



Redlands Unified School District

(500001) 1% White Milk	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Milk, 1% White 1/2pt	119.9998	119.9998	16	16
	119.9998	119.9998	16	16

* Total includes one or more missing nutrient data.

(200268) 3 Cheese Calzone	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Calzone, BV 3 Cheese IW	350.0001	350.0001	45.0001	45.0001
	350.0001	350.0001	45.0001	45.0001

* Total includes one or more missing nutrient data.

(F4024) 7" French Bread Cheese Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pizza, Ardella 7" French Bread Cheese	310.47	310.47	34.9299	34.9299
	310.47	310.47	34.9299	34.9299

* Total includes one or more missing nutrient data.

(500009) Apple Berry Juice	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Juice, Apple Berry 4oz	55	55	13.5	13.5
	55	55	13.5	13.5

* Total includes one or more missing nutrient data.

(100174) Apple Cinn Bear Paw, WG 72/3oz. IW	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Apple Cinn Bear Paw, WG 72/3oz. IW	240	240	39	39
	240	240	39	39

* Total includes one or more missing nutrient data.



(F4009) Apple Frudel	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Apple Frudel	210	210	36	36
	210	210	36	36

* Total includes one or more missing nutrient data.

(500007) Apple Juice	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Juice, Apple 4oz	55	55	14	14
	55	55	14	14

* Total includes one or more missing nutrient data.

(CR1002) Apple Spice Mix	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BAG	Recipe	BAG
Sugar, Granulated 25#/Bag	1130.625	1130.625	301.5	301.5
Cinnamon, Ground 1#/Jar	39.0754	39.0754	12.7493	12.7493
Cloves, Ground 1LB 209678	6.0189	6.0189	1.4395	1.4395
	1175.7193	1175.7193	315.6888	315.6888

* Total includes one or more missing nutrient data.

(R3004) Apples, Gala 125ct DOD	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Apples, Gala 125ct DOD	52.2	52.2	13.81	13.81
	52.2	52.2	13.81	13.81

* Total includes one or more missing nutrient data.

(802690) Applesauce Cup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Applesauce Cup 96/Cs USDA	60	60	14	14
	60	60	14	14

* Total includes one or more missing nutrient data.

(802693) Apricot Cup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Apricots, Cup Frzn 96/Cs USDA	125.0001	125.0001	32	32

* Total includes one or more missing nutrient data.



(802693) Apricot Cup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
	125.0001	125.0001	32	32

* Total includes one or more missing nutrient data.

(F4013) Ardella Three Cheese Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Pizza, Ardella Three Cheese 3x5 Bulk	320.18	320.18	30.79	30.79
	320.18	320.18	30.79	30.79

* Total includes one or more missing nutrient data.

(200991) Ardellas 3x5 Cheese Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pizza, Ardella 3x5 WG Cheese, IW 406643	317.58	317.58	30.83	30.83
	317.58	317.58	30.83	30.83

* Total includes one or more missing nutrient data.

(201052) Ardella's 7" French Bread Pepperoni Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pizza, Ardella 7" Pepp IW 60/5.19	323.0901	323.0901	34.99	34.99
	323.0901	323.0901	34.99	34.99

* Total includes one or more missing nutrient data.

(200990) Assorted Pan Dulce	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pan Dulce, Lupita's Assorted 84/2.25oz	200	200	34	34
	200	200	34	34

* Total includes one or more missing nutrient data.

(600019) Baby Carrots	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Carrots, Baby 100/2oz	19.845	19.845	4.6721	4.6721
	19.845	19.845	4.6721	4.6721

* Total includes one or more missing nutrient data.



(R1017) Bacon & Egg Breakfast Burrito	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Eggstravaganza, Bacon & Cheese 4/5#	9599.8302	88.8873	80	0.7407
Potato, Tator Tots McCain 6/5lb	4152.603	38.45	511.0893	4.7323
Tortilla, Flour 10"	18359.9978	170	3348.0028	31
Cheese, Cheddar RF Shred 6/5lb USDA	3645.0003	33.75	40.4997	0.375
	35757.4313	331.0873	3979.5919	36.8481

* Total includes one or more missing nutrient data.

(CR1006) Bagel Box	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	Bagel Box	Recipe	Bagel Box
Bagel, WW Plain Wrp 72/2.24oz 102558	163	163	33.5	33.5
Cream Cheese, Ind 100/Cs	70	70	1	1
Sunflower Kernels, Hn Rst 150/1oz 208261	190	190	11	11
Cheese Cubes, RF Cheddar 200/1oz	90	90	0	0
Container, 24 oz Hinged Flat Lid 200/cs	0	0	0	0
	513	513	45.5	45.5

* Total includes one or more missing nutrient data.

(F4022) Banana Bread Slice	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Bread Slice, Banana IW	280	280	44	44
	280	280	44	44

* Total includes one or more missing nutrient data.

(600016) Bananas	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1 Each	Recipe	1 Each
Bananas	89	112.14	22.84	28.7784
	89	112.14	22.84	28.7784

* Total includes one or more missing nutrient data.



(R1053) Bat Nuggets & Trolls	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Chicken Nugget, Bats 53sv/case	180	180	16	16
Cracker, Cinnamon Troll 200/cs	130.0023	130.0023	21.0004	21.0004
	310.0023	310.0023	37.0004	37.0004

* Total includes one or more missing nutrient data.

(302694) Bats Nuggets	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Chicken Nugget, Bats 53sv/case	180	180	16	16
	180	180	16	16

* Total includes one or more missing nutrient data.

(D2006) BBQ Sauce	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sauce, BBQ Packet 200/12gm/cs	137.546	16.5055	33.2397	3.9888
	137.546	16.5055	33.2397	3.9888

* Total includes one or more missing nutrient data.

(200092) Bean & Cheese Burrito	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Burrito, Bean & Cheese SF IW 60/6.1oz 133824	340	340	46.9999	46.9999
	340	340	46.9999	46.9999

* Total includes one or more missing nutrient data.

(200976) Bean & Cheese Burrito	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Burrito, B&C AG LS IW 54/5.75 405359	379.9999	379.9999	46.0001	46.0001
	379.9999	379.9999	46.0001	46.0001

* Total includes one or more missing nutrient data.



(F4031) Beef Patty, Flamebroiled AP	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Beef Patty, Flamebroiled AP	230	230	0	0
	230	230	0	0

* Total includes one or more missing nutrient data.

(F4016) Beef Stuffed Fiestada Sandwich	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sandwich, Beef Stuffed Fiestada	320.0001	321.1144	31	31.108
	320.0001	321.1144	31	31.108

* Total includes one or more missing nutrient data.

(200256) Beef Taquitos	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Taquito, Beef Michael B's IW 50 svgs/case	282.0001	281.982	26.8	26.7982
	282.0001	281.982	26.8	26.7982

* Total includes one or more missing nutrient data.

(R1019) Berry Yogurt Parfait	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVINGS	Recipe	SERVINGS
Blueberries, Froz 12/2.5lb. USDA 500567	160.0002	10	36.0001	2.25
Granola, Bulk 4/50oz.	1989.4386	124.3399	334.2256	20.8891
Yogurt, GM Vanilla 6/64oz	1600.913	100.0571	330.8554	20.6785
Parfait Combo Pack 500/9oz	0	0	0	0
Strawberries, Frzn 30# USDA	155.9998	9.75	40	2.5
	3906.3517	244.147	741.0812	46.3176

* Total includes one or more missing nutrient data.

(F4033) Big Daddy Cheese Rising Crust Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SLICE	Recipe	SLICE
Pizza, Big Daddy 16" 4 Cheese Rising Crust	360.0001	360.0001	35	35
	360.0001	360.0001	35	35

* Total includes one or more missing nutrient data.



(F4010) Bologna, Salami & Cheese Sandwich	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sandwich, Turkey Bologna, Turkey Salami & Cheese IW	280	280	28	28
	280	280	28	28

* Total includes one or more missing nutrient data.

(200189) Bosco Cheese Breadsticks	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Breadstick, Bosco Cheese 144/2oz 405626	300	300	34.0001	34.0001
	300	300	34.0001	34.0001

* Total includes one or more missing nutrient data.

(200115) Breadstick, Max Stix 5" Conagra 192/1.93oz	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING (2 Each)	Recipe	SERVING (2 Each)
Breadstick, Max Stix 5" Conagra 192/1.93oz	300	300	32	32
	300	300	32	32

* Total includes one or more missing nutrient data.

(F4040) Breakfast Cluster	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Breakfast Cluster	260	260	38	38
	260	260	38	38

* Total includes one or more missing nutrient data.

(600000) Broccoli Florets	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup
Broccoli Florets	12.74	12.74	2.3023	2.3023
	12.74	12.74	2.3023	2.3023

* Total includes one or more missing nutrient data.

(R1025) Brown Rice, Cooked	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Rice, Brown 25lb/bag USDA	3743.9342	74.8787	788.1961	15.7639
Water, Tap	0	0	0	0

* Total includes one or more missing nutrient data.



(R1025) Brown Rice, Cooked	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
	3743.9342	74.8787	788.1961	15.7639

* Total includes one or more missing nutrient data.

(D2002) Buns, Hamburger WW 4" 600054	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Buns, Hamburger WW 4" 600054	150	45.4831	29	8.7934
	150	45.4831	29	8.7934

* Total includes one or more missing nutrient data.

(F4030) Burger, Beef Steak Deluxe	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Burger, Beef Steak Deluxe	170	170	0	0
	170	170	0	0

* Total includes one or more missing nutrient data.

(MV3) Burrito, Cucas Breakfast	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Burrito, Cucas Breakfast	238.4798	405.647	21.5674	36.6855
	238.4798	405.647	21.5674	36.6855

* Total includes one or more missing nutrient data.

(601178) Carrots, Bagged, 200/1.6oz DOD 16108	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Carrots, Bagged, 200/1.6oz DOD 16108	41	18.5973	9.58	4.3454
	41	18.5973	9.58	4.3454

* Total includes one or more missing nutrient data.

(600005) Celery Sticks	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup
Celery Sticks	14	10.5	2.97	2.2275
	14	10.5	2.97	2.2275

* Total includes one or more missing nutrient data.



(CR1016) Cereal Variety	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Frstd Shred Wheat 48/2oz 240171	3799.9998	3799.9998	920.0005	920.0005
Cereal, Cinn Toast Crunch 60/2oz 209395	4600.0002	4600.0002	879.9997	879.9997
Cereal, Honey Oat Scooters 48/2oz 203173	4400.0005	4400.0005	919.9995	919.9995
Cereal, Marsh. Matey's 48/2oz 201560	4200	4200	940.0003	940.0003
Cereal, Cocoa Puffs 60/2oz	4600.0002	4600.0002	940.0003	940.0003
	21600.0007	21600.0007	4600.0003	4600.0003

* Total includes one or more missing nutrient data.

(752247) Cereal, Kix 1oz	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Kix GM 96/.62oz 200848	60	60	15	15
	60	60	15	15

* Total includes one or more missing nutrient data.

(300606) Cheese Cubes, RF Cheddar 200/1oz	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cheese Cubes, RF Cheddar 200/1oz	90	90	0	0
	90	90	0	0

* Total includes one or more missing nutrient data.

(200799) Cheese Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SLICE	Recipe	SLICE
Pizza, Big Daddy Par-Baked Primo 4 Cheese	360.0001	360.0001	35	35
	360.0001	360.0001	35	35

* Total includes one or more missing nutrient data.

(200066) Cheese Pizza Crunchers	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING (4 pieces)	Recipe	SERVING (4 pieces)
Pizza Crunchers, Cheese 8/3.125lb 401960	419.9997	419.9997	41	41

* Total includes one or more missing nutrient data.



(200066) Cheese Pizza Crunchers	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING (4 pieces)	Recipe	SERVING (4 pieces)
	419.9997	419.9997	41	41

* Total includes one or more missing nutrient data.

(200154) Cheese Quesadilla	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Quesadilla, RS Cheese	330	330	25	25
	330	330	25	25

* Total includes one or more missing nutrient data.

(500071) Cheese, Sliced American LOL 6/5# 401168	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SLICE	Recipe	SLICE
Cheese, Sliced American LOL 6/5# 401168	55	54.3402	1	0.988
	55	54.3402	1	0.988

* Total includes one or more missing nutrient data.

(R1023) Cheeseburger	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Beef Patty, DL 240/2.25oz 405817	120	120	0.1	0.1
Cheese, Sliced American LOL 6/5# 401168	54.3402	54.3402	0.988	0.988
Buns, Hamburger WW 4" 600054	45.4831	45.4831	8.7934	8.7934
	219.8232	219.8232	9.8814	9.8814

* Total includes one or more missing nutrient data.

(CR1005) Cheeseburger	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Beef Patty, DL 180/3oz	158	158	0.8	0.8
Cheese, Sliced American LOL 6/5# 401168	54.3402	54.3402	0.988	0.988
Buns, Hamburger WW 4" 600054	45.4831	45.4831	8.7934	8.7934
	257.8232	257.8232	10.5814	10.5814

* Total includes one or more missing nutrient data.



(200015) Cheeseburger Sliders	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cheeseburger Sliders, DL 72/4.55 403436	272	272	31.3	31.3
	272	272	31.3	31.3

* Total includes one or more missing nutrient data.

(300074) Cheez-Its	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cheez-Its WG 175/0.75oz	100	100	14	14
	100	100	14	14

* Total includes one or more missing nutrient data.

(600036) Cherry Tomatoes	Calories (kcal)			Total Carbohydrate (g)		
	Recipe	CUP	SERVING	Recipe	CUP	SERVING
Tomatoes, Cherry	3	26.1429	13.0714	0.67	5.8387	2.9193
	3	26.1429	13.0714	0.67	5.8387	2.9193

* Total includes one or more missing nutrient data.

(F4036) Chicken Patty, Breaded Crispy	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Chicken Patty, Breaded Crispy	270	270	16	16
	270	270	16	16

* Total includes one or more missing nutrient data.

(F4004) Chicken Taquitos	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING (2 Each)	Recipe	SERVING (2 Each)
Taquito, Chicken Ruiz (2 per serving)	280	280	30	30
	280	280	30	30

* Total includes one or more missing nutrient data.



(200242) Chicken Taquitos	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING (2 Each)	Recipe	SERVING (2 Each)
Taquito, Chicken Posada 70/3.48oz 134794	200	200	26	26
	200	200	26	26

* Total includes one or more missing nutrient data.

(200291) Chicken Tenders	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Chicken Tenders Crispy Tyson 150/3.3oz	260	260	16	16
	260	260	16	16

* Total includes one or more missing nutrient data.

(R1052) Chicken Tenders & Waffle Cracker	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Chicken Tenders Crispy Tyson 150/3.3oz	260	260	16	16
Grahams, Waffle Maple 300/1oz	120	120	20	20
	380	380	36	36

* Total includes one or more missing nutrient data.

(R1054) Chips, Cheese & Seeds	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Sunflower Kernels, Hn Rst 150/1oz 208261	190	190	11	11
Cheese Dip Cup, LOL 140/3oz	190	190	14	14
Chips, Corn Tortilla IW	209.9788	209.9788	22.9977	22.9977
	589.9787	589.9787	47.9977	47.9977

* Total includes one or more missing nutrient data.

(R1026) Chips, Cheese Cup & Go Bonzos Box	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Cheese Dip Cup, LOL 140/3oz	190	190	14	14
Go'Bonzos, Spicy Nacho IW 125/1.5oz	170	170	26	26
Chips, Tortilla Snack King IW 80/2oz	270	270	31	31
	630	630	71	71

* Total includes one or more missing nutrient data.



(301004) Chocolate Bear Graham	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cracker, Chocolate Bear Graham	110	111.373	20	20.2497
	110	111.373	20	20.2497

* Total includes one or more missing nutrient data.

(D2026) Cinnamon Chex Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Cinnamon Chex 60/20Z	240	240	46	46
	240	240	46	46

* Total includes one or more missing nutrient data.

(D2037) Cinnamon Frosted Poptart	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Poptart, Cinnamon Frosted	370	370	76	76
	370	370	76	76

* Total includes one or more missing nutrient data.

(752237) Cinnamon Toast Crunch Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Cinn Toast Crunch 96/1oz 200914	110	110	22	22
	110	110	22	22

* Total includes one or more missing nutrient data.

(752241) Cinnamon Toast Crunch Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Cinn Toast Crunch 60/2oz 209395	230	230	44	44
	230	230	44	44

* Total includes one or more missing nutrient data.



(302854) Cinnamon Troll Cracker	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cracker, Cinnamon Troll 200/cs	130	130.0023	21	21.0004
	130	130.0023	21	21.0004

* Total includes one or more missing nutrient data.

(D2001) Cocoa Puffs Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Cocoa Puffs 60/2oz	230	230	47	47
	230	230	47	47

* Total includes one or more missing nutrient data.

(301030) Cocoa Puffs Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Cocoa Puffs 96/1.06oz	110	110	25	25
	110	110	25	25

* Total includes one or more missing nutrient data.

(D2017) Cocoa Puffs Cereal Bar	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal Bar, Cocoa Puffs	160	160	30	30
	160	160	30	30

* Total includes one or more missing nutrient data.

(D2032) Copy of Hamburger Buns www	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1 Each	Recipe	1 Each
Copy of Hamburger Buns www	120	120	29	29
	120	120	29	29

* Total includes one or more missing nutrient data.

(R1041) Copy of Yogurt, Muffin & Seeds 1 - Straw/Ban	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Muffin, Choco Chip BV IW 120/3oz 406161	250	250	41	41

* Total includes one or more missing nutrient data.



(R1041) Copy of Yogurt, Muffin & Seeds 1 - Straw/Ban	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Sunflower Kernels, Hn Rst 150/1oz 208261	190	190	11	11
Yogurt, Trix Straw/Ban 48/4oz	80	80	15	15
Container, 24 oz Hinged Flat Lid 200/cs	0	0	0	0
	520	520	67	67

* Total includes one or more missing nutrient data.

(R1045) Corn Cup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Corn, Whole Kernel 6/#10 USDA	1923.2301 *	101.2226 *	408.6864 *	21.5098 *
Tray, Pressware PT102	0 *	0 *	0 *	0 *
	1923.2301 *	101.2226 *	408.6864 *	21.5098 *

* Total includes one or more missing nutrient data.

(201034) Corn Dog	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Corn Dog, Don Lee 72/4oz 134372	238	238	27.8	27.8
	238	238	27.8	27.8

* Total includes one or more missing nutrient data.

(300586) Crackers, Goldfish WG Pretzel 300/.75oz	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Crackers, Goldfish WG Pretzel 300/.75oz	90	90	16	16
	90	90	16	16

* Total includes one or more missing nutrient data.

(300736) Crackers, Savory Pizza Bites MJM IW 155/1oz	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Crackers, Savory Pizza Bites MJM IW 155/1oz	80	80	15	15
	80	80	15	15

* Total includes one or more missing nutrient data.



(784732) Craisins, Original 300/1.16oz USDA	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	PACKAGE	Recipe	PACKAGE
Craisins, Original 300/1.16oz USDA	333.333	109.5999	84.848	27.898
	333.333	109.5999	84.848	27.898

* Total includes one or more missing nutrient data.

(300064) Cream Cheese	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cream Cheese, Ind 100/Cs	70	70	1	1
	70	70	1	1

* Total includes one or more missing nutrient data.

(F4012) Crispy Chicken Nuggets	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Chicken, Crispy Nuggets	210	210	13	13
	210	210	13	13

* Total includes one or more missing nutrient data.

(200255) Crispy Chicken Rounds	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Chicken Rounds, Crispy(362) 120/3.97oz 404690	160	160	10	10
	160	160	10	10

* Total includes one or more missing nutrient data.

(F4014) Crustless PB and Strawberry Jam Sandwich	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sandwich, Crustless Peanut Butter and Strawberry Jam	309.9998	309.9998	33	33
	309.9998	309.9998	33	33

* Total includes one or more missing nutrient data.



(550011) Cucuas Bean & Cheese Burrito	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Burrito, Cucas Bean & Cheese 9oz.	419.9996	419.9996	7.4901	7.4901
	419.9996	419.9996	7.4901	7.4901

* Total includes one or more missing nutrient data.

(MV2) Cucuas BRC Burrito	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Burrito, Cucuas Bean, Rice & Cheese	218.8432	558.3686	26.7263	68.191
	218.8432	558.3686	26.7263	68.191

* Total includes one or more missing nutrient data.

(600008) Cucumber Slices	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup
Cucumbers, Coin 5# Tray	7.8	7.8	1.9	1.9
	7.8	7.8	1.9	1.9

* Total includes one or more missing nutrient data.

(201016) Delete - Taquito, Chicken Ruiz 140/2.75oz 140935	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING (2 Each)	Recipe	SERVING (2 Each)
Delete - Taquito, Chicken Ruiz 140/2.75oz 140935	0 *	0 *	0 *	0 *
	0 *	0 *	0 *	0 *

* Total includes one or more missing nutrient data.

(200759) Domino's Cheese Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SLICE	Recipe	SLICE
Pizza, Domino's WG Cheese 8/5.76oz.	309.9999	309.9999	39.0001	39.0001
	309.9999	309.9999	39.0001	39.0001

* Total includes one or more missing nutrient data.



(200760) Domino's Pepperoni Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SLICE	Recipe	SLICE
Pizza, Domino's WG Pepperoni 8/5.76 oz.	320	320	39	39
	320	320	39	39

* Total includes one or more missing nutrient data.

(200994) Donuts, Mini, Powdered 72/3oz.	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Donuts, Mini, Powdered 72/3oz.	270	270	41	41
	270	270	41	41

* Total includes one or more missing nutrient data.

(F4018) Double Cheese w/ Green Chile Quesadilla	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Quesadilla, Double Cheese w/ Green Chile	380	380	35	35
	380	380	35	35

* Total includes one or more missing nutrient data.

(200747) Double Chocolate Muffin	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Muffin, Daves Double Chocolate	229	229	40	40
	229	229	40	40

* Total includes one or more missing nutrient data.

(200732) Double Dogs	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Double Dogs, Chicken MB 60/4oz 134300	270	270	29	29
	270	270	29	29

* Total includes one or more missing nutrient data.



(100024) Dutch Waffle	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Waffle, J&J Dutch WG 48/2.9oz	300	300	43	43
	300	300	43	43

* Total includes one or more missing nutrient data.

(F4037) Egg & Cheese Rolled Tacos	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Tacos, Egg & Cheese Rolled	150	150	17	17
	150	150	17	17

* Total includes one or more missing nutrient data.

(100081) Eggo Mini Maple Waffles	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Waffles, Mini Maple Eggo IW 72/2.65oz	200	200	35	35
	200	200	35	35

* Total includes one or more missing nutrient data.

(300718) Food & Nutrition Crackers	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Crackers, Food & Nutrition IW 120/1oz 240214	120	120	22	22
	120	120	22	22

* Total includes one or more missing nutrient data.

(F4006) French Toast Sticks BC IW 88/3oz	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
French Toast Sticks BC IW 88/3oz	240	240	38	38
	240	240	38	38

* Total includes one or more missing nutrient data.

(300966) Frosted Shredded Wheat Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Frstd Shred Wheat 48/2oz 240171	190	190	46	46

* Total includes one or more missing nutrient data.



(300966) Frosted Shredded Wheat Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
	190	190	46	46
	190	190	46	46

* Total includes one or more missing nutrient data.

(600144) Gala Apple	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Apples, Gala	52.2	77.778	13.81	20.5769
	52.2	77.778	13.81	20.5769

* Total includes one or more missing nutrient data.

(200700) Galaxy Cheese Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pizza, Tony's Galaxy Cheese 72/4.56oz IW	280	280	26	26
	280	280	26	26

* Total includes one or more missing nutrient data.

(F4017) Galaxy Pepperoni Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pizza, Tony's Galaxy Pepperoni IW 60/4.98OZ	10.9489	310.0001	1.0949	31
	10.9489	310.0001	1.0949	31

* Total includes one or more missing nutrient data.

(D2022) Golden Grahams Cereal Bar	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal Bar, Golden Grahams	150	150	30	30
	150	150	30	30

* Total includes one or more missing nutrient data.

(R3005) Good Karma Flax Seed Milk	Calories (kcal)			Total Carbohydrate (g)		
	Recipe	CASE	EACH	Recipe	CASE	EACH
Milk, Good Karma Flax Seed	89.9998	89.9998	89.9998	10	10	10
	89.9998	89.9998	89.9998	10	10	10

* Total includes one or more missing nutrient data.



(600100) Granny Smith Apple	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Apples, Granny Smith 138ct	95	95	25.0001	25.0001
	95	95	25.0001	25.0001

* Total includes one or more missing nutrient data.

(300585) Granola, Rockin' Ola Straw/Marsh IW 250/	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Granola, Rockin' Ola Straw/Marsh IW 250/	0 *		0 *	
	0 *		0 *	

* Total includes one or more missing nutrient data.

(200266) Grape EZ Jammer	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
WOW Butter / EZ Jammer, WG Grape 40/4.6o	540	540	53	53
	540	540	53	53

* Total includes one or more missing nutrient data.

(200069) Grape Uncrustable	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Uncrustable, Grape Smuckers IW 72/2.6oz 404614	300	300	32	32
	300	300	32	32

* Total includes one or more missing nutrient data.

(200750) Grape Uncrustable	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Uncrustable, Smucker's WW Grape 72/5.3oz	600	600	64	64
	600	600	64	64

* Total includes one or more missing nutrient data.



(200265) Grape WOWBUTTER	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
WOWButter, WG Grape 72/2.4oz	280	280	28	28
	280	280	28	28

* Total includes one or more missing nutrient data.

(200856) Green Chicken Tamale	Calories (kcal)			Total Carbohydrate (g)		
	Recipe	CASE	EACH	Recipe	CASE	EACH
Tamale, Green Chicken DR 48/6oz 138967	329.9999	330.1882	329.9999	28	28.016	28
	329.9999	330.1882	329.9999	28	28.016	28

* Total includes one or more missing nutrient data.

(201038) Grilled Cheese Sandwich	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Grilled Cheese, Integ 72/4.19 IW 406532	280.32	280.32	30.96	30.96
	280.32	280.32	30.96	30.96

* Total includes one or more missing nutrient data.

(CR1001) Hamburger	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	Hamburger	Recipe	Hamburger
Beef Patty, DL 240/2.25oz 405817	120	120	0.1	0.1
Buns, Hamburger WW 4" 600054	45.4831	45.4831	8.7934	8.7934
	165.4831	165.4831	8.8934	8.8934

* Total includes one or more missing nutrient data.

(D2031) Hamburger Buns 51% GS/144	Calories (kcal)	Total Carbohydrate (g)
	Recipe	Recipe
Hamburger Buns 51% GS/144	150	29
	150	29

* Total includes one or more missing nutrient data.



(100009) Hash Brown Patty	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Hash Brown Patties, Simplot 6/5lb. 401536	240	120	30	15
	240	120	30	15

* Total includes one or more missing nutrient data.

(100010) Honey Bun	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Honey Bun, Simply Blue IW 60/2.6 102244	270	270	38	38
	270	270	38	38

* Total includes one or more missing nutrient data.

(752244) Honey Oat Scooters Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Honey Oat Scooters 48/2oz 203173	220	220	46	46
	220	220	46	46

* Total includes one or more missing nutrient data.

(R3002) Hummus Cup 120/3oz/cs	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Hummus Cup 120/3oz/cs	110	110.0018	18	18.0003
	110	110.0018	18	18.0003

* Total includes one or more missing nutrient data.

(F4032) Italian Combo Sandwich	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sandwich, Italian Combo IW	320	320	32	32
	320	320	32	32

* Total includes one or more missing nutrient data.

(600119) Jicama Sticks	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Jicama Sticks	38	21.47	8.82	4.9833
	38	21.47	8.82	4.9833

* Total includes one or more missing nutrient data.



(300030) Jungle Crackers	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Crackers, J&J WG Jungle 200/1oz 203026	130	130	20	20
	130	130	20	20

* Total includes one or more missing nutrient data.

(742321) Ketchup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Ketchup, RG Natural Indv 1000/cs 402085	10	10	2	2
	10	10	2	2

* Total includes one or more missing nutrient data.

(CR1012) Krispy Chicken Salad	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SALAD	Recipe	SALAD
Croutons, Ind 250/.25oz	0 *	0 *	0 *	0 *
Lettuce 3-Way Mix, 5 lb	427.9168 *	23.7732 *	85.5838 *	4.7547 *
Cucumbers	90.3 *	5.0167 *	21.8526 *	1.214 *
Tomatoes, Cherry	48.2144 *	2.6786 *	10.768 *	0.5982 *
Spinach, 2.5#	260.8156 *	14.4898 *	41.1476 *	2.286 *
Dressing, Ranch IW 120/1.5oz 201612	3600.0002 *	200 *	36.0003 *	2 *
Forks, Black Plastic wrap 1000ct	0 *	0 *	0 *	0 *
Container, 48 oz Hinged Flat Lid 200/cs	0 *	0 *	0 *	0 *
Chicken Patty, Krispy Krunchy 140/3.53oz 857	4319.9992 *	240 *	233.9998 *	13 *
	8747.2462 *	485.9581 *	429.3522 *	23.8529 *

* Total includes one or more missing nutrient data.

(CR1011) Krispy Chicken Sandwich	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SANDWICH	Recipe	SANDWICH
Chicken Patty, Krispy Krunchy 140/3.53oz 857	240	240	13	13
Buns, Hamburger WW 4" 600054	45.4831	45.4831	8.7934	8.7934
	285.483	285.483	21.7934	21.7934

* Total includes one or more missing nutrient data.



(D2021) Lucky Charms Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Lucky Charms 96/10Z	110	110	23	23
	110	110	23	23

* Total includes one or more missing nutrient data.

(D2023) Lucky Charms Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Lucky Charms 60/20Z	210	210	46	46
	210	210	46	46

* Total includes one or more missing nutrient data.

(200021) Mac & Cheese	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING - 2/3 cup	Recipe	SERVING - 2/3 cup
Mac & Cheese Land O Lakes	289.9999	289.9999	31	31
	289.9999	289.9999	31	31

* Total includes one or more missing nutrient data.

(R1051) Mac & Cheese / w Crackers	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Cracker, Savory Bites MJM 155/1oz	90	90	15	15
Mac & Cheese Land O Lakes	289.9999	289.9999	31	31
	379.9999	379.9999	46	46

* Total includes one or more missing nutrient data.

(R1050) Mac & Cheese / w Crackers do not use	Calories (kcal)		Total Carbohydrate (g)	
	Recipe		Recipe	
Cracker, Savory Bites MJM 155/1oz	0		0	
Mac & Cheese Land O Lakes	0		0	
	0		0	

* Total includes one or more missing nutrient data.



(100177) Maple Pancake Chicken Sausage Sandwich	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pancake, Maple Sandwich Chix 168/2.5oz 137923	160	160	17	17
	160	160	17	17

* Total includes one or more missing nutrient data.

(F4038) Maple Turkey Pancake Wrap	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pancake Wrap, Maple Turkey IW	200	200	17	17
	200	200	17	17

* Total includes one or more missing nutrient data.

(301002) Marinara Sauce Cup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sauce Cups, RG Marinara 250/1oz. 401764	15	15	3	3
	15	15	3	3

* Total includes one or more missing nutrient data.

(752246) Marshmallow Matey's Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Marsh. Matey's 48/2oz 201560	210	210	47	47
	210	210	47	47

* Total includes one or more missing nutrient data.

(301017) Marshmallow Matey's Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Marsh. Matey's 96/1oz 240216	110	110	22	22
	110	110	22	22

* Total includes one or more missing nutrient data.

(F4043) Max Stix	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Breadsticks, Max Stix IW	300	300.0022	33	33.0003

* Total includes one or more missing nutrient data.



(F4043) Max Stix	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
	300	300.0022	33	33.0003

* Total includes one or more missing nutrient data.

(D2003) Mayonnaise	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Mayonnaise, Individual 200/9gm	60	60	0	0
	60	60	0	0

* Total includes one or more missing nutrient data.

(744250) Mayonnaise Individual	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Mayonnaise, IW 500/9gm/cs	60	60	1	1
	60	60	1	1

* Total includes one or more missing nutrient data.

(D2025) Meal Kit 1 Chicken Bite	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Meal Kit 1 Chicken Bite	519.9996	519.9996	69	69
	519.9996	519.9996	69	69

* Total includes one or more missing nutrient data.

(D2024) Meal Kit 2 Cheese Dipper	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Meal Kit 2 Cheese Dipper	499.9996	499.9996	63	63
	499.9996	499.9996	63	63

* Total includes one or more missing nutrient data.

(F4021) Mini Blueberry Pancakes	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pancakes, Mini Blueberry IW	210	210	35	35
	210	210	35	35

* Total includes one or more missing nutrient data.



(200987) Mini Blueberry Waffles	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Waffles, Mini Pillsbury Blueberry Splash	210	210	38	38
	210	210	38	38

* Total includes one or more missing nutrient data.

(304578) Mini Choc. Chip French Toast Bites	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Eggo Bites French Toast Choc Chip 72/3oz	210	210	35	35
	210	210	35	35

* Total includes one or more missing nutrient data.

(200993) Mini Chocolate Donuts	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Donuts, Mini, WG Chocolate 72/3.3oz.	320	320	41	41
	320	320	41	41

* Total includes one or more missing nutrient data.

(F4020) Mini Cinnamon Rush French Toast	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
French Toast, Mini Cinnamon Rush IW	220	220	37	37
	220	220	37	37

* Total includes one or more missing nutrient data.

(F4039) Mini Confetti Pancakes	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pancake, Mini Confetti IW	220	220	36	36
	220	220	36	36

* Total includes one or more missing nutrient data.



(200708) Mini Corn Dogs	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING (6 Each)	Recipe	SERVING (6 Each)
Corn Dog Minis, Chickentopia	249.9999	249.9999	29	29
	249.9999	249.9999	29	29

* Total includes one or more missing nutrient data.

(100146) Mini French Toast Bites	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
French Toast Bites, Mini	200	200	37	37
	200	200	37	37

* Total includes one or more missing nutrient data.

(100179) Mini Maple Pancakes	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pancakes, Mini Maple Wafelbakers IW 72/3oz	220	220	36	36
	220	220	36	36

* Total includes one or more missing nutrient data.

(201068) Mini Strawberry Pancakes	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pancakes, Mini Strawberry 72/3.17 139373	220	220	40	40
	220	220	40	40

* Total includes one or more missing nutrient data.

(700729) Mixed Berries Cup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Mixed Berries, Cup Frzn 96ct USDA 500593	90	90	20	20
	90	90	20	20

* Total includes one or more missing nutrient data.

(F4029) Mixed Fruit Cup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Fruit, Mixed 6/#10 USDA	1430.9733 *	84.1749 *	405.4439 *	23.8496 *

* Total includes one or more missing nutrient data.



(F4029) Mixed Fruit Cup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Tray, Pressware PT102	0 *	0 *	0 *	0 *
	1430.9733 *	84.1749 *	405.4439 *	23.8496 *

* Total includes one or more missing nutrient data.

(100058) Muffin, Choco Chip BV IW 120/3oz 406161	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Muffin, Choco Chip BV IW 120/3oz 406161	250	250	41	41
	250	250	41	41

* Total includes one or more missing nutrient data.

(744464) Mustard	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Mustard, IW 500/cs 201872	5	5	1	1
	5	5	1	1

* Total includes one or more missing nutrient data.

(500002) NF Chocolate Milk	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Milk, NF Choc 1/2pt	109.9999	109.9999	20	20
	109.9999	109.9999	20	20

* Total includes one or more missing nutrient data.

(300745) Oatmeal Chocolate Chip BeneFIT Bar	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
BeneFit Bar, Oatmeal Choc.Chip IW 48/2.5oz 113232	290	290	47	47
	290	290	47	47

* Total includes one or more missing nutrient data.

(CR1013) Orange Chicken & Rice	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Rice, Cooked Brown	1871.9671	74.8787	394.0981	15.7639

* Total includes one or more missing nutrient data.



(CR1013) Orange Chicken & Rice	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Yang's Mandarin Orange Chicken 190/3.6oz 403631	3750	150	475	19
Lids, 12 oz Koda Cup Flat	0	0	0	0
	5621.9671	224.8787	869.0981	34.7639

* Total includes one or more missing nutrient data.

(500006) Orange Juice 4oz	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Juice, Orange 4oz	1.899	53.8357	0.4454	12.628
	1.899	53.8357	0.4454	12.628

* Total includes one or more missing nutrient data.

(600041) Oranges	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Oranges	65.8	65.8	16.45	16.45
	65.8	65.8	16.45	16.45

* Total includes one or more missing nutrient data.

(CR1003) Parfait, Apple Pie	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVINGS	Recipe	SERVINGS
Granola, Bulk 4/50oz.	6217.0177 *	270.3051 *	1044.4588 *	45.4113 *
Yogurt, GM Vanilla 6/64oz	4802.7391 *	208.8147 *	992.5663 *	43.1551 *
Apples, Sliced 6/#10 USDA	1183.5009 *	51.4566 *	284.04 *	12.3496 *
Cups, Clear16/18oz 1000cs	0 *	0 *	0 *	0 *
Lid, Flat No Slot 12-24oz 1000ct	0 *	0 *	0 *	0 *
Apple Spice Mix	1175.7193 *	51.1182 *	315.6888 *	13.7256 *
	13378.977 *	581.6947 *	2636.754 *	114.6415 *

* Total includes one or more missing nutrient data.

(R1020) Parfait, Apple Pie 2	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVINGS	Recipe	SERVINGS
Granola, Bulk 4/50oz.	6217.0177 *	270.3051 *	1044.4588 *	45.4113 *
Yogurt, GM Vanilla 6/64oz	4802.7391 *	208.8147 *	992.5663 *	43.1551 *

* Total includes one or more missing nutrient data.



(R1020) Parfait, Apple Pie 2	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVINGS	Recipe	SERVINGS
Apples, Sliced 6/#10 USDA	1183.5009 *	51.4566 *	284.04 *	12.3496 *
Cups, Clear16/18oz 1000cs	0 *	0 *	0 *	0 *
Lid, Flat No Slot 12-24oz 1000ct	0 *	0 *	0 *	0 *
Apple Spice Mix	1175.7193 *	51.1182 *	315.6888 *	13.7256 *
	13378.977 *	581.6947 *	2636.754 *	114.6415 *

* Total includes one or more missing nutrient data.

(802875) Peach Cup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Peaches, Cup Frzn 96/Cs USDA	90	90	21	21
	90	90	21	21

* Total includes one or more missing nutrient data.

(500080) Peach Yogurt	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Yogurt, Peach 48/4oz	90	90.3186	16.9999	17.0601
	90	90.3186	16.9999	17.0601

* Total includes one or more missing nutrient data.

(600029) Peaches	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Peaches, Fresh Whole	39	58.5	9.54	14.31
	39	58.5	9.54	14.31

* Total includes one or more missing nutrient data.

(R3003) Peaches	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Peaches, DOD	39	81.081	9.54	19.8337
	39	81.081	9.54	19.8337

* Total includes one or more missing nutrient data.



(784651) Peaches, Sliced 6/#10 USDA	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	0.5 cup	Recipe	0.5 cup
Peaches, Sliced 6/#10 USDA	60	60	16	16
	60	60	16	16

* Total includes one or more missing nutrient data.

(200800) Pepperoni Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SLICE	Recipe	SLICE
Pizza, Big Daddy Primo Pepperoni 405934	360.0001	360.0001	34	34
	360.0001	360.0001	34	34

* Total includes one or more missing nutrient data.

(200187) Pick Up Stix House Chicken	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pick Up Stix, House Chicken	400.0001	400.0001	57	57
	400.0001	400.0001	57	57

* Total includes one or more missing nutrient data.

(200237) Pick Up Stix Orange Chicken	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pick Up Stix, Orange Chicken	390.0001	390.0001	53.9999	53.9999
	390.0001	390.0001	53.9999	53.9999

* Total includes one or more missing nutrient data.

(200770) Pillow Pull Aparts	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pull Aparts, Ardell's Pillow	290	290	29	29
	290	290	29	29

* Total includes one or more missing nutrient data.

(D2038) Pineapple Fiesta Raisels,	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Raisels, Pineapple Fiesta	150	150	36	36
	150	150	36	36

* Total includes one or more missing nutrient data.



(200600) Pizza Bosco Stick	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING (2 Each)	Recipe	SERVING (2 Each)
Pizza Bosco Stick WG, 7"	500.0001	500.0001	60	60
	500.0001	500.0001	60	60

* Total includes one or more missing nutrient data.

(CR1008) Pizza Pattern	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SLICE	Recipe	SLICE
Pizza, Big Daddy Par-Baked Primo 4 Cheese	360.0001	360.0001	35	35
Pizza, Big Daddy Primo Pepperoni 405934	360.0001	360.0001	34	34
	720.0001	720.0001	69	69

* Total includes one or more missing nutrient data.

(F4041) PizzaBoli	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
PizzaBoli IW	310.0001	310.0001	34.0001	34.0001
	310.0001	310.0001	34.0001	34.0001

* Total includes one or more missing nutrient data.

(100135) Plain Bagel	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Bagel, WW Plain Wrp 72/2.24oz 102558	163	163	33.5	33.5
	163	163	33.5	33.5

* Total includes one or more missing nutrient data.

(600030) Plums	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Plums	34.5	34.5	8.565	8.565
	34.5	34.5	8.565	8.565

* Total includes one or more missing nutrient data.



(300721) Rainbow Goldfish Crackers	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Crackers, Rainbow Cheddar Goldfish IW 300/.75oz	100	100	14	14
	100	100	14	14

* Total includes one or more missing nutrient data.

(300766) Raisels, Sour Watermelon PM 200/1.5oz	Calories (kcal)		Total Carbohydrate (g)	
	Recipe		Recipe	
Raisels, Sour Watermelon PM 200/1.5oz	160		37	
	160		37	

* Total includes one or more missing nutrient data.

(784728) Raisins, Ind 144/1.33oz USDA	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Raisins, Ind 144/1.33oz USDA	120	120	29	29
	120	120	29	29

* Total includes one or more missing nutrient data.

(744465) Ranch Dressing	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Dressing, Ranch IW 200/12gm 202633	120	120	2	2
	120	120	2	2

* Total includes one or more missing nutrient data.

(752233) Rice Krispies Cereal	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cereal, Rice Krispies 96/1oz 203151	100	100	23	23
	100	100	23	23

* Total includes one or more missing nutrient data.

(F4025) Rotini w/ Meat Sauce	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Pasta, Rotini w/ Meat Sauce	313.9999	313.9999	24	24

* Total includes one or more missing nutrient data.



(F4025) Rotini w/ Meat Sauce	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
	313.9999	313.9999	24	24

* Total includes one or more missing nutrient data.

(R1044) Rotini w/ Meat Sauce & Cracker	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Cracker, Savory Bites MJM 155/1oz	90	90	15	15
Pasta, Rotini w/ Meat Sauce	313.9999	313.9999	24	24
	403.9999	403.9999	39	39

* Total includes one or more missing nutrient data.

(F4008) Sandwich, Turkey and Cheese Submarine	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sandwich, Turkey and Cheese Submarine	259.9997	259.9997	29.9999	29.9999
	259.9997	259.9997	29.9999	29.9999

* Total includes one or more missing nutrient data.

(CR1015) Saucy Bean Cup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sauce, Enchilada L.V. 6/#10 201476	1204.8551	16.7341	144.5825	2.0081
Beans, Refried 6/#10 USDA	11285.3062	156.7404	1880.8876	26.1234
Cheese, Cheddar Shred 6/5# USDA	7919.8682	109.9982	0	0
	20410.0295	283.4726	2025.4701	28.1315

* Total includes one or more missing nutrient data.

(200853) Sausage Breakfast Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pizza, Brkfst TR Turkey Sausage IW 100cs	203	203	24	24
	203	203	24	24

* Total includes one or more missing nutrient data.



(D2027) Savory Bites Crackers	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cracker, Savory Bites MJM 155/1oz	90	90	15	15
	90	90	15	15

* Total includes one or more missing nutrient data.

(300604) Savory Herb Bites Cracker	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cracker, Savory Herb Bites MJM 155/1oz	90	90	15	15
	90	90	15	15

* Total includes one or more missing nutrient data.

(D2004) Scooby Doo Graham Stix	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Crackers, Scooby Doo Graham Stix 210/1oz	120	120	21	21
	120	120	21	21

* Total includes one or more missing nutrient data.

(201011) Shannon's Cinnamon Roll	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cinnamon Roll, Shannons, 60/3oz	270	270	45	45
	270	270	45	45

* Total includes one or more missing nutrient data.

(CR1014) Side Salad	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SALAD	Recipe	SALAD
Romaine, Chopped	385.5535	2.754	74.6159	0.533
Tomatoes, Cherry	252.8575	1.8061	56.4724	0.4034
Dressing, Ranch IW 200/12gm 202633	16799.9989	120	280.0017	2
	17438.4099	124.5601	411.0901	2.9364

* Total includes one or more missing nutrient data.



(100167) Smokehouse Turkey Stick	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Turkey Stick, Smokehouse Jennie-O 400/1.2oz	40	40.0007	0	0
	40	40.0007	0	0

* Total includes one or more missing nutrient data.

(201053) Snack'n Waffle	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Waffle, Snack'n Buttery Maple IW	250	250	37	37
	250	250	37	37

* Total includes one or more missing nutrient data.

(300571) Sour Fruit Splash Raisels	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Raisels, Sour Fruit Splash PM 200/1.5oz	140	140	34	34
	140	140	34	34

* Total includes one or more missing nutrient data.

(sys-11) Southwest Chicken Salad	Calories (kcal)		Total Carbohydrate (g)	
	Recipe		Recipe	
Lettuce 3-Way Mix, 5 lb	21.3958		4.2792	
Tomatoes, Cherry	4.0179		0.8973	
Spinach, 2.5#	13.0408		2.0574	
Corn, Whole Kernel 6/#10 USDA	18.1437		3.8555	
Chicken, Diced 40#/Cs USDA	36.4493		0	
	93.0475		11.0894	

* Total includes one or more missing nutrient data.

(R1047) Southwest Ranch Chicken Salad,	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Olives, Canned 6/#10	0 *	0 *	0 *	0 *
Lettuce 3-Way Mix, 5 lb	21.3958 *	21.3958 *	4.2792 *	4.2792 *
Tomatoes, Cherry	6.5357 *	6.5357 *	1.4597 *	1.4597 *
Spinach, 2.5#	13.0408 *	13.0408 *	2.0574 *	2.0574 *

* Total includes one or more missing nutrient data.



(R1047) Southwest Ranch Chicken Salad,	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Dressing, Ranch IW 120/1.5oz 201612	200 *	200 *	2 *	2 *
Corn, Whole Kernel 6/#10 USDA	0.4032 *	0.4032 *	0.0857 *	0.0857 *
Chicken, Diced 40#/Cs USDA	72 *	72 *	0 *	0 *
Roll, Artisan IW	160 *	160 *	34 *	34 *
	473.3755 *	473.3755 *	43.8819 *	43.8819 *

* Total includes one or more missing nutrient data.

(CR1010) Spicy Chicken Salad	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SALAD	Recipe	SALAD
Chicken Patty, Spicy WG Tyson 148/3.53oz	4860.0005 *	270 *	305.9997 *	17 *
Croutons, Ind 250/.25oz	0 *	0 *	0 *	0 *
Lettuce 3-Way Mix, 5 lb	427.9168 *	23.7732 *	85.5838 *	4.7547 *
Cucumbers	90.3 *	5.0167 *	21.8526 *	1.214 *
Tomatoes, Cherry	48.2144 *	2.6786 *	10.768 *	0.5982 *
Spinach, 2.5#	260.8156 *	14.4898 *	41.1476 *	2.286 *
Dressing, Ranch IW 120/1.5oz 201612	3600.0002 *	200 *	36.0003 *	2 *
Forks, Black Plastic wrap 1000ct	0 *	0 *	0 *	0 *
Container, 48 oz Hinged Flat Lid 200/cs	0 *	0 *	0 *	0 *
	9287.2474 *	515.9582 *	501.3521 *	27.8529 *

* Total includes one or more missing nutrient data.

(CR1007) Spicy Chicken Sandwich	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich
Chicken Patty, Spicy WG Tyson 148/3.53oz	270	270	17	17
Buns, Hamburger WW 4" 600054	45.4831	45.4831	8.7934	8.7934
	315.4831	315.4831	25.7934	25.7934

* Total includes one or more missing nutrient data.

(F4023) Spicy Grilled Cheese	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Grilled Cheese, Spicy IW	337.87	337.87	30.51	30.51
	337.87	337.87	30.51	30.51



* Total includes one or more missing nutrient data.

(300701) Spicy Nacho Go'Bonzos	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Go'Bonzos, Spicy Nacho IW 125/1.5oz	170	170	26	26
	170	170	26	26

* Total includes one or more missing nutrient data.

(3) SS Test Recipe	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sunflower Kernels, Hn Rst 150/1oz 208261	190	190	11	11
Yogurt, Trix Raspberry 48/4oz	160.0001	160.0001	29.9999	29.9999
Yogurt, Trix Cherry 48/4oz	80	80	15	15
Carrots, Baby 100/2oz	39.69	39.69	9.3442	9.3442
Applesauce Cup 96/Cs USDA	120	120	28	28
Cheese, String 360/1oz USDA	180	180	0	0
	769.6901	769.6901	93.344	93.344

* Total includes one or more missing nutrient data.

(500079) Straw/Banana Yogurt	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Yogurt, Straw/Ban 48/4oz	100	100	16.9999	16.9999
	100	100	16.9999	16.9999

* Total includes one or more missing nutrient data.

(600033) Strawberries	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup
Strawberries	32	32	7.68	7.68
	32	32	7.68	7.68

* Total includes one or more missing nutrient data.

(F4046) Strawberry Banana Yogurt Smoothie,	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Yogurt Smoothie, Strawberry Banana	129.9998	129.9998	35.9999	35.9999

* Total includes one or more missing nutrient data.



(F4046) Strawberry Banana Yogurt Smoothie,	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
	129.9998	129.9998	35.9999	35.9999

* Total includes one or more missing nutrient data.

(F4035) Strawberry Belgian Waffle	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Waffle, Strawberry Belgian IW	240	240	38	38
	240	240	38	38

* Total includes one or more missing nutrient data.

(802681) Strawberry Cup	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Strawberries, Cup Frzn 96/cs USDA	80	80	21.0001	21.0001
	80	80	21.0001	21.0001

* Total includes one or more missing nutrient data.

(200070) Strawberry Uncrustable,	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Uncrustable, Strawberry Smuckers 72/2.6oz 404615	300	300	32	32
	300	300	32	32

* Total includes one or more missing nutrient data.

(200027) String Cheese	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cheese, String Lite LOL IW 168/1oz 401174	60	60	1	1
	60	60	1	1

* Total includes one or more missing nutrient data.

(802876) String Cheese	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cheese, String 360/1oz USDA	90	90	0	0
	90	90	0	0

* Total includes one or more missing nutrient data.



(600070) Sugar Snap Peas	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup
Peas, Sugar Snap 10lb. Case	17.5	17.5	3	3
	17.5	17.5	3	3

* Total includes one or more missing nutrient data.

(300250) Sunbutter, Creamy 200/1.1oz	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sunbutter, Creamy 200/1.1oz	200	199.9712	7	6.999
	200	199.9712	7	6.999

* Total includes one or more missing nutrient data.

(300158) Sunflower Kernels, Hn Rst 150/1oz 208261	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sunflower Kernels, Hn Rst 150/1oz 208261	190	190	11	11
	190	190	11	11

* Total includes one or more missing nutrient data.

(R1028) Super Snack #1	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Granola, Rockin' Ola Straw/Marsh IW 250/	0 *	0 *	0 *	0 *
Apple, Crisps Tree Top 125/.34oz	0 *	0 *	0 *	0 *
Cracker, Chocolate Bear Graham	222.746 *	222.746 *	40.4993 *	40.4993 *
Yogurt, Trix Raspberry 48/4oz	160.0001 *	160.0001 *	29.9999 *	29.9999 *
Carrots, Baby 100/2oz	39.69 *	39.69 *	9.3442 *	9.3442 *
Craisins, Original 300/1.16oz USDA	219.1998 *	219.1998 *	55.796 *	55.796 *
Cheese, String 360/1oz USDA	180 *	180 *	0 *	0 *
	821.6359 *	821.6359 *	135.6394 *	135.6394 *

* Total includes one or more missing nutrient data.



(R1043) Super Snack #10	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1 Each	Recipe	1 Each
Cheez-Its WG 175/0.75oz	100	100	14	14
Sunbutter, Creamy 200/1.1oz	399.9423	399.9423	13.9979	13.9979
Juice, Paradise Punch, Suncup 40/6.75oz.	89.9998	89.9998	23	23
Craisins, Original 300/1.16oz USDA	219.1998	219.1998	55.796	55.796
	809.1419	809.1419	106.794	106.794

* Total includes one or more missing nutrient data.

(R1046) Super Snack #11	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1 Each	Recipe	1 Each
Sandwich, Crustless Peanut Butter and Strawberry Jam	309.9998	309.9998	33	33
Raisels, Watermelon NR 200/1.66oz 249199	160	160	37	37
Cheez-Its WG 175/0.75oz	100	100	14	14
Sunflower Kernels, Hn Rst 150/1oz 208261	190	190	11	11
Carrots, Baby 100/2oz	19.845	19.845	4.6721	4.6721
Mixed Berries, Cup Frzn 96ct USDA 500593	90	90	20	20
	869.8447	869.8447	119.672	119.672

* Total includes one or more missing nutrient data.

(R1029) Super Snack #2	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cracker, Giant Cinnamon Goldfish	240	240	38	38
Turkey Stick, Sweet BBQ 400/1.2oz 405717	159.9999	159.9999	0	0
Sunflower Kernels, Hn Rst 150/1oz 208261	380	380	22	22
Carrots, Baby 100/2oz	39.69	39.69	9.3442	9.3442
Raisins, Ind 144/1.33oz USDA	480	480	116	116
	1299.6899	1299.6899	185.3441	185.3441

* Total includes one or more missing nutrient data.

(R1030) Super Snack #3	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cheese Cubes, RF Cheddar 200/1oz	180	180	0	0

* Total includes one or more missing nutrient data.



(R1030) Super Snack #3	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Crackers, Savory Pizza Bites MJM IW 155/1oz	160	160	30	30
Carrots, Baby 100/2oz	39.69	39.69	9.3442	9.3442
Apples, Gala	155.556	155.556	41.1538	41.1538
Craisins, Original 300/1.16oz USDA	219.1998	219.1998	55.796	55.796
Hummus Cup 120/3oz/cs	440.0072	440.0072	72.0013	72.0013
	1194.453	1194.453	208.2953	208.2953

* Total includes one or more missing nutrient data.

(R1031) Super Snack #4	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
WOW Butter / EZ Jammer, WG Grape 40/4.6o	1080	1080	105.9999	105.9999
Cracker, Vanilla Bear Graham	240	240	40	40
Sunbutter, Creamy 200/1.1oz	399.9423	399.9423	13.9979	13.9979
Carrots, Baby 100/2oz	39.69	39.69	9.3442	9.3442
Craisins, Original 300/1.16oz USDA	219.1998	219.1998	55.796	55.796
	1978.832	1978.832	225.1381	225.1381

* Total includes one or more missing nutrient data.

(R1033) Super Snack #5	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cracker, B2B Wheat 1G 150/.8oz 203350	179.9999	179.9999	30	30
Go'Bonzos, Spicy Nacho IW 125/1.5oz	340	340	52	52
Craisins, Original 300/1.16oz USDA	438.3996	438.3996	111.5921	111.5921
Cheese, String 360/1oz USDA	180	180	0	0
Hummus Cup 120/3oz/cs	440.0072	440.0072	72.0013	72.0013
	1578.4067	1578.4067	265.5934	265.5934

* Total includes one or more missing nutrient data.

(R1032) Super Snack #6	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1 Each	Recipe	1 Each
WOWButter, WG Grape 72/2.4oz	280	280	28	28
Sunbutter, Creamy 200/1.1oz	199.9712	199.9712	6.999	6.999

* Total includes one or more missing nutrient data.



(R1032) Super Snack #6	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1 Each	Recipe	1 Each
Carrots, Bagged, 200/1.6oz DOD 16108	18.5973	18.5973	4.3454	4.3454
Peaches, DOD	81.081	81.081	19.8337	19.8337
	579.6494	579.6494	59.1781	59.1781

* Total includes one or more missing nutrient data.

(R1034) Super Snack #7	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1 Each	Recipe	1 Each
Cereal Bar, Cocoa Puffs	160	160	30	30
Sunflower Kernels, Hn Rst 150/1oz 208261	190	190	11	11
Go'Bonzos, Spicy Nacho IW 125/1.5oz	170	170	26	26
Applesauce Cup 96/Cs USDA	60	60	14	14
	580	580	81	81

* Total includes one or more missing nutrient data.

(R1035) Super Snack #8	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1 Each	Recipe	1 Each
Cheez-Its WG 175/0.75oz	100	100	14	14
Sunbutter, Creamy 200/1.1oz	199.9712	199.9712	6.999	6.999
Go'Bonzos, Spicy Nacho IW 125/1.5oz	170	170	26	26
Craisins, Original 300/1.16oz USDA	109.5999	109.5999	27.898	27.898
	579.5711	579.5711	74.897	74.897

* Total includes one or more missing nutrient data.

(R1036) Super Snack #9	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1 Each	Recipe	1 Each
Cheez-Its WG 175/0.75oz	100	100	14	14
Peanut Butter Cup USDA 120/1.1oz 500587	199.9712	199.9712	8.9987	8.9987
Go'Bonzos, Spicy Nacho IW 125/1.5oz	170	170	26	26
Craisins, Original 300/1.16oz USDA	109.5999	109.5999	27.898	27.898
	579.5711	579.5711	76.8967	76.8967

* Total includes one or more missing nutrient data.



(R1056) Super Snack P2 Mon	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Turkey Stick, Sweet BBQ 400/1.2oz 405717	40 *	40 *	0 *	0 *
Cheez-Its WG 175/0.75oz	200 *	200 *	28 *	28 *
Apple, Crisps Tree Top 125/.34oz	0 *	0 *	0 *	0 *
Carrots, Baby 100/2oz	39.69 *	39.69 *	9.3442 *	9.3442 *
Cheese, String 360/1oz USDA	90 *	90 *	0 *	0 *
	369.69 *	369.69 *	37.3442 *	37.3442 *

* Total includes one or more missing nutrient data.

(201028) Sweet BBQ Turkey Stick	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Turkey Stick, Sweet BBQ 400/1.2oz 405717	40	40	0	0
	40	40	0	0

* Total includes one or more missing nutrient data.

(201051) Taco Nada	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Taco Nada, Trk. IW 60/4.5oz 133948	260	260	31.0001	31.0001
	260	260	31.0001	31.0001

* Total includes one or more missing nutrient data.

(D2029) taco sauce	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
taco sauce	5	5	1	1
	5	5	1	1

* Total includes one or more missing nutrient data.

(764727) Taco Sauce	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sauce, Taco IW 200/Cs 201910	55.7352	5.0162	12.2139	1.0993

* Total includes one or more missing nutrient data.



(764727) Taco Sauce	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
	55.7352	5.0162	12.2139	1.0993

* Total includes one or more missing nutrient data.

(200769) Taco Stick	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Taco Stick, Beef & Cheese, 50/4.60oz.	345.01	345.01	31.87	31.87
	345.01	345.01	31.87	31.87

* Total includes one or more missing nutrient data.

(600069) Tangerine	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	1 Med.	Recipe	1 Med.
Tangerines	47	47	12	12
	47	47	12	12

* Total includes one or more missing nutrient data.

(200061) Teriyaki BBQ Chicken Yangs 240/2.4 oz	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Teriyaki BBQ Chicken Yangs 240/2.4 oz	115	115	6	6
	115	115	6	6

* Total includes one or more missing nutrient data.

(R1024) Teriyaki Beef Dippers & Rice	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Rice, Cooked Brown	3743.9342	74.8787	788.1961	15.7639
Teriyaki Beef Dippers, Pierre 571/.7oz	7999.9998	160	299.9997	6
	11743.934	234.8787	1088.1958	21.7639

* Total includes one or more missing nutrient data.

(R1048) Teriyaki Chicken & Rice	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Rice, Cooked Brown	2695.6326	77.0181	567.5012	16.2143

* Total includes one or more missing nutrient data.



(R1048) Teriyaki Chicken & Rice	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Teriyaki BBQ Chicken Yangs 240/2.4 oz	4139.9988	118.2857	215.9993	6.1714
Lids, 12 oz Koda Cup Flat	0	0	0	0
	6835.6315	195.3038	783.5005	22.3857

* Total includes one or more missing nutrient data.

(F4026) Three Cheese Calzone	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Calzone, Three Cheese	249.9999	249.9999	33	33
	249.9999	249.9999	33	33

* Total includes one or more missing nutrient data.

(201036) Tony's Breakfast Sausage Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pizza, Brkfst Tony's Trk Sau IW 100/3.6	240	240	31	31
	240	240	31	31

* Total includes one or more missing nutrient data.

(200162) Tony's Galaxy Pepperoni Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pizza, Tony's Galaxy Pepperoni IW	290.0001	290.0001	25.9999	25.9999
	290.0001	290.0001	25.9999	25.9999

* Total includes one or more missing nutrient data.

(500050) Trix Cherry Yogurt	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Yogurt, Trix Cherry 48/4oz	80	80	15	15
	80	80	15	15

* Total includes one or more missing nutrient data.

(500034) Trix Raspberry Yogurt	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Yogurt, Trix Raspberry 48/4oz	80	80	15	15
	80	80	15	15



* Total includes one or more missing nutrient data.

(50058) Trix Strawberry Banana Yogurt	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Yogurt, Trix Straw/Ban 48/4oz	80	80	15	15
	80	80	15	15

* Total includes one or more missing nutrient data.

(F4042) Turkey & Cheese Sandwich on a French Roll	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sandwich, Turkey & Cheese French Roll	250	250	27.0001	27.0001
	250	250	27.0001	27.0001

* Total includes one or more missing nutrient data.

(F4007) Turkey Ham & Cheese Croissant	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	CASE	Recipe	CASE
Croissant, Turkey Ham & Cheese IW	330.0001	330.0001	30	30
	330.0001	330.0001	30	30

* Total includes one or more missing nutrient data.

(F4005) Turkey Ham & Cheese Sandwich	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sandwich, Turkey Ham & Cheese Sub	300	300	30.9999	30.9999
	300	300	30.9999	30.9999

* Total includes one or more missing nutrient data.

(200766) Turkey Ham & Cheese Sandwich	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sandwich, Trky Ham & Cheese R&S 401508	250	250	28	28
	250	250	28	28

* Total includes one or more missing nutrient data.



(F4027) Turkey Pepperoni & Cheese Calzone	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Calzone, Turkey Pepperoni & Cheese	340	340	39	39
	340	340	39	39

* Total includes one or more missing nutrient data.

(F4011) Turkey Pepperoni Stuffed Sandwich	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Sandwich, Turkey Pepperoni Stuffed	300	300	31	31
	300	300	31	31

* Total includes one or more missing nutrient data.

(F4019) Turkey Sausage Pancake Wrap	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pancake Wrap, Turkey Sausage IW 72/2.83oz	172	171.998	21.9	21.8997
	172	171.998	21.9	21.8997

* Total includes one or more missing nutrient data.

(100156) UBR	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Ultimate Brkfst Round, IW 126/2.2 403284	280	280	44	44
	280	280	44	44

* Total includes one or more missing nutrient data.

(CR1004) Uncrustable Combo	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Cheese, String Lite LOL IW 168/1oz 401174	60	60	1	1
Uncrustable, Grape Smuckers IW 72/2.6oz 404614	300	300	32	32
Cheez-Its WG 175/0.75oz	100	100	14	14
Container, 12 oz Hinged Flat Lid 200/cs	0	0	0	0
	460	460	47	47

* Total includes one or more missing nutrient data.



(R1021) Uncrustable Combo	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Cheese, String Lite LOL IW 168/1oz 401174	60	60	1	1
Uncrustable, Grape Smuckers IW 72/2.6oz 404614	300	300	32	32
	360	360	33	33

* Total includes one or more missing nutrient data.

(300182) Vanilla Bear Graham	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Cracker, Vanilla Bear Graham	120	120	20	20
	120	120	20	20

* Total includes one or more missing nutrient data.

(300221) Waffle Maple Grahams	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Grahams, Waffle Maple 300/1oz	120	120	20	20
	120	120	20	20

* Total includes one or more missing nutrient data.

(600064) Watermelon	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	WEDGE	Recipe	WEDGE
Watermelon	44.616	44.616	11.2284	11.2284
	44.616	44.616	11.2284	11.2284

* Total includes one or more missing nutrient data.

(300020) Watermelon Raisels	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Raisels, Watermelon NR 200/1.66oz 249199	160	160	37	37
	160	160	37	37

* Total includes one or more missing nutrient data.



(F4015) Wild Mikes Pepperoni Pizza	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pizza, Wild Mikes Pepperoni	370	370	32.9999	32.9999
	370	370	32.9999	32.9999

* Total includes one or more missing nutrient data.

(F4044) Wild Mikes Pizza Wedge	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Pizza Wedge, Wild Mikes IW	360	360	34	34
	360	360	34	34

* Total includes one or more missing nutrient data.

(R1061) WIP - BRC Burrito 9oz	Calories (kcal)		Total Carbohydrate (g)	
	Recipe		Recipe	
Cheese, Cheddar Shred 6/5# USDA	164.9971		0	
Tortilla, Flour - 10" 18 oz/dz (Cucas only)	170.097		28.3495	
Mexican Rice (Cucas only)	157.3397		26.5351	
Pinto Beans (Cucas only)	96.9553		17.0947	
	589.3891		71.9794	

* Total includes one or more missing nutrient data.

(R1064) WIP - Breakfast Burrito from Cucuas	Calories (kcal)		Total Carbohydrate (g)	
	Recipe		Recipe	
Egg, Scrambled (Cucas only)	105.6019		1.1411	
Cheese, Cheddar Shred 6/5# USDA	274.9952		0	
Tortilla, Flour - 10" 18 oz/dz (Cucas only)	340.194		56.699	
Potato, diced (Cucas only)	56.699		12.4738	
	777.4901		70.3138	

* Total includes one or more missing nutrient data.

(R1022) WOWBUTTER Combo	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Cheese, String Lite LOL IW 168/1oz 401174	60	60	1	1
WOWButter, WG Grape 72/2.4oz	280	280	28	28

* Total includes one or more missing nutrient data.



(R1022) WOWBUTTER Combo	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
	340	340	29	29

* Total includes one or more missing nutrient data.

(CR1018) Yogurt Variety - Secondary	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH
Yogurt, Trix Straw/Ban 48/4oz	800.0004	800.0004	149.9996	149.9996
	800.0004	800.0004	149.9996	149.9996

* Total includes one or more missing nutrient data.

(R1039) Yogurt, Muffin & Cheese	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Muffin, Choco Chip BV IW 120/3oz 406161	250	250	41	41
Yogurt, Trix Cherry 48/4oz	80	80	15	15
Cheese, String 360/1oz USDA	90	90	0	0
Container, 24 oz Hinged Flat Lid 200/cs	0	0	0	0
	420	420	56	56

* Total includes one or more missing nutrient data.

(R1037) Yogurt, Muffin & Seeds	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Muffin, Choco Chip BV IW 120/3oz 406161	250	250	41	41
Sunflower Kernels, Hn Rst 150/1oz 208261	190	190	11	11
Yogurt, Trix Raspberry 48/4oz	80	80	15	15
Container, 24 oz Hinged Flat Lid 200/cs	0	0	0	0
	520	520	67	67

* Total includes one or more missing nutrient data.

(R1038) Yogurt, Muffin & Seeds	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Muffin, Choco Chip BV IW 120/3oz 406161	250	250	41	41
Sunflower Kernels, Hn Rst 150/1oz 208261	190	190	11	11

* Total includes one or more missing nutrient data.



(R1038) Yogurt, Muffin & Seeds	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Yogurt, Trix Cherry 48/4oz	80	80	15	15
Container, 24 oz Hinged Flat Lid 200/cs	0	0	0	0
	520	520	67	67

* Total includes one or more missing nutrient data.

(CR1009) Yogurt, Muffin & Seeds	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Muffin, Choco Chip BV IW 120/3oz 406161	250	250	41	41
Sunflower Kernels, Hn Rst 150/1oz 208261	190	190	11	11
Yogurt, Trix Straw/Ban 48/4oz	80	80	15	15
Container, 24 oz Hinged Flat Lid 200/cs	0	0	0	0
	520	520	67	67

* Total includes one or more missing nutrient data.

(R1049) Yogurt, Muffin & Seeds 4 - Peach	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Muffin, Choco Chip BV IW 120/3oz 406161	250	250	41	41
Sunflower Kernels, Hn Rst 150/1oz 208261	190	190	11	11
Yogurt, Peach 48/4oz	90.3186	90.3186	17.0601	17.0601
Container, 24 oz Hinged Flat Lid 200/cs	0	0	0	0
	530.3185	530.3185	69.0601	69.0601

* Total includes one or more missing nutrient data.

(R1042) Yogurt, Muffin & String Cheese - Raspberry	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Muffin, Choco Chip BV IW 120/3oz 406161	250	250	41	41
Yogurt, Trix Raspberry 48/4oz	80	80	15	15
Cheese, String 360/1oz USDA	90	90	0	0
Container, 24 oz Hinged Flat Lid 200/cs	0	0	0	0
	420	420	56	56

* Total includes one or more missing nutrient data.



(R1040) Yogurt, Muffin & String Cheese - Straw/Ban	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	BOX	Recipe	BOX
Cheese, String Lite LOL IW 168/1oz 401174	60	60	1	1
Muffin, Daves Double Chocolate	229	229	40	40
Yogurt, Straw/Ban 48/4oz	100	100	16.9999	16.9999
Container, 24 oz Hinged Flat Lid 200/cs	0	0	0	0
	389	389	57.9999	57.9999

* Total includes one or more missing nutrient data.

(200729) Zoo Nuggets	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING (3 Each)	Recipe	SERVING (3 Each)
Chicken Zoo Nuggets	250	250	15	15
	250	250	15	15

* Total includes one or more missing nutrient data.

(R1055) Zoo Nuggets & Jungle Crackers	Calories (kcal)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING
Chicken Zoo Nuggets	250	250	15	15
Crackers, J&J WG Jungle 200/1oz 203026	130	130	20	20
	380	380	35	35

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Nutrients	(Calories, Total Carbohydrate)