



## Adelanto Elementary School District

(1040) 1 % WHITE MILK 8 OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
1 % WHITE MILK 8 OZ	119.9998	119.9998	1.5	1.5	134.9999	134.9999	16	16
	<b>119.9998</b>	<b>119.9998</b>	<b>1.5</b>	<b>1.5</b>	<b>134.9999</b>	<b>134.9999</b>	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(465) 3 WAY SALAD	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ
3 WAY ROMAINE SALAD	20.0115	20.0115	20.0115	0	0	0	13.3409	13.3409	13.3409	4.0023	4.0023	4.0023
	<b>20.0115</b>	<b>20.0115</b>	<b>20.0115</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>13.3409</b>	<b>13.3409</b>	<b>13.3409</b>	<b>4.0023</b>	<b>4.0023</b>	<b>4.0023</b>

\* Total includes one or more missing nutrient data.

(9021) ASIAN RICE RECIPE 120 4OZ SERVINGS	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ
BUTTER (ROCKVIEW)	1697.5681	14.1464	28.2928	116.758	0.973	1.946	122.4698	1.0206	2.0412	0	0	0
RICE, BROWN 25 LBS	25703.5491	214.1962	428.3925	0	0	0	0	0	0	5443.104	45.3592	90.7184
Water	0	0	0	0	0	0	435.4483	3.6287	7.2575	0	0	0
ASIAN RICE SEASONING	2984.1608	24.868	49.736	0	0	0	34616.2623	288.4689	576.9377	596.8323	4.9736	9.9472
	<b>30385.278</b>	<b>253.2106</b>	<b>506.4213</b>	<b>116.758</b>	<b>0.973</b>	<b>1.946</b>	<b>35174.1805</b>	<b>293.1182</b>	<b>586.2363</b>	<b>6039.9363</b>	<b>50.3328</b>	<b>100.6656</b>

\* Total includes one or more missing nutrient data.

(3004) AVOCADOS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 CUP SERVING	Recipe	1/2 CUP SERVING	Recipe	1/2 CUP SERVING	Recipe	1/2 CUP SERVING
AVOCADOS	160	181.4368	2.126	2.4108	7	7.9379	8.53	9.6728
	<b>160</b>	<b>181.4368</b>	<b>2.126</b>	<b>2.4108</b>	<b>7</b>	<b>7.9379</b>	<b>8.53</b>	<b>9.6728</b>

\* Total includes one or more missing nutrient data.

(451) BABY CARROTS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BABY CARROTS	29.767	29.767	0.0196	0.0196	66.3378	66.3378	7.008	7.008
	<b>29.767</b>	<b>29.767</b>	<b>0.0196</b>	<b>0.0196</b>	<b>66.3378</b>	<b>66.3378</b>	<b>7.008</b>	<b>7.008</b>

\* Total includes one or more missing nutrient data.



(446) BANANA	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BANANA	72.09	72.09	0.0907	0.0907	0.81	0.81	18.5004	18.5004
	<b>72.09</b>	<b>72.09</b>	<b>0.0907</b>	<b>0.0907</b>	<b>0.81</b>	<b>0.81</b>	<b>18.5004</b>	<b>18.5004</b>

\* Total includes one or more missing nutrient data.

(104) BEAN AND CHEESE BURRITO	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BEAN AND CHEESE BURRITO	340	340	5	5	560	560	46.9999	46.9999
	<b>340</b>	<b>340</b>	<b>5</b>	<b>5</b>	<b>560</b>	<b>560</b>	<b>46.9999</b>	<b>46.9999</b>

\* Total includes one or more missing nutrient data.

(9002) BEEF HAMBURGER RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
BEEF STEAK BURGER PATTY	118	118	3	3	315	315	0.6	0.6
HAMBURGER BUN (WHITE WHOLE WHEAT)	150	150	0	0	270	270	29	29
	<b>268</b>	<b>268</b>	<b>3</b>	<b>3</b>	<b>585</b>	<b>585</b>	<b>29.6</b>	<b>29.6</b>

\* Total includes one or more missing nutrient data.

(9003) BEEF HOT DOG RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
BEEF HOT DOG	180	180	7	7	480	480	2	2
HOTDOG BUN (WHITE WHOLE WHEAT)	150	150	0	0	270	270	29	29
	<b>330</b>	<b>330</b>	<b>7</b>	<b>7</b>	<b>750</b>	<b>750</b>	<b>31</b>	<b>31</b>

\* Total includes one or more missing nutrient data.

(1082) BEEF TACO FILLING CRUMBLE (SEASONED)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
BEEF TACO FILLING CRUMBLE (SEASONED)	213.3213	213.3213	4.7997	4.7997	458.6406	458.6406	3.1999	3.1999
	<b>213.3213</b>	<b>213.3213</b>	<b>4.7997</b>	<b>4.7997</b>	<b>458.6406</b>	<b>458.6406</b>	<b>3.1999</b>	<b>3.1999</b>

\* Total includes one or more missing nutrient data.



(1062) BEEF TACOS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BEEF TACOS	256.9998	256.9998	2.6	2.6	85.5999	85.5999	27.7999	27.7999
	<b>256.9998</b>	<b>256.9998</b>	<b>2.6</b>	<b>2.6</b>	<b>85.5999</b>	<b>85.5999</b>	<b>27.7999</b>	<b>27.7999</b>

\* Total includes one or more missing nutrient data.

(895) BROCCOLI BUDS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
BROCCOLI BUDS	19.2777	19.2777	0.0646	0.0646	18.7107	18.7107	3.7648	3.7648
	<b>19.2777</b>	<b>19.2777</b>	<b>0.0646</b>	<b>0.0646</b>	<b>18.7107</b>	<b>18.7107</b>	<b>3.7648</b>	<b>3.7648</b>

\* Total includes one or more missing nutrient data.

(7845) CARNITAS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2.3 OZ	Recipe	2.3 OZ	Recipe	2.3 OZ	Recipe	2.3 OZ
CARNITAS	169.9999	169.9999	3	3	369.9997	369.9997	1	1
	<b>169.9999</b>	<b>169.9999</b>	<b>3</b>	<b>3</b>	<b>369.9997</b>	<b>369.9997</b>	<b>1</b>	<b>1</b>

\* Total includes one or more missing nutrient data.

(732) CELERY STICKS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
CELERY STICKS	15.8757	15.8757	0.0476	0.0476	90.7184	90.7184	3.3679	3.3679
	<b>15.8757</b>	<b>15.8757</b>	<b>0.0476</b>	<b>0.0476</b>	<b>90.7184</b>	<b>90.7184</b>	<b>3.3679</b>	<b>3.3679</b>

\* Total includes one or more missing nutrient data.

(516) CHICKEN GRAVY	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ
CHICKEN GRAVY	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>

\* Total includes one or more missing nutrient data.

(sys-196) CHICKEN NUGGETS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	5 PIECES	Recipe	5 PIECES	Recipe	5 PIECES	Recipe	5 PIECES
CHICKEN NUGGETS	179.9999	179.9999	2	2	419.9997	419.9997	12	12
	<b>179.9999</b>	<b>179.9999</b>	<b>2</b>	<b>2</b>	<b>419.9997</b>	<b>419.9997</b>	<b>12</b>	<b>12</b>

\* Total includes one or more missing nutrient data.



(9006) CHICKEN SANDWICH RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
HAMBURGER BUN (WHITE WHOLE WHEAT)	150	150	0	0	270	270	29	29
BREADED CHICKEN PATTY	179.9999	179.9999	2	2	419.9997	419.9997	12	12
	<b>329.9999</b>	<b>329.9999</b>	<b>2</b>	<b>2</b>	<b>689.9997</b>	<b>689.9997</b>	<b>41</b>	<b>41</b>

\* Total includes one or more missing nutrient data.

(108) CHICKEN TENDERS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3 PIECES	Recipe	3 PIECES	Recipe	3 PIECES	Recipe	3 PIECES
CHICKEN TENDERS	179.9999	179.9999	2	2	419.9997	419.9997	12	12
	<b>179.9999</b>	<b>179.9999</b>	<b>2</b>	<b>2</b>	<b>419.9997</b>	<b>419.9997</b>	<b>12</b>	<b>12</b>

\* Total includes one or more missing nutrient data.

(117) CHILI CON CARNE WITH BEANS	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	(4.84 OZ) EACH	1 OUNCE	Recipe	(4.84 OZ) EACH	1 OUNCE	Recipe	(4.84 OZ) EACH	1 OUNCE	Recipe	(4.84 OZ) EACH	1 OUNCE
CHILI CON CARNE WITH BEANS	188.0158	188.0158	188.0158	2.7002	2.7002	2.7002	242.0204	242.0204	242.0204	14.0012	14.0012	14.0012
	<b>188.0158</b>	<b>188.0158</b>	<b>188.0158</b>	<b>2.7002</b>	<b>2.7002</b>	<b>2.7002</b>	<b>242.0204</b>	<b>242.0204</b>	<b>242.0204</b>	<b>14.0012</b>	<b>14.0012</b>	<b>14.0012</b>

\* Total includes one or more missing nutrient data.

(504) CHIPOTLE RANCH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ
CHIPOTLE RANCH	35	35	0	0	269.9998	269.9998	4	4
	<b>35</b>	<b>35</b>	<b>0</b>	<b>0</b>	<b>269.9998</b>	<b>269.9998</b>	<b>4</b>	<b>4</b>

\* Total includes one or more missing nutrient data.

(9016) COOKED BROCCOLI RECIPE 64/4OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
SALT FREE SEASONING	25.1222	0.2512	0.58	0.0058	44.1005	0.441	40.5046	0.405
BUTTER (ROCKVIEW)	565.856	5.6586	38.9193	0.3892	40.8233	0.4082	0	0
BROCCOLI	1922.8393	19.2284	0	0	1627.0132	16.2701	369.7776	3.6978
	<b>2513.8175</b>	<b>25.1382</b>	<b>39.4994</b>	<b>0.395</b>	<b>1711.9369</b>	<b>17.1194</b>	<b>410.2822</b>	<b>4.1028</b>

\* Total includes one or more missing nutrient data.



(9014) COOKED CORN RECIPE 100-4OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
BUTTER (ROCKVIEW)	565.856	5.3383	38.9193	0.3672	40.8233	0.3851	0	0
CORN (CANNED)	7692.9203	72.5747	9.2555	0.0873	1442.4226	13.6078	1852.311	17.4746
BLACK PEPPER	71.1572	0.6713	0.3946	0.0037	5.6699	0.0535	18.1295	0.171
	<b>8329.9336</b>	<b>78.5843</b>	<b>48.5695</b>	<b>0.4582</b>	<b>1488.9157</b>	<b>14.0464</b>	<b>1870.4405</b>	<b>17.6457</b>

\* Total includes one or more missing nutrient data.

(146) CORNBREAD MUFFIN	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
CORNBREAD MUFFIN	140	140	1	1	130	130	23	23
	<b>140</b>	<b>140</b>	<b>1</b>	<b>1</b>	<b>130</b>	<b>130</b>	<b>23</b>	<b>23</b>

\* Total includes one or more missing nutrient data.

(996) CRINKLE CUT FRIES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3 OZ	Recipe	3 OZ	Recipe	3 OZ	Recipe	3 OZ
CRINKLE CUT FRIES	130.0742	130.0742	0	0	30.0171	30.0171	20.0114	20.0114
	<b>130.0742</b>	<b>130.0742</b>	<b>0</b>	<b>0</b>	<b>30.0171</b>	<b>30.0171</b>	<b>20.0114</b>	<b>20.0114</b>

\* Total includes one or more missing nutrient data.

(sys-127) CUCUMBER	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
CUCUMBER	17.0097	17.0097	0.042	0.042	2.268	2.268	4.1163	4.1163
	<b>17.0097</b>	<b>17.0097</b>	<b>0.042</b>	<b>0.042</b>	<b>2.268</b>	<b>2.268</b>	<b>4.1163</b>	<b>4.1163</b>

\* Total includes one or more missing nutrient data.

(472) DICED ONION	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ
DICED ONION	22.6796	22.6796	0.0238	0.0238	2.268	2.268	5.2957	5.2957
	<b>22.6796</b>	<b>22.6796</b>	<b>0.0238</b>	<b>0.0238</b>	<b>2.268</b>	<b>2.268</b>	<b>5.2957</b>	<b>5.2957</b>

\* Total includes one or more missing nutrient data.

(526) DILL PICKLES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ
DILL PICKLES	0	0	0	0	384.7432	384.7432	0	0

\* Total includes one or more missing nutrient data.



(526) DILL PICKLES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ
	0	0	0	0	384.7432	384.7432	0	0

\* Total includes one or more missing nutrient data.

(613) DINNER ROLL	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
DINNER ROLL	139.9999	139.9999	0	0	269.9998	269.9998	29	29
	139.9999	139.9999	0	0	269.9998	269.9998	29	29

\* Total includes one or more missing nutrient data.

(702) FRESH NECTARINE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
FRESH NECTARINE	62.92	62.92	0.0358	0.0358	0	0	15.0865	15.0865
	62.92	62.92	0.0358	0.0358	0	0	15.0865	15.0865

\* Total includes one or more missing nutrient data.

(700) FRESH ORANGE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
FRESH ORANGE	60.48	60.48	0.0336	0.0336	1.92	1.92	14.88	14.88
	60.48	60.48	0.0336	0.0336	1.92	1.92	14.88	14.88

\* Total includes one or more missing nutrient data.

(703) FRESH PLUM	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
FRESH PLUM	75.9	75.9	0.028	0.028	0	0	18.843	18.843
	75.9	75.9	0.028	0.028	0	0	18.843	18.843

\* Total includes one or more missing nutrient data.

(126) GALAXY PIZZA	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
GALAXY PIZZA	290.0001	290.0001	6	6	520	520	28.9999	28.9999
	290.0001	290.0001	6	6	520	520	28.9999	28.9999

\* Total includes one or more missing nutrient data.



(7507) GARLIC CHEESY TOAST (ENTREE)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
GARLIC CHEESY TOAST (ENTREE)	367.9997	367.9997	7.93	7.93	446.9996	446.9996	28.3	28.3
	<b>367.9997</b>	<b>367.9997</b>	<b>7.93</b>	<b>7.93</b>	<b>446.9996</b>	<b>446.9996</b>	<b>28.3</b>	<b>28.3</b>

\* Total includes one or more missing nutrient data.

(28) GRAPE TOMATOES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ
GRAPE TOMATOES	10.2058	10.2058	0.0159	0.0159	2.835	2.835	2.2056	2.2056
	<b>10.2058</b>	<b>10.2058</b>	<b>0.0159</b>	<b>0.0159</b>	<b>2.835</b>	<b>2.835</b>	<b>2.2056</b>	<b>2.2056</b>

\* Total includes one or more missing nutrient data.

(444) GREEN APPLE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
GREEN APPLE	95.004	95.004	0.0546	0.0546	2.002	2.002	25.1342	25.1342
	<b>95.004</b>	<b>95.004</b>	<b>0.0546</b>	<b>0.0546</b>	<b>2.002</b>	<b>2.002</b>	<b>25.1342</b>	<b>25.1342</b>

\* Total includes one or more missing nutrient data.

(420) GREEN BEANS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
GREEN BEANS	23.5528	23.5528	0	0	206.1689	206.1689	4.4112	4.4112
	<b>23.5528</b>	<b>23.5528</b>	<b>0</b>	<b>0</b>	<b>206.1689</b>	<b>206.1689</b>	<b>4.4112</b>	<b>4.4112</b>

\* Total includes one or more missing nutrient data.

(sys-95) HAPPY BIRTHDAY CUPCAKE (VANILLA)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
HAPPY BIRTHDAY CUPCAKE (VANILLA)	139.9999	139.9999	0.5	0.5	169.9999	169.9999	27	27
	<b>139.9999</b>	<b>139.9999</b>	<b>0.5</b>	<b>0.5</b>	<b>169.9999</b>	<b>169.9999</b>	<b>27</b>	<b>27</b>

\* Total includes one or more missing nutrient data.



(517) JALAPENOS SLICED	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ
JALAPENOS SLICED	15.3087	15.3087	0.055	0.055	947.4403	947.4403	2.6875	2.6875
	<b>15.3087</b>	<b>15.3087</b>	<b>0.055</b>	<b>0.055</b>	<b>947.4403</b>	<b>947.4403</b>	<b>2.6875</b>	<b>2.6875</b>

\* Total includes one or more missing nutrient data.

(7215) KETCHUP PACKET	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH
KETCHUP PACKET	20	10	20	0	0	0	170	85	170	6	3	6
	<b>20</b>	<b>10</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>170</b>	<b>85</b>	<b>170</b>	<b>6</b>	<b>3</b>	<b>6</b>

\* Total includes one or more missing nutrient data.

(428) MARINARA SAUCE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ
MARINARA SAUCE	26.5777	26.5777	0	0	172.7548	172.7548	4.4296	4.4296
	<b>26.5777</b>	<b>26.5777</b>	<b>0</b>	<b>0</b>	<b>172.7548</b>	<b>172.7548</b>	<b>4.4296</b>	<b>4.4296</b>

\* Total includes one or more missing nutrient data.

(9037) MASHED POTATOES RECIPE 40/4 OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
PARSLEY FLAKES	82.7805	2.0695	0.3907	0.0098	128.1397	3.2035	14.3562	0.3589
GARLIC POWDER	93.8368	2.3459	0.0706	0.0018	17.0097	0.4252	20.6186	0.5155
BUTTER (ROCKVIEW)	1131.712	28.2928	77.8387	1.946	81.6466	2.0412	0	0
MASHED POTATO MIX	593.3148	14.8329	0	0	1898.6063	47.4652	112.7295	2.8182
Water	0	0	0	0	145.1494	3.6287	0	0
	<b>1901.6442</b>	<b>47.5411</b>	<b>78.2999</b>	<b>1.9575</b>	<b>2270.5517</b>	<b>56.7638</b>	<b>147.7043</b>	<b>3.6926</b>

\* Total includes one or more missing nutrient data.

(520) MAYO PACKET	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
MAYO PACKET	70	70	1	1	45	45	0	0
	<b>70</b>	<b>70</b>	<b>1</b>	<b>1</b>	<b>45</b>	<b>45</b>	<b>0</b>	<b>0</b>

\* Total includes one or more missing nutrient data.





(9041) MEXICORN	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
PARMESAN CHEESE (GRATED)	714.4074	9.5254	26.1456	0.3486	3068.5499	40.914	23.6605	0.3155
CORN (CANNED)	5769.6902	76.9292	6.9417	0.0926	1081.8169	14.4242	1389.2332	18.5231
MAYO GALLON	1133.9799	15.1197	22.6797	0.3024	2267.9601	30.2395	22.6797	0.3024
TAJIN	113.398	1.512	0	0	10489.315	139.8575	0	0
	<b>7731.4755</b>	<b>103.0863</b>	<b>55.767</b>	<b>0.7436</b>	<b>16907.6419</b>	<b>225.4352</b>	<b>1435.5734</b>	<b>19.141</b>

\* Total includes one or more missing nutrient data.

(524) MUSTARD PACKET	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
MUSTARD PACKET	0	0	0	0	65	65	0	0
	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>65</b>	<b>65</b>	<b>0</b>	<b>0</b>

\* Total includes one or more missing nutrient data.

(122) ORANGE CHICKEN	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3.6 OZ	Recipe	3.6 OZ	Recipe	3.6 OZ	Recipe	3.6 OZ
ORANGE CHICKEN	153.0873	153.0873	0.5103	0.5103	285.763	285.763	19.3911	19.3911
	<b>153.0873</b>	<b>153.0873</b>	<b>0.5103</b>	<b>0.5103</b>	<b>285.763</b>	<b>285.763</b>	<b>19.3911</b>	<b>19.3911</b>

\* Total includes one or more missing nutrient data.

(9008) PANCAKE EGGSTRAVAGANZA (LUNCH ENTREE)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING (2 pancakes, 2 oz egg)	Recipe	SERVING (2 pancakes, 2 oz egg)	Recipe	SERVING (2 pancakes, 2 oz egg)	Recipe	SERVING (2 pancakes, 2 oz egg)
EGGSTRAVAGANZA	99.9999	99.9999	2.5	2.5	229.9998	229.9998	2	2
KRUSTEAZ PANCAKE	150	150	0.5	0.5	400	400	31	31
	<b>249.9999</b>	<b>249.9999</b>	<b>3</b>	<b>3</b>	<b>629.9998</b>	<b>629.9998</b>	<b>33</b>	<b>33</b>

\* Total includes one or more missing nutrient data.

(127) PIZZA STICK RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
PARMESAN CHEESE (GRATED)	59.534	59.534	2.1788	2.1788	255.7125	255.7125	1.9717	1.9717
PIZZA STICK RECIPE	240	240	4.5	4.5	500	500	29	29
GARLIC BUTTERMILK SPRAY	2.1283	2.1283	0.0173	0.0173	1.9187	1.9187	0.0016	0.0016
	<b>301.6622</b>	<b>301.6622</b>	<b>6.696</b>	<b>6.696</b>	<b>757.6312</b>	<b>757.6312</b>	<b>30.9733</b>	<b>30.9733</b>

\* Total includes one or more missing nutrient data.



(sys-169) PIZZA WEDGE CHEESE IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
PIZZA WEDGE CHEESE IW	339.9997	339.9997	8	8	699.9994	699.9994	32	32
	<b>339.9997</b>	<b>339.9997</b>	<b>8</b>	<b>8</b>	<b>699.9994</b>	<b>699.9994</b>	<b>32</b>	<b>32</b>

\* Total includes one or more missing nutrient data.

(sys-313) POPCORN CHICKEN	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	10 PIECES	Recipe	10 PIECES	Recipe	10 PIECES	Recipe	10 PIECES
POPCORN CHICKEN	179.9999	179.9999	2	2	419.9997	419.9997	12	12
	<b>179.9999</b>	<b>179.9999</b>	<b>2</b>	<b>2</b>	<b>419.9997</b>	<b>419.9997</b>	<b>12</b>	<b>12</b>

\* Total includes one or more missing nutrient data.

(9029) RANCH DRESSING	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ
1 % WHITE MILK 8 OZ	959.9984	7.4418	12.0002	0.093	1079.9989	8.3721	128	0.9922
RANCH MIX	0	0	0	0	159.9999	1.2403	0	0
MAYO GALLON	6047.8927	46.8829	120.9585	0.9377	12095.7873	93.7658	120.9585	0.9377
	<b>7007.8912</b>	<b>54.3247</b>	<b>132.9587</b>	<b>1.0307</b>	<b>13335.7861</b>	<b>103.3782</b>	<b>248.9585</b>	<b>1.9299</b>

\* Total includes one or more missing nutrient data.

(514) RANCH PACKET	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
RANCH PACKETS	49.3016	49.3016	0.7528	0.7528	106.2488	106.2488	0.9833	0.9833
	<b>49.3016</b>	<b>49.3016</b>	<b>0.7528</b>	<b>0.7528</b>	<b>106.2488</b>	<b>106.2488</b>	<b>0.9833</b>	<b>0.9833</b>

\* Total includes one or more missing nutrient data.

(709) RED APPLE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
RED APPLE	80.388	80.388	0.0462	0.0462	1.694	1.694	21.2674	21.2674
	<b>80.388</b>	<b>80.388</b>	<b>0.0462</b>	<b>0.0462</b>	<b>1.694</b>	<b>1.694</b>	<b>21.2674</b>	<b>21.2674</b>

\* Total includes one or more missing nutrient data.



(436) RED SALSA	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ
RED SALSA	19.5514	19.5514	0	0	136.8596	136.8596	3.9103	3.9103
	<b>19.5514</b>	<b>19.5514</b>	<b>0</b>	<b>0</b>	<b>136.8596</b>	<b>136.8596</b>	<b>3.9103</b>	<b>3.9103</b>

\* Total includes one or more missing nutrient data.

(9055) REFRIED BEANS RECIPE:105 SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
GARLIC POWDER	375.3474 *	3.5747 *	0.2824 *	0.0027 *	68.0388 *	0.648 *	82.4744 *	0.7855 *
BEANS, PINTO	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
SPICE CHILI POWDER 1 LB SHAKER	319.7824 *	3.0455 *	2.7919 *	0.0266 *	3251.1207 *	30.9631 *	56.3588 *	0.5368 *
CUMIN	425.2425 *	4.0499 *	1.7407 *	0.0166 *	190.5086 *	1.8144 *	50.1673 *	0.4778 *
DICED ONION	362.8736 *	3.4559 *	0.381 *	0.0036 *	36.2874 *	0.3456 *	84.731 *	0.807 *
Water	0 *	0 *	0 *	0 *	870.8966 *	8.2943 *	0 *	0 *
	<b>1483.2458 *</b>	<b>14.1262 *</b>	<b>5.1959 *</b>	<b>0.0495 *</b>	<b>4416.8521 *</b>	<b>42.0653 *</b>	<b>273.7314 *</b>	<b>2.607 *</b>

\* Total includes one or more missing nutrient data.

(1028) RIPS, CHERRY LIMEADE 60 SRV PER CS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
RIPS, CHERRY LIMEADE 60 SRV PER CS	59.9999	59.9999	0	0	14.9999	14.9999	14.9999	14.9999
	<b>59.9999</b>	<b>59.9999</b>	<b>0</b>	<b>0</b>	<b>14.9999</b>	<b>14.9999</b>	<b>14.9999</b>	<b>14.9999</b>

\* Total includes one or more missing nutrient data.

(1041) RV FF CHOCOLATE MILK 8 OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
RV FF CHOCOLATE MILK 8 OZ	119.9998	119.9998	0	0	199.9998	199.9998	23.0001	23.0001
	<b>119.9998</b>	<b>119.9998</b>	<b>0</b>	<b>0</b>	<b>199.9998</b>	<b>199.9998</b>	<b>23.0001</b>	<b>23.0001</b>

\* Total includes one or more missing nutrient data.

(421) SALSA BEANS 150- 4OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
DEHYDRATED ONION SPICE	386.6872 *	3.6827 *	0.2381 *	0.0023 *	82.7805 *	0.7884 *	89.7205 *	0.8545 *
GARLIC POWDER	375.3474 *	3.5747 *	0.2824 *	0.0027 *	68.0388 *	0.648 *	82.4744 *	0.7855 *

\* Total includes one or more missing nutrient data.



(421) SALSA BEANS 150-4OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
BEANS, PINTO	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
RED SALSA	410.5795 *	3.9103 *	0 *	0 *	2874.0526 *	27.3719 *	82.1164 *	0.7821 *
	<b>1172.614 *</b>	<b>11.1678 *</b>	<b>0.5205 *</b>	<b>0.005 *</b>	<b>3024.872 *</b>	<b>28.8083 *</b>	<b>254.3112 *</b>	<b>2.422 *</b>

\* Total includes one or more missing nutrient data.

(23) SHREDDED ROMAINE LETTUCE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
SHREDDED ROMAINE LETTUCE	3.995	3.995	0.0092	0.0092	1.88	1.88	0.7732	0.7732
	<b>3.995</b>	<b>3.995</b>	<b>0.0092</b>	<b>0.0092</b>	<b>1.88</b>	<b>1.88</b>	<b>0.7732</b>	<b>0.7732</b>

\* Total includes one or more missing nutrient data.

(sys-54) SIDEKICK SOUR CHERRY LEMON	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
SIDEKICK SOUR CHERRY LEMON	89.9999	89.9999	0	0	29.9999	29.9999	22	22
	<b>89.9999</b>	<b>89.9999</b>	<b>0</b>	<b>0</b>	<b>29.9999</b>	<b>29.9999</b>	<b>22</b>	<b>22</b>

\* Total includes one or more missing nutrient data.

(1042) SOUR CREAM	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 TBSP	Recipe	2 TBSP	Recipe	2 TBSP	Recipe	2 TBSP
SOUR CREAM	56.132	56.132	2.8746	2.8746	8.7883	8.7883	1.3126	1.3126
	<b>56.132</b>	<b>56.132</b>	<b>2.8746</b>	<b>2.8746</b>	<b>8.7883</b>	<b>8.7883</b>	<b>1.3126</b>	<b>1.3126</b>

\* Total includes one or more missing nutrient data.

(9103) SPANISH RICE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	OUNCE	Recipe	OUNCE	Recipe	OUNCE	Recipe	OUNCE
GARLIC POWDER	375.3474	6.2558	0.2824	0.0047	68.0388	1.134	82.4744	1.3746
RICE, BROWN 25 LBS	12851.7745	214.1962	0	0	0	0	2721.552	45.3592
RED SALSA	1006.8972	16.7816	0	0	7048.2719	117.4712	201.3806	3.3563
CUMIN	425.2425	7.0874	1.7407	0.029	190.5086	3.1751	50.1673	0.8361
Water	0	0	0	0	145.1494	2.4192	0	0
	<b>14659.2617</b>	<b>244.321</b>	<b>2.023</b>	<b>0.0337</b>	<b>7451.9688</b>	<b>124.1995</b>	<b>3055.5743</b>	<b>50.9262</b>

\* Total includes one or more missing nutrient data.



(1072) STRING CHEESE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
STRING CHEESE	80	80	3	3	200	200	1	1
	<b>80</b>	<b>80</b>	<b>3</b>	<b>3</b>	<b>200</b>	<b>200</b>	<b>1</b>	<b>1</b>

\* Total includes one or more missing nutrient data.

(9020) SWEET BBQ BEANS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
DEHYDRATED ONION SPICE	193.3436	1.9334	0.1191	0.0012	41.3903	0.4139	44.8602	0.4486
BROWN SUGAR	225.662	2.2566	0	0	0	0	56.4722	0.5647
VEGETARIAN BEANS	10745.9574	107.4596	0	0	13677.2503	136.7725	1953.3486	19.5335
BBQ SAUCE GALLON	429.0735	4.2907	0	0	1777.5903	17.7759	110.3331	1.1033
MUSTARD GALLON	39.6893	0.3969	0	0	578.3298	5.7833	3.4019	0.034
	<b>11633.7258</b>	<b>116.3373</b>	<b>0.1191</b>	<b>0.0012</b>	<b>16074.5607</b>	<b>160.7456</b>	<b>2168.4161</b>	<b>21.6842</b>

\* Total includes one or more missing nutrient data.

(528) SYRUP PACKET	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
SYRUP PACKET	70	70	0	0	10	10	16	16
	<b>70</b>	<b>70</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>10</b>	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(9031) TACO ABOUT CHICKEN ENCHILADAS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
CHEESE MOZPART SKIM SHRD	3887.8312	38.8783	129.546	1.2955	11015.7636	110.1576	64.773	0.6477
ENCHILADA SAUCE	29.5082	0.2951	0	0	747.541	7.4754	5.9016	0.059
CHICKEN TAQUITOS	19600.0022	196	210.0025	2.1	55999.9986	560	2100.0034	21
	<b>23517.3417</b>	<b>235.1734</b>	<b>339.5485</b>	<b>3.3955</b>	<b>67763.3031</b>	<b>677.633</b>	<b>2170.678</b>	<b>21.7068</b>

\* Total includes one or more missing nutrient data.

(408) TATER TOTS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2.52 OZ	Recipe	2.52 OZ	Recipe	2.52 OZ	Recipe	2.52 OZ
TATER TOTS	130	130	1	1	310	310	16	16
	<b>130</b>	<b>130</b>	<b>1</b>	<b>1</b>	<b>310</b>	<b>310</b>	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.



(sys-259) TERIYAKI SLAM DUNKERS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 PIECES	Recipe	4 PIECES	Recipe	4 PIECES	Recipe	4 PIECES
TERIYAKI SLAM DUNKERS	158.9999	158.9999	2.6	2.6	381.9997	381.9997	11.7	11.7
	<b>158.9999</b>	<b>158.9999</b>	<b>2.6</b>	<b>2.6</b>	<b>381.9997</b>	<b>381.9997</b>	<b>11.7</b>	<b>11.7</b>

\* Total includes one or more missing nutrient data.

(25) TOMATO DICED	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
TOMATO DICED	20.4116	20.4116	0.0318	0.0318	5.6699	5.6699	4.4112	4.4112
	<b>20.4116</b>	<b>20.4116</b>	<b>0.0318</b>	<b>0.0318</b>	<b>5.6699</b>	<b>5.6699</b>	<b>4.4112</b>	<b>4.4112</b>

\* Total includes one or more missing nutrient data.

(711) TOMATO SLICES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
TOMATO SLICES	20.4116	20.4116	0.0318	0.0318	5.6699	5.6699	4.4112	4.4112
	<b>20.4116</b>	<b>20.4116</b>	<b>0.0318</b>	<b>0.0318</b>	<b>5.6699</b>	<b>5.6699</b>	<b>4.4112</b>	<b>4.4112</b>

\* Total includes one or more missing nutrient data.

(494) TORTILLA CHIPS IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
TORTILLA CHIPS IW	279.9998	279.9998	2.3	2.3	299.9997	299.9997	31	31
	<b>279.9998</b>	<b>279.9998</b>	<b>2.3</b>	<b>2.3</b>	<b>299.9997</b>	<b>299.9997</b>	<b>31</b>	<b>31</b>

\* Total includes one or more missing nutrient data.

(619) WHOLE WHEAT FLOUR TORTILLA 8"	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
WHOLE WHEAT FLOUR TORTILLA 8"	0 *	0 *	0 *	0 *	0 *	0 *	0 *	0 *
	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>

\* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 9/1/2021, End = 9/30/2021)
Menu Plans	(Middle School Lunch 2021/2022)



**FILTERS**

Name(s)	Value(s)
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)