

## Kenai Peninsula School District Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals <sup>1</sup> (kcal)	SaturatedF at <sup>1</sup> (g)	Sodium <sup>1</sup> (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)
990413 CARROT STIX & PEA PODS 1 CUP	CUP	147	60.773	0.050	79.605	6.735	0.340	0.000	13.431	4.059	2.007	19313.850	52.041	27.090	1.047
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	253	405.083	8.757	920.025	11.526	17.144	43.750	40.234	4.160	21.654	501.219	398.235	3.616	3.226
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	51	79.000	0.024	330.240	8.000	3.528	5.000	12.768	0.120	0.564	300.000	70.080	0.000	0.240
990519 MCMUFFIN EGG & CHEESE	SANDWICH	99	186.866	1.625	446.074	0.995	4.500	103.750	21.389	0.995	10.718	0.000	140.775	0.000	3.592
990517 MCMUFFIN SAUSAGE & CHEESE	SANDWICH	101	256.866	4.425	501.074	0.995	95.000	29.750	22.389	0.995	13.718	55.000	151.775	0.000	1.592
990547 APPLE JAMMER STICK	STICK	99	220.000	0.500	180.000	15.000	3.000	0.000	45.000	3.000	5.000	*N/A*	13.000	*N/A*	2.000
990404 APPLE SLICES CANNED 1 C	CUP	240	115.200	0.000	0.000	21.120	0.000	0.000	28.800	1.920	0.000	0.000	0.000	6.912	0.000
990403 APPLE SLICES CANNED 1/2	1/2 CUP	120	57.600	0.000	0.000	10.560	0.000	0.000	14.400	0.960	0.000	0.000	0.000	3.456	0.000
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	111	55.000	0.030	1.000	11.010	0.180	0.000	14.640	2.500	0.280	50.000	10.000	0.600	0.180
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	122	51.000	0.000	2.000	11.000	0.000	0.000	14.000	1.000	0.000	0.000	0.000	0.000	0.000
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	122	51.000	0.000	2.000	11.000	0.000	0.000	14.000	1.000	0.000	0.000	0.000	0.000	0.000
990160 APPLESAUCE, UNSWEETENED CANNED	3/4 CUP	183	76.500	0.000	3.000	16.500	0.000	0.000	21.000	1.500	0.000	0.000	0.000	0.000	0.000
990161 APPLESAUCE, UNSWEETENED CANNED	1 Cup	244	102.000	0.000	4.000	22.000	0.000	0.000	28.000	2.000	0.000	0.000	0.000	0.000	0.000
990457 BABY CARROTS & CELERY STICKS 1/2 c	SERVING	85	27.216	0.030	61.802	3.068	0.184	0.000	6.274	2.042	0.722	9599.424	30.051	4.224	0.226
990458 BABY CARROTS & CELERY STICKS 3/4 C	SERVING 3/4 C	162	44.688	0.024	127.259	5.758	0.096	0.000	10.336	3.952	1.063	14734.079	56.280	4.488	1.048
990357 BABY CARROTS & PEA PODS 1 CUP	CUP	104	38.780	0.013	55.960	4.692	0.068	0.000	8.335	2.914	1.400	10022.580	37.020	22.220	1.330
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	92	35.378	0.018	38.224	4.035	0.091	0.000	7.269	2.532	1.568	6929.945	34.431	28.414	1.358
990553 BACON, FULLY COOKED	slice	15	70.000	2.000	250.000	0.000	6.000	20.000	0.000	0.000	5.000	0.000	0.000	0.000	0.000
990077 BANANA BREAD, SLICE	SLICE	96	280.000	2.000	220.000	25.000	10.000	0.000	44.000	2.000	5.000	100.000	80.000	0.000	1.080
990187 BANANAS,RAW	MEDIUM	118	105.020	0.132	1.180	14.431	0.389	0.000	26.951	3.068	1.286	75.520	5.900	10.266	0.307

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990500 BAR, BERRY APPLE CRISP	BAR	62	250.000	2.500	80.000	14.000	8.000	0.000	41.000	3.000	4.000	0.000	0.000	0.000	0.000
990078 BAR, COCOA CHIP BENEFIT	BAR	71	270.000	2.500	230.000	21.000	8.000	0.000	48.000	5.000	5.000	0.000	20.000	0.000	2.700
990338 BASE, CHICKEN LOW SODIUM	CUP	241	15.000	0.000	147.110	1.000	0.500	0.000	2.000	0.000	0.000	0.000	7.110	0.000	0.000
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	154	31.986	0.000	279.987	1.987	0.000	0.000	5.991	3.989	1.987	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	139.994	0.993	0.000	0.000	2.995	1.994	0.993	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	174.992	1.242	0.000	0.000	3.744	2.493	1.242	125.000	24.996	0.000	0.443
990054 BEANS, BAKED 1 CUP	CUP	261	280.000	0.000	1100.000	24.000	2.000	0.000	58.000	10.000	12.000	0.000	80.000	0.000	3.600
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	130	140.000	0.000	550.000	12.000	1.000	0.000	29.000	5.000	6.000	0.000	40.000	0.000	1.800
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	196	210.000	0.000	825.000	18.000	1.500	0.000	43.500	7.500	9.000	0.000	60.000	0.000	2.700
990057 BEANS, BLACK LS 1 CUP	1 CUP	256	235.304	0.000	274.522	1.961	0.980	0.000	45.100	11.765	13.726	0.000	117.652	0.000	3.530
990036 BEANS, BLACK LS 1/2 CUP	1/2 CUP	128	117.652	0.000	137.261	0.980	0.490	0.000	22.550	5.883	6.863	0.000	58.826	0.000	1.765
990056 BEANS, BLACK LS 3/4 CUP	3/4 CUP	192	176.478	0.000	205.891	1.471	0.735	0.000	33.825	8.824	10.295	0.000	88.239	0.000	2.647
990059 BEANS, REFRIED 1 CUP	1 CUP	256	240.000	2.000	1080.000	2.000	5.000	0.000	36.000	12.000	12.000	0.000	40.000	0.000	0.000
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	128	120.000	1.000	540.000	1.000	2.500	0.000	18.000	6.000	6.000	0.000	20.000	0.000	0.000
990546 BEANS, REFRIED 1/4 CUP	1/4 CUP	64	60.000	0.500	270.000	0.500	1.250	0.000	9.000	3.000	3.000	0.000	10.000	0.000	0.000
990058 BEANS, REFRIED 3/4 CUP	3/4 CUP	192	180.000	1.500	810.000	1.500	3.750	0.000	27.000	9.000	9.000	0.000	30.000	0.000	0.000
990109 BEEF CRUMBLES, COOKED USDA	1.15 OZ	33	67.000	2.000	109.000	0.000	4.000	22.000	2.000	1.000	6.000	0.100	0.400	0.000	1.044
990359 BEEF HOT DOG SANDWICH	SANDWICH	96	300.000	0.000	790.000	5.000	18.500	35.000	22.000	2.000	11.000	0.000	40.000	1.200	1.800
990110 BEEF PATTY, COOKED USDA	PATTY	62	130.000	3.000	260.000	0.000	8.000	40.000	0.000	0.000	12.000	0.000	10.000	0.000	1.620
990118 BEEF STICKS, BREADED	SERVING (4 EA)	110	350.000	7.000	320.000	1.000	24.000	40.000	19.000	3.000	14.000	0.000	40.000	0.000	1.800
990123 BEEF, HOT DOG 6"	EACH	57	190.000	0.000	600.000	1.000	17.000	35.000	1.000	0.000	7.000	0.000	0.000	1.200	0.360
990113 BEEF, MEATBALLS	5 EACH	71	180.000	5.000	270.000	1.000	12.000	45.000	3.000	0.000	13.000	0.000	20.000	1.200	1.080

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990127 BEEF, PHILLY STEAK STRIPS	3 OZ	85	120.000	3.000	645.000	1.500	7.500	30.000	1.500	0.000	10.500	0.000	3.000	0.000	6.000
990131 BEEF, RAVIOLI	CUP	254	250.000	3.500	690.000	6.000	8.000	30.000	30.000	5.000	16.000	200.000	20.000	0.000	2.700
990536 BEEF, TERIYAKI DIPPERS	4 NUGGETS	79	150.000	3.500	420.000	4.000	8.000	35.000	6.000	1.000	12.000	2.000	2.000	0.000	10.000
990541 BENEFIT BANANA CHOC CHUNK	BAR	71	280.000	3.000	220.000	23.000	8.000	15.000	48.000	3.000	5.000	0.000	20.000	0.000	10.000
990468 BISCUIT STICK	STICK	35	110.000	3.000	370.000	1.000	5.000	0.000	13.000	0.000	2.000	0.510	20.000	0.060	0.800
990234 BLUEBERRY MUFFIN	MUFFIN	57	190.000	2.000	130.000	16.000	6.000	40.000	30.000	2.000	3.000	0.000	29.000	0.000	1.000
990528 BLUEBERRY, FROZEN	1/2 CUP	78	40.000	0.000	1.000	7.000	0.210	0.000	10.000	2.000	0.000	0.000	0.000	0.000	0.000
990045 BREAD STICK WG	1 OZ	28	90.000	0.000	120.000	2.000	2.500	0.000	14.000	1.000	3.000	0.000	20.000	0.000	0.720
990091 BREAD, GF WHITE	SLICE	28	75.000	0.000	155.000	1.500	1.500	0.000	14.000	0.500	1.500	0.000	7.000	0.000	0.000
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	95	30.000	0.000	15.000	1.000	0.000	0.000	5.000	2.000	2.000	400.000	40.000	48.000	0.360
990038 BROCCOLI, FROZEN CUTS 1/2 c	1/2 CUP	47	15.000	0.000	7.500	0.500	0.000	0.000	2.500	1.000	1.000	200.000	20.000	24.000	0.180
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	71	22.500	0.000	11.250	0.750	0.000	0.000	3.750	1.500	1.500	300.000	30.000	36.000	0.270
990039 BROCCOLI, FROZEN, NO SALT FROZEN 1 c	1 Cup	184	52.000	0.000	44.000	2.000	0.000	0.000	10.000	6.000	6.000	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	22.000	1.000	0.000	0.000	5.000	3.000	3.000	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	33.000	1.500	0.000	0.000	7.500	4.500	4.500	300.000	30.000	36.000	0.270
990271 BROCCOLI, RAW FRESH	3/4 CUP	53	18.105	0.061	17.572	0.905	0.197	0.000	3.536	1.384	1.502	331.748	25.028	47.499	0.389
990327 BROCCOLI, RAW FRESH	1 CUP	71	24.140	0.081	23.430	1.207	0.263	0.000	4.714	1.846	2.002	442.330	33.370	63.332	0.518
990545 BROCCOLI, RAW FRESH 1/2	1/2 CUP	36	12.070	0.041	11.715	0.604	0.131	0.000	2.357	0.923	1.001	221.165	16.685	31.666	0.259
990075 BUN, HAMBURGER	BUN	57	140.000	0.000	250.000	5.000	2.000	0.000	29.000	3.000	6.000	0.000	60.000	0.000	1.800
990076 BUN, HOT DOG	BUN	40	110.000	0.000	190.000	4.000	1.500	0.000	21.000	2.000	4.000	0.000	40.000	0.000	1.440
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	35	160.000	0.500	110.000	9.000	6.000	0.000	25.000	3.000	3.000	0.000	25.000	0.000	6.000

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990304 BURGER, BACON CHEESEBURGER	SANDWICH	151	395.000	7.750	865.000	5.000	21.000	72.500	30.000	3.000	26.500	0.000	158.500	0.000	2.880
990301 BURGER, CHICKEN BACON CHEESE	SANDWICH	192	445.000	4.750	895.000	5.000	19.000	72.500	39.000	6.000	33.500	0.000	158.500	0.000	2.880
990252 BURGER, CHICKEN BREADED SECONDARY	SANDWICH	163	340.000	1.500	540.000	5.000	11.000	45.000	38.000	6.000	25.000	0.000	60.000	0.000	2.880
990349 BURGER, CHICKEN ELEMENTARY	SANDWICH	150	380.000	2.500	710.000	6.000	15.000	25.000	44.000	6.000	20.000	0.000	100.000	0.000	3.600
990471 BURRITO SW	BURRITO	172	298.500	3.140	470.430	2.000	9.470	16.030	41.480	9.480	16.030	1000.000	150.000	18.000	3.600
990533 BURRITO WG CHEESE& BEAN	BURRITO	128	290.000	4.000	400.000	4.000	9.000	10.000	40.000	8.000	12.000	0.000	200.000	0.000	2.700
990344 BUTTERMILK 1 % , LOWFAT	CUP	227	110.000	1.500	260.000	12.000	2.500	15.000	13.000	0.000	9.000	500.000	313.000	1.200	0.000
990412 CARROT STIX & PEA PODS 3/4 CUP	CUP	121	50.036	0.042	53.976	5.397	0.272	0.000	10.665	3.296	1.972	13122.287	44.441	31.660	1.169
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	113	31.185	0.042	84.481	3.448	0.233	0.000	7.116	2.495	0.918	9726.714	41.391	5.103	0.283
990195 CARROTS, BABY FRESH	3 oz- (6 EA)	70	24.500	0.000	54.600	3.332	0.000	0.000	5.768	2.030	0.448	9653.000	22.400	1.820	0.623
990196 CARROTS, BABY FRESH	3/4 CUP /9 EA	105	36.750	0.000	81.900	4.998	0.000	0.000	8.652	3.045	0.672	14479.500	33.600	2.730	0.934
990197 CARROTS, BABY FRESH	CUP (12 ea)	140	49.000	0.000	109.200	6.664	0.000	0.000	11.536	4.060	0.896	19306.000	44.800	3.640	1.246
990394 CARROTS,STICKS 3EA	SERVING	57	23.247	0.018	39.122	2.688	0.136	0.000	5.432	1.588	0.527	9472.135	18.711	3.345	0.170
990397 CARROTS,STICKS 6 EA	SERVING	113	46.493	0.036	78.245	5.375	0.272	0.000	10.864	3.175	1.055	18944.270	37.421	6.690	0.340
990485 CARROTS,STICKS 9 EA	SERVING	170	69.740	0.054	117.367	8.063	0.408	0.000	16.295	4.763	1.582	28416.405	56.132	10.036	0.510
990395 CELERY,STICKS 3 EA	3 STICKS	57	7.938	0.024	45.359	0.760	0.096	0.000	1.684	0.907	0.391	254.579	22.680	1.758	0.113
990097 CEREAL BOWL, COCOA PUFF 25%LS	BOWL	30	110.000	0.000	120.000	8.000	1.500	0.000	25.000	2.000	2.000	500.000	100.000	6.000	4.500
990484 CEREAL, CHERRIOS GF	BOWL	28	100.000	0.000	140.000	1.000	2.000	0.000	21.000	3.000	4.000	300.000	60.000	3.600	9.000
990082 CEREAL, CINN. TOAST CRUNCH	BOWL	28	111.373	0.506	161.997	6.075	3.544	0.000	22.275	3.037	1.012	404.993	202.496	4.860	3.645
990101 CEREAL, GF HONEY NUT CHEX	BOWL	31	120.000	0.000	190.000	9.000	0.500	0.000	27.000	1.000	2.000	500.000	100.000	6.000	4.500
990561 CEREAL, HONEY BUNCHES OF OATS BOWL	BOWL	28	111.373	1.519	75.936	6.075	1.519	0.000	23.287	2.025	2.025	1518.723	0.000	*N/A*	9.112

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990562 CEREAL, MARSHMALLOW MATEYS BOWL	BOWL	28	111.373	0.000	273.370	6.075	1.519	0.000	22.275	2.025	3.037	0.000	151.872	0.000	4.556
990099 CEREAL, MINI WHEATS CHOC	BOWL	28	100.000	0.000	105.000	6.000	1.000	0.000	23.000	3.000	3.000	0.000	0.000	0.000	1.800
990465 CHEERIOS GF	BOWLPAK	28	100.000	0.500	140.000	1.000	15.000	0.000	20.000	3.000	3.000	500.000	100.000	6.000	8.100
990328 CHEESE SAUCE, CHEDDAR 1.5 OZ	1.5 OZ	43	68.588	3.086	274.350	0.000	4.801	13.718	2.058	0.000	3.429	0.000	143.348	0.000	0.000
990329 CHEESE SAUCE, CHEDDAR 2 OZ	2 OZ	62	100.000	4.500	400.000	0.000	7.000	20.000	3.000	0.000	5.000	0.000	209.000	0.000	0.000
990261 CHEESE SAUCE, CHEDDAR 3 OZ	3 OZ	85	137.097	6.169	548.387	0.000	9.597	27.419	4.113	0.000	6.855	0.000	286.532	0.000	0.000
990233 CHEESE STICK, MOZZARELLA CN 1 STICK	STICK	55	150.040	3.001	320.085	2.001	6.002	15.004	17.005	1.000	8.002	0.000	150.040	0.000	0.720
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	109	300.080	6.002	640.170	4.001	12.003	30.008	34.009	2.001	16.004	0.000	300.080	0.000	1.440
990407 CHEESE STICKS	2 STICK	120	302.521	6.050	494.118	4.034	11.092	30.252	30.252	3.025	19.160	403.361	302.521	0.000	1.815
990321 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDED	OZ	28	90.000	4.000	210.000	0.000	6.000	20.000	1.000	0.000	7.000	4.000	260.000	0.000	0.000
990085 CHEESE, SLICED CHEDDAR RS/RF	SLICE	14	35.000	1.250	105.000	0.000	2.000	7.500	1.000	0.000	3.500	0.000	98.500	0.000	0.000
990330 CHEESE, SLICED CHEDDAR RS/RF	2 SLICE	28	70.875	2.531	212.625	0.000	4.050	15.188	2.025	0.000	7.088	0.000	199.462	0.000	0.000
990361 CHEESE, STRING STICK	EACH	28	80.000	3.000	190.000	1.000	5.000	15.000	0.000	0.000	7.000	0.000	20.000	0.000	0.000
990352 CHEESEBURGER	SANDWICH	133	305.000	4.250	615.000	5.000	12.000	47.500	30.000	3.000	21.500	0.000	168.500	0.000	3.420
990523 CHEESY REFRIED BEANS @ 1 CUP	1 CUP	258	283.977	4.908	1125.395	1.908	9.270	15.000	34.847	11.449	14.449	0.000	137.663	0.000	0.000
990521 CHEESY REFRIED BEANS @ 1/2 CUP	1/2 CUP	142	176.268	4.112	634.606	0.992	7.161	15.600	18.380	5.953	9.073	0.000	123.325	0.000	0.000
990522 CHEESY REFRIED BEANS @ 3/4 CUP	3/4 CUP	181	208.774	4.148	795.007	1.306	7.527	14.211	23.974	7.833	10.676	0.000	120.375	0.000	0.000
990286 CHEESY BREAD W/ DUNKER SAUCE ELEM.	SERVINGS	197	317.287	8.415	800.367	8.003	14.449	46.327	26.715	5.151	18.733	803.903	365.643	8.240	2.561
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	297	457.057	9.785	1147.964	12.537	17.574	56.156	46.882	8.532	26.016	1218.034	435.726	12.485	4.365

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## Kenai Peninsula School District Recipe Nutrient Composition - Summary

990540 CHEX MIX STRAWBERRY	PACKAGE	29	130.897	1.007	55.379	6.041	3.021	0.000	23.159	2.014	2.014	*N/A*	*N/A*	*N/A*	0.705
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	198	415.000	4.125	767.500	5.250	15.375	62.500	39.250	6.000	32.500	*0.000*	160.000	*0.000*	2.970
990470 CHICKEN DRUMSTICK BREADED	DRUMSTICK	123	290.000	4.000	550.000	0.000	17.000	100.000	8.000	11.000	22.000	100.000	20.000	78.000	1.440
990544 CHICKEN ENCHILADA EMPANADA	EACH	142	300.000	5.000	650.000	4.000	11.000	35.000	32.000	3.000	19.000	*N/A*	271.000	*N/A*	2.000
990294 CHICKEN FAJITA QUESADILLA	EACH	147	332.326	7.448	772.594	2.683	13.390	66.123	28.183	3.000	22.132	0.000	282.279	0.000	2.424
990227 CHICKEN STRIPS, BREADED	3 EA	126	280.000	2.500	470.000	1.000	13.000	60.000	16.000	2.000	25.000	0.000	17.000	0.000	2.000
990339 CHICKEN, 1/2" DICED MEAT	2.75 OZ	78	101.103	0.506	323.529	0.000	3.033	70.772	0.000	0.000	19.210	0.000	0.000	0.000	0.364
990114 CHICKEN, BREADED PATTY ELEM	PATTY	93	240.000	2.500	460.000	1.000	13.000	25.000	15.000	3.000	14.000	0.000	40.000	0.000	1.800
990115 CHICKEN, BREADED PATTY SEC	PATTY	106	200.000	1.500	290.000	0.000	9.000	45.000	9.000	3.000	19.000	0.000	0.000	0.000	1.080
990117 CHICKEN, BREADED PIECES, BONE-IN	BREAST PIECE	85	190.000	2.500	470.000	0.000	11.000	70.000	6.000	1.000	16.000	0.000	0.000	0.000	1.080
990144 CHICKEN, BREADED PIECES, BONE-IN	DRUMSTICK	85	190.000	2.500	470.000	0.000	11.000	70.000	6.000	1.000	16.000	0.000	0.000	0.000	1.080
990145 CHICKEN, BREADED PIECES, BONE-IN	THIGH PIECE	85	190.000	2.500	470.000	0.000	11.000	70.000	6.000	1.000	16.000	0.000	0.000	0.000	1.080
990120 CHICKEN, CORN PUPS	6 EACH	113	270.000	3.500	410.000	5.000	12.000	40.000	30.000	5.000	10.000	0.000	150.000	0.000	1.800
990142 CHICKEN, CORN PUPS	5 EACH	94	222.750	2.888	338.250	4.125	9.900	33.000	24.750	4.125	8.250	0.000	123.750	0.000	1.485
990143 CHICKEN, CORN PUPS	4 EACH	75	178.200	2.310	270.600	3.300	7.920	26.400	19.800	3.300	6.600	0.000	99.000	0.000	1.188
990121 CHICKEN, EGG ROLL	EGG ROLL	85	160.000	1.500	390.000	2.000	5.000	30.000	20.000	3.000	9.000	63.000	45.000	7.000	1.700
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	170	320.000	3.000	780.000	4.000	10.000	60.000	40.000	6.000	18.000	126.000	90.000	14.000	3.400
990108 CHICKEN, FAJITA STRIPS	1.7 OZ	48	61.000	1.000	303.000	1.000	2.000	37.000	1.000	0.000	9.000	0.000	0.000	0.000	0.360
990130 CHICKEN, POPCORN WG	3.3 OZ	94	250.000	2.500	380.000	1.000	14.000	25.000	15.000	3.000	15.000	100.000	0.000	0.000	1.800
990251 CHICKEN, SWEET N SOUR	SERVING	79	150.000	1.500	160.000	7.000	6.000	9.000	9.000	0.000	13.000	0.000	0.000	0.000	0.800
990311 CHICKEN, SWEET N SOUR W/ RICE SEC	SERVING	365	323.542	1.500	167.110	7.000	7.531	9.000	45.750	2.042	17.083	0.000	7.110	0.000	1.168
990134 CHICKEN, TERIYAKI	2.85 OZ	81	146.000	1.000	414.000	14.000	2.500	53.000	14.000	0.000	15.000	100.000	20.000	0.000	1.080
990188 CHICKEN, TERIYAKI GF	2.85 OZ	81	150.000	1.000	370.000	14.000	4.000	63.000	14.000	0.000	14.000	0.000	10.000	0.000	0.900
990355 CHILI WITH BEANS	4 OZ	189	196.056	4.070	350.866	4.121	8.259	44.638	15.722	5.775	14.890	503.476	40.301	5.412	3.357
990556 CHILI, VEGETARIAN 3/4 C	3/4 CUP	278	168.656	0.173	631.625	*5.016*	2.692	0.000	28.882	8.870	7.481	641.853	79.199	13.652	4.718

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## Kenai Peninsula School District Recipe Nutrient Composition - Summary

990094 CHIPS, YELLOW TORTILLA TRIANGLES	OZ	28	140.000	1.500	75.000	0.000	6.000	0.000	19.000	2.000	2.000	0.000	20.000	0.000	0.360
990406 CINNAMON APPLES, BAKED	1/2 CUP	126	84.387	0.002	0.065	17.339	0.008	0.000	21.649	1.295	0.026	1.918	6.513	3.445	0.054
990420 CINNAMON APPLES, BAKED 1 Cup	1 CUP	253	168.774	0.005	0.130	34.678	0.016	0.000	43.298	2.590	0.052	3.835	13.026	6.889	0.108
990542 CINNAMON BUN, BAKED	BUN	82	240.000	3.000	280.000	16.000	7.000	5.000	40.000	3.000	5.000	*N/A*	43.000	*N/A*	1.000
990548 CINNAMON BUN, BAKED ULTRA	EACH	82	240.000	2.000	300.000	15.000	8.000	20.000	38.000	3.000	5.000	400.000	60.000	1.200	1.080
990524 CINNAMON SWIRL BUN	BUN	82	240.000	3.000	300.000	14.000	8.000	5.000	39.000	3.000	5.000	0.000	28.000	0.000	2.000
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	80	320.000	2.000	200.000	24.000	10.000	20.000	52.000	4.000	4.000	20.000	0.000	0.000	30.000
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	40	160.000	1.000	100.000	12.000	5.000	10.000	26.000	2.000	2.000	10.000	0.000	0.000	15.000
990069 CORN KERNEL 1/2 C	1/2 CUP	82	65.000	0.000	15.000	3.000	1.000	0.000	15.000	2.000	2.000	0.000	0.000	0.000	0.720
990068 CORN KERNEL 3/4 C	3/4 CUP	123	97.500	0.000	22.500	4.500	1.500	0.000	22.500	3.000	3.000	0.000	0.000	0.000	1.080
990067 CORN KERNEL 1 C	1 CUP	164	130.000	0.000	30.000	6.000	2.000	0.000	30.000	4.000	4.000	0.000	0.000	0.000	1.440
990481 COUSCOUS, CHICKEN & HERB GARLIC	CUP	291	263.115	3.073	738.872	2.094	5.981	13.084	47.035	6.271	7.368	152.082	60.320	0.000	210.075
990482 COUSCOUS, CHICKEN & HERB GARLIC 1/2 CUP	1/2 cup	151	136.430	1.593	383.119	1.086	3.101	6.784	24.389	3.252	3.820	78.857	31.277	0.000	108.928
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	33	110.000	0.000	0.000	24.000	0.000	0.000	28.000	3.000	0.000	0.000	0.000	0.000	0.000
990222 CRANBERRY, WHOLE DRIED	1.4 OZ	40	138.913	0.000	0.000	28.775	0.000	0.000	35.720	1.984	0.000	99.223	0.000	0.000	0.000
990262 CREAM CHEESE SPREAD/ RANCH	1 OZ	37	70.000	4.000	660.000	0.000	6.000	20.000	0.800	0.000	2.000	200.000	20.000	0.000	0.000
990511 CUCUMBER ,TOMATO, CARROT SALAD	1/2 CUP	107	34.597	0.224	39.521	1.929	2.422	0.000	3.333	0.996	0.766	1031.934	14.436	6.497	0.267
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	108	33.866	0.224	36.783	1.878	2.423	0.000	3.143	0.945	0.778	346.516	13.580	7.054	0.270
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	146	45.764	0.303	49.707	2.537	3.275	0.000	4.247	1.277	1.051	468.265	18.351	9.532	0.365
990250 CUCUMBER SAUCE	OZ	32	26.950	0.259	62.040	1.073	1.772	2.815	2.031	*0.124*	0.803	40.256	25.376	*0.653*	*0.048*
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	88	47.143	0.000	0.000	9.429	0.262	0.000	11.524	1.571	0.524	654.762	31.429	22.000	0.189
990489 DIPPING SAUCE	4 OZ SERVINGS	128	65.071	0.757	369.918	8.524	1.144	3.750	11.231	2.159	2.654	501.204	48.115	3.616	0.925
990209 DIPPING SAUCE	OZ	33	16.271	0.189	92.506	2.131	0.286	0.938	2.809	0.540	0.664	125.305	12.059	0.904	0.231
990551 FIESTA CORN	1/2 CUP	136	110.140	0.291	33.731	4.631	1.981	1.221	24.089	3.511	3.565	118.463	5.878	5.375	1.222
990477 FLATBREAD 6"	FLATEBREAD	56	160.000	0.500	150.000	1.000	4.000	0.000	27.000	2.000	5.000	1.610	40.000	0.000	1.500

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## Kenai Peninsula School District Recipe Nutrient Composition - Summary

990488 FLATBREAD, CHICKEN FAJITA	SANDWICH	169	432.888	11.220	878.718	3.188	21.428	88.716	30.189	2.000	28.675	1.610	446.559	0.000	1.924
990493 FLATBREAD, GYRO	FLATBREAD	282	384.112	5.031	489.110	8.456	16.104	38.572	40.179	3.885	23.600	52.787	147.171	16.867	3.113
990390 FRENCH BREAD, MULTI CHEESE GARLIC	1/2 SLICE	61	170.000	4.000	275.000	1.500	8.000	20.000	14.500	1.000	9.500	0.000	175.000	0.000	1.150
990532 FRENCH BREAD, MULTI CHEESE GARLIC	BREAD	122	340.000	8.000	550.000	3.000	16.000	40.000	29.000	2.000	19.000	0.000	350.000	0.000	2.300
990298 FRENCH DIP	SANDWICH	155	305.562	4.272	1148.623	4.756	10.787	32.594	30.756	3.000	19.294	0.000	139.279	0.000	7.000
990050 FRENCH TOAST STICKS	3 STICKS	82	210.547	2.005	290.755	11.029	9.023	105.274	26.068	2.005	8.021	1.544	59.154	0.602	1.003
990305 FRENCH TOAST STICKS	1 STICKS	27	70.134	0.668	96.852	3.674	3.006	35.067	8.683	0.668	2.672	0.514	19.704	0.200	0.334
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	110	280.535	2.672	387.406	14.695	12.023	140.268	34.733	2.672	10.687	2.057	78.817	0.802	1.336
990558 FRENCH TOAST STICKS SECONDARY (5)	5 STICKS	137	350.669	3.340	484.258	18.369	15.029	175.335	43.416	3.340	13.359	2.571	98.521	1.002	1.670
990277 FRUIT BAR	EACH	136	77.950	0.029	1.702	14.480	0.196	0.000	19.335	2.519	0.658	84.232	12.065	33.675	0.661
990032 FRUITABLE, GOLD RUSH	BOX	120	40.000	0.000	60.000	8.000	0.000	0.000	10.000	0.000	0.000	5000.001	0.000	60.000	0.000
990072 GARLIC TOAST	SLICE	28	70.000	0.500	95.000	0.000	2.500	0.000	12.000	1.000	2.000	0.000	0.000	0.000	0.720
990073 GARLIC TOAST -2	2 OZ	57	140.000	1.000	190.000	0.000	5.000	0.000	24.000	2.000	4.000	0.000	0.000	0.000	1.440
990184 GRAPES FRESH	CUP	151	104.261	0.082	3.022	23.391	0.242	0.000	27.350	1.360	1.088	1.995	1.511	8.054	3.022
990185 GRAPES FRESH	3/4 CUP	113	78.245	0.061	2.268	17.554	0.181	0.000	20.525	1.021	0.816	1.497	1.134	6.044	2.268
990186 GRAPES FRESH	1/2 CUP	78	53.793	0.042	1.559	12.068	0.125	0.000	14.111	0.702	0.561	1.029	0.780	4.155	1.559
990350 GRAVY, BEEF LS PREPARED	2 OZ	65	20.005	0.000	141.810	0.000	0.000	0.000	5.001	0.000	0.000	0.000	1.778	0.000	0.000
990198 GRAVY, CHICKEN	SERVING 2 OZ	6	23.485	0.000	131.515	0.939	0.470	0.000	3.758	0.000	0.000	0.000	0.000	0.000	0.000
990451 GRILLED CHEESE	SANDWICH	119	280.334	5.560	580.819	5.650	9.911	31.852	30.962	3.000	18.551	523.986	465.914	0.000	1.640
990452 GRILLED CHEESE 1/2 SANDWICH	1/2 SANDWICH	59	140.167	2.780	290.410	2.825	4.955	15.926	15.481	1.500	9.275	261.993	232.957	0.000	0.820
990478 GRILLED EGG PATTY	EGG	35	50.624	1.012	121.498	0.000	3.037	101.248	1.012	0.000	3.037	150.860	21.262	0.000	0.481
990508 HAM N CHEESE FLATBREAD MELT	SANDWICH	127	255.000	2.250	605.000	2.000	7.500	37.500	29.000	2.000	18.500	1.610	138.500	0.000	1.860
990122 HAM, SLICED	2 OZ	57	60.000	0.500	350.000	1.000	1.500	30.000	1.000	0.000	10.000	0.000	0.000	0.000	0.360
990353 HAMBURGER ON BUN	SANDWICH	122	290.000	4.500	510.000	5.000	13.000	45.000	29.000	3.000	18.000	0.000	60.000	0.000	2.880
990534 HAMBURGER WITH GRAVY, BEEF	3 OZ	163	294.885	3.746	1297.342	0.838	7.823	40.812	45.405	2.247	11.482	2.582	11.238	1.696	2.048
990513 HASH BROWN COINS .75	3 COINS	108	135.000	0.000	285.000	0.000	3.750	0.000	22.500	0.000	1.500	0.000	0.000	0.000	0.000

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990514 HASH BROWN COINS 1 C	4 COIN	144	180.000	0.000	380.000	0.000	5.000	0.000	30.000	0.000	2.000	0.000	0.000	0.000	0.000
990512 HASH BROWN COINS 2 EA	2 COINS	72	90.000	0.000	190.000	0.000	2.500	0.000	15.000	0.000	1.000	0.000	0.000	0.000	0.000
990494 HASHBROWN COINS @ 2	SERVING @2	72	90.000	0.000	190.000	0.000	2.500	0.000	15.000	0.000	1.000	0.000	0.000	0.000	0.000
990496 HASHBROWN COINS @ 3	serving @ 3	144	180.000	0.000	380.000	0.000	5.000	0.000	30.000	0.000	2.000	0.000	0.000	0.000	0.000
990495 HASHBROWN COINS @ 4	serving @ 4	144	180.000	0.000	380.000	0.000	5.000	0.000	30.000	0.000	2.000	0.000	0.000	0.000	0.000
990554 HOAGIE ROLL WG OVEN FRESH	ROLL	65	160.000	0.000	210.000	3.000	1.500	0.000	29.000	3.000	7.000	0.000	33.000	0.000	2.000
990322 HOAGIE, BEEF BBQ	SANDWICH	164	297.799	2.500	1172.742	8.030	7.750	25.000	38.755	3.000	15.750	0.000	35.500	1.890	8.890
990570 HOAGIE, CLUB	HOAGIE	204	297.068	2.765	754.768	9.648	8.399	39.521	33.450	4.076	*17.462*	*2745.966*	*141.457*	*6.552*	*2.592*
990449 HOAGIE, HAM & TURKEY	SANDWICH	218	281.970	1.511	734.407	14.149	5.390	41.502	33.950	4.076	*16.209*	*2745.966*	*141.457*	*6.552*	*2.502*
990367 HOAGIE, HOT HAM & CHEESE	SANDWICH	136	255.000	1.750	665.000	4.000	5.000	37.500	31.000	3.000	20.500	0.000	131.500	0.000	2.360
990520 HOAGIE, PHILLY STEAK	SANDWICH	201	379.028	6.344	1037.984	6.804	14.873	43.187	34.196	3.596	24.285	3.976	249.323	7.555	7.739
990539 HONEYBUN GLAZED	BUN	78	240.000	4.500	270.000	10.000	11.000	0.000	34.000	3.000	5.000	0.000	27.000	*N/A*	1.000
990041 HUMMUS (VEG)	CONTAINER	85	110.000	0.000	100.000	3.000	2.000	0.000	18.000	5.000	6.000	0.000	34.000	0.000	2.000
990029 ITALIAN DRESSING	2 TBSP	29	183.634	1.504	109.233	0.496	21.019	0.000	0.780	0.072	0.048	3.212	2.998	1.224	0.092
990567 ITALIAN DRESSING USDA E-15	OUNCES	30	185.464	1.502	110.272	*0.691*	21.013	0.000	1.226	0.120	0.098	5.739	3.745	1.127	0.071
990337 ITALIAN DRY DRESSING MIX PREPARED	OZ	31	121.012	1.000	208.869	0.002	14.000	0.000	0.002	0.000	0.000	0.000	0.615	0.000	0.002
990284 ITALIAN DUNKER SAUCE ELEMENTARY	4 OZ	125	96.501	1.734	434.794	5.794	3.146	14.696	10.806	3.651	6.072	803.903	64.552	8.240	1.561
990285 ITALIAN DUNKER SAUCE SECONDARY	6 OZ	190	146.214	2.627	658.779	8.778	4.767	22.266	16.373	5.532	9.200	1218.034	97.807	12.485	2.365
990463 ITALIAN MEAT SAUCE W/BOW TIE PASTA	1 CUP	429	236.703	4.186	378.785	4.892	8.678	45.913	24.367	4.914	15.799	439.628	42.124	7.695	3.165
990199 JELLO, CHERRY	1/2 CUP	19	70.000	0.000	90.000	16.000	0.000	0.000	17.000	0.000	1.000	0.000	0.000	0.000	0.000
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	113	173.432	1.334	400.228	0.000	6.003	0.000	28.016	4.002	2.668	0.000	0.000	5.336	5.336
990153 JO JO'S, 1 C SEASONED CRISP SAVORY WEDGE	SERVING	170	260.148	2.001	600.342	0.000	9.005	0.000	42.024	6.003	4.002	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	300.171	0.000	4.503	0.000	21.012	3.002	2.001	0.000	0.000	4.002	4.002
990200 JUICE, APPLE	4 oz	113	60.000	0.000	10.000	13.000	0.000	0.000	14.000	0.000	0.000	0.000	0.000	60.000	0.000

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## Kenai Peninsula School District Recipe Nutrient Composition - Summary

990239	EACH	113	50.000	0.000	0.000	12.000	0.000	0.000	13.000	0.000	0.000	0.000	10.000	60.000	0.000
JUICE, ORANGE															
990550	PKG	9	10.000	0.000	25.000	2.000	0.000	0.000	3.000	0.000	0.000	100.000	20.000	0.000	0.000
KETCHUP LOW SODIUM PCS															
990181	2 EACH	154	100.000	0.000	0.000	16.000	1.000	0.000	22.000	5.000	2.000	2.000	6.000	250.000	4.000
KIWL, FRESH															
990430	3.2 OZ	119	198.446	0.000	337.359	0.000	5.953	0.000	29.767	3.969	1.984	0.000	119.068	0.000	0.625
KK SEASONED FRIES 1 C	COOKED														
990428	1.6 OZ cooked	60	99.223	0.000	168.680	0.000	2.977	0.000	14.884	1.984	0.992	0.000	59.534	0.000	0.313
KK SEASONED FRIES 1/2															
990429	2.5 oz	89	148.835	0.000	253.019	0.000	4.465	0.000	22.325	2.977	1.488	0.000	89.301	0.000	0.469
KK SEASONED FRIES 3/4	COOKED														
34	1 LEAF 2	68	11.966	0.011	4.383	1.648	0.140	0.000	2.450	1.076	0.709	2745.966	9.957	6.552	0.322
LETTUCE & TOMATO:1 leaf,2 slice	SLICE														
990194	2 OZ	57	7.938	0.010	5.670	1.117	0.079	0.000	1.684	0.680	0.510	284.629	10.206	1.588	0.232
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW															
990431	CUP	227	300.000	6.000	60.000	9.000	11.000	35.000	32.000	2.000	17.000	0.000	300.000	0.000	1.440
MAC AND CHEESE CAMPBELL															
990440	CUP	227	300.000	6.000	690.000	9.000	11.000	35.000	32.000	2.000	17.000	0.000	300.000	0.000	0.000
MACARONI N CHEESE CN 1 CUP															
990165	1/2 CUP	122	80.000	0.000	10.000	18.000	0.000	0.000	19.000	0.000	0.000	0.000	0.000	35.000	2.000
MANDARIN ORANGE, CANNED															
990166	3/4 CUP	183	120.000	0.000	15.000	27.000	0.000	0.000	28.500	0.000	0.000	0.000	0.000	52.500	3.000
MANDARIN ORANGE, CANNED															
990167	1 CUP	244	160.000	0.000	20.000	36.000	0.000	0.000	38.000	0.000	0.000	0.000	0.000	70.000	4.000
MANDARIN ORANGE, CANNED															
990439	CONTAINER	128	70.000	0.000	0.000	14.000	0.000	0.000	17.000	0.000	0.000	0.000	0.000	27.000	0.000
MANDARIN ORANGE,SINGLE SERVE															
990332	4 OZ	187	306.333	3.865	787.139	11.320	9.730	42.512	41.291	7.039	18.647	316.172	60.773	0.000	3.817
MANWICH (SECONDARY)	SERVINGS														
990191	3 OZ	150	250.873	2.441	640.800	9.989	6.882	26.850	38.093	5.883	14.154	249.579	60.488	0.000	3.074
MANWICH ELEMENTARY	SERVINGS														
990483	SANDWICH	137	306.866	5.425	626.074	0.995	98.500	129.750	22.389	0.995	16.718	55.000	153.775	0.000	3.592
MCMUFFIN EGG, SAUSAGE & CHEESE															
990320	EACH	408	535.764	8.272	954.078	16.526	21.793	60.094	52.540	7.006	30.550	1001.682	347.965	13.220	5.084
MEATBALL MARINARA HOAGIE (CANNED SAUCE)															
990283	EACH	216	418.104	7.151	756.136	8.768	17.110	54.470	38.123	4.080	24.872	250.610	180.897	3.008	3.542
MEATBALL MARINARA HOAGIE (w/DIPPING SAUCE)				15.392%		8.388%	36.830%		36.473%		23.795%				
990202	8 OZ	227	160.000	1.500	240.000	25.000	2.500	10.000	27.000	1.000	8.000	500.000	300.000	1.200	0.720
MILK , LF 1/2 GALLON CHOCOLATE	POURED														
990204	CARTON	227	130.000	0.000	230.000	22.000	0.000	5.000	23.000	0.000	8.000	500.000	300.000	2.400	0.360
MILK, CHOC FF CARTON															
990206	8 OZ	227	110.000	1.500	130.000	12.000	2.500	15.000	13.000	0.000	9.000	500.000	300.000	1.200	0.000
MILK, LF 1/2 GALLON WHITE	POURED														
990208	6 OZ	170	82.500	1.125	97.500	9.000	1.875	11.250	9.750	0.000	6.750	375.000	225.000	0.900	0.000
MILK, LF 1/2 GALLON WHITE (6 OZ)	POURED														
990345	CONTAINER	234	144.375	0.516	154.688	8.250	5.156	0.000	12.375	1.031	10.313	515.625	309.375	0.000	1.856
MILK, SOY ULTRA															
990346	CUP	227	90.000	0.000	130.000	12.000	0.000	5.000	13.000	0.000	9.000	500.000	300.000	0.000	0.000
MILK,LACTOSE FREE FF															

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## Kenai Peninsula School District Recipe Nutrient Composition - Summary

990205	CARTON	227	110.000	1.500	125.000	12.000	2.500	10.000	13.000	0.000	8.000	500.000	300.000	1.200	0.000
MILK,LOW FAT WHITE CARTON															
990515	CONTAINER	113	90.000	0.000	0.000	16.000	0.000	0.000	20.000	2.000	0.000	0.000	0.000	0.000	0.000
MIXED BERRY CUP, FROZEN															
990177	1/2 CUP	126	60.000	0.000	5.000	12.000	0.000	0.000	15.000	1.000	0.000	200.000	0.000	1.200	0.000
MIXED FRUIT COCKTAIL															
990178	3/4 CUP	126	60.000	0.000	5.000	12.000	0.000	0.000	15.000	1.000	0.000	200.000	0.000	1.200	0.000
MIXED FRUIT COCKTAIL															
990179	1 CUP	152	72.381	0.000	6.032	14.476	0.000	0.000	18.095	1.206	0.000	241.270	0.000	1.448	0.000
MIXED FRUIT COCKTAIL															
990456	5 STICKS	124	375.995	7.113	416.644	1.016	18.292	25.405	35.567	3.049	19.308	10.162	50.810	0.000	10.162
MOZZARELLA CHEESE STICKS															
990464	3 STICKS	75	225.597	4.268	249.986	0.610	10.975	15.243	21.340	1.829	11.585	6.097	30.486	0.000	6.097
MOZZARELLA CHEESE STICKS Elem															
990265	2.5 OZ	80	140.888	3.956	293.133	0.596	8.088	43.442	5.672	2.748	12.077	380.599	7.222	0.581	2.443
NACHO MEAT															
990267	SERVING	179	442.338	10.321	771.433	0.596	23.489	61.732	36.915	5.748	19.650	380.599	228.352	0.581	2.983
NACHO'S ELEM															
990266	SERVING	193	512.338	11.071	808.933	0.596	26.489	61.732	46.415	6.748	20.650	380.599	238.352	0.581	3.163
NACHO'S SEC															
990180	EACH	128	60.000	0.000	0.000	12.000	0.000	0.000	15.000	3.000	1.000	300.000	60.000	72.000	0.000
ORANGE															
990563	CARTON	120	50.000	0.000	30.000	11.000	0.000	0.000	13.000	0.000	0.000	1000.000	0.000	36.000	0.000
ORANGE MEDLEY JUICE															
990398	PACKAGE	89	220.000	1.000	260.000	14.000	6.000	0.000	40.000	2.000	4.000	0.000	40.000	0.000	1.080
PANCAKE, STRAWBERRY MINI															
990530	PARFAIT	227	318.493	3.812	236.194	37.663	6.728	15.053	60.070	3.800	7.014	0.000	122.387	0.000	0.864
PARFAIT, BLUEBERRY															
990527	PARFAIT	232	325.922	3.812	235.194	37.185	6.814	15.053	60.149	4.171	7.607	0.000	122.387	0.000	1.291
PARFAIT, TRIPLEBERRY															
990092	SERVING (5 OZ)	142	212.500	0.000	15.625	3.125	0.938	0.000	42.500	1.875	6.875	0.000	12.500	0.000	1.688
PASTA, SPAGHETTI NESTS FRZ PRECOOKED															
990535	SERVING (5 OZ)	142	222.746	0.000	30.374	0.000	1.013	0.000	43.537	4.050	9.112	*N/A*	0.000	*N/A*	2.025
PASTA, SPAGHETTI WG SHORT CUT PRECOOKED															
990125	2.8 OZ	79	300.000	2.500	300.000	11.000	16.000	0.000	34.000	4.000	10.000	0.000	60.000	0.000	1.440
PB&J SANDWICH, GRAPE WG															
990171	1/2 CUP	126	60.000	0.000	5.000	13.000	0.000	0.000	14.000	1.000	0.000	300.000	0.000	1.200	0.000
PEACHES DICED EXTRA LIGHT SYRUP															
990172	3/4 CUP	189	90.000	0.000	7.500	19.500	0.000	0.000	21.000	1.500	0.000	450.000	0.000	1.800	0.000
PEACHES DICED EXTRA LIGHT SYRUP															
990173	1 CUP	252	120.000	0.000	10.000	26.000	0.000	0.000	28.000	2.000	0.000	600.000	0.000	2.400	0.000
PEACHES DICED EXTRA LIGHT SYRUP															
990174	1/2 CUP	124	60.000	0.000	5.000	12.000	0.000	0.000	16.000	2.000	0.000	0.000	0.000	1.200	0.360
PEARS, DICED EXTRA LIGHT SYRUP															
990175	3/4 CUP	186	90.000	0.000	7.500	18.000	0.000	0.000	24.000	3.000	0.000	0.000	0.000	1.800	0.540
PEARS, DICED EXTRA LIGHT SYRUP															
990176	1 CUP	248	120.000	0.000	10.000	24.000	0.000	0.000	32.000	4.000	0.000	0.000	0.000	2.400	0.720
PEARS, DICED EXTRA LIGHT SYRUP															
990182	EACH	178	101.460	0.039	1.780	17.355	0.249	0.000	27.109	5.518	0.641	44.500	16.020	7.654	0.320
PEARS,RAW															
990423	CUP	188	120.000	0.000	60.000	8.000	0.000	0.000	22.360	6.000	6.000	3500.000	40.000	9.600	1.440
PEAS & CARROTS, 1 CUP															
990424	3/4 CUP	141	90.000	0.000	45.000	6.000	0.000	0.000	16.770	4.500	4.500	2625.000	30.000	7.200	1.080
PEAS & CARROTS, 3/4 C															

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## Kenai Peninsula School District Recipe Nutrient Composition - Summary

990331	1/2 CUP	94	60.000	0.000	30.000	4.000	0.000	0.000	11.180	3.000	3.000	1750.000	20.000	4.800	0.720
PEAS & CARROTS, 1/2 C															
990273	10 PODS	34	14.280	0.013	1.360	1.360	0.068	0.000	2.567	0.884	0.952	369.580	14.620	20.400	0.707
PEAS, EDIBLE-PODDED, RAW															
990274	15 PODS	51	21.420	0.020	2.040	2.040	0.102	0.000	3.851	1.326	1.428	554.370	21.930	30.600	1.061
PEAS, EDIBLE-PODDED, RAW															
990474	10 PODS/3 STICK	91	22.218	0.037	46.719	2.120	0.164	0.000	4.251	1.791	1.343	624.159	37.300	22.158	0.821
PEAS, PODS RAW & CELERY STICKS															
990486	7 PODS/2 STICK	61	15.156	0.025	30.436	1.446	0.110	0.000	2.892	1.208	0.921	424.182	24.976	15.422	0.569
PEAS, PODS RAW & CELERY STICKS 1/2															
990126	1 OZ	30	150.000	5.000	560.000	0.000	14.000	30.000	0.000	0.000	5.000	0.000	0.000	0.000	0.360
PEPPERONI, SLICED															
990042	1/2 Cup	143	80.000	0.000	220.000	7.000	1.500	0.000	14.000	3.000	2.000	20.000	30.000	38.000	0.700
PEPPERS AND ONIONS, ROASTED 1/2 c															
990066	1/4 Cup	71	40.080	0.000	110.219	3.507	0.752	0.000	7.014	1.503	1.002	10.020	15.030	19.038	0.351
PEPPERS AND ONIONS, ROASTED 1/4 c															
990310	SANDWICH	202	380.628	6.384	1046.584	6.824	14.973	43.587	34.216	3.596	24.425	3.976	249.363	7.555	7.819
PHILLY STEAK CHEESE BREAD															
990437	SLICE	3	0.000	0.000	41.271	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
PICKLES, DILL BANQUET SLICED															
990479	PACKAGE	43	150.000	0.000	90.000	22.000	0.000	0.000	38.000	1.000	0.000	0.000	0.000	0.000	0.000
PINEAPPLE DRIED															
990168	1/2 CUP	122	69.714	0.000	0.000	13.071	0.000	0.000	13.943	0.871	0.871	0.000	17.429	6.797	0.314
PINEAPPLE TIDBITS, NAT JUICE															
990169	3/4 CUP	183	104.571	0.000	0.000	19.607	0.000	0.000	20.914	1.307	1.307	0.000	26.143	10.196	0.471
PINEAPPLE TIDBITS, NAT JUICE															
990170	1 CUP	244	139.429	0.000	0.000	26.143	0.000	0.000	27.886	1.743	1.743	0.000	34.857	13.594	0.627
PINEAPPLE TIDBITS, NAT JUICE															
990446	EACH	128	340.000	6.000	670.000	3.000	13.000	35.000	40.000	3.000	19.000	0.000	370.000	0.000	3.000
PINWHEEL, MEATBALL															
990487	SLICE	150	370.000	7.000	650.000	9.000	17.000	40.000	36.000	4.000	20.000	400.000	200.000	0.000	2.700
PIZZA 4 MEAT 1/8 CUT															
990190	SLICE	94	210.000	2.000	350.000	5.000	7.000	15.000	27.000	3.000	9.000	0.000	146.000	0.000	1.900
PIZZA, BREAKFAST TURKEY SAUSAGE															
990112	SLICE	147	370.000	7.000	490.000	9.000	16.000	35.000	35.000	3.000	21.000	0.000	0.000	0.000	0.000
PIZZA, CHEESE 16"															
990137	4.5 OZ	128	300.000	5.000	440.000	10.000	11.000	25.000	33.000	4.000	16.000	0.000	0.000	0.000	0.000
PIZZA, CHEESE 4X6 WG															
990526	SERVING	87	220.000	3.000	430.000	0.000	12.000	35.000	13.000	2.000	14.000	100.000	20.000	0.000	1.800
POPCORN CHICKEN WG COM															
990111	PATTY	92	250.000	6.000	690.000	8.000	17.000	50.000	10.000	1.000	13.000	300.000	40.000	1.200	1.080
PORK, BBQ RIB PATTY															
990216	LINKS	45	100.000	3.000	170.000	0.000	7.000	25.000	0.000	0.000	7.000	0.000	0.000	0.000	2.000
PORK, SAUSAGE LINKS, COOKED @2															
990155	1/2 CUP	71	130.000	1.000	190.000	0.000	7.000	0.000	15.000	1.000	1.000	0.000	0.000	2.000	0.000
POTATO, TATER TOTS															
990156	3/4 CUP	106	193.452	1.488	282.738	0.000	10.417	0.000	22.321	1.488	1.488	0.000	0.000	2.976	0.000
POTATO, TATER TOTS															
990157	1 CUP	142	257.937	1.984	376.984	0.000	13.889	0.000	29.762	1.984	1.984	0.000	0.000	3.968	0.000
POTATO, TATER TOTS															
990565	1 CUP PREPARE	243	157.865	0.458	623.211	0.738	2.711	0.179	30.337	0.000	3.309	0.319	22.209	6.438	0.518
POTATOES, MASHED INSTANT PREPARED															
1 CUP															

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990564 POTATOES, MASHED INSTANT PREPARED 1/2 CUP	1/2 CUP PREPARE	121	78.862	0.229	311.302	0.368	1.354	0.090	15.155	0.000	1.653	0.159	11.069	3.216	0.259
990566 POTATOES, MASHED INSTANT PREPARED 3/4 CUP	3/4 CUP PREPARE	183	118.443	0.344	467.598	0.553	2.034	0.135	22.761	0.000	2.483	0.239	16.679	4.830	0.389
990560 QUESADILLA, WG CHICKEN & CHEESE 990221	2 PIECES oz	125	300.000	5.000	570.000	3.000	11.000	45.000	32.000	3.000	19.000	61.000	252.000	*N/A*	2.400
RANCH SALAD DRESSING PREPARED		30	41.875	0.594	162.524	0.750	3.656	5.937	1.813	0.000	0.562	31.250	19.562	0.075	0.000
990260 RF SWISS CHEESE 990473	SLICE SANDWICH	14	45.000	1.750	57.500	0.500	3.000	10.000	0.500	0.000	4.000	40.500	3188.790	126.000	0.000
RIBWICH BBQ 990225	PACKAGE	149	390.000	6.000	940.000	13.000	19.000	50.000	39.000	4.000	19.000	300.000	100.000	1.200	2.880
RICE CRISPY TREAT WG 990375	PACKAGE	23	98.607	0.986	49.303	6.902	2.465	0.000	15.777	0.000	0.986	0.000	0.000	0.000	0.000
RICE, BROWN, 990087	1/4 Cup, Prepar	249	43.038	0.000	7.110	0.000	0.380	0.000	9.114	0.506	1.013	0.000	7.110	0.000	0.091
RICE, BROWN, 990228	1/2 Cup, Prepar	143	85.000	0.000	3.555	0.000	0.750	0.000	18.000	1.000	2.000	0.000	3.555	0.000	0.180
RICE, BROWN, 990229	3/4 Cup, Prepar	392	127.500	0.000	10.665	0.000	1.125	0.000	27.000	1.500	3.000	0.000	10.665	0.000	0.270
RICE, BROWN, 990051	1 Cup, Prepar	286	173.542	0.000	7.110	0.000	1.531	0.000	36.750	2.042	4.083	0.000	7.110	0.000	0.368
RICE, FRIED VEG. 990052	CUP	167	270.000	0.000	440.000	3.000	2.500	0.000	54.000	4.000	6.000	0.000	10.000	0.000	0.700
RICE, FRIED VEG. 990053	1/2 CUP	84	135.000	0.000	220.000	1.500	1.250	0.000	27.000	2.000	3.000	0.000	5.000	0.000	0.350
RICE, FRIED VEG. 990419	.75 CUP	125	202.500	0.000	330.000	2.250	1.875	0.000	40.500	3.000	4.500	0.000	7.500	0.000	0.525
RICE WITH PEAS N CARROTS 990049	3/4 CUP	159	145.694	0.000	17.370	2.000	1.021	0.000	30.090	2.861	4.222	875.000	12.370	2.400	0.605
ROLL, DINNER WG 990335	ROLL	34	100.000	0.500	70.000	2.000	2.000	0.000	17.000	2.000	3.000	0.000	20.000	0.000	1.080
ROLL, DINNER WHITE WG 990088	ROLL	29	70.000	0.250	125.000	1.500	1.000	0.000	13.000	1.000	2.000	0.000	10.000	3.000	0.540
ROTINI TRI-COLOR NOODLES 990306	5 oZ	142	200.000	0.000	15.000	1.000	0.500	0.000	41.000	1.000	7.000	100.000	20.000	0.000	1.800
SALAD, CHEF 990220	SALAD	398	316.705	6.246	993.478	16.933	16.847	68.468	18.246	4.730	*15.682*	*12695.719*	*295.539*	*56.348*	*1.531*
SALAD, ROMAINE TOSSED 990291	SALADS	144	32.994	0.008	22.236	4.026	0.254	0.000	7.058	2.671	1.515	10618.529	31.095	19.385	0.861
SALAD, SW CHICKEN FAJITA FRESH VEG 990290	SALAD	428	617.231	11.115	1112.708	7.120	29.492	82.575	61.191	10.167	26.565	6943.973	322.256	34.101	2.830
SALAD, SW CHICKEN FAJITA GRILLED VEG 990287	SALAD	411	624.405	11.094	1154.745	7.384	29.708	82.575	61.997	10.078	26.569	6701.445	323.685	16.534	2.827
SALAD, SW CHICKEN PASTA 990293	EACH	371	552.041	3.456	614.728	*4.786*	17.876	58.107	72.329	2.628	26.110	1679.813	82.364	12.975	3.654
SALAD, TACO 990282	SALAD	413	587.786	9.969	1009.777	8.549	25.045	63.167	65.952	13.397	25.306	7634.229	197.979	9.446	4.607
SALSA RANCH DRESSING	OZ	31	33.905	0.452	168.828	0.821	2.786	4.523	1.881	0.250	0.428	123.810	14.904	0.057	0.000

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## Kenai Peninsula School District Recipe Nutrient Composition - Summary

990154	1/4 Cup	62	16.000	0.000	360.000	2.000	0.000	0.000	4.000	2.000	0.000	800.000	0.000	0.000	0.000
SALSA, GREEN CHILI															
990107	2.8 OZ	79	300.000	2.000	310.000	13.000	16.000	0.000	34.000	4.000	10.000	0.000	40.000	3.600	1.080
SANDWICH, PB&J STRAWBERRY WG															
990531	Sandwich	128	390.001	6.001	660.000	3.000	21.000	20.000	41.000	3.000	17.000	*N/A*	360.000	*N/A*	2.001
SANDWICH, WG, GRILLED CHEESE															
990373	3 OZ	175	178.385	2.103	505.450	3.788	4.545	43.960	19.376	4.752	15.306	205.272	75.428	10.616	1.743
SANTA FE CHICKEN															
990475	PATTY	38	120.000	3.800	180.000	0.000	94.000	26.000	1.000	0.000	6.000	55.000	13.000	0.000	0.000
SAUSAGE PATTY															
990408	3 OZ	173	319.645	4.011	626.215	12.555	10.154	44.000	43.467	6.226	18.919	325.281	70.136	3.450	4.371
SLOPPY JOE															
990411	4 OZ	181	330.543	4.186	653.273	13.395	10.519	45.913	44.803	6.449	19.543	361.410	71.208	3.834	4.516
SLOPPY JOE SECONDARY															
990455	EACH	71	170.000	0.000	150.000	1.000	0.500	0.000	36.000	1.000	5.000	0.000	100.000	0.000	0.000
SOFT PRETZEL															
990466	1 CUP	478	297.020	4.070	378.576	6.302	8.645	44.638	36.318	7.199	18.304	*683.920*	41.126	*9.300*	4.332
SPAGHETTI AND MEAT SAUCE															
990448	1/2 CUP	96	30.000	0.000	15.000	2.000	0.000	0.000	5.000	2.000	1.000	0.000	20.000	15.000	0.360
SPRING BLEND VEGETABLE															
990502	1 CUP	192	60.066	0.000	30.033	4.004	0.000	0.000	10.011	4.004	2.002	0.000	40.044	30.033	0.721
SPRING BLEND VEGETABLE 1 CUP															
990503	3/4 CUP	144	45.049	0.000	22.525	3.003	0.000	0.000	7.508	3.003	1.502	0.000	30.033	22.525	0.541
SPRING BLEND VEGETABLE 3/4 CUP															
990164	EACH	128	89.700	0.000	0.000	17.940	0.000	0.000	21.927	1.993	0.997	0.000	0.000	37.375	0.279
STRAWBERRIES, DICED, CUP, FROZEN															
990480	PACKAGE	34	200.000	2.000	65.000	5.000	16.000	10.000	10.000	3.000	6.000	0.000	0.000	0.000	0.000
SUNFLOWER SEEDS HONEY ROASTED															
990217	CONTAINER	40	109.146	0.000	19.845	21.829	0.000	0.000	28.775	0.000	0.000	0.000	0.000	0.000	0.000
SYRUP CUP, SMUCKER'S															
990211	2.5 OZ	87	157.578	4.369	331.185	0.755	8.991	47.952	6.634	3.191	13.408	506.896	10.063	0.836	2.825
TACO MEAT															
990212	2 OZ	131	181.710	3.486	329.624	1.059	7.396	38.261	16.030	5.338	13.969	389.327	35.763	0.627	3.073
TACO MEAT W/ BLACK BEANS															
990247	CUPS	113	394.263	0.485	565.062	14.885	13.635	0.000	68.015	27.687	16.515	16188.885	459.545	41.822	27.475
TACO SEASONING (SCRATCH) BULK															
990402	EACH	142	350.000	7.000	560.000	3.000	15.000	25.000	38.000	5.000	16.000	400.000	100.000	1.200	1.440
TACO SNACK															
990255	SERVINGS	88	208.800	5.000	490.800	5.800	12.000	45.000	9.720	0.000	13.000	0.000	20.000	1.200	1.080
TERIYAKI MEATBALLS															
990193	3 OZ	85	25.000	0.000	0.000	3.000	0.000	0.000	6.000	0.000	0.000	400.000	0.000	24.000	0.000
TOMATO GRAPE, FRESH															
990315	TORTILLA	104	310.000	2.500	640.000	0.000	7.000	0.000	52.000	2.000	8.000	0.000	240.000	0.000	4.000
TORTILLA SPINACH HERB 12"															
990555	TORTILLA	62	160.000	1.500	230.000	1.000	3.500	0.000	26.000	3.000	5.000	0.000	79.000	0.000	2.000
TORTILLA 10" WG FLOUR															
990314	TORTILLA	71	210.000	1.500	440.000	0.000	4.500	0.000	36.000	1.000	5.000	0.000	16.000	0.000	13.000
TORTILLA FLOUR 10"															
990569	1.5 OZ	64	67.500	0.000	360.000	13.500	1.500	28.500	1.500	0.000	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
TURKEY DELI SLICED USDA															
990342	2 OZ SERVIC	57	80.000	1.000	325.000	0.000	4.000	22.500	1.500	0.000	9.000	0.000	0.000	0.000	1.260
TURKEY, ROAST 2 OZ SERVG															
990189	3 OZ	85	120.000	1.500	487.500	0.000	6.000	33.750	2.250	0.000	13.500	0.000	0.000	0.000	1.890
TURKEY, ROAST 3 OZ SERVG															

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990259 TZATIKI ,GREEK YOGURT SAUCE	OZ	40	16.921	0.013	8.654	1.069	0.031	1.429	1.445	0.149	2.722	17.290	30.097	0.607	0.102
990207 UHT MILK CARTON LF	CARTON	227	100.000	1.500	110.000	12.000	2.500	12.000	12.000	0.000	8.000	500.000	300.000	0.000	0.000
990201 VARIETY CEREAL	BOWL	29	111.030	0.506	157.826	6.556	2.020	0.000	23.209	2.272	2.019	605.929	113.592	*2.715*	5.453
990240 VARIETY FRUIT	EACH	119	73.340	0.054	0.727	12.480	0.190	0.000	18.864	2.856	0.855	141.840	25.300	27.622	0.162
990549 VEGETABLE BAR	SERVINGS	227	137.190	0.053	188.585	*3.356*	0.682	0.000	26.972	7.465	7.786	2465.273	78.211	42.660	2.244
990543 VEGETABLE, MONTEREY BLEND 1 CUP	1 CUP DRAINED	121	39.938	0.000	53.250	2.663	0.000	0.000	7.988	2.663	1.331	0.000	39.938	0.000	0.000
990538 VEGETABLE, MONTEREY BLEND 3/4	3/4 CUP DRAINED	91	30.000	0.000	40.000	2.000	0.000	0.000	6.000	2.000	1.000	0.000	30.000	0.000	0.000
990372 VEGETABLE, SANTA FE BLEND - 3/4CUP	3/4 CUP	130	89.741	0.000	59.827	4.487	1.496	0.000	17.948	4.487	4.487	0.000	0.000	22.899	0.464
990371 VEGETABLE, SANTA FE BLEND-1 CUP	CUP	173	119.654	0.000	79.770	5.983	1.994	0.000	23.931	5.983	5.983	0.000	0.000	30.532	0.618
990369 VEGETABLE, SANTA FE BLEND-1/2 CUP	1/2 CUP	87	59.827	0.000	39.885	2.991	0.997	0.000	11.965	2.991	2.991	0.000	0.000	15.266	0.309
990276 VEGETABLE/ SALAD BAR	SERVINGS	370	251.884	0.966	451.705	8.847	7.388	9.047	37.963	10.358	10.999	9833.519	136.309	53.587	3.655
990270 VINEGARETTE DRESSING	.5 OZ	13	64.225	0.401	0.135	3.997	5.604	0.000	4.019	0.012	0.005	16.993	0.335	0.000	0.010
990268 VINEGARETTE, DRESSING	1 OZ	26	128.451	0.802	0.271	7.994	11.209	0.000	8.039	0.024	0.010	33.985	0.670	0.001	0.021
990377 WAFFLE, DUTCH	WAFFLE	83	300.000	3.000	350.000	12.000	13.000	20.000	43.000	3.000	4.000	0.000	4.000	0.000	10.000
990148 WINTER MIX , VEG.	1/2 CUP	89	25.000	0.000	20.000	1.000	0.000	0.000	4.000	2.000	2.000	226.610	20.000	36.000	0.390
990149 WINTER MIX , VEG. .75	3/4 CUP	134	37.640	0.000	30.112	1.506	0.000	0.000	6.023	3.011	3.011	341.188	30.112	54.202	0.587
990150 WINTER MIX , VEG. 1 Cup	1 Cup	178	50.000	0.000	40.000	2.000	0.000	0.000	8.000	4.000	4.000	453.220	40.000	72.000	0.780
990507 WRAP, CHICKEN & RANCH	WRAP	247	506.117	9.770	898.295	3.492	24.909	75.937	41.073	4.926	28.638	1071.892	314.146	5.036	3.492
990248 WRAP, CHICKEN BACON RANCH	WRAP	277	646.117	13.770	1398.295	3.492	36.909	115.937	41.073	4.926	38.638	1071.892	314.146	5.036	3.492
990432 WRAP, CHICKEN FAJITA	WRAP	178	375.670	9.129	945.299	2.997	17.639	78.052	30.058	3.250	22.016	123.810	292.904	0.057	2.424
990365 WRAP, CHICKEN SALAD	WRAPS	376	313.086	2.274	653.977	4.661	8.285	66.338	35.565	6.637	26.399	10508.302	197.143	62.156	5.444
990498 WRAP, CLUB	WRAP	208	304.569	4.265	814.772	9.149	10.566	42.688	30.616	4.076	*15.462*	*2745.966*	*187.457*	*6.552*	*2.592*
990278 WRAP, GREEK TURKEY	WRAP	308	296.651	1.566	736.126	22.765	5.729	40.862	33.556	4.211	*11.230*	*1134.125*	*155.284*	*10.438*	*2.594*
990368 WRAP, GYRO	WRAP	303	354.114	4.531	984.122	7.956	11.675	33.573	36.679	4.565	23.100	51.177	169.171	16.627	8.533
990295 WRAP, HAM N CHEESE	WRAP	247	411.185	12.014	1433.553	3.592	20.127	80.000	31.160	3.862	23.599	1637.572	305.603	7.441	2.588

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990552 WRAP, ITALIAN	WRAP	260	541.561	12.806	1600.551	7.016	30.178	88.343	33.476	4.201	32.852	430.642	397.831	9.151	2.802
990279 WRAP, TURKEY N HAM	WRAP	217	418.280	11.752	1496.378	10.937	20.289	84.002	29.951	3.335	*18.212*	*1271.538*	*301.209*	*1.421*	*2.289*
990257 WRAP, VEGGIE	WRAP	435	573.837	9.623	668.852	9.479	28.994	35.630	60.273	*14.917*	21.246	4646.129	395.989	*29.946*	*5.065*
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	113	90.000	0.000	50.000	5.000	0.000	0.000	19.000	0.000	3.000	0.000	300.000	1.200	0.000

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