

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)
392 SHEET CAKE	PIECE	99	333.814	*2.626* *7.079%*	*273.173*	*43.383* *51.985%*	13.320 35.911%	*11.675*	52.986 63.492%	1.725	2.463 2.951%	*585.196*	*18.492*	*0.102*	1.174
1162 ANNIE BUNNY GRAHAM FRIENDS	PKG	35	160.000	0.500 2.814%	105.000	9.000 22.500%	6.000 33.751%	0.000	24.000 60.000%	3.000	3.000 7.500%	0.000	200.000	0.000	0.360
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
107 APPLE COBBLER CN	1/2 CUP	219	250.288	*1.622* *5.831%*	*57.085*	*25.994* *41.543%*	6.633 23.852%	*0.000*	47.157 75.364%	*1.947*	1.037 1.657%	*0.877*	*4.494*	*1.294*	*2.216*
1070 APPLE COBBLER FROZEN	1/2 CUP	198	288.246	*1.699* *5.305%*	*56.148*	*30.305* *42.054%*	7.061 22.046%	*0.000*	57.233 79.423%	*3.369*	1.413 1.961%	*25.798*	*11.405*	*0.504*	*0.925*
61 APPLE CRISP	1/2 CUP	175	239.958	*1.324* *4.965%*	*77.869*	*23.240* *38.740%*	7.396 27.739%	*0.000*	44.560 74.280%	3.302	1.338 2.230%	*334.583*	*26.105*	*0.507*	0.907
788 APPLE CRISP CN APPLES	1/2 CUP	173	198.666	*1.276* *5.779%*	*79.288*	*19.084* *38.424%*	7.109 32.207%	*0.000*	33.500 67.449%	1.737	0.796 1.603%	*317.778*	*15.610*	*1.456*	2.060
953 APPLE SLICES IN A BAG	PKG	57	30.000	0.000 0.000%	0.000	6.000 80.000%	0.000 0.000%	0.000	7.000 93.335%	1.000	0.000 0.000%	30.000	20.000	21.000	0.000
546 APPLES BAKED CN	1/2 CUP	157	100.295	0.002 0.016%	5.831	*15.101* *60.226%*	0.006 0.057%	0.000	25.657 102.324%	1.396	0.021 0.084%	1.534	5.362	1.366	1.667
111 APPLES BAKED FROZEN	1/2 CUP	129	112.131	0.070 0.560%	4.569	*15.101* *53.869%*	0.381 3.056%	0.000	29.008 103.477%	2.453	0.350 1.249%	23.340	11.905	0.451	0.266
333 APPLESAUCE	1/2 CUP	122	51.996	0.024 0.422%	2.001	*N/A* *N/A%*	0.061 1.056%	0.000	13.786 106.054%	1.403	0.195 1.500%	36.002	4.002	1.403	0.134
417 APPLESAUCE CUP	CUP	128	51.000	0.010 0.180%	2.000	11.999 94.110%	0.100 1.756%	0.000	14.000 109.802%	1.000	0.200 1.569%	35.000	5.000	1.200	0.300
845 APRICOT CRISP	1/2 CUP	178	318.482	*0.777* *2.196%*	*49.838*	*31.017* *38.956%*	4.463 12.611%	*0.000*	71.067 89.257%	3.117	1.382 1.736%	*2351.394*	*20.507*	*11.469*	1.504
654 APRICOT CUP	CUP	128	110.004	0.000 0.000%	5.001	*N/A* *N/A%*	0.000 0.000%	0.000	25.004 90.919%	2.003	0.995 3.618%	200.004	12.004	102.005	0.357
248 APRICOTS	1/2 CUP	122	117.998	0.000 0.000%	4.002	*N/A* *N/A%*	0.122 0.931%	0.000	30.378 102.978%	2.599	0.842 2.854%	2031.995	12.005	10.797	1.086
870 BACON	3 PIECES	18	101.250	3.375 30.000%	427.500	0.000 0.000%	9.000 80.000%	16.875	0.000 0.000%	0.000	5.625 22.222%	0.000	0.000	0.000	0.000
1114 BAGEL	BAGEL	57	140.000	0.000 0.000%	160.000	4.000 11.429%	1.000 6.427%	0.000	28.000 80.000%	4.000	6.000 17.143%	0.000	40.000	0.000	1.800

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1168 BAGEL IW	BAGEL	57	140.000	0.000 0.000%	180.000	5.000 14.286%	1.000 6.430%	0.000	29.000 82.857%	4.000	6.000 17.143%	0.000	40.000	0.000	1.800
1115 BAGEL SANDWICH	SANDWICH	100	220.000	2.500 10.227%	400.001	5.000 9.091%	5.500 22.500%	122.500	30.000 54.545%	4.000	12.000 21.818%	200.000	60.000	0.000	2.160
1116 BAGEL W/CREAM CHEESE	BAGEL	85	241.248	6.075 22.663%	256.186	5.013 8.312%	10.112 37.725%	30.375	30.025 49.783%	4.000	8.025 13.306%	202.497	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
44 BAKED POTATO	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 BAKED POTATO 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
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
1087 BBQ PORK CN SANDWICH	SANDWICH	155	341.694	4.502 11.859%	733.484	*3.000* *3.512**	13.503 35.567%	52.500	32.006 37.467%	2.000	20.497 23.995%	15.000	100.000	2.001	2.278
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	310.000	3.500 10.160%	590.000	10.000 12.903%	11.500 33.387%	40.000	32.000 41.290%	3.000	17.000 21.935%	215.000	120.000	1.200	2.520
1091 BBQ SAUCE TRAIL BLAZER	OZ	28	41.690	0.000 0.000%	258.481	*N/A* *N/A**	0.000 0.000%	0.000	10.006 96.001%	0.000	0.000 0.000%	0.000	0.000	2.001	0.300
990046 Bean salad com	1/2 cup	505	676.264	4.285 5.703%	890.886	*5.074* *3.001**	28.959 38.540%	0.000	86.740 51.305%	19.127	18.697 11.059%	*832.848*	108.495	32.584	4.755
990044 Bean Salad Cucumber	1/2 cup	238	149.708	0.543 3.265%	420.487	*2.386* *6.375**	3.577 21.502%	0.000	23.184 61.944%	8.169	7.161 19.133%	445.816	53.576	9.815	2.724
990048 Bean Salad Green	1/2 cup	512	523.058	0.061 0.105%	245.229	*102.376* *78.290**	0.380 0.654%	0.000	121.842 93.177%	8.006	6.658 5.092%	*0.400*	63.151	*2.634*	2.344
990050 Bean salad Mexican Pasta	1/2 cup	130	270.135	1.076 3.586%	405.331	*4.302* *6.370**	7.220 24.055%	0.000	43.965 65.100%	4.275	7.795 11.542%	715.511	29.470	19.461	2.383
836 Bean Salad Three	1/2 CUP	240	134.578	0.716 4.786%	343.420	*0.240* *0.713**	4.083 27.307%	0.000	18.950 56.324%	7.537	5.934 17.637%	410.845	41.844	3.792	1.783

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868 BEEF STEW	7 OZ SERVINGS	414	348.544	*4.051* *10.460%*	*1435.850*	*5.898* *6.769%*	11.817 30.513%	*64.000*	31.169 35.770%	5.366	26.612 30.541%	*5535.497*	*48.641*	*19.407*	10.444
541 BISCUIT & GRAVY	SERVING	176	300.000	6.667 20.000%	1100.000	2.667 3.556%	16.000 48.001%	13.333	33.334 44.445%	1.000	7.999 10.665%	13.333	*0.000*	*0.000*	*1.080*
758 BISCUIT CHEESE GARLIC	1 BISCUIT	59	198.469	3.315 15.033%	511.607	*0.692* *1.395%*	11.298 51.232%	9.479	18.067 36.413%	0.838	5.616 11.319%	*389.238*	*79.436*	*0.089*	*0.989*
1013 BISCUIT HONEY CORN	BISCUIT	70	230.000	6.000 23.477%	500.000	5.000 8.696%	10.000 39.131%	0.000	32.000 55.652%	3.000	4.000 6.957%	25.000	*N/A*	*N/A*	*N/A*
504 BISCUIT SANDWICH	SANDWICH	147	420.000	9.500 20.357%	1110.001	*3.000* *2.857%*	27.500 58.929%	152.500	27.000 25.714%	1.000	16.000 15.238%	210.000	40.000	0.000	1.800
1059 BISCUIT SOUTHERN STYLE	BISCUIT	62	180.000	2.000 10.001%	580.000	2.000 4.444%	8.000 40.000%	0.000	24.000 53.334%	1.000	4.000 8.889%	10.000	0.000	0.000	1.080
793 BISCUIT WG MINI 1.25 OZ	BISCUIT	35	110.000	2.500 20.455%	250.000	1.000 3.636%	5.000 40.910%	0.000	15.000 54.546%	1.000	3.000 10.909%	5.000	40.000	0.000	0.360
750 Black Bean Salsa	1/2 cup	198	147.750	0.140 0.853%	337.069	*1.701* *4.605%*	0.857 5.220%	0.000	28.945 78.363%	7.591	6.834 18.502%	441.993	56.181	14.609	8.951
847 BLACK EYE PEAS	1/2 CUP	174	158.795	0.422 2.391%	493.237	*2.190* *5.517%*	2.567 14.546%	0.000	26.324 66.310%	5.328	7.445 18.754%	109.478	33.511	7.518	1.559
255 BLUEBERRIES FRESH	1/2 CUP	74	42.180	0.021 0.442%	0.740	7.370 69.891%	0.244 5.211%	0.000	10.723 101.684%	1.776	0.548 5.197%	39.960	4.440	7.178	0.207
611 BLUEBERRIES FRZ UNSWTND	1/2 CUP	113	58.153	0.000 0.000%	1.454	10.176 69.995%	1.454 22.500%	0.000	14.539 100.004%	2.908	0.000 0.000%	0.000	0.000	0.000	0.000
599 BLUEBERRY CRISP	1/2 CUP	145	202.551	*1.037* *4.608%*	*62.292*	*28.617* *56.513%*	7.163 31.828%	*0.000*	37.379 73.817%	3.240	0.783 1.546%	*257.494*	*12.354*	*0.182*	0.518
1131 BOSCO CHEESE BREADSTICK 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 CHEESE 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 & CHEESE STICK	STICK	63	150.000	2.500 14.999%	380.000	2.000 5.333%	6.000 36.001%	55.000	18.000 47.999%	2.000	8.000 21.333%	200.000	0.000	0.000	1.080
1135 BOSCO EGG, CHEESE & TURKEY BAC	STICK	65	160.000	2.500 14.062%	370.000	1.000 2.500%	6.000 33.751%	60.000	17.000 42.500%	2.000	9.000 22.500%	200.000	0.000	0.000	1.440
595 BOSCO STICK APPLE 7" WG	STICK	86	190.000	0.500 2.367%	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

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915 BOSCO STICKS PEPPERONI	2 STICKS	210	479.999	9.001 16.876%	999.999	6.000 5.000%	17.999 33.748%	50.001	58.000 48.333%	6.000	22.000 18.333%	799.999	300.000	7.201	3.599
175 BREAD FLAT	2 1/3 OZ	71	191.286	*0.654* *3.076%*	*372.906*	*5.018* *10.493%*	5.017 23.606%	*0.395*	32.018 66.952%	3.070	5.376 11.242%	*51.881*	*28.196*	*0.125*	2.618
1102 BREAD MARBLE RYE SQUARE	SQUARE	88	230.000	0.500 1.957%	460.001	6.000 10.435%	3.000 11.740%	0.000	44.000 76.521%	5.000	9.000 15.652%	30.000	40.000	0.000	2.700
840 BREAD SARA LEE 100% W WHEAT	SLICE	29	75.000	0.500 5.999%	105.000	2.500 13.333%	1.250 15.000%	0.000	13.000 69.333%	1.500	3.500 18.667%	12.500	125.000	0.000	0.720
1144 BREADED BEEF PATTIE COUNTRY FR	PATTIE	81	260.000	5.000 17.308%	240.000	1.000 1.538%	18.000 62.307%	30.000	15.000 23.078%	2.000	11.000 16.923%	0.000	40.000	0.000	1.800
1147 BREADSTICK WHEAT	BREADSTICK	31	80.000	0.000 0.000%	160.000	2.000 10.000%	1.000 11.251%	0.000	16.000 80.000%	2.000	3.000 15.000%	0.000	0.000	*N/A*	1.440
1001 BREAKFAST BUN	PKG	85	300.000	4.500 13.500%	280.000	21.000 28.000%	10.000 30.001%	0.000	48.000 64.001%	3.000	6.000 8.000%	100.000	100.000	36.000	1.800
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*
854 BREAKFAST FLATBREAD EGG CHEESE	SERVING	67	150.000	2.500 15.002%	300.000	*N/A* *N/A%*	6.000 35.999%	*N/A*	17.000 45.333%	*N/A*	7.000 18.667%	*N/A*	*N/A*	*N/A*	*N/A*
855 BREAKFAST FLATBREAD EGG/CH/SAU	SERVING	68	150.000	2.000 11.998%	310.000	3.000 8.000%	6.000 35.998%	35.000	17.000 45.334%	2.000	7.000 18.667%	15.000	100.000	0.000	1.080
1119 BREAKFAST IN A BAG	BAG	178	180.961	0.050 0.248%	176.460	22.698 50.172%	1.849 9.195%	0.000	41.993 92.823%	2.199	2.199 4.861%	529.894	201.993	66.359	4.769
1185 BREAKFAST NACHOS	SERVINGS	113	316.435	4.126 11.734%	454.232	*0.452* *0.571%*	18.717 53.234%	141.945	21.969 27.771%	2.158	12.174 15.389%	*366.446*	*52.991*	*5.836*	*0.956*
1129 BREAKFAST PIZZA BACON	PIZZA	84	210.000	3.500 15.001%	330.000	7.000 13.333%	9.000 38.571%	55.000	23.000 43.810%	2.000	10.000 19.048%	200.000	150.000	0.000	1.440
1127 BREAKFAST PIZZA SAUS GRAVY	PIZZA	85	200.000	2.000 9.000%	440.000	9.000 18.000%	7.000 31.499%	15.000	24.000 48.000%	2.000	10.000 20.000%	0.000	150.000	0.000	1.800
853 BREAKFAST SLIDERS	SERVING	72	150.000	1.500 8.999%	280.000	8.000 21.333%	4.500 26.999%	25.000	21.000 56.001%	2.000	8.000 21.333%	40.000	100.000	*N/A*	1.800
1037 BREAKFAST SMILES	PKG	40	160.000	1.500 8.438%	125.000	13.000 32.500%	5.000 28.125%	5.000	27.000 67.500%	1.000	2.000 5.000%	65.000	0.000	0.000	0.720
833 BROCCOLI AND CHEESE SOUP	1/2 CUP	238	169.979	3.949 20.909%	529.183	*7.894* *18.576%*	9.909 52.466%	19.200	10.022 23.584%	1.196	9.726 22.888%	819.472	167.607	21.462	0.311

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256 BROCCOLI RAW FRESH	CUP	91	30.940	0.104 3.016%	30.030	1.547 20.000%	0.337 9.794%	0.000	6.042 78.118%	2.366	2.566 33.174%	566.930	42.770	81.172	0.664
307 BROCCOLI STEAMED W/CHEESE	1/2 CUP	131	61.483	1.250 18.296%	147.393	2.331 15.165%	2.329 34.091%	6.000	6.220 40.469%	3.402	5.586 36.342%	1172.535	63.681	63.956	0.919
883 BROCCOLI/CAULIFLOWER SALAD	1/2 CUP	72	68.368	0.756 9.945%	66.472	*2.281* *13.345%*	5.097 67.102%	4.010	5.318 31.115%	1.515	1.456 8.519%	823.331	22.556	41.617	0.389
1111 BROWNIE	2 OZ	71	161.997	1.013 5.625%	182.662	18.225 45.001%	1.013 5.625%	20.250	30.375 75.000%	2.025	2.025 5.000%	202.496	40.914	0.000	1.458
1132 BROWNIE MIX BERNARD	PIECE	71	200.000	3.000 13.500%	210.370	24.000 48.000%	*0.000* *0.000%*	30.000	35.000 70.000%	2.000	3.000 6.000%	0.000	200.370	0.000	3.240
585 BUG BITES GRAHAM CRACKERS	PKG	31	140.001	1.500 9.643%	125.001	*N/A* *N/A%*	4.500 28.928%	0.000	23.000 65.714%	0.000	2.000 5.714%	0.000	100.001	0.000	0.720
841 BUN HAMBURGER SARA LEE	BUN	43	120.000	0.000 0.000%	190.000	3.000 10.000%	1.500 11.248%	0.000	22.000 73.334%	2.000	4.000 13.333%	15.000	100.000	0.000	1.440
1104 BUN HOT DOG SARA LEE	BUN	43	120.000	0.500 3.751%	220.000	4.000 13.333%	1.500 11.248%	0.000	22.000 73.334%	1.000	4.000 13.333%	20.000	100.000	0.000	1.800
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*
383 BURRITO BEEF HOMEMADE	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*
1155 BURRITO CHEESY EGG	BURRITO	233	576.738	12.263 19.137%	1488.614	*6.176* *4.283%*	31.438 49.059%	401.273	39.383 27.314%	5.152	33.912 23.520%	*1225.613*	*359.834*	*0.662*	*1.956*
1142 CALZONETTE TURKEY PEPPERONI	3 PEICES	142	340.001	6.000 15.881%	470.000	6.000 7.059%	13.000 34.412%	35.000	34.001 40.000%	5.000	23.999 28.234%	400.000	350.000	9.000	2.699
151 CANTALOUPE	1/2 CUP	80	27.200	0.041 1.350%	12.800	6.288 92.471%	0.152 5.029%	0.000	6.528 96.000%	0.720	0.672 9.882%	2705.600	7.200	29.360	0.168
567 CARROT & CELERY STICKS W/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 CARROTS BABY & 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
662 CEREAL VARIETY	CEREAL	29	112.500	0.250 2.000%	165.000	8.500 30.222%	2.125 16.999%	0.000	22.750 80.889%	2.000	1.750 6.222%	42.500	*N/A*	*N/A*	*N/A*

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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)
491 CEREAL BAR CINNAMON TOAST CRUN	BAR	40	150.000	0.500 3.000%	115.000	8.000 21.333%	3.000 18.000%	0.000	30.000 80.000%	3.000	3.000 8.000%	40.000	*N/A*	*N/A*	*N/A*
490 CEREAL BAR COCOA PUFFS	BAR	40	150.000	0.500 3.000%	110.000	9.000 24.000%	3.000 18.000%	0.000	30.000 80.000%	3.000	3.000 8.000%	45.000	*N/A*	*N/A*	*N/A*
666 CEREAL BAR FRUITY CHEERIOS	BAR	40	150.000	0.500 3.000%	105.000	9.000 24.000%	3.000 18.000%	0.000	30.000 80.000%	3.000	2.000 5.333%	45.000	*N/A*	*N/A*	*N/A*
919 CEREAL BAR GOLDEN GRAHAM	SERVING	40	150.000	0.500 3.000%	110.000	9.000 24.000%	3.000 18.000%	0.000	30.000 80.000%	3.000	2.000 5.333%	45.000	*N/A*	*N/A*	*N/A*
488 CEREAL BAR TRIX	BAR	40	150.000	0.500 3.000%	110.000	9.000 24.000%	3.000 18.000%	0.000	30.000 80.000%	3.000	2.000 5.333%	45.000	*N/A*	*N/A*	*N/A*
660 CEREAL BAR VARIETY	SERVING	40	150.000	0.500 3.000%	111.000	8.700 23.200%	3.000 18.000%	0.000	30.000 80.000%	3.000	2.700 7.200%	43.500	*N/A*	*N/A*	*N/A*
928 CEREAL BERRY BERRY KIX BWL	SERVING	19	70.000	0.000 0.000%	100.000	4.000 22.857%	1.000 12.857%	0.000	16.000 91.429%	1.000	1.000 5.714%	20.000	*N/A*	*N/A*	*N/A*
927 CEREAL CHEERIOS APPL/CINN BWL	SERVING	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	*N/A*	*N/A*	*N/A*
929 CEREAL CHEERIOS BWL	SERVING	28	100.000	0.000 0.000%	140.000	1.000 4.000%	2.000 18.000%	0.000	20.000 80.000%	3.000	3.000 12.000%	5.000	*N/A*	*N/A*	*N/A*
930 CEREAL CHEERIOS FRUITY BWL	SERVING	31	120.000	0.000 0.000%	150.000	10.000 33.333%	1.500 11.251%	0.000	26.000 86.667%	2.000	2.000 6.667%	50.000	*N/A*	*N/A*	*N/A*
932 CEREAL CINN TOAST CRUNCH RS	SERVING	28	110.000	0.500 4.092%	160.000	6.000 21.818%	3.000 24.545%	0.000	22.000 80.000%	3.000	1.000 3.636%	30.000	*N/A*	*N/A*	*N/A*
933 CEREAL COCOA PUFFS RS BWL	SERVING	30	110.000	0.000 0.000%	160.000	8.000 29.091%	1.500 12.273%	0.000	25.000 90.909%	2.000	2.000 7.273%	40.000	*N/A*	*N/A*	*N/A*
1106 CEREAL FROZEN	PKG	28	100.000	0.000 0.000%	130.000	9.000 36.000%	1.000 8.999%	0.000	24.000 96.000%	3.000	2.000 8.000%	400.000	0.000	12.000	3.600
934 CEREAL GOLDEN GRAHAMS BWL	SERVING	28	110.000	0.000 0.000%	220.000	9.000 32.727%	1.000 8.181%	0.000	24.000 87.272%	1.000	1.000 3.636%	45.000	*N/A*	*N/A*	*N/A*
935 CEREAL HONEY NUT CHEERIOS BWL	SERVING	28	110.000	0.000 0.000%	160.000	9.000 32.727%	1.500 12.273%	0.000	22.000 80.000%	2.000	2.000 7.273%	45.000	*N/A*	*N/A*	*N/A*
931 CEREAL HONEY NUT CHEX BWL	SERVING	31	120.000	0.000 0.000%	190.000	9.000 30.000%	0.500 3.750%	0.000	27.000 90.000%	1.000	2.000 6.667%	45.000	*N/A*	*N/A*	*N/A*
936 CEREAL KIX BWL	SERVING	17	60.000	0.000 0.000%	100.000	2.000 13.333%	0.500 7.500%	0.000	15.000 100.000%	2.000	1.000 6.667%	10.000	*N/A*	*N/A*	*N/A*

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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)
937 CEREAL LUCKY CHARMS BWL	SERVING	28	110.000	0.000 0.000%	180.000	10.000 36.364%	1.000 8.181%	0.000	23.000 83.636%	2.000	2.000 7.273%	50.000	*N/A*	*N/A*	*N/A*
939 CEREAL REESES PUFFS BWL	SERVING	28	120.000	0.500 3.751%	160.000	10.000 33.333%	3.000 22.499%	0.000	21.000 70.000%	1.000	2.000 6.667%	50.000	*N/A*	*N/A*	*N/A*
938 CEREAL RICE CHEX BWL	SERVING	28	100.000	0.000 0.000%	250.000	2.000 8.000%	0.500 4.501%	0.000	24.000 96.000%	1.000	2.000 8.000%	10.000	*N/A*	*N/A*	*N/A*
940 CEREAL TRIX RS BWL	SERVING	28	110.000	0.000 0.000%	140.000	7.000 25.455%	1.000 8.181%	0.000	24.000 87.272%	1.000	1.000 3.636%	35.000	*N/A*	*N/A*	*N/A*
709 CHEESE AMERICAN 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
990047 Cheese Bites	28 g	112	280.000	4.000 12.857%	540.000	0.000 0.000%	12.000 38.571%	20.000	28.000 40.000%	4.000	16.000 22.857%	8.000	24.000	0.000	8.000
114 CHEESE CAKE W/FRUIT NO BAKE	1/3 CUP	157	312.287	7.835 22.579%	131.499	*33.462* *42.861%*	14.415 41.544%	21.475	46.264 59.258%	1.330	2.830 3.625%	*376.139*	47.800	*0.000*	0.328
969 CHEESE CO JACK STICK	STICK	28	110.000	6.000 49.092%	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
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 BLANCO	2 OZ SERVING	57	118.000	5.300 40.421%	415.000	0.000 0.000%	9.000 68.644%	30.000	2.000 6.779%	0.000	7.000 23.729%	400.000	203.000	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*
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
149 CHEESEBURGER W/BUN ELEM	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
1058 CHEESEBURGER W/BUN 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
1133 CHEESY BREAD PIZZA	SLICE	113	280.000	6.000 19.287%	460.000	1.000 1.429%	11.001 35.359%	25.000	30.000 42.858%	2.000	16.000 22.857%	300.000	350.001	0.000	1.800
555 CHEESY CHICKEN PASTA	8 OZ SERVINGS	319	379.797	*6.286* *14.897%*	*795.741*	*7.193* *7.576%*	16.292 38.606%	*63.911*	32.950 34.703%	3.241	24.299 25.592%	*1072.092*	*114.615*	*11.505*	*0.543*

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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)
778 CHEESY POTATO HASHBROWN	4 OZ SERVING	154	163.580	4.024 22.138%	847.668	3.636 8.891%	7.917 43.556%	20.554	14.176 34.665%	1.386	7.955 19.452%	276.310	82.746	2.596	6.907
1052 CHEESY PRETZEL BUN	SANDWICH	119	320.001	7.000 19.687%	600.002	6.000 7.500%	12.500 35.156%	30.000	33.000 41.250%	3.000	17.000 21.250%	0.000	20.000	0.000	1.800
1184 CHEETOS PUFFS	PKG	20	90.000	0.000 0.000%	135.000	0.500 2.222%	3.500 35.000%	0.000	14.000 62.222%	0.500	2.000 8.889%	0.000	100.000	0.000	0.720
360 CHEETOS CRACKER TRAX	PKG	21	100.000	0.500 4.499%	190.000	*N/A* *N/A%*	3.500 31.499%	0.000	15.000 60.000%	*N/A*	2.000 8.000%	0.000	0.000	0.000	1.080
896 CHEETOS CRUNCHY BAKED	PKG	25	120.000	0.500 3.751%	200.000	1.000 3.333%	4.500 33.750%	0.000	17.000 56.666%	1.000	2.000 6.667%	5.000	100.000	0.000	0.720
897 CHEETOS FLAMIN HOT BAKED	SERVING	25	120.000	0.500 3.751%	190.000	0.000 0.000%	4.500 33.750%	0.000	18.000 60.000%	1.000	2.000 6.667%	0.000	100.000	0.000	0.720
899 CHEETOS FLAMIN HOT PUFFS RF	SERVING	20	90.000	0.000 0.000%	135.000	1.000 4.444%	3.500 35.000%	0.000	14.000 62.222%	1.000	2.000 8.889%	5.000	80.000	0.000	0.720
900 CHEETOS MELLOW PUFFS .7 OZ RF	SERVING	20	90.000	0.000 0.000%	135.000	1.000 4.444%	3.500 35.000%	0.000	14.000 62.222%	1.000	2.000 8.889%	5.000	100.000	0.000	0.720
600 CHEEZ-IT SCRABBLE	PKG	30	140.000	1.500 9.643%	230.000	*N/A* *N/A%*	5.000 32.144%	*N/A*	20.000 57.143%	*N/A*	3.000 8.571%	100.000	0.000	0.000	1.080
1136 CHEF SALAD	SALAD	164	261.555	5.455 18.771%	819.324	*2.461* *3.764%*	11.991 41.261%	38.250	24.596 37.614%	2.864	15.832 24.212%	*6213.484*	*54.796*	*2.831*	*1.597*
268 CHERRIES FROZEN	1/2 CUP	78	36.000	0.000 0.000%	1.000	7.000 77.778%	0.000 0.000%	0.000	9.000 99.996%	1.000	1.000 11.111%	*N/A*	0.000	*N/A*	0.000
1036 CHERRY CAKE	PIECES	80	106.474	*0.565* *4.775%*	*148.808*	*7.185* *26.993%*	2.173 18.367%	*38.138*	18.853 70.826%	1.305	3.365 12.642%	*399.219*	*28.689*	*0.855*	1.491
549 CHERRY CHEESECAKE	1/2 CUP	143	258.156	1.046 3.648%	234.254	*26.767* *41.474%*	4.529 15.790%	2.448	51.792 80.249%	1.418	3.989 6.181%	*126.560*	95.101	*0.000*	0.323
1076 CHERRY COBBLER 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*
109 CHERRY COBBLER FROZEN	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*	2.568 3.959%	*0.000*	*1.823*	*0.000*	*0.439*
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*
770 CHERRY CRISP FROZEN	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

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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*
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*
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*
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 LEGS	LEG	144	279.999	4.000 12.858%	1140.000	2.000 2.857%	16.000 51.428%	80.001	12.000 17.142%	0.000	24.000 34.286%	200.000	0.000	0.000	1.440
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
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
1121 CHICKEN GARLIC SUB	SUBS	165	308.938	4.476 13.039%	826.217	3.616 4.682%	9.540 27.793%	57.937	31.324 40.557%	3.101	22.717 29.413%	104.914	146.277	*3.279*	*1.683*
1149 CHICKEN NACHOS W/QUESO	SERVINGS	215	516.242	9.988 17.413%	1450.458	4.267 3.306%	25.310 44.125%	89.679	42.895 33.236%	3.048	25.341 19.635%	554.666	305.714	0.000	0.548
544 CHICKEN NOODLE SOUP	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 CHICKEN NOODLE SOUP (canned)	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
1023 CHICKEN NUGGET SEC	5 PIECE	106	208.000	1.000 4.329%	546.000	1.000 1.923%	8.000 34.615%	42.000	15.000 28.847%	2.000	19.000 36.538%	178.000	20.000	0.000	0.180
914 CHICKEN NUGGETS ELE	5 PIECES	86	184.000	2.000 9.784%	400.000	0.000 0.000%	8.000 39.132%	35.000	12.000 26.087%	2.000	15.000 32.609%	153.000	31.000	95.000	2.000
1182 CHICKEN NUGGETS ELE & Sun chip	5 PIECES	115	325.747	3.013 8.324%	602.496	*0.000* *0.000%*	14.075 38.888%	35.000	31.237 38.358%	5.038	17.025 20.906%	153.000	31.000	95.000	2.365
304 CHICKEN ORIENTAL STIR FRY	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
550 CHICKEN POPCORN SMACKERS	SERVING-10 pcs	122	271.000	0.000 0.000%	990.000	*N/A* *N/A%*	14.001 46.496%	58.000	17.001 25.093%	0.000	18.000 26.568%	*N/A*	*N/A*	*N/A*	*N/A*
742 CHICKEN POT PIE	4 OZ SERVINGS	288	439.931	6.624 13.551%	869.346	*3.742* *3.402%*	18.376 37.594%	52.207	45.215 41.111%	4.496	24.572 22.342%	3502.170	125.602	3.183	2.667

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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)
756 CHICKEN ROASTED	2 PIECES	57	100.000	2.000 17.998%	200.000	0.000 0.000%	6.600 59.398%	36.600	0.000 0.000%	0.000	9.300 37.200%	0.000	0.000	0.000	0.468
990052 Chicken Salad Bacon Ranch	1/2 cup	183	445.636	*11.329* *22.880%*	1027.266	*0.803* *0.721%*	34.408 69.490%	*117.610*	2.906 2.608%	*0.258*	29.291 26.291%	*11.417*	*8.180*	*2.313*	*0.659*
787 CHICKEN SALAD CATERING	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*
990051 chicken salad Southwest	1/2 cup	225	476.618	9.501 17.941%	911.080	*2.280* *1.913%*	37.299 70.431%	*110.669*	6.966 5.846%	*1.686*	24.818 20.828%	*357.239*	*11.655*	*9.095*	*0.627*
990049 chicken salad with grapes	1/2 cup	157	308.056	5.655 16.521%	542.028	*1.193* *1.549%*	24.282 70.942%	90.514	2.466 3.203%	0.405	19.781 25.685%	30.727	8.325	2.980	0.702
804 CHICKEN SANDWICH CRISPY	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
1004 CHICKEN SANDWICH CRISPY	SANDWICH	148	350.000	2.000 5.143%	570.000	4.000 4.571%	11.500 29.571%	50.000	36.000 41.143%	3.000	26.000 29.714%	20.000	120.000	0.000	2.880
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
911 CHICKEN SANDWICH SPICY TYS	SANDWICH	43	120.000	0.000 0.000%	190.000	3.000 10.000%	1.500 11.250%	0.000	22.000 73.333%	2.000	4.000 13.333%	15.000	100.000	0.000	1.440
912 CHICKEN STRIPS CRISPY ELE	3 STRIPS	94	200.000	3.000 13.498%	520.000	0.000 0.000%	12.000 54.000%	45.000	10.000 19.999%	2.000	13.000 26.000%	0.000	0.000	0.000	0.000
1099 CHICKEN STRIPS CRISPY SEC	4 STRIPS	125	265.958	3.989 13.498%	691.489	0.000 0.000%	15.958 54.000%	59.840	13.298 19.999%	2.660	17.288 26.001%	0.000	0.000	0.000	0.000
913 CHICKEN STRIPS SPICY SEC	5 STRIPS	120	263.000	4.400 15.058%	1013.000	0.000 0.000%	18.000 61.597%	75.000	3.750 5.703%	0.000	23.000 34.981%	0.000	250.000	0.000	0.900
859 CHICKEN SWEET & SOUR W/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*
582 CHICKEN WINGS HONEY BBQ	4 PCS	94	200.000	2.500 11.252%	380.000	1.000 2.000%	13.000 58.501%	105.000	4.000 7.999%	0.000	18.000 36.000%	100.000	60.000	0.000	1.080
445 CHICKEN WINGS OF FIRE	4 PCS	96	220.000	3.500 14.319%	560.000	6.000 10.909%	15.000 61.364%	110.000	1.000 1.819%	0.000	20.000 36.364%	0.000	0.000	0.000	0.000
10 CHILI	CUP	386	427.349	5.331 11.226%	646.566	*2.366* *2.215%*	14.207 29.919%	61.472	45.395 42.489%	8.950	29.118 27.255%	909.472	103.342	9.904	12.350

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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)
760 CHILI FOR HOT DOG	1/4 CUP	96	95.898	1.356 12.728%	205.430	*0.591* *2.465%*	3.685 34.583%	20.001	7.367 30.729%	1.990	7.963 33.214%	224.204	24.371	2.758	3.008
693 CHINESE COLE SLAW	1/2 CUP	94	240.050	2.712 10.169%	217.495	*8.347* *13.909%*	17.123 64.197%	0.000	18.727 31.206%	2.957	4.927 8.210%	*71.565*	*43.103*	17.807	1.390
990053 chipotle broccoli salad	1/2 cup	151	430.571	*10.790* *22.553%*	902.399	*1.940* *1.802%*	38.273 79.999%	*58.322*	6.091 5.658%	*1.566*	14.133 13.130%	*347.969*	*28.386*	*49.259*	*0.434*
1014 CHOCOLATE SUNDAE CRUNCH BAR	BAR	75	160.000	1.500 8.438%	75.000	16.000 40.000%	5.000 28.127%	*N/A*	25.000 62.500%	0.050	3.000 7.500%	100.000	200.000	0.000	0.360
1153 CIABATTA SANDWICH	SANDWICH	150	292.553	4.501 13.848%	900.331	5.501 7.521%	*7.503* *23.082%*	52.526	36.003 49.226%	3.000	20.507 28.039%	12.507	*20.000*	*0.000*	*1.440*
955 CINNAMON ROLL DOUGH PILSBURY	ROLL	85	260.000	5.000 17.308%	350.000	10.000 15.385%	11.000 38.078%	0.000	36.000 55.385%	1.000	6.000 9.231%	100.000	20.000	0.000	1.800
865 CINNAMON ROLLS ULTRAGRAIN	SERVINGS	84	230.060	*0.768* *3.006%*	*189.044*	*11.194* *19.463%*	4.676 18.291%	*8.902*	41.682 72.471%	3.514	6.174 10.735%	*180.374*	*29.418*	*0.142*	2.992
754 COFFEE CAKE	SERVING	54	140.000	1.000 6.429%	250.000	*N/A* *N/A%*	3.000 19.287%	10.000	26.000 74.285%	1.000	2.000 5.714%	13.000	40.000	0.000	1.080
358 COLESLAW VINEGAR	1/2 CUP	94	72.437	0.025 0.308%	152.309	15.725 86.834%	0.096 1.187%	0.000	17.570 97.019%	1.644	0.856 4.727%	63.962	29.426	23.885	0.397
755 COOKIE BEST MAID SHAPES DOUGH	COOKIE	35	170.000	4.000 21.177%	70.000	*N/A* *N/A%*	8.000 42.352%	10.000	21.000 49.412%	0.000	2.000 4.706%	0.000	0.000	0.000	0.000
1041 COOKIE CHEWY CHOCOLATE	COOKIES	47	204.092	*2.362* *10.417%*	*163.259*	*17.517* *34.332%*	10.401 45.865%	*14.308*	27.065 53.044%	*2.027*	2.349 4.604%	*269.996*	*6.591*	*0.000*	*1.274*
798 COOKIE CHOC CHIP PKG	PKG	31	140.000	3.000 19.285%	12.500	*N/A* *N/A%*	7.000 45.001%	0.000	18.000 51.429%	1.000	1.000 2.857%	0.000	0.000	0.000	0.720
160 COOKIE CHOCOLATE CHIP	COOKIE	45	196.578	*2.298* *10.519%*	*193.665*	*15.498* *31.536%*	9.087 41.605%	*15.500*	26.932 54.801%	*1.345*	2.419 4.922%	*174.372*	*9.262*	*0.000*	*1.289*
1171 COOKIE CHOCOLATE CHIP OTIS	COOKIE	40	160.000	1.500 8.438%	100.000	12.000 30.000%	5.000 28.125%	10.000	26.000 65.000%	2.000	2.000 5.000%	500.000	0.000	0.000	2.700
772 COOKIE HAYSTACKS (NO BAKE)	COOKIE	69	164.219	1.598 8.760%	78.639	*15.403* *37.518%*	8.186 44.862%	0.375	21.359 52.026%	1.358	2.728 6.645%	214.996	15.143	0.030	0.534
711 COOKIE OATMEAL CHOC CHIP	COOKIE	42	150.481	*1.682* *10.061%*	*132.917*	*15.239* *40.507%*	6.881 41.155%	*8.450*	21.489 57.120%	0.860	1.449 3.852%	*260.646*	*9.414*	*0.000*	0.732
642 COOKIE PEANUT BUTTER	COOKIE	44	208.902	*2.533* *10.914%*	*147.124*	*13.407* *25.671%*	11.999 51.694%	*8.724*	23.049 44.133%	*1.223*	3.076 5.890%	*180.219*	*11.430*	*0.000*	*1.005*

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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)
410 COOKIE SNICKERDOODLE	COOKIE	47	203.065	*2.196* *9.732%*	*228.253*	*14.172* *27.916%*	10.190 45.162%	*14.083*	25.823 50.866%	*1.413*	2.320 4.570%	*241.549*	*7.590*	*0.015*	*1.198*
617 COOKIE SOFT BAKES CH CHIP PKG	PKG	35	150.000	1.500 9.000%	110.000	*N/A* *N/A%*	6.000 36.000%	10.000	23.000 61.333%	2.000	2.000 5.333%	0.000	0.000	0.000	0.720
408 COOKIE SUGAR	COOKIE	44	192.609	*2.183* *10.199%*	*228.028*	*11.805* *24.516%*	10.107 47.229%	*18.788*	23.088 47.948%	*1.198*	2.431 5.049%	*238.206*	*2.991*	*0.000*	*1.186*
799 COOKIES ALPHABET PKG	PKG	31	130.000	2.000 13.847%	115.000	*N/A* *N/A%*	5.000 34.615%	0.000	21.000 64.615%	1.000	2.000 6.154%	0.000	0.000	0.000	0.720
806 COOKIES HALLOWEEN PKG	PKG	28	110.000	1.500 12.273%	95.000	*N/A* *N/A%*	3.500 28.636%	0.000	19.000 69.091%	1.000	1.000 3.636%	0.000	0.000	0.000	0.720
805 COOKIES XMAS HOLIDAYS PKG	PKG	28	120.000	1.500 11.250%	100.000	*N/A* *N/A%*	4.000 30.001%	0.000	20.000 66.667%	1.000	1.000 3.333%	0.000	0.000	0.000	0.720
874 COOL TUBE ICE CREAM	SERVING	64	80.000	0.500 5.623%	25.000	*N/A* *N/A%*	1.000 11.253%	5.000	18.000 90.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
6 CORN BUTTERED	1/2 CUP	93	89.219	0.469 4.732%	184.331	*0.000* *0.000%*	2.689 27.127%	0.000	16.865 75.610%	1.769	2.377 10.657%	154.018	4.434	7.747	0.789
636 CORN COBBETTE	EAR	85	79.994	0.000 0.000%	9.996	0.000 0.000%	0.995 11.189%	0.000	17.995 89.979%	0.995	2.992 14.961%	0.000	0.000	2.015	0.068
893 CORN DOG	CORN DOG	113	280.000	3.500 11.249%	660.000	9.000 12.857%	13.000 41.784%	40.000	31.000 44.286%	2.000	9.000 12.857%	45.000	*N/A*	*N/A*	*N/A*
890 CORN DOG BREAKFAST BITES	SERVING	72	190.000	3.000 14.211%	480.000	*N/A* *N/A%*	10.000 47.369%	25.000	19.000 40.000%	1.000	8.000 16.842%	*N/A*	*N/A*	*N/A*	*N/A*
579 CORN DOGS MINI	6 PIECES	114	240.000	1.500 5.626%	885.000	9.000 15.000%	7.500 28.125%	30.000	33.000 54.999%	3.000	12.000 20.000%	0.000	0.000	0.000	1.620
87 CORNBREAD	PIECES	99	262.008	*1.473* *5.059%*	*649.210*	*10.972* *16.751%*	8.875 30.485%	*35.712*	39.968 61.018%	2.236	5.885 8.984%	*183.739*	*46.212*	*0.165*	2.339
842 CRACKER JACKS	PKG	28	120.000	0.000 0.000%	70.000	*N/A* *N/A%*	2.000 15.001%	0.000	23.000 76.667%	1.000	2.000 6.667%	0.000	0.000	0.000	0.720
947 CRACKER SALTINES	PKG	11	45.000	0.000 0.000%	110.000	0.000 0.000%	1.000 20.000%	0.000	8.000 71.111%	0.500	1.000 8.889%	0.000	0.000	0.000	0.360
639 CRACKER SCOOPY DOO GRAHAM STIX	PKG	28	120.000	1.000 7.499%	115.000	*N/A* *N/A%*	4.000 30.001%	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 54.001%	96.186	1.012 3.998%	9.112 81.001%	30.375	2.025 8.000%	0.000	2.025 8.000%	202.497	20.250	0.000	0.000

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1120 CREAM CHEESE PKG	PKG	28	90.000	5.000 50.000%	140.000	2.000 8.889%	8.000 79.999%	25.000	2.000 8.889%	0.000	1.000 4.444%	300.000	20.000	0.000	0.000
496 CRISPITO CHICKEN/CHILI	2 CRISPITOS	194	540.001	6.000 10.001%	740.000	2.000 1.481%	28.000 46.667%	50.000	45.999 34.073%	6.000	24.000 17.778%	1500.000	80.000	0.000	3.601
1167 CROISSANT	CROISSANT	67	220.000	3.500 14.319%	300.000	5.000 9.091%	9.000 36.819%	5.000	30.000 54.545%	2.000	6.000 10.909%	0.000	20.000	0.000	1.800
1187 CROISSANT EGG SANDWICH	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
820 CROUTONS	OUNCES	9	31.445	0.378 10.810%	149.059	*0.622* *7.912%*	1.705 48.791%	0.000	3.264 41.515%	0.384	0.877 11.156%	67.934	31.531	0.011	0.193
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*	0.481 6.381%	*71.509*	12.427	2.169	0.231
990045 Dilled bean salad	1/2 cup	290	580.923	1.564 2.423%	332.114	*5.156* *3.550%*	9.805 15.191%	0.000	83.247 57.321%	23.065	29.895 20.584%	135.548	242.414	2.277	11.443
909 DINNER ROLL DOUGH 1.1 OZ	ROLL	31	80.000	0.000 0.000%	135.000	3.000 15.000%	1.000 11.251%	0.000	15.000 75.000%	1.000	3.000 15.000%	0.000	20.000	3.000	0.720
908 DINNER ROLL DOUGH 2.2 OZ	ROLL	62	150.000	0.000 0.000%	270.000	5.000 13.333%	2.000 12.001%	0.000	30.000 80.000%	3.000	5.000 13.333%	0.000	40.000	6.000	1.800
631 DIRT CAKE	PIECES	166	219.855	4.307 17.629%	203.000	*8.917* *16.223%*	7.443 30.470%	*8.218*	32.812 59.698%	0.091	5.561 10.118%	*286.566*	*160.730*	*0.730*	*0.091*
1113 DONUT HOLES	5 HOLES	55	220.000	5.000 20.455%	240.000	5.000 9.091%	12.000 49.090%	0.000	24.000 43.636%	2.000	4.000 7.273%	0.000	0.000	0.000	0.720
664 DONUT LONG JOHN RICHES	SERVING	84	405.660	9.073 20.130%	305.352	*25.664* *25.306%*	19.284 42.784%	0.313	53.173 52.431%	1.000	4.167 4.109%	*20.963*	*6.524*	*0.025*	*0.016*
1103 DONUT LONG JOHN WG	DONUT	62	250.000	6.000 21.600%	360.000	4.000 6.400%	13.000 46.801%	0.000	28.000 44.800%	3.000	5.000 8.000%	20.000	20.000	0.000	1.440
1101 DONUTS CAKE MINI	4 DONUTS	57	200.000	4.500 20.251%	270.000	9.000 18.000%	10.000 45.000%	20.000	25.000 49.999%	1.000	3.000 6.000%	45.000	20.000	0.000	1.080
362 DORITOS BAKED	PKG	21	90.000	*N/A* *N/A%*	170.000	*N/A* *N/A%*	3.000 30.000%	*N/A*	16.000 71.112%	1.000	2.000 8.889%	*N/A*	*N/A*	*N/A*	*N/A*
902 DORITOS COOL RANCH TORTILLA	PKG	28	130.000	1.000 6.922%	160.000	1.000 3.077%	5.000 34.615%	0.000	19.000 58.462%	2.000	2.000 6.154%	5.000	40.000	0.000	0.360
903 DORITOS NACHO CHEESE CHIPS RF	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

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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)
904 DORITOS SPICY SWEET CHILI CHIP	PKG	28	130.000	0.500 3.462%	180.000	1.000 3.077%	5.000 34.615%	0.000	20.000 61.538%	2.000	2.000 6.154%	5.000	20.000	0.000	0.360
967 DRESSING BALSAMIC VINAIGRETTE	OZ	30	60.000	0.500 7.502%	190.000	4.000 26.667%	5.000 75.002%	0.000	4.000 26.666%	0.000	0.000 0.000%	20.000	0.000	0.000	0.000
974 DRESSING BLUE CHEESE KRAFT	OZ	28	130.000	2.500 17.308%	280.000	1.000 3.077%	14.000 96.923%	15.000	1.000 3.077%	0.000	1.000 3.077%	5.000	20.000	*N/A*	0.000
975 DRESSING CATALINA KRAFT	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
977 DRESSING CREAMY CAESAR KRAFT	OZ	30	130.000	2.500 17.307%	330.000	1.000 3.077%	13.000 89.999%	15.000	2.000 6.154%	0.000	1.000 3.077%	5.000	40.000	*N/A*	0.000
1055 DRESSING HONEY MUSTARD OTTS	2 TBSP	28	100.000	1.000 8.999%	280.000	5.000 20.000%	8.000 71.999%	0.000	8.000 32.000%	0.000	0.000 0.000%	25.000	0.000	0.000	0.000
978 DRESSING ITALIAN KRAFT	OZ	30	80.000	1.000 11.249%	330.000	2.000 10.000%	8.000 90.001%	0.000	2.000 10.000%	0.000	0.000 0.000%	10.000	0.000	*N/A*	0.000
415 DRESSING OSAGE BEND	TBSP	17	48.959	0.377 6.930%	36.804	*6.317* *51.611%*	2.580 47.420%	0.000	6.416 52.417%	0.019	0.026 0.212%	0.154	1.413	0.005	0.036
554 DRESSING POPPY SEED	TBSP	14	71.636	0.878 11.033%	81.876	*4.719* *26.350%*	5.977 75.093%	0.000	4.744 26.487%	0.013	0.012 0.067%	0.000	1.210	0.001	0.010
973 DRESSING RANCH LIGHT KRAFT	OZ	32	70.000	0.500 6.431%	350.000	1.000 5.714%	4.500 57.860%	10.000	7.000 40.000%	0.000	0.000 0.000%	5.000	0.000	0.000	0.000
976 DRESSING THOUSAND ISLAND KRAFT	OZ	31	100.000	1.500 13.501%	350.000	4.000 16.000%	8.000 71.999%	10.000	5.000 20.000%	0.000	0.000 0.000%	20.000	0.000	*N/A*	0.000
962 DRINK GRAPE GOJI FX	BOTTLE	340	60.000	*N/A* *N/A%*	14.999	14.999 99.993%	0.000 0.000%	0.000	18.000 119.998%	2.000	0.000 0.000%	749.999	229.998	*N/A*	*N/A*
961 DRINK POMEGRANATE CHERRY FX	BOTTLE	340	60.000	*N/A* *N/A%*	14.999	14.999 99.993%	0.000 0.000%	0.000	18.000 119.998%	2.000	0.000 0.000%	749.999	229.998	*N/A*	*N/A*
964 DRINK TROPICAL MANGOSTEE FX	SERVING	340	60.000	*N/A* *N/A%*	14.999	14.999 99.993%	0.000 0.000%	0.000	18.000 119.998%	2.000	0.000 0.000%	749.999	229.998	*N/A*	*N/A*
616 Dutch Waffle	FUNNEL CAKE	81	300.000	3.000 9.000%	350.000	12.000 16.000%	13.000 39.000%	20.000	43.000 57.333%	3.000	4.000 5.333%	0.000	40.000	0.000	1.800
708 EGG PATTIE	PATTY	28	40.000	1.000 22.498%	90.000	0.000 0.000%	2.000 45.002%	115.000	1.000 9.999%	0.000	3.000 30.000%	200.000	20.000	0.000	0.360
986 EGG ROLL PORK & VEG WG	EGG ROLL	85	180.000	2.000 10.002%	370.000	3.000 6.667%	7.000 35.002%	30.000	20.000 44.444%	3.000	9.000 20.000%	750.000	60.000	6.000	1.800

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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)
987 EGG ROLL VEGETABLE WG	EGG ROLL	88	140.000	1.000 6.429%	150.000	4.000 11.429%	3.500 22.503%	0.000	22.000 62.857%	4.000	4.000 11.429%	200.000	40.000	1.200	1.080
566 EGGS 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
1161 ELF GRAHAM CHOCOLATE	PKG	28	120.000	1.000 7.499%	125.000	7.000 23.333%	4.000 30.001%	0.000	20.000 66.667%	2.000	2.000 6.667%	500.000	100.000	0.000	1.080
534 ELF GRAHAMS CINNAMON	PKG	28	120.000	1.000 7.499%	105.000	8.000 26.667%	4.000 30.001%	0.000	21.000 70.000%	1.000	2.000 6.667%	500.000	100.000	0.000	0.720
1089 ENCHILADAS	ENCHILADA	105	169.295	4.200 22.328%	339.384	0.363 0.858%	7.912 42.062%	26.890	16.995 40.154%	1.270	7.503 17.728%	506.709	200.000	0.000	1.247
775 ENGLISH MUFFIN	MUFFIN	57	130.000	0.000 0.000%	200.000	1.000 3.077%	1.500 10.386%	0.000	24.000 73.846%	3.000	6.000 18.462%	0.000	100.000	0.000	1.440
795 ENGLISH MUFFIN EGG HAM CHEESE	SANDWICH	71	109.999	2.749 22.494%	459.999	*1.000* *3.636*	5.500 44.997%	137.500	2.501 9.095%	0.000	10.500 38.182%	200.000	20.000	0.000	0.721
898 FANTASTIX CHILI CHEESE SNACKS	SERVING	28	130.000	1.000 6.922%	200.000	1.000 3.077%	5.000 34.615%	0.000	19.000 58.462%	2.000	2.000 6.154%	500.000	0.000	0.000	0.720
991 FISH FILET SANDWICH	SANDWICH	144	280.000	1.000 3.214%	540.000	4.000 5.714%	7.500 24.108%	35.000	38.001 54.286%	4.000	15.000 21.429%	20.000	120.000	0.000	2.160
992 FISH STICKS BREADED	4 STICKS	112	210.000	1.500 6.427%	270.000	1.000 1.905%	8.000 34.287%	35.000	22.000 41.905%	3.000	12.000 22.857%	5.000	20.000	0.000	1.080
698 FORTUNE COOKIE	COOKIE	6	22.000	0.000 0.000%	0.000	*N/A* *N/A*	0.200 8.182%	0.500	5.000 90.909%	0.500	0.500 9.091%	0.000	0.000	0.000	0.180
846 FRENCH TOAST STICKS	4 STICKS	96	300.000	3.000 9.000%	380.000	15.000 20.000%	13.000 39.001%	0.000	43.000 57.334%	2.000	6.000 8.000%	0.000	60.000	0.000	1.440
350 FRIES CURLEY SEASONED	4 OZ SERVING	113	200.115	2.002 9.002%	466.933	*N/A* *N/A*	8.005 36.001%	0.000	26.681 53.332%	4.002	2.668 5.333%	0.000	26.681	1.601	0.960
999 FRIES KK GENERATION 7.5"	4 OZ SERVING	113	242.996	0.675 2.499%	269.995	0.675 1.111%	9.450 34.999%	0.000	35.099 57.777%	4.049	4.049 6.665%	3.375	*N/A*	6.480	0.972
1002 FRIES THIN CUT	4 OZ SERVING	113	229.496	0.675 2.646%	269.995	0.675 1.176%	8.100 31.765%	0.000	36.450 63.530%	2.700	2.700 4.706%	3.375	*N/A*	6.480	0.486
1107 FROZEN GRAHAM SNACK	PKG	31	140.000	1.500 9.644%	115.000	8.000 22.857%	5.000 32.143%	0.000	23.000 65.715%	2.000	2.000 5.714%	0.000	0.000	0.000	0.720
765 FROZEN JUICE CUP	CUP	125	70.000	0.000 0.000%	4.999	16.000 91.429%	0.000 0.000%	0.000	19.000 108.572%	3.000	0.000 0.000%	500.000	80.001	60.000	0.360

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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)
1017 FROZFRUIT CHUNKY PINEAPPLE	BAR	120	120.000	0.000 0.000%	5.000	23.000 76.667%	0.000 0.000%	0.000	30.000 100.000%	0.000	0.000 0.000%	115.000	0.000	2.400	0.000
1016 FROZFRUIT CHUNKY STRAWBERRY	BAR	120	130.000	0.000 0.000%	15.000	26.000 80.000%	0.000 0.000%	0.000	33.000 101.538%	0.050	0.000 0.000%	130.000	0.000	30.000	0.360
696 FRUDEL APPLE	FRUDEL	65	210.000	1.500 6.429%	280.000	11.000 20.952%	6.000 25.715%	0.000	36.000 68.572%	2.000	5.000 9.524%	55.000	0.000	0.000	1.080
697 FRUDEL CHERRY	FRUDEL	65	210.000	1.500 6.429%	290.000	11.000 20.952%	6.000 25.715%	0.000	37.000 70.476%	2.000	5.000 9.524%	55.000	0.000	0.000	1.080
1034 FRUIT GLAZE	1 OZ SERVING	60	73.685	0.006 0.068%	1.942	*3.395* *18.430%*	0.072 0.878%	0.000	19.525 105.993%	1.044	0.294 1.596%	13.183	6.034	22.453	0.334
924 FRUIT ROLL UP	PKG	14	45.000	0.000 0.000%	55.000	4.000 35.556%	1.000 20.000%	0.000	11.000 97.777%	2.000	0.000 0.000%	20.000	*N/A*	*N/A*	*N/A*
1169 FRUIT SALAD FRESH	1/2 cup	136	82.554	0.071 0.772%	2.268	11.843 57.383%	0.522 5.686%	0.000	20.493 99.296%	3.447	1.315 6.372%	73.935	24.948	72.665	0.445
926 FRUIT SNACK SCOOBY DOO	PKG	25	70.000	0.000 0.000%	30.000	8.000 45.714%	0.000 0.000%	0.000	21.000 120.000%	4.000	0.000 0.000%	40.000	*N/A*	*N/A*	*N/A*
1164 FRUIT SNACKS KELLOGGS	PKG	31	100.000	0.000 0.000%	5.000	16.000 64.000%	0.000 0.000%	0.000	23.000 92.000%	0.000	1.000 4.000%	0.000	0.000	60.000	0.000
1018 FUDGE BAR	BAR	92	130.000	1.000 6.923%	95.000	21.000 64.615%	1.500 10.382%	5.000	25.000 76.923%	0.050	5.000 15.385%	100.000	150.000	0.000	0.720
1170 GARDEN BAR	1/2 CUP	50	15.105	0.039 2.324%	19.540	1.623 42.979%	0.130 7.728%	0.000	3.281 86.888%	1.212	0.760 20.126%	2497.095	13.525	30.912	0.316
309 GARLIC CHEESE BREAD PIZZA	PIECE	122	330.000	6.000 16.362%	680.001	1.999 2.423%	15.001 40.910%	20.000	30.000 36.364%	3.000	18.000 21.818%	500.000	300.000	0.000	1.800
849 GARLIC STUFFED BREADSTICK	BREADSTIC K	65	190.000	3.000 14.211%	310.000	1.000 2.105%	8.000 37.894%	10.000	24.000 50.527%	2.000	8.000 16.842%	300.000	150.000	0.000	1.440
1146 GARLIC TOAST	SLICE	40	160.000	2.000 11.250%	280.000	0.000 0.000%	9.000 50.625%	0.000	17.000 42.500%	1.000	3.000 7.500%	0.000	0.000	0.000	0.360
477 GENERAL TSO'S CHICKEN W/RICE	SERVING	273	428.745	0.698 1.466%	1608.364	*0.335* *0.313%*	18.813 39.491%	61.661	44.249 41.282%	0.503	19.840 18.510%	*163.728*	*5.128*	*0.000*	*0.115*
1028 GLUTEN FREE BAKING MIX	1/4 CUP	40	140.000	0.000 0.000%	115.000	0.000 0.000%	1.000 6.429%	0.000	31.000 88.571%	3.000	2.000 5.714%	0.000	150.000	0.000	1.800
1027 GLUTEN FREE PASTA ELBOW	1/2 CUP	62	230.000	0.500 1.955%	0.000	0.000 0.000%	2.000 7.826%	0.000	49.000 85.217%	2.000	5.000 8.696%	0.000	0.000	0.000	0.720

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Jefferson City School District Recipe Nutrient Composition - Summary

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839 GLUTEN FREE CHICKEN CHUNKS	5 PIECES	66	130.000	2.500 17.308%	320.000	*N/A* *N/A*	9.000 62.306%	40.000	1.000 3.077%	1.000	11.000 33.846%	0.000	20.000	0.000	1.080
1029 GLUTEN FREE COOKIE MIX	2 COOKIES	28	110.000	1.500 12.273%	80.000	15.000 54.545%	2.500 20.455%	0.000	23.000 83.636%	0.500	1.000 3.636%	75.000	0.000	0.000	0.720
1026 GLUTEN FREE PASTA SPIRALS	2/3 CUP	60	230.000	0.500 1.956%	0.000	0.000 0.000%	2.000 7.825%	0.000	47.000 81.739%	2.000	5.000 8.696%	0.000	0.000	0.000	0.720
1025 GLUTEN FREE PIZZA CRUST	SLICE	55	160.000	1.000 5.624%	210.000	1.000 2.500%	3.500 19.689%	10.000	29.000 72.500%	1.000	2.000 5.000%	5.000	*N/A*	*N/A*	*N/A*
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 GOLDFISH GIANT GRAHAMS	PKG	26	120.000	1.000 7.500%	50.000	*N/A* *N/A*	4.500 33.751%	0.000	19.000 63.333%	2.000	1.000 3.333%	0.000	100.000	0.000	0.720
921 GRANOLA BAR CRUNCHY PB	PKG	42	190.000	1.000 4.737%	180.000	5.000 10.526%	7.000 33.158%	0.000	28.000 58.948%	2.000	5.000 10.526%	25.000	*N/A*	*N/A*	*N/A*
920 GRANOLA BARS CRUNCHY OATS & HO	PKG	42	190.000	0.500 2.367%	160.000	12.000 25.263%	6.000 28.422%	0.000	29.000 61.053%	2.000	4.000 8.421%	60.000	*N/A*	*N/A*	*N/A*
1123 GRANOLA TOPPING	OUNCES	35	76.542	0.848 9.976%	46.289	*5.245* *27.410*	4.693 55.176%	0.000	8.060 42.120%	0.555	0.627 3.277%	203.359	9.212	0.011	0.222
922 GRANOLA BAR CHEWY CHOCOLATE CH	PKG	25	90.000	0.500 5.000%	55.000	6.000 26.667%	2.000 20.000%	0.000	19.000 84.444%	0.500	1.000 4.444%	30.000	*N/A*	*N/A*	*N/A*
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
707 GRAVY	1/4 CUP	63	19.714	0.000 0.000%	287.600	*0.000* *0.000*	0.493 22.498%	0.000	2.957 60.000%	0.000	0.000 0.000%	0.000	1.750	0.000	0.000
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
1011 GREEN EGGS & HAM BURRITO	SERVING	214	359.912	6.377 15.946%	825.647	*1.265* *1.406*	14.918 37.304%	222.616	36.552 40.624%	6.239	22.982 25.542%	*5772.865*	*669.166*	*2.401*	*1.760*
816 GRILLED CHEESE GOLDFISH BUN	SANDWICH	104	293.750	7.175 21.983%	817.126	*8.000* *10.894*	15.213 46.609%	30.000	25.000 34.043%	4.000	16.000 21.787%	188.746	60.000	*0.000*	1.800
181 GRILLED CHEESE SANDWICH	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
699 GUMBO CHICKEN	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

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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)
888 HAM & BEANS	8 OZ	256	287.246	1.587 4.971%	609.340	*1.448* *2.016%*	3.486 10.923%	24.014	46.708 65.043%	10.247	22.037 30.687%	7.502	*110.790*	*2.900*	*3.284*
165 HAM & CHEESE PRETZEL BUN	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*
1145 HAMBURGER PATTIE SEC	PATTIE	84	190.000	5.000 23.683%	260.000	0.000 0.000%	13.000 61.578%	60.000	0.000 0.000%	0.000	17.000 35.789%	0.000	0.000	0.000	1.440
734 HAMBURGER PATTY W/BUN SEC	SANDWICH	127	310.000	5.000 14.515%	450.000	3.000 3.871%	14.500 42.096%	60.000	22.000 28.387%	2.000	21.000 27.097%	15.000	100.000	0.000	2.880
161 HAMBURGER W/BUN ELEM	SANDWICH	107	248.000	3.200 11.614%	329.000	3.000 4.839%	9.500 34.475%	35.000	23.000 37.097%	3.000	17.000 27.419%	15.000	320.000	0.000	1.620
843 HASH BROWN STIX	STIX	64	100.000	0.000 0.000%	280.000	*N/A* *N/A%*	3.500 31.500%	0.000	15.000 60.000%	1.000	1.000 4.000%	0.000	0.000	2.400	0.360
441 HASHBROWN PATTY	PATTY	64	130.000	2.000 13.844%	230.000	*N/A* *N/A%*	8.000 55.385%	0.000	14.000 43.076%	2.000	1.000 3.077%	0.000	0.000	4.800	0.360
364 HEALTHY CHOICE PASTA SAUCE	OZ	28	13.500	0.000 0.000%	83.249	1.575 46.667%	0.000 0.000%	0.000	2.700 80.000%	0.675	0.450 13.333%	*N/A*	4.500	*N/A*	0.243
152 HONEYDEW	1/2 CUP	85	30.600	0.032 0.950%	15.300	6.902 90.222%	0.119 3.500%	0.000	7.727 101.000%	0.680	0.459 6.000%	42.500	5.100	15.300	0.144
194 HOT DOG W/BUN ELE	SANDWICH	99	230.000	3.000 11.739%	840.000	5.000 8.696%	9.500 37.174%	50.000	23.000 40.001%	1.000	11.000 19.130%	25.000	180.000	0.000	2.880
391 HOT DOG W/BUN SEC	SANDWICH	134	410.001	10.800 23.708%	1177.700	4.000 3.902%	28.000 61.462%	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	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*
857 HOT ROLL ULTRAGRAIN	ROLL	86	230.591	*0.778* *3.038%*	*454.178*	*6.031* *10.462%*	5.981 23.344%	*0.525*	38.702 67.135%	3.718	6.527 11.322%	*0.578*	*34.441*	*0.182*	3.168
1159 HOT SAUCE	TSP	5	0.000	0.000 *N/A%*	150.000	*N/A* *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
1177 HUMMUS RED PEPPER PRETZELS	4.56 OZ	129	370.000	3.000 7.298%	840.000	1.001 1.082%	20.000 48.648%	300.000	40.000 43.243%	5.000	10.001 10.812%	*N/A*	500.000	*N/A*	*N/A*
1092 ICE CREAM CUP VANILLA CHOC	CUP	51	70.000	0.500 6.426%	35.000	11.000 62.857%	1.000 12.858%	*N/A*	14.000 80.000%	2.000	2.000 11.429%	200.000	80.000	0.000	0.000

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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)
1021 ICE CREAM SANDWICH	SANDWICH	55	130.000	1.000 6.922%	105.000	12.000 36.923%	2.500 17.306%	5.000	25.000 76.924%	0.000	3.000 9.231%	100.000	200.000	0.000	0.000
1020 ICE CREAM SUNDAE CONE MINI	CONE	62	120.000	1.000 7.501%	70.000	17.000 56.667%	2.000 15.001%	0.000	25.000 83.334%	2.000	3.000 10.000%	100.000	300.000	0.000	0.360
1093 ITALIAN SUB SANDWICH HOT/COLD	SUB	114	262.004	5.090 17.486%	646.129	*4.000* *6.107%*	10.934 37.558%	44.322	23.510 35.892%	1.000	18.039 27.540%	294.119	270.055	1.617	2.534
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
115 JELLO COATED 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
123 JELLO W/FRUIT	4 OZ	146	137.103	*2.835* *18.610%*	23.962	*4.252* *12.405%*	3.581 23.509%	*0.000*	28.810 84.052%	*1.590*	1.104 3.221%	*44.113*	*3.969*	*2.980*	0.461
379 JELLY	TBSP	21	55.860	0.001 0.016%	6.300	10.756 77.021%	0.004 0.068%	0.000	14.690 105.188%	0.210	0.032 0.229%	1.050	1.470	0.189	0.040
1109 JELLY GRAPE	TBSP	20	50.000	0.000 0.000%	5.000	10.000 80.000%	0.000 0.000%	0.000	13.000 104.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
981 JUICE CARTON	CARTON	113	60.000	*N/A* *N/A%*	15.000	13.000 86.667%	0.000 0.000%	*N/A*	14.000 93.334%	0.000	0.000 0.000%	500.000	100.000	60.000	*N/A*
983 JUICE CUP	CUP	113	60.000	*N/A* *N/A%*	15.000	13.000 86.667%	0.000 0.000%	*N/A*	15.000 100.002%	0.000	0.000 0.000%	65.000	0.000	0.000	0.000
984 JUICE FRUIT 66	CAN	227	115.999	*N/A* *N/A%*	9.999	28.000 96.553%	0.000 0.000%	*N/A*	28.000 96.553%	0.000	0.000 0.000%	499.999	99.999	59.999	*N/A*
792 JUICE JAMBA	4 OZ	113	60.000	0.000 0.000%	0.000	*N/A* *N/A%*	0.000 0.000%	0.000	14.000 93.334%	1.000	0.000 0.000%	0.000	20.000	36.000	0.000
980 JUICE V8 POMEGRANITE BLUEBERRY	CAN	227	99.999	0.000 0.000%	65.000	21.999 87.997%	0.000 0.000%	0.000	25.000 100.000%	0.000	0.000 0.000%	499.999	19.999	59.999	0.361
979 JUICE V8 STRAW BAN FUSION	CAN	227	110.001	0.000 0.000%	70.001	21.999 79.996%	0.000 0.000%	0.000	28.000 101.818%	0.000	0.000 0.000%	2500.000	19.999	59.999	0.361
982 JUICY JUICE BOX	BOX	191	100.001	*N/A* *N/A%*	15.001	22.001 88.003%	0.000 0.000%	*N/A*	24.000 96.000%	*N/A*	0.000 0.000%	110.001	*N/A*	60.001	*N/A*
1138 KETCHUP	TBSP	17	20.000	0.000 0.000%	160.000	4.000 80.000%	0.000 0.000%	0.000	5.000 100.000%	0.000	0.000 0.000%	100.000	0.000	1.200	0.000
465 KIWI FRUIT	1/2 CUP	89	53.985	0.026 0.428%	2.655	7.956 58.950%	0.460 7.672%	0.000	12.974 96.131%	2.655	1.009 7.476%	76.995	30.090	82.040	0.274

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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)
687 LASAGNA W/GROUND BEEF	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
581 LITTLE SMOKIES	8 SMOKIES	106	308.335	6.750 19.703%	1253.858	*4.050* *5.254%*	21.599 63.046%	60.749	19.332 25.079%	0.000	8.100 10.508%	20.250	26.999	0.000	0.972
480 MACARONI AND CHEESE 1/2 CUP	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
688 MACARONI AND CHEESE 2/3 CUP	2/3 CUP	378	380.059	*7.053* *16.701%*	762.294	*12.651* *13.315%*	15.990 37.866%	32.984	35.470 37.331%	2.598	22.384 23.558%	698.732	302.139	0.935	0.189
174 MANDARIN ORANGE SALAD	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
536 MANDARIN ORANGES	1/2 CUP	113	71.440	0.011 0.142%	6.804	*N/A* *N/A%*	0.159 2.001%	0.000	18.212 101.969%	1.361	0.612 3.427%	1467.364	9.072	22.226	0.420
348 MANWICH W/BUN	SANDWICH	183	317.322	4.481 12.709%	605.881	*3.000* *3.782%*	13.261 37.612%	53.318	27.746 34.976%	2.957	19.533 24.622%	409.274	111.761	1.913	4.035
609 MANWICH W/TOSTITO SCOOPS	SERVING	165	307.322	4.481 13.123%	540.881	*0.000* *0.000%*	14.261 41.764%	53.318	24.746 32.209%	2.957	17.533 22.820%	394.274	31.761	1.913	2.955
366 MARGARINE	OZ	28	202.497	4.050 18.000%	222.746	*N/A* *N/A%*	22.275 98.999%	0.000	0.000 0.000%	0.000	0.000 0.000%	1012.482	0.000	0.000	0.000
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
1139 MAYONNAISE	TBSP	14	100.000	1.500 13.500%	85.000	0.000 0.000%	11.000 98.999%	10.000	0.000 0.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
1 MEAT SAUCE ITALIAN	4 OZ.	85	182.212	4.844 23.924%	55.935	0.000 0.000%	12.713 62.791%	57.630	0.000 0.000%	0.000	15.755 34.586%	*11.865*	12.712	*0.000*	1.771
460 MEATBALL SUB	SANDWICH	329	680.905	13.908 18.383%	1165.244	*12.146* *7.135%*	32.887 43.469%	70.967	60.500 35.541%	9.026	39.746 23.349%	*286.077*	202.990	*2.021*	4.404
556 MEATLOAF	4 OZ	146	223.819	4.583 18.428%	518.883	*9.564* *17.092%*	12.214 49.114%	86.450	12.260 21.911%	0.561	15.927 28.464%	982.792	54.495	3.402	1.914
730 MEATLOAF SANDWICH	SANDWICH	241	491.828	8.528 15.606%	848.324	*12.990* *10.565%*	22.743 41.617%	115.154	39.090 31.791%	2.779	30.719 24.984%	1067.529	270.467	3.406	4.381
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
16 MEXICAN MEAT	1/2 CUP SERVING	158	210.366	4.845 20.728%	313.672	*0.536* *1.019%*	12.735 54.485%	57.630	6.828 12.983%	1.283	16.016 30.454%	901.938	16.560	3.165	2.597

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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)
990043 Mexican Pasta Salad	1/2 cup	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
209 MEXICAN SEASONING MIX	CUPS	134	74.000	0.000 0.000%	2114.747	1.075 5.811%	0.275 3.345%	0.000	15.750 85.135%	2.650	2.825 15.270%	6935.375	35.000	0.000	0.540
317 MILK 1% WHITE	CARTON	227	99.999	1.499 13.492%	120.000	11.000 44.000%	2.499 22.494%	15.000	11.000 43.999%	0.000	7.999 31.996%	499.999	299.999	1.200	0.000
1186 MILK CHOCOLATE FF	CARTON	5670	2750.015	0.000 0.000%	4499.973	450.020 65.457%	0.000 0.000%	125.021	499.972 72.723%	0.000	199.977 29.087%	12499.970	7499.973	29.994	0.000
327 MILK SKIM	CARTON	227	80.000	0.000 0.000%	120.000	11.000 55.000%	0.000 0.000%	5.001	11.000 54.998%	0.000	7.999 39.995%	499.999	299.999	1.200	0.000
319 MILK SKIM STRAWBERRY	CARTON	227	120.000	0.000 0.000%	120.000	*N/A* *N/A%*	0.000 0.000%	0.000	21.999 73.331%	0.000	7.999 26.663%	499.999	299.999	1.200	0.000
489 MILK VARIETY	CARTON	227	102.500	0.375 3.291%	135.000	*10.000* *39.024%*	0.625 5.486%	6.250	15.999 62.436%	0.000	7.999 31.216%	499.999	299.999	1.200	0.000
228 MILK, SKIM CHOCOLATE	CARTON	227	110.001	0.000 0.000%	179.999	18.001 65.458%	0.000 0.000%	5.001	19.999 72.723%	0.000	7.999 29.087%	499.999	299.999	1.200	0.000
1042 MINI BAGELS STRAWBERRY	PKG	69	230.000	2.500 9.782%	180.000	13.000 22.609%	6.000 23.479%	10.000	41.000 71.304%	2.000	6.000 10.435%	100.000	20.000	0.000	1.080
690 MINI CINNIS	PKG	65	240.000	2.000 7.500%	300.000	15.000 25.000%	7.000 26.250%	0.000	40.000 66.666%	2.000	5.000 8.333%	75.000	20.000	0.000	1.440
796 MINI FRENCH TOAST HOMESTYLE	PKG	69	170.000	1.500 7.942%	190.000	12.000 28.235%	6.000 31.766%	130.000	25.000 58.824%	1.000	5.000 11.765%	60.000	*N/A*	*N/A*	*N/A*
762 MINI WAFFLES BLUEBERRY	PKG	70	210.000	1.000 4.287%	170.000	12.000 22.857%	6.000 25.713%	0.000	37.000 70.476%	3.000	4.000 7.619%	0.000	20.000	0.000	0.720
797 MINI WAFFLES MAPLE	PKG	70	210.000	1.000 4.287%	170.000	13.000 24.762%	6.000 25.713%	0.000	38.000 72.381%	3.000	4.000 7.619%	0.000	20.000	0.000	0.720
419 MIXED FRUIT COCKTAIL	1/2 CUP	126	68.002	0.025 0.334%	8.001	*N/A* *N/A%*	0.101 1.334%	0.000	17.879 105.170%	1.600	0.517 3.041%	11.995	5.998	3.805	0.365
1046 MIXED FRUIT COCKTAIL COBLER	1/2 CUP	123	190.986	*1.704* *8.028%*	*100.302*	*22.457* *47.034%*	9.179 43.257%	*0.750*	26.981 56.508%	1.240	1.325 2.775%	*606.894*	*20.204*	*1.676*	0.607
169 MIXED VEGETABLES	1/2 CUP	58	50.948	0.258 4.559%	45.053	*0.000* *0.000%*	1.409 24.883%	0.000	7.637 59.962%	2.268	1.888 14.823%	2929.799	14.179	5.897	0.539
342 MOZZARELLA CHEESE STICKS	6 STICKS	130	320.000	3.500 9.843%	620.000	1.999 2.499%	12.000 33.751%	14.999	37.001 46.251%	4.000	20.001 25.001%	10.000	*N/A*	*N/A*	*N/A*

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1044 MUFFIN APPLE CINNAMON	SERVINGS	82	170.720	1.339 7.057%	281.006	*13.336* *31.246%*	4.681 24.675%	13.333	29.529 69.186%	1.683	4.044 9.475%	74.251	82.695	0.286	0.998
1032 MUFFIN BLUEBERRY GAGE	SERVINGS	66	164.846	1.333 7.279%	280.684	14.181 34.410%	4.788 26.140%	13.333	27.878 67.647%	1.576	4.000 9.706%	66.667	80.563	0.000	0.960
951 MUFFIN I/W	PKG	57	180.000	2.000 10.000%	120.000	16.000 35.556%	5.000 25.000%	40.000	30.000 66.667%	3.000	3.000 6.667%	80.000	40.000	0.000	1.440
1068 MUFFIN PUCK	MUFFIN	43	170.000	4.000 21.175%	135.000	13.000 30.588%	9.000 47.646%	25.000	19.000 44.705%	1.000	2.000 4.706%	65.000	0.000	*N/A*	1.080
944 MUFFINS BLUEBERRY MINI	PKG	45	150.000	1.000 5.999%	100.000	9.000 24.000%	5.000 30.000%	15.000	24.000 64.000%	1.000	3.000 8.000%	45.000	20.000	0.000	0.720
945 MUFFINS CHOC CHIP MINI	PKG	45	150.000	1.000 5.999%	95.000	9.000 24.000%	5.000 30.000%	15.000	23.000 61.333%	1.000	3.000 8.000%	45.000	*N/A*	*N/A*	*N/A*
789 MUFFULETTA SANDWICH w/SUB BR	SERVINGS	205	449.358	7.182 14.384%	1347.019	*6.871* *6.116%*	19.570 39.197%	45.267	48.734 43.381%	*5.301*	24.551 21.854%	*240.734*	*157.844*	*1.607*	*1.325*
1137 MUSTARD	TBSP	15	0.000	0.000 *N/A%*	240.000	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
1130 NACHO BITES W/QUESO	SERVING	170	387.998	9.300 21.572%	854.993	1.000 1.031%	19.000 44.073%	44.999	34.000 35.052%	3.000	18.001 18.558%	899.993	352.996	2.400	1.440
876 NACHO CHEESE & TOSTITO 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
467 NACHO SUPREME	SERVINGS	240	518.485	14.643 25.418%	1132.911	*0.627* *0.484%*	31.639 54.920%	104.423	28.606 22.069%	3.301	28.941 22.327%	1432.089	283.965	3.217	3.319
941 NUTRI GRAIN BAR APPLE CINNAMON	BAR	44	158.840	0.660 3.740%	130.240	*N/A* *N/A%*	3.960 22.438%	0.000	29.700 74.792%	2.948	2.156 5.429%	861.520	210.188	0.000	1.804
1165 NUTRI GRAIN BAR APPLE CINNAMON	BAR	44	160.000	0.500 2.811%	135.000	14.000 35.000%	4.000 22.500%	0.000	30.000 75.000%	3.000	2.000 5.000%	750.000	200.000	0.000	1.800
942 NUTRI GRAIN BAR BLUEBERRY	BAR	44	159.720	0.704 3.967%	134.200	*N/A* *N/A%*	3.960 22.314%	0.000	29.832 74.711%	2.992	2.156 5.399%	861.960	211.772	0.000	2.552
943 NUTRI GRAIN BAR STRAWBERRY	BAR	44	157.960	0.660 3.760%	148.280	*N/A* *N/A%*	3.960 22.563%	0.000	29.480 74.652%	2.948	2.200 5.571%	861.080	213.400	0.000	1.804
1105 OMELET CHEESE	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

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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)
1019 ORANGE DREAM BAR	BAR	72	90.000	1.000 10.001%	50.000	16.000 71.111%	1.500 14.998%	5.000	19.000 84.445%	0.000	2.000 8.889%	100.000	60.000	0.000	0.000
552 PANCAKE & SAUSAGE MINIS	3 PCS (72g)	72	190.001	3.000 14.212%	480.002	7.000 14.737%	10.000 47.369%	25.000	19.000 40.000%	1.000	8.000 16.842%	35.000	40.001	0.000	1.440
948 PANCAKE AUNT JEMIMA	2 PANCAKES	65	139.950	0.000 0.000%	219.921	3.998 11.427%	3.998 25.713%	9.997	27.990 79.999%	1.999	3.998 11.427%	0.000	0.000	0.000	1.439
891 PANCAKE N SAUSAGE 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
1154 PANCAKE SAUSAGE MINIS	3 PIECES	72	210.000	3.000 12.858%	430.000	5.000 9.524%	13.000 55.716%	20.000	17.000 32.381%	2.000	6.000 11.429%	0.000	40.000	0.000	1.080
650 PANCAKES MINI MAPLE	PKG	89	220.000	0.500 2.046%	130.000	12.000 21.818%	6.000 24.547%	0.000	39.000 70.909%	3.000	4.000 7.273%	0.000	20.000	0.000	0.720
651 PANCAKES MINI STRAWBERRY	PKG	89	220.000	0.500 2.046%	130.000	14.000 25.455%	6.000 24.547%	0.000	40.000 72.728%	3.000	4.000 7.273%	0.000	20.000	0.000	0.720
1152 PANINI SANDWICH	PANINI	150	302.553	4.501 13.390%	930.331	5.501 7.273%	11.003 32.730%	52.526	36.003 47.599%	3.000	21.507 28.434%	12.507	*20.000*	*0.000*	*1.440*
1157 PARMESAN CHEESE	1/4 CUP	28	100.000	4.000 36.001%	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
192 PASTA BAR	SERVINGS	187	367.909	5.529 13.525%	499.378	*6.858* *7.456*	12.731 31.142%	53.332	37.537 40.811%	3.000	23.783 25.857%	*0.000*	21.915	*0.000*	3.137
1174 PASTA BOWTIE	2 OZ	57	200.000	0.000 0.000%	0.000	2.000 4.000%	1.000 4.501%	0.000	41.000 82.000%	2.000	7.000 14.000%	*N/A*	*N/A*	*N/A*	*N/A*
1175 PASTA EGG NOODLE	2 OZ	57	200.000	0.000 0.000%	0.000	2.000 4.000%	1.000 4.501%	0.000	41.000 82.000%	2.000	7.000 14.000%	*N/A*	*N/A*	*N/A*	*N/A*
173 PASTA SALAD	1/2 CUP	219	146.382	*1.299* *7.988*	472.036	*0.655* *1.790*	8.882 54.609%	4.860	13.960 38.145%	2.116	3.114 8.509%	144.787	61.726	24.929	0.269
1188 PASTA SYDNEY	SERVING	308	786.142	13.178 15.087%	1442.061	*2.440* *1.242*	50.392 57.691%	83.165	44.296 22.538%	2.940	39.185 19.938%	1214.513	623.727	14.067	3.026
1181 PBJ & CHEESE STICK	SANDWICH	137	478.000	9.040 17.020%	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*
15 PBJ SANDWICH	SANDWICH	97	360.344	4.040 10.091%	364.520	*9.302* *10.326*	18.351 45.834%	0.000	39.546 43.898%	4.882	14.033 15.577%	25.420	267.586	0.076	2.147
1095 PEACH CRISP	1/2 CUP	145	260.440	*1.296* *4.478*	*80.496*	*19.061* *29.275*	7.245 25.035%	*0.000*	49.303 75.722%	2.463	1.453 2.232%	*618.802*	*17.257*	*100.363*	0.924

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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)
357 PEACH CUP	CUP	125	80.000	0.000 0.000%	0.000	*N/A* *N/A%*	0.000 0.000%	0.000	19.000 95.000%	1.000	1.000 5.000%	300.000	0.000	162.000	0.363
437 PEACHES CN LIGHT SYRUP	1/2 CUP	126	52.996	0.000 0.000%	5.998	*N/A* *N/A%*	0.126 2.140%	0.000	13.394 101.093%	1.298	0.504 3.804%	339.998	5.998	3.805	0.378
1108 PEANUT BUTTER & JELLY SANDWICH	SANDWICH	109	388.000	4.040 9.371%	367.000	*15.000* *15.464%*	18.350 42.564%	0.000	46.670 48.114%	4.798	14.021 14.455%	25.000	266.998	0.000	2.131
397 PEANUT BUTTER BARS	SERVING	100	520.627	10.871 18.793%	309.507	*29.577* *22.724%*	31.051 53.678%	0.569	56.340 43.286%	1.962	5.422 4.166%	539.990	80.824	0.000	0.898
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
90 PEARS FRESH	PEAR	166	94.620	0.037 0.347%	1.660	16.185 68.421%	0.232 2.211%	0.000	25.282 106.877%	5.146	0.598 2.528%	41.500	14.940	7.138	0.299
170 PEAS	1/2 CUP	116	98.959	0.473 4.302%	223.587	*0.000* *0.000%*	2.624 23.868%	0.000	14.266 57.662%	4.672	5.012 20.259%	705.592	22.689	10.943	1.077
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
531 PIE PUMPKIN	1/10 PIE	122	300.002	5.000 14.999%	350.001	21.000 28.000%	11.000 32.999%	45.000	47.001 62.667%	1.000	4.000 5.333%	1750.007	80.001	0.000	1.440
466 PIGS IN A BLANKET	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
1040 PIGS IN A BLANKET w/SUB DOUGH	SERVINGS	128	385.562	8.525 19.900%	926.312	*3.000* *3.112%*	21.038 49.107%	45.125	30.506 31.649%	*3.000*	15.544 16.126%	*0.000*	*0.000*	*0.000*	*1.440*
92 PINEAPPLE TIDBITS	1/2 CUP	123	80.656	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	15.123 75.000%	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
858 PIZZA BIG DADDY BOLD	SLICE	158	400.001	7.000 15.750%	620.000	7.000 7.000%	16.000 36.001%	35.000	43.000 42.999%	4.000	19.000 19.000%	35.000	350.001	*N/A*	2.700
635 PIZZA BIG DADDY W/ PEPPERONI	SLICE	172	465.811	9.531 18.415%	888.308	7.000 6.011%	22.581 43.629%	47.656	43.000 36.925%	4.000	21.531 18.489%	35.000	350.000	*0.000*	2.882
637 PIZZA BIG DADDY W/SAUSAGE CRUM	SLICE	172	455.687	7.000 13.825%	766.810	*7.000* *6.145%*	21.316 42.100%	45.125	43.000 37.745%	4.000	20.772 18.234%	*35.000*	*350.001*	*N/A*	*2.700*
1176 PIZZA BKFST BACON SCRAMBLE	PIECE	84	210.000	4.000 17.143%	340.000	8.000 15.238%	8.000 34.287%	55.000	23.000 43.810%	2.000	10.000 19.048%	0.000	150.000	0.000	1.800
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

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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)
1098 PIZZA SQUARE CHEESE	PIECE	128	300.000	5.000 14.999%	580.001	14.000 18.667%	11.001 33.002%	25.000	35.000 46.666%	3.999	16.000 21.333%	300.000	250.001	0.000	1.800
653 POPTART CINNAMON 1CT	PKG	50	180.000	1.000 5.000%	190.000	15.000 33.333%	2.000 10.000%	0.000	37.000 82.222%	3.000	2.000 4.444%	500.000	100.000	0.000	1.800
990 POPTART CINNAMON 2CT	PKG	100	370.000	2.000 4.865%	380.000	31.000 33.514%	5.000 12.162%	0.000	75.000 81.081%	6.000	5.000 5.405%	1000.000	200.000	0.000	3.600
989 POPTART STRAWBERRY 2CT	PKG	100	360.000	2.000 5.000%	360.000	30.000 33.333%	4.000 10.000%	0.000	75.000 83.333%	6.000	4.000 4.444%	1000.000	200.000	0.000	3.600
648 POPTART STRAWBERRY 1CT	PKG	50	180.000	1.000 5.000%	180.000	15.000 33.333%	2.000 10.000%	0.000	38.000 84.444%	3.000	2.000 4.444%	500.000	100.000	0.000	1.800
661 POPTART VARIETY	PKGS	50	180.000	1.000 5.000%	185.000	15.000 33.333%	2.000 10.000%	0.000	37.500 83.333%	3.000	2.000 4.444%	500.000	100.000	0.000	1.800
1124 PORK CARNITAS	4 OZ SERVING	259	818.853	15.357 16.879%	1239.807	*4.733* *2.312%*	74.479 81.860%	108.002	7.659 3.741%	1.827	31.120 15.202%	139.193	57.398	26.174	1.729
1096 PORK CHOPS WITH CRANBERRY BALS	CHOPS	189	236.465	2.403 9.144%	652.501	*37.224* *62.967%*	3.980 15.150%	*7.954*	51.395 86.939%	*0.735*	1.077 1.822%	119.027	10.222	0.212	0.559
748 PORK ROAST COOKED	SERVINGS	99	271.201	6.447 21.394%	199.377	*0.000* *0.000%*	17.566 58.292%	95.041	0.041 0.060%	0.016	26.756 39.463%	10.906	14.454	0.355	1.032
1112 PORK STEW	8 OZ SERVINGS	294	299.209	5.576 16.773%	354.290	*1.111* *1.485%*	15.464 46.516%	78.961	15.038 20.103%	*2.676*	25.327 33.859%	*727.743*	*59.642*	*14.606*	*2.088*
1083 PORK TENDERLOIN W/BUN	SANDWICH	134	430.000	4.000 8.373%	480.000	3.000 2.791%	25.500 53.373%	25.000	36.000 33.489%	3.000	15.000 13.953%	15.000	140.000	0.000	2.520
1069 PORK, GROUND, CANNED, WITH NAT	4 OZ	155	360.005	6.003 15.008%	570.005	*3.000* *3.333%*	17.505 43.761%	70.000	22.000 24.444%	2.000	25.997 28.885%	15.000	100.000	0.000	2.157
996 POTATO BABY BAKERS	1/2 CUP	113	120.000	0.000 0.000%	213.333	0.000 0.000%	2.000 15.002%	0.000	20.000 66.667%	0.000	4.000 13.333%	0.000	26.667	0.000	0.960
1143 POTATO STARS	1/2 CUP	84	180.000	1.000 4.998%	330.000	0.500 1.111%	10.000 50.001%	0.000	20.000 44.445%	2.000	2.000 4.444%	*N/A*	*N/A*	2.400	0.720
586 POTATO WEDGES	1/2 CUP	76	93.971	0.420 4.024%	37.988	*N/A* *N/A%*	1.680 16.088%	0.000	19.374 82.468%	1.599	2.060 8.769%	0.000	11.996	8.598	0.540
958 POTATO WEDGES SEASONED	1/2 CUP	85	160.000	1.500 8.439%	430.000	0.000 0.000%	6.000 33.751%	0.000	18.000 44.999%	2.000	2.000 5.000%	0.000	0.000	4.800	0.720
1148 POTATOE SMILES MCCAIN	4 OZ	113	213.455	1.334 5.623%	306.841	0.000 0.000%	8.005 33.751%	0.000	33.353 62.500%	2.668	0.000 0.000%	0.000	0.000	4.802	0.960

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1035 PRETZEL BOSCO STICK	2 BOSCO STICKS	136	380.000	4.000 9.473%	460.000	6.000 6.316%	12.001 28.422%	20.000	52.000 54.736%	4.000	14.000 14.737%	400.001	200.000	0.000	2.880
1128 PRETZEL ROLL	PRETZEL	62	160.000	1.000 5.626%	0.000	2.000 5.000%	2.500 14.061%	0.000	29.000 72.500%	3.000	5.000 12.500%	0.000	20.000	0.000	1.800
46 PRETZEL WITH CHEESE SAUCE 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
1156 PRETZEL WITH CHEESE SAUCE 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*
905 PRETZELS ROLD GOLD HEARTZELS	PKG	20	80.000	0.000 0.000%	200.000	0.000 0.000%	1.500 16.876%	0.000	15.000 75.000%	2.000	2.000 10.000%	0.000	0.000	0.000	0.720
532 PUDDING W/BANANAS	1/2 CUP	256	183.963	1.062 5.193%	92.214	*20.878* *45.396%*	1.963 9.603%	8.445	38.831 84.433%	3.370	5.737 12.474%	347.801	168.117	11.982	0.351
916 QUESADILLA CHEESE 4.8 PIZZA	SLICE	136	330.001	3.500 9.545%	830.000	3.001 3.638%	11.999 32.725%	10.000	40.000 48.485%	3.999	16.000 19.394%	15.000	*N/A*	*N/A*	*N/A*
917 QUESADILLA CHICKEN 5 PIZZA	SLICE	142	320.001	2.500 7.032%	769.999	4.999 6.249%	11.000 30.936%	20.001	38.000 47.499%	4.000	18.001 22.501%	25.000	*N/A*	*N/A*	*N/A*
731 QUESO CHEESE SAUCE	SERVING	57	119.670	5.100 38.356%	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 BAG	2 OZ	57	118.000	5.300 40.421%	415.000	0.000 0.000%	9.000 68.644%	30.000	2.000 6.779%	0.000	7.000 23.729%	400.000	203.000	0.000	0.000
1008 RAISELS	BOX	43	140.000	0.000 0.000%	5.000	28.000 80.000%	0.000 0.000%	0.000	35.000 100.000%	1.000	1.000 2.857%	140.000	20.000	60.000	0.720
1007 RAISINS	BOX	43	130.000	0.000 0.000%	0.000	29.000 89.231%	0.000 0.000%	0.000	33.000 101.539%	2.000	1.000 3.077%	145.000	20.000	1.200	0.720
1140 RANCH DRESSING REDUCED CAL	TBSP	14	40.000	0.750 16.875%	145.000	0.000 0.000%	4.000 90.000%	5.000	0.500 4.999%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
644 RANCHERO BEANS	1/2 CUP	107	84.169	0.168 1.797%	119.473	*0.439* *2.086%*	0.817 8.739%	0.000	15.078 71.657%	4.592	4.658 22.136%	193.301	46.066	3.561	2.700
449 RAVIOLI CHEF BOYARDEE	CUP	254	250.000	3.500 12.600%	690.001	*N/A* *N/A%*	8.001 28.804%	30.000	30.000 48.000%	5.001	15.999 25.598%	200.000	20.000	*N/A*	2.700
564 RAVIOLI TOASTED BEEF	4 PIECES	81	247.686	2.678 9.731%	461.901	1.339 2.162%	12.719 46.215%	16.735	26.777 43.243%	2.678	7.364 11.892%	133.884	40.165	0.804	1.807
735 RED BEANS AND RICE	1/2 CUP	158	90.493	0.275 2.736%	228.242	*0.713* *3.152%*	1.772 17.622%	0.000	15.062 66.576%	4.799	3.983 17.606%	67.684	25.893	6.683	0.959

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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)
442 REFRIED BEANS	1/2 CUP	155	158.607	1.927 10.933%	305.860	*1.060* *2.673%*	3.636 20.633%	16.834	22.038 55.579%	7.196	9.747 24.582%	*81.900*	*47.382*	*8.464*	*2.533*
446 RICE BROWN LONG GRAIN	1/2 CUP	109	67.497	0.698 9.308%	117.015	*0.334* *1.979%*	3.929 52.385%	0.000	6.975 41.337%	0.503	0.704 4.172%	163.728	5.128	0.000	0.115
394 RICE KRISPIES SCRATCH	EACH	52	197.051	0.772 3.528%	157.837	*2.099* *4.261%*	4.148 18.947%	0.000	38.873 78.910%	0.085	1.869 3.794%	974.156	1.063	13.459	6.468
1163 RICE KRISPIES TREAT	PKG	40	160.000	1.000 5.625%	140.000	11.000 27.500%	4.000 22.500%	0.000	30.000 75.000%	0.500	2.000 5.000%	0.000	0.000	0.000	1.800
759 RICE MEXICAN	1/2 CUP	137	118.473	0.957 7.268%	173.246	*0.911* *3.076%*	5.573 42.334%	0.000	15.495 52.316%	1.478	1.462 4.936%	688.576	17.224	5.975	0.614
472 ROAST BEEF CHEESE SANDWICH	SANDWICH	170	390.000	6.500 14.999%	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
1090 ROAST BEEF PO BOY SANDWICH	SANDWICH	114	256.667	2.166 7.596%	546.667	*3.000* *4.675%*	7.667 26.884%	26.667	28.667 44.676%	3.000	15.333 23.896%	*0.000*	*0.000*	*0.000*	2.400
620 ROAST BEEF w/ BBQ SAUCE	SANDWICH	185	335.024	3.333 8.953%	1181.814	*3.000* *3.582%*	10.834 29.103%	53.333	33.339 39.805%	2.000	22.666 27.062%	*15.000*	*100.000*	*2.001*	3.660
1043 ROLL PARBAKE 1.25 OZ	ROLL	43	130.000	1.000 6.924%	240.000	4.000 12.308%	4.000 27.692%	10.000	22.000 67.693%	3.000	4.000 12.308%	20.000	0.000	0.000	0.720
1190 SALAD CRANBERRY WALNUT	SALAD	146	427.774	5.934 12.484%	410.197	*5.590* *5.227%*	29.013 61.041%	20.250	32.698 30.575%	3.873	12.474 11.664%	4307.536	94.762	2.363	1.539
29 SALAD DRESSING OSAGE BEND	OZ	33	97.918	0.754 6.929%	73.608	*12.635* *51.615%*	5.159 47.420%	0.000	12.831 52.417%	0.038	0.053 0.217%	0.307	2.826	0.011	0.071
1189 SALAD GREEK	SALAD	91	160.838	2.381 13.322%	435.604	*1.504* *3.740%*	14.926 83.520%	*14.175*	3.936 9.789%	*0.987*	1.523 3.788%	*4098.425*	*53.309*	*1.880*	*0.456*
24 SALAD PARMESAN	Salad	104	207.060	5.876 25.540%	805.194	0.579 1.119%	16.034 69.691%	34.381	6.490 12.537%	0.987	8.635 16.681%	4369.829	257.336	1.880	0.595
724 SALAD ROMAINE LETTUCE SIDE	SALAD	96	21.490	0.045 1.880%	18.881	1.684 31.345%	0.287 12.003%	0.000	4.392 81.750%	2.161	1.316 24.495%	8508.468	33.149	13.778	0.808
1191 SALAD SOUTHWEST	SALAD	166	329.490	2.518 6.879%	699.905	*8.559* *10.391%*	19.141 52.284%	*0.000*	34.992 42.481%	5.763	5.884 7.143%	4233.700	34.408	1.880	1.732
809 SALTINES	PKG	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
28 SAUSAGE GRAVY	4 OZ SERVING	217	470.739	*12.547* *23.987%*	*821.962*	*6.841* *5.813%*	36.773 70.306%	*79.841*	15.986 13.584%	0.984	17.510 14.879%	*610.351*	*181.160*	*0.883*	1.367

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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)
1045 SAUSAGE GRAVY	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*
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 77.728%	50.000	0.000 0.000%	0.000	8.000 14.545%	0.000	0.000	0.000	0.000
1118 SAUSAGE PATTY RAW	PATTY	42	160.000	5.000 28.126%	290.000	0.000 0.000%	15.000 84.374%	30.000	1.000 2.500%	0.000	6.000 15.000%	0.000	20.000	0.000	0.360
861 SCRAMBLED EGGS	1/2 CUP	140	311.738	7.014 20.250%	1018.615	*6.176* *7.925%*	20.938 60.448%	381.273	7.882 10.114%	0.152	20.912 26.833%	*1167.614*	*203.833*	*0.662*	*1.836*
721 SHEPHERDS PIE	4x6 SERVING	193	360.133	12.163 30.396%	869.462	*N/A* *N/A%*	24.155 60.366%	95.986	9.714 10.790%	1.890	26.547 29.486%	2832.976	220.602	4.914	2.554
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*
718 SIMPLY CHEX MIX	PKG	34	150.000	1.500 9.001%	105.000	*N/A* *N/A%*	4.500 26.999%	2.500	26.000 69.334%	2.000	2.000 5.333%	*N/A*	20.000	*N/A*	1.800
39 SLOPPY JOE BUN	SERVING	168	316.485	3.903 11.099%	284.814	*4.659* *5.888%*	12.904 36.695%	59.747	26.422 33.395%	2.666	22.093 27.923%	320.654	119.953	6.573	3.821
396 SMORES BARS	EACH	58	233.989	*3.096* *11.908%*	195.369	*17.637* *30.150%*	7.941 30.542%	*0.000*	42.678 72.957%	*0.962*	1.480 2.530%	*50.624*	*6.717*	*0.000*	*0.510*
907 SNACK MIX KIDS MIX QUAKER .875	PKG	25	110.000	0.000 0.000%	160.000	2.000 7.273%	3.500 28.637%	0.000	17.000 61.818%	2.000	3.000 10.909%	10.000	20.000	0.000	2.700
829 SORBET	CUP	125	70.000	0.000 0.000%	4.999	15.000 85.714%	0.000 0.000%	0.000	19.000 108.572%	3.000	0.000 0.000%	75.000	60.000	60.000	0.360
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
993 SOY SAUCE	SERVING	14	5.000	0.000 0.000%	610.000	1.000 80.000%	0.000 0.000%	0.000	1.000 79.992%	0.000	0.000 0.000%	5.000	0.000	0.000	0.000
372 SPAGHETTI W/MEAT SAUCE	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
1126 SPAGHETTI W/MEATBALLS	SERVING	303	589.180	3.000 4.582%	579.744	*10.622* *7.211%*	10.899 16.648%	33.000	94.534 64.180%	7.722	27.238 18.492%	*24.000*	83.499	*1.000*	5.470

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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)
51 SPINACH	1/2 CUP	95	32.300	0.149 4.157%	92.150	0.484 5.994%	0.827 23.029%	0.000	4.560 56.471%	3.515	3.810 47.183%	11457.950	145.350	2.090	1.862
880 SPINACH DIP	2 OZ SERVINGS	57	136.251	3.128 20.659%	228.753	*0.064* *0.188%*	12.327 81.428%	15.942	4.546 13.347%	0.828	2.573 7.554%	3064.094	344.002	2.648	0.452
334 STRAWBERRIES FRESH	1/2 CUP	76	24.320	0.011 0.422%	0.760	3.716 61.118%	0.228 8.438%	0.000	5.837 96.000%	1.520	0.509 8.372%	9.120	12.160	44.688	0.312
615 STRAWBERRIES FRZN SLICED	1/2 CUP	128	121.997	0.013 0.094%	4.006	*N/A* *N/A%*	0.166 1.228%	0.000	33.050 108.362%	2.406	0.678 2.223%	31.002	14.003	52.800	0.755
598 STRAWBERRY CUP	CUP	128	121.997	0.013 0.094%	4.006	*N/A* *N/A%*	0.166 1.228%	0.000	33.050 108.362%	2.406	0.678 2.223%	31.002	14.003	52.800	0.755
118 STRAWBERRY SALAD	1/2 CUP	104	83.503	*0.027* *0.291%*	*1.721*	*3.190* *15.281%*	*0.168* *1.806%*	*0.000*	20.166 96.599%	*1.524*	*0.526* *2.520%*	*30.546*	*8.962*	*27.948*	*0.308*
831 STRAWBERRY SHORTCAKE FRESH	SERVING	162	254.599	3.504 12.385%	224.613	*18.921* *29.727%*	6.418 22.686%	9.844	48.818 76.698%	1.660	2.525 3.967%	31.222	40.191	48.804	1.054
814 STRAWBERRY SHORTCAKE FROZEN	SERVING	207	350.036	3.504 9.009%	227.789	*14.862* *16.983%*	6.335 16.288%	9.844	75.493 86.269%	2.406	2.647 3.025%	52.264	40.915	52.800	1.469
1015 STRAWBERRY SUNDAE CRUNCH BAR	BAR	73	160.000	1.000 5.626%	70.000	16.000 40.000%	5.000 28.124%	*N/A*	26.000 64.999%	0.000	3.000 7.500%	80.000	200.000	0.000	0.000
737 STROMBOLI	SERVING	117	230.060	*5.110* *19.988%*	*548.771*	*1.921* *3.340%*	10.442 40.849%	*40.639*	21.520 37.416%	2.036	17.148 29.815%	*155.935*	*151.453*	*0.015*	*1.806*
1178 STROMBOLI SUB DOUGH	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
459 SUB SANDWICH	SANDWICH	210	468.480	7.453 14.318%	1230.270	*6.999* *5.976%*	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 ORIGINAL	PKG	28	140.000	1.000 6.428%	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 SUNCHIPS HARVEST CHEDDAR	PKG	28	140.000	1.000 6.428%	200.000	*N/A* *N/A%*	6.000 38.572%	0.000	19.000 54.286%	3.000	2.000 5.714%	0.000	0.000	0.000	0.360
1022 SYRUP PANCAKE	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*

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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 w/SOFT & CRUNCHY SHELLS	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*
1125 TACOS-WORK IN PROGRESS	1/2 CUP	287	481.060	11.433 21.390%	807.300	*1.434* *1.192%*	26.915 50.354%	101.632	26.580 22.101%	3.641	31.225 25.963%	*1861.284*	*72.430*	*5.841*	*4.439*
352 TATER PUFFS	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
720 TATER TOT CASSEROLE	4X6 SERVING	354	578.741	11.047 17.179%	1295.563	*0.424* *0.293%*	29.582 46.003%	83.517	44.506 30.761%	6.508	31.035 21.450%	2702.203	323.175	7.361	3.272
163 TETRAZZINI CHICKEN	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
621 TETRAZZINI TURKEY	1 CUP	365	250.095	*2.384* *8.580%*	*632.456*	*3.203* *5.123%*	7.882 28.363%	*34.629*	26.293 42.053%	*2.667*	19.273 30.825%	*356.315*	*126.620*	*4.749*	0.951
959 TEXAS TOAST GARLIC	SLICE	34	80.000	0.000 0.000%	180.000	0.500 2.500%	2.000 22.500%	0.000	15.000 74.999%	2.000	3.000 15.000%	400.000	0.000	0.000	1.080
495 TOAST	SLICES	36	125.624	1.512 10.835%	160.687	*2.500* *7.960%*	6.819 48.850%	0.000	13.000 41.393%	1.500	3.500 11.144%	265.621	125.000	0.000	0.720
93 TOAST CINNAMON	SLICES	43	151.399	1.517 9.016%	160.864	*8.420* *22.246%*	6.833 40.621%	0.000	19.857 52.462%	2.127	3.547 9.371%	269.105	136.895	0.045	0.821
811 TOMATO RED RAW	2 OZ SERVING	45	8.100	0.013 1.400%	2.250	1.184 58.469%	0.090 10.000%	0.000	1.751 86.444%	0.540	0.396 19.556%	374.850	4.500	6.165	0.122
528 TORNADOS EGG BACON & CHEESE	EACH	85	220.000	2.000 8.182%	490.000	*N/A* *N/A%*	12.000 49.092%	50.000	23.000 41.819%	1.000	7.000 12.727%	200.000	40.000	1.200	1.440
527 TORNADOS FRENCH TOAST & SAUSAG	EACH	85	190.000	2.000 9.474%	200.000	1.000 2.105%	8.000 37.896%	25.000	22.000 46.315%	1.000	7.000 14.737%	0.000	40.000	0.000	2.700
1060 TORNADOS RANCHERO	SERVING	170	360.001	3.001 7.501%	700.001	1.999 2.221%	12.000 30.001%	20.001	46.000 51.111%	1.999	16.000 17.778%	400.000	120.000	0.000	1.440
1062 TORNADOS SOUTHWEST	EACH	85	170.000	1.500 7.943%	200.000	1.000 2.353%	6.000 31.766%	5.000	23.000 54.118%	1.000	6.000 14.118%	500.000	60.000	2.400	2.700
1166 TOSTITOS CRISPY ROUND CHIPS	PKG	25	120.000	0.500 3.751%	100.000	0.000 0.000%	4.500 33.750%	0.000	18.000 60.000%	2.000	2.000 6.667%	0.000	23.000	0.000	0.360
894 TOSTITOS ROUND OVEN BAKED	PKG	25	110.000	0.000 0.000%	125.000	0.000 0.000%	2.500 20.454%	0.000	19.000 69.091%	2.000	2.000 7.273%	0.000	20.000	0.000	0.360

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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)
895 TOSTITOS SCOOPS BAKED	PKG	25	110.026	0.000 0.000%	125.029	0.000 0.000%	2.500 20.453%	0.000	19.004 69.088%	1.999	1.999 7.267%	0.000	80.669	0.000	1.451
643 TUNA CASSEROLE	8 OZ	441	287.487	*1.409* *4.412%*	*616.014*	*7.124* *9.912%*	6.836 21.399%	*19.002*	37.063 51.568%	3.821	19.040 26.492%	*282.676*	*57.411*	*11.071*	*1.299*
188 TUNA SALAD SANDWICH	1/2 CUP	162	286.310	2.067 6.498%	525.031	*8.047* *11.242%*	9.179 28.855%	52.239	29.898 41.770%	3.247	22.480 31.407%	231.496	268.958	0.463	2.847
1122 TUNA SLIDERS	SANDWICHES	162	350.348	5.600 14.385%	946.327	2.143 2.447%	9.608 24.681%	74.518	26.172 29.881%	1.555	36.365 41.519%	*0.000*	*63.245*	*0.000*	*2.830*
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
1097 TURKEY CLUB SANDWICH	SANDWICH	107	229.650	2.327 9.121%	697.366	4.997 8.704%	8.034 31.487%	36.551	22.100 38.493%	1.000	15.187 26.452%	24.985	100.000	0.000	1.820
485 TURKEY ROAST W/GRAVY	1/2 CUP	228	203.610	*2.155* *9.524%*	*830.130*	*0.400* *0.786%*	6.851 30.282%	*60.101*	8.826 17.340%	0.443	24.840 48.799%	*2.012*	*8.883*	*0.000*	2.251
764 ULTIMATE BREAKFAST ROUND	SERVING	67	250.000	3.990 14.364%	319.880	*N/A* *N/A%*	11.800 42.480%	10.560	62.050 99.280%	8.830	6.650 10.640%	*N/A*	*N/A*	*N/A*	*N/A*
727 UNCRUSTABLE 2.6 OZ WHOLE WHEAT	PKG	74	320.000	3.500 9.843%	320.000	0.000 0.000%	17.000 47.813%	0.000	32.000 40.000%	3.000	10.000 12.500%	0.000	0.000	0.000	0.000
454 VEGE BLEND CATALINA	4 OZ	113	40.023	0.000 0.000%	33.353	2.668 26.665%	0.000 0.000%	0.000	6.670 66.663%	2.668	1.334 13.332%	133.409	26.681	24.013	0.960
387 VEGE BLEND CO GARDEN W/PASTA	4 OZ	113	106.728	*N/A* *N/A%*	6.670	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	20.011 74.999%	2.668	4.002 14.999%	*N/A*	26.681	28.016	0.960
596 VEGE BLEND STIR-FRY SUPREME	4 OZ	113	46.667	0.000 0.000%	20.000	*N/A* *N/A%*	0.000 0.000%	0.000	9.334 80.003%	2.667	2.667 22.860%	1000.000	26.667	28.000	0.480
453 VEGE BLEND TUSCAN	4 OZ	113	40.023	0.000 0.000%	26.681	4.002 39.997%	0.000 0.000%	0.000	6.670 66.663%	2.668	1.334 13.332%	1000.571	26.681	8.005	0.000
386 VEGETABLE BLEND 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*	1.334 16.008%	2000.001	26.667	36.000	0.480
610 VEGETABLE BLEND ITALIAN	4 OZ	113	40.000	*N/A* *N/A%*	26.667	*N/A* *N/A%*	*N/A* *N/A%*	0.000	8.000 80.002%	2.667	1.334 13.340%	1666.667	26.667	20.000	0.480
451 VEGETABLE BLEND MONACO	4 OZ	113	46.693	0.000 0.000%	20.011	4.002 34.284%	0.000 0.000%	0.000	6.670 57.140%	2.668	1.334 11.428%	1000.571	53.364	4.802	0.481
1172 VEGETABLE SONOMA BLEND	4 OUNCE	113	46.693	0.000 0.000%	46.693	4.002 34.284%	0.000 0.000%	0.000	8.005 68.574%	2.668	1.334 11.428%	1000.571	26.681	16.010	0.960

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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)
526 WAFFLES	2 WAFFLES	79	220.000	1.000 4.091%	480.000	*N/A* *N/A%*	8.000 32.728%	5.000	33.000 60.000%	4.000	6.000 10.909%	0.000	60.000	0.000	1.800
985 WAFFLES JUMBO AUNT JEMIMA	2 WAFFLES	79	200.000	1.000 4.501%	490.000	0.000 0.000%	6.000 27.001%	0.000	32.000 64.000%	3.000	5.000 10.000%	0.000	100.000	0.000	3.600
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
1179 WHIPPED TOPPING- RICH'S	2 TSP	9	25.000	2.000 72.000%	0.000	2.000 32.000%	2.000 72.000%	0.000	2.000 32.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
1151 WHITE 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
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*
1100 YOGURT GO BIG GOGURT STRWBERRY	PKG	113	100.001	1.000 9.001%	70.000	11.999 47.996%	1.500 13.495%	5.000	18.000 71.998%	0.000	4.000 16.000%	60.000	100.001	6.000	*N/A*
1173 YOGURT GREEK 64OZ YOPLAIT	4 OZ	113	90.718	0.000 0.000%	37.799	9.575 42.219%	0.000 0.000%	2.520	13.104 57.780%	*N/A*	10.080 44.445%	100.798	100.798	0.000	0.000
994 YOGURT LIGHT & FIT 4 OZ BUNDLE	BUNDLE	185	320.000	5.000 14.062%	690.000	7.000 8.750%	11.000 30.938%	24.900	41.000 51.250%	2.000	14.001 17.501%	*500.000*	*100.000*	*0.000*	*1.440*
65 YOGURT PARFAIT	SERVING	179	148.199	0.109 0.664%	50.616	*13.786* *37.209%*	0.801 4.865%	2.520	25.601 69.100%	*1.747*	11.202 30.235%	119.759	111.285	19.494	0.456
497 YOGURT TRIX	CONTAINER	113	100.000	0.500 4.501%	49.999	13.000 52.000%	0.500 4.501%	5.000	20.000 80.000%	0.000	3.001 12.004%	500.000	100.000	0.000	0.000
995 YOGURT UPSTATE 4 OZ	CONTAINER	113	89.999	0.000 0.000%	49.999	15.000 66.667%	0.000 0.000%	0.000	19.000 84.444%	0.000	3.001 13.338%	75.000	0.000	18.000	0.000
48 YOGURT W/STRING CHEESE	SERVING	192	420.423	7.003 14.992%	580.194	*8.000* *7.611%*	14.505 31.051%	25.018	60.081 57.162%	2.000	15.014 14.285%	*1001.761*	*200.353*	*0.000*	*1.440*
1183 YOGURT W/STRING CHEESE BOATS	SERVING	214	510.423	7.003 12.349%	800.194	*8.000* *6.269%*	16.505 29.102%	25.018	76.081 59.622%	3.000	17.014 13.333%	*1001.761*	*200.353*	*0.000*	*2.160*
997 YOGURT YOPLAIT 4 OZ	CONTAINER	113	110.000	0.500 4.092%	60.000	16.999 61.815%	1.000 8.183%	5.000	22.000 80.001%	0.000	3.001 10.913%	500.000	150.000	0.000	0.000

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