

Kenai Peninsula School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990413 CARROT STIX & PEA PODS 1 CUP	CUP	147	60.773	0.050	79.605	6.735	0.340	0.000	13.431	4.059	2.007	52.041	27.090	1.047
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	253	405.083	8.757	920.025	11.526	17.144	43.750	40.234	4.160	21.654	398.235	3.616	3.226
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	51	79.000	0.024	330.240	8.000	3.528	5.000	12.768	0.120	0.564	70.080	0.000	0.240
990519 MCMUFFIN EGG & CHEESE	SANDWICH	99	186.866	1.625	446.074	0.995	4.500	103.750	21.389	0.995	10.718	140.775	0.000	3.592
990517 MCMUFFIN SAUSAGE & CHEESE	SANDWICH	101	256.866	4.425	501.074	0.995	95.000	29.750	22.389	0.995	13.718	151.775	0.000	1.592
990547 APPLE JAMMER STICK	STICK	99	220.000	0.500	180.000	15.000	3.000	0.000	45.000	3.000	5.000	13.000	*N/A*	2.000
990404 APPLE SLICES CANNED 1 C	CUP	240	115.200	0.000	0.000	21.120	0.000	0.000	28.800	1.920	0.000	0.000	6.912	0.000
990403 APPLE SLICES CANNED 1/2	1/2 CUP	120	57.600	0.000	0.000	10.560	0.000	0.000	14.400	0.960	0.000	0.000	3.456	0.000
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	111	55.000	0.030	1.000	11.010	0.180	0.000	14.640	2.500	0.280	10.000	0.600	0.180
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	122	51.000	0.000	2.000	11.000	0.000	0.000	14.000	1.000	0.000	0.000	0.000	0.000
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	122	51.000	0.000	2.000	11.000	0.000	0.000	14.000	1.000	0.000	0.000	0.000	0.000
990160 APPLESAUCE, UNSWEETENED CANNED	3/4 CUP	183	76.500	0.000	3.000	16.500	0.000	0.000	21.000	1.500	0.000	0.000	0.000	0.000
990161 APPLESAUCE, UNSWEETENED CANNED	1 Cup	244	102.000	0.000	4.000	22.000	0.000	0.000	28.000	2.000	0.000	0.000	0.000	0.000
990457 BABY CARROTS & CELERY STICKS 1/2 c	SERVING	85	27.216	0.030	61.802	3.068	0.184	0.000	6.274	2.042	0.722	30.051	4.224	0.226
990458 BABY CARROTS & CELERY STICKS 3/4	SERVING 3/4 C	162	44.688	0.024	127.259	5.758	0.096	0.000	10.336	3.952	1.063	56.280	4.488	1.048
990357 BABY CARROTS & PEA PODS 1 CUP	CUP	104	38.780	0.013	55.960	4.692	0.068	0.000	8.335	2.914	1.400	37.020	22.220	1.330
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	92	35.378	0.018	38.224	4.035	0.091	0.000	7.269	2.532	1.568	34.431	28.414	1.358
990553 BACON, FULLY COOKED	slice	15	70.000	2.000	250.000	0.000	6.000	20.000	0.000	0.000	5.000	0.000	0.000	0.000
990077 BANANA BREAD, SLICE	SLICE	96	280.000	2.000	220.000	25.000	10.000	0.000	44.000	2.000	5.000	80.000	0.000	1.080

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990187 BANANAS,RAW	MEDIUM	118	105.020	0.132	1.180	14.431	0.389	0.000	26.951	3.068	1.286	5.900	10.266	0.307
990500 BAR, BERRY APPLE CRISP	BAR	62	250.000	2.500	80.000	14.000	8.000	0.000	41.000	3.000	4.000	0.000	0.000	0.000
990338 BASE, CHICKEN LOW SODIUM	CUP	241	15.000	0.000	147.110	1.000	0.500	0.000	2.000	0.000	0.000	7.110	0.000	0.000
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	154	31.986	0.000	279.987	1.987	0.000	0.000	5.991	3.989	1.987	39.994	0.000	0.708
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	77	15.993	0.000	139.994	0.993	0.000	0.000	2.995	1.994	0.993	19.997	0.000	0.354
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	96	19.991	0.000	174.992	1.242	0.000	0.000	3.744	2.493	1.242	24.996	0.000	0.443
990054 BEANS, BAKED 1 CUP	CUP	261	280.000	0.000	1100.000	24.000	2.000	0.000	58.000	10.000	12.000	80.000	0.000	3.600
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	130	140.000	0.000	550.000	12.000	1.000	0.000	29.000	5.000	6.000	40.000	0.000	1.800
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	196	210.000	0.000	825.000	18.000	1.500	0.000	43.500	7.500	9.000	60.000	0.000	2.700
990057 BEANS, BLACK LS 1 CUP	1 CUP	256	235.304	0.000	274.522	1.961	0.980	0.000	45.100	11.765	13.726	117.652	0.000	3.530
990036 BEANS, BLACK LS 1/2 CUP	1/2 CUP	128	117.652	0.000	137.261	0.980	0.490	0.000	22.550	5.883	6.863	58.826	0.000	1.765
990056 BEANS, BLACK LS 3/4 CUP	3/4 CUP	192	176.478	0.000	205.891	1.471	0.735	0.000	33.825	8.824	10.295	88.239	0.000	2.647
990059 BEANS, REFRIED 1 CUP	1 CUP	256	240.000	2.000	1080.000	2.000	5.000	0.000	36.000	12.000	12.000	40.000	0.000	0.000
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	128	120.000	1.000	540.000	1.000	2.500	0.000	18.000	6.000	6.000	20.000	0.000	0.000
990546 BEANS, REFRIED 1/4 CUP	1/4 CUP	64	60.000	0.500	270.000	0.500	1.250	0.000	9.000	3.000	3.000	10.000	0.000	0.000
990058 BEANS, REFRIED 3/4 CUP	3/4 CUP	192	180.000	1.500	810.000	1.500	3.750	0.000	27.000	9.000	9.000	30.000	0.000	0.000
990109 BEEF CRUMBLES, COOKED USDA	1.15 OZ	33	67.000	2.000	109.000	0.000	4.000	22.000	2.000	1.000	6.000	0.400	0.000	1.044
990359 BEEF HOT DOG SANDWICH	SANDWICH	96	300.000	0.000	790.000	5.000	18.500	35.000	22.000	2.000	11.000	40.000	1.200	1.800
990110 BEEF PATTY, COOKED USDA	PATTY	62	130.000	3.000	260.000	0.000	8.000	40.000	0.000	0.000	12.000	10.000	0.000	1.620

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990118 BEEF STICKS, BREADED	SERVING (4 EA)	110	350.000	7.000	320.000	1.000	24.000	40.000	19.000	3.000	14.000	40.000	0.000	1.800
990123 BEEF, HOT DOG 6"	EACH	57	190.000	0.000	600.000	1.000	17.000	35.000	1.000	0.000	7.000	0.000	1.200	0.360
990113 BEEF, MEATBALLS	5 EACH	71	180.000	5.000	270.000	1.000	12.000	45.000	3.000	0.000	13.000	20.000	1.200	1.080
990127 BEEF, PHILLY STEAK STRIPS	3 OZ	85	120.000	3.000	645.000	1.500	7.500	30.000	1.500	0.000	10.500	3.000	0.000	6.000
990536 BEEF, TERIYAKI DIPPERS	4 NUGGETS	79	150.000	3.500	420.000	4.000	8.000	35.000	6.000	1.000	12.000	2.000	0.000	10.000
990572 BEEF, TERIYAKI DIPPERS 6 PIECE	6 NUGGETS	79	150.000	3.500	420.000	4.000	8.000	35.000	6.000	1.000	12.000	2.000	0.000	10.000
990541 BENEFIT BANANA CHOC CHUNK	BAR	71	280.000	3.000	220.000	23.000	8.000	15.000	48.000	3.000	5.000	20.000	0.000	10.000
990468 BISCUIT STICK	STICK	35	110.000	3.000	370.000	1.000	5.000	0.000	13.000	0.000	2.000	20.000	0.060	0.800
990234 BLUEBERRY MUFFIN	MUFFIN	57	190.000	2.000	130.000	16.000	6.000	40.000	30.000	2.000	3.000	29.000	0.000	1.000
990596 BOLI, STRAWBERRY WG	BOLI	92	240.000	0.000	270.000	14.000	5.000	0.000	41.000	0.000	5.000	20.000	0.000	1.000
990091 BREAD, GF WHITE	SLICE	28	75	0.000	155.000	1.500	1.500	0.000	14.000	0.500	1.500	7.000	0.000	0.000
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	95	30.000	0.000	15.000	1.000	0.000	0.000	5.000	2.000	2.000	40.000	48.000	0.360
990038 BROCCOLI, FROZEN CUTS 1/2 c	1/2 CUP	47	15.000	0.000	7.500	0.500	0.000	0.000	2.500	1.000	1.000	20.000	24.000	0.180
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	71	22.500	0.000	11.250	0.750	0.000	0.000	3.750	1.500	1.500	30.000	36.000	0.270
990039 BROCCOLI, FROZEN, NO SALT FROZEN 1 c	1 Cup	184	52.000	0.000	44.000	2.000	0.000	0.000	10.000	6.000	6.000	40.000	48.000	0.360
990062 BROCCOLI, FROZEN, NO SALT FROZEN 110473 1/2 c	.5 Cup	92	26.000	0.000	22.000	1.000	0.000	0.000	5.000	3.000	3.000	20.000	24.000	0.180
990063 BROCCOLI, FROZEN, NO SALT FROZEN 110473 3/4 c	.75 Cup	138	39.000	0.000	33.000	1.500	0.000	0.000	7.500	4.500	4.500	30.000	36.000	0.270
990271 BROCCOLI, RAW FRESH	3/4 CUP	66	22.440	0.075	21.780	1.122	0.244	0.000	4.382	1.716	1.861	31.020	58.872	0.482
990327 BROCCOLI, RAW FRESH	1 CUP	88	29.920	0.100	29.040	1.496	0.326	0.000	5.843	2.288	2.482	41.360	78.496	0.642
990545 BROCCOLI, RAW FRESH 1/2	1/2 CUP	44	14.960	0.050	14.520	0.748	0.163	0.000	2.922	1.144	1.241	20.680	39.248	0.321

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990075 BUN, HAMBURGER	BUN	57	140.000	0.000	250.000	5.000	2.000	0.000	29.000	3.000	6.000	60.000	0.000	1.800
990076 BUN, HOT DOG	BUN	40	110.000	0.000	190.000	4.000	1.500	0.000	21.000	2.000	4.000	40.000	0.000	1.440
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	35	160.000	0.500	110.000	9.000	6.000	0.000	25.000	3.000	3.000	25.000	0.000	6.000
990304 BURGER, BACON CHEESEBURGER	SANDWICH	151	395.000	7.750	865.000	5.000	21.000	72.500	30.000	3.000	26.500	158.500	0.000	2.880
990301 BURGER, CHICKEN BACON CHEESE	SANDWICH	192	445.000	4.750	895.000	5.000	19.000	72.500	39.000	6.000	33.500	158.500	0.000	2.880
990252 BURGER, CHICKEN BREADED SECONDARY	SANDWICH	163	340.000	1.500	540.000	5.000	11.000	45.000	38.000	6.000	25.000	60.000	0.000	2.880
990349 BURGER, CHICKEN ELEMENTARY	SANDWICH	150	380.000	2.500	710.000	6.000	15.000	25.000	44.000	6.000	20.000	100.000	0.000	3.600
990471 BURRITO SW	BURRITO	172	298.500	3.140	470.430	2.000	9.470	16.030	41.480	9.480	16.030	150.000	18.000	3.600
990533 BURRITO WG CHEESE& BEAN	BURRITO	128	290.000	4.000	400.000	4.000	9.000	10.000	40.000	8.000	12.000	200.000	0.000	2.700
990344 BUTTERMILK 1 % , LOWFAT	CUP	227	110.000	1.500	260.000	12.000	2.500	15.000	13.000	0.000	9.000	313.000	1.200	0.000
990412 CARROT STIX & PEA PODS 3/4 CUP	CUP	121	50.036	0.042	53.976	5.397	0.272	0.000	10.665	3.296	1.972	44.441	31.660	1.169
990587 CARROT, GLAZED SLICED 1/2 CUP	SERVINGS 1/2 c	111	123.937	4.584	296.927	11.475	7.365	19.522	14.640	3.164	1.132	34.058	*0.000*	0.426
990588 CARROT, GLAZED SLICED 3/4 CUP	SERVINGS 3/4 C	165	183.187	6.877	445.391	16.487	11.047	29.283	21.235	4.746	1.698	51.087	*0.000*	0.638
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	113	31.185	0.042	84.481	3.448	0.233	0.000	7.116	2.495	0.918	41.391	5.103	0.283
990195 CARROTS, BABY FRESH	3 oz- (6 EA)	70	24.500	0.000	54.600	3.332	0.000	0.000	5.768	2.030	0.448	22.400	1.820	0.623
990196 CARROTS, BABY FRESH	3/4 CUP /9 EA	105	36.750	0.000	81.900	4.998	0.000	0.000	8.652	3.045	0.672	33.600	2.730	0.934
990197 CARROTS, BABY FRESH	CUP (12 ea)	140	49.000	0.000	109.200	6.664	0.000	0.000	11.536	4.060	0.896	44.800	3.640	1.246
990394 CARROTS,STICKS 3EA	SERVING	57	23.247	0.018	39.122	2.688	0.136	0.000	5.432	1.588	0.527	18.711	3.345	0.170
990397 CARROTS,STICKS 6 EA	SERVING	113	46.493	0.036	78.245	5.375	0.272	0.000	10.864	3.175	1.055	37.421	6.690	0.340
990485 CARROTS,STICKS 9 EA	SERVING	170	69.740	0.054	117.367	8.063	0.408	0.000	16.295	4.763	1.582	56.132	10.036	0.510
990395 CELERY,STICKS 3 EA	3 STICKS	57	7.938	0.024	45.359	0.760	0.096	0.000	1.684	0.907	0.391	22.680	1.758	0.113

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990097 CEREAL BOWL, COCOA PUFF 25%LS	BOWL	30	110.000	0.000	120.000	8.000	1.500	0.000	25.000	2.000	2.000	100.000	6.000	4.500
990082 CEREAL, CINN. TOAST CRUNCH	BOWL	28	111.373	0.506	161.997	6.075	3.544	0.000	22.275	3.037	1.012	202.496	4.860	3.645
990561 CEREAL, HONEY BUNCHES OF OATS BOWL	BOWL	28	111.373	1.519	75.936	6.075	1.519	0.000	23.287	2.025	2.025	0.000	*N/A*	9.112
990562 CEREAL, MARSHMALLOW MATEYS BOWL	BOWL	28	111.373	0.000	273.370	6.075	1.519	0.000	22.275	2.025	3.037	151.872	0.000	4.556
990328 CHEESE SAUCE, CHEDDAR 1.5 OZ	1.5 OZ	43	68.588	3.086	274.350	0.000	4.801	13.718	2.058	0.000	3.429	143.348	0.000	0.000
990329 CHEESE SAUCE, CHEDDAR 2 OZ	2 OZ	62	100.000	4.500	400.000	0.000	7.000	20.000	3.000	0.000	5.000	209.000	0.000	0.000
990261 CHEESE SAUCE, CHEDDAR 3 OZ	3 OZ	85	137.097	6.169	548.387	0.000	9.597	27.419	4.113	0.000	6.855	286.532	0.000	0.000
990233 CHEESE STICK, MOZZARELLA CN 1 STICK	STICK	55	150.040	3.001	320.085	2.001	6.002	15.004	17.005	1.000	8.002	150.040	0.000	0.720
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	109	300.080	6.002	640.170	4.001	12.003	30.008	34.009	2.001	16.004	300.080	0.000	1.440
990407 CHEESE STICKS	2 STICK	120	302.521	6.050	494.118	4.034	11.092	30.252	30.252	3.025	19.160	302.521	0.000	1.815
990592 CHEESE, CHEDDAR, .5 oz REDUCED FAT, SHREDDED	OZ	28	90.000	4.000	210.000	0.000	6.000	20.000	1.000	0.000	7.000	260.000	0.000	0.000
990321 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDED	OZ	28	90.000	4.000	210.000	0.000	6.000	20.000	1.000	0.000	7.000	260.000	0.000	0.000
990085 CHEESE, SLICED CHEDDAR RS/RF	SLICE	14	35.000	1.250	105.000	0.000	2.000	7.500	1.000	0.000	3.500	98.500	0.000	0.000
990330 CHEESE, SLICED CHEDDAR RS/RF	2 SLICE	28	70.875	2.531	212.625	0.000	4.050	15.188	2.025	0.000	7.088	199.462	0.000	0.000
990361 CHEESE, STRING STICK	EACH	28	80.000	3.000	190.000	1.000	5.000	15.000	0.000	0.000	7.000	20.000	0.000	0.000
990352 CHEESEBURGER	SANDWICH	133	305.000	4.250	615.000	5.000	12.000	47.500	30.000	3.000	21.500	168.500	0.000	3.420
990523 CHEESY REFRIED BEANS @ 1 CUP	1 CUP	258	283.977	4.908	1125.395	1.908	9.270	15.000	34.847	11.449	14.449	137.663	0.000	0.000
990521 CHEESY REFRIED BEANS @ 1/2 CUP	1/2 CUP	142	176.268	4.112	634.606	0.992	7.161	15.600	18.380	5.953	9.073	123.325	0.000	0.000

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990522 CHEESY REFRIED BEANS @ 3/4 CUP	3/4 CUP	181	208.774	4.148	795.007	1.306	7.527	14.211	23.974	7.833	10.676	120.375	0.000	0.000
990540 CHEX MIX STRAWBERRY	PACKAGE	29	130.897	1.007	55.379	6.041	3.021	0.000	23.159	2.014	2.014	*N/A*	*N/A*	0.705
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	198	415.000	4.125	767.500	5.250	15.375	62.500	39.250	6.000	32.500	160.000	*0.000*	2.970
990470 CHICKEN DRUMSTICK BREADED	DRUMSTICK	123	290.000	4.000	550.000	0.000	17.000	100.000	8.000	11.000	22.000	20.000	78.000	1.440
990544 CHICKEN ENCHILADA EMPANADA	EACH	142	300.000	5.000	650.000	4.000	11.000	35.000	32.000	3.000	19.000	271.000	*N/A*	2.000
990294 CHICKEN FAJITA QUESADILLA	EACH	147	332.326	7.448	772.594	2.683	13.390	66.123	28.183	3.000	22.132	282.279	0.000	2.424
990227 CHICKEN STRIPS, BREADED	3 EA	126	280.000	2.500	470.000	1.000	13.000	60.000	16.000	2.000	25.000	17.000	0.000	2.000
990339 CHICKEN, 1/2" DICED MEAT	2.75 OZ	78	101.103	0.506	323.529	0.000	3.033	70.772	0.000	0.000	19.210	0.000	0.000	0.364
990114 CHICKEN, BREADED PATTY ELEM	PATTY	93	240.000	2.500	460.000	1.000	13.000	25.000	15.000	3.000	14.000	40.000	0.000	1.800
990115 CHICKEN, BREADED PATTY SEC	PATTY	106	200.000	1.500	290.000	0.000	9.000	45.000	9.000	3.000	19.000	0.000	0.000	1.080
990120 CHICKEN, CORN PUPS	6 EACH	113	270.000	3.500	410.000	5.000	12.000	40.000	30.000	5.000	10.000	150.000	0.000	1.800
990142 CHICKEN, CORN PUPS	5 EACH	94	222.750	2.888	338.250	4.125	9.900	33.000	24.750	4.125	8.250	123.750	0.000	1.485
990143 CHICKEN, CORN PUPS	4 EACH	75	178.200	2.310	270.600	3.300	7.920	26.400	19.800	3.300	6.600	99.000	0.000	1.188
990108 CHICKEN, FAJITA STRIPS	1.7 OZ	48	61.000	1.000	303.000	1.000	2.000	37.000	1.000	0.000	9.000	0.000	0.000	0.360
990130 CHICKEN, POPCORN WG	3.3 OZ	94	250.000	2.500	380.000	1.000	14.000	25.000	15.000	3.000	15.000	0.000	0.000	1.800
990251 CHICKEN, SWEET N SOUR	SERVING	79	150.000	1.500	160.000	7.000	6.000	9.000	9.000	0.000	13.000	0.000	0.000	0.800
990311 CHICKEN, SWEET N SOUR W/ RICE SEC	SERVING	365	323.542	1.500	167.110	7.000	7.531	9.000	45.750	2.042	17.083	7.110	0.000	1.168
990594 CHILI, BEEF W/BEANS MMA, Legume 1c	8 OZ	380	396.968	8.286	709.630	8.242	16.809	90.870	31.590	11.622	30.215	80.630	10.824	6.791
990355 CHILI, BEEF WITH BEANS	4 OZ	190	198.484	4.143	354.815	4.121	8.404	45.435	15.795	5.811	15.108	40.315	5.412	3.395
990584 CHILI, CHICKEN FAJITA 1 MMA -.875 VEG	1 CUP	329	253.998	1.315	932.917	*6.620*	7.077	35.934	31.179	9.285	16.447	85.200	14.072	5.464
990591 CHILI, VEGETARIAN 1 C	1 CUP	370	224.874	0.230	842.167	*6.688*	3.590	0.000	38.509	11.827	9.975	105.599	18.203	6.291

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990556 CHILI, VEGETARIAN 3/4 C	3/4 CUP	278	168.656	0.173	631.625	*5.016*	2.692	0.000	28.882	8.870	7.481	79.199	13.652	4.718
990094 CHIPS, YELLOW TORTILLA TRIANGLES	OZ	28	140.000	1.500	75.000	0.000	6.000	0.000	19.000	2.000	2.000	20.000	0.000	0.360
990406 CINNAMON APPLES, BAKED	1/2 CUP	126	84.387	0.002	0.065	17.339	0.008	0.000	21.649	1.295	0.026	6.513	3.445	0.054
990420 CINNAMON APPLES, BAKED 1 Cup	1 CUP	253	168.774	0.005	0.130	34.678	0.016	0.000	43.298	2.590	0.052	13.026	6.889	0.108
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	80	320.000	2.000	200.000	24.000	10.000	20.000	52.000	4.000	4.000	0.000	0.000	30.000
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	40	160.000	1.000	100.000	12.000	5.000	10.000	26.000	2.000	2.000	0.000	0.000	15.000
990069 CORN KERNEL 1/2 C	1/2 CUP	82	65.000	0.000	15.000	3.000	1.000	0.000	15.000	2.000	2.000	0.000	0.000	0.720
990068 CORN KERNEL 3/4 C	3/4 CUP	123	97.500	0.000	22.500	4.500	1.500	0.000	22.500	3.000	3.000	0.000	0.000	1.080
990067 CORN KERNEL 1 C	1 CUP	164	130.000	0.000	30.000	6.000	2.000	0.000	30.000	4.000	4.000	0.000	0.000	1.440
990481 COUSCOUS, CHICKEN & HERB GARLIC	CUP	291	263.115	3.073	738.872	2.094	5.981	13.084	47.035	6.271	7.368	60.320	0.000	210.075
990482 COUSCOUS, CHICKEN & HERB GARLIC 1/2 CUP	1/2 cup	151	136.430	1.593	383.119	1.086	3.101	6.784	24.389	3.252	3.820	31.277	0.000	108.928
990576 COUSCOUS, CHICKEN & HERB GARLIC 3/4 CUP	3/4 cup	204	184.180	2.151	517.210	1.466	4.187	9.159	32.925	4.390	5.157	42.224	0.000	147.052
990376 CRACKER, CHEDDAR GOLDFISH	EACH	21	100.000	0.500	170.000	0.000	4.000	0.000	14.000	1.000	2.000	2.000	0.000	4.000
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	33	110.000	0.000	0.000	24.000	0.000	0.000	28.000	3.000	0.000	0.000	0.000	0.000
990262 CREAM CHEESE SPREAD/ RANCH	1 OZ	37	70.000	4.000	660.000	0.000	6.000	20.000	0.800	0.000	2.000	20.000	0.000	0.000
990511 CUCUMBER ,TOMATO, CARROT SALAD	1/2 CUP	107	34.597	0.224	39.521	1.929	2.422	0.000	3.333	0.996	0.766	14.436	6.497	0.267
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	108	33.866	0.224	36.783	1.878	2.423	0.000	3.143	0.945	0.778	13.580	7.054	0.270
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	146	45.764	0.303	49.707	2.537	3.275	0.000	4.247	1.277	1.051	18.351	9.532	0.365
990250 CUCUMBER SAUCE	OZ	32	26.950	0.259	62.040	1.073	1.772	2.815	2.031	*0.124*	0.803	25.376	*0.653*	*0.048*
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	88	47.143	0.000	0.000	9.429	0.262	0.000	11.524	1.571	0.524	31.429	22.000	0.189

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

NOTICE: The data contai

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990489 DIPPING SAUCE	4 OZ SERVINGS	128	65.071	0.757	369.918	8.524	1.144	3.750	11.231	2.159	2.654	48.115	3.616	0.925
990209 DIPPING SAUCE	OZ	33	16.271	0.189	92.506	2.131	0.286	0.938	2.809	0.540	0.664	12.059	0.904	0.231
990525 EGG ROLL PORK 3 OZ	EACH	85	170.000	2.000	300.000	3.000	7.000	25.000	20.000	3.000	9.000	40.000	4.800	1.800
990585 FAJITA SEASONING /SCRATCH	CUP	86	300.023	0.503	305.448	27.511	8.784	0.000	57.639	18.050	9.791	260.888	18.255	17.240
990551 FIESTA CORN	1/2 CUP	136	110.140	0.291	33.731	4.631	1.981	1.221	24.089	3.511	3.565	5.878	5.375	1.222
990390 FRENCH BREAD, MULTI CHEESE GARLIC	1/2 SLICE	61	170.000	4.000	275.000	1.500	8.000	20.000	14.500	1.000	9.500	175.000	0.000	1.150
990532 FRENCH BREAD, MULTI CHEESE GARLIC	BREAD	122	340.000	8.000	550.000	3.000	16.000	40.000	29.000	2.000	19.000	350.000	0.000	2.300
990298 FRENCH DIP	SANDWICH	155	305.562	4.272	1148.623	4.756	10.787	32.594	30.756	3.000	19.294	139.279	0.000	7.000
990050 FRENCH TOAST STICKS	3 STICKS	82	210.547	2.005	290.755	11.029	9.023	105.274	26.068	2.005	8.021	59.154	0.602	1.003
990305 FRENCH TOAST STICKS	1 STICKS	27	70.134	0.668	96.852	3.674	3.006	35.067	8.683	0.668	2.672	19.704	0.200	0.334
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	110	280.535	2.672	387.406	14.695	12.023	140.268	34.733	2.672	10.687	78.817	0.802	1.336
990558 FRENCH TOAST STICKS SECONDARY (5)	5 STICKS	137	350.669	3.340	484.258	18.369	15.029	175.335	43.416	3.340	13.359	98.521	1.002	1.670
990277 FRUIT BAR	EACH	136	77.950	0.029	1.702	14.480	0.196	0.000	19.335	2.519	0.658	12.065	33.675	0.661
990032 FRUITABLE , GOLD RUSH	BOX	120	40.000	0.000	60.000	8.000	0.000	0.000	10.000	0.000	0.000	0.000	60.000	0.000
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	191	90.000	0.000	20.000	19.000	0.000	0.000	22.000	0.000	0.000	0.000	100.000	0.000
990072 GARLIC TOAST	SLICE	28	70.000	0.500	95.000	0.000	2.500	0.000	12.000	1.000	2.000	0.000	0.000	0.720
990073 GARLIC TOAST -2	2 OZ	57	140.000	1.000	190.000	0.000	5.000	0.000	24.000	2.000	4.000	0.000	0.000	1.440
990184 GRAPES FRESH	CUP	151	104.261	0.082	3.022	23.391	0.242	0.000	27.350	1.360	1.088	1.511	8.054	3.022
990185 GRAPES FRESH	3/4 CUP	113	78.245	0.061	2.268	17.554	0.181	0.000	20.525	1.021	0.816	1.134	6.044	2.268
990186 GRAPES FRESH	1/2 CUP	78	53.793	0.042	1.559	12.068	0.125	0.000	14.111	0.702	0.561	0.780	4.155	1.559

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990350 GRAVY, BEEF LS PREPARED	2 OZ	65	20.005	0.000	141.810	0.000	0.000	0.000	5.001	0.000	0.000	1.778	0.000	0.000
990198 GRAVY, CHICKEN	SERVING 2 OZ	6	23.485	0.000	131.515	0.939	0.470	0.000	3.758	0.000	0.000	0.000	0.000	0.000
990451 GRILLED CHEESE	SANDWICH	119	280.334	5.560	580.819	5.650	9.911	31.852	30.962	3.000	18.551	465.914	0.000	1.640
990452 GRILLED CHEESE 1/2 SANDWICH	1/2 SANDWICH	59	140.167	2.780	290.410	2.825	4.955	15.926	15.481	1.500	9.275	232.957	0.000	0.820
990478 GRILLED EGG PATTY	EGG	35	50.624	1.012	121.498	0.000	3.037	101.248	1.012	0.000	3.037	21.262	0.000	0.481
990122 HAM, SLICED	2 OZ	57	60.000	0.500	350.000	1.000	1.500	30.000	1.000	0.000	10.000	0.000	0.000	0.360
990353 HAMBURGER ON BUN	SANDWICH	122	290.000	4.500	510.000	5.000	13.000	45.000	29.000	3.000	18.000	60.000	0.000	2.880
990421 HOAGIE HOT BEEF WITH GRAVY	SANDWICH	203	282.862	2.571	904.667	4.286	7.929	25.714	35.287	3.000	16.000	37.349	0.000	7.143
990554 HOAGIE ROLL WG OVEN FRESH	ROLL	65	160.000	0.000	210.000	3.000	1.500	0.000	29.000	3.000	7.000	33.000	0.000	2.000
990322 HOAGIE, BEEF BBQ	SANDWICH	164	297.799	2.500	1172.742	8.030	7.750	25.000	38.755	3.000	15.750	35.500	1.890	8.890
990570 HOAGIE, CLUB	HOAGIE	204	297.068	2.765	754.768	9.648	8.399	39.521	33.450	4.076	*17.462*	*141.457*	*6.552*	*2.592*
990449 HOAGIE, HAM & TURKEY	SANDWICH	218	281.970	1.511	734.407	14.149	5.390	41.502	33.950	4.076	*16.209*	*141.457*	*6.552*	*2.502*
990367 HOAGIE, HOT HAM & CHEESE	SANDWICH	136	255.000	1.750	665.000	4.000	5.000	37.500	31.000	3.000	20.500	131.500	0.000	2.360
990520 HOAGIE, PHILLY STEAK	SANDWICH	201	379.028	6.344	1037.984	6.804	14.873	43.187	34.196	3.596	24.285	249.323	7.555	7.739
990575 HOT BEEF WITH GRAVY w/HAMB BUN	SANDWICH	195	262.862	2.571	944.667	6.286	8.429	25.714	35.287	3.000	15.000	64.349	0.000	6.943
990469 HUMMUS (MMA)	CONTAINER	85	110.000	0.000	100.000	3.000	2.000	0.000	18.000	5.000	6.000	34.000	0.000	2.000
990041 HUMMUS (VEG)	CONTAINER	85	110.000	0.000	100.000	3.000	2.000	0.000	18.000	5.000	6.000	34.000	0.000	2.000
990029 ITALIAN DRESSING	2 TBSP	29	183.634	1.504	109.233	0.496	21.019	0.000	0.780	0.072	0.048	2.998	1.224	0.092
990567 ITALIAN DRESSING USDA E-15	OUNCES	30	185.464	1.502	110.272	*0.691*	21.013	0.000	1.226	0.120	0.098	3.745	1.127	0.071
990337 ITALIAN DRY DRESSING MIX PREPARED	OZ	31	121.012	1.000	208.869	0.002	14.000	0.000	0.002	0.000	0.000	0.615	0.000	0.002
990284 ITALIAN DUNKER SAUCE ELEMENTARY	4 OZ	125	96.501	1.734	434.794	5.794	3.146	14.696	10.806	3.651	6.072	64.552	8.240	1.561
990285 ITALIAN DUNKER SAUCE SECONDARY	6 OZ	190	146.214	2.627	658.779	8.778	4.767	22.266	16.373	5.532	9.200	97.807	12.485	2.365

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990463 ITALIAN MEAT SAUCE W/BOW TIE PASTA	1 CUP	429	236.703	4.186	378.785	4.892	8.678	45.913	24.367	4.914	15.799	42.124	7.695	3.165
990200 JUICE, APPLE	4 oz	113	60.000	0.000	10.000	13.000	0.000	0.000	14.000	0.000	0.000	0.000	60.000	0.000
990239 JUICE, ORANGE	EACH	113	50.000	0.000	0.000	12.000	0.000	0.000	13.000	0.000	0.000	10.000	60.000	0.000
990550 KETCHUP LOW SODIUM PCS	PKG	9	10.000	0.000	25.000	2.000	0.000	0.000	3.000	0.000	0.000	20.000	0.000	0.000
990181 KIWI, FRESH	2 EACH	154	100.000	0.000	0.000	16.000	1.000	0.000	22.000	5.000	2.000	6.000	250.000	4.000
990430 KK SEASONED FRIES 1 C	3.2 OZ COOKED	119	198.446	0.000	337.359	0.000	5.953	0.000	29.767	3.969	1.984	119.068	0.000	0.625
990428 KK SEASONED FRIES 1/2	1.6 OZ cooked	60	99.223	0.000	168.680	0.000	2.977	0.000	14.884	1.984	0.992	59.534	0.000	0.313
990429 KK SEASONED FRIES 3/4	2.5 oz COOKED	89	148.835	0.000	253.019	0.000	4.465	0.000	22.325	2.977	1.488	89.301	0.000	0.469
34 LETTUCE & TOMATO:1 leaf,2 slice	1 LEAF 2 SLICE	68	11.966	0.011	4.383	1.648	0.140	0.000	2.450	1.076	0.709	9.957	6.552	0.322
990194 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	2 OZ	57	7.938	0.010	5.670	1.117	0.079	0.000	1.684	0.680	0.510	10.206	1.588	0.232
990431 MAC AND CHEESE CAMPBELL	CUP	227	300.000	6.000	60.000	9.000	11.000	35.000	32.000	2.000	17.000	300.000	0.000	1.440
990440 MACARONI N CHEESE CN 1 CUP	CUP	227	300.000	6.000	690.000	9.000	11.000	35.000	32.000	2.000	17.000	300.000	0.000	0.000
990165 MANDARIN ORANGE, CANNED	1/2 CUP	122	80.000	0.000	10.000	18.000	0.000	0.000	19.000	0.000	0.000	0.000	35.000	2.000
990166 MANDARIN ORANGE, CANNED	3/4 CUP	183	120.000	0.000	15.000	27.000	0.000	0.000	28.500	0.000	0.000	0.000	52.500	3.000
990167 MANDARIN ORANGE, CANNED	1 CUP	244	160.000	0.000	20.000	36.000	0.000	0.000	38.000	0.000	0.000	0.000	70.000	4.000
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAIN R	128	70.000	0.000	0.000	14.000	0.000	0.000	17.000	0.000	0.000	0.000	27.000	0.000
990332 MANWICH (SECONDARY)	4 OZ SERVINGS	187	306.333	3.865	787.139	11.320	9.730	42.512	41.291	7.039	18.647	60.773	0.000	3.817
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	150	250.873	2.441	640.800	9.989	6.882	26.850	38.093	5.883	14.154	60.488	0.000	3.074
990483 MCMUFFIN EGG, SAUSAGE & CHEESE	SANDWICH	137	306.866	5.425	626.074	0.995	98.500	129.750	22.389	0.995	16.718	153.775	0.000	3.592
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	227	160.000	1.500	240.000	25.000	2.500	10.000	27.000	1.000	8.000	300.000	1.200	0.720
990204 MILK, CHOC FF CARTON	CARTON	227	130.000	0.000	230.000	22.000	0.000	5.000	23.000	0.000	8.000	300.000	2.400	0.360

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990206	8 OZ MILK, LF 1/2 GALLON WHITE POURED	227	110.000	1.500	130.000	12.000	2.500	15.000	13.000	0.000	9.000	300.000	1.200	0.000
990208	6 OZ MILK, LF 1/2 GALLON WHITE (6 OZ) POURED	170	82.500	1.125	97.500	9.000	1.875	11.250	9.750	0.000	6.750	225.000	0.900	0.000
990345	CONTAIN MILK, SOY ULTRA R	234	144.375	0.516	154.688	8.250	5.156	0.000	12.375	1.031	10.313	309.375	0.000	1.856
990346	CUP MILK,LACTOSE FREE FF	227	90.000	0.000	130.000	12.000	0.000	5.000	13.000	0.000	9.000	300.000	0.000	0.000
990205	CARTON MILK,LOW FAT WHITE CARTON	227	110.000	1.500	125.000	12.000	2.500	10.000	13.000	0.000	8.000	300.000	1.200	0.000
990515	CONTAIN MIXED BERRY CUP, FROZEN R	113	90.000	0.000	0.000	16.000	0.000	0.000	20.000	2.000	0.000	0.000	0.000	0.000
990177	1/2 CUP MIXED FRUIT COCKTAIL	126	60.000	0.000	5.000	12.000	0.000	0.000	15.000	1.000	0.000	0.000	1.200	0.000
990178	3/4 CUP MIXED FRUIT COCKTAIL	126	60.000	0.000	5.000	12.000	0.000	0.000	15.000	1.000	0.000	0.000	1.200	0.000
990179	1 CUP MIXED FRUIT COCKTAIL	152	72.381	0.000	6.032	14.476	0.000	0.000	18.095	1.206	0.000	0.000	1.448	0.000
990590	CONTAIN MIXED FRUIT CUP, S SERVE R	128	80.000	0.000	0.000	16.000	0.000	0.000	19.000	1.000	1.000	14.000	0.000	0.000
990456	5 STICKS MOZZARELLA CHEESE STICKS	124	375.995	7.113	416.644	1.016	18.292	25.405	35.567	3.049	19.308	50.810	0.000	10.162
990464	3 STICKS MOZZARELLA CHEESE STICKS Elem	75	225.597	4.268	249.986	0.610	10.975	15.243	21.340	1.829	11.585	30.486	0.000	6.097
990265	2.5 OZ NACHO MEAT	80	140.888	3.956	293.133	0.596	8.088	43.442	5.672	2.748	12.077	7.222	0.581	2.443
990267	SERVING NACHO'S ELEM	179	442.338	10.321	771.433	0.596	23.489	61.732	36.915	5.748	19.650	228.352	0.581	2.983
990266	SERVING NACHO'S SEC	193	512.338	11.071	808.933	0.596	26.489	61.732	46.415	6.748	20.650	238.352	0.581	3.163
990180	EACH ORANGE	128	60.000	0.000	0.000	12.000	0.000	0.000	15.000	3.000	1.000	60.000	72.000	0.000
990563	CARTON ORANGE MEDLEY JUICE	120	50.000	0.000	30.000	11.000	0.000	0.000	13.000	0.000	0.000	0.000	36.000	0.000
990398	PACKAGE PANCAKE, STRAWBERRY MINI	89	220.000	1.000	260.000	14.000	6.000	0.000	40.000	2.000	4.000	40.000	0.000	1.080
990530	PARFAIT PARFAIT, BLUEBERRY	227	318.493	3.812	236.194	37.663	6.728	15.053	60.070	3.800	7.014	122.387	0.000	0.864
990527	PARFAIT PARFAIT, TRIPLEBERRY	232	325.922	3.812	235.194	37.185	6.814	15.053	60.149	4.171	7.607	122.387	0.000	1.291
990092	SERVING (5 PASTA, SPAGHETTI NESTS FRZ OZ) PRECOOKED	142	212.500	0.000	15.625	3.125	0.938	0.000	42.500	1.875	6.875	12.500	0.000	1.688
990535	SERVING (5 PASTA SPAGHETTI WG SHORT CUT OZ)	142	222.746	0.000	30.374	0.000	1.013	0.000	43.537	4.050	9.112	0.000	*N/A*	2.025

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

NOTICE: The data contai

Kenai Peninsula School District Recipe Nutrient Composition - Summary

Item ID	Unit	Weight	Calories	Total Fat	Total Carb	Total Protein	Total Fiber	Total Sugar	Total Fat (S)	Total Fat (M)	Total Fat (T)	Total Carb (D)	Total Carb (F)	Total Protein (A)	Total Protein (N)
990589	SANDWICH	68	280.000	3.000	200.000	12.000	14.000	0.000	28.000	4.000	9.000	121.000	0.000	2.000	
PB & J -JAMMER															
990125	2.8 OZ	79	300.000	2.500	300.000	11.000	16.000	0.000	34.000	4.000	10.000	60.000	0.000	1.440	
PB&J SANDWICH, GRAPE WG															
990171	1/2 CUP	126	60.000	0.000	5.000	13.000	0.000	0.000	14.000	1.000	0.000	0.000	1.200	0.000	
PEACHES DICED EXTRA LIGHT SYRUP															
990172	3/4 CUP	189	90.000	0.000	7.500	19.500	0.000	0.000	21.000	1.500	0.000	0.000	1.800	0.000	
PEACHES DICED EXTRA LIGHT SYRUP															
990173	1 CUP	252	120.000	0.000	10.000	26.000	0.000	0.000	28.000	2.000	0.000	0.000	2.400	0.000	
PEACHES DICED EXTRA LIGHT SYRUP															
990595	CONTAINER	125	90.000	0.000	0.000	19.000	0.000	0.000	21.000	2.000	1.000	0.000	0.000	0.000	
PEACHES, DICED,CUPS,FROZEN															
990174	1/2 CUP	124	60.000	0.000	5.000	12.000	0.000	0.000	16.000	2.000	0.000	0.000	1.200	0.360	
PEARS, DICED EXTRA LIGHT SYRUP															
990175	3/4 CUP	186	90.000	0.000	7.500	18.000	0.000	0.000	24.000	3.000	0.000	0.000	1.800	0.540	
PEARS, DICED EXTRA LIGHT SYRUP															
990176	1 CUP	248	120.000	0.000	10.000	24.000	0.000	0.000	32.000	4.000	0.000	0.000	2.400	0.720	
PEARS, DICED EXTRA LIGHT SYRUP															
990182	EACH	178	101.460	0.039	1.780	17.355	0.249	0.000	27.109	5.518	0.641	16.020	7.654	0.320	
PEARS,RAW															
990423	CUP	188	120.000	0.000	60.000	8.000	0.000	0.000	22.360	6.000	6.000	40.000	9.600	1.440	
PEAS & CARROTS, 1 CUP															
990273	10 PODS	34	14.280	0.013	1.360	1.360	0.068	0.000	2.567	0.884	0.952	14.620	20.400	0.707	
PEAS,EDIBLE-PODDED,RAW															
990274	15 PODS	51	21.420	0.020	2.040	2.040	0.102	0.000	3.851	1.326	1.428	21.930	30.600	1.061	
PEAS,EDIBLE-PODDED,RAW															
990474	10 PODS/3 STICK	91	22.218	0.037	46.719	2.120	0.164	0.000	4.251	1.791	1.343	37.300	22.158	0.821	
PEAS,PODS RAW & CELERY STICKS															
990486	7 PODS/2 STICK	61	15.156	0.025	30.436	1.446	0.110	0.000	2.892	1.208	0.921	24.976	15.422	0.569	
PEAS,PODS RAW & CELERY STICKS 1/2															
990126	1 OZ	30	150.000	5.000	560.000	0.000	14.000	30.000	0.000	0.000	5.000	0.000	0.000	0.360	
PEPPERONI, SLICED															
990042	1/2 Cup	143	80.000	0.000	220.000	7.000	1.500	0.000	14.000	3.000	2.000	30.000	38.000	0.700	
PEPPERS AND ONIONS, ROASTED 1/2 c															
990066	1/4 Cup	71	40.080	0.000	110.219	3.507	0.752	0.000	7.014	1.503	1.002	15.030	19.038	0.351	
PEPPERS AND ONIONS, ROASTED 1/4 c															
990310	SANDWICH	202	380.628	6.384	1046.584	6.824	14.973	43.587	34.216	3.596	24.425	249.363	7.555	7.819	
PHILLY STEAK CHEESE BREAD															
990437	SLICE	3	0.000	0.000	41.271	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
PICKLES, DILL BANQUET SLICED															
990168	1/2 CUP	122	69.714	0.000	0.000	13.071	0.000	0.000	13.943	0.871	0.871	17.429	6.797	0.314	
PINEAPPLE TIDBITS,NAT JUICE															

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990169 PINEAPPLE TIDBITS,NAT JUICE	3/4 CUP	183	104.571	0.000	0.000	19.607	0.000	0.000	20.914	1.307	1.307	26.143	10.196	0.471
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	244	139.429	0.000	0.000	26.143	0.000	0.000	27.886	1.743	1.743	34.857	13.594	0.627
990598 PIZZA, BOLI WG	BOLI	142	310.000	6.000	640.000	2.000	12.000	35.000	34.000	0.000	14.000	339.000	0.000	2.000
990599 PIZZA, BOLI WG	BOLI	142	310.000	6.000	640.000	2.000	12.000	35.000	34.000	0.000	14.000	339.000	0.000	2.000
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	94	210.000	2.000	350.000	5.000	7.000	15.000	27.000	3.000	9.000	146.000	0.000	1.900
990112 PIZZA, CHEESE 16"	SLICE	147	370.000	7.000	490.000	9.000	16.000	35.000	35.000	3.000	21.000	0.000	0.000	0.000
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	128	300.000	5.000	440.000	10.000	11.000	25.000	33.000	4.000	16.000	0.000	0.000	0.000
990526 POPCORN CHICKEN WG COM	SERVING	87	220.000	3.000	430.000	0.000	12.000	35.000	13.000	2.000	14.000	20.000	0.000	1.800
990593 POPCORN CHICKEN,SMACKERS	SERVING 4.3 OZ	122	259.793	2.998	549.562	0.000	12.990	69.944	16.987	2.998	18.985	1.998	0.000	7.994
990111 PORK, BBQ RIB PATTY	PATTY	92	250.000	6.000	690.000	8.000	17.000	50.000	10.000	1.000	13.000	40.000	1.200	1.080
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	23	50.000	1.500	85.000	0.000	3.500	12.500	0.000	0.000	3.500	0.000	0.000	1.000
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	45	100.000	3.000	170.000	0.000	7.000	25.000	0.000	0.000	7.000	0.000	0.000	2.000
990155 POTATO, TATER TOTS	1/2 CUP	71	130.000	1.000	190.000	0.000	7.000	0.000	15.000	1.000	1.000	0.000	2.000	0.000
990156 POTATO, TATER TOTS	3/4 CUP	106	193.452	1.488	282.738	0.000	10.417	0.000	22.321	1.488	1.488	0.000	2.976	0.000
990157 POTATO, TATER TOTS	1 CUP	142	257.937	1.984	376.984	0.000	13.889	0.000	29.762	1.984	1.984	0.000	3.968	0.000
990565 POTATOES, MASHED INSTANT PREPARED 1 CUP	1 CUP PREPARE	243	157.865	0.458	623.211	0.738	2.711	0.179	30.337	0.000	3.309	22.209	6.438	0.518
990564 POTATOES, MASHED INSTANT PREPARED 1/2 CUP	1/2 CUP PREPARE	121	78.862	0.229	311.302	0.368	1.354	0.090	15.155	0.000	1.653	11.069	3.216	0.259
990566 POTATOES, MASHED INSTANT PREPARED 3/4 CUP	3/4 CUP PREPARE	183	118.443	0.344	467.598	0.553	2.034	0.135	22.761	0.000	2.483	16.679	4.830	0.389
990560 QUESADILLA, WG CHICKEN & CHEESE	2 PIECES	125	300.000	5.000	570.000	3.000	11.000	45.000	32.000	3.000	19.000	252.000	*N/A*	2.400
990221 RANCH SALAD DRESSING PREPARED	oz	30	41.875	0.594	162.524	0.750	3.656	5.937	1.813	0.000	0.562	19.562	0.075	0.000
990260 RF SWISS CHEESE	SLICE	14	45.000	1.750	57.500	0.500	3.000	10.000	0.500	0.000	4.000	3188.790	126.000	0.000

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

NOTICE: The data contai

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990473 RIBWICH BBQ	SANDWICH	149	390.000	6.000	940.000	13.000	19.000	50.000	39.000	4.000	19.000	100.000	1.200	2.880
990225 RICE CRISPY TREAT WG	PACKAGE	23	98.607	0.986	49.303	6.902	2.465	0.000	15.777	0.000	0.986	0.000	0.000	0.000
990375 RICE, BROWN, Prepar	1/4 Cup, Prepar	249	43.038	0.000	7.110	0.000	0.380	0.000	9.114	0.506	1.013	7.110	0.000	0.091
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	143	85.000	0.000	3.555	0.000	0.750	0.000	18.000	1.000	2.000	3.555	0.000	0.180
990228 RICE, BROWN, Prepar	3/4 Cup, Prepar	392	127.500	0.000	10.665	0.000	1.125	0.000	27.000	1.500	3.000	10.665	0.000	0.270
990229 RICE, BROWN, Prepar	1 Cup, Prepar	286	173.542	0.000	7.110	0.000	1.531	0.000	36.750	2.042	4.083	7.110	0.000	0.368
990051 RICE, FRIED VEG.	CUP	167	270.000	0.000	440.000	3.000	2.500	0.000	54.000	4.000	6.000	10.000	0.000	0.700
990052 RICE, FRIED VEG.	1/2 CUP	84	135.000	0.000	220.000	1.500	1.250	0.000	27.000	2.000	3.000	5.000	0.000	0.350
990053 RICE, FRIED VEG.	.75 CUP	125	202.500	0.000	330.000	2.250	1.875	0.000	40.500	3.000	4.500	7.500	0.000	0.525
990049 ROLL, DINNER WG	ROLL	34	100.000	0.500	70.000	2.000	2.000	0.000	17.000	2.000	3.000	20.000	0.000	1.080
990335 ROLL, DINNER WHITE WG	ROLL	29	70.000	0.250	125.000	1.500	1.000	0.000	13.000	1.000	2.000	10.000	3.000	0.540
990336 ROLL, DINNER WHITE WG @2	ROLLS	57	140.000	0.500	250.000	3.000	2.000	0.000	26.000	2.000	4.000	20.000	6.000	1.080
990088 ROTINI TRI-COLOR NOODLES	5 oZ	142	200.000	0.000	15.000	1.000	0.500	0.000	41.000	1.000	7.000	20.000	0.000	1.800
990306 SALAD, CHEF	SALAD	398	316.705	6.246	993.478	16.933	16.847	68.468	18.246	4.730	*15.682*	*295.539*	*56.348*	*1.531*
990220 SALAD, ROMAINE TOSSED	SALADS	144	32.994	0.008	22.236	4.026	0.254	0.000	7.058	2.671	1.515	31.095	19.385	0.861
990581 SALAD, SPINACH ROMAINE TOSSED 1 CUP	CUP	107	90.075	0.407	25.617	6.686	5.698	0.000	9.665	1.359	0.809	24.716	16.542	0.695
990582 SALAD, SPINACH ROMAINE TOSSED 1.5 CUP	1.5 CUP	160	133.995	0.602	38.423	9.969	8.436	0.000	14.458	2.038	1.213	37.068	24.973	1.043
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	428	617.231	11.115	1112.708	7.120	29.492	82.575	61.191	10.167	26.565	322.256	34.101	2.830
990290 SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	411	624.405	11.094	1154.745	7.384	29.708	82.575	61.997	10.078	26.569	323.685	16.534	2.827
990287 SALAD, SW CHICKEN PASTA	EACH	373	552.812	3.458	615.476	*4.824*	17.884	58.107	72.480	2.687	26.174	83.429	14.997	3.671
990293 SALAD, TACO	SALAD	413	587.786	9.969	1009.777	8.549	25.045	63.167	65.952	13.397	25.306	197.979	9.446	4.607

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990282 SALSA RANCH DRESSING	OZ	31	33.905	0.452	168.828	0.821	2.786	4.523	1.881	0.250	0.428	14.904	0.057	0.000
990154 SALSA, GREEN CHILI	1/4 Cup	62	16.000	0.000	360.000	2.000	0.000	0.000	4.000	2.000	0.000	0.000	0.000	0.000
990107 SANDWICH, PB&J STRAWBERRY WG	2.8 OZ	79	300.000	2.000	310.000	13.000	16.000	0.000	34.000	4.000	10.000	40.000	3.600	1.080
990531 SANDWICH, WG, GRILLED CHEESE	Sandwich	128	390.001	6.001	660.000	3.000	21.000	20.000	41.000	3.000	17.000	360.000	*N/A*	2.001
990373 SANTA FE CHICKEN	3 OZ	175	178.385	2.103	505.450	3.788	4.545	43.960	19.376	4.752	15.306	75.428	10.616	1.743
990475 SAUSAGE PATTY	PATTY	38	120.000	3.800	180.000	0.000	94.000	26.000	1.000	0.000	6.000	13.000	0.000	0.000
990408 SLOPPY JOE	3 OZ	173	319.645	4.011	626.215	12.555	10.154	44.000	43.467	6.226	18.919	70.136	3.450	4.371
990411 SLOPPY JOE SECONDARY	4 OZ	181	330.543	4.186	653.273	13.395	10.519	45.913	44.803	6.449	19.543	71.208	3.834	4.516
990466 SPAGHETTI AND MEAT SAUCE	1 CUP	524	368.484	4.070	388.321	6.302	8.970	44.638	50.286	8.498	21.228	41.126	*9.300*	4.981
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	128	89.700	0.000	0.000	17.940	0.000	0.000	21.927	1.993	0.997	0.000	37.375	0.279
990597 SWEET & SOUR CHICKEN	3.6 OZ SERVING	102	140.000	0.500	200.000	9.000	3.000	40.000	18.000	0.000	11.000	0.000	6.000	4.000
990217 SYRUP CUP, SMUCKER'S	CONTAINER	40	109.146	0.000	19.845	21.829	0.000	0.000	28.775	0.000	0.000	0.000	0.000	0.000
990211 TACO MEAT	2.5 OZ	87	157.578	4.369	331.185	0.755	8.991	47.952	6.634	3.191	13.408	10.063	0.836	2.825
990212 TACO MEAT W/ BLACK BEANS	2 OZ	131	181.710	3.486	329.624	1.059	7.396	38.261	16.030	5.338	13.969	35.763	0.627	3.073
990247 TACO SEASONING (SCRATCH) BULK	CUPS	113	394.263	0.485	565.062	14.885	13.635	0.000	68.015	27.687	16.515	459.545	41.822	27.475
990402 TACO SNACK	EACH	142	350.000	7.000	560.000	3.000	15.000	25.000	38.000	5.000	16.000	100.000	1.200	1.440
990193 TOMATO GRAPE, FRESH	3 OZ	85	25.000	0.000	0.000	3.000	0.000	0.000	6.000	0.000	0.000	0.000	24.000	0.000
990315 TORTILLA SPINACH HERB 12"	TORTILLA	104	310.000	2.500	640.000	0.000	7.000	0.000	52.000	2.000	8.000	240.000	0.000	4.000
990555 TORTILLA 10" WG FLOUR	TORTILLA	62	160.000	1.500	230.000	1.000	3.500	0.000	26.000	3.000	5.000	79.000	0.000	2.000
990314 TORTILLA FLOUR 10"	TORTILLA	71	210.000	1.500	440.000	0.000	4.500	0.000	36.000	1.000	5.000	16.000	0.000	13.000
990569 TURKEY DELI SLICED USDA	1.5 OZ	64	67.500	0.000	360.000	13.500	1.500	28.500	1.500	0.000	*N/A*	*N/A*	*N/A*	*N/A*
990259 TZATIKI ,GREEK YOGURT SAUCE	OZ	40	16.921	0.013	8.654	1.069	0.031	1.429	1.445	0.149	2.722	30.097	0.607	0.102

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990207 UHT MILK CARTON LF	CARTON	227	100.000	1.500	110.000	12.000	2.500	12.000	12.000	0.000	8.000	300.000	0.000	0.000
990201 VARIETY CEREAL	BOWL	29	111.030	0.506	157.826	6.556	2.020	0.000	23.209	2.272	2.019	113.592	*2.715*	5.453
990240 VARIETY FRUIT	PIECE	119	73.340	0.054	0.727	12.480	0.190	0.000	18.864	2.856	0.855	25.300	27.622	0.162
990583 VARIETY FRUIT NANWALEK/NIKO/PT GRAHAM	PIECE	120	57.500	0.015	0.500	11.505	0.090	0.000	14.820	2.750	0.640	35.000	36.300	0.090
990549 VEGETABLE BAR	SERVINGS	227	137.190	0.053	188.585	*3.356*	0.682	0.000	26.972	7.465	7.786	78.211	42.660	2.244
990543 VEGETABLE, MONTEREY BLEND 1 CUP	1 CUP DRAINED	121	39.938	0.000	53.250	2.663	0.000	0.000	7.988	2.663	1.331	39.938	0.000	0.000
990538 VEGETABLE, MONTEREY BLEND 3/4	3/4 CUP DRAINED	91	30.000	0.000	40.000	2.000	0.000	0.000	6.000	2.000	1.000	30.000	0.000	0.000
990372 VEGETABLE, SANTA FE BLEND - 3/4CUP	3/4 CUP	130	89.741	0.000	59.827	4.487	1.496	0.000	17.948	4.487	4.487	0.000	22.899	0.464
990371 VEGETABLE, SANTA FE BLEND-1 CUP	CUP	173	119.654	0.000	79.770	5.983	1.994	0.000	23.931	5.983	5.983	0.000	30.532	0.618
990369 VEGETABLE, SANTA FE BLEND-1/2 CUP	1/2 CUP	87	59.827	0.000	39.885	2.991	0.997	0.000	11.965	2.991	2.991	0.000	15.266	0.309
990276 VEGETABLE/ SALAD BAR	SERVINGS	370	251.884	0.966	451.705	8.847	7.388	9.047	37.963	10.358	10.999	136.309	53.587	3.655
990573 VEGGIE BOAT	BOAT	121	32.147	0.016	62.989	3.110	0.063	0.000	7.181	2.101	1.036	32.142	27.129	0.497
990270 VINEGARETTE DRESSING	.5 OZ	13	64.225	0.401	0.135	3.997	5.604	0.000	4.019	0.012	0.005	0.335	0.000	0.010
990579 VINEGARETTE DRESSING	OZ	26	128.451	0.802	0.271	7.994	11.209	0.000	8.039	0.024	0.010	0.670	0.001	0.021
990268 VINEGARETTE, DRESSING	1 OZ	26	128.451	0.802	0.271	7.994	11.209	0.000	8.039	0.024	0.010	0.670	0.001	0.021
990377 WAFFLE, DUTCH	WAFFLE	83	300.000	3.000	350.000	12.000	13.000	20.000	43.000	3.000	4.000	4.000	0.000	10.000
990507 WRAP, CHICKEN & RANCH	WRAP	247	506.117	9.770	898.295	3.492	24.909	75.937	41.073	4.926	28.638	314.146	5.036	3.492
990248 WRAP, CHICKEN BACON RANCH	WRAP	277	646.117	13.770	1398.295	3.492	36.909	115.937	41.073	4.926	38.638	314.146	5.036	3.492
990432 WRAP, CHICKEN FAJITA	WRAP	178	375.670	9.129	945.299	2.997	17.639	78.052	30.058	3.250	22.016	292.904	0.057	2.424
990365 WRAP, CHICKEN SALAD	WRAPS	376	313.086	2.274	653.977	4.661	8.285	66.338	35.565	6.637	26.399	197.143	62.156	5.444
990498 WRAP, CLUB	WRAP	208	304.569	4.265	814.772	9.149	10.566	42.688	30.616	4.076	*15.462*	*187.457*	*6.552*	*2.592*
990278 WRAP, GREEK TURKEY	WRAP	308	296.651	1.566	736.126	22.765	5.729	40.862	33.556	4.211	*11.230*	*155.284*	*10.438*	*2.594*

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

NOTICE: The data contain

Kenai Peninsula School District Recipe Nutrient Composition - Summary

990368 WRAP, GYRO	WRAP	303	354.114	4.531	984.122	7.956	11.675	33.573	36.679	4.565	23.100	169.171	16.627	8.533
990295 WRAP, HAM N CHEESE	WRAP	247	411.185	12.014	1433.553	3.592	20.127	80.000	31.160	3.862	23.599	305.603	7.441	2.588
990552 WRAP, ITALIAN	WRAP	260	541.561	12.806	1600.551	7.016	30.178	88.343	33.476	4.201	32.852	397.831	9.151	2.802
990279 WRAP, TURKEY N HAM	WRAP	217	418.280	11.752	1496.378	10.937	20.289	84.002	29.951	3.335	*18.212*	*301.209*	*1.421*	*2.289*
990257 WRAP, VEGGIE	WRAP	435	573.837	9.623	668.852	9.479	28.994	35.630	60.273	*14.917*	21.246	395.989	*29.946*	*5.065*
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER R 4 OZ	113	90.000	0.000	50.000	5.000	0.000	0.000	19.000	0.000	3.000	300.000	1.200	0.000

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

NOTICE: The data contain