

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)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
BREAD/ROLLS/STARCH																
990468 BISCUIT STICK	STICK	35	110.000	3.000 24.545%	380.000	1.000 3.636%	*N/A* *N/A%*	5.000 40.909%	0.000	13.000 47.273%	0.000	2.000 7.273%	0.000	20.000	0.000	0.900
990091 BREAD, GF WHITE	SLICE	28	75.000	0.000 0.000%	155.000	1.500 8.000%	*N/A* *N/A%*	1.500 18.000%	0.000	14.000 74.667%	0.500	1.500 8.000%	0.000	7.000	0.000	0.000
990643 BREAD, GLUTEN FREE WHITE	SLICE	22	60.000	0.000 0.000%	120.000	1.500 10.000%	*N/A* *N/A%*	2.000 30.000%	0.000	10.500 70.000%	0.500	1.000 6.667%	0.000	20.000	0.000	0.000
990075 BUN, HAMBURGER Baker B	BUN	60	140.000	0.000 0.000%	200.000	2.000 5.714%	*N/A* *N/A%*	1.500 9.643%	0.000	27.000 77.143%	3.000	7.000 20.000%	0.000	31.000	0.000	2.000
990615 BUN, HAMBURGER WG	BUN	60	140.000	0.000 0.000%	200.000	2.000 5.714%	*N/A* *N/A%*	1.500 9.643%	0.000	27.000 77.143%	3.000	7.000 20.000%	0.000	31.000	0.000	2.000
990076 BUN, HOT DOG	BUN	40	110.000	0.000 0.000%	190.000	4.000 14.545%	*N/A* *N/A%*	1.500 12.273%	0.000	21.000 76.364%	2.000	4.000 14.545%	0.000	52.000	0.000	1.440
990094 CHIPS, YELLOW TORTILLA TRIANGLES	OZ	28	140.000	1.000 6.429%	75.000	0.000 0.000%	*N/A* *N/A%*	7.000 45.000%	0.000	18.000 51.429%	2.000	2.000 5.714%	0.000	20.000	0.000	0.000
990376 CRACKER, CHEDDAR GOLDFISH	EACH	21	100.000	0.500 4.500%	170.000	0.000 0.000%	*N/A* *N/A%*	4.000 36.000%	0.000	14.000 56.000%	1.000	2.000 8.000%	0.000	2.000	0.000	4.000
990614 CROISSANT, SLICED WG RF	EACH	62	170.000	2.000 10.588%	300.000	3.000 7.059%	*N/A* *N/A%*	5.000 26.471%	0.000	29.000 68.235%	2.000	5.000 11.765%	0.000	81.000	0.000	1.000
990073 GARLIC TOAST -2	2 OZ	57	140.000	1.000 6.429%	190.000	0.000 0.000%	*N/A* *N/A%*	5.000 32.143%	0.000	24.000 68.571%	2.000	4.000 11.429%	0.000	10.000	0.000	1.200
990072 MINI GARLIC TOAST	SLICE	28	70.000	0.500 6.429%	95.000	0.000 0.000%	*N/A* *N/A%*	2.500 32.143%	0.000	12.000 68.571%	1.000	2.000 11.429%	0.000	5.000	0.000	0.600
990613 MUFFIN, ENGLISH WG	MUFFIN	57	120.000	0.000 0.000%	150.000	1.000 3.333%	*N/A* *N/A%*	1.000 7.500%	0.000	24.000 80.000%	3.000	5.000 16.667%	0.000	70.000	0.000	1.100
990229 RICE, BROWN	1 Cup, Prepar	286	173.542	0.000 0.000%	7.110	0.000 0.000%	*N/A* *N/A%*	1.531 7.941%	0.000	36.750 84.706%	2.042	4.083 9.411%	0.000	7.110	0.000	0.368
990087 RICE, BROWN,	1/2 Cup, Prepar	143	85.000	0.000 0.000%	3.555	0.000 0.000%	*N/A* *N/A%*	0.750 7.941%	0.000	18.000 84.706%	1.000	2.000 9.412%	0.000	3.555	0.000	0.180
990051 RICE, FRIED VEG.	CUP	167	270.000	0.000 0.000%	440.000	3.000 4.444%	*N/A* *N/A%*	2.500 8.333%	0.000	54.000 80.000%	4.000	6.000 8.889%	0.000	10.000	0.000	0.700
990052 RICE, FRIED VEG.	1/2 CUP	84	135.000	0.000 0.000%	220.000	1.500 4.444%	*N/A* *N/A%*	1.250 8.333%	0.000	27.000 80.000%	2.000	3.000 8.889%	0.000	5.000	0.000	0.350

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990053 RICE, FRIED VEG.	.75 CUP	125	202.500	0.000 0.000%	330.000	2.250 4.444%	*N/A* *N/A%*	1.875 8.333%	0.000	40.500 80.000%	3.000	4.500 8.889%	0.000	7.500	0.000	0.525
990616 ROLL DINNER WG AUNT MILLIES	ROLL	38	100.000	0.000 0.000%	120.000	3.000 12.000%	*N/A* *N/A%*	1.500 13.500%	0.000	19.000 76.000%	2.000	4.000 16.000%	0.000	20.000	0.000	1.080
990088 ROTINI TRI-COLOR NOODLES	5 oZ	142	200.000	0.000 0.000%	25.000	2.000 4.000%	*N/A* *N/A%*	1.000 4.500%	0.000	41.000 82.000%	3.000	7.000 14.000%	0.000	0.000	0.000	2.000
990663 TEXAS TOAST WG 1/2 SLICE	1/2 SLICE	26	85.000	0.750 7.941%	70.000	0.500 2.353%	*N/A* *N/A%*	4.500 47.647%	0.000	10.500 49.412%	1.000	2.000 9.412%	0.000	5.000	0.000	0.800
990617 TEXAS TOAST WG GARLIC RF RS	SLICE	51	170.000	1.500 7.941%	140.000	1.000 2.353%	*N/A* *N/A%*	9.000 47.647%	0.000	21.000 49.412%	2.000	4.000 9.412%	0.000	10.000	0.000	1.600

BREAKFAST

990077 BANANA BREAD, SLICE	SLICE	96	260.000	1.500 5.192%	240.000	24.000 36.923%	*N/A* *N/A%*	8.000 27.692%	0.000	45.000 69.231%	2.000	5.000 7.692%	0.000	161.000	0.000	1.000
990541 BAR, BANANA CHOC CHUNK	BAR	71	280.000	3.000 9.643%	220.000	23.000 32.857%	*N/A* *N/A%*	8.000 25.714%	15.000	48.000 68.571%	3.000	5.000 7.143%	0.000	26.000	0.000	1.800
990500 BAR, BERRY APPLE CRISP	BAR	62	250.000	2.500 9.000%	80.000	14.000 22.400%	*N/A* *N/A%*	8.000 28.800%	0.000	41.000 65.600%	3.000	4.000 6.400%	0.000	0.000	0.000	0.000
990627 BAR, GRANOLA CHEWY COOKIES & CREAM	BAR	39	150.000	1.000 6.000%	135.000	9.000 24.000%	8.000 21.333%	4.000 24.000%	0.000	29.000 77.333%	4.000	2.000 5.333%	0.000	170.000	0.000	0.800
990234 BLUEBERRY MUFFIN	MUFFIN	57	190.000	2.000 9.474%	130.000	16.000 33.684%	*N/A* *N/A%*	6.000 28.421%	40.000	30.000 63.158%	2.000	3.000 6.316%	0.000	29.000	0.000	1.000
990596 BOLI, STRAWBERRY WG	BOLI	92	240.000	2.500 9.375%	270.000	14.000 23.333%	*N/A* *N/A%*	5.000 18.750%	0.000	41.000 68.333%	0.000	5.000 8.333%	0.000	20.000	0.000	1.000
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	35	160.000	0.500 2.812%	105.000	9.000 22.500%	*N/A* *N/A%*	6.000 33.750%	0.000	24.000 60.000%	3.000	3.000 7.500%	0.000	25.000	0.000	6.000
990097 CEREAL BOWL, COCOA PUFF 25%LS	BOWL	30	120.000	0.000 0.000%	120.000	8.000 26.667%	*N/A* *N/A%*	1.500 11.250%	0.000	25.000 83.333%	2.000	2.000 6.667%	400.000	110.000	7.200	3.000
990098 CEREAL FROSTED FLAKES RS	BOWL	28	100.000	0.000 0.000%	170.000	6.000 24.000%	*N/A* *N/A%*	0.000 0.000%	0.000	24.000 96.000%	2.000	2.000 8.000%	0.000	0.000	0.000	1.800
990082 CEREAL, CINN. TOAST CRUNCH	BOWL	28	121.498	0.000 0.000%	161.997	6.075 20.000%	*N/A* *N/A%*	2.531 18.750%	0.000	22.275 73.333%	3.037	1.012 3.332%	307.025	91.123	6.237	2.531
990561 CEREAL, HONEY BUNCHES OF OATS BOWL	BOWL	28	111.373	1.519 12.273%	75.936	6.075 21.819%	*N/A* *N/A%*	1.519 12.273%	0.000	23.287 83.636%	2.025	2.025 7.273%	1518.723	0.000	*N/A*	9.112

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990562 CEREAL, MARSHMALLOW MATEYS BOWL	BOWL	28	111.373	0.000 0.000%	273.370	6.075 21.819%	*N/A* *N/A%*	1.519 12.273%	0.000	22.275 80.000%	2.025	3.037 10.907%	0.000	197.434	0.000	4.556
990647 CEREAL, MINI-WHEATS BITE SIZE	BOWL	28	100.000	0.000 0.000%	0.000	6.000 24.000%	6.000 24.000%	0.500 4.500%	0.000	24.000 96.000%	3.000	2.000 8.000%	0.000	0.000	0.000	8.100
990656 CINNAMON BUN, BAKED ULTRA	BUN	82	240.000	2.000 7.500%	300.000	15.000 25.000%	*N/A* *N/A%*	8.000 30.000%	20.000	38.000 63.333%	3.000	5.000 8.333%	400.000	60.000	1.200	1.080
990626 CRACKER, GRAHAM CINNAMON BEARS	PKG	28	130.000	0.000 0.000%	120.000	8.000 24.615%	*N/A* *N/A%*	4.000 27.692%	0.000	21.000 64.615%	1.000	2.000 6.154%	0.000	100.000	0.000	1.080
990631 CRACKERS, ANIMAL WG PKG	PKG	31	130.000	0.000 0.000%	95.000	9.000 27.692%	*N/A* *N/A%*	4.000 27.692%	0.000	24.000 73.846%	1.000	2.000 6.154%	0.000	4.000	0.000	0.000
990519 CROISSANT EGG & CHEESE	SANDWICH	104	237.500	3.625 13.737%	477.500	3.500 5.895%	*N/A* *N/A%*	9.500 36.000%	103.750	29.500 49.684%	2.000	9.750 16.421%	0.000	156.250	0.000	1.360
990518 EGG PATTY, SCRAMBLED & GRILLED	PATTY	35	50.000	1.000 18.000%	125.000	0.000 0.000%	*N/A* *N/A%*	3.500 63.000%	100.000	0.000 0.000%	0.000	3.000 24.000%	0.000	26.000	0.000	0.360
990539 HONEYBUN GLAZED	BUN	78	240.000	4.500 16.875%	270.000	10.000 16.667%	*N/A* *N/A%*	11.000 41.250%	0.000	34.000 56.667%	3.000	5.000 8.333%	0.000	27.000	*N/A*	1.000
990675 LEMON BREAD, SLICED	SLICE	96	230.000	1.500 5.870%	250.000	15.000 26.087%	*N/A* *N/A%*	8.000 31.304%	0.000	44.000 76.522%	2.000	5.000 8.696%	0.000	146.000	0.000	1.000
990483 MCMUFFIN EGG, SAUSAGE & CHEESE	SANDWICH	137	307.500	5.425 15.878%	507.500	1.500 1.951%	*N/A* *N/A%*	15.500 45.366%	129.750	25.500 33.171%	3.000	15.750 20.488%	55.000	158.250	0.000	1.460
990610 PANCAKE, STRAWBERRY WG	PKG	74	170.000	0.500 2.647%	230.000	12.000 28.235%	*N/A* *N/A%*	3.500 18.529%	10.000	31.000 72.941%	1.000	4.000 9.412%	0.000	50.000	0.000	1.300
990530 PARFAIT, BLUEBERRY	PARFAIT	227	318.493	3.812 10.773%	236.194	37.663 47.302%	*N/A* *N/A%*	6.728 19.011%	15.053	60.070 75.443%	3.800	7.014 8.809%	0.000	125.987	0.000	0.864
990527 PARFAIT, TRIPLEBERRY	PARFAIT	232	268.000	0.300 1.007%	235.000	33.600 50.149%	*N/A* *N/A%*	1.500 5.037%	5.000	59.000 88.060%	3.800	7.000 10.448%	0.000	315.600	*13.000*	1.264
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	94	200.000	2.000 9.000%	320.000	6.000 12.000%	*N/A* *N/A%*	7.000 31.500%	15.000	26.000 52.000%	3.000	9.000 18.000%	0.000	150.000	0.000	1.700
990475 SAUSAGE PATTY	PATTY	38	120.000	3.800 28.500%	180.000	0.000 0.000%	*N/A* *N/A%*	10.000 75.000%	26.000	1.000 3.333%	0.000	6.000 20.000%	55.000	13.000	0.000	0.000
990201 VARIETY CEREAL	BOWL	36	138.218	0.000 0.000%	181.342	8.037 23.259%	1.500 4.341%	1.513 9.849%	0.000	29.387 85.046%	3.015	2.512 7.270%	176.756	99.639	3.359	4.997
990609 WAFFLE, BLUEBERRY WG PKG	PKG	74	160.000	1.000 5.625%	190.000	6.000 15.000%	*N/A* *N/A%*	5.000 28.125%	5.000	24.000 60.000%	2.000	3.000 7.500%	0.000	50.000	0.000	1.300

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990377 WAFFLE, DUTCH	WAFFLE	83	300.000	3.000 9.000%	350.000	12.000 16.000%	*N/A* *N/A%*	13.000 39.000%	20.000	43.000 57.333%	3.000	4.000 5.333%	0.000	4.000	0.000	10.000
990645 WAFFLE, MINI BLUEBERRY	PKG	70	210.000	1.000 4.286%	170.000	12.000 22.857%	*N/A* *N/A%*	6.000 25.714%	0.000	37.000 70.476%	2.000	4.000 7.619%	0.000	30.000	0.000	1.400
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	113	90.000	0.000 0.000%	55.000	14.000 62.222%	*N/A* *N/A%*	0.000 0.000%	5.000	19.000 84.444%	0.000	3.000 13.333%	0.000	290.000	*N/A*	0.000

Community

990492 Baked Potato Ham,Cheese	1 potato	419	504.071	8.324 14.862%	782.523	3.500 2.777%	*N/A* *N/A%*	18.066 32.256%	94.819	64.213 50.956%	6.600	29.625 23.509%	*6.804*	*24.706*	*2.027*	*8.348*
990392 Southwest Chicken Taco Wrap	1 Wrap	189	371.007	6.056 14.692%	663.226	*0.829* *0.894%*	*0.000* *0.000%*	19.786 47.997%	66.247	24.696 26.625%	5.174	24.301 26.200%	*2742.171*	*30.505*	*5.265*	*1.226*
990606 WRAP,CHICKEN CAESAR	EACH	284	663.514	12.019 16.303%	1793.130	4.710 2.839%	*N/A* *N/A%*	37.597 50.998%	80.651	56.126 33.835%	2.504	25.263 15.230%	2191.150	428.930	4.491	5.749

DESSERTS

990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	80	320.000	2.000 5.625%	200.000	24.000 30.000%	*N/A* *N/A%*	10.000 28.125%	20.000	52.000 65.000%	4.000	4.000 5.000%	20.000	0.000	0.000	30.000
990237 COOKIE, SUGAR - ELEMENTARY	COOKIE	28	106.460	1.150 9.722%	111.740	9.300 34.943%	0.000 0.000%	3.470 29.335%	7.150	18.120 68.082%	1.530	1.410 5.298%	*N/A*	9.490	0.018	0.520
990608 COOKIE, SUGAR WG	COOKIE	52	193.920	2.090 9.700%	200.000	16.920 34.901%	*N/A* *N/A%*	5.960 27.661%	17.900	34.550 71.267%	3.720	2.800 5.776%	2.130	1.460	0.050	5.610

ENTREES

990109 BEEF CRUMBLES, COOKED USDA	1.15 OZ	33	63.250	1.725 24.545%	109.250	0.000 0.000%	*N/A* *N/A%*	4.025 57.273%	17.250	0.575 3.636%	0.575	5.750 36.364%	*N/A*	14.950	*N/A*	0.621
990110 BEEF PATTY, COOKED USDA	PATTY	62	130.000	3.000 20.769%	260.000	0.000 0.000%	*N/A* *N/A%*	8.000 55.385%	40.000	0.000 0.000%	0.000	12.000 36.923%	0.000	10.000	0.000	1.620
990118 BEEF STICKS, BREADED	SERVING (4 EA)	110	320.000	5.000 14.062%	330.000	1.000 1.250%	*N/A* *N/A%*	20.000 56.250%	35.000	19.000 23.750%	4.000	16.000 20.000%	0.000	40.000	0.597	2.700
990123 BEEF, HOT DOG 6"	EACH	57	180.000	7.000 35.000%	480.000	1.000 2.222%	*N/A* *N/A%*	16.000 80.000%	35.000	0.000 0.000%	0.000	6.000 13.333%	0.000	15.000	0.000	0.000
990127 BEEF, PHILLY STEAK STRIPS	3 OZ	85	121.498	3.037 22.500%	653.051	1.519 5.001%	*N/A* *N/A%*	7.594 56.250%	30.374	1.519 5.000%	0.000	10.631 35.000%	0.000	30.374	0.000	1.519
990536 BEEF, TERIYAKI DIPPERS	4 NUGGETS	79	152.651	4.071 24.000%	417.246	5.088 13.332%	*N/A* *N/A%*	9.159 54.000%	30.530	7.124 18.667%	1.018	12.212 32.000%	101.767	30.530	0.000	2.035

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990572 BEEF, TERIYAKI DIPPERS 6 PIECE	6 NUGGETS	79	152.651	4.071 24.000%	417.246	5.088 13.332%	*N/A* *N/A%*	9.159 54.000%	30.530	7.124 18.667%	1.018	12.212 32.000%	101.767	30.530	0.000	2.035
990304 BURGER, BACON CHEESEBURGER	SANDWIC H	154	395.000	7.750 17.658%	815.000	3.000 3.038%	*N/A* *N/A%*	20.500 46.709%	72.500	28.000 28.354%	3.000	27.500 27.848%	0.000	129.500	0.000	3.080
990301 BURGER, CHICKEN BACON CHEESE	SANDWIC H	195	445.000	4.750 9.607%	845.000	3.000 2.697%	*N/A* *N/A%*	18.500 37.416%	72.500	37.000 33.258%	6.000	34.500 31.011%	0.000	129.500	0.000	3.000
990252 BURGER, CHICKEN BREADED SECONDARY	SANDWIC H	166	340.000	1.500 3.971%	490.000	2.000 2.353%	*N/A* *N/A%*	10.500 27.794%	45.000	36.000 42.353%	6.000	26.000 30.588%	0.000	31.000	0.000	3.000
990349 BURGER, CHICKEN ELEMENTARY	SANDWIC H	153	380.000	2.500 5.921%	660.000	3.000 3.158%	1.000 1.053%	14.500 34.342%	25.000	42.000 44.211%	6.000	21.000 22.105%	0.000	66.000	0.000	4.000
990471 BURRITO SW	BURRITO	172	298.500	3.140 9.467%	470.430	2.000 2.680%	*N/A* *N/A%*	9.470 28.553%	16.030	41.480 55.585%	9.480	16.030 21.481%	1000.000	150.000	18.000	3.600
990233 CHEESE STICK, MOZZARELLA CN 1 STICK	STICK	55	150.000	3.000 18.000%	230.000	1.000 2.667%	*N/A* *N/A%*	6.000 36.000%	15.000	16.000 42.667%	1.000	8.000 21.333%	0.000	170.000	0.000	1.000
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	109	300.000	6.000 18.000%	460.000	2.000 2.667%	*N/A* *N/A%*	12.000 36.000%	30.000	32.000 42.667%	2.000	16.000 21.333%	0.000	340.000	0.000	2.000
990407 CHEESE STICKS	2 STICK	120	302.521	6.050 18.000%	494.118	4.034 5.334%	*N/A* *N/A%*	11.092 33.000%	30.252	30.252 40.000%	3.025	19.160 25.334%	403.361	302.521	0.000	1.815
990667 CHEESY TEXAS DUNKERS	SERVINGS	216	391.773	9.776 22.458%	830.012	5.686 5.805%	0.000 0.000%	22.712 52.174%	43.931	30.271 30.907%	4.032	18.653 19.045%	*78.714*	362.895	*0.337*	*2.430*
990677 CHICKEN & DUMPLINGS	SERVING	135	240.000	0.500 1.875%	550.000	3.000 5.000%	1.000 1.667%	7.000 26.250%	35.000	31.000 51.667%	2.000	17.000 28.333%	*N/A*	35.000	*N/A*	3.000
990254 CHICKEN CORDON BLEU SANDWICH	SANDWIC H	201	415.187	3.877 8.403%	703.592	2.753 2.652%	0.000 0.000%	14.380 31.171%	65.094	36.753 35.409%	6.000	34.031 32.786%	*0.000*	81.000	*0.000*	3.091
990544 CHICKEN ENCHILADA EMPANADA	EACH	142	300.000	5.000 15.000%	650.000	4.000 5.333%	*N/A* *N/A%*	11.000 33.000%	35.000	32.000 42.667%	3.000	19.000 25.333%	*N/A*	271.000	*N/A*	2.000
990294 CHICKEN FAJITA QUESADILLA	EACH	147	355.060	7.622 19.320%	686.119	1.506 1.697%	1.000 1.127%	15.762 39.954%	76.593	31.356 35.325%	3.000	23.018 25.931%	0.000	282.279	0.000	2.486
990601 CHICKEN STRIPS, BREADED ELEMENTARY	SERVING	87	210.606	2.507 10.714%	401.155	1.003 1.905%	*N/A* *N/A%*	10.029 42.857%	35.101	14.040 26.667%	2.006	15.043 28.571%	2.006	2.006	130.375	10.029
990227 CHICKEN STRIPS, BREADED SECONDARY	3 EA	126	285.000	2.250 7.105%	465.000	0.000 0.000%	*N/A* *N/A%*	13.500 42.632%	60.000	16.500 23.158%	1.500	24.000 33.684%	0.000	18.000	0.000	1.500
990664 CHICKEN TENDERLOIN, SPICY	SERVING	123	218.000	1.000 4.128%	345.000	0.000 0.000%	*N/A* *N/A%*	11.700 48.303%	58.000	14.000 25.688%	2.000	16.000 29.358%	218.000	8.000	1.000	1.000

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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)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990339 CHICKEN, 1/2" DICED MEAT	2.75 OZ	78	101.103	0.506 4.500%	323.529	0.000 0.000%	*N/A* *N/A%*	3.033 27.000%	70.772	0.000 0.000%	0.000	19.210 76.002%	0.000	0.000	0.000	0.364
990114 CHICKEN, BREADED PATTY ELEM	PATTY	93	240.000	2.500 9.375%	460.000	1.000 1.667%	1.000 1.667%	13.000 48.750%	25.000	15.000 25.000%	3.000	14.000 23.333%	0.000	35.000	0.000	2.000
990115 CHICKEN, BREADED PATTY SEC	PATTY	106	200.000	1.500 6.750%	290.000	0.000 0.000%	*N/A* *N/A%*	9.000 40.500%	45.000	9.000 18.000%	3.000	19.000 38.000%	0.000	0.000	0.000	1.000
990120 CHICKEN, CORN PUPS	6 EACH	113	260.000	3.500 12.115%	470.000	7.000 10.769%	6.000 9.231%	12.000 41.538%	15.000	30.000 46.154%	1.000	9.000 13.846%	0.000	70.000	0.000	2.200
990142 CHICKEN, CORN PUPS	5 EACH	94	214.500	2.888 12.115%	387.750	5.775 10.769%	4.950 9.231%	9.900 41.538%	12.375	24.750 46.154%	0.825	7.425 13.846%	0.000	57.750	0.000	1.815
990143 CHICKEN, CORN PUPS	4 EACH	75	171.600	2.310 12.115%	310.200	4.620 10.769%	3.960 9.231%	7.920 41.538%	9.900	19.800 46.154%	0.660	5.940 13.846%	0.000	46.200	0.000	1.452
990506 CHICKEN, CORN PUPS	8 EACH	152	348.401	4.690 12.115%	629.801	9.380 10.769%	8.040 9.231%	16.080 41.538%	20.100	40.200 46.154%	1.340	12.060 13.846%	0.000	93.800	0.000	2.948
990108 CHICKEN, FAJITA STRIPS	1.7 OZ	48	80.324	1.148 12.857%	229.496	0.000 0.000%	*N/A* *N/A%*	4.016 45.000%	45.899	1.148 5.714%	0.000	9.754 48.573%	0.000	0.000	0.000	0.413
990594 CHILI, BEEF W/BEANS MMA, Legume 1c	8 OZ	379	366.706	7.150 17.548%	700.814	6.272 6.841%	*N/A* *N/A%*	16.912 41.506%	71.250	23.249 25.360%	8.381	28.690 31.295%	*260.333*	147.228	*2.752*	*4.499*
990355 CHILI, BEEF WITH BEANS	4 OZ	189	183.353	3.575 17.548%	350.407	3.136 6.841%	*N/A* *N/A%*	8.456 41.506%	35.625	11.625 25.360%	4.191	14.345 31.295%	*130.167*	73.614	*1.376*	*2.249*
990584 CHILI, CHICKEN FAJITA K-6 GRADE 1MMA	1 CUP	330	274.684	1.475 4.832%	865.175	*6.131* *8.928%*	*N/A* *N/A%*	9.202 30.151%	45.089	30.945 45.063%	8.404	17.219 25.075%	*629.559*	*86.994*	*6.375*	*5.792*
990668 CHILI, CHICKEN FAJITA MDL-HS	1 CUP	330	274.684	1.475 4.832%	865.175	*6.131* *8.928%*	*N/A* *N/A%*	9.202 30.151%	45.089	30.945 45.063%	8.404	17.219 25.075%	*629.559*	*86.994*	*6.375*	*5.792*
990648 CROISSANT, HAM & TURKEY	SANDWICH	229	308.090	4.021 11.745%	948.532	7.166 9.304%	0.759 0.985%	9.418 27.511%	49.265	33.968 44.102%	3.076	24.397 31.675%	*2745.966*	*189.457*	*6.552*	*1.596*
990390 FRENCH BREAD, MULTI CHEESE GARLIC	1/2 SLICE	61	170.000	4.000 21.176%	275.000	1.500 3.529%	0.500 1.176%	8.000 42.353%	20.000	14.500 34.118%	1.000	9.500 22.353%	0.000	175.000	0.000	1.150
990532 FRENCH BREAD, MULTI CHEESE GARLIC	BREAD	122	340.000	8.000 21.176%	550.000	3.000 3.529%	1.000 1.176%	16.000 42.353%	40.000	29.000 34.118%	2.000	19.000 22.353%	0.000	350.000	0.000	2.300
990050 FRENCH TOAST STICKS	3 STICKS	82	210.547	2.005 8.571%	290.755	11.029 20.953%	*N/A* *N/A%*	9.023 38.571%	105.274	26.068 49.524%	2.005	8.021 15.238%	1.544	59.154	0.602	1.003
990305 FRENCH TOAST STICKS	1 STICKS	27	70.134	0.668 8.571%	96.852	3.674 20.954%	*N/A* *N/A%*	3.006 38.571%	35.067	8.683 49.523%	0.668	2.672 15.239%	0.514	19.704	0.200	0.334

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	110	280.535	2.672 8.572%	387.406	14.695 20.953%	*N/A* *N/A%*	12.023 38.571%	140.268	34.733 49.524%	2.672	10.687 15.238%	2.057	78.817	0.802	1.336
990558 FRENCH TOAST STICKS SECONDARY (5)	5 STICKS	137	350.669	3.340 8.571%	484.258	18.369 20.953%	*N/A* *N/A%*	15.029 38.571%	175.335	43.416 49.524%	3.340	13.359 15.238%	2.571	98.521	1.002	1.670
990451 GRILLED CHEESE	SANDWIC H	119	280.334	5.560 17.851%	580.819	5.650 8.062%	*N/A* *N/A%*	9.911 31.817%	31.852	30.962 44.178%	3.000	18.551 26.470%	523.986	465.914	0.000	1.640
990452 GRILLED CHEESE 1/2 SANDWICH	1/2 SANDWIC H	59	140.167	2.780 17.851%	290.410	2.825 8.062%	*N/A* *N/A%*	4.955 31.818%	15.926	15.481 44.178%	1.500	9.275 26.468%	261.993	232.957	0.000	0.820
990122 HAM, SLICED	2 OZ	57	60.749	0.506 7.499%	354.369	1.012 6.663%	*N/A* *N/A%*	1.519 22.500%	30.374	1.013 6.667%	0.000	10.125 66.668%	0.000	0.000	0.000	0.364
990570 HOAGIE, CLUB	HOAGIE	222	345.315	3.021 7.873%	971.720	7.660 8.873%	3.759 4.354%	10.168 26.500%	41.598	40.462 46.870%	2.076	22.587 26.164%	*2745.966*	*160.457*	*6.552*	*2.503*
990449 HOAGIE, HAM & TURKEY	SANDWIC H	229	322.902	1.894 5.279%	919.938	7.913 9.802%	3.759 4.657%	7.038 19.616%	41.671	40.715 50.437%	2.076	23.865 29.563%	*2745.966*	*160.457*	*6.552*	*2.505*
990367 HOAGIE, HOT HAM & CHEESE	SANDWIC H	175	326.124	2.009 5.545%	996.555	6.519 7.996%	3.000 3.680%	7.278 20.085%	53.062	38.519 47.244%	1.000	25.687 31.506%	0.000	150.500	0.000	2.547
990520 HOAGIE, PHILLY STEAK	SANDWIC H	9	17.141	0.263 13.819%	49.562	0.317 7.397%	0.120 2.800%	0.679 35.636%	1.822	1.653 38.565%	0.064	1.005 23.453%	0.159	11.836	0.302	0.146
990139 MACARONI & CHEESE RF	CUP	255	420.000	7.500 16.071%	1005.000	9.000 8.571%	*N/A* *N/A%*	16.500 35.357%	37.500	43.500 41.429%	3.000	25.500 24.286%	22.500	612.000	0.000	1.500
990611 MACARONI & CHEESE WG RF RS	6 OZ	170	280.000	5.000 16.071%	670.000	6.000 8.571%	*N/A* *N/A%*	11.000 35.357%	25.000	29.000 41.429%	2.000	17.000 24.286%	15.000	408.000	0.000	1.000
990332 MANWICH (SECONDARY)	4 OZ SERVINGS	190	299.086	3.333 10.030%	737.623	8.320 11.127%	*N/A* *N/A%*	9.278 27.918%	33.333	36.537 48.865%	6.218	19.164 25.630%	*315.979*	59.889	*0.000*	3.200
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	153	246.296	2.105 7.693%	591.106	6.989 11.351%	*N/A* *N/A%*	6.412 23.431%	21.053	34.354 55.793%	5.365	14.849 24.116%	*249.457*	49.246	*0.000*	2.758
990456 MOZZARELLA CHEESE STICKS	5 STICKS	124	375.995	7.113 17.027%	416.644	1.016 1.081%	*N/A* *N/A%*	18.292 43.784%	25.405	35.567 37.838%	3.049	19.308 20.541%	10.162	50.810	0.000	10.162
990464 MOZZARELLA CHEESE STICKS Elem	3 STICKS	75	225.597	4.268 17.027%	249.986	0.610 1.082%	*N/A* *N/A%*	10.975 43.784%	15.243	21.340 37.838%	1.829	11.585 20.541%	6.097	30.486	0.000	6.097
990265 NACHO MEAT	2.5 OZ	80	134.261	3.413 22.879%	309.182	0.596 1.776%	*N/A* *N/A%*	8.137 54.547%	34.062	2.858 8.514%	1.520	11.584 34.512%	*224.846*	35.953	*0.581*	1.608
990607 NACHO MEAT @ 2 OZ	2 OZ	53	89.507	2.275 22.878%	206.121	0.397 1.774%	*N/A* *N/A%*	5.425 54.548%	22.708	1.905 8.514%	1.013	7.722 34.509%	*149.897*	23.969	*0.387*	1.072

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990267 NACHOS ELEM	SERVING	165	365.711	8.528 20.988%	649.387	0.596 0.652%	*N/A* *N/A%*	21.539 53.006%	52.352	23.601 25.814%	3.520	18.156 19.858%	*224.846*	204.102	*0.581*	1.608
990266 NACHOS SEC	SERVING	193	505.711	9.528 16.957%	724.387	0.596 0.471%	*N/A* *N/A%*	28.539 50.790%	52.352	41.601 32.905%	5.520	20.156 15.943%	*224.846*	224.102	*0.581*	1.608
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	216	405.526	3.272 7.261%	680.946	4.503 4.442%	*N/A* *N/A%*	14.037 31.152%	52.594	40.000 39.455%	6.998	30.043 29.634%	0.000	144.263	0.000	3.000
990092 PASTA, SPAGHETTI NESTS FRZ PRECOOKED	SERVING (5 OZ)	142	212.500	0.000 0.000%	15.625	3.125 5.882%	*N/A* *N/A%*	0.938 3.971%	0.000	42.500 80.000%	1.875	6.875 12.941%	0.000	12.500	0.000	1.688
990535 PASTA, SPAGHETTI WG SHORT CUT PRECOOKED	SERVING (5 OZ)	140	220.000	0.000 0.000%	30.000	0.000 0.000%	*N/A* *N/A%*	1.000 4.091%	0.000	43.000 78.182%	4.000	9.000 16.364%	*N/A*	0.000	*N/A*	2.000
990589 PB & J -JAMMER	SANDWICH	68	280.000	3.000 9.643%	200.000	12.000 17.143%	*N/A* *N/A%*	14.000 45.000%	0.000	28.000 40.000%	4.000	9.000 12.857%	0.000	121.000	0.000	2.000
990612 PEPPERONI STUFFED SANDWICH	EACH	126	300.000	5.000 15.000%	590.000	5.000 6.667%	*N/A* *N/A%*	12.000 36.000%	30.000	31.000 41.333%	3.000	19.000 25.333%	70.000	240.000	0.000	2.700
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	213	422.046	6.419 13.689%	1204.206	7.842 7.432%	3.000 2.843%	16.562 35.317%	43.942	41.234 39.080%	1.596	24.549 23.267%	3.976	294.278	7.555	3.577
990599 PIZZA, BOLI WG	BOLI	142	310.000	6.000 17.419%	690.000	5.000 6.452%	2.000 2.581%	13.000 37.742%	30.000	35.000 45.161%	2.000	16.000 20.645%	0.000	355.000	0.000	2.000
990112 PIZZA, CHEESE 16"	SLICE	147	360.000	7.000 17.500%	490.000	9.000 10.000%	2.000 2.222%	16.000 40.000%	35.000	35.000 38.889%	3.000	21.000 23.333%	93.000	441.000	0.000	2.100
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	128	280.000	5.000 16.071%	430.000	9.000 12.857%	2.000 2.857%	11.000 35.357%	25.000	32.000 45.714%	4.000	16.000 22.857%	50.000	260.000	0.000	2.200
990676 POPCORN CHICKEN BOWL	EACH	371	396.467	2.998 6.805%	1153.103	2.204 2.224%	0.000 0.000%	15.347 34.838%	69.944	43.372 43.758%	5.508	21.495 21.687%	3.997	33.005	6.777	7.994
990526 POPCORN CHICKEN WG COM	SERVING	87	220.000	3.000 12.273%	430.000	0.000 0.000%	*N/A* *N/A%*	12.000 49.091%	35.000	13.000 23.636%	2.000	14.000 25.455%	100.000	20.000	0.000	1.800
990593 POPCORN CHICKEN, SMACKERS	SERVING 4.3 OZ	122	259.793	2.998 10.385%	549.562	0.000 0.000%	*N/A* *N/A%*	12.990 45.000%	69.944	16.987 26.154%	2.998	18.985 29.231%	3.997	1.998	0.000	7.994
990111 PORK, BBQ RIB PATTY	PATTY	92	270.000	7.000 23.333%	630.000	7.000 10.370%	*N/A* *N/A%*	20.000 66.667%	50.000	9.000 13.333%	1.000	13.000 19.259%	300.000	40.000	1.000	1.000
990671 POTSTICKERS CHICKEN AND VEGETABLE WG	SERVING (6)	135	240.000	0.500 1.875%	550.000	3.000 5.000%	*N/A* *N/A%*	7.000 26.250%	35.000	31.000 51.667%	2.000	17.000 28.333%	0.000	35.000	0.000	3.000
990306 SALAD, CHEF	SALAD	384	301.205	6.502 19.427%	932.911	8.445 11.215%	0.506 0.672%	16.615 49.647%	61.687	17.634 23.417%	4.730	20.683 27.467%	*12633.219*	*295.165*	*56.198*	*1.534*

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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)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	428	640.012	10.289 14.468%	1042.422	5.943 3.714%	*N/A* *N/A%*	33.864 47.620%	92.571	59.269 37.042%	9.667	27.358 17.098%	*6696.353*	321.972	*33.987*	2.172
990290 SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	382	537.187	4.267 7.150%	894.459	6.207 4.622%	*N/A* *N/A%*	25.080 42.018%	62.571	59.075 43.989%	9.578	21.362 15.907%	*6453.825*	124.401	*16.420*	2.169
990293 SALAD, TACO	SALAD	413	585.159	8.426 12.959%	1105.826	8.549 5.844%	*N/A* *N/A%*	27.095 41.673%	53.787	61.138 41.793%	10.169	24.813 16.962%	*6788.094*	294.749	*9.446*	3.052
990531 SANDWICH, WG, GRILLED CHEESE	Sandwich	128	390.001	6.001 13.848%	660.000	3.000 3.077%	*N/A* *N/A%*	21.000 48.461%	20.000	41.000 42.051%	3.000	17.000 17.436%	*N/A*	360.000	*N/A*	2.001
990408 SLOPPY JOE	3 OZ	184	314.069	3.612 10.351%	600.755	9.383 11.950%	0.000 0.000%	10.072 28.861%	36.000	38.591 49.150%	5.057	19.769 25.178%	*96.319*	75.821	*1.927*	*3.450*
990466 SPAGHETTI AND MEAT SAUCE	1 CUP	524	346.685	3.512 9.118%	379.368	4.410 5.088%	0.000 0.000%	9.021 23.418%	35.000	45.077 52.009%	6.345	20.247 23.361%	*14.511*	77.412	*2.619*	*3.525*
990211 TACO MEAT	2.5 OZ	87	150.319	3.770 22.569%	350.019	0.755 2.009%	*N/A* *N/A%*	9.046 54.159%	37.598	3.528 9.388%	1.807	12.863 34.229%	*323.778*	41.776	*0.836*	1.903
990402 TACO SNACK	EACH	142	320.000	7.000 19.688%	630.000	3.000 3.750%	*N/A* *N/A%*	15.000 42.188%	30.000	30.000 37.500%	3.000	16.000 20.000%	*N/A*	220.000	0.000	3.300
990602 TANGERINE CHICKEN,COMM	SERVINGS 3.9 OZ	111	190.000	1.000 4.737%	380.000	13.000 27.368%	*N/A* *N/A%*	4.000 18.947%	45.000	25.000 52.632%	2.000	14.000 29.474%	0.000	0.000	0.000	8.000
990315 TORTILLA SPINACH HERB 12"	TORTILLA	104	310.000	2.500 7.258%	640.000	0.000 0.000%	*N/A* *N/A%*	7.000 20.323%	0.000	52.000 67.097%	2.000	8.000 10.323%	0.000	240.000	0.000	4.000
990314 TORTILLA FLOUR 10"	TORTILLA	71	210.000	1.500 6.429%	440.000	0.000 0.000%	*N/A* *N/A%*	4.500 19.286%	0.000	36.000 68.571%	1.000	5.000 9.524%	0.000	16.000	0.000	13.000

FRUIT

990404 APPLE SLICES CANNED 1 C	CUP	250	120.000	0.000 0.000%	0.000	22.000 73.333%	*N/A* *N/A%*	0.000 0.000%	0.000	30.000 100.000%	2.000	0.000 0.000%	0.000	0.000	12.000	0.000
990403 APPLE SLICES CANNED 1/2	1/2 CUP	125	60.000	0.000 0.000%	0.000	11.000 73.333%	*N/A* *N/A%*	0.000 0.000%	0.000	15.000 100.000%	1.000	0.000 0.000%	0.000	0.000	6.000	0.000
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	111	55.000	0.030 0.491%	1.000	11.010 80.073%	*N/A* *N/A%*	0.180 2.945%	0.000	14.640 106.473%	2.500	0.280 2.036%	50.000	10.000	0.600	0.180
990187 BANANAS,RAW	MEDIUM	118	105.020	0.132 1.133%	1.180	14.431 54.965%	*N/A* *N/A%*	0.389 3.337%	0.000	26.951 102.652%	3.068	1.286 4.898%	75.520	5.900	10.266	0.307
990406 CINNAMON APPLES, BAKED	1/2 CUP	133	87.387	0.002 0.023%	0.065	17.889 81.884%	0.000 0.000%	0.008 0.083%	0.000	22.399 102.527%	1.345	0.026 0.119%	1.918	6.513	6.025	0.054

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990420 CINNAMON APPLES, BAKED 1 Cup	1 CUP	265	174.774	0.005 0.023%	0.130	35.778 81.884%	0.000 0.000%	0.016 0.083%	0.000	44.798 102.527%	2.690	0.052 0.119%	3.835	13.026	12.049	0.108
990163 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	33	110.000	0.000 0.000%	0.000	24.000 87.273%	*N/A* *N/A%*	0.000 0.000%	0.000	28.000 101.818%	3.000	0.000 0.000%	0.000	0.000	0.000	0.000
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	88	47.143	0.000 0.000%	0.000	9.429 80.003%	*N/A* *N/A%*	0.262 5.000%	0.000	11.524 97.777%	1.571	0.524 4.446%	654.762	31.429	22.000	0.189
990277 FRUIT BAR	1/2 CUP SERVING	137	84.156	0.032 0.337%	1.006	15.924 75.688%	*N/A* *N/A%*	0.198 2.117%	0.000	21.012 99.872%	2.677	0.878 4.173%	37.655	14.666	38.738	*0.784*
990657 FRUIT BAR CANNED	1/2 CUP SERVING	124	63.333	0.000 0.000%	3.333	13.333 84.209%	*N/A* *N/A%*	0.000 0.000%	0.000	15.333 96.842%	1.333	0.333 2.103%	100.000	66.667	7.467	0.787
990658 FRUIT BAR FRESH	1/2 CUP SERVING	175	107.568	0.060 0.500%	1.578	19.424 72.230%	*N/A* *N/A%*	0.376 3.148%	0.000	27.290 101.481%	3.953	1.136 4.224%	61.343	18.594	55.605	1.383
990659 FRUIT BAR HIGH SCHOOL	1 CUP SERVING	278	170.102	0.064 0.337%	2.033	32.188 75.691%	*N/A* *N/A%*	0.400 2.117%	0.000	42.471 99.872%	5.411	1.776 4.176%	76.111	29.643	78.301	*1.585*
990182 FRUIT FRESH, PEARS, RAW	EACH	178	101.460	0.039 0.348%	1.780	17.355 68.421%	*N/A* *N/A%*	0.249 2.211%	0.000	27.109 106.877%	5.518	0.641 2.527%	44.500	16.020	7.654	0.320
990240 FRUIT TRIO	PIECE	130	80.007	0.054 0.609%	0.727	13.147 65.729%	*N/A* *N/A%*	0.190 2.135%	0.000	20.197 100.977%	2.856	0.855 4.275%	75.173	25.300	29.622	0.162
990162 FRUIT, APPLESAUCE PLAIN SINGLE SERVE USDA	SINGLE SERVE	113	50.000	0.000 0.000%	25.000	11.000 88.000%	*N/A* *N/A%*	0.000 0.000%	0.000	14.000 112.000%	1.000	0.000 0.000%	0.000	0.000	0.000	0.000
990630 FRUIT, BAR SINGLE SERVE UNITS	SINGLE SERVE	122	76.658	0.000 0.000%	0.000	15.832 82.611%	*N/A* *N/A%*	0.000 0.000%	0.000	18.498 96.524%	1.667	0.833 4.347%	0.335	4.340	28.752	*0.047*
990628 FRUIT, MANGO DICED SINGLE SERVE	SINGLE SERVE	113	70.000	0.000 0.000%	0.000	16.000 91.429%	*N/A* *N/A%*	0.000 0.000%	0.000	17.000 97.143%	1.000	1.000 5.714%	0.000	0.000	30.000	*N/A*
990629 FRUIT, MIXED FRUIT SINGLE SERVE	SINGLE SERVE	128	80.000	0.000 0.000%	0.000	16.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	19.000 95.000%	1.000	1.000 5.000%	0.000	14.000	0.000	0.000
990590 FRUIT, MIXED FRUIT SINGLE SERVE USDA	CONTAIN ER	128	80.000	0.000 0.000%	0.000	16.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	19.000 95.000%	1.000	1.000 5.000%	0.000	14.000	0.000	0.000
990638 FRUIT, PEACHES DICED LIGHT 1 CUP	1 CUP	328	160.000	0.000 0.000%	0.000	32.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	36.000 90.000%	4.000	0.000 0.000%	0.000	0.000	0.000	0.000
990637 FRUIT, PEACHES DICED LIGHT 1/2 CUP	1/2 CUP	164	80.000	0.000 0.000%	0.000	16.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	18.000 90.000%	2.000	0.000 0.000%	0.000	0.000	0.000	0.000
990639 FRUIT, PEACHES DICED LIGHT 3/4 CUP	3/4 CUP	246	120.000	0.000 0.000%	0.000	24.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	27.000 90.000%	3.000	0.000 0.000%	0.000	0.000	0.000	0.000

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990173 FRUIT, PEACHES DICED LIGHT USDA 1 CUP	1 CUP	252	120.000	0.000 0.000%	10.000	26.000 86.667%	*N/A* *N/A%*	0.000 0.000%	0.000	28.000 93.333%	2.000	0.000 0.000%	600.000	0.000	2.400	0.000
990171 FRUIT, PEACHES DICED LIGHT USDA 1/2 CUP	1/2 CUP	126	60.000	0.000 0.000%	5.000	13.000 86.667%	*N/A* *N/A%*	0.000 0.000%	0.000	14.000 93.333%	1.000	0.000 0.000%	300.000	0.000	1.200	0.000
990172 FRUIT, PEACHES DICED LIGHT USDA 3/4 CUP	3/4 CUP	189	90.000	0.000 0.000%	7.500	19.500 86.667%	*N/A* *N/A%*	0.000 0.000%	0.000	21.000 93.333%	1.500	0.000 0.000%	450.000	0.000	1.800	0.000
990595 FRUIT, PEACHES DICED,CUPS,FROZEN	CONTAINER	125	90.000	0.000 0.000%	0.000	19.000 84.444%	*N/A* *N/A%*	0.000 0.000%	0.000	21.000 93.333%	2.000	1.000 4.444%	0.000	0.000	0.000	0.000
990642 FRUIT, PEARS DICED LIGHT 1 CUP	CUP	324	158.049	0.000 0.000%	0.000	31.610 80.001%	*N/A* *N/A%*	0.000 0.000%	0.000	43.463 110.000%	3.951	0.000 0.000%	0.000	0.000	0.000	0.000
990640 FRUIT, PEARS DICED LIGHT 1/2 CUP	1/2 CUP	164	80.000	0.000 0.000%	0.000	16.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	22.000 110.000%	2.000	0.000 0.000%	0.000	0.000	0.000	0.000
990641 FRUIT, PEARS DICED LIGHT 3/4 CUP	3/4 CUP	246	120.000	0.000 0.000%	0.000	24.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	33.000 110.000%	3.000	0.000 0.000%	0.000	0.000	0.000	0.000
990176 FRUIT, PEARS DICED LIGHT USDA 1 CUP	1 CUP	248	120.000	0.000 0.000%	10.000	24.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	32.000 106.667%	4.000	0.000 0.000%	0.000	0.000	2.400	0.720
990174 FRUIT, PEARS DICED LIGHT USDA 1/2 CUP	1/2 CUP	124	60.000	0.000 0.000%	5.000	12.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	16.000 106.667%	2.000	0.000 0.000%	0.000	0.000	1.200	0.360
990175 FRUIT, PEARS DICED LIGHT USDA 3/4 CUP	3/4 CUP	186	90.000	0.000 0.000%	7.500	18.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	24.000 106.667%	3.000	0.000 0.000%	0.000	0.000	1.800	0.540
990168 FRUIT, PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	122	70.000	0.000 0.000%	0.000	15.000 85.714%	*N/A* *N/A%*	0.000 0.000%	0.000	16.000 91.429%	1.000	1.000 5.714%	0.000	200.000	20.000	2.000
990169 FRUIT, PINEAPPLE TIDBITS,NAT JUICE	3/4 CUP	183	105.000	0.000 0.000%	0.000	22.500 85.714%	*N/A* *N/A%*	0.000 0.000%	0.000	24.000 91.429%	1.500	1.500 5.714%	0.000	300.000	30.000	3.000
990170 FRUIT, PINEAPPLE TIDBITS,NAT JUICE	1 CUP	244	140.000	0.000 0.000%	0.000	30.000 85.714%	*N/A* *N/A%*	0.000 0.000%	0.000	32.000 91.429%	2.000	2.000 5.714%	0.000	400.000	40.000	4.000
990618 FRUIT: MIXED BERRY SINGLE SERVE	CUP	113	70.000	0.000 0.000%	0.000	14.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	18.000 102.857%	2.000	1.000 5.714%	2.000	12.000	39.000	0.000
990184 GRAPES FRESH	CUP	151	104.261	0.082 0.704%	3.022	23.391 89.740%	*N/A* *N/A%*	0.242 2.087%	0.000	27.350 104.927%	1.360	1.088 4.174%	1.995	1.511	8.054	3.022
990185 GRAPES FRESH	3/4 CUP	113	78.245	0.061 0.704%	2.268	17.554 89.739%	*N/A* *N/A%*	0.181 2.087%	0.000	20.525 104.927%	1.021	0.816 4.172%	1.497	1.134	6.044	2.268
990186 GRAPES FRESH	1/2 CUP	78	53.793	0.042 0.704%	1.559	12.068 89.737%	*N/A* *N/A%*	0.125 2.086%	0.000	14.111 104.928%	0.702	0.561 4.172%	1.029	0.780	4.155	1.559

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990181 KIWI, FRESH	2 EACH	154	100.000	0.000 0.000%	0.000	16.000 64.000%	*N/A* *N/A%*	1.000 9.000%	0.000	22.000 88.000%	5.000	2.000 8.000%	2.000	6.000	250.000	4.000
990165 MANDARIN ORANGE, CANNED	1/2 CUP	122	80.000	0.000 0.000%	10.000	18.000 90.000%	*N/A* *N/A%*	0.000 0.000%	0.000	19.000 95.000%	0.000	0.000 0.000%	0.000	0.000	35.000	2.000
990166 MANDARIN ORANGE, CANNED	3/4 CUP	183	120.000	0.000 0.000%	15.000	27.000 90.000%	*N/A* *N/A%*	0.000 0.000%	0.000	28.500 95.000%	0.000	0.000 0.000%	0.000	0.000	52.500	3.000
990167 MANDARIN ORANGE, CANNED	1 CUP	244	160.000	0.000 0.000%	20.000	36.000 90.000%	*N/A* *N/A%*	0.000 0.000%	0.000	38.000 95.000%	0.000	0.000 0.000%	0.000	0.000	70.000	4.000
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	128	70.000	0.000 0.000%	0.000	14.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	17.000 97.143%	0.000	0.000 0.000%	0.000	0.000	27.000	0.000
990515 MIXED BERRY CUP, FROZEN	CONTAINER	113	90.000	0.000 0.000%	0.000	16.000 71.111%	*N/A* *N/A%*	0.000 0.000%	0.000	20.000 88.889%	2.000	0.000 0.000%	0.000	0.000	0.000	0.000
990180 ORANGE	EACH	160	80.000	0.000 0.000%	0.000	14.000 70.000%	*N/A* *N/A%*	0.000 0.000%	0.000	19.000 95.000%	3.000	1.000 5.000%	100.000	60.000	78.000	0.000
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	128	89.700	0.000 0.000%	0.000	17.940 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	21.927 97.777%	1.993	0.997 4.446%	0.000	0.000	37.375	0.279
990583 VARIETY FRUIT NANWALEK/NIKO/PT GRAHAM	PIECE	136	67.500	0.015 0.200%	0.500	12.505 74.104%	*N/A* *N/A%*	0.090 1.200%	0.000	16.820 99.674%	2.750	0.640 3.793%	75.000	35.000	39.300	0.090

JUICE

990200 JUICE, APPLE	4 oz	113	60.000	0.000 0.000%	10.000	13.000 86.667%	*N/A* *N/A%*	0.000 0.000%	0.000	14.000 93.333%	0.000	0.000 0.000%	0.000	10.000	*N/A*	0.200
990633 JUICE, APPLE SHELF STABLE	PC CUP	113	50.000	0.000 0.000%	5.000	13.000 104.000%	*N/A* *N/A%*	0.000 0.000%	0.000	15.000 120.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990239 JUICE, ORANGE	EACH	113	60.000	0.000 0.000%	15.000	11.000 73.333%	0.000 0.000%	0.000 0.000%	0.000	13.000 86.667%	0.000	1.000 6.667%	*N/A*	*N/A*	36.000	0.100
990632 JUICE, ORANGE SHELF STABLE	PC CUP	113	50.000	0.000 0.000%	0.000	10.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	13.000 104.000%	0.000	0.000 0.000%	0.000	0.000	20.000	0.000
990032 VEGETABLE, FRUITABLE GOLD RUSH JUICE	BOX	120	40.000	0.000 0.000%	60.000	8.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	10.000 100.000%	0.000	0.000 0.000%	3000.000	0.000	90.000	0.000

MILK

990344 BUTTERMILK 1% , LOWFAT	CUP	227	110.000	1.500 12.273%	260.000	12.000 43.636%	*N/A* *N/A%*	2.500 20.455%	15.000	13.000 47.273%	0.000	9.000 32.727%	500.000	313.000	1.200	0.000
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ Poured	227	160.000	1.500 8.438%	240.000	25.000 62.500%	*N/A* *N/A%*	2.500 14.062%	10.000	27.000 67.500%	1.000	8.000 20.000%	500.000	300.000	1.200	0.720

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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)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990207 MILK UHT WHITE 1% CARTON	CARTON	227	100.000	1.500 13.500%	105.000	12.000 48.000%	*N/A* *N/A%*	2.500 22.500%	10.000	12.000 48.000%	0.000	8.000 32.000%	450.000	325.000	0.000	0.000
990204 MILK, CHOC FF CARTON	CARTON	227	130.000	0.000 0.000%	230.000	22.000 67.692%	*N/A* *N/A%*	0.000 0.000%	5.000	23.000 70.769%	0.000	8.000 24.615%	500.000	300.000	2.400	0.360
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	227	110.000	1.500 12.273%	130.000	12.000 43.636%	*N/A* *N/A%*	2.500 20.455%	15.000	13.000 47.273%	0.000	9.000 32.727%	500.000	300.000	1.200	0.000
990208 MILK, LF 1/2 GALLON WHITE (6 OZ)	6 OZ POURED	170	82.500	1.125 12.273%	97.500	9.000 43.636%	*N/A* *N/A%*	1.875 20.455%	11.250	9.750 47.273%	0.000	6.750 32.727%	375.000	225.000	0.900	0.000
990345 MILK, SOY ULTRA	CONTAINER	234	144.375	0.516 3.214%	154.688	8.250 22.857%	*N/A* *N/A%*	5.156 32.143%	0.000	12.375 34.286%	1.031	10.313 28.573%	515.625	309.375	0.000	1.856
990644 MILK, UHT CHOCOLATE FAT FREE CARTON	CARTON	227	135.000	0.000 0.000%	180.000	23.000 68.148%	*N/A* *N/A%*	0.000 0.000%	5.000	24.000 71.111%	1.000	8.000 23.704%	450.000	325.000	0.000	0.000
990346 MILK,LACTOSE FREE FF	CUP	227	90.000	0.000 0.000%	130.000	12.000 53.333%	*N/A* *N/A%*	0.000 0.000%	5.000	13.000 57.778%	0.000	9.000 40.000%	500.000	300.000	0.000	0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	227	110.000	1.500 12.273%	125.000	12.000 43.636%	*N/A* *N/A%*	2.500 20.455%	10.000	13.000 47.273%	0.000	8.000 29.091%	500.000	300.000	1.200	0.000
MISCELLANEOUS																
990654 AU JUS MIX PREPARED	2 OZ	55	10.356	0.000 0.000%	353.662	0.000 0.000%	0.000 0.000%	0.000 0.000%	0.000	2.071 80.000%	0.000	0.000 0.000%	0.000	6.736	0.000	0.000
990553 BACON, FULLY COOKED	slice	15	70.000	2.000 25.714%	250.000	0.000 0.000%	*N/A* *N/A%*	6.000 77.143%	20.000	0.000 0.000%	0.000	5.000 28.571%	0.000	0.000	0.000	0.000
990338 BASE, CHICKEN LOW SODIUM	CUP	241	15.000	0.000 0.000%	147.110	1.000 26.667%	*N/A* *N/A%*	0.500 30.000%	0.000	2.000 53.333%	0.000	0.000 0.000%	0.000	7.110	0.000	0.000
990592 CHEESE, CHEDDAR, .5 oz REDUCED FAT, SHREDDED	OZ	28	90.000	4.000 40.000%	210.000	0.000 0.000%	*N/A* *N/A%*	6.000 60.000%	20.000	1.000 4.444%	0.000	7.000 31.111%	4.000	260.000	0.000	0.000
990321 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDED	OZ	28	90.000	4.000 40.000%	210.000	0.000 0.000%	*N/A* *N/A%*	6.000 60.000%	20.000	1.000 4.444%	0.000	7.000 31.111%	4.000	260.000	0.000	0.000
990333 CHEESE, MOZZ SHREDDED	oz	28	91.123	3.544 35.000%	182.247	1.012 4.442%	*N/A* *N/A%*	6.075 60.000%	15.187	1.013 4.445%	0.000	7.087 31.110%	0.000	207.559	0.000	0.000
990085 CHEESE, SLICED CHEDDAR RS/RF	SLICE	14	35.000	1.250 32.143%	105.000	1.000 11.429%	*N/A* *N/A%*	2.000 51.429%	7.500	1.000 11.429%	0.000	3.500 40.000%	0.000	98.500	0.000	0.000
990330 CHEESE, SLICED CHEDDAR RS/RF	2 SLICE	28	70.875	2.531 32.143%	212.625	2.025 11.429%	*N/A* *N/A%*	4.050 51.429%	15.188	2.025 11.429%	0.000	7.088 40.003%	0.000	199.462	0.000	0.000

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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)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990481 COUSCOUS, CHICKEN & HERB GARLIC	CUP	291	263.115	3.073 10.510%	738.872	2.094 3.183%	1.045 1.589%	5.981 20.459%	13.084	47.035 71.505%	6.271	7.368 11.201%	152.082	60.320	0.000	2.196
990482 COUSCOUS, CHICKEN & HERB GARLIC 1/2 CUP	1/2 cup	151	136.430	1.593 10.510%	383.119	1.086 3.184%	0.542 1.589%	3.101 20.459%	6.784	24.389 71.505%	3.252	3.820 11.200%	78.857	31.277	0.000	1.139
990576 COUSCOUS, CHICKEN & HERB GARLIC 3/4 CUP	3/4 cup	204	184.180	2.151 10.510%	517.210	1.466 3.184%	0.732 1.590%	4.187 20.459%	9.159	32.925 71.505%	4.390	5.157 11.200%	106.457	42.224	0.000	1.537
990262 CREAM CHEESE SPREAD/ RANCH	1 OZ	34	70.000	4.000 51.429%	480.000	0.000 0.000%	*N/A* *N/A%*	6.000 77.143%	20.000	0.800 4.571%	0.000	2.000 11.429%	120.000	26.000	0.000	0.000
990652 DRESSING, CAESAR, CREAMY	2 TBS	29	110.000	2.000 16.364%	310.000	1.000 3.636%	1.000 3.636%	11.000 90.000%	10.000	2.000 7.273%	0.000	1.000 3.636%	0.000	26.000	0.000	0.000
990651 DRESSING, POPPYSEED	2 TBS	33	140.000	1.500 9.643%	230.000	9.000 25.714%	*N/A* *N/A%*	11.000 70.714%	5.000	10.000 28.571%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990585 FAJITA SEASONING /SCRATCH	CUP	110	382.829	0.653 1.536%	396.816	34.751 36.310%	*N/A* *N/A%*	11.419 26.844%	0.000	73.870 77.183%	23.466	12.729 13.300%	18361.756	338.887	23.732	22.399
990554 HOAGIE ROLL WG OVEN FRESH	ROLL	76	200.000	0.000 0.000%	360.000	4.000 8.000%	3.000 6.000%	3.000 13.500%	0.000	36.000 72.000%	1.000	7.000 14.000%	0.000	52.000	0.000	2.000
990567 ITALIAN DRESSING USDA E-15	OUNCES	30	199.659	1.502 6.770%	111.524	0.673 1.348%	0.000 0.000%	21.011 94.711%	0.000	1.208 2.419%	0.120	0.097 0.194%	3.608	3.523	1.112	0.067
990550 KETCHUP LOW SODIUM PCS	PKG	9	10.000	0.000 0.000%	25.000	2.000 80.000%	*N/A* *N/A%*	0.000 0.000%	0.000	3.000 120.000%	0.000	0.000 0.000%	100.000	20.000	0.000	0.000
990649 MAYONNAISE,LIGHT PC 12 G	PKG	12	90.000	1.500 15.000%	60.000	0.000 0.000%	0.000 0.000%	10.000 100.000%	5.000	0.000 0.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990126 PEPPERONI, SLICED	1 OZ	30	150.000	5.000 30.000%	560.000	0.000 0.000%	*N/A* *N/A%*	14.000 84.000%	30.000	0.000 0.000%	0.000	5.000 13.333%	0.000	0.000	0.000	0.360
990437 PICKLES, DILL BANQUET SLICED	SLICE	3	0.000	0.000 *N/A%*	2.116	0.000 *N/A%*	*N/A* *N/A%*	0.000 *N/A%*	0.000	0.106 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
990660 RANCH DRESSING RF PC POUCH	PACKET	43	130.000	1.500 10.385%	410.000	2.000 6.154%	1.000 3.077%	11.000 76.154%	10.000	8.000 24.615%	0.000	1.000 3.077%	0.000	0.000	0.000	0.000
990260 RF SWISS CHEESE	SLICE	14	45.000	1.750 35.000%	57.500	0.500 4.444%	*N/A* *N/A%*	3.000 60.000%	10.000	0.500 4.444%	0.000	4.000 35.556%	40.500	3188.790	126.000	0.000
990217 SYRUP CUP, SMUCKER'S	CONTAIN ER	40	109.146	0.000 0.000%	19.845	21.829 79.999%	*N/A* *N/A%*	0.000 0.000%	0.000	28.775 105.454%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990247 TACO SEASONING (SCRATCH) BULK	CUPS	113	394.263	0.485 1.106%	565.062	14.885 15.102%	*N/A* *N/A%*	13.635 31.124%	0.000	68.015 69.005%	27.687	16.515 16.755%	16188.885	459.545	41.822	27.475

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990555 TORTILLA 10" WG FLOUR	TORTILLA	62	160.000	1.500 8.438%	230.000	1.000 2.500%	1.000 2.500%	3.500 19.688%	0.000	29.000 72.500%	3.000	5.000 12.500%	0.000	79.000	0.000	2.000
990571 YOGURT, PLAIN QUART	CUP	227	110.878	0.000 0.000%	181.437	13.104 47.274%	*N/A* *N/A%*	0.000 0.000%	5.040	16.128 58.182%	*N/A*	11.088 40.001%	302.395	458.632	*N/A*	*N/A*

SALADS

990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	108	36.098	0.224 5.585%	56.147	1.877 20.799%	*N/A* *N/A%*	2.423 60.418%	0.000	3.301 36.583%	0.945	0.778 8.621%	346.516	13.526	7.054	0.270
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	146	48.781	0.303 5.585%	75.874	2.537 20.803%	*N/A* *N/A%*	3.275 60.418%	0.000	4.461 36.583%	1.277	1.051 8.618%	468.265	18.279	9.532	0.365
990029 ITALIAN DRESSING SCRATCH	2 TBSP	29	197.842	1.504 6.841%	110.482	0.477 0.964%	0.000 0.000%	21.019 95.615%	0.000	0.760 1.536%	0.072	0.048 0.097%	3.212	2.769	1.224	0.091
990221 RANCH SALAD DRESSING PREPARED	oz	30	41.250	0.594 12.956%	160.024	0.750 7.273%	*N/A* *N/A%*	3.656 79.772%	5.625	1.750 16.970%	0.000	0.500 4.848%	*0.000*	19.375	*0.000*	0.000
990650 RANCH SALAD DRESSING PREPARED	2 OZ SERV.G.	60	82.500	1.188 12.955%	320.047	1.500 7.273%	*N/A* *N/A%*	7.313 79.773%	11.250	3.500 16.970%	0.000	1.000 4.848%	*0.000*	38.750	*0.000*	0.000
990220 SALAD, ROMAINE TOSSED	SALADS	144	32.994	0.008 0.218%	22.236	4.026 48.809%	*N/A* *N/A%*	0.254 6.915%	0.000	7.058 85.568%	2.671	1.515 18.367%	10618.529	31.095	19.385	0.861
990581 SALAD, SPINACH ROMAINE TOSSED 1 CUP	CUP	106	92.347	0.407 3.963%	26.780	6.532 28.293%	*N/A* *N/A%*	5.698 55.536%	0.000	9.505 41.170%	1.359	0.809 3.504%	6613.783	24.460	16.542	0.692
990582 SALAD, SPINACH ROMAINE TOSSED 1.5 CUP	1.5 CUP	160	137.357	0.602 3.944%	40.145	9.742 28.370%	*N/A* *N/A%*	8.436 55.272%	0.000	14.220 41.411%	2.038	1.213 3.532%	9923.184	36.689	24.973	1.039
990287 SALAD, SW CHICKEN PASTA	EACH	374	561.761	3.731 5.978%	659.344	4.605 3.279%	0.133 0.095%	18.393 29.467%	74.105	71.191 50.691%	5.823	27.869 19.844%	1552.207	73.776	14.396	4.030
990282 SALSA RANCH DRESSING	OZ	31	33.929	0.452 12.000%	176.923	0.821 9.679%	*N/A* *N/A%*	2.786 73.893%	4.286	1.833 21.613%	0.000	0.381 4.492%	*0.000*	14.762	*0.000*	0.000
990270 VINEGARETTE DRESSING	.5 OZ	13	66.497	0.401 5.423%	1.298	3.844 23.123%	*N/A* *N/A%*	5.604 75.852%	0.000	3.859 23.211%	0.012	0.005 0.030%	16.993	0.079	0.000	0.007
990579 VINEGARETTE DRESSING	OZ	26	132.995	0.802 5.424%	2.597	7.687 23.120%	*N/A* *N/A%*	11.209 75.853%	0.000	7.717 23.211%	0.024	0.010 0.030%	33.985	0.158	0.001	0.015
990268 VINEGARETTE, DRESSING	1 OZ	26	132.995	0.802 5.424%	2.597	7.687 23.120%	*N/A* *N/A%*	11.209 75.853%	0.000	7.717 23.211%	0.024	0.010 0.030%	33.985	0.158	0.001	0.015

SANDWICHES

990359 BEEF HOT DOG SANDWICH	SANDWICH	96	290.000	7.000 21.724%	670.000	5.000 6.897%	*N/A* *N/A%*	17.500 54.310%	35.000	21.000 28.966%	2.000	10.000 13.793%	0.000	67.000	0.000	1.440
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990352 CHEESEBURGER	SANDWICH	134	275.905	3.268 10.661%	360.498	3.000 4.349%	*N/A* *N/A%*	8.545 27.875%	27.681	30.018 43.519%	4.009	21.600 31.315%	0.000	156.744	0.000	3.009
990662 CROISSANT, EGG, SAUSAGE & CHEESE	SANDWICH	142	357.500	7.425 18.692%	657.500	3.500 3.916%	*N/A* *N/A%*	19.500 49.091%	129.750	30.500 34.126%	2.000	15.750 17.622%	55.000	169.250	0.000	1.360
990672 CROISSANT, SAUSAGE & CHEESE	SANDWICH	114	325.000	7.050 19.523%	585.000	4.000 4.923%	*N/A* *N/A%*	17.000 47.077%	33.500	31.000 38.154%	2.000	14.500 17.846%	55.000	192.500	0.000	1.000
990655 FRENCH DIP	SANDWICH	161	346.810	4.303 11.167%	995.333	5.772 6.657%	3.000 3.460%	12.366 32.089%	32.906	37.772 43.565%	1.000	19.403 22.379%	0.000	181.091	0.000	3.266
990353 HAMBURGER ON BUN	SANDWICH	125	290.000	4.500 13.966%	460.000	2.000 2.759%	*N/A* *N/A%*	12.500 38.793%	45.000	27.000 37.241%	3.000	19.000 26.207%	0.000	31.000	0.000	3.080
990125 PB&J SANDWICH, GRAPE WG	2.8 OZ	79	300.000	2.500 7.500%	300.000	11.000 14.667%	*N/A* *N/A%*	16.000 48.000%	0.000	34.000 45.333%	4.000	10.000 13.333%	0.000	60.000	0.000	1.440
990473 RIBWICH BBQ	SANDWICH	152	410.000	7.000 15.366%	830.000	9.000 8.780%	*N/A* *N/A%*	21.500 47.195%	50.000	36.000 35.122%	4.000	20.000 19.512%	300.000	71.000	1.000	3.000
990107 SANDWICH, PB&J STRAWBERRY WG	2.8 OZ	79	300.000	2.000 6.000%	310.000	13.000 17.333%	*N/A* *N/A%*	16.000 48.000%	0.000	34.000 45.333%	4.000	10.000 13.333%	0.000	40.000	3.600	1.080
990569 TURKEY DELI SLICED USDA	1.5 OZ	64	68.336	0.570 7.500%	410.014	1.139 6.667%	1.139 6.667%	1.708 22.500%	28.473	1.139 6.666%	0.000	11.389 66.665%	*N/A*	*N/A*	*N/A*	*N/A*
990507 WRAP, CHICKEN & RANCH	WRAP	247	508.825	9.603 16.986%	892.462	2.825 2.221%	1.000 0.786%	25.243 44.648%	75.625	44.344 34.860%	4.593	27.910 21.941%	*1040.642*	314.625	*4.961*	3.159
990248 WRAP, CHICKEN BACON RANCH	WRAP	262	578.825	11.603 18.042%	1142.462	2.825 1.952%	1.000 0.691%	31.243 48.578%	95.625	44.344 30.644%	4.593	32.910 22.743%	*1040.642*	314.625	*4.961*	3.159
990432 WRAP, CHICKEN FAJITA	WRAP	178	398.427	9.302 21.013%	866.918	1.821 1.828%	1.000 1.004%	20.011 45.202%	88.285	33.183 33.314%	3.000	22.856 22.946%	*0.000*	292.762	*0.000*	2.486
990365 WRAP, CHICKEN SALAD	WRAPS	376	313.086	2.274 6.536%	653.977	4.661 5.955%	1.000 1.278%	8.285 23.817%	66.338	38.565 49.271%	6.637	26.399 33.727%	10508.302	197.143	62.156	5.444
990498 WRAP, CLUB	WRAP	208	305.315	4.521 13.326%	839.189	4.660 6.105%	1.506 1.973%	10.668 31.446%	42.863	33.462 43.839%	4.076	20.587 26.971%	*2745.966*	*187.457*	*6.552*	*2.594*
990278 WRAP, GREEK TURKEY	WRAP	294	282.578	2.198 7.002%	711.697	6.029 8.534%	2.266 3.208%	5.628 17.924%	34.498	35.821 50.706%	4.211	23.886 33.812%	*1134.125*	*155.284*	*10.438*	*2.594*
990368 WRAP, GYRO	WRAP	303	355.612	4.569 11.563%	992.173	7.975 8.970%	1.000 1.125%	11.768 29.784%	33.948	39.698 44.653%	4.565	23.231 26.131%	51.177	196.546	16.627	4.052
990295 WRAP, HAM N CHEESE	WRAP	244	411.934	12.021 26.263%	1257.921	3.605 3.501%	1.000 0.971%	20.146 44.015%	80.375	34.173 33.183%	3.862	23.724 23.037%	1557.572	311.603	7.441	2.592

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Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990552 WRAP, ITALIAN	WRAP	201	377.827	7.177 17.095%	999.636	6.512 6.894%	1.000 1.059%	16.597 39.534%	41.655	37.506 39.707%	4.996	20.028 21.203%	0.000	305.525	0.000	2.318
990279 WRAP, TURKEY N HAM	WRAP	194	324.401	6.261 17.371%	890.505	2.955 3.644%	1.759 2.169%	11.817 32.786%	61.765	31.969 39.420%	3.335	22.400 27.620%	*1191.540*	*108.209*	*1.421*	*2.383*
990257 WRAP, VEGGIE	WRAP	435	573.501	9.623 15.101%	669.478	9.479 6.611%	1.000 0.697%	28.994 45.501%	35.630	63.272 44.131%	*14.917*	21.246 14.818%	4620.929	409.107	*29.946*	*5.065*

SAUCE

990328 CHEESE SAUCE, CHEDDAR 1.5 OZ	1.5 OZ	43	68.588	3.086 40.499%	198.904	0.000 0.000%	*N/A* *N/A*	4.801 62.999%	13.718	2.058 12.000%	0.000	3.429 19.998%	0.000	111.112	0.000	0.000
990329 CHEESE SAUCE, CHEDDAR 2 OZ	2 OZ	62	100.000	4.500 40.500%	290.000	0.000 0.000%	*N/A* *N/A*	7.000 63.000%	20.000	3.000 12.000%	0.000	5.000 20.000%	0.000	162.000	0.000	0.000
990261 CHEESE SAUCE, CHEDDAR 3 OZ	3 OZ	85	137.097	6.169 40.500%	397.581	0.000 0.000%	*N/A* *N/A*	9.597 63.000%	27.419	4.113 12.000%	0.000	6.855 20.000%	0.000	222.097	0.000	0.000
990250 CUCUMBER SAUCE	OZ	32	26.782	0.259 8.707%	62.353	1.073 16.026%	*N/A* *N/A*	1.772 59.554%	2.815	2.031 30.329%	*0.124*	0.803 11.993%	27.656	31.935	*0.653*	*0.048*
990350 GRAVY, BEEF LS PREPARED	2 OZ	65	20.005	0.000 0.000%	141.810	0.000 0.000%	*N/A* *N/A*	0.000 0.000%	0.000	4.001 79.998%	0.000	0.000 0.000%	0.000	1.778	0.000	0.000
990198 GRAVY, CHICKEN	2 OZ	66	23.730	0.000 0.000%	134.666	0.949 15.997%	0.000 0.000%	0.475 18.000%	0.000	3.797 64.000%	0.000	0.000 0.000%	0.000	26.457	0.000	0.000
990337 ITALIAN DRY DRESSING MIX PREPARED	2 TBS	31	134.964	1.000 6.668%	329.889	0.000 0.000%	*N/A* *N/A*	14.000 93.358%	0.000	0.993 2.942%	0.000	0.000 0.000%	0.000	0.278	0.000	0.000
990284 ITALIAN DUNKER SAUCE ELEMENTARY	4 OZ	125	80.987	1.595 17.730%	429.439	3.977 19.643%	0.000 0.000%	3.159 35.107%	12.300	7.862 38.833%	2.032	5.492 27.125%	*78.714*	68.304	*0.337*	*0.830*
990285 ITALIAN DUNKER SAUCE SECONDARY	6 OZ	190	122.708	2.417 17.730%	650.664	6.026 19.643%	0.000 0.000%	4.786 35.106%	18.636	11.913 38.833%	3.079	8.321 27.125%	*119.264*	103.491	*0.510*	*1.257*
990574 MARINARA SAUCE CANNED	1/2 CUP	124	59.534	0.000 0.000%	133.951	5.953 39.997%	*N/A* *N/A*	1.488 22.499%	0.000	9.922 66.666%	1.984	1.984 13.330%	496.116	54.573	5.953	0.992
990433 MARINARA SAUCE CANNED w/PARMESAN CHEESE	1/2 CUP	128	74.534	0.750 9.056%	193.951	5.953 31.948%	*N/A* *N/A*	2.613 31.556%	3.750	9.922 53.250%	1.984	3.484 18.698%	496.116	84.573	5.953	0.992
990666 MAYONNAISE,LIGHT PC 12 G	PACKET	12	90.000	1.500 15.000%	60.000	0.000 0.000%	0.000 0.000%	10.000 100.000%	5.000	0.000 0.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990665 MUSTARD YELLOW PREPARED	PACKET	6	0.000	0.000 *N/A%*	65.000	0.000 *N/A%*	*N/A* *N/A*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000

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Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990259 TZATZIKI ,GREEK YOGURT SAUCE	OZ	40	16.921	0.013 0.665%	8.654	1.069 25.270%	*N/A* *N/A%*	0.031 1.659%	1.429	1.445 34.159%	0.149	2.722 64.346%	17.290	30.097	0.607	0.102
VEGETABLES																
990457 BABY CARROTS & CELERY STICKS 1/2 c	SERVING	72	25.430	0.025 0.871%	51.596	2.897 45.568%	*N/A* *N/A%*	0.163 5.755%	0.000	5.895 92.724%	1.838	0.634 9.972%	9542.144	24.948	3.828	0.201
990458 BABY CARROTS & CELERY STICKS 3/4	SERVING 3/4 C	102	29.141	0.013 0.405%	80.160	3.787 51.982%	*N/A* *N/A%*	0.053 1.637%	0.000	6.759 92.775%	2.552	0.668 9.169%	9901.270	35.125	2.807	0.692
990357 BABY CARROTS & PEA PODS 1 CUP	CUP	105	39.055	0.013 0.306%	56.572	4.729 48.434%	*N/A* *N/A%*	0.068 1.567%	0.000	8.400 86.029%	2.937	1.405 14.390%	10130.832	37.271	22.240	1.337
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	117	42.553	0.009 0.186%	74.523	5.399 50.751%	*N/A* *N/A%*	0.045 0.958%	0.000	9.488 89.189%	3.326	1.239 11.647%	13261.389	39.948	16.054	1.311
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	154	31.986	0.000 0.000%	279.987	1.987 24.848%	*N/A* *N/A%*	0.000 0.000%	0.000	5.991 74.915%	3.989	1.987 24.848%	200.000	39.994	0.000	0.708
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	77	15.993	0.000 0.000%	139.994	0.993 24.836%	*N/A* *N/A%*	0.000 0.000%	0.000	2.995 74.915%	1.994	0.993 24.836%	100.000	19.997	0.000	0.354
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	96	19.991	0.000 0.000%	174.992	1.242 24.851%	*N/A* *N/A%*	0.000 0.000%	0.000	3.744 74.916%	2.493	1.242 24.851%	125.000	24.996	0.000	0.443
990054 BEANS, BAKED 1 CUP	CUP	260	280.000	0.000 0.000%	1100.000	24.000 34.286%	*N/A* *N/A%*	2.000 6.429%	0.000	58.000 82.857%	10.000	12.000 17.143%	0.000	104.000	0.000	3.600
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	130	140.000	0.000 0.000%	550.000	12.000 34.286%	*N/A* *N/A%*	1.000 6.429%	0.000	29.000 82.857%	5.000	6.000 17.143%	0.000	52.000	0.000	1.800
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	195	210.000	0.000 0.000%	825.000	18.000 34.286%	*N/A* *N/A%*	1.500 6.429%	0.000	43.500 82.857%	7.500	9.000 17.143%	0.000	78.000	0.000	2.700
990057 BEANS, BLACK LS 1 CUP	1 CUP	256	235.304	0.000 0.000%	274.522	1.961 3.334%	*N/A* *N/A%*	0.980 3.750%	0.000	45.100 76.667%	11.765	13.726 23.333%	0.000	117.652	0.000	3.530
990036 BEANS, BLACK LS 1/2 CUP	1/2 CUP	128	117.652	0.000 0.000%	137.261	0.980 3.332%	*N/A* *N/A%*	0.490 3.750%	0.000	22.550 76.667%	5.883	6.863 23.333%	0.000	58.826	0.000	1.765
990056 BEANS, BLACK LS 3/4 CUP	3/4 CUP	192	176.478	0.000 0.000%	205.891	1.471 3.334%	*N/A* *N/A%*	0.735 3.750%	0.000	33.825 76.667%	8.824	10.295 23.334%	0.000	88.239	0.000	2.647
990059 BEANS, REFRIED 1 CUP	1 CUP	256	200.000	2.000 9.000%	1160.000	2.000 4.000%	*N/A* *N/A%*	5.000 22.500%	0.000	30.000 60.000%	10.000	10.000 20.000%	0.000	0.000	0.000	0.000
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	128	100.000	1.000 9.000%	580.000	1.000 4.000%	*N/A* *N/A%*	2.500 22.500%	0.000	15.000 60.000%	5.000	5.000 20.000%	0.000	0.000	0.000	0.000

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990546 BEANS, REFRIED 1/4 CUP	1/4 CUP	64	50.000	0.500 9.000%	290.000	0.500 4.000%	*N/A* *N/A%*	1.250 22.500%	0.000	7.500 60.000%	2.500	2.500 20.000%	0.000	0.000	0.000	0.000
990058 BEANS, REFRIED 3/4 CUP	3/4 CUP	192	150.000	1.500 9.000%	870.000	1.500 4.000%	*N/A* *N/A%*	3.750 22.500%	0.000	22.500 60.000%	7.500	7.500 20.000%	0.000	0.000	0.000	0.000
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	95	30.000	0.000 0.000%	15.000	1.000 13.333%	*N/A* *N/A%*	0.000 0.000%	0.000	5.000 66.667%	*N/A*	2.000 26.667%	*N/A*	30.000	48.000	0.400
990038 BROCCOLI, FROZEN CUTS 1/2 c	1/2 CUP	47	15.000	0.000 0.000%	7.500	0.500 13.333%	*N/A* *N/A%*	0.000 0.000%	0.000	2.500 66.667%	*N/A*	1.000 26.667%	*N/A*	15.000	24.000	0.200
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	71	22.500	0.000 0.000%	11.250	0.750 13.333%	*N/A* *N/A%*	0.000 0.000%	0.000	3.750 66.667%	*N/A*	1.500 26.667%	*N/A*	22.500	36.000	0.300
990039 BROCCOLI, FROZEN, NO SALT FROZEN 1 c	1 Cup	184	52.000	0.000 0.000%	44.000	2.000 15.385%	*N/A* *N/A%*	0.000 0.000%	0.000	10.000 76.923%	6.000	6.000 46.154%	400.000	40.000	48.000	0.360
990062 BROCCOLI, FROZEN, NO SALT FROZEN 110473 1/2 c	.5 Cup	92	26.000	0.000 0.000%	22.000	1.000 15.385%	*N/A* *N/A%*	0.000 0.000%	0.000	5.000 76.923%	3.000	3.000 46.154%	200.000	20.000	24.000	0.180
990063 BROCCOLI, FROZEN, NO SALT FROZEN 110473 3/4 c	.75 Cup	138	39.000	0.000 0.000%	33.000	1.500 15.385%	*N/A* *N/A%*	0.000 0.000%	0.000	7.500 76.923%	4.500	4.500 46.154%	300.000	30.000	36.000	0.270
990271 BROCCOLI, RAW FRESH cr .75	1.7 oz=3/4 c	48	16.386	0.055 3.015%	15.904	0.819 19.993%	*N/A* *N/A%*	0.178 9.793%	0.000	3.200 78.118%	1.253	1.359 33.175%	300.255	22.652	42.990	0.352
990545 BROCCOLI, RAW FRESH 1/2 cr	1.1 oz =1/2c	31	10.603	0.036 3.022%	10.291	0.530 19.994%	*N/A* *N/A%*	0.115 9.795%	0.000	2.071 78.118%	0.811	0.879 33.160%	194.283	14.657	27.817	0.228
990327 BROCCOLI, RAW FRESH 1c cr	2.2 oz=1 c	62	21.206	0.071 3.018%	20.582	1.060 19.994%	*N/A* *N/A%*	0.231 9.795%	0.000	4.141 78.118%	1.622	1.759 33.179%	388.565	29.314	55.634	0.455
990412 CARROT STIX & PEA PODS 3/4 CUP	CUP	121	50.036	0.042 0.754%	53.976	5.397 43.145%	*N/A* *N/A%*	0.272 4.894%	0.000	10.665 85.259%	3.296	1.972 15.765%	13122.287	44.441	31.660	1.169
990587 CARROT, GLAZED SLICED 1/2 CUP	SERVINGS 1/2 c	108	114.855	3.405 26.681%	*271.661*	*11.710* *40.782%*	*0.000* *0.000%*	5.351 41.928%	14.593	*15.055* *52.431%*	3.345	*1.115* *3.883%*	*222.997*	*33.682*	*3.345*	*0.002*
990588 CARROT, GLAZED SLICED 3/4 CUP	SERVINGS 3/4 C	161	161.456	4.540 25.307%	*407.492*	*16.840* *41.720%*	*0.000* *0.000%*	7.134 39.769%	19.457	*21.857* *54.150%*	5.017	*1.672* *4.142%*	*334.495*	*50.524*	*5.017*	*0.003*
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	88	27.613	0.031 1.017%	64.070	3.106 44.993%	*N/A* *N/A%*	0.189 6.163%	0.000	6.358 92.102%	2.087	0.742 10.749%	9612.153	31.185	4.312	0.232
990197 CARROTS, BABY FRESH 1 C	5 OZ (16 EA)	142	49.612	0.000 0.000%	110.563	6.747 54.398%	*N/A* *N/A%*	0.000 0.000%	0.000	11.680 94.171%	4.111	0.907 7.313%	19546.980	45.359	3.685	1.262
990195 CARROTS, BABY FRESH 1/2 C	2.5 OZ (8 EA)	71	24.806	0.000 0.000%	55.282	3.374 54.406%	*N/A* *N/A%*	0.000 0.000%	0.000	5.840 94.172%	2.055	0.454 7.321%	9773.662	22.680	1.843	0.631

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990669 CARROTS, BABY FRESH 1/4 C	1.3 OZ (4 EA)	35	12.404	0.000 0.000%	27.643	1.687 54.402%	*N/A* *N/A%*	0.000 0.000%	0.000	2.920 94.173%	1.028	0.227 7.320%	4887.176	11.341	0.921	0.315
990196 CARROTS, BABY FRESH 3/4 C	3.75 OZ (12 EA)	106	37.209	0.000 0.000%	82.922	5.060 54.395%	*N/A* *N/A%*	0.000 0.000%	0.000	8.760 94.171%	3.083	0.680 7.310%	14660.235	34.019	2.764	0.946
990394 CARROTS,STICKS 3EA	SERVING	57	23.247	0.018 0.701%	39.122	2.688 46.251%	*N/A* *N/A%*	0.136 5.269%	0.000	5.432 93.462%	1.588	0.527 9.068%	9472.135	18.711	3.345	0.170
990397 CARROTS,STICKS 6 EA	SERVING	113	46.493	0.036 0.703%	78.245	5.375 46.244%	*N/A* *N/A%*	0.272 5.269%	0.000	10.864 93.464%	3.175	1.055 9.077%	18944.270	37.421	6.690	0.340
990485 CARROTS,STICKS 9 EA	SERVING	170	69.740	0.054 0.702%	117.367	8.063 46.246%	*N/A* *N/A%*	0.408 5.268%	0.000	16.295 93.463%	4.763	1.582 9.074%	28416.405	56.132	10.036	0.510
990646 CAULIFLOWER FLORETS	1/2 CUP SERVING	50	12.500	0.065 4.680%	15.000	0.955 30.560%	*N/A* *N/A%*	0.140 10.080%	0.000	2.485 79.520%	1.000	0.960 30.720%	0.000	11.000	24.100	0.210
990395 CELERY,STICKS 3 EA	3 STICKS	31	4.366	0.013 2.700%	24.948	0.418 38.296%	*N/A* *N/A%*	0.053 10.925%	0.000	0.926 84.856%	0.499	0.215 19.698%	140.018	12.474	0.967	0.062
990661 CELERY,STICKS 6 EA	6 STICKS=1/ 2 c	62	8.732	0.026 2.700%	49.895	0.836 38.296%	*N/A* *N/A%*	0.106 10.925%	0.000	1.852 84.856%	0.998	0.430 19.698%	280.036	24.948	1.933	0.125
990523 CHEESY REFRIED BEANS @ 1 CUP	1 CUP	258	245.814	4.908 17.970%	1201.721	1.908 3.105%	*N/A* *N/A%*	9.270 33.941%	15.000	29.122 47.389%	9.541	12.541 20.407%	0.000	99.500	0.000	0.000
990522 CHEESY REFRIED BEANS @ 3/4 CUP	3/4 CUP	181	182.662	4.148 20.436%	847.230	1.306 2.860%	*N/A* *N/A%*	7.527 37.087%	14.211	20.057 43.922%	6.528	9.370 20.519%	0.000	94.263	0.000	0.000
990521 CHEESY REFRIED BEANS 1/2 CUP	1/2 CUP	142	156.423	4.112 23.660%	674.295	0.992 2.537%	*N/A* *N/A%*	7.161 41.199%	15.600	15.404 39.389%	4.961	8.081 20.664%	0.000	103.480	0.000	0.000
990591 CHILI, VEGETARIAN 1 C	1 CUP	370	221.564	0.230 0.934%	840.802	*7.109* *12.834%*	*N/A* *N/A%*	3.672 14.917%	0.000	37.492 67.686%	10.486	9.793 17.680%	*276.318*	*105.599*	*7.772*	*6.494*
990556 CHILI, VEGETARIAN 3/4 C	3/4 CUP	278	166.173	0.173 0.934%	630.602	*5.332* *12.835%*	*N/A* *N/A%*	2.754 14.917%	0.000	28.119 67.686%	7.864	7.345 17.680%	*207.239*	*79.199*	*5.829*	*4.871*
990603 DIPPING SAUCE (KCHS RECIPE)	4 OZ	126	35.784	0.159 3.991%	82.475	5.442 60.832%	0.000 0.000%	0.245 6.149%	0.763	7.960 88.978%	1.520	1.094 12.229%	*4.200*	21.331	*0.035*	*0.162*
990604 DIPPING SAUCE (NEW RECIPE 2/22)	4 OZ	130	37.273	0.162 3.912%	82.439	5.622 60.333%	0.000 0.000%	0.249 6.020%	0.780	8.289 88.951%	1.624	1.152 12.363%	*4.186*	22.121	*0.035*	*0.161*
990430 KK SEASONED FRIES 1 C	3.2 OZ COOKED	119	198.446	0.000 0.000%	337.359	0.000 0.000%	*N/A* *N/A%*	5.953 27.000%	0.000	29.767 60.000%	0.000	1.984 3.999%	0.000	19.845	0.000	0.595
990428 KK SEASONED FRIES 1/2	1.6 OZ cooked	60	99.223	0.000 0.000%	168.680	0.000 0.000%	*N/A* *N/A%*	2.977 27.000%	0.000	14.884 60.000%	0.000	0.992 3.999%	0.000	9.922	0.000	0.298

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Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990429 KK SEASONED FRIES 3/4	2.5 oz COOKED	89	148.835	0.000 0.000%	253.019	0.000 0.000%	*N/A* *N/A%*	4.465 27.000%	0.000	22.325 60.000%	0.000	1.488 3.999%	0.000	14.883	0.000	0.447
34 LETTUCE & TOMATO:1 leaf,2 slice	1 LEAF 2 SLICE	68	11.966	0.011 0.842%	4.383	1.648 55.089%	*N/A* *N/A%*	0.140 10.500%	0.000	2.450 81.885%	1.076	0.709 23.700%	2745.966	9.957	6.552	0.322
990194 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	2 OZ	57	7.938	0.010 1.156%	5.670	1.117 56.286%	*N/A* *N/A%*	0.079 9.002%	0.000	1.684 84.858%	0.680	0.510 25.699%	284.629	10.206	1.588	0.232
990625 MARINARA PC CUP 2.5 OZ	PC CUP	71	39.929	0.000 0.000%	199.645	3.993 40.001%	*N/A* *N/A%*	0.998 22.499%	0.000	6.988 70.000%	1.996	0.998 9.998%	0.000	18.966	0.000	0.000
990423 PEAS & CARROTS, 1 CUP	CUP	188	120.000	0.000 0.000%	60.000	8.000 26.667%	*N/A* *N/A%*	0.000 0.000%	0.000	22.360 74.533%	6.000	6.000 20.000%	3500.000	40.000	9.600	1.440
990424 PEAS & CARROTS, 3/4 C	3/4 CUP	141	90.000	0.000 0.000%	45.000	6.000 26.667%	*N/A* *N/A%*	0.000 0.000%	0.000	16.770 74.533%	4.500	4.500 20.000%	2625.000	30.000	7.200	1.080
990331 PEAS & CARROTS, 1/2 C	1/2 CUP	94	60.000	0.000 0.000%	30.000	4.000 26.667%	*N/A* *N/A%*	0.000 0.000%	0.000	11.180 74.533%	3.000	3.000 20.000%	1750.000	20.000	4.800	0.720
990674 PEAS, PODS & BROCCOLI, FRESH	0.75 CUP	48	17.743	0.042 2.141%	10.971	1.210 27.278%	*N/A* *N/A%*	0.149 7.578%	0.000	3.354 75.617%	1.253	1.355 30.547%	379.073	21.967	38.017	0.581
990274 PEAS,EDIBLE-PODDED,RAW	15 PODS	51	21.420	0.020 0.836%	2.040	2.040 38.095%	*N/A* *N/A%*	0.102 4.286%	0.000	3.851 71.905%	1.326	1.428 26.667%	554.370	21.930	30.600	1.061
990273 PEAS,EDIBLE-PODDED,RAW 1/2 c	10 PODS	34	14.280	0.013 0.838%	1.360	1.360 38.095%	*N/A* *N/A%*	0.068 4.286%	0.000	2.567 71.905%	0.884	0.952 26.667%	369.580	14.620	20.400	0.707
990673 PEAS,EDIBLE-PODDED,RAW 1/4 c	5 PODS	17	7.140	0.007 0.832%	0.680	0.680 38.095%	*N/A* *N/A%*	0.034 4.286%	0.000	1.284 71.905%	0.442	0.476 26.667%	184.790	7.310	10.200	0.354
990474 PEAS,PODS RAW & CELERY STICKS	10 PODS/3 STICK	65	18.646	0.026 1.274%	26.308	1.778 38.142%	*N/A* *N/A%*	0.121 5.840%	0.000	3.493 74.937%	1.383	1.167 25.035%	509.598	27.094	21.367	0.770
990486 PEAS,PODS RAW & CELERY STICKS 1/2	7 PODS/2 STICK	44	12.893	0.018 1.256%	17.508	1.229 38.129%	*N/A* *N/A%*	0.083 5.780%	0.000	2.412 74.816%	0.950	0.809 25.099%	351.627	18.512	14.922	0.536
990042 PEPPERS AND ONIONS, ROASTED 1/2 c	1/2 Cup	143	80.000	0.000 0.000%	220.000	7.000 35.000%	*N/A* *N/A%*	1.500 16.875%	0.000	14.000 70.000%	3.000	2.000 10.000%	20.000	30.000	38.000	0.700
990066 PEPPERS AND ONIONS, ROASTED 1/4 c	1/4 Cup	71	40.080	0.000 0.000%	110.219	3.507 35.000%	*N/A* *N/A%*	0.752 16.875%	0.000	7.014 69.999%	1.503	1.002 10.000%	10.020	15.030	19.038	0.351
990155 POTATO, TATER TOTS	1/2 CUP	71	140.000	1.000 6.429%	190.000	0.000 0.000%	*N/A* *N/A%*	7.000 45.000%	0.000	16.000 45.714%	1.000	1.000 2.857%	0.000	0.000	0.000	0.400
990156 POTATO, TATER TOTS	3/4 CUP	106	208.333	1.488 6.429%	282.738	0.000 0.000%	*N/A* *N/A%*	10.417 45.000%	0.000	23.810 45.714%	1.488	1.488 2.857%	0.000	0.000	0.000	0.595

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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)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990157 POTATO, TATER TOTS	1 CUP	142	277.778	1.984 6.428%	376.984	0.000 0.000%	*N/A* *N/A%*	13.889 45.000%	0.000	31.746 45.714%	1.984	1.984 2.857%	0.000	0.000	0.000	0.794
990620 POTATOES, FRIES CURLY SEASONED 1 CUP	4.3 oz=1 CUP	123	201.700	0.000 0.000%	383.229	0.000 0.000%	*N/A* *N/A%*	6.051 27.000%	0.000	34.289 68.000%	2.017	2.017 4.000%	0.000	0.000	0.000	0.000
990621 POTATOES, FRIES CURLY SEASONED 1/2 CUP	2.17 OZ=.5 C	62	100.850	0.000 0.000%	191.615	0.000 0.000%	*N/A* *N/A%*	3.026 27.000%	0.000	17.145 68.000%	1.008	1.008 3.998%	0.000	0.000	0.000	0.000
990619 POTATOES, FRIES CURLY SEASONED 3/4 CUP	3.25 oz=3/4 CUP	92	151.042	0.000 0.000%	286.981	0.000 0.000%	*N/A* *N/A%*	4.531 27.000%	0.000	25.677 68.000%	1.510	1.510 3.999%	0.000	0.000	0.000	0.000
990565 POTATOES, MASHED INSTANT PREPARED 1 CUP	1 CUP PREPARE	243	150.536	0.000 0.000%	624.913	1.673 4.445%	*N/A* *N/A%*	2.509 15.000%	0.000	30.107 80.000%	3.345	3.345 8.888%	0.000	6.044	9.032	0.000
990564 POTATOES, MASHED INSTANT PREPARED 1/2 CUP	1/2 CUP PREPARE	121	75.201	0.000 0.000%	312.152	0.836 4.447%	*N/A* *N/A%*	1.253 14.999%	0.000	15.040 80.000%	1.671	1.671 8.888%	0.000	2.994	4.512	0.000
990566 POTATOES, MASHED INSTANT PREPARED 3/4 CUP	3/4 CUP PREPARE	183	112.944	0.000 0.000%	468.875	1.255 4.445%	*N/A* *N/A%*	1.882 15.000%	0.000	22.589 80.000%	2.510	2.510 8.889%	0.000	4.550	6.777	0.000
990154 SALSA, GREEN CHILI	1/4 Cup	62	20.000	0.000 0.000%	440.000	2.000 40.000%	*N/A* *N/A%*	0.000 0.000%	0.000	4.000 80.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990622 SWEET POTATO CRINKLE CUT FRIES	1/2 CUP	89	140.000	1.000 6.429%	150.000	8.000 22.857%	*N/A* *N/A%*	6.000 38.571%	0.000	20.000 57.143%	3.000	1.000 2.857%	*N/A*	30.000	1.000	0.400
990623 SWEET POTATO CRINKLE CUT FRIES	3/4 CUP	134	210.222	1.502 6.429%	225.238	12.013 22.858%	*N/A* *N/A%*	9.010 38.571%	0.000	30.032 57.143%	4.505	1.502 2.858%	*N/A*	45.048	1.502	0.601
990624 SWEET POTATO CRINKLE CUT FRIES	1 CUP	179	280.000	2.000 6.429%	300.000	16.000 22.857%	*N/A* *N/A%*	12.000 38.571%	0.000	40.000 57.143%	6.000	2.000 2.857%	*N/A*	60.000	2.000	0.800
990193 TOMATO GRAPE, FRESH	3 OZ	85	25.000	0.000 0.000%	0.000	3.000 48.000%	*N/A* *N/A%*	0.000 0.000%	0.000	6.000 96.000%	0.000	0.000 0.000%	400.000	0.000	24.000	0.000
990549 VEGETABLE BAR	SERVINGS	227	137.190	0.053 0.346%	188.585	*3.356* *9.785%*	*N/A* *N/A%*	0.682 4.476%	0.000	26.972 78.642%	7.465	7.786 22.701%	2465.273	78.211	42.660	2.244
990636 VEGETABLE, CORN LS 1 CUP	CUP	250	120.000	0.000 0.000%	280.000	14.000 46.667%	*N/A* *N/A%*	2.000 15.000%	0.000	26.000 86.667%	4.000	2.000 6.667%	0.000	22.000	0.000	0.800
990634 VEGETABLE, CORN LS 1/2 CUP	1/2 CUP	125	60.000	0.000 0.000%	140.000	7.000 46.667%	*N/A* *N/A%*	1.000 15.000%	0.000	13.000 86.667%	2.000	1.000 6.667%	0.000	11.000	0.000	0.400
990635 VEGETABLE, CORN LS 3/4 CUP	3/4 CUP	188	90.000	0.000 0.000%	210.000	10.500 46.667%	*N/A* *N/A%*	1.500 15.000%	0.000	19.500 86.667%	3.000	1.500 6.667%	0.000	16.500	0.000	0.600
990069 VEGETABLE, CORN USDA 1/2 C	1/2 CUP	125	80.000	0.000 0.000%	15.000	7.000 35.000%	*N/A* *N/A%*	2.000 22.500%	0.000	17.000 85.000%	2.000	2.000 10.000%	*N/A*	*N/A*	*N/A*	*N/A*

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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)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990068 VEGETABLE, CORN USDA 3/4 C	3/4 CUP	123	78.720	0.000 0.000%	14.760	6.888 35.000%	*N/A* *N/A%*	1.968 22.500%	0.000	16.728 85.000%	1.968	1.968 10.000%	*N/A*	*N/A*	*N/A*	*N/A*
990067 VEGETABLE, CORN USDA 1 C	1 CUP	164	104.960	0.000 0.000%	19.680	9.184 35.000%	*N/A* *N/A%*	2.624 22.500%	0.000	22.304 85.000%	2.624	2.624 10.000%	*N/A*	*N/A*	*N/A*	*N/A*
990551 VEGETABLE, FIESTA CORN	1/2 CUP	136	91.772	0.288 2.822%	*26.105*	*6.965* *30.358%*	*N/A* *N/A%*	2.424 23.774%	1.217	*18.448* *80.408%*	2.502	*2.551* *11.119%*	*104.269*	*5.742*	*5.375*	*0.167*
990543 VEGETABLE, MONTEREY BLEND 1 CUP	1 CUP DRAINED	121	39.938	0.000 0.000%	53.250	2.663 26.671%	*N/A* *N/A%*	0.000 0.000%	0.000	7.988 79.999%	2.663	1.331 13.331%	0.000	39.938	0.000	0.000
990538 VEGETABLE, MONTEREY BLEND 3/4	3/4 CUP DRAINED	91	30.000	0.000 0.000%	40.000	2.000 26.667%	*N/A* *N/A%*	0.000 0.000%	0.000	6.000 80.000%	2.000	1.000 13.333%	0.000	30.000	0.000	0.000
990276 VEGETABLE/ SALAD BAR	SERVINGS	274	122.221	0.061 0.449%	144.377	5.924 19.388%	*N/A* *N/A%*	0.617 4.541%	0.000	24.435 79.971%	7.371	6.545 21.420%	9843.818	86.235	53.483	2.459
990573 VEGGIE BOAT	BOAT	152	32.534	0.052 1.450%	44.606	3.265 40.143%	*N/A* *N/A%*	0.125 3.452%	0.000	7.216 88.717%	1.990	1.201 14.766%	4049.233	30.821	28.201	0.513
990148 WINTER MIX , VEG.	1/2 CUP	89	24.995	0.000 0.000%	19.996	1.000 16.003%	*N/A* *N/A%*	0.000 0.000%	0.000	3.999 64.000%	2.000	2.000 32.006%	0.000	29.994	37.993	0.400
990149 WINTER MIX , VEG. .75	3/4 CUP	134	37.633	0.000 0.000%	30.106	1.505 15.997%	*N/A* *N/A%*	0.000 0.000%	0.000	6.021 64.000%	3.011	3.011 32.004%	0.000	45.160	57.202	0.602
990150 WINTER MIX , VEG. 1 Cup	1 Cup	178	49.990	0.000 0.000%	39.992	2.000 16.003%	*N/A* *N/A%*	0.000 0.000%	0.000	7.998 64.000%	3.999	3.999 31.998%	0.000	59.988	75.985	0.800

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