Carmel Unified School District

(FFV-3004) Apple, fresh	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Apple, fresh	31.20	31.20	0.02	0.02	0.60	0.60	8.29	8.29
	31.20	**31.20**	**0.02**	**0.02**	**0.60**	**0.60**	**8.29**	**8.29**

* Total includes one or more missing nutrient data.

(FFV-3010) Baby Carrots	Calories (kcals)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	1/2 Cup	1/4 Cup Serving	Each	Recipe	1/2 Cup	1/4 Cup Serving	Each	Recipe	1/2 Cup	1/4 Cup Serving	Each	Recipe	1/2 Cup	1/4 Cup Serving	Each
Baby Carrots	25.00	25.00	12.50	25.00	0.00	0.00	0.00	0.00	56.00	56.00	28.00	56.00	5.93	5.93	2.96	5.93
	25.00	**25.00**	**12.50**	**25.00**	**0.00**	**0.00**	**0.00**	**0.00**	**56.00**	**56.00**	**28.00**	**56.00**	**5.93**	**5.93**	**2.96**	**5.93**

* Total includes one or more missing nutrient data.

(FFV-3008) Bananas, Fresh	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bananas, Fresh	89.00	89.00	0.11	0.11	1.00	1.00	22.84	22.84
	89.00	**89.00**	**0.11**	**0.11**	**1.00**	**1.00**	**22.84**	**22.84**

* Total includes one or more missing nutrient data.

(D-5111) Beans, Dark Red Kidney	Calories (kcals)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup
Beans, Dark Red Kidney	84.00	109.20	54.60	0.14	0.18	0.09	296.00	384.80	192.40	14.50	18.85	9.43
	84.00	**109.20**	**54.60**	**0.14**	**0.18**	**0.09**	**296.00**	**384.80**	**192.40**	**14.50**	**18.85**	**9.43**

* Total includes one or more missing nutrient data.

(D-5085) Beans, Garbanzo, 6 lbs 12 oz	Calories (kcals)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 Cup Serving	1/4 Cup Serving	Recipe	1/2 Cup Serving	1/4 Cup Serving	Recipe	1/2 Cup Serving	1/4 Cup Serving	Recipe	1/2 Cup Serving	1/4 Cup Serving
Beans, Garbanzo, 6 lbs 12 oz	130.00	156.48	78.24	0.00	0.00	0.00	140.00	168.52	84.26	21.00	25.28	12.64
	130.00	**156.48**	**78.24**	**0.00**	**0.00**	**0.00**	**140.00**	**168.52**	**84.26**	**21.00**	**25.28**	**12.64**

* Total includes one or more missing nutrient data.

(REC-45) Beef Rotini with Garlic Knot	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Garlic Knot, Bake Crafters	180.00	180.00	1.50	1.50	190.00	190.00	27.00	27.00
Rotini, Beef, JTM	315.00	315.00	6.23	6.23	621.00	621.00	24.00	24.00
	495.00	**495.00**	**7.73**	**7.73**	**811.00**	**811.00**	**51.00**	**51.00**

* Total includes one or more missing nutrient data.

(F-1221) Bosco Sticks, WG, Mozzarella, 7"	Calories (kcals)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	Each	Serving (1 bosco stick)	Serving (2 bosco sticks)	Recipe	Each	Serving (1 bosco stick)	Serving (2 bosco sticks)	Recipe	Each	Serving (1 bosco stick)	Serving (2 bosco sticks)	Recipe	Each	Serving (1 bosco stick)	Serving (2 bosco sticks)
Bosco Sticks, WG, Mozzarella, 7"	210.00	210.00	210.00	420.00	3.00	3.00	3.00	6.00	27.00	27.00	27.00	54.00	25.00	25.00	25.00	50.00
	210.00	**210.00**	**210.00**	**420.00**	**3.00**	**3.00**	**3.00**	**6.00**	**27.00**	**27.00**	**27.00**	**54.00**	**25.00**	**25.00**	**25.00**	**50.00**

* Total includes one or more missing nutrient data.

(REC-64) Burrito, Beef & Cheese	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Tortilla 12", UG Flour, Romeros	245.00	245.00	1.00	1.00	228.00	228.00	42.00	42.00
Cheese, Cheddar, Shredded	182.25	182.25	8.10	8.10	425.24	425.24	2.02	2.02

* Total includes one or more missing nutrient data.

(REC-64) Burrito, Beef & Cheese	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Taco Filling, Beef, Jtm	89.87	89.87	1.80	1.80	295.74	295.74	5.28	5.28
	517.12	**517.12**	**10.90**	**10.90**	**948.98**	**948.98**	**49.30**	**49.30**

* Total includes one or more missing nutrient data.

(F-1205) Burrito, Bn & Ch, IW, Michael B's, 5.3 oz	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Burrito, Bn & Ch, IW, Michael B's, 5.3 oz	397.00	397.00	4.70	4.70	447.00	447.00	56.00	56.00
	397.00	**397.00**	**4.70**	**4.70**	**447.00**	**447.00**	**56.00**	**56.00**

* Total includes one or more missing nutrient data.

(FFV-3013) Celery, Sticks, fresh	Calories (kcals)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup
Celery, Sticks, fresh	14.00	17.86	7.94	0.04	0.05	0.02	80.00	102.06	45.36	2.97	3.79	1.68
	14.00	**17.86**	**7.94**	**0.04**	**0.05**	**0.02**	**80.00**	**102.06**	**45.36**	**2.97**	**3.79**	**1.68**

* Total includes one or more missing nutrient data.

(REC-83) Chicken Strips & Chips	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Chicken, Strips, WG, Breaded, Gold Kist	319.82	319.82	2.00	2.00	626.32	626.32	26.65	26.65
Chips, Sun Chips, Garden Salsa 1 oz	140.00	140.00	0.50	0.50	140.00	140.00	19.00	19.00
	459.82	**459.82**	**2.50**	**2.50**	**766.32**	**766.32**	**45.65**	**45.65**

* Total includes one or more missing nutrient data.

(REC-102) Chicken Tikka Masala & Lemon Rice	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Chicken, Tikka Masala, Sukhi's	182.00	182.00	4.20	4.20	497.00	497.00	7.00	7.00
Rice, Lemon, Sukhi's	361.60	361.60	1.13	1.13	904.00	904.00	67.80	67.80
	543.60	**543.60**	**5.33**	**5.33**	**1401.00**	**1401.00**	**74.80**	**74.80**

* Total includes one or more missing nutrient data.

(D-5070) Corn, Canned, Commodity	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Corn, Canned, Commodity	79.26	99.08	0.00	0.00	18.29	22.86	18.29	22.86
	79.26	**99.08**	**0.00**	**0.00**	**18.29**	**22.86**	**18.29**	**22.86**

* Total includes one or more missing nutrient data.

(D-5004) Cranberries Dried Pkg 1.16oz USDA	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cranberries Dried Pkg 1.16oz USDA	110.00	110.00	0.00	0.00	0.00	0.00	28.00	28.00
	110.00	**110.00**	**0.00**	**0.00**	**0.00**	**0.00**	**28.00**	**28.00**

* Total includes one or more missing nutrient data.

(FFV-3014) Cucumbers, fresh	Calories (kcals)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup	Recipe	1/2 Cup	1/4 cup
Cucumbers, fresh	10.00	7.09	3.54	0.08	0.06	0.03	2.00	1.42	0.71	2.16	1.53	0.77
	10.00	**7.09**	**3.54**	**0.08**	**0.06**	**0.03**	**2.00**	**1.42**	**0.71**	**2.16**	**1.53**	**0.77**

* Total includes one or more missing nutrient data.

(REC-7) CUSD Cheeseburger	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cheese, Ched Yel, .75 slice Pkg	91.12	91.12	4.05	4.05	182.25	182.25	1.01	1.01
Bun, Hamburger 4", Gold Star Foods	150.00	150.00	0.50	0.50	240.00	240.00	29.00	29.00
Beef Patty, Charbroiled, FC , 3oz, Don Lee	207.00	207.00	6.40	6.40	251.00	251.00	0.90	0.90
	448.12	**448.12**	**10.95**	**10.95**	**673.25**	**673.25**	**30.91**	**30.91**

* Total includes one or more missing nutrient data.

(REC-1097) CUSD Hamburger	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger 4", Gold Star Foods	150.00	150.00	0.50	0.50	240.00	240.00	29.00	29.00
Beef Patty, Charbroiled, FC , 3oz, Don Lee	207.00	207.00	6.40	6.40	251.00	251.00	0.90	0.90
	357.00	**357.00**	**6.90**	**6.90**	**491.00**	**491.00**	**29.90**	**29.90**

* Total includes one or more missing nutrient data.

(REC-25) CUSD Lasagna & Texas Toast	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Spaghetti Sauce, Healthy Harvest, 6/#10	70.40	70.40	0.44	0.44	651.20	651.20	9.68	9.68
Lasagna, Cheese, WG, Tasty Brands	240.00	240.00	3.50	3.50	390.00	390.00	29.00	29.00
Texas Toast, Garlic, WG, Bake Crafters	100.00	100.00	0.50	0.50	120.00	120.00	14.00	14.00
	410.40	**410.40**	**4.44**	**4.44**	**1161.20**	**1161.20**	**52.68**	**52.68**

* Total includes one or more missing nutrient data.

(F-1104) CUSD Orange Chicken & Fried Rice, 5.9 oz rice	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Fried Rice,Veg WG	278.33	278.33	0.00	0.00	437.38	437.38	53.68	53.68
Orange Chicken, Yangs	166.67	166.67	0.56	0.56	311.11	311.11	21.11	21.11
	445.00	**445.00**	**0.56**	**0.56**	**748.49**	**748.49**	**74.79**	**74.79**

* Total includes one or more missing nutrient data.

(R-2005) CUSD Salad, Popcorn Chicken	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Dinner Rolls,WG, 1 oz, IW	80.00	80.00	0.00	0.00	115.00	115.00	15.00	15.00
Ranch Dressing, Cup, 1oz	130.00	130.00	2.50	2.50	220.00	220.00	1.00	1.00
Cheese, Cheddar, Shredded	182.25	182.25	8.10	8.10	425.24	425.24	2.02	2.02
Lettuce, Romaine	12.75	12.75	0.03	0.03	6.00	6.00	2.47	2.47
Chicken, Popcorn, Tyson Cmdy	250.00	250.00	2.50	2.50	380.00	380.00	16.00	16.00
	655.00	**655.00**	**13.13**	**13.13**	**1146.24**	**1146.24**	**36.49**	**36.49**

* Total includes one or more missing nutrient data.

(REC-36) CUSD Sandwich, Italian Combo (6 slices)	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Lettuce, Shredded	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Cheese, Mozzarella, Sliced, .75 oz, Block & Barrel Imperial	60.00	60.00	2.50	2.50	150.00	150.00		
Deli Meat, Sliced Italian Combo, Ham	33.33	33.33	0.50	0.50	176.67	176.67	0.33	0.33
Deli Meat, Sliced Italian Combo, Salami	50.00	50.00	0.83	0.83	200.00	200.00	0.67	0.67
Deli Meat, Sliced Italian Combo, Pepperoni	41.52	41.52	0.87	0.87	245.67	245.67	1.04	1.04

* Total includes one or more missing nutrient data.

(REC-36) CUSD Sandwich, Italian Combo (6 slices)	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Bread, French Roll, Hinged, WG, 6"	200.00	200.00			300.00	300.00	38.00	38.00
	384.86	**384.86**	**4.70 ***	**4.70 ***	**1072.34**	**1072.34**	**40.04 ***	**40.04 ***

* Total includes one or more missing nutrient data.

(F-1106) CUSD Sandwich, Spicy Chicken	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Chicken, Patty, Brd Spicy, 3.26 oz Tyson	213.28	213.28	2.54	2.54	477.33	477.33	12.19	12.19
Bun, Hamburger 4", Gold Star Foods	150.00	150.00	0.50	0.50	240.00	240.00	29.00	29.00
	363.28	**363.28**	**3.04**	**3.04**	**717.33**	**717.33**	**41.19**	**41.19**

* Total includes one or more missing nutrient data.

(REC-67) CUSD Sandwich, Turkey Club	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Lettuce, Shredded	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Turkey Breast, Sliced, Oven Roasted, 0.5 per slice, Jenni - O	55.00	55.00	0.50	0.50	185.00	185.00	0.50	0.50
Turkey Bacon, Jennie O, Fully Cooked	42.00	42.00	0.70	0.70	217.00	217.00	0.35	0.35
Cheese, Mild Cheddar, Reduced Fat, Sliced, Land O Lakes	90.00	90.00	4.50	4.50	190.00	190.00		
Bread, French Roll, Hinged, WG, 6"	200.00	200.00			300.00	300.00	38.00	38.00
	387.00	**387.00**	**5.70 ***	**5.70 ***	**892.00**	**892.00**	**38.85 ***	**38.85 ***

* Total includes one or more missing nutrient data.

(REC-26) CUSD Wrap, Spicy Chicken	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Lettuce, Shredded	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Dressing, Ranch Homestyle, Marzetti, Gallon	103.95	103.95	1.89	1.89	217.35	217.35	0.94	0.94
Tortilla, Spinach, La Piedad, 12 inch	320.00	320.00	4.00	4.00	530.00	530.00	48.00	48.00
Tenders, Chicken, Spicy, Tyson	308.75	308.75	2.97	2.97	463.12	463.12	20.19	20.19
	732.70	**732.70**	**8.86**	**8.86**	**1210.47**	**1210.47**	**69.13**	**69.13**

* Total includes one or more missing nutrient data.

(R-2003) CUSD Yogurt Parfait	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cinnamon Granola, Rocking'ola	240.00	240.00	0.50	0.50	0.00	0.00	42.00	42.00
Yogurt, Parfait Pro, Vanilla	200.71	200.71	0.00	0.00	100.36	100.36	40.14	40.14
Blueberries, frozen, usda	40.00	40.00	0.00	0.00	1.00	1.00	9.00	9.00
	480.71	**480.71**	**0.50**	**0.50**	**101.36**	**101.36**	**91.14**	**91.14**

* Total includes one or more missing nutrient data.

(REC-19) CUSD, Chicken Sandwich, Crispy	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger 4", Gold Star Foods	150.00	150.00	0.50	0.50	240.00	240.00	29.00	29.00
Chicken Patty, Homestyle, Whole Muscle Chicken, Tyson, 4 oz	240.00	240.00	2.00	2.00	480.00	480.00	14.00	14.00
	390.00	**390.00**	**2.50**	**2.50**	**720.00**	**720.00**	**43.00**	**43.00**

* Total includes one or more missing nutrient data.

(D-5158) Dressing, Italian Golden, Marzetti, Gallon	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Dressing, Italian Golden, Marzetti, Gallon	100.00	100.00	1.50	1.50	230.00	230.00	3.00	3.00
	100.00	**100.00**	**1.50**	**1.50**	**230.00**	**230.00**	**3.00**	**3.00**

* Total includes one or more missing nutrient data.

(D-5124) Dressing, Ranch Homestyle, Marzetti, Gallon	Calories (kcals)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 Tablespoon	2 Tablespoons	Recipe	1 Tablespoon	2 Tablespoons	Recipe	1 Tablespoon	2 Tablespoons	Recipe	1 Tablespoon	2 Tablespoons
Dressing, Ranch Homestyle, Marzetti, Gallon	110.00	55.00	110.00	2.00	1.00	2.00	230.00	115.00	230.00	1.00	0.50	1.00
	110.00	**55.00**	**110.00**	**2.00**	**1.00**	**2.00**	**230.00**	**115.00**	**230.00**	**1.00**	**0.50**	**1.00**

* Total includes one or more missing nutrient data.

(REC-101) Hamburger, Western	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Sauce, BBQ Mild, Kinder's	50.00	50.00					13.00	13.00
Onion Ring, WG, Tasty Brands	80.00	80.00	0.40	0.40	80.00	80.00	12.00	12.00
Bun, Hamburger 4", Gold Star Foods	150.00	150.00	0.50	0.50	240.00	240.00	29.00	29.00
Beef Patty, Charbroiled, FC , 3oz, Don Lee	207.00	207.00	6.40	6.40	251.00	251.00	0.90	0.90
	487.00	**487.00**	**7.30 ***	**7.30 ***	**571.00 ***	**571.00 ***	**54.90**	**54.90**

* Total includes one or more missing nutrient data.

(D-5073) Hot Sauce, Tapatio, packets	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Hot Sauce, Tapatio, packets	45.00	2.25	0.00	0.00	2000.00	100.00	6.00	0.30
	45.00	**2.25**	**0.00**	**0.00**	**2000.00**	**100.00**	**6.00**	**0.30**

* Total includes one or more missing nutrient data.

(FFV-3003) Jicama Sticks, 4"	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving (1/4 cup)	Recipe	Serving (1/4 cup)	Recipe	Serving (1/4 cup)	Recipe	Serving (1/4 cup)
Jicama Sticks, 4"	38.00	22.80	0.02	0.01	4.00	2.40	8.82	5.29
	38.00	**22.80**	**0.02**	**0.01**	**4.00**	**2.40**	**8.82**	**5.29**

* Total includes one or more missing nutrient data.

(D-5101) Juice, Fruit Punch, Suncup 6.75 oz	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Fruit Punch, Suncup 6.75 oz	100.00	100.00		0.00	10.00	10.00	25.00	25.00
	100.00	**100.00**		**0.00**	**10.00**	**10.00**	**25.00**	**25.00**

* Total includes one or more missing nutrient data.

(D-5123) Juice, Very Berry, Suncup, 6.75 oz	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Very Berry, Suncup, 6.75 oz	100.00	100.00		0.00	20.00	20.00	26.00	26.00
	100.00	**100.00**		**0.00**	**20.00**	**20.00**	**26.00**	**26.00**

* Total includes one or more missing nutrient data.

(FFV-3023) Lettuce, Salad Mix, 5lb bag	Calories (kcals)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1/2 Cup	3/4 Cup	Recipe	1/2 Cup	3/4 Cup	Recipe	1/2 Cup	3/4 Cup	Recipe	1/2 Cup	3/4 Cup
Lettuce, Salad Mix, 5lb bag	14.00	4.20	6.30	0.02	0.01	0.01	10.00	3.00	4.50	2.97	0.89	1.34
	14.00	**4.20**	**6.30**	**0.02**	**0.01**	**0.01**	**10.00**	**3.00**	**4.50**	**2.97**	**0.89**	**1.34**

* Total includes one or more missing nutrient data.

(FFV-3020) Mandarins, fresh	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Mandarins, fresh	53.00	53.00	0.04	0.04	2.00	2.00	13.34	13.34
	53.00	**53.00**	**0.04**	**0.04**	**2.00**	**2.00**	**13.34**	**13.34**

* Total includes one or more missing nutrient data.

(D-5148) Marinara Cups, 2.5 oz, Red Gold	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Marinara Cups, 2.5 oz, Red Gold	40.00	40.00		0.00	200.00	200.00	7.00	7.00
	40.00	**40.00**		**0.00**	**200.00**	**200.00**	**7.00**	**7.00**

* Total includes one or more missing nutrient data.

(D-5058) Mayonnaise, Packet, 9 gm, Portion Pac	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Mayonnaise, Packet, 9 gm, Portion Pac	674.00	60.66	10.00	0.90	669.00	60.21	8.00	0.72
	674.00	**60.66**	**10.00**	**0.90**	**669.00**	**60.21**	**8.00**	**0.72**

* Total includes one or more missing nutrient data.

(DY-4003) Milk, Nonfat Chocolate 8 ounce	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, Nonfat Chocolate 8 ounce	120.00	120.00	0.00	0.00	200.00	200.00	21.00	21.00
	120.00	**120.00**	**0.00**	**0.00**	**200.00**	**200.00**	**21.00**	**21.00**

* Total includes one or more missing nutrient data.

(DY-4002) Milk, White, Low Fat,1/2pt, Producers	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, White, Low Fat,1/2pt, Producers	130.00	130.00	1.50	1.50	154.99	154.99	15.99	15.99
	130.00	**130.00**	**1.50**	**1.50**	**154.99**	**154.99**	**15.99**	**15.99**

* Total includes one or more missing nutrient data.

(DY-4008) Milk, White, Nonfat, 1/2 pt, Producers	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, White, Nonfat, 1/2 pt, Producers	89.99	89.99	0.00	0.00	130.00	130.00	13.00	13.00
	89.99	**89.99**	**0.00**	**0.00**	**130.00**	**130.00**	**13.00**	**13.00**

* Total includes one or more missing nutrient data.

(D-5006) Mustard Packets,7gm	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Mustard Packets,7gm	0.00	0.00	0.00	0.00	120.00	120.00	0.00	0.00
	0.00	**0.00**	**0.00**	**0.00**	**120.00**	**120.00**	**0.00**	**0.00**

* Total includes one or more missing nutrient data.

(D-5013) Packets,ketchup,9gm	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Packets,ketchup,9gm	10.00	10.00	0.00	0.00	85.00	85.00	3.00	3.00
	10.00	**10.00**	**0.00**	**0.00**	**85.00**	**85.00**	**3.00**	**3.00**

* Total includes one or more missing nutrient data.

(FFV-3022) Peaches, canned	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Peaches, canned	42.00	52.08	0.01	0.01	5.00	6.20	11.10	13.76
	42.00	**52.08**	**0.01**	**0.01**	**5.00**	**6.20**	**11.10**	**13.76**

* Total includes one or more missing nutrient data.

(REC-87) Pizza, Cheese, Dominos, 8 cut	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice
Pizza, Cheese, Dominos, 8 cut	290.00	290.00	3.50	3.50	540.00	540.00	37.00	37.00
	290.00	**290.00**	**3.50**	**3.50**	**540.00**	**540.00**	**37.00**	**37.00**

* Total includes one or more missing nutrient data.

(REC-86) Pizza, Pepperoni, Domino's, 8 cut	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice
Pizza, Pepperoni, Domino's, 8 cut	310.00	310.00	4.00	4.00	570.00	570.00	37.00	37.00
	310.00	**310.00**	**4.00**	**4.00**	**570.00**	**570.00**	**37.00**	**37.00**

* Total includes one or more missing nutrient data.

(REC-104) Sandwich, BBQ Brisket on Brioche Bun	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
BBQ Brisket, Sliced, Brookwood Farms	270.00	270.00	5.00	5.00	1150.00	1150.00	21.00	21.00
Hamburger Bun, Brioche, WG, Dos Pisano's	220.00	220.00	3.50	3.50	340.00	340.00	36.00	36.00
	490.00	**490.00**	**8.50**	**8.50**	**1490.00**	**1490.00**	**57.00**	**57.00**

* Total includes one or more missing nutrient data.

(F-1146) Sidekick Blue Rasberry Lemon 4.4 oz	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Sidekick Blue Rasberry Lemon 4.4 oz	90.00	90.00	0.00	0.00	20.00	20.00	23.00	23.00
	90.00	**90.00**	**0.00**	**0.00**	**20.00**	**20.00**	**23.00**	**23.00**

* Total includes one or more missing nutrient data.

(FFV-3024) Strawberries, fresh	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Strawberries, fresh	32.00	26.56	0.02	0.01	1.00	0.83	7.68	6.37
	32.00	**26.56**	**0.02**	**0.01**	**1.00**	**0.83**	**7.68**	**6.37**

* Total includes one or more missing nutrient data.

(FFV-3007) Tangerines, fresh	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Tangerines, fresh	53.00	53.00	0.04	0.04	2.00	2.00	13.34	13.34
	53.00	**53.00**	**0.04**	**0.04**	**2.00**	**2.00**	**13.34**	**13.34**

* Total includes one or more missing nutrient data.

(FFV-3028) Tomatoes, sliced, fresh	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice
Tomatoes, sliced, fresh	18.00	4.86	0.03	0.01	5.00	1.35	3.89	1.05
	18.00	**4.86**	**0.03**	**0.01**	**5.00**	**1.35**	**3.89**	**1.05**

* Total includes one or more missing nutrient data.

(REC-3) Turkey Sandwich	Calories (kcals)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Cheese, Ched Yel, .75 slice Pkg	273.37	273.37	12.15	12.15	546.74	546.74	3.04	3.04
Turkey Deli Breast,Sliced Frozn,%lb	43.00	43.00	0.00	0.00	214.00	214.00	1.00	1.00
Roll,Hoagie,WG sliced 6", 3oz	190.00	190.00	0.00	0.00	300.00	300.00	36.00	36.00
	506.37	**506.37**	**12.15**	**12.15**	**1060.74**	**1060.74**	**40.04**	**40.04**

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	**Value(s)**
Date Range	(Start = 3/30/2026, End = 4/3/2026)
Menu Plans	(9-12 Lunch Menu (25/26))
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)