*0.619* *0.777%*	17.957 50.718%	67.755	17.359 21.790%	2.565	20.964 26.316%	*1405.202*	*42.235*	*3.421*	*2.845*
720 Tater Tot Casserole	4 oz	215	335.006	6.054 16.264%	703.874	*0.717* *0.856%*	16.883 45.357%	48.017	26.310 31.415%	3.800	18.153 21.675%	1513.897	186.948	4.417	1.963
352 Tater Tots	1/2 CUP	84	149.999	3.494 20.967%	329.994	0.000 0.000%	6.997 41.983%	9.996	18.992 50.647%	1.999	1.999 5.331%	0.000	0.000	8.996	0.714
528 Tornado Bacon	EACH	85	220.000	2.000 8.182%	490.000	*N/A* *N/A%*	12.000 49.091%	50.000	23.000 41.818%	1.000	7.000 12.727%	200.000	40.000	1.200	1.440
1060 Tornado Ranchero	SERVING	170	360.000	3.000 7.500%	700.000	2.000 2.222%	12.000 30.000%	20.000	46.000 51.111%	2.000	16.000 17.778%	400.000	120.000	0.000	1.440
1062 Tornado Southwest	EACH	85	170.000	1.500 7.941%	200.000	1.000 2.353%	6.000 31.765%	5.000	23.000 54.118%	1.000	6.000 14.118%	500.000	60.000	2.400	2.700
629 Turkey/Cheese Sandwich	SANDWICH	156	294.675	3.248 9.919%	823.562	7.495 10.174%	9.486 28.973%	52.361	27.150 36.853%	3.000	23.458 31.843%	32.477	250.000	0.000	1.470

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Jefferson City School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
386 Vegetable California	4 OZ	113	33.333	*N/A* *N/A%*	33.333	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	6.667 80.001%	*N/A*	1.333 15.996%	2000.000	26.667	36.000	0.480
454 Vegetable Catalina	4 OZ	113	40.023	0.000 0.000%	33.352	2.668 26.665%	0.000 0.000%	0.000	6.671 66.667%	2.668	1.334 13.332%	133.409	26.682	24.014	0.961
610 Vegetable Italian	4 OZ	113	40.000	*N/A* *N/A%*	26.667	*N/A* *N/A%*	*N/A* *N/A%*	0.000	8.000 80.000%	2.667	1.333 13.330%	1666.667	26.667	20.000	0.480
451 Vegetable Monaco	4 OZ	113	46.693	0.000 0.000%	20.011	4.002 34.284%	0.000 0.000%	0.000	6.671 57.143%	2.668	1.334 11.428%	1000.571	53.364	4.803	0.480
1172 Vegetable Sonoma	4 OUNCE	113	46.693	0.000 0.000%	46.693	4.002 34.284%	0.000 0.000%	0.000	8.005 68.572%	2.668	1.334 11.428%	1000.571	26.682	16.009	0.961
453 Vegetable Tuscan	4 OZ	113	40.023	0.000 0.000%	26.682	4.002 39.997%	0.000 0.000%	0.000	6.671 66.667%	2.668	1.334 13.332%	1000.571	26.682	8.005	0.000
346 Watermelon	1/2 CUP	76	22.800	0.012 0.482%	0.760	4.712 82.667%	0.114 4.500%	0.000	5.738 100.667%	0.304	0.464 8.140%	432.440	5.320	6.156	0.182
302 Wrap Ham/Cheese	SERVING	153	401.159	5.911 13.261%	1318.918	*0.024* *0.024%*	19.475 43.692%	44.353	37.927 37.818%	6.104	18.922 18.867%	93.951	412.216	0.008	2.205
1031 Wrap Turkey/Cheese	WRAP	129	343.540	5.484 14.367%	757.779	*2.481* *2.889%*	16.457 43.115%	33.707	33.697 39.235%	5.104	15.209 17.709%	5.112	41.634	0.008	0.051
303 Wrap Turkey/Ham/Cheese	WRAP	153	369.249	6.179 15.060%	918.982	*3.176* *3.440%*	17.847 43.500%	46.215	35.087 38.009%	5.104	18.683 20.239%	8.586	*41.634*	*0.008*	*0.051*
1183 Yogurt Boat	SERVING	214	510.423	7.004 12.349%	800.194	*8.000* *6.269%*	16.505 29.103%	25.018	76.081 59.622%	3.000	17.014 13.333%	*1001.761*	*200.352*	*0.000*	*2.160*
48 Yogurt/Cheese Stick	SERVING	192	420.423	7.004 14.992%	580.194	*8.000* *7.611%*	14.505 31.052%	25.018	60.081 57.162%	2.000	15.014 14.285%	*1001.761*	*200.352*	*0.000*	*1.440*

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