

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)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990404 APPLE SLICES CANNED 1 C	CUP	240	100.000	0.000 0.000%	20.000	18.000 72.000%	0.000 0.000%	0.000	24.000 96.000%	4.000	0.000 0.000%	0.000	0.000	0.000	0.000
990403 APPLE SLICES CANNED 1/2	1/2 CUP	120	50.000	0.000 0.000%	10.000	9.000 72.000%	0.000 0.000%	0.000	12.000 96.000%	2.000	0.000 0.000%	0.000	0.000	0.000	0.000
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	111	55.000	0.030 0.491%	1.000	11.010 80.073%	0.180 2.945%	0.000	14.640 106.473%	2.500	0.280 2.036%	50.000	10.000	0.600	0.180
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	122	51.000	0.000 0.000%	2.000	11.000 86.275%	0.000 0.000%	0.000	14.000 109.804%	1.000	0.000 0.000%	0.000	0.000	0.000	0.000
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	122	51.000	0.000 0.000%	2.000	11.000 86.275%	0.000 0.000%	0.000	14.000 109.804%	1.000	0.000 0.000%	0.000	0.000	0.000	0.000
990160 APPLESAUCE, UNSWEETENED CANNED	3/4 CUP	183	76.500	0.000 0.000%	3.000	16.500 86.275%	0.000 0.000%	0.000	21.000 109.804%	1.500	0.000 0.000%	0.000	0.000	0.000	0.000
990161 APPLESAUCE, UNSWEETENED CANNED	1 Cup	244	102.000	0.000 0.000%	4.000	22.000 86.275%	0.000 0.000%	0.000	28.000 109.804%	2.000	0.000 0.000%	0.000	0.000	0.000	0.000
990457 BABY CARROTS & CELERY STICKS 1/2 c	SERVING	85	27.216	0.030 0.992%	61.802	3.068 45.091%	0.184 6.095%	0.000	6.274 92.208%	2.042	0.722 10.611%	9599.424	30.051	4.224	0.226
990458 BABY CARROTS & CELERY STICKS 3/4	SERVING 3/4 C	162	44.688	0.024 0.479%	127.259	5.758 51.540%	0.096 1.941%	0.000	10.336 92.517%	3.952	1.063 9.515%	14734.079	56.280	4.488	1.048
990357 BABY CARROTS & PEA PODS 1 CUP	CUP	104	38.780	0.013 0.309%	55.960	4.692 48.396%	0.068 1.578%	0.000	8.335 85.972%	2.914	1.400 14.440%	10022.580	37.020	22.220	1.330
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	92	35.378	0.018 0.450%	38.224	4.035 45.622%	0.091 2.307%	0.000	7.269 82.188%	2.532	1.568 17.729%	6929.945	34.431	28.414	1.358
990243 BACON, TURKEY FC	SLICE	5	25.000	0.500 18.000%	110.000	0.000 0.000%	2.000 72.000%	5.000	0.000 0.000%	0.000	2.000 32.000%	0.000	0.000	0.000	0.000
990077 BANANA BREAD, SLICE	SLICE	96	280.000	2.000 6.429%	220.000	25.000 35.714%	10.000 32.143%	0.000	44.000 62.857%	2.000	5.000 7.143%	100.000	80.000	0.000	1.080
990187 BANANAS,RAW	EACH	136	121.040	0.152 1.132%	1.360	16.633 54.967%	0.449 3.337%	0.000	31.062 102.652%	3.536	1.482 4.898%	87.040	6.800	11.832	0.354
990500 BAR, BERRY APPLE CRISP	BAR	62	250.000	2.500 9.000%	80.000	14.000 22.400%	8.000 28.800%	0.000	41.000 65.600%	3.000	4.000 6.400%	0.000	0.000	0.000	0.000
990078 BAR, COCOA CHIP BENEFIT	BAR	71	270.000	2.500 8.333%	230.000	21.000 31.111%	8.000 26.667%	0.000	48.000 71.111%	5.000	5.000 7.407%	0.000	20.000	0.000	2.700

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990338 BASE, CHICKEN LOW SODIUM	CUP	241	15.000	0.000 0.000%	147.110	1.000 26.667%	0.500 30.000%	0.000	2.000 53.333%	0.000	0.000 0.000%	0.000	7.110	0.000	0.000
990322 BBQ BEEF HOAGIE	SANDWICH	156	317.799	4.500 12.744%	845.242	6.780 8.534%	12.430 35.201%	35.000	37.505 47.206%	2.320	15.000 18.880%	0.000	60.000	12.130	4.470
990443 BBQ MEATBALLS	SERVINGS	99	262.799	7.500 25.685%	683.576	4.613 7.021%	18.333 62.786%	50.000	11.005 16.750%	0.000	11.667 17.758%	1.667	1.667	5.223	8.557
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	154	31.986	0.000 0.000%	279.987	1.987 24.848%	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%	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%	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	261	280.000	0.000 0.000%	1100.000	24.000 34.286%	2.000 6.429%	0.000	58.000 82.857%	10.000	12.000 17.143%	0.000	80.000	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%	1.000 6.429%	0.000	29.000 82.857%	5.000	6.000 17.143%	0.000	40.000	0.000	1.800
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	196	210.000	0.000 0.000%	825.000	18.000 34.286%	1.500 6.429%	0.000	43.500 82.857%	7.500	9.000 17.143%	0.000	60.000	0.000	2.700
990057 BEANS, BLACK LS 1 CUP	1 CUP	261	240.000	0.000 0.000%	280.000	2.000 3.333%	1.000 3.750%	0.000	46.000 76.667%	12.000	14.000 23.333%	0.000	120.000	0.000	3.600
990036 BEANS, BLACK LS 1/2 CUP	1/2 CUP	130	120.000	0.000 0.000%	140.000	1.000 3.333%	0.500 3.750%	0.000	23.000 76.667%	6.000	7.000 23.333%	0.000	60.000	0.000	1.800
990056 BEANS, BLACK LS 3/4 CUP	3/4 CUP	196	180.000	0.000 0.000%	210.000	1.500 3.333%	0.750 3.750%	0.000	34.500 76.667%	9.000	10.500 23.333%	0.000	90.000	0.000	2.700
990059 BEANS, REFRIED 1 CUP	1 CUP	256	240.000	2.000 7.500%	1080.000	2.000 3.333%	5.000 18.750%	0.000	36.000 60.000%	12.000	12.000 20.000%	0.000	40.000	0.000	0.000
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	128	120.000	1.000 7.500%	540.000	1.000 3.333%	2.500 18.750%	0.000	18.000 60.000%	6.000	6.000 20.000%	0.000	20.000	0.000	0.000
990058 BEANS, REFRIED 3/4 CUP	3/4 CUP	192	180.000	1.500 7.500%	810.000	1.500 3.333%	3.750 18.750%	0.000	27.000 60.000%	9.000	9.000 20.000%	0.000	30.000	0.000	0.000
990109 BEEF CRUMBLES, COOKED USDA	1.15 OZ	33	67.000	2.000 26.866%	109.000	0.000 0.000%	4.000 53.731%	22.000	2.000 11.940%	1.000	6.000 35.821%	0.100	0.400	0.000	1.044
990359 BEEF HOT DOG SANDWICH	SANDWICH	96	300.000	0.000 0.000%	790.000	5.000 6.667%	18.500 55.500%	35.000	22.000 29.333%	2.000	11.000 14.667%	0.000	40.000	1.200	1.800

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990110 BEEF PATTY, COOKED USDA	PATTY	62	130.000	3.000 20.769%	260.000	0.000 0.000%	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	350.000	7.000 18.000%	320.000	1.000 1.143%	24.000 61.714%	40.000	19.000 21.714%	3.000	14.000 16.000%	0.000	40.000	0.000	1.800
990300 BEEF, BBQ SUB	SUB	136	317.799	4.100 11.611%	849.242	6.380 8.030%	13.144 37.224%	28.000	38.705 48.716%	2.256	14.800 18.628%	0.000	16.000	2.082	8.754
990123 BEEF, HOT DOG 6"	EACH	57	190.000	0.000 0.000%	600.000	1.000 2.105%	17.000 80.526%	35.000	1.000 2.105%	0.000	7.000 14.737%	0.000	0.000	1.200	0.360
990113 BEEF, MEATBALLS	5 EACH	71	225.000	7.500 30.000%	258.334	0.833 1.481%	18.333 73.333%	50.000	2.500 4.444%	0.000	11.667 20.741%	1.667	1.667	3.333	6.667
990127 BEEF, PHILLY STEAK STRIPS	3 OZ	85	120.000	3.000 22.500%	645.000	1.500 5.000%	7.500 56.250%	30.000	1.500 5.000%	0.000	10.500 35.000%	0.000	3.000	0.000	6.000
990131 BEEF, RAVIOLI	CUP	254	250.000	3.500 12.600%	690.000	6.000 9.600%	8.000 28.800%	30.000	30.000 48.000%	5.000	16.000 25.600%	200.000	20.000	0.000	2.700
990468 BISCUIT STICK	STICK	35	110.000	3.000 24.545%	370.000	1.000 3.636%	5.000 40.909%	0.000	13.000 47.273%	0.000	2.000 7.273%	0.510	20.000	0.060	0.800
990234 BLUEBERRY MUFFIN	MUFFIN	57	190.000	2.000 9.474%	130.000	16.000 33.684%	6.000 28.421%	40.000	30.000 63.158%	2.000	3.000 6.316%	0.000	29.000	0.000	1.000
990045 BREAD STICK WG	1 OZ	28	90.000	0.000 0.000%	120.000	2.000 8.889%	2.500 25.000%	0.000	14.000 62.222%	1.000	3.000 13.333%	0.000	20.000	0.000	0.720
990091 BREAD, GF WHITE	SLICE	28	75.000	0.000 0.000%	155.000	1.500 8.000%	1.500 18.000%	0.000	14.000 74.667%	0.500	1.500 8.000%	0.000	7.000	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%	0.000 0.000%	0.000	5.000 66.667%	2.000	2.000 26.667%	400.000	40.000	48.000	0.360
990038 BROCCOLI, FROZEN CUTS 1/2 c	1/2 CUP	47	15.000	0.000 0.000%	7.500	0.500 13.333%	0.000 0.000%	0.000	2.500 66.667%	1.000	1.000 26.667%	200.000	20.000	24.000	0.180
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	71	22.500	0.000 0.000%	11.250	0.750 13.333%	0.000 0.000%	0.000	3.750 66.667%	1.500	1.500 26.667%	300.000	30.000	36.000	0.270
990039 BROCCOLI, FROZEN, NO SALT FROZEN 1 c	1 Cup	184	52.000	0.000 0.000%	44.000	2.000 15.385%	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%	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%	0.000 0.000%	0.000	7.500 76.923%	4.500	4.500 46.154%	300.000	30.000	36.000	0.270

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990271 BROCCOLI, RAW FRESH	3/4 CUP	66	22.440	0.075 3.016%	21.780	1.122 20.000%	0.244 9.794%	0.000	4.382 78.118%	1.716	1.861 33.173%	411.180	31.020	58.872	0.482
990327 BROCCOLI, RAW FRESH	1 CUP	88	29.920	0.100 3.017%	29.040	1.496 20.000%	0.326 9.794%	0.000	5.843 78.118%	2.288	2.482 33.182%	548.240	41.360	78.496	0.642
990075 BUN, HAMBURGER	BUN	57	140.000	0.000 0.000%	250.000	5.000 14.286%	2.000 12.857%	0.000	29.000 82.857%	3.000	6.000 17.143%	0.000	60.000	0.000	1.800
990076 BUN, HOT DOG	BUN	40	110.000	0.000 0.000%	190.000	4.000 14.545%	1.500 12.273%	0.000	21.000 76.364%	2.000	4.000 14.545%	0.000	40.000	0.000	1.440
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	35	160.000	0.500 2.812%	110.000	9.000 22.500%	6.000 33.750%	0.000	25.000 62.500%	3.000	3.000 7.500%	0.000	25.000	0.000	6.000
990471 BURRITO SW	BURRITO	172	298.500	3.140 9.467%	470.430	2.000 2.680%	9.470 28.553%	16.030	41.480 55.585%	9.480	16.030 21.481%	1000.000	150.000	18.000	3.600
990344 BUTTERMILK 1% , LOWFAT	CUP	227	110.000	1.500 12.273%	260.000	12.000 43.636%	2.500 20.455%	10.000	13.000 47.273%	0.000	8.000 29.091%	500.000	300.000	1.200	0.000
990412 CARROT STIX & PEA PODS 3/4 CUP	CUP	121	50.036	0.042 0.754%	53.976	5.397 43.145%	0.272 4.894%	0.000	10.665 85.259%	3.296	1.972 15.765%	13122.287	44.441	31.660	1.169
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	113	31.185	0.042 1.209%	84.481	3.448 44.226%	0.233 6.710%	0.000	7.116 91.272%	2.495	0.918 11.775%	9726.714	41.391	5.103	0.283
990195 CARROTS, BABY FRESH	3 oz- (6 EA)	70	24.500	0.000 0.000%	54.600	3.332 54.400%	0.000 0.000%	0.000	5.768 94.171%	2.030	0.448 7.314%	9653.000	22.400	1.820	0.623
990196 CARROTS, BABY FRESH	3/4 CUP /9 EA	105	36.750	0.000 0.000%	81.900	4.998 54.400%	0.000 0.000%	0.000	8.652 94.171%	3.045	0.672 7.314%	14479.500	33.600	2.730	0.934
990197 CARROTS, BABY FRESH	CUP (12 ea)	140	49.000	0.000 0.000%	109.200	6.664 54.400%	0.000 0.000%	0.000	11.536 94.171%	4.060	0.896 7.314%	19306.000	44.800	3.640	1.246
990394 CARROTS,STICKS 3EA	SERVING	57	23.247	0.018 0.701%	39.122	2.688 46.251%	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%	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%	0.408 5.268%	0.000	16.295 93.463%	4.763	1.582 9.074%	28416.405	56.132	10.036	0.510
990395 CELERY,STICKS 3 EA	3 STICKS	57	7.938	0.024 2.698%	45.359	0.760 38.297%	0.096 10.930%	0.000	1.684 84.858%	0.907	0.391 19.703%	254.579	22.680	1.758	0.113
990097 CEREAL BOWL, COCOA PUFF 25%LS	BOWL	30	110.000	0.000 0.000%	120.000	8.000 29.091%	1.500 12.273%	0.000	25.000 90.909%	2.000	2.000 7.273%	500.000	100.000	6.000	4.500

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990484 CEREAL, CHERRIOS GF	BOWL	28	100.000	0.000 0.000%	140.000	1.000 4.000%	2.000 18.000%	0.000	21.000 84.000%	3.000	4.000 16.000%	300.000	60.000	3.600	9.000
990082 CEREAL, CINN. TOAST CRUNCH	BOWL	28	111.373	0.506 4.091%	161.997	6.075 21.819%	3.544 28.636%	0.000	22.275 80.000%	3.037	1.012 3.635%	404.993	202.496	4.860	3.645
990101 CEREAL, GF HONEY NUT CHEX	BOWL	31	120.000	0.000 0.000%	190.000	9.000 30.000%	0.500 3.750%	0.000	27.000 90.000%	1.000	2.000 6.667%	500.000	100.000	6.000	4.500
990099 CEREAL, MINI WHEATS CHOC	BOWL	28	100.000	0.000 0.000%	105.000	6.000 24.000%	1.000 9.000%	0.000	23.000 92.000%	3.000	3.000 12.000%	0.000	0.000	0.000	1.800
990465 CHEERIOS GF	BOWLPAK	28	100.000	0.500 4.500%	140.000	1.000 4.000%	15.000 135.000%	0.000	20.000 80.000%	3.000	3.000 12.000%	500.000	100.000	6.000	8.100
990328 CHEESE SAUCE, CHEDDAR 1.5 OZ	1.5 OZ	43	65.037	3.002 41.538%	275.157	0.000 0.000%	5.003 69.232%	15.009	2.501 15.384%	0.000	3.502 21.539%	0.000	104.560	0.000	0.000
990329 CHEESE SAUCE, CHEDDAR 2 OZ	2 OZ	62	94.824	4.377 41.539%	401.176	0.000 0.000%	7.294 69.230%	21.882	3.647 15.385%	0.000	5.106 21.539%	0.000	152.447	0.000	0.000
990261 CHEESE SAUCE, CHEDDAR 3 OZ	3 OZ	85	130.000	6.000 41.538%	550.000	0.000 0.000%	10.000 69.231%	30.000	5.000 15.385%	0.000	7.000 21.538%	0.000	209.000	0.000	0.000
990233 CHEESE STICK, MOZZARELLA CN 1 STICK	STICK	55	150.040	3.001 18.000%	320.085	2.001 5.335%	6.002 36.000%	15.004	17.005 45.333%	1.000	8.002 21.333%	0.000	150.040	0.000	0.720
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	109	300.080	6.002 18.000%	640.170	4.001 5.333%	12.003 36.000%	30.008	34.009 45.333%	2.001	16.004 21.333%	0.000	300.080	0.000	1.440
990407 CHEESE STICKS	2 STICK	120	302.521	6.050 18.000%	494.118	4.034 5.334%	11.092 33.000%	30.252	30.252 40.000%	3.025	19.160 25.334%	403.361	302.521	0.000	1.815
990321 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDED	OZ	28	90.000	4.000 40.000%	210.000	0.000 0.000%	6.000 60.000%	20.000	1.000 4.444%	0.000	7.000 31.111%	4.000	260.000	0.000	0.000
990085 CHEESE, SLICED CHEDDAR RS/RF	SLICE	14	35.000	1.250 32.143%	105.000	0.000 0.000%	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	70.000	2.500 32.143%	210.000	0.000 0.000%	4.000 51.429%	15.000	2.000 11.429%	0.000	7.000 40.000%	0.000	197.000	0.000	0.000
990361 CHEESE, STRING STICK	EACH	28	80.000	3.000 33.750%	190.000	1.000 5.000%	5.000 56.250%	15.000	0.000 0.000%	0.000	7.000 35.000%	0.000	20.000	0.000	0.000
990253 CHEESEBURGER	SANDWICH	136	325.000	5.750 15.923%	615.000	5.000 6.154%	15.000 41.538%	52.500	30.000 36.923%	3.000	21.500 26.462%	0.000	158.500	0.000	2.880
990352 CHEESEBURGER	SANDWICH	133	305.000	4.250 12.541%	615.000	5.000 6.557%	12.000 35.410%	47.500	30.000 39.344%	3.000	21.500 28.197%	0.000	168.500	0.000	3.420

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990523 CHEESY REFRIED BEANS @ 1 CUP	1 CUP	258	273.977	3.908 12.838%	1135.395	1.908 2.786%	7.770 25.525%	10.000	34.847 50.875%	11.449	14.949 21.825%	2.000	168.163	0.000	0.000
990521 CHEESY REFRIED BEANS @ 1/2 CUP	1/2 CUP	142	165.868	3.072 16.670%	645.006	0.992 2.392%	5.601 30.389%	10.400	18.380 44.325%	5.953	9.593 23.134%	2.080	155.045	0.000	0.000
990522 CHEESY REFRIED BEANS @ 3/4 CUP	3/4 CUP	180	199.300	3.200 14.452%	804.481	1.306 2.621%	6.106 27.574%	9.474	23.974 48.116%	7.833	11.149 22.376%	1.895	149.269	0.000	0.000
990341 CHEESY HOAGIE W/ DUNKER SAUCE SECONDARY	SERVINGS	294	432.193	9.288 19.341%	1260.954	10.537 9.752%	16.328 34.001%	43.362	42.890 39.696%	7.532	25.763 23.844%	1221.066	555.351	22.485	3.865
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	182	410.000	3.750 8.232%	707.500	5.500 5.366%	16.000 35.122%	60.000	38.500 37.561%	6.000	31.000 30.244%	40.500	3248.790	126.000	2.880
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	191	400.562	3.397 7.632%	718.624	5.756 5.748%	14.412 32.382%	60.094	38.756 38.702%	6.000	31.044 31.000%	0.000	163.779	0.000	2.970
990470 CHICKEN DRUMSTICK BREADED	DRUMSTICK	123	290.000	4.000 12.414%	550.000	0.000 0.000%	17.000 52.759%	100.000	8.000 11.034%	11.000	22.000 30.345%	100.000	20.000	78.000	1.440
990294 CHICKEN FAJITA QUESADILLA	EACH	189	472.326	7.448 14.192%	1182.594	1.683 1.425%	15.390 29.326%	61.123	54.183 45.886%	2.000	25.632 21.707%	2.000	463.779	0.000	3.424
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	150	380.000	2.500 5.921%	710.000	6.000 6.316%	15.000 35.526%	25.000	44.000 46.316%	6.000	20.000 21.053%	0.000	100.000	0.000	3.600
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	163	340.000	1.500 3.971%	540.000	5.000 5.882%	11.000 29.118%	45.000	38.000 44.706%	6.000	25.000 29.412%	0.000	60.000	0.000	2.880
990227 CHICKEN STRIPS, BREADED	3 EA	126	285.000	2.250 7.105%	465.000	0.000 0.000%	13.500 42.632%	60.000	16.500 23.158%	1.500	24.000 33.684%	0.000	0.000	3.000	9.000
990510 CHICKEN TATER BAKE	CUP	273	390.734	8.661 19.950%	580.243	3.360 3.440%	21.014 48.403%	72.191	26.304 26.928%	2.778	22.041 22.564%	1022.774	290.235	4.579	1.090
990339 CHICKEN, 1/2" DICED MEAT	2.75 OZ	78	95.000	1.000 9.474%	195.000	0.000 0.000%	3.000 28.421%	54.000	1.000 4.211%	0.000	16.000 67.368%	0.000	9.000	0.000	1.000
990114 CHICKEN, BREADED PATTY ELEM	PATTY	93	240.000	2.500 9.375%	460.000	1.000 1.667%	13.000 48.750%	25.000	15.000 25.000%	3.000	14.000 23.333%	0.000	40.000	0.000	1.800
990115 CHICKEN, BREADED PATTY SEC	PATTY	106	200.000	1.500 6.750%	290.000	0.000 0.000%	9.000 40.500%	45.000	9.000 18.000%	3.000	19.000 38.000%	0.000	0.000	0.000	1.080
990117 CHICKEN, BREADED PIECES, BONE-IN	BREAST PIECE	85	190.000	2.500 11.842%	470.000	0.000 0.000%	11.000 52.105%	70.000	6.000 12.632%	1.000	16.000 33.684%	0.000	0.000	0.000	1.080
990144 CHICKEN, BREADED PIECES, BONE-IN	DRUMSTICK	85	190.000	2.500 11.842%	470.000	0.000 0.000%	11.000 52.105%	70.000	6.000 12.632%	1.000	16.000 33.684%	0.000	0.000	0.000	1.080

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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)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990145 CHICKEN, BREADED PIECES, BONE-IN	THIGH PIECE	85	190.000	2.500 11.842%	470.000	0.000 0.000%	11.000 52.105%	70.000	6.000 12.632%	1.000	16.000 33.684%	0.000	0.000	0.000	1.080
990120 CHICKEN, CORN PUPS	6 EACH	113	270.000	3.500 11.667%	410.000	5.000 7.407%	12.000 40.000%	40.000	30.000 44.444%	5.000	10.000 14.815%	0.000	150.000	0.000	1.800
990142 CHICKEN, CORN PUPS	5 EACH	94	222.750	2.888 11.667%	338.250	4.125 7.407%	9.900 40.000%	33.000	24.750 44.444%	4.125	8.250 14.815%	0.000	123.750	0.000	1.485
990143 CHICKEN, CORN PUPS	4 EACH	75	178.200	2.310 11.667%	270.600	3.300 7.407%	7.920 40.000%	26.400	19.800 44.444%	3.300	6.600 14.815%	0.000	99.000	0.000	1.188
990121 CHICKEN, EGG ROLL	EGG ROLL	85	160.000	1.500 8.438%	390.000	2.000 5.000%	5.000 28.125%	30.000	20.000 50.000%	3.000	9.000 22.500%	63.000	45.000	7.000	1.700
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	170	320.000	3.000 8.438%	780.000	4.000 5.000%	10.000 28.125%	60.000	40.000 50.000%	6.000	18.000 22.500%	126.000	90.000	14.000	3.400
990108 CHICKEN, FAJITA STRIPS	1.7 OZ	48	61.000	1.000 14.754%	303.000	1.000 6.557%	2.000 29.508%	37.000	1.000 6.557%	0.000	9.000 59.016%	0.000	0.000	0.000	0.360
990130 CHICKEN, POPCORN WG	3.3 OZ	94	250.000	2.500 9.000%	380.000	1.000 1.600%	14.000 50.400%	25.000	15.000 24.000%	3.000	15.000 24.000%	100.000	0.000	0.000	1.800
990251 CHICKEN, SWEET N SOUR	SERVING	79	150.000	1.500 9.000%	160.000	7.000 18.667%	6.000 36.000%	9.000	9.000 24.000%	0.000	13.000 34.667%	0.000	0.000	0.000	0.800
990311 CHICKEN, SWEET N SOUR W/ RICE SEC	SERVING	365	323.542	1.500 4.173%	167.110	7.000 8.654%	7.531 20.950%	9.000	45.750 56.561%	2.042	17.083 21.120%	0.000	7.110	0.000	1.168
990134 CHICKEN, TERIYAKI	2.85 OZ	81	146.000	1.000 6.164%	414.000	14.000 38.356%	2.500 15.411%	53.000	14.000 38.356%	0.000	15.000 41.096%	100.000	20.000	0.000	1.080
990188 CHICKEN, TERIYAKI GF	2.85 OZ	81	150.000	1.000 6.000%	370.000	14.000 37.333%	4.000 24.000%	63.000	14.000 37.333%	0.000	14.000 37.333%	0.000	10.000	0.000	0.900
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	81	150.526	0.502 3.000%	441.544	11.039 29.334%	3.011 18.000%	60.211	15.053 40.000%	0.000	15.053 40.001%	0.000	2.007	0.000	6.021
990094 CHIPS, YELLOW TORTILLA TRIANGLES	OZ	28	140.000	1.500 9.643%	75.000	0.000 0.000%	6.000 38.571%	0.000	19.000 54.286%	2.000	2.000 5.714%	0.000	20.000	0.000	0.360
990406 CINNAMON APPLES, BAKED	1/2 CUP	126	76.866	0.002 0.026%	9.961	15.795 82.195%	0.008 0.095%	0.000	19.274 100.298%	2.324	0.026 0.135%	1.918	6.513	0.025	0.054
990420 CINNAMON APPLES, BAKED 1 Cup	1 CUP	253	153.732	0.005 0.026%	19.922	31.591 82.198%	0.016 0.094%	0.000	38.548 100.298%	4.649	0.052 0.135%	3.835	13.026	0.049	0.108
990524 CINNAMON SWIRL BUN	BUN	82	240.000	3.000 11.250%	300.000	14.000 23.333%	8.000 30.000%	5.000	39.000 65.000%	3.000	5.000 8.333%	0.000	28.000	0.000	2.000

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990323 CLUB HOAGIE	HOAGIE	183	232.900	1.658 6.407%	764.780	3.348 5.750%	4.187 16.180%	35.840	29.502 50.668%	2.660	18.107 31.098%	408.500	145.200	15.900	2.039
990303 CLUB SUB	SANDWICH	183	232.900	1.658 6.407%	764.780	3.348 5.750%	4.187 16.180%	35.840	29.502 50.668%	2.660	18.107 31.098%	408.500	145.200	15.900	2.039
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	80	320.000	2.000 5.625%	200.000	24.000 30.000%	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, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	40	160.000	1.000 5.625%	100.000	12.000 30.000%	5.000 28.125%	10.000	26.000 65.000%	2.000	2.000 5.000%	10.000	0.000	0.000	15.000
990069 CORN KERNEL 1/2 C	1/2 CUP	82	65.000	0.000 0.000%	15.000	3.000 18.462%	1.000 13.846%	0.000	15.000 92.308%	2.000	2.000 12.308%	0.000	0.000	0.000	0.720
990068 CORN KERNEL 3/4 C	3/4 CUP	123	97.500	0.000 0.000%	22.500	4.500 18.462%	1.500 13.846%	0.000	22.500 92.308%	3.000	3.000 12.308%	0.000	0.000	0.000	1.080
990067 CORN KERNEL 1 C	1 CUP	164	130.000	0.000 0.000%	30.000	6.000 18.462%	2.000 13.846%	0.000	30.000 92.308%	4.000	4.000 12.308%	0.000	0.000	0.000	1.440
990246 COTTAGE PIE	SERVINGS	253	290.831	3.763 11.646%	838.304	2.837 3.902%	17.710 54.803%	41.322	34.425 47.348%	5.855	15.186 20.886%	1168.845	39.343	6.134	2.823
990481 COUSCOUS, CHICKEN & HERB GARLIC	cup	151	136.430	1.593 10.510%	383.119	1.086 3.184%	3.101 20.459%	6.784	24.389 71.505%	3.252	3.820 11.200%	78.857	31.277	0.000	108.928
990482 COUSCOUS, CHICKEN & HERB GARLIC 1/2 CUP	1/2 cup	75	68.215	0.797 10.510%	191.559	0.543 3.184%	1.551 20.459%	3.392	12.194 71.505%	1.626	1.910 11.200%	39.429	15.638	0.000	54.464
990467 COWBOY CASSEROLE	SERVINGS	286	429.793	8.795 18.416%	684.258	5.807 5.404%	21.609 45.251%	65.020	36.228 33.717%	4.447	23.371 21.751%	126.831	316.580	2.304	2.374
990376 CRACKER, CHEDDAR GOLDFISH	EACH	21	100.000	0.500 4.500%	170.000	0.000 0.000%	4.000 36.000%	0.000	14.000 56.000%	1.000	2.000 8.000%	0.000	2.000	0.000	4.000
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	33	110.000	0.000 0.000%	0.000	24.000 87.273%	0.000 0.000%	0.000	28.000 101.818%	3.000	0.000 0.000%	0.000	0.000	0.000	0.000
990222 CRANBERRY, WHOLE DRIED	1.4 OZ	40	138.913	0.000 0.000%	0.000	28.775 82.858%	0.000 0.000%	0.000	35.720 102.857%	1.984	0.000 0.000%	99.223	0.000	0.000	0.000
990262 CREAM CHEESE SPREAD/ RANCH	1 OZ	43	70.000	4.000 5.1429%	1031.234	0.000 0.000%	6.000 77.143%	20.000	0.800 4.571%	0.000	2.000 11.429%	200.000	20.000	0.000	0.000
990511 CUCUMBER ,TOMATO, CARROT SALAD	1/2 CUP	107	34.597	0.224 5.819%	39.521	1.929 22.303%	2.422 63.003%	0.000	5.398 62.404%	0.996	0.766 8.856%	1031.934	14.436	6.497	0.267
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	108	33.866	0.224 5.953%	36.783	1.878 22.182%	2.423 64.400%	0.000	5.208 61.511%	0.945	0.778 9.189%	346.516	13.580	7.054	0.270

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990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	146	45.764	0.303 5.953%	49.707	2.537 22.175%	3.275 64.401%	0.000	7.038 61.512%	1.277	1.051 9.186%	468.265	18.351	9.532	0.365
990250 CUCUMBER SAUCE	OZ	32	32.520	0.259 7.171%	61.950	1.129 13.887%	2.522 69.803%	2.500	1.773 21.809%	0.124	0.610 7.503%	8.756	40.827	0.653	0.048
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	88	47.143	0.000 0.000%	0.000	9.429 80.003%	0.262 5.000%	0.000	11.524 97.777%	1.571	0.524 4.446%	654.762	31.429	22.000	0.189
990210 DIPPING SAUCE - (4 OZ)	4 OZ	135	78.433	1.425 16.349%	429.298	8.526 43.482%	2.146 24.619%	0.000	11.234 57.291%	2.160	3.989 20.343%	501.219	92.783	3.616	0.926
990489 DIPPING SAUCE	4 OZ SERVINGS	135	78.433	1.425 16.349%	429.298	8.526 43.482%	2.146 24.619%	0.000	11.234 57.291%	2.160	3.989 20.343%	501.219	92.783	3.616	0.926
990209 DIPPING SAUCE	OZ	34	19.608	0.356 16.349%	107.325	2.131 43.472%	0.536 24.621%	0.000	2.809 57.293%	0.540	0.997 20.339%	125.305	23.196	0.904	0.231
990477 FLATBREAD 6"	FLATEBREA D	56	160.000	0.500 2.812%	150.000	1.000 2.500%	4.000 22.500%	0.000	27.000 67.500%	2.000	5.000 12.500%	1.610	40.000	0.000	1.500
990488 FLATBREAD, CHICKEN FAJITA	SANDWICH	169	412.888	9.220 20.098%	898.718	3.188 3.088%	18.428 40.168%	78.716	30.189 29.247%	2.000	29.675 28.749%	5.610	507.559	0.000	1.924
990493 FLATBREAD, GYRO	FLATBREAD	282	380.136	5.031 11.912%	493.086	8.058 8.479%	16.104 38.128%	38.572	39.782 41.860%	5.078	23.600 24.833%	203.881	151.147	8.915	3.264
990491 FLATBREAD, PHILLY STEAK	FLATBREAD	117	273.373	4.294 14.136%	390.750	3.316 4.852%	11.008 36.241%	17.132	30.819 45.095%	3.211	13.096 19.162%	81.133	256.622	3.592	1.775
990390 FRENCH BREAD, MULTI CHEESE GARLIC	BREAD	1202	967.464	19.398 18.046%	3984.384	71.208 29.441%	33.164 30.851%	40.000	118.870 49.147%	19.280	50.912 21.050%	4009.752	1092.264	28.928	9.708
990298 FRENCH DIP	SANDWICH	146	325.000	6.250 17.308%	787.500	3.500 4.308%	15.430 42.729%	45.000	29.500 36.308%	2.320	19.000 23.385%	40.500	3248.790	136.240	2.580
990050 FRENCH TOAST STICKS	3 STICKS	82	210.547	2.005 8.571%	290.755	11.029 20.953%	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%	3.006 38.571%	35.067	8.683 49.523%	0.668	2.672 15.239%	0.514	19.704	0.200	0.334
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	110	280.535	2.672 8.572%	387.406	14.695 20.953%	12.023 38.571%	140.268	34.733 49.524%	2.672	10.687 15.238%	2.057	78.817	0.802	1.336
990277 FRUIT BAR	EACH	176	102.345	0.025 0.215%	3.356	20.549 80.313%	0.277 2.433%	0.000	25.516 99.725%	2.982	0.760 2.970%	124.092	15.843	28.426	0.514
990032 FRUITABLE , GOLD RUSH	BOX	120	40.000	0.000 0.000%	60.000	8.000 80.000%	0.000 0.000%	0.000	10.000 100.000%	0.000	0.000 0.000%	5000.001	0.000	60.000	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)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	191	90.000	0.000 0.000%	20.000	19.000 84.444%	0.000 0.000%	0.000	22.000 97.778%	0.000	0.000 0.000%	500.000	0.000	100.000	0.000
990072 GARLIC TOAST	SLICE	28	70.000	0.500 6.429%	95.000	0.000 0.000%	2.500 32.143%	0.000	12.000 68.571%	1.000	2.000 11.429%	0.000	0.000	0.000	0.720
990073 GARLIC TOAST -2	2 OZ	57	140.000	1.000 6.429%	190.000	0.000 0.000%	5.000 32.143%	0.000	24.000 68.571%	2.000	4.000 11.429%	0.000	0.000	0.000	1.440
990184 GRAPES FRESH	CUP	160	110.000	0.000 0.000%	0.000	29.000 105.455%	1.000 8.182%	0.000	28.000 101.818%	2.000	1.000 3.636%	100.000	0.000	18.000	0.360
990185 GRAPES FRESH	3/4 CUP	120	82.500	0.000 0.000%	0.000	21.750 105.455%	0.750 8.182%	0.000	21.000 101.818%	1.500	0.750 3.636%	75.000	0.000	13.500	0.270
990186 GRAPES FRESH	1/2 CUP	80	55.000	0.000 0.000%	0.000	14.500 105.455%	0.500 8.182%	0.000	14.000 101.818%	1.000	0.500 3.636%	50.000	0.000	9.000	0.180
990505 GRAVY, BEEF 2 OZ	SERVING 2 OZ	59	18.032	0.000 0.000%	127.830	0.000 0.000%	4.508 225.000%	0.000	3.606 80.000%	0.000	0.000 0.000%	0.000	1.602	0.000	0.000
990350 GRAVY, BEEF LS	OZ	29	9.016	0.000 0.000%	63.915	0.000 0.000%	2.254 225.000%	0.000	1.803 80.000%	0.000	0.000 0.000%	0.000	0.801	0.000	0.000
990198 GRAVY, CHICKEN	SERVING 2 OZ	6	23.485	0.000 0.000%	131.515	0.939 15.993%	0.470 18.000%	0.000	3.758 64.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990451 GRILLED CHEESE	SANDWICH	119	280.334	5.560 17.851%	580.819	5.650 8.062%	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 SANDWICH	59	140.167	2.780 17.851%	290.410	2.825 8.062%	4.955 31.818%	15.926	15.481 44.178%	1.500	9.275 26.468%	261.993	232.957	0.000	0.820
990478 GRILLED EGG PATTY	EGG	35	50.624	1.012 17.999%	121.498	0.000 0.000%	3.037 53.998%	101.248	1.012 7.999%	0.000	3.037 23.997%	150.860	21.262	0.000	0.481
990447 HAM & SWISS HOAGIE	HOAGIE	183	244.300	2.264 8.340%	601.000	3.848 6.300%	5.601 20.634%	40.000	28.502 46.666%	2.660	18.487 30.269%	449.000	3235.490	141.900	2.030
990508 HAM N CHEESE FLATBREAD MELT	SANDWICH	127	255.000	2.250 7.941%	605.000	2.000 3.137%	7.500 26.471%	37.500	29.000 45.490%	2.000	18.500 29.020%	1.610	138.500	0.000	1.860
990122 HAM, SLICED	2 OZ	57	60.000	0.500 7.500%	350.000	1.000 6.667%	1.500 22.500%	30.000	1.000 6.667%	0.000	10.000 66.667%	0.000	0.000	0.000	0.360
990449 HAM, TURKEY HOAGIE	SANDWICH	196	231.966	1.511 5.863%	754.383	3.648 6.291%	3.890 15.091%	35.000	29.950 51.645%	3.076	18.209 31.399%	2745.966	148.457	16.552	2.182
990353 HAMBURGER	SANDWICH	119	270.000	3.000 10.000%	510.000	5.000 7.407%	10.000 33.333%	40.000	29.000 42.963%	3.000	18.000 26.667%	0.000	70.000	0.000	3.420

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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)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990513 HASH BROWN COINS .75	3 COINS	108	135.000	0.000 0.000%	285.000	0.000 0.000%	3.750 25.000%	0.000	22.500 66.667%	0.000	1.500 4.444%	0.000	0.000	0.000	0.000
990514 HASH BROWN COINS 1 C	4 COIN	144	180.000	0.000 0.000%	380.000	0.000 0.000%	5.000 25.000%	0.000	30.000 66.667%	0.000	2.000 4.444%	0.000	0.000	0.000	0.000
990512 HASH BROWN COINS 2 EA	2 COINS	72	90.000	0.000 0.000%	190.000	0.000 0.000%	2.500 25.000%	0.000	15.000 66.667%	0.000	1.000 4.444%	0.000	0.000	0.000	0.000
990494 HASHBROWN COINS @ 2	SERVING @2	72	90.000	0.000 0.000%	190.000	0.000 0.000%	2.500 25.000%	0.000	15.000 66.667%	0.000	1.000 4.444%	0.000	0.000	0.000	0.000
990496 HASHBROWN COINS @ 3	serving @ 3	144	180.000	0.000 0.000%	380.000	0.000 0.000%	5.000 25.000%	0.000	30.000 66.667%	0.000	2.000 4.444%	0.000	0.000	0.000	0.000
990495 HASHBROWN COINS @ 4	serving @ 4	144	180.000	0.000 0.000%	380.000	0.000 0.000%	5.000 25.000%	0.000	30.000 66.667%	0.000	2.000 4.444%	0.000	0.000	0.000	0.000
990462 HAWAIIAN TURKEY HAM & CHEESE	SANDWICH	88	186.160	1.370 6.623%	392.230	5.220 11.216%	4.250 20.547%	16.980	27.210 58.466%	1.990	10.620 22.819%	121.850	105.200	0.000	1.850
990444 HOAGIE, BBQ MEATBALL	SERVINGS	156	392.799	7.500 17.184%	873.576	5.613 5.716%	19.333 44.297%	50.000	36.005 36.665%	2.000	15.667 15.954%	1.667	41.667	15.223	10.057
990367 HOAGIE, HOT HAM & CHEESE	SANDWICH	128	225.000	1.750 7.000%	645.000	2.000 3.556%	4.500 18.000%	37.500	27.000 48.000%	2.000	17.500 31.111%	0.000	138.500	10.000	1.860
990520 HOAGIE, PHILLY STEAK	SANDWICH	193	403.040	8.584 19.168%	675.572	5.445 5.404%	20.175 45.051%	54.387	33.077 32.828%	3.551	23.805 23.625%	79.523	277.911	13.847	2.924
990348 HOAGIE, ROLL SPLIT TOP WG	ROLL	57	130.000	0.000 0.000%	190.000	1.000 3.077%	1.000 6.923%	0.000	25.000 76.923%	2.000	4.000 12.308%	0.000	40.000	10.000	1.500
990469 HUMMUS (MMA)	CONTAINER	85	120.000	0.000 0.000%	90.000	3.000 10.000%	3.500 26.250%	0.000	18.000 60.000%	5.000	5.000 16.667%	0.000	40.000	0.000	1.800
990041 HUMMUS (VEG)	CONTAINER	85	120.000	0.000 0.000%	90.000	3.000 10.000%	3.500 26.250%	0.000	18.000 60.000%	5.000	5.000 16.667%	0.000	40.000	0.000	1.800
990436 ITALIAN BURGER	SANDWICH	111	207.368	4.302 18.669%	443.617	5.137 9.909%	8.945 38.821%	31.130	19.916 38.417%	3.091	13.905 26.822%	125.410	157.396	0.904	2.232
990029 ITALIAN DRESSING	2 TBSP	29	183.634	1.504 7.371%	109.233	0.496 1.080%	21.019 103.013%	0.000	0.780 1.699%	0.072	0.048 0.105%	3.212	2.998	1.224	0.092
990337 ITALIAN DRY DRESSING MIX PREPARED	OZ	31	121.012	1.000 7.437%	208.869	0.002 0.007%	14.000 104.122%	0.000	12.908 42.667%	0.000	0.000 0.000%	0.000	0.615	0.000	0.002
990284 ITALIAN DUNKER SAUCE ELEMENTARY	4 OZ	128	109.317	2.375 19.552%	511.560	5.794 21.201%	4.108 33.818%	11.096	10.806 39.540%	3.651	7.353 26.905%	803.903	107.319	8.240	1.561

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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)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990285 ITALIAN DUNKER SAUCE SECONDARY	6 OZ	195	165.631	3.598 19.552%	775.091	8.778 21.199%	6.224 33.818%	16.812	16.373 39.541%	5.532	11.142 26.908%	1218.034	162.605	12.485	2.365
990463 ITALIAN MEAT SAUCE W/BOW TIE PASTA	1 CUP	429	236.703	4.186 15.917%	391.302	4.892 8.267%	8.678 32.996%	45.913	24.367 41.177%	4.914	15.799 26.698%	439.628	42.124	7.695	3.165
990199 JELLO, CHERRY	1/2 CUP	19	70.000	0.000 0.000%	90.000	16.000 91.429%	0.000 0.000%	0.000	17.000 97.143%	0.000	1.000 5.714%	0.000	0.000	0.000	0.000
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	113	173.432	1.334 6.923%	400.228	0.000 0.000%	6.003 31.154%	0.000	28.016 64.616%	4.002	2.668 6.153%	0.000	0.000	5.336	5.336
990153 JO JO'S, 1 C SEASONED CRISP SAVORY WEDGE	SERVING	170	260.148	2.001 6.923%	600.342	0.000 0.000%	9.005 31.154%	0.000	42.024 64.616%	6.003	4.002 6.153%	0.000	0.000	8.005	8.005
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	85	130.074	1.001 6.923%	300.171	0.000 0.000%	4.503 31.154%	0.000	21.012 64.616%	3.002	2.001 6.153%	0.000	0.000	4.002	4.002
990200 JUICE, APPLE	4 oz	113	60.000	0.000 0.000%	10.000	13.000 86.667%	0.000 0.000%	0.000	14.000 93.333%	0.000	0.000 0.000%	0.000	0.000	60.000	0.000
990239 JUICE, ORANGE	EACH	113	50.000	0.000 0.000%	0.000	12.000 96.000%	0.000 0.000%	0.000	13.000 104.000%	0.000	0.000 0.000%	0.000	10.000	60.000	0.000
990181 KIWI, FRESH	2 EACH	138	83.865	0.000 0.000%	0.000	12.380 59.047%	0.000 0.000%	0.000	20.208 96.381%	4.193	1.577 7.522%	2.995	45.926	127.795	0.419
990430 KK SEASONED FRIES 1 C	4.2 OZ	119	198.446	0.000 0.000%	337.359	0.000 0.000%	5.953 27.000%	0.000	29.767 60.000%	3.969	1.984 3.999%	0.000	119.068	0.000	0.625
990428 KK SEASONED FRIES 1/2	2.1 OZ	60	99.223	0.000 0.000%	168.680	0.000 0.000%	2.977 27.000%	0.000	14.884 60.000%	1.984	0.992 3.999%	0.000	59.534	0.000	0.313
990429 KK SEASONED FRIES 3/4	3.15 OZ	89	148.835	0.000 0.000%	253.019	0.000 0.000%	4.465 27.000%	0.000	22.325 60.000%	2.977	1.488 3.999%	0.000	89.301	0.000	0.469
34 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	55	9.300	0.014 1.345%	3.500	1.348 57.978%	0.101 9.774%	0.000	2.002 86.086%	0.660	0.487 20.946%	408.500	6.700	5.900	0.170
990194 LETTUCE,ICEBERG (INCL CRISP HEAD TYPES),RAW	2 OZ	57	7.938	0.010 1.156%	5.670	1.117 56.286%	0.079 9.002%	0.000	1.684 84.858%	0.680	0.510 25.699%	284.629	10.206	1.588	0.232
990431 MAC AND CHEESE CAMPBELL	CUP	227	300.000	6.000 18.000%	60.000	9.000 12.000%	11.000 33.000%	35.000	32.000 42.667%	2.000	17.000 22.667%	0.000	300.000	0.000	1.440
990440 MACARONI N CHEESE CN 1 CUP	CUP	227	300.000	6.000 18.000%	690.000	9.000 12.000%	11.000 33.000%	35.000	32.000 42.667%	2.000	17.000 22.667%	0.000	300.000	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)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990165 MANDARIN ORANGE, CANNED	1/2 CUP	122	80.000	0.000 0.000%	10.000	18.000 90.000%	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%	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%	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%	0.000 0.000%	0.000	17.000 97.143%	0.000	0.000 0.000%	0.000	0.000	27.000	0.000
990332 MANWICH (SECONDARY)	4 OZ SERVINGS	187	306.333	3.865 11.354%	787.139	11.320 14.781%	9.730 28.585%	42.512	41.291 53.916%	7.039	18.647 24.349%	316.172	60.773	0.000	3.817
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	150	250.873	2.441 8.757%	640.800	9.989 15.927%	6.882 24.688%	26.850	38.093 60.737%	5.883	14.154 22.568%	249.579	60.488	0.000	3.074
990483 MCMUFFIN EGG, SAUSAGE & CHEESE	SANDWICH	137	306.866	5.425 15.911%	626.074	0.995 1.297%	98.500 288.888%	129.750	22.389 29.184%	0.995	16.718 21.792%	55.000	153.775	0.000	3.592
990320 MEATBALL MARINARA HOAGIE (CANNED SAUCE)	EACH	202	445.150	9.914 20.043%	655.252	5.968 5.363%	24.014 48.551%	57.594	33.449 30.057%	2.908	21.400 19.229%	228.463	193.030	16.055	8.657
990283 MEATBALL MARINARA HOAGIE (w/DIPPING SAUCE)	EACH	210	439.778	9.984 20.433%	754.108	6.602 6.005%	23.444 47.977%	57.594	33.623 30.582%	3.080	21.204 19.286%	252.277	191.838	15.141	8.629
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	227	160.000	1.500 8.438%	240.000	25.000 62.500%	2.500 14.062%	10.000	27.000 67.500%	1.000	8.000 20.000%	500.000	300.000	1.200	0.720
990204 MILK, CHOC FF CARTON	CARTON	227	130.000	0.000 0.000%	230.000	22.000 67.692%	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%	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%	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%	5.156 32.143%	0.000	12.375 34.286%	1.031	10.313 28.573%	515.625	309.375	0.000	1.856
990346 MILK,LACTOSE FREE FF	CUP	227	90.000	0.000 0.000%	130.000	12.000 53.333%	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%	2.500 20.455%	10.000	13.000 47.273%	0.000	8.000 29.091%	500.000	300.000	1.200	0.000
990515 MIXED BERRY CUP, FROZEN	CONTAINER	113	90.000	0.000 0.000%	0.000	16.000 71.111%	0.000 0.000%	0.000	20.000 88.889%	2.000	0.000 0.000%	0.000	0.000	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)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990177 MIXED FRUIT COCKTAIL	1/2 CUP	126	60.000	0.000 0.000%	5.000	12.000 80.000%	0.000 0.000%	0.000	15.000 100.000%	1.000	0.000 0.000%	200.000	0.000	1.200	0.000
990178 MIXED FRUIT COCKTAIL	3/4 CUP	126	60.000	0.000 0.000%	5.000	12.000 80.000%	0.000 0.000%	0.000	15.000 100.000%	1.000	0.000 0.000%	200.000	0.000	1.200	0.000
990179 MIXED FRUIT COCKTAIL	1 CUP	152	72.381	0.000 0.000%	6.032	14.476 79.999%	0.000 0.000%	0.000	18.095 100.000%	1.206	0.000 0.000%	241.270	0.000	1.448	0.000
990456 MOZZARELLA CHEESE STICKS	5 STICKS	124	375.995	7.113 17.027%	416.644	1.016 1.081%	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%	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 OZ	66	117.888	3.291 25.124%	240.820	0.486 1.649%	6.736 51.423%	36.135	4.721 16.020%	2.284	10.056 34.121%	257.871	6.291	1.240	2.049
990267 NACHO'S ELEM	SERVING	151	392.925	8.543 19.567%	628.477	0.486 0.495%	20.739 47.502%	51.144	35.723 36.366%	5.284	16.558 16.856%	257.871	140.851	1.240	2.589
990266 NACHO'S SEC	SERVING	208	527.962	12.294 20.958%	941.134	0.486 0.368%	28.741 48.995%	66.152	47.724 36.157%	6.284	21.060 15.956%	257.871	255.410	1.240	2.769
990180 ORANGE	EACH	128	60.000	0.000 0.000%	0.000	12.000 80.000%	0.000 0.000%	0.000	15.000 100.000%	3.000	1.000 6.667%	300.000	60.000	72.000	0.000
990398 PANCAKE, STRAWBERRY MINI	PACKAGE	89	220.000	1.000 4.091%	260.000	14.000 25.455%	6.000 24.545%	0.000	40.000 72.727%	2.000	4.000 7.273%	0.000	40.000	0.000	1.080
990347 PASTA, LASAGNA SHEETS FRZ PRECOOKED	OZ	28	50.000	0.000 0.000%	0.000	0.000 0.000%	0.000 0.000%	0.000	10.000 80.000%	0.000	2.000 16.000%	0.000	0.000	0.000	0.000
990092 PASTA, SPAGHETTI NESTS FRZ PRECOOKED	SERVING	227	340.000	0.000 0.000%	25.000	5.000 5.882%	1.500 3.971%	0.000	68.000 80.000%	3.000	11.000 12.941%	0.000	20.000	0.000	2.700
990125 PB&J SANDWICH, GRAPE WG	2.8 OZ	79	300.000	2.500 7.500%	300.000	11.000 14.667%	16.000 48.000%	0.000	34.000 45.333%	4.000	10.000 13.333%	0.000	60.000	0.000	1.440
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	126	60.000	0.000 0.000%	5.000	13.000 86.667%	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 PEACHES DICED EXTRA LIGHT SYRUP	3/4 CUP	189	90.000	0.000 0.000%	7.500	19.500 86.667%	0.000 0.000%	0.000	21.000 93.333%	1.500	0.000 0.000%	450.000	0.000	1.800	0.000
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	252	120.000	0.000 0.000%	10.000	26.000 86.667%	0.000 0.000%	0.000	28.000 93.333%	2.000	0.000 0.000%	600.000	0.000	2.400	0.000
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	124	60.000	0.000 0.000%	5.000	12.000 80.000%	0.000 0.000%	0.000	16.000 106.667%	2.000	0.000 0.000%	0.000	0.000	1.200	0.360

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990175 PEARS, DICED EXTRA LIGHT SYRUP	3/4 CUP	186	90.000	0.000 0.000%	7.500	18.000 80.000%	0.000 0.000%	0.000	24.000 106.667%	3.000	0.000 0.000%	0.000	0.000	1.800	0.540
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	248	120.000	0.000 0.000%	10.000	24.000 80.000%	0.000 0.000%	0.000	32.000 106.667%	4.000	0.000 0.000%	0.000	0.000	2.400	0.720
990182 PEARS,RAW	EACH	178	101.460	0.039 0.348%	1.780	17.355 68.421%	0.249 2.211%	0.000	27.109 106.877%	5.518	0.641 2.527%	44.500	16.020	7.654	0.320
990423 PEAS & CARROTS, 1 CUP	CUP	188	120.000	0.000 0.000%	60.000	8.000 26.667%	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%	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%	0.000 0.000%	0.000	11.180 74.533%	3.000	3.000 20.000%	1750.000	20.000	4.800	0.720
990273 PEAS,EDIBLE-PODDED,RAW	10 PODS	34	14.280	0.013 0.838%	1.360	1.360 38.095%	0.068 4.286%	0.000	2.567 71.905%	0.884	0.952 26.667%	369.580	14.620	20.400	0.707
990274 PEAS,EDIBLE-PODDED,RAW	15 PODS	51	21.420	0.020 0.836%	2.040	2.040 38.095%	0.102 4.286%	0.000	3.851 71.905%	1.326	1.428 26.667%	554.370	21.930	30.600	1.061
990474 PEAS,PODS RAW & CELERY STICKS	10 PODS/3 STICK	91	22.218	0.037 1.503%	46.719	2.120 38.167%	0.164 6.659%	0.000	4.251 76.533%	1.791	1.343 24.179%	624.159	37.300	22.158	0.821
990486 PEAS,PODS RAW & CELERY STICKS 1/2	7 PODS/2 STICK	61	15.156	0.025 1.473%	30.436	1.446 38.163%	0.110 6.550%	0.000	2.892 76.313%	1.208	0.921 24.307%	424.182	24.976	15.422	0.569
990126 PEPPERONI, SLICED	1 OZ	28	150.000	6.000 36.000%	470.000	0.000 0.000%	14.000 84.000%	35.000	0.000 0.000%	0.000	5.000 13.333%	0.000	0.000	0.000	0.360
990042 PEPPERS AND ONIONS, ROASTED 1/2 c	1/2 Cup	143	70.000	0.000 0.000%	230.000	6.000 34.286%	1.500 19.286%	0.000	13.000 74.286%	6.000	2.000 11.429%	400.000	40.000	18.000	1.080
990066 PEPPERS AND ONIONS, ROASTED 1/4 c	1/4 Cup	71	35.070	0.000 0.000%	115.229	3.006 34.286%	0.752 19.286%	0.000	6.513 74.285%	3.006	1.002 11.429%	200.398	20.040	9.018	0.541
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	193	403.040	8.584 19.168%	675.572	5.445 5.404%	20.175 45.051%	54.387	33.077 32.828%	3.551	23.805 23.625%	79.523	277.911	13.847	2.924
990437 PICKLES, DILL BANQUET SLICED	SLICE	3	0.000	0.000 *N/A%*	41.271	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
990479 PINEAPPLE DRIED	PACKAGE	43	150.000	0.000 0.000%	90.000	22.000 58.667%	0.000 0.000%	0.000	38.000 101.333%	1.000	0.000 0.000%	0.000	0.000	0.000	0.000
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	122	69.714	0.000 0.000%	0.000	13.071 74.998%	0.000 0.000%	0.000	13.943 80.001%	0.871	0.871 4.998%	0.000	17.429	6.797	0.314

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990169 PINEAPPLE TIDBITS,NAT JUICE	3/4 CUP	183	104.571	0.000 0.000%	0.000	19.607 75.000%	0.000 0.000%	0.000	20.914 80.000%	1.307	1.307 4.999%	0.000	26.143	10.196	0.471
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	244	139.429	0.000 0.000%	0.000	26.143 75.000%	0.000 0.000%	0.000	27.886 80.000%	1.743	1.743 5.000%	0.000	34.857	13.594	0.627
990446 PINWHEEL, MEATBALL	EACH	128	340.000	6.000 15.882%	670.000	3.000 3.529%	13.000 34.412%	35.000	40.000 47.059%	3.000	19.000 22.353%	0.000	370.000	0.000	3.000
990487 PIZZA 4 MEAT 1/8 CUT	SLICE	150	370.000	7.000 17.027%	650.000	9.000 9.730%	17.000 41.351%	40.000	36.000 38.919%	4.000	20.000 21.622%	400.000	200.000	0.000	2.700
990128 PIZZA STICK, PEPPERONI WG	STICK	106	240.000	4.500 16.875%	500.000	3.000 5.000%	9.000 33.750%	25.000	29.000 48.333%	3.000	11.000 18.333%	400.000	150.000	3.600	1.800
990141 PIZZA STICK, PEPPERONI WG	2 STICK	213	480.000	9.000 16.875%	1000.000	6.000 5.000%	18.000 33.750%	50.000	58.000 48.333%	6.000	22.000 18.333%	800.000	300.000	7.200	3.600
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	94	210.000	2.000 8.571%	350.000	5.000 9.524%	7.000 30.000%	15.000	27.000 51.429%	3.000	9.000 17.143%	0.000	146.000	0.000	1.900
990112 PIZZA, CHEESE 16"	SLICE	147	370.000	7.000 17.027%	490.000	9.000 9.730%	16.000 38.919%	35.000	35.000 37.838%	3.000	21.000 22.703%	0.000	0.000	0.000	0.000
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	128	300.000	5.000 15.000%	440.000	10.000 13.333%	11.000 33.000%	25.000	33.000 44.000%	4.000	16.000 21.333%	0.000	0.000	0.000	0.000
990111 PORK, BBQ RIB PATTY	PATTY	92	250.000	6.000 21.600%	690.000	8.000 12.800%	17.000 61.200%	50.000	10.000 16.000%	1.000	13.000 20.800%	300.000	40.000	1.200	1.080
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	23	50.000	1.500 27.000%	85.000	0.000 0.000%	3.500 63.000%	12.500	0.000 0.000%	0.000	3.500 28.000%	0.000	0.000	0.000	1.000
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	45	100.000	3.000 27.000%	170.000	0.000 0.000%	7.000 63.000%	25.000	0.000 0.000%	0.000	7.000 28.000%	0.000	0.000	0.000	2.000
990382 POTATO, SIDEWINDERS	4 ea/ 1/2c	60	90.000	0.500 5.000%	260.000	0.000 0.000%	3.500 35.000%	0.000	14.000 62.222%	1.000	1.000 4.444%	0.000	0.000	0.000	0.000
990383 POTATO, SIDEWINDERS	3/4 c / 6 ea	90	134.787	0.749 5.000%	389.384	0.000 0.000%	5.242 35.000%	0.000	20.967 62.222%	1.498	1.498 4.446%	0.000	0.000	0.000	0.000
990384 POTATO, SIDEWINDERS	8 ea/ 1 cup	120	180.000	1.000 5.000%	520.000	0.000 0.000%	7.000 35.000%	0.000	28.000 62.222%	2.000	2.000 4.444%	0.000	0.000	0.000	0.000
990155 POTATO, TATER TOTS	1/2 CUP	71	130.000	1.000 6.923%	190.000	0.000 0.000%	7.000 48.462%	0.000	15.000 46.154%	1.000	1.000 3.077%	0.000	0.000	2.000	0.000
990156 POTATO, TATER TOTS	3/4 CUP	106	193.452	1.488 6.923%	282.738	0.000 0.000%	10.417 48.462%	0.000	22.321 46.154%	1.488	1.488 3.077%	0.000	0.000	2.976	0.000

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990157 POTATO, TATER TOTS	1 CUP	142	257.937	1.984 6.923%	376.984	0.000 0.000%	13.889 48.461%	0.000	29.762 46.154%	1.984	1.984 3.077%	0.000	0.000	3.968	0.000
990070 POTATOES, DEHYDRATED MASHED 1 C	1 Cup, Prepar	89	180.000	0.000 0.000%	741.368	0.000 0.000%	3.000 15.000%	0.000	32.000 71.111%	4.000	4.000 8.889%	0.000	41.368	4.800	0.720
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	22	90.000	0.000 0.000%	370.000	0.000 0.000%	1.500 15.000%	0.000	16.000 71.111%	2.000	2.000 8.889%	0.000	20.000	2.400	0.360
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	33	135.000	0.000 0.000%	555.000	0.000 0.000%	2.250 15.000%	0.000	24.000 71.111%	3.000	3.000 8.889%	0.000	30.000	3.600	0.540
990380 RANCH SALAD DRESSING @ 2 oz=4 TBSP	OZ	60	103.750	1.188 10.301%	346.404	1.500 5.783%	10.313 89.458%	11.250	1.625 6.265%	0.000	1.000 3.855%	62.500	37.500	0.150	0.000
990221 RANCH SALAD DRESSING @1 oz= 2 TBSP	oz	30	51.875	0.594 10.302%	173.202	0.750 5.783%	5.156 89.457%	5.625	0.813 6.265%	0.000	0.500 3.855%	31.250	18.750	0.075	0.000
990260 RF SWISS CHEESE	SLICE	14	45.000	1.750 35.000%	57.500	0.500 4.444%	3.000 60.000%	10.000	0.500 4.444%	0.000	4.000 35.556%	40.500	3188.790	126.000	0.000
990473 RIBWICH BBQ	SANDWICH	149	390.000	6.000 13.846%	940.000	13.000 13.333%	19.000 43.846%	50.000	39.000 40.000%	4.000	19.000 19.487%	300.000	100.000	1.200	2.880
990225 RICE CRISPY TREAT WG	PACKAGE	23	98.607	0.986 9.000%	49.303	6.902 27.998%	2.465 22.500%	0.000	15.777 64.000%	0.000	0.986 4.000%	0.000	0.000	0.000	0.000
990375 RICE, BROWN,	1/4 Cup, Prepar	249	43.038	0.000 0.000%	7.110	0.000 0.000%	0.380 7.942%	0.000	9.114 84.707%	0.506	1.013 9.415%	0.000	7.110	0.000	0.091
990087 RICE, BROWN,	1/2 Cup, Prepar	143	85.000	0.000 0.000%	3.555	0.000 0.000%	0.750 7.941%	0.000	18.000 84.706%	1.000	2.000 9.412%	0.000	3.555	0.000	0.180
990228 RICE, BROWN,	3/4 Cup, Prepar	392	127.500	0.000 0.000%	10.665	0.000 0.000%	1.125 7.941%	0.000	27.000 84.706%	1.500	3.000 9.412%	0.000	10.665	0.000	0.270
990229 RICE, BROWN,	1 Cup, Prepar	286	173.542	0.000 0.000%	7.110	0.000 0.000%	1.531 7.941%	0.000	36.750 84.706%	2.042	4.083 9.411%	0.000	7.110	0.000	0.368
990051 RICE, FRIED VEG.	CUP	167	270.000	0.000 0.000%	440.000	3.000 4.444%	2.500 8.333%	0.000	54.000 80.000%	4.000	6.000 8.889%	0.000	0.000	0.000	0.000
990052 RICE, FRIED VEG.	1/2 CUP	84	135.000	0.000 0.000%	220.000	1.500 4.444%	1.250 8.333%	0.000	27.000 80.000%	2.000	3.000 8.889%	0.000	0.000	0.000	0.000
990053 RICE, FRIED VEG.	.75 CUP	125	202.500	0.000 0.000%	330.000	2.250 4.444%	1.875 8.333%	0.000	40.500 80.000%	3.000	4.500 8.889%	0.000	0.000	0.000	0.000

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990419 RICE, WITH PEAS N CARROTS	3/4 CUP	159	145.694	0.000 0.000%	17.370	2.000 5.491%	1.021 6.306%	0.000	30.090 82.612%	2.861	4.222 11.591%	875.000	12.370	2.400	0.605
990421 ROAST BEEF WITH GRAVY/ SANDWICH	SANDWICH	149	286.440	4.500 14.139%	465.654	3.000 4.189%	14.040 44.114%	35.000	30.288 42.296%	2.320	15.000 20.947%	0.000	60.572	10.240	2.580
990049 ROLL, DINNER WG	ROLL	34	100.000	0.500 4.500%	70.000	2.000 8.000%	2.000 18.000%	0.000	17.000 68.000%	2.000	3.000 12.000%	0.000	20.000	0.000	1.080
990335 ROLL, DINNER WHITE WG	ROLL	29	70.000	0.250 3.214%	125.000	1.500 8.571%	1.000 12.857%	0.000	13.000 74.286%	1.000	2.000 11.429%	0.000	10.000	3.000	0.540
990336 ROLL, DINNER WHITE WG @2	ROLLS	57	140.000	0.500 3.214%	250.000	3.000 8.571%	2.000 12.857%	0.000	26.000 74.286%	2.000	4.000 11.429%	0.000	20.000	6.000	1.080
990088 ROTINI TRI-COLOR NOODLES	5 oZ	142	200.000	0.000 0.000%	15.000	1.000 2.000%	0.500 2.250%	0.000	41.000 82.000%	1.000	7.000 14.000%	100.000	20.000	0.000	1.800
990306 SALAD, CHEF	SALAD	346	325.963	5.287 14.597%	1155.969	9.493 11.649%	18.567 51.265%	56.522	18.882 23.170%	3.872	21.146 25.949%	12403.057	318.248	29.106	1.551
990220 SALAD, ROMAINE TOSSED	1 1/2 cup	145	36.979	0.007 0.163%	17.787	4.473 48.384%	0.179 4.352%	0.000	8.290 89.670%	1.893	1.042 11.271%	8050.300	21.908	25.568	0.582
990504 SALAD, ROMAINE TOSSED 1 CUP	1 CUP	99	25.213	0.005 0.161%	12.128	3.050 48.388%	0.122 4.351%	0.000	5.652 89.670%	1.291	0.710 11.264%	5488.841	14.937	17.433	0.397
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	371	335.338	6.165 16.546%	995.274	7.087 8.454%	16.857 45.242%	72.351	21.819 26.026%	6.184	23.627 28.183%	6839.473	345.852	35.199	2.127
990290 SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	411	620.525	9.144 13.262%	1189.299	7.153 4.611%	29.073 42.167%	72.351	60.427 38.952%	10.691	27.631 17.811%	6672.492	389.270	13.656	2.920
990287 SALAD, SW CHICKEN PASTA	EACH	394	601.702	4.323 6.466%	836.350	4.458 2.964%	22.604 33.810%	61.220	85.839 57.064%	2.623	28.053 18.649%	1691.954	149.921	14.396	3.635
990293 SALAD, TACO	SALAD	380	509.733	8.323 14.695%	911.394	8.632 6.774%	21.977 38.803%	50.860	55.959 43.913%	10.120	20.814 16.333%	1580.661	205.901	15.229	3.333
990282 SALSA RANCH DRESSING	OZ	30	41.810	0.452 9.738%	173.116	0.800 7.654%	3.929 84.565%	4.286	1.076 10.297%	0.229	0.381 3.645%	69.535	14.286	0.606	0.000
990154 SALSA, GREEN CHILI	1/4 Cup	62	20.000	0.000 0.000%	360.000	2.000 40.000%	0.000 0.000%	0.000	4.000 80.000%	2.000	0.000 0.000%	400.000	0.000	4.800	0.000
990107 SANDWICH, PB&J STRAWBERRY WG	2.8 OZ	79	300.000	2.000 6.000%	310.000	13.000 17.333%	16.000 48.000%	0.000	34.000 45.333%	4.000	10.000 13.333%	0.000	40.000	3.600	1.080
990373 SANTA FE CHICKEN	3 OZ	180	190.028	2.490 11.792%	549.454	3.611 7.601%	5.124 24.269%	45.893	19.383 40.801%	5.282	16.772 35.304%	241.349	135.852	7.472	1.810

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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)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990475 SAUSAGE PATTY	PATTY	38	120.000	3.800 28.500%	180.000	0.000 0.000%	94.000 704.999%	26.000	1.000 3.333%	0.000	6.000 20.000%	55.000	13.000	0.000	0.000
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	125	70.000	0.000 0.000%	50.000	11.000 62.857%	0.000 0.000%	0.000	16.000 91.429%	0.000	1.000 5.714%	0.000	8.000	100.000	4.000
990408 SLOPPY JOE ELEMENTARY	3 OZ	144	271.255	2.792 9.263%	531.511	11.296 16.657%	7.694 25.528%	30.609	40.505 59.729%	5.413	15.114 22.288%	271.040	68.337	2.875	3.655
990411 SLOPPY JOE SECONDARY	4 OZ	181	330.543	4.186 11.398%	650.624	13.395 16.210%	10.519 28.642%	45.913	44.803 54.218%	6.449	19.543 23.650%	361.410	71.208	3.834	4.516
990455 SOFT PRETZEL	EACH	71	170.000	0.000 0.000%	150.000	1.000 2.353%	0.500 2.647%	0.000	36.000 84.706%	1.000	5.000 11.765%	0.000	100.000	0.000	0.000
990466 SPAGHETTI AND MEAT SAUCE (revised)	1 CUP	425	229.300	4.012 15.749%	366.847	6.729 11.738%	8.232 32.311%	44.000	23.592 41.155%	5.502	15.088 26.320%	657.400	42.940	9.040	3.642
990448 SPRING BLEND VEGETABLE	1/2 CUP	96	30.000	0.000 0.000%	15.000	2.000 26.667%	0.000 0.000%	0.000	5.000 66.667%	2.000	1.000 13.333%	0.000	20.000	15.000	0.360
990502 SPRING BLEND VEGETABLE 1 CUP	1 CUP	192	60.066	0.000 0.000%	30.033	4.004 26.664%	0.000 0.000%	0.000	10.011 66.666%	4.004	2.002 13.332%	0.000	40.044	30.033	0.721
990503 SPRING BLEND VEGETABLE 3/4 CUP	3/4 CUP	144	45.049	0.000 0.000%	22.525	3.003 26.664%	0.000 0.000%	0.000	7.508 66.667%	3.003	1.502 13.337%	0.000	30.033	22.525	0.541
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	128	89.700	0.000 0.000%	0.000	17.940 80.000%	0.000 0.000%	0.000	21.927 97.777%	1.993	0.997 4.446%	0.000	0.000	37.375	0.279
990480 SUNFLOWER SEEDS HONEY ROASTED	PACKAGE	34	200.000	2.000 9.000%	65.000	5.000 10.000%	16.000 72.000%	10.000	10.000 20.000%	3.000	6.000 12.000%	0.000	0.000	0.000	0.000
990304 SWISS BACON BURGER	SANDWICH	141	360.000	6.750 16.875%	677.500	5.500 6.111%	18.000 45.000%	60.000	29.500 32.778%	3.000	24.000 26.667%	40.500	3248.790	126.000	2.880
990217 SYRUP CUP, SMUCKER'S	CONTAINER	40	109.146	0.000 0.000%	19.845	21.829 79.999%	0.000 0.000%	0.000	28.775 105.454%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
990211 TACO MEAT	2 oz	70	126.094	3.486 24.878%	263.885	0.589 1.868%	7.161 51.112%	38.261	5.230 16.591%	2.520	10.683 33.889%	316.167	7.589	1.505	2.228
990212 TACO MEAT W/ BLACK BEANS	2 OZ	131	182.442	3.486 17.194%	329.624	1.059 2.322%	7.396 36.484%	38.261	16.030 35.146%	5.338	13.969 30.627%	316.167	35.763	1.505	3.073
990247 TACO SEASONING (SCRATCH) BULK	CUPS	113	394.263	0.485 1.106%	565.062	14.885 15.102%	13.635 31.124%	0.000	68.015 69.005%	27.687	16.515 16.755%	16188.885	459.545	41.822	27.475
990402 TACO SNACK	EACH	142	350.000	7.000 18.000%	560.000	3.000 3.429%	15.000 38.571%	25.000	38.000 43.429%	5.000	16.000 18.286%	400.000	100.000	1.200	1.440

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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)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990516 TATER TOT CASSEROLE	CUP	335	504.504	9.286 16.566%	903.090	4.015 3.183%	25.771 45.973%	67.329	44.828 35.542%	4.929	23.379 18.536%	134.063	234.973	7.489	2.640
990497 TATER TOT SLOPPY JOE	8 OZ	225	422.965	10.134 21.564%	839.004	8.395 7.939%	22.486 47.846%	71.068	30.818 29.144%	4.366	23.264 22.001%	366.441	338.226	5.668	2.716
990255 TERIYAKI MEATBALLS	SERVINGS	88	253.800	7.500 26.596%	479.134	5.633 8.878%	18.333 65.012%	50.000	9.220 14.531%	0.000	11.667 18.388%	1.667	1.667	3.333	6.667
990193 TOMATO GRAPE, FRESH	3 OZ	85	25.000	0.000 0.000%	0.000	3.000 48.000%	0.000 0.000%	0.000	6.000 96.000%	0.000	0.000 0.000%	400.000	0.000	24.000	0.000
990315 TORTILLA SPINACH HERB 12"	TORTILLA	104	310.000	2.500 7.258%	640.000	0.000 0.000%	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	TORTILLA	104	310.000	2.500 7.258%	630.000	0.000 0.000%	7.000 20.323%	0.000	52.000 67.097%	2.000	8.000 10.323%	0.000	230.000	0.000	3.000
990135 TURKEY, DELI SLICED	2 OZ	57	50.000	0.000 0.000%	560.000	1.000 8.000%	0.000 0.000%	25.000	2.000 16.000%	0.000	10.000 80.000%	0.000	0.000	0.000	0.360
990342 TURKEY, ROAST 2 OZ SERVG	2 OZ SERVIG	57	80.000	1.000 11.250%	325.000	0.000 0.000%	4.000 45.000%	22.500	1.500 7.500%	0.000	9.000 45.000%	0.000	0.000	0.000	1.260
990189 TURKEY, ROAST 3 OZ SERVG	3 OZ	85	120.000	1.500 11.250%	487.500	0.000 0.000%	6.000 45.000%	33.750	2.250 7.500%	0.000	13.500 45.000%	0.000	0.000	0.000	1.890
990259 TZATIKI ,GREEK YOGURT SAUCE	OZ	40	16.921	0.013 0.665%	8.654	1.069 25.270%	0.031 1.659%	1.429	1.445 34.159%	0.149	2.722 64.346%	17.290	30.097	0.607	0.102
990207 UHT MILK CARTON LF	CARTON	227	100.000	1.500 13.500%	110.000	12.000 48.000%	2.500 22.500%	12.000	12.000 48.000%	0.000	8.000 32.000%	500.000	300.000	0.000	0.000
990201 VARIETY CEREAL	BOWL	29	105.343	0.252 2.150%	131.749	5.269 20.007%	5.261 44.947%	0.000	22.569 85.696%	2.759	2.253 8.555%	351.248	100.624	4.215	4.511
990240 VARIETY FRUIT	EACH	119	73.340	0.054 0.664%	0.727	12.480 68.067%	0.190 2.329%	0.000	18.864 102.884%	2.856	0.855 4.663%	141.840	25.300	27.622	0.162
990372 VEGETABLE, SANTA FE BLEND - 3/4CUP	3/4 CUP	130	89.741	0.000 0.000%	59.827	4.487 20.000%	1.496 15.000%	0.000	17.948 80.000%	4.487	4.487 20.000%	0.000	0.000	22.899	0.464
990371 VEGETABLE, SANTA FE BLEND-1 CUP	CUP	173	119.654	0.000 0.000%	79.770	5.983 20.001%	1.994 15.000%	0.000	23.931 80.000%	5.983	5.983 20.001%	0.000	0.000	30.532	0.618
990369 VEGETABLE, SANTA FE BLEND-1/2 CUP	1/2 CUP	87	59.827	0.000 0.000%	39.885	2.991 19.998%	0.997 15.000%	0.000	11.965 80.000%	2.991	2.991 19.998%	0.000	0.000	15.266	0.309
990276 VEGETABLE/ SALAD BAR	SERVINGS	333	238.427	0.975 3.678%	464.307	9.354 15.693%	10.614 40.065%	8.571	30.180 50.631%	7.952	7.987 13.399%	11532.636	118.888	63.475	2.734

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990450 VEGETARIAN CHILI (V)	3/4 CUP	181	104.519	0.213 1.834%	496.960	*3.115* *11.921%*	2.562 22.059%	0.000	16.394 62.739%	4.784	4.376 16.747%	469.493	60.991	17.077	1.331
990453 VEGETARIAN CHILI (V) 1	1 Cup	241	139.010	0.283 1.834%	660.957	*4.143* *11.921%*	3.407 22.059%	0.000	21.803 62.739%	6.363	5.821 16.750%	624.425	81.118	22.712	1.771
990454 VEGETARIAN CHILI (V) 1	1 Cup	241	139.010	0.283 1.834%	660.957	*4.143* *11.921%*	3.407 22.059%	0.000	21.803 62.739%	6.363	5.821 16.750%	624.425	81.118	22.712	1.771
990270 VINEGARETTE DRESSING	.5 OZ	13	64.225	0.401 5.615%	0.135	3.997 24.894%	5.604 78.536%	0.000	4.019 25.033%	0.012	0.005 0.031%	16.993	0.335	0.000	0.010
990268 VINEGARETTE, DRESSING	1 OZ	26	128.451	0.802 5.616%	0.271	7.994 24.894%	11.209 78.536%	0.000	8.039 25.032%	0.024	0.010 0.031%	33.985	0.670	0.001	0.021
990377 WAFFLE, DUTCH	WAFFLE	83	300.000	3.000 9.000%	350.000	12.000 16.000%	13.000 39.000%	20.000	43.000 57.333%	3.000	4.000 5.333%	0.000	4.000	0.000	10.000
990148 WINTER MIX , VEG.	1/2 CUP	89	25.000	0.000 0.000%	20.000	1.000 16.000%	0.000 0.000%	0.000	4.000 64.000%	2.000	2.000 32.000%	226.610	20.000	36.000	0.390
990149 WINTER MIX , VEG. .75	3/4 CUP	134	37.640	0.000 0.000%	30.112	1.506 16.004%	0.000 0.000%	0.000	6.023 64.001%	3.011	3.011 31.998%	341.188	30.112	54.202	0.587
990150 WINTER MIX , VEG. 1 Cup	1 Cup	178	50.000	0.000 0.000%	40.000	2.000 16.000%	0.000 0.000%	0.000	8.000 64.000%	4.000	4.000 32.000%	453.220	40.000	72.000	0.780
990507 WRAP, CHICKEN & RANCH	WRAP	289	649.450	8.603 11.922%	1325.640	1.825 1.124%	27.243 37.752%	65.625	66.407 40.900%	3.593	31.910 19.654%	1075.892	514.000	7.036	9.159
990248 WRAP, CHICKEN BACON RANCH	WRAP	299	699.450	9.603 12.357%	1545.639	1.825 1.044%	31.242 40.200%	75.625	66.407 37.977%	3.593	35.910 20.536%	1075.892	514.000	7.036	9.159
990432 WRAP, CHICKEN FAJITA	WRAP	219	513.575	8.129 14.245%	1369.587	1.976 1.539%	19.281 33.789%	67.815	55.253 43.034%	2.229	25.969 20.226%	73.535	504.286	0.606	3.424
990365 WRAP, CHICKEN SALAD	WRAPS	418	461.538	3.723 7.260%	947.132	3.661 3.173%	12.355 24.092%	51.091	62.074 53.798%	5.637	26.482 22.951%	10508.302	366.325	62.156	8.022
990498 WRAP, CLUB	WRAP	230	412.900	4.158 9.063%	1204.780	2.348 2.275%	10.187 22.205%	35.840	56.502 54.736%	2.660	22.107 21.416%	408.500	335.200	5.900	3.539
990278 WRAP, GREEK TURKEY	WRAP	420	448.606	2.597 5.209%	1247.540	7.415 6.612%	7.307 14.659%	31.402	63.139 56.298%	3.581	30.981 27.624%	1177.004	390.925	11.944	5.207
990368 WRAP, GYRO	WRAP	330	530.136	7.031 11.937%	973.086	7.058 5.325%	19.104 32.433%	38.572	64.782 48.879%	5.078	26.600 20.070%	202.271	341.147	8.915	4.764
990295 WRAP, HAM N CHEESE	WRAP	294	541.185	11.014 18.317%	2234.787	2.592 1.916%	20.627 34.303%	70.000	57.160 42.248%	2.862	27.599 20.399%	1641.572	527.603	7.441	4.588

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990279 WRAP, TURKEY N HAM	WRAP	250	528.276	10.752 18.318%	2337.589	1.436 1.087%	19.789 33.714%	67.500	55.951 42.365%	2.335	27.212 20.604%	1275.538	523.209	1.421	4.469
990257 WRAP, VEGGIE	WRAP	476	724.977	8.623 10.705%	1088.672	8.591 4.740%	32.494 40.339%	25.000	85.757 47.316%	13.917	23.860 13.165%	4587.129	654.891	29.946	6.865
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	113	90.000	0.000 0.000%	50.000	5.000 22.222%	0.000 0.000%	0.000	19.000 84.444%	0.000	3.000 13.333%	0.000	300.000	1.200	0.000

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