



Carmel Unified School District

(D-5113) Applesauce Unswt Cinnamon Cups 4.5 oz Peterson Farm Cmdy	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Applesauce Unswt Cinnamon Cups 4.5 oz Peterson Farm Cmdy	50	50	0	0	0	0	14	14
	<b>50</b>	<b>50</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>14</b>	<b>14</b>

\* Total includes one or more missing nutrient data.

(FFV-3029) Asian Pears, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Asian Pears, fresh	70	70	0.02	0.02	1	1	18.59	18.59
	<b>70</b>	<b>70</b>	<b>0.02</b>	<b>0.02</b>	<b>1</b>	<b>1</b>	<b>18.59</b>	<b>18.59</b>

\* Total includes one or more missing nutrient data.

(FFV-3010) Baby Carrots	Calories (kcal)				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	25	12.4985	25	0	0	0	0	56	56	27.9967	56	5.93	5.93	2.9647	5.93
	<b>25</b>	<b>25</b>	<b>12.4985</b>	<b>25</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>56</b>	<b>56</b>	<b>27.9967</b>	<b>56</b>	<b>5.93</b>	<b>5.93</b>	<b>2.9647</b>	<b>5.93</b>

\* Total includes one or more missing nutrient data.

(FFV-3008) Bananas, Fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bananas, Fresh	89	89	0.112	0.112	1	1	22.84	22.84
	<b>89</b>	<b>89</b>	<b>0.112</b>	<b>0.112</b>	<b>1</b>	<b>1</b>	<b>22.84</b>	<b>22.84</b>

\* Total includes one or more missing nutrient data.



(D-5127) Beans, Black, Low Sodium, Can, Commodity	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	Serving (1/2 cup)	Serving (1/4 cup)	Recipe	Serving (1/2 cup)	Serving (1/4 cup)	Recipe	Serving (1/2 cup)	Serving (1/4 cup)	Recipe	Serving (1/2 cup)	Serving (1/4 cup)
Beans, Black, Low Sodium, Can, Commodity	90.83	69.0308	34.5154	0	0	0	116.66	88.6616	44.3308	16.66	12.6616	6.3308
	<b>90.83</b>	<b>69.0308</b>	<b>34.5154</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>116.66</b>	<b>88.6616</b>	<b>44.3308</b>	<b>16.66</b>	<b>12.6616</b>	<b>6.3308</b>

\* Total includes one or more missing nutrient data.

(D-5085) Beans, Garbanzo, 6 lbs 12 oz	Calories (kcal)			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	156.4815	78.2408	0	0	0	140	168.5185	84.2592	21	25.2777	12.6389
	<b>130</b>	<b>156.4815</b>	<b>78.2408</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>140</b>	<b>168.5185</b>	<b>84.2592</b>	<b>21</b>	<b>25.2777</b>	<b>12.6389</b>

\* Total includes one or more missing nutrient data.

(REC-94) Brunch for Lunch, Secondary	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Waffle, Eggoji, WG, Eggo	180	180	1.5	1.5	210	210	30	30
Sausage, Turkey Patty, Jennie - O	120	120	2	2	200	200	0	0
	<b>300</b>	<b>300</b>	<b>3.5</b>	<b>3.5</b>	<b>410</b>	<b>410</b>	<b>30</b>	<b>30</b>

\* Total includes one or more missing nutrient data.

(REC-64) Burrito, Beef & Cheese	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Tortilla 12", UG Flour, Romeros	244.9996	244.9996	0.9997	0.9997	228.0001	228.0001	42	42

\* Total includes one or more missing nutrient data.



(REC-64) Burrito, Beef & Cheese	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cheese, Cheddar, Shredded	182.2468	182.2468	8.0998	8.0998	425.2425	425.2425	2.0249	2.0249
Taco Filling, Beef, Jtm	89.8699	89.8699	1.8	1.8	295.7398	295.7398	5.28	5.28
	<b>517.1162</b>	<b>517.1162</b>	<b>10.8995</b>	<b>10.8995</b>	<b>948.9823</b>	<b>948.9823</b>	<b>49.3049</b>	<b>49.3049</b>

\* Total includes one or more missing nutrient data.

(F-1205) Burrito, Bn & Ch, IW, Michael B's, 5.3 oz	Calories (kcal)		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	396.9996	396.9996	4.7	4.7	446.9997	446.9997	56	56
	<b>396.9996</b>	<b>396.9996</b>	<b>4.7</b>	<b>4.7</b>	<b>446.9997</b>	<b>446.9997</b>	<b>56</b>	<b>56</b>

\* Total includes one or more missing nutrient data.

(FFV-3013) Celery, Sticks, fresh	Calories (kcal)			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	17.8602	7.9379	0.042	0.0536	0.0238	80	102.0582	45.3592	2.97	3.7889	1.684
	<b>14</b>	<b>17.8602</b>	<b>7.9379</b>	<b>0.042</b>	<b>0.0536</b>	<b>0.0238</b>	<b>80</b>	<b>102.0582</b>	<b>45.3592</b>	<b>2.97</b>	<b>3.7889</b>	<b>1.684</b>

\* Total includes one or more missing nutrient data.

(F-1171) Cheesy, Pillow Pull Aparts, Ardella's, bulk	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cheesy, Pull Aparts, Ardella's, bulk	290	290	4.9999	4.9999	629.9999	629.9999	29	29
	<b>290</b>	<b>290</b>	<b>4.9999</b>	<b>4.9999</b>	<b>629.9999</b>	<b>629.9999</b>	<b>29</b>	<b>29</b>

\* Total includes one or more missing nutrient data.



(REC-83) Chicken Strips & Chips	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Chicken, Strips, WG, Breaded, Gold Kist	319.8244	319.8244	1.9989	1.9989	626.3228	626.3228	26.6521	26.6521
Chips, Sun Chips, Garden Salsa 1 oz	140	140	0.5	0.5	140	140	19	19
	<b>459.8244</b>	<b>459.8244</b>	<b>2.4989</b>	<b>2.4989</b>	<b>766.3228</b>	<b>766.3228</b>	<b>45.6521</b>	<b>45.6521</b>

\* Total includes one or more missing nutrient data.

(REC-91) Chili with Corn Bread	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Corn Bread Loaf, Sky Blue, WG	220	220	1	1	125	125	36	36
Chili with Beef and Beans, JTM	154.9998	154.9998	2.2999	2.2999	229.9998	229.9998	11	11
	<b>374.9999</b>	<b>374.9999</b>	<b>3.3</b>	<b>3.3</b>	<b>354.9998</b>	<b>354.9998</b>	<b>47</b>	<b>47</b>

\* Total includes one or more missing nutrient data.

(F-1145) Corn Dog, Chicken, 4 oz Foster Farms	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Corn Dog, Chicken, 4 oz Foster Farms	240	240	2.5	2.5	470	470	30	30
	<b>240</b>	<b>240</b>	<b>2.5</b>	<b>2.5</b>	<b>470</b>	<b>470</b>	<b>30</b>	<b>30</b>

\* Total includes one or more missing nutrient data.



(D-5070) Corn, Canned, Commodity	Calories (kcal)		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	99.075	0	0	18.29	22.8625	18.29	22.8625
	<b>79.26</b>	<b>99.075</b>	<b>0</b>	<b>0</b>	<b>18.29</b>	<b>22.8625</b>	<b>18.29</b>	<b>22.8625</b>

\* Total includes one or more missing nutrient data.

(D-5004) Cranberries Dried Pkg 1.16oz USDA	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cranberries Dried Pkg 1.16oz USDA	109.9999	109.9999	0	0	0	0	28	28
	<b>109.9999</b>	<b>109.9999</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>28</b>	<b>28</b>

\* Total includes one or more missing nutrient data.

(FFV-3014) Cucumbers, fresh	Calories (kcal)			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	7.0874	3.5437	0.078	0.0553	0.0276	2	1.4175	0.7087	2.16	1.5309	0.7654
	<b>10</b>	<b>7.0874</b>	<b>3.5437</b>	<b>0.078</b>	<b>0.0553</b>	<b>0.0276</b>	<b>2</b>	<b>1.4175</b>	<b>0.7087</b>	<b>2.16</b>	<b>1.5309</b>	<b>0.7654</b>

\* Total includes one or more missing nutrient data.

(REC-7) CUSD Cheeseburger	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cheese, Ched Yel, .75 slice Pkg	91.1234	91.1234	4.0499	4.0499	182.2468	182.2468	1.0125	1.0125
Bun, Hamburger 4", Gold Star Foods	150	150	0.5	0.5	240	240	29	29
Beef Patty, Charbroiled, FC, 3oz, Don Lee	207	207	6.4	6.4	251	251	0.9	0.9
	<b>448.1234</b>	<b>448.1234</b>	<b>10.95</b>	<b>10.95</b>	<b>673.2468</b>	<b>673.2468</b>	<b>30.9125</b>	<b>30.9125</b>

\* Total includes one or more missing nutrient data.



(REC-1097) CUSD Hamburger	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger 4", Gold Star Foods	150	150	0.5	0.5	240	240	29	29
Beef Patty, Charbroiled, FC , 3oz, Don Lee	207	207	6.4	6.4	251	251	0.9	0.9
	<b>357</b>	<b>357</b>	<b>6.9</b>	<b>6.9</b>	<b>491</b>	<b>491</b>	<b>29.9</b>	<b>29.9</b>

\* Total includes one or more missing nutrient data.

(REC-4) CUSD Macaroni & Cheese w/ Dinner Roll	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Bread Roll, Aloha, Shannon	45	45	0 *	0 *	150	150	8	8
Macaroni and Cheese, JTM Cmdy	301.9997	301.9997	8.4999 *	8.4999 *	658.9995	658.9995	27	27
	<b>346.9997</b>	<b>346.9997</b>	<b>8.4999 *</b>	<b>8.4999 *</b>	<b>808.9995</b>	<b>808.9995</b>	<b>35</b>	<b>35</b>

\* Total includes one or more missing nutrient data.

(REC-16) CUSD Sandwich, Ham & Cheese	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Lettuce, Shredded	0	0	0	0	0	0	0	0
Deli Meat, Turkey Ham, Sliced, .51 oz, 12/1lb packages	50	50	0.75 *	0.75 *	239.9998	239.9998	0 *	0 *
Cheese, Mild Cheddar, Reduced Fat, Sliced, Land O Lakes	90	90	4.5 *	4.5 *	190	190	0 *	0 *
Bread, French Roll, Hinged, WG, 6"	200	200	0 *	0 *	300	300	38 *	38 *
	<b>340</b>	<b>340</b>	<b>5.25 *</b>	<b>5.25 *</b>	<b>729.9998</b>	<b>729.9998</b>	<b>38 *</b>	<b>38 *</b>

\* Total includes one or more missing nutrient data.



(F-1106) CUSD Sandwich, Spicy Chicken	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Chicken, Patty, Brd Spicy, 3.26 oz Tyson	213.2754	213.2754	2.539	2.539	477.3308	477.3308	12.1872	12.1872
Bun, Hamburger 4", Gold Star Foods	150	150	0.5	0.5	240	240	29	29
	<b>363.2754</b>	<b>363.2754</b>	<b>3.0391</b>	<b>3.0391</b>	<b>717.3308</b>	<b>717.3308</b>	<b>41.1871</b>	<b>41.1871</b>

\* Total includes one or more missing nutrient data.

(R-2003) CUSD Yogurt Parfait	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cinnamon Granola, Rocking'ola	240	240	0.5	0.5	0	0	42	42
Yogurt, Parfait Pro, Vanilla	200.1141	200.1141	0.667	0.667	106.7275	106.7275	41.3569	41.3569
Blueberries, frozen, usda	40	40	0	0	1	1	9	9
	<b>480.1142</b>	<b>480.1142</b>	<b>1.167</b>	<b>1.167</b>	<b>107.7275</b>	<b>107.7275</b>	<b>92.357</b>	<b>92.357</b>

\* Total includes one or more missing nutrient data.

(REC-19) CUSD, Chicken Sandwich, Crispy	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bun, Hamburger 4", Gold Star Foods	150	150	0.5	0.5	240	240	29	29
Chicken Patty, Homestyle, Whole Muscle Chicken, Tyson, 4 oz	240	240	2	2	480	480	14	14
	<b>390</b>	<b>390</b>	<b>2.5</b>	<b>2.5</b>	<b>720</b>	<b>720</b>	<b>43</b>	<b>43</b>

\* Total includes one or more missing nutrient data.



(D-5124) Dressing, Ranch Homestyle, Marzetti, Gallon	Calories (kcal)			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	55	110	2	1	2	230	115	230	1	0.5	1
	<b>110</b>	<b>55</b>	<b>110</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>230</b>	<b>115</b>	<b>230</b>	<b>1</b>	<b>0.5</b>	<b>1</b>

\* Total includes one or more missing nutrient data.

(FFV-3002) Grapes,red	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup	Recipe	1/2 Cup
Grapes,red	69	52.44	0.054	0.041	2	1.52	18.1	13.756
	<b>69</b>	<b>52.44</b>	<b>0.054</b>	<b>0.041</b>	<b>2</b>	<b>1.52</b>	<b>18.1</b>	<b>13.756</b>

\* Total includes one or more missing nutrient data.

(F-1011) Green Chili Tamale, WG	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Green Chili Tamale, WG	370	370	10.0001	10.0001	470	470	29	29
	<b>370</b>	<b>370</b>	<b>10.0001</b>	<b>10.0001</b>	<b>470</b>	<b>470</b>	<b>29</b>	<b>29</b>

\* Total includes one or more missing nutrient data.

(D-5096) Hot Sauce, Cholula	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Hot Sauce, Cholula	0	0	0	0	110	110	0	0
	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>110</b>	<b>110</b>	<b>0</b>	<b>0</b>

\* Total includes one or more missing nutrient data.





(D-5033) Juice, Fruit Punch, 4 oz, Suncup	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Fruit Punch, 4 oz, Suncup	60	60	0	0	5	5	15	15
	<b>60</b>	<b>60</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>5</b>	<b>15</b>	<b>15</b>

\* Total includes one or more missing nutrient data.

(sys-34) Juice, Very Berry, Suncup, 4 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Very Berry, Suncup, 4 oz	60	60	0	0	10	10	17	17
	<b>60</b>	<b>60</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>10</b>	<b>17</b>	<b>17</b>

\* Total includes one or more missing nutrient data.

(FFV-3023) Lettuce, Salad Mix, 5lb bag	Calories (kcal)			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	4.2	6.3	0.018	0.0054	0.0081	10	3	4.5	2.97	0.891	1.3365
	<b>14</b>	<b>4.2</b>	<b>6.3</b>	<b>0.018</b>	<b>0.0054</b>	<b>0.0081</b>	<b>10</b>	<b>3</b>	<b>4.5</b>	<b>2.97</b>	<b>0.891</b>	<b>1.3365</b>

\* Total includes one or more missing nutrient data.

(D-5065) Marinara Sauce, 100/ 1oz cups, Kraft Heinz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Cup	Recipe	Cup	Recipe	Cup	Recipe	Cup
Marinara Sauce, 100/ 1oz cups, Kraft Heinz	15	15	0 *	0 *	130	130	4	4
	<b>15</b>	<b>15</b>	<b>0 *</b>	<b>0 *</b>	<b>130</b>	<b>130</b>	<b>4</b>	<b>4</b>

\* Total includes one or more missing nutrient data.



(D-5058) Mayonnaise, Packet, 9 gm, Americana	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Mayonnaise, Packet, 9 gm, Americana	60	60	1	1	60	60	1	1
	<b>60</b>	<b>60</b>	<b>1</b>	<b>1</b>	<b>60</b>	<b>60</b>	<b>1</b>	<b>1</b>

\* Total includes one or more missing nutrient data.

(DY-4003) Milk, Nonfat Chocolate 8 ounce	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, Nonfat Chocolate 8 ounce	119.9998	119.9998	0	0	199.9998	199.9998	20.9999	20.9999
	<b>119.9998</b>	<b>119.9998</b>	<b>0</b>	<b>0</b>	<b>199.9998</b>	<b>199.9998</b>	<b>20.9999</b>	<b>20.9999</b>

\* Total includes one or more missing nutrient data.

(DY-4002) Milk, White, Low Fat, 1/2pt	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, White, Low Fat, 1/2pt	119.9998	119.9998	1.5	1.5	159.9998	159.9998	15.0001	15.0001
	<b>119.9998</b>	<b>119.9998</b>	<b>1.5</b>	<b>1.5</b>	<b>159.9998</b>	<b>159.9998</b>	<b>15.0001</b>	<b>15.0001</b>

\* Total includes one or more missing nutrient data.

(DY-4008) Milk, White, Nonfat, 1/2 pt	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, White, Nonfat, 1/2 pt	89.9999	89.9999	0	0	139.9998	139.9998	12.9999	12.9999
	<b>89.9999</b>	<b>89.9999</b>	<b>0</b>	<b>0</b>	<b>139.9998</b>	<b>139.9998</b>	<b>12.9999</b>	<b>12.9999</b>

\* Total includes one or more missing nutrient data.



(D-5006) Mustard Packets, 7gm	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Mustard Packets, 7gm	0	0	0	0	120	120	0	0
	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>120</b>	<b>120</b>	<b>0</b>	<b>0</b>

\* Total includes one or more missing nutrient data.

(D-5013) Packets, ketchup, 9gm	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Packets, ketchup, 9gm	10	10	0	0	85	85	3	3
	<b>10</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>85</b>	<b>85</b>	<b>3</b>	<b>3</b>

\* Total includes one or more missing nutrient data.

(FFV-3030) Persimmons, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Persimmons, fresh	70	70	0.02	0.02	1	1	18.59	18.59
	<b>70</b>	<b>70</b>	<b>0.02</b>	<b>0.02</b>	<b>1</b>	<b>1</b>	<b>18.59</b>	<b>18.59</b>

\* Total includes one or more missing nutrient data.

(REC-87) Pizza, Cheese, Dominos, 8 cut	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice
Pizza, Cheese, Dominos, 8 cut	290	290	3.4999	3.4999	539.9999	539.9999	37	37
	<b>290</b>	<b>290</b>	<b>3.4999</b>	<b>3.4999</b>	<b>539.9999</b>	<b>539.9999</b>	<b>37</b>	<b>37</b>

\* Total includes one or more missing nutrient data.



(REC-95) Pizza, Pepperoni & Jalapeno, Domino's, 8 cut	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice
Pizza, Pepperoni & Jalapeno, Domino's, 8 cut	310	310	3.9999	3.9999	690	690	36.9999	36.9999
	<b>310</b>	<b>310</b>	<b>3.9999</b>	<b>3.9999</b>	<b>690</b>	<b>690</b>	<b>36.9999</b>	<b>36.9999</b>

\* Total includes one or more missing nutrient data.

(REC-86) Pizza, Pepperoni, Domino's, 8 cut	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice
Pizza, Pepperoni, Domino's, 8 cut	309.9999	309.9999	4	4	570.0001	570.0001	37	37
	<b>309.9999</b>	<b>309.9999</b>	<b>4</b>	<b>4</b>	<b>570.0001</b>	<b>570.0001</b>	<b>37</b>	<b>37</b>

\* Total includes one or more missing nutrient data.

(FFV-3016) Plum, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Plum, fresh	38	38	0	0	0	0	9.42	9.42
	<b>38</b>	<b>38</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>9.42</b>	<b>9.42</b>

\* Total includes one or more missing nutrient data.

(D-5097) Salsa, Red Gold, Dipping Cups, 1.5 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Salsa, Red Gold, Dipping Cups, 1.5 oz	15	15	0	0	99.9999	99.9999	3	3
	<b>15</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>99.9999</b>	<b>99.9999</b>	<b>3</b>	<b>3</b>

\* Total includes one or more missing nutrient data.



(REC-89) Terriyaki Chicken & Veggie Fried Rice	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Chicken, Terriyaki, Yangs	139.9533	139.9533	1.0765	1.0765	516.7503	516.7503	10.7656	10.7656
Fried Rice,Veg WG	278.3334	278.3334	0	0	437.381	437.381	53.6786	53.6786
	<b>418.2866</b>	<b>418.2866</b>	<b>1.0765</b>	<b>1.0765</b>	<b>954.1314</b>	<b>954.1314</b>	<b>64.4443</b>	<b>64.4443</b>

\* Total includes one or more missing nutrient data.

(REC-3) Turkey Sandwich	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich	Recipe	Sandwich
Cheese, Ched Yel, .75 slice Pkg	273.3702	273.3702	12.1498	12.1498	546.7404	546.7404	3.0374	3.0374
Turkey Deli Breast,Sliced Frozn,%lb	43	43	0	0	213.9998	213.9998	1	1
Roll,Hoagie,WG sliced 6", 3oz	190	190	0	0	300	300	36	36
	<b>506.3701</b>	<b>506.3701</b>	<b>12.1498</b>	<b>12.1498</b>	<b>1060.7402</b>	<b>1060.7402</b>	<b>40.0374</b>	<b>40.0374</b>

\* Total includes one or more missing nutrient data.

(FFV-3027) Watermelon, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Servings (1/2 Cup)	Recipe	Servings (1/2 Cup)	Recipe	Servings (1/2 Cup)	Recipe	Servings (1/2 Cup)
Watermelon, fresh	30	22.8	0.016	0.0122	1	0.76	7.55	5.738
	<b>30</b>	<b>22.8</b>	<b>0.016</b>	<b>0.0122</b>	<b>1</b>	<b>0.76</b>	<b>7.55</b>	<b>5.738</b>

\* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 10/21/2024, End = 10/25/2024)
Menu Plans	(6-8 Lunch Menu (24/25))
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)