



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
	50	50	0	0	0	0	14	14

* 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
	70	70	0.02	0.02	1	1	18.59	18.59

* 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
	25	25	12.4985	25	0	0	0	0	56	56	27.9967	56	5.93	5.93	2.9647	5.93

* 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
	89	89	0.112	0.112	1	1	22.84	22.84

* 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
	90.83	69.0308	34.5154	0	0	0	116.66	88.6616	44.3308	16.66	12.6616	6.3308

* 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
	130	156.4815	78.2408	0	0	0	140	168.5185	84.2592	21	25.2777	12.6389

* 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
	396.9996	396.9996	4.7	4.7	446.9997	446.9997	56	56

* Total includes one or more missing nutrient data.

(F-1252) Carnitas Taco Bowl	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Rice, Cilantro Lime, Comida Vida	280	280	1	1	419.9999	419.9999	53.9999	53.9999
Carnitas, Brookwood Farms	148.8349	148.8349	2.835	2.835	56.699	56.699	0.7087	0.7087

* Total includes one or more missing nutrient data.



(F-1252) Carnitas Taco Bowl	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Serving	Recipe	Serving	Recipe	Serving	Recipe	Serving
Cheese, Cheddar, Shredded	91.1234	91.1234	4.0499	4.0499	212.6212	212.6212	1.0125	1.0125
	519.9583	519.9583	7.8849	7.8849	689.3202	689.3202	55.7211	55.7211

* 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
	14	17.8602	7.9379	0.042	0.0536	0.0238	80	102.0582	45.3592	2.97	3.7889	1.684

* 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
	290	290	4.9999	4.9999	629.9999	629.9999	29	29

* 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
	459.8244	459.8244	2.4989	2.4989	766.3228	766.3228	45.6521	45.6521

* 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
	374.9999	374.9999	3.3	3.3	354.9998	354.9998	47	47

* 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
	79.26	99.075	0	0	18.29	22.8625	18.29	22.8625

* 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
	109.9999	109.9999	0	0	0	0	28	28

* 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
	10	7.0874	3.5437	0.078	0.0553	0.0276	2	1.4175	0.7087	2.16	1.5309	0.7654

* 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
	448.1234	448.1234	10.95	10.95	673.2468	673.2468	30.9125	30.9125

* 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
	357	357	6.9	6.9	491	491	29.9	29.9

* Total includes one or more missing nutrient data.

(F-1202) CUSD Sandwich, Ham & Cheese (6 slices)	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
Roll, Hoagie, WG sliced 6", 3oz	190	190	0	0	300	300	36	36
Turkey, Smoked Ham, Sliced, Commodity	275.9998	275.9998	6	6	1517.9988	1517.9988	6	6
Cheese, American, Land O Lakes, Sliced	110	110	5	5	450	450	2	2
	575.9998	575.9998	10.9999	10.9999	2267.9988	2267.9988	43.9999	43.9999

* 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
	363.2754	363.2754	3.0391	3.0391	717.3308	717.3308	41.1871	41.1871

* Total includes one or more missing nutrient data.

(REC-60) CUSD Sandwich, Turkey & Cheese (6 slices)	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
Turkey Breast, Sliced, Oven Roasted, 0.5 per slice, Jenni - O	110	110	1 *	1 *	370	370	1 *	1 *
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 *
	400	400	5.5 *	5.5 *	860	860	39 *	39 *

* Total includes one or more missing nutrient data.

(REC-67) CUSD Sandwich, Turkey Club	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
Turkey Breast, Sliced, Oven Roasted, 0.5 per slice, Jenni - O	55	55	0.5 *	0.5 *	185	185	0.5 *	0.5 *
Turkey Bacon, Jennie O, Fully Cooked	42	42	0.7 *	0.7 *	216.9998	216.9998	0.35 *	0.35 *

* Total includes one or more missing nutrient data.



(REC-67) CUSD Sandwich, Turkey Club	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
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 *
	387	387	5.7 *	5.7 *	891.9998	891.9998	38.85 *	38.85 *

* Total includes one or more missing nutrient data.

(REC-50) CUSD Wrap, Crispy Chicken	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
Dressing, Ranch Homestyle, Marzetti, Gallon	103.9482	103.9482	1.89	1.89	217.3462	217.3462	0.945	0.945
Tortilla, Spinach, La Piedad, 12 inch	320	320	4	4	529.9999	529.9999	48	48
Chicken Tenders, Homestyle, WG, Tyson	373.3333	373.3333	3.3333	3.3333	626.6667	626.6667	21.3333	21.3333
	797.2814	797.2814	9.2232	9.2232	1374.0128	1374.0128	70.2783	70.2783

* Total includes one or more missing nutrient data.

(REC-26) CUSD Wrap, Spicy Chicken	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
Dressing, Ranch Homestyle, Marzetti, Gallon	103.9482	103.9482	1.89	1.89	217.3462	217.3462	0.945	0.945
Tortilla, Spinach, La Piedad, 12 inch	320	320	4	4	529.9999	529.9999	48	48
Tenders, Chicken, Spicy, Tyson	308.75	308.75	2.9688	2.9688	463.125	463.125	20.1875	20.1875
	732.6981	732.6981	8.8587	8.8587	1210.4711	1210.4711	69.1325	69.1325

* 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
	480.1142	480.1142	1.167	1.167	107.7275	107.7275	92.357	92.357

* 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
	390	390	2.5	2.5	720	720	43	43

* 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
	110	55	110	2	1	2	230	115	230	1	0.5	1

* 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
	69	52.44	0.054	0.041	2	1.52	18.1	13.756

* 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
	0	0	0	0	110	110	0	0

* Total includes one or more missing nutrient data.

(D-5101) Juice, Fruit Punch, Suncup 6.75 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Fruit Punch, Suncup 6.75 oz	99.9999	99.9999	0 *	0 *	10	10	24.9999	24.9999
	99.9999	99.9999	0 *	0 *	10	10	24.9999	24.9999

* Total includes one or more missing nutrient data.

(D-5123) Juice, Very Berry, Suncup, 6.75 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Very Berry, Suncup, 6.75 oz	99.9999	99.9999	0 *	0 *	19.9999	19.9999	26	26
	99.9999	99.9999	0 *	0 *	19.9999	19.9999	26	26

* 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
	14	4.2	6.3	0.018	0.0054	0.0081	10	3	4.5	2.97	0.891	1.3365

* 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
	15	15	0 *	0 *	130	130	4	4

* 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
	60	60	1	1	60	60	1	1

* 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
	119.9998	119.9998	0	0	199.9998	199.9998	20.9999	20.9999

* 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
	119.9998	119.9998	1.5	1.5	159.9998	159.9998	15.0001	15.0001

* 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
	89.9999	89.9999	0	0	139.9998	139.9998	12.9999	12.9999

* 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
	0	0	0	0	120	120	0	0

* 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
	10	10	0	0	85	85	3	3

* 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
	70	70	0.02	0.02	1	1	18.59	18.59

* 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
	290	290	3.4999	3.4999	539.9999	539.9999	37	37

* 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
	310	310	3.9999	3.9999	690	690	36.9999	36.9999

* 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
	309.9999	309.9999	4	4	570.0001	570.0001	37	37

* 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
	38	38	0	0	0	0	9.42	9.42

* 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
	418.2866	418.2866	1.0765	1.0765	954.1314	954.1314	64.4443	64.4443

* Total includes one or more missing nutrient data.

(FFV-3028) Tomatoes, sliced, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Slice	Recipe	Slice	Recipe	Slice	Recipe	Slice
Tomatoes, sliced, fresh	18	4.86	0.028	0.0076	5	1.35	3.89	1.0503
	18	4.86	0.028	0.0076	5	1.35	3.89	1.0503

* 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
	30	22.8	0.016	0.0122	1	0.76	7.55	5.738

* 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	(9-12 Lunch Menu (24/25))
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)