May

LUNCH

revolution foods.
feeding good.

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog (DF) Veggie Chili (VG) Local Corn Fresh Pineapple 2	Sausage Pizza "Pepperoni" Calzoni Pizza (VG) Blanched Broccoli and Three Bean Salad Fresh Pear 3	Breakfast for Lunch: Pancakes w/ Sausage Spaghetti Marinara with Parmesan and String Cheese (VG) Local Sweet Potatoes Fresh Banana 4	Herbed Tilapia with Brown Rice (DF) Pasta Alfredo with Yogurt (VG) Shredded Lettuce and Sliced Tomatoes with Ranch Fresh Local Apple 5	**No School** 6
Macaroni and Cheese with Baked Beans and a Roll (VG) NEW!! Honey Mustard Chicken Wrap Local Corn Fresh Pineapple 9	BBQ Chicken with Cheesy Rice BBQ Tofu with Cheesy Rice (VG) Edamame and Baby Carrots Fresh Pear 10	Uruguay Day!! Pastel de Carne al Horno or Pascualina Tart Uruguayan Mashed Potatoes and Roasted Yellow Squash Fresh Banana 11	Turkey & Cheddar Flatbread Melt Cheese Sandwich (VG) Baby Carrots with Ranch Fresh Local Apple 12	Sloppy Joe (DF) Veggie Sloppy Joe (VG) Local Braised Greens Fresh Orange 13
BBQ Chicken Quesadilla Egg Salad Sandwich (DF) (VG) Local Green Beans Fresh Pineapple 16	Hawaiian Meatballs with Island Style Rice and Whole Grain Crackers Cheese Lasagna (VG) Baby Carrots and Pinto Beans Fresh Pear 17	Blackened Tilapia with Dirty Rice Cheese Enchiladas (VG) Local Corn Fresh Banana 18	Buffalo Chicken Sandwich Cheese Pizza (VG) Shredded Lettuce and Sliced Tomatoes with Ranch Fresh Local Apple 19	Firecracker Chicken with Spicy Sesame Noodles Breakfast for Lunch: Pancakes w/ Omelet (VG) Local Sweet Potatoes Fresh Orange 20
No School 23	Chicken Teriyaki with Brown Rice (DF) Veggie Chef's Salad (VG) Blanched Broccoli and Edamame Fresh Pear 24	Chicken Taco Trio Spaghetti Marinara with Parmesan and String Cheese (VG) Local Corn Fresh Banana 25	Cheeseburger Cheese Sandwich (VG) Shredded Lettuce and Sliced Tomatoes with Ranch Fresh Local Apple 26	Chicken Potstickers (DF) Cheese Pizza Panada Pie (VG) Local Sweet Potatoes Fresh Orange 27
No School 30	Hot Dog (DF) Veggie Chili (VG) Baby Carrots and Pinto Beans Fresh Pear 31			

If you see it in GREEN, it is a local item; if it see it in BLUE, it is an international item!

LUNCH: choice of 1% or fat-free milk.
All grains served are whole grain-rich.
Dairy-free (DF) and vegetarian (VG) options available daily – if not listed on the menu, available upon request.

Get it to go! Download The Daily Bite to view the menu on your Android or iPhone.
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Recipe Description	Port Size	Cal	Chol mg	Sod mg	Tot Fat g	Sat Fat g	Prot g	Carb g	Diet Fib g	Iron mg	Calc mg	Vit A IU	Vit C mg
DF, BEAN RED/RICE K-5:0513	1 EACH	326	6	485	5.75	0.97	13.18	62.88	10.67	3.46	75.15	597	9.83
DF, CHX BITES K-5:0914	1 EACH	210	45	355	6	1	19	20	3	1.44	20	10	0
DF, CHX CAJUN K-5:0314	1 EACH	290	49	74	9.64	2.37	15.28	35.63	3.42	1.75	24.46	680	1.42
DF, CHX MOLE K-5:0316	1 EACH	300	39	219	8.47	1.78	13.42	44.34	1.9	1.77	18.8	218	4.34
DF, CHX ORANGE K-5:0415	1 EACH	350	42	297	4.95	0.92	18.25	53.06	3.19	1.49	32.64	1718	19.89
DF, CHX POTSTICKER K-5:1115	1 EACH	250	20	750	5	1	19	31	5	3.6	60	100	0
DF, CHX TERI RICE K-5:0314	1 EACH	340	43	323	8.55	2.05	15.05	50.86	2.98	1.72	20.78	478	0.36
DF, HAMBURGER K-5:0915	1 EACH	310	44	503	10.7	3.5	18.9	28.6	4	2.38	47.2	25	0
DF, HOLIDAY K-5:1115	1 EACH	295	20	662	4.89	0.19	21.21	40.11	4.41	2.09	86.1	3466	2.34
DF, HOTDOG K-5:0915	1 EACH	300	30	595	12.5	4	12	31	3	1.8	40	125	0
DF, MEATBALL CARRIBE K-5:0316	1 EACH	337	48	536	10.62	2.94	18.18	45	3.15	2.33	19.17	385	3.81
DF, RICE SMOKY SAUSA K-5:0815	1 EACH	260	53	470	4.71	0.64	14.17	41.59	1.17	1.24	2.91	280	24.81
DF, SLOPPY JOE K-5:0915	1 EACH	358	48	431	11.29	3.91	20.77	38	4.11	3.49	121.13	92	0.92
DF, SND CHX GRILL K-5:0915	1 EACH	417	63	767	19.87	2.64	24.18	28.95	3	1.73	49.43	38	0
DF, SND CHX PATTY K-5:0915	1 EACH	400	55	585	13.49	1.5	25.98	40.98	6	2.52	59.98	30	35.96
DF, SPAG MEATBALL K-5:0815	1 EACH	289	30	424	8.18	2.38	16.96	39.98	7.06	3.43	31.66	620	10.12
DF, TAMALE CHX K-5:0516	1 EACH	389	30	465	13.5	2.55	17.22	59.6	13.51	5.05	70.13	321	1.4
DF, TILAPIA /RICE K-5:0313	1 EACH	238	26	123	3.94	0.79	15.79	35.72	2.77	0.95	23.25	5	0.13
DF, TILAPIA BLACK K-5:0413	1 EACH	233	26	277	4.27	0.81	15.8	34.54	3.36	1.29	36.71	532	5.07
RG, BURRITO BEEF CHS K-5:0815	1 EACH	378	32	426	14.3	3.79	21.98	45.17	7.89	3.31	160.87	365	2.83
RG, BURRITO BURGER K-5:0915	1 EACH	313	36	346	14.63	3.77	18.04	31.61	4.34	2.14	356.05	509	3.11
RG, BURRITO CHICKEN K-5:0314	1 EACH	366	45	310	14.51	3.31	21.56	42.5	6.5	2.83	153.54	358	6.47
RG, CHEESEBURGER K-5:0915	1 EACH	326	49	452	12.48	4.52	20.17	28.6	4	2.38	85.27	76	0
RG, CHX BBQ K-5:0416	1 EACH	323	40	293	8.1	2.38	14.24	49.21	1.12	2.32	121.21	122	0.83
RG, CHX FC NOODLE K-5:1214	1 EACH	323	38	480	8.37	1.14	17.1	41.02	4.39	2.14	15.98	70	1.12
RG, ENCHILADA CHX K-5:0316	1 EACH	259	39	253	7.58	1.89	15.93	34.4	3.37	1.89	140.79	251	6.9
RG, MAC CHEESEBURGER K-5:0815	1 EACH	391	43	620	13.11	5.02	22.81	46.81	7.46	3.86	636.45	1069	7.31
RG, MAC/CHS SAUSAGE K-5:0915	1 EACH	304	59	808	8.52	3.04	18.85	37.56	3.99	1.8	163.16	203	21.26
RG, MEATBALL ASIAN K-5:0316	1 EACH	341	50	599	9.12	3.1	21.49	48.34	6.1	3.56	62.29	2901	4.88
RG, MEATBALL BBQ K-5:0416	1 EACH	311	32	469	10.7	4.29	15.18	38.46	2.17	2.17	190.32	164	0.96
RG, MEATBALL HAWAII K-5:0815	1 EACH	361	33	474	10.85	2.57	16.1	50.79	3.92	6.29	33.59	311	0.38
RG, MEATBALL ITALIA K-5:0316	1 EACH	325	51	347	11.17	3.6	21.99	38.86	6.54	3.42	66.34	400	5.54
RG, PANCAKE SAUSAGE K-5:0315	1 EACH	333	53	672	10.09	3.92	18.53	41.29	1.98	1.73	239.69	278	17.65
RG, PAS CAJ CHX ALFR K-5:1214	1 EACH	294	43	233	8.41	2.85	18.22	36.47	4.97	2.09	64.34	476	0.42
RG, PAS CHX ALFR K-5:1214	1 EACH	290	43	232	8.3	2.83	18.06	35.7	4.63	1.87	60.22	119	0.3
RG, PAS CHX BAKE K-5:0815	1 EACH	317	31	455	10.7	3.9	18.79	40.12	5.94	2.48	220.77	704	8
RG, PAS CHX BBQ K-5:0815	1 EACH	341	38	361	9.04	2.4	16.78	52.25	5.34	3.74	159.83	379	4.98

RG, PAS CHX GARLIC K-5:0216	1 EACH	309	41	523	7.36	2.03	16.79	50.18	5.45	2.85	60.24	3185	5.29
RG, PAS ZEST BEEF K-5:0815	1 EACH	308	32	316	12.12	4.71	18.16	37.13	6.1	2.53	177	455	4.49
RG, PIZZA SAUSAGE K-5:1113	1 EACH	380	20	450	7	2	25	55	5	3.6	400	300	2.4
RG, QUES CHX BBQ K-5:0315	1 EACH	323	39	348	15.14	4.19	18.33	33.48	3	2.03	874.2	1005	0.52
RG, QUES CHX CHS K-5:0314	1 EACH	368	79	253	19.58	5.35	25.79	27.3	3.11	2.14	172.21	260	0.26
RG, SND CHX BBQ K-5:0915	1 EACH	338	50	483	10.21	3.46	19.02	38.46	3	2.86	221	196	0.97
RG, SND CHX BUFFALO K-5:0116	1 EACH	281	56	359	9.38	2.25	17.74	26.55	3	1.89	40	247	3.71
RG, SND CHX KICKIN K-5:0416	1 EACH	363	43	624	11.53	4.12	23.86	37.74	4.87	1.98	252.48	385	2.72
RG, SND FLAT TKY/CHS K-5:1015	1 EACH	291	35	585	11.09	4.05	15.56	31.5	1	1.8	161.87	230	0
RG, SND MEATBALL SUB K-5:0915	1 EACH	337	43	576	11.46	4.51	21.76	32.25	5.21	2.81	160.78	402	4.96
RG, TACO CHX K-5:0516	1 EACH	299	40	501	10.59	3.52	17.18	36.68	5.39	2.97	100.97	839	0.01
SAL, CAESAR CHX K-5:0915	1 EACH	395	78	664	10.57	2.75	28.98	31.78	4.58	2.41	208.18	6670	3.61
SAL, CHEF TURKEY K-5:0915	1 EACH	409	118	778	21.61	3.37	15.47	35.82	6.99	2.69	150.22	18360	33.95
SAL, CHEF VEG K-5:0915	1 EACH	418	198	440	13.19	3.93	25.47	49.77	15.05	4.29	317.81	9585	12.65
SAL, CHX CRISPY K-5:0914	1 EACH	358	49	423	9.68	1.59	26.04	42.26	9.25	3.62	122.8	8031	12.94
SAL, CHX SESAME K-5:0915	1 EACH	415	63	507	15.98	2.03	26.75	33.95	5.42	2.69	110.54	4269	15.5
SAL, PIZZA CHX K-5:0915	1 EACH	387	45	512	14.63	3.25	22.87	35.81	5.87	2.67	269.98	6798	4.96
SAL, TACO CHX K-5:0915	1 EACH	476	51	659	9.29	2.15	32.33	59.56	11.55	4.77	269.56	5958	13.56
SAL, TACO VEG K-5:0915	1 EACH	457	195	668	12.37	3.19	25.34	60.3	11.72	4.95	289.15	6208	15.9
SND, CHEESE K-5:0915	1 EACH	436	45	636	22.16	7.58	16.8	39.46	3.18	1.2	423.44	1434	1.3
SND, CHX SALAD K-5:0915	1 EACH	302	50	321	11.27	1.28	18.76	26.6	3.41	1.63	53.47	1286	1.25
SND, EGG SALAD K-5:0915	1 EACH	273	211	334	13.37	2.35	12.14	26.21	3.37	1.88	74	1556	0.7
SND, FTM CHEESE K-5:0915	1 EACH	455	35	655	13.53	6.14	17.84	67.23	9.56	2.31	465.56	16090	10.4
SND, FTM CHEESE PreK:0915	1 EACH	435	36	576	13.56	6.18	17.91	62.53	7.05	1.68	450.42	1626	10.75
SND, FTM CHX SALAD K-5:0915	1 EACH	448	53	580	15.19	4.52	23.41	55.03	9.64	2.62	293.81	15948	10.91
SND, FTM HAM CHEESE K-5:0915	1 EACH	469	56	805	19.86	6.36	18.79	54.68	9.56	2.85	239.09	15927	10.4
SND, FTM MAM YOGURT K-5:0315	1 EACH	469	25	634	14.38	5.06	17.05	70.82	9.38	2.19	432.65	14927	9.1
SND, FTM TURKEY K-5:0915	1 EACH	436	30	853	1.89	0.06	18.23	85.18	11.56	4.11	127.22	15871	10.4
SND, FTM TURKEY/CHS K-5:0915	1 EACH	454	49	785	17.98	5.61	18.17	53.8	9.56	2.76	251.59	15927	10.4
SND, FTM TURKEY/CHS PreK:0915	1 EACH	434	49	705	17.97	5.62	18.21	49.1	7.05	2.13	235.45	1461	10.75
SND, FTM WRAP CHX BBQ K-5:1214	1 EACH	444	56	530	7.93	3.46	25.27	59.57	9.05	4.03	281.85	17480	12.59
SND, FTM WRAP CHX CAE K-5:1214	1 EACH	485	69	767	10.99	4.91	27.18	55.16	8.97	3.22	348.72	17311	10.63
SND, FTM WRAP CHX RAN K-5:1214	1 EACH	499	77	593	12.9	5.7	32.82	53.92	9.2	3.49	374.55	17810	14.77
SND, FTM WRAP CHX SES K-5:1214	1 EACH	502	53	622	17.27	2.38	22.81	55.79	8.8	3.36	63.98	10690	21.13
SND, HAM CHEESE K-5:0915	1 EACH	361	56	721	19.48	6.3	17.76	26.91	3.18	1.74	196.98	1271	1.3
SND, MAM HUMMUS K-5:0214	1 EACH	379	5	570	12.96	1.26	11.61	45.8	4.39	2.53	161.99	68	1.9
SND, MAM SUNBUTTER K-5:0915	1 EACH	531	5	441	23.53	3.01	18.06	57.15	8.08	3.08	222.05	104	0.09
SND, MAM TACO DIP K-5:0214	1 EACH	298	15	504	6.48	3.63	16.72	38.52	6.07	2.94	241.07	512	2.53

SND, NDL CHINESE CHX K-5:0315	1 EACH	321	103	213	11.21	1.86	14.59	43.72	6.12	2.36	25.86	413	4.49
SND, TUNA SALAD K-5:0915	1 EACH	321	48	608	14.75	1.15	21.21	25.41	3.18	2.09	45.1	1065	1.3
SND, TURKEY CHS K-5:0915	1 EACH	353	53	759	17.61	5.55	18.51	26.16	3.18	1.74	211.98	1271	1.3
SND, WRAP CHX BBQ K-5:1214	1 EACH	315	52	401	6.06	2.52	22.49	31.55	2.67	2.93	189.74	2774	3.49
SND, WRAP CHX CAESAR K-5:1214	1 EACH	309	50	554	7.63	3.37	20.01	25.96	2.6	2.01	211.39	2597	1.43
SND, WRAP CHX HONEY K-5:0416	1 EACH	329	43	247	14.38	1.04	18.84	30.21	3.46	1.7	33.88	1867	1.64
SND, WRAP CHX RANCH K-5:1214	1 EACH	325	59	405	8.96	3.74	24.91	25.47	2.82	2.29	230.81	3050	5.57
SND, WRAP CHX SESAME K-5:1214	1 EACH	329	42	434	11.81	1.67	18.31	27.82	3.15	2.31	26.12	736	10.35
SND, WRAP SESAM TOFU K-5:0214	1 EACH	419	5	625	16.99	1.96	19.27	44.04	3.49	4.08	214.7	788	9.96
SND, WRAP VEG SW K-5:0416	1 EACH	338	8	236	13.33	2.07	19.4	57.65	20.66	4.43	176.23	738	3.68
VG, BURRITO BEAN CHS K-5:1113	1 EACH	325	11	381	10.86	2.69	16.58	46.01	7.6	2.65	208.71	287	2.14
VG, CALZONI PEPPERON K-5:0116	1 EACH	330	35	550	12.99	3.5	18.99	34.98	3	1.8	249.87	750	0
VG, CHILI K-5:0915	1 EACH	357	22	647	11.7	4.7	20.27	52.07	15.48	4	302.7	918	15.68
VG, ENCHILADA CHEESE K-5:0316	1 EACH	268	20	480	8.79	4.52	15.23	37.34	7.78	2.12	321.71	921	15.09
VG, LASAGNA CHEESE K-5:0815	1 EACH	339	24	556	9.48	3.37	15.7	50.49	4.95	6.27	279.53	722	5.72
VG, MAC N CHEESE K-5:0915	1 EACH	415	16	662	6.54	2.2	17.95	71.61	8.38	3.09	380.07	270	2.75
VG, PANADA PIZZA K-5:0915	1 SERVING	290	35	410	10.99	3.5	16.99	34.98	4	2.7	349.83	750	2.4
VG, PANCAKE/OMELET K-5:0115	1 EACH	314	195	498	9.98	3	11.97	41.77	1.98	2.09	124.29	454	0
VG, PASTA ALFRDO K-5:0714	1 EACH	335	23	351	10.59	4.14	15.43	49.72	4.63	1.57	305.89	273	0
VG, PIZZA K-5:0113	1 EACH	260	15	370	6	2.5	19	34	4	2.7	350	400	4.8
VG, QUES BEAN CHS K-5:0713	1 EACH	345	15	426	12.36	3.57	18.33	46.26	7.6	2.65	258.71	337	2.14
VG, RAVIOLI CHS K-5:0915	1 EACH	327	39	598	9.06	3.68	18.79	42.52	4.34	2.87	298.49	765	10.98
VG, SLOPPY JOE K-5:0915	1 EACH	341	15	530	7.52	3.5	16.42	48.13	5.62	3.11	336.36	291	0.93
VG, SPAG MARINARA K-5:0815	1 EACH	314	28	538	12.36	5.99	18.73	37.44	5.51	2.19	394.41	789	7.69
VG, TAMALE CHEESE K-5:0516	1 EACH	366	20	482	15.42	4.55	13.76	52.77	11.07	2.62	172.99	491	9.15
VG, TOFU BBQ K-5:0513	1 EACH	367	4	454	11.3	2.23	19.98	47.37	2.94	4.19	178.13	103	0.91
VG, TOFU TERI RICE K-5:0315	1 EACH	330	15	427	11.42	4.24	16.88	41.86	2.94	1.9	243.56	259	0.31

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Description	Portion Size	Cal	Chol mg	Sodm mg	Tot Fat g	Sat Fat g	Prot g	Carb g	Diet Fib g	Iron mg	Calc mg	Vit A IU	Vit C mg
FR, APPLE, LARGE 3/4 CUP	1 EACH	110	0	2	0.36	0.06	0.55	29.28	5.09	0.25	12.72	114	9.75
FR, APPLE, MED 1/2 CUP	1 EACH	72	0	1	0.23	0.04	0.36	19.06	3.31	0.17	8.28	75	6.35
FR, APPLESAUCE 1/2 CUP	1 EACH	50	0	20	0	0	0	12	2	0	0	0	0
FR, BANANA, LARGE 3/4 CUP	1 EACH	121	0	1	0.45	0.15	1.48	31.06	3.54	0.35	6.8	87	11.83
FR, BANANA, MED 1/2 CUP	1 EACH	105	0	1	0.39	0.13	1.29	26.95	3.07	0.31	5.9	76	10.27
FR, BLUEBERRIES 1/2 CUP	1 EACH	42	0	1	0.24	0.01	0.55	10.72	1.78	0.21	4.44	40	7.18
FR, CANTALOUPE, MED 1/2 CUP	1 EACH	27	0	13	0.15	0.04	0.67	6.53	0.72	0.17	7.2	2706	29.36
FR, GRAPES 1/2 CUP:1212	1 EACH	45	0	8	0	0	0	11	0	0	10	50	6
FR, HONEYDEW, MED 1/2 CUP	1 EACH	31	0	15	0.12	0.03	0.46	7.73	0.68	0.14	5.1	43	15.3
FR, JUICE APPLE BTN 6 FL OZ	1 EACH (6 FL OZ)	80	0	25	0	0	0	21	0	0.36	0	0	0
FR, JUICE ORANGE 4 FL OZ:1213	1 EACH (4 FL OZ)	60	0	0	0	0	0	13	0	0	0	0	42
FR, JUICE PINEAPL 4 FL OZ:1213	1 EACH (4 FL OZ)	60	0	0	0	0	0	16	0	0	0	0	15
FR, NECTARINE, LARGE 3/4 CUP	1 EACH	69	0	0	0.5	0.03	1.65	16.46	2.65	0.44	9.36	518	8.42
FR, NECTARINE, MED 1/2 CUP	1 EACH	62	0	0	0.45	0.03	1.51	14.98	2.41	0.4	8.52	471	7.67
FR, ORANGE, LARGE 3/4 CUP	1 EACH	86	0	0	0.22	0.04	1.73	21.62	4.42	0.18	73.6	414	97.89
FR, ORANGE, MED 1/2 CUP	1 EACH	45	0	0	0.12	0.02	0.9	11.28	2.3	0.1	38.4	216	51.07
FR, PEACH, LARGE 3/4 CUP	1 EACH	68	0	0	0.44	0.02	1.59	16.7	2.63	0.44	10.5	571	11.55
FR, PEACH, MED 1/2 CUP	1 EACH	59	0	0	0.38	0.02	1.37	14.31	2.25	0.38	9	489	9.9
FR, PEAR, LARGE 3/4 CUP	1 EACH	119	0	2	0.29	0.04	0.75	31.83	6.48	0.38	18.81	52	8.99
FR, PEAR, MED 1/2 CUP	1 EACH	95	0	2	0.23	0.03	0.6	25.28	5.15	0.3	14.94	42	7.14
FR, PINEAPPLE, MED 1/2 CUP	1 EACH	39	0	1	0.09	0.01	0.42	10.17	1.09	0.22	10.08	45	37.05
FR, PLUM, LARGE 3/4 CUP	1 EACH	57	0	0	0.35	0.01	0.87	14.13	1.73	0.21	7.43	427	11.76
FR, PLUM, MED 1/2 CUP	1 EACH	38	0	0	0.23	0.01	0.58	9.42	1.16	0.14	4.95	285	7.84
FR, RAISINS 1/4 c dry	1 EACH	118	0	4	0.18	0.02	1.21	31.21	1.47	0.74	19.57	0	0.92
FR, STRAWBERRY 1/2 CUP	1 EACH	24	0	1	0.23	0.01	0.51	5.88	1.53	0.31	12.25	9	45.01
FR, TANGERINE 1/2 CUP	1 EACH	52	0	2	0.3	0.03	0.79	13.01	1.76	0.15	36.08	664	26.03
FR, WATERMELON 1/2 CUP	1 EACH	23	0	1	0.11	0.01	0.46	5.74	0.3	0.18	5.32	432	6.16
MILK - 0%, 8 FL OZ, K-12:0713	1 EACH (8 FL OZ)	90	5	130	0	0	8	13	0	0	300	500	2.4
MILK - 1%, 8 FL OZ, K-12:0713	1 EACH (8 FL OZ)	110	10	130	2.5	1.5	8	13	0	0	300	500	2.4
MILK 1% SHELF STABLE_0915	1 EACH (8 FL OZ)	110	10	130	2.5	1.5	8	13	0	0.07	305	478	0
MILK - SOY, 8 FL OZ K-12:0911	1 EACH (8 FL OZ)	150	0	180	5	1	9	18	0	1.08	350	500	0

Recipe Description	Portion Size	Cal	Chol mg	Sod mg	Tot Fat g	Sat Fat g	Prot g	Carb g	Diet Fib g	Iron mg	Calc mg	Vit A IU	Vit C mg
SAL BAR, BLUE 6-8:0713	100 SERVING	90	2	191	5.63	0.72	1.96	8.68	1.7	0.62	55.68	2947	4.89
SAL BAR, BLUE 9-12:0713	100 SERVING	96	2	206	5.68	0.74	2.2	9.88	2.08	0.71	65.96	3049	5.97
SAL BAR, BLUE K-5:0713	100 SERVING	90	2	191	5.63	0.72	1.96	8.68	1.7	0.62	55.68	2947	4.89
SAL BAR, GREEN 6-8:0713	100 SERVING	129	2	185	10.4	1.09	2.46	8.06	2.17	0.88	57.15	4575	31.49
SAL BAR, GREEN 9-12:0713	100 SERVING	133	2	185	10.43	1.1	2.61	8.89	2.28	0.95	60.79	4599	32.12
SAL BAR, GREEN K-5:0713	100 SERVING	129	2	185	10.4	1.09	2.46	8.06	2.17	0.88	57.15	4575	31.49
SAL BAR, PURPLE 6-8:0713	100 SERVING	166	2	191	7.07	0.85	7.65	19.48	8.77	1.84	73.48	3011	19.41
SAL BAR, PURPLE 9-12:0713	100 SERVING	166	2	191	7.07	0.85	7.65	19.48	8.77	1.84	73.48	3011	19.41
SAL BAR, PURPLE K-5:0713	100 SERVING	166	2	191	7.07	0.85	7.65	19.48	8.77	1.84	73.48	3011	19.41
SAL BAR, RED 6-8:0713	100 SERVING	117	2	225	7.24	0.87	2.35	11.93	2.71	0.68	51.06	8013	13.18
SAL BAR, RED 9-12:0713	100 SERVING	135	2	250	7.36	0.89	2.85	15.99	3.91	0.84	64.33	13867	17.98
SAL BAR, RED K-5:0713	100 SERVING	117	2	225	7.24	0.87	2.35	11.93	2.71	0.68	51.06	8013	13.18
SAL BAR, YELLOW 6-8:0713	100 SERVING	189	2	207	10.66	1.15	4.92	20.77	4.64	1.39	47.85	3829	9.01
SAL BAR, YELLOW 9-12:0713	100 SERVING	226	2	208	10.97	1.19	6.09	29.63	5.74	1.61	49.23	3921	10.62
SAL BAR, YELLOW K-5:0713	100 SERVING	189	2	207	10.66	1.15	4.92	20.77	4.64	1.39	47.85	3829	9.01
VEG BROCCOLI FRZ STEAMED 1 C	1 SERVING	48	0	19	0.2	0.02	5.28	9.1	5.11	1.04	56.16	1721	68.24
VEG BROCCOLI FRZ STEAMED 1/4 C	1 SERVING	12	0	5	0.05	0	1.32	2.28	1.28	0.26	14.06	431	17.09
VEG BROCCOLI FRZ STEAMED 3/4 C	1 SERVING	36	0	14	0.15	0.01	3.95	6.83	3.83	0.78	42.1	1290	51.16
VEG BROCCOLI SEASON 1 C:1112	1 SERVING	29	0	32	0.32	0.06	1.91	5.98	2.63	0.54	32.71	1200	50.4
VEG BROCCOLI SEASON 1/2 C:1112	1 SERVING	14	0	16	0.16	0.03	0.95	2.99	1.32	0.27	16.36	600	25.2
VEG BROCCOLI SEASON 1/4 C:1112	1 SERVING	7	0	8	0.08	0.01	0.48	1.5	0.66	0.14	8.18	300	12.61
VEG BROCCOLI SEASON 3/4 C:1112	1 SERVING	22	0	24	0.24	0.04	1.43	4.49	1.97	0.41	24.54	900	37.81
VEG BROCCOLI STIR FRY 3/8 C	1 SERVING	34	0	48	1.46	0.21	1.48	4.8	2.11	0.44	25.68	1795	35.59
VEG BROCCOLI STIR FRY, 1 C	1 SERVING	90	0	128	3.9	0.57	3.94	12.79	5.62	1.17	68.48	4786	94.92
VEG BUTRNT SQUASH, 1 1/4C:0713	1 SERVING	106	0	13	0.85	0.09	1.99	26.24	7.06	1.35	93.08	24614	33.32
VEG BUTRNT SQUASH, 1/4C:0713	1 SERVING	21	0	3	0.17	0.02	0.4	5.27	1.42	0.27	18.69	4942	6.69
VEG BUTRNT SQUASH, 3/4C:0713	1 SERVING	64	0	8	0.51	0.05	1.2	15.77	4.24	0.81	55.95	14794	20.03
VEG BUTRNU SQSH PUR 11/4C:0113	1 SERVING	127	0	26	0.02	0	5.06	36.42	8.25	1.94	116.56	15003	15.05
VEG BUTRNUT SQSH PURE 1 C:0113	1 SERVING	101	0	21	0.01	0	4.04	29.13	6.6	1.55	93.2	11997	12.04
VEG BUTRNUT SQSHPURE 1/4C:0113	1 SERVING	25	0	5	0	0	1.01	7.3	1.65	0.39	23.35	3006	3.02
VEG BUTRNUT SQSHPURE 3/4C:0113	1 SERVING	76	0	16	0.01	0	3.04	21.86	4.95	1.16	69.95	9004	9.03
VEG CARROT BABY, 1/2 C	1 SERVING	25	0	55	0.08	0.01	0.44	5.75	2.04	0.64	22.41	9733	1.87
VEG CARROT BABY, 1/4 C	1 SERVING	12	0	27	0.04	0.01	0.22	2.89	1.02	0.32	11.25	4886	0.94
VEG CARROT BABY, 11/4 C	1 SERVING	62	0	138	0.23	0.04	1.13	14.55	5.12	1.57	56.52	24356	4.59
VEG CARROT BABY, 3/4 C	1 SERVING	37	0	82	0.14	0.02	0.68	8.71	3.07	0.94	33.84	14582	2.75
VEG CARROT GLAZED, 1 3/8 C	1 SERVING	203	0	164	3.8	0.43	1.3	43.22	7.24	1.35	98.62	37111	5.04
VEG CARROT GLAZED, 3/8 C	1 SERVING	54	0	43	1	0.11	0.34	11.4	1.91	0.36	26.02	9790	1.33
VEG CARROT GLAZED, 7/8 C	1 SERVING	129	0	104	2.42	0.27	0.83	27.53	4.61	0.86	62.81	23635	3.21
VEG CARROT STEAMED 1/8 C	1 SERVING	8	0	13	0.15	0.03	0.13	1.75	0.75	0.12	7.94	3839	0.52

VEG CARROT STEAMED, 1/4 C	1 SERVING	17	0	27	0.31	0.05	0.26	3.51	1.5	0.24	15.88	7678	1.04
VEG CARROT STEAMED, 11/4 C	1 SERVING	84	0	134	1.54	0.27	1.32	17.53	7.48	1.2	79.38	38392	5.22
VEG CARROT STEAMED, 3/4 C	1 SERVING	50	0	80	0.93	0.16	0.79	10.52	4.49	0.72	47.63	23035	3.13
VEG CELERY, 1 C	1 SERVING	21	0	104	0.22	0.05	0.9	3.86	2.08	0.26	51.94	583	4.03
VEG CELERY, 3/4 C	1 SERVING	16	0	78	0.17	0.04	0.67	2.89	1.56	0.19	38.9	437	3.01
VEG COLESLAW 1 C:0513	1 SERVING	161	11	122	12.58	1.17	1.77	11.41	3.66	0.64	56.39	4065	44.69
VEG COLESLAW 1/4 C:0513	1 SERVING	40	3	31	3.15	0.29	0.44	2.86	0.92	0.16	14.12	1018	11.19
VEG COLESLAW 3/4 C:0513	1 SERVING	121	8	92	9.45	0.88	1.33	8.57	2.75	0.48	42.37	3054	33.58
VEG CORN SEASON, 1 C:0513	1 SERVING	176	0	3	1.43	0.22	5.55	41.85	5.27	1.06	11.2	419	7.66
VEG CORN SEASON, 1/4 C:0513	1 SERVING	44	0	1	0.36	0.06	1.39	10.46	1.32	0.26	2.8	105	1.91
VEG CORN SEASON, 3/4 C:0513	1 SERVING	132	0	2	1.07	0.17	4.16	31.39	3.95	0.79	8.4	314	5.74
VEG CORN/JICAMA SAL 1 C:0913	1 SERVING	187	0	70	5.69	0.5	4.52	35.79	5.33	0.98	9.38	345	57.74
VEG CORN/JICAMA SAL 1/4 C:0913	1 SERVING	47	0	17	1.42	0.13	1.13	8.95	1.33	0.25	2.34	86	14.44
VEG CORN/JICAMA SAL 3/4 C:0913	1 SERVING	140	0	52	4.27	0.38	3.39	26.84	4	0.74	7.03	259	43.31
VEG CORN/TOMATO SAL 1 C:0913	1 SERVING	146	0	4	1.21	0.19	4.77	34.7	4.69	1.32	21.2	552	9.6
VEG CORN/TOMATO SAL 1/4C:0913	1 SERVING	37	0	1	0.3	0.05	1.19	8.68	1.17	0.33	5.3	138	2.4
VEG CORN/TOMATO SAL 3/4 C:0913	1 SERVING	110	0	3	0.91	0.15	3.58	26.03	3.51	0.99	15.9	414	7.2
VEG CUCUMBER, 1 C	1 SERVING	22	0	3	0.16	0.04	0.94	5.27	0.73	0.41	23.22	152	4.06
VEG CUCUMBER, 1/4 C	1 SERVING	5	0	1	0.04	0.01	0.24	1.32	0.18	0.1	5.81	38	1.02
VEG CUCUMBER, 3/4 C	1 SERVING	16	0	2	0.12	0.03	0.71	3.95	0.54	0.3	17.42	114	3.05
VEG EDAMAME 1/2 C:1212	1 SERVING	98	0	5	4.19	0.5	8.76	8	4.19	1.83	50.72	*N/A*	4.91
VEG EDAMAME 1/4 C:1212	1 SERVING	49	0	2	2.09	0.25	4.38	4	2.09	0.91	25.36	*N/A*	2.46
VEG GREENS BRAISED 3/8 C:1112	1 SERVING	65	0	147	1.63	0.15	3.88	11.49	3.35	1.31	238.05	12596	30.53
VEG GREENS BRAISED, 1 C:1112	1 SERVING	174	0	391	4.35	0.41	10.33	30.59	8.9	3.48	633.6	33527	81.25
VEG GREENS BRAISED, 3/4 C:1112	1 SERVING	130	0	293	3.26	0.31	7.75	22.95	6.68	2.61	475.28	25150	60.95
VEG GRN BEANS SEASN 1 C:0713	1 SERVING	47	0	38	0.26	0.06	2.44	10.66	4.73	1.4	78.81	871	6.63
VEG GRN BEANS SEASN 1/4 C:0713	1 SERVING	12	0	10	0.06	0.02	0.61	2.67	1.19	0.35	19.74	218	1.66
VEG GRN BEANS SEASN 3/4 C:0713	1 SERVING	35	0	29	0.19	0.05	1.83	8.01	3.56	1.05	59.22	654	4.98
VEG GRN LEAF LETTUCE 1 C	1 SERVING	8	0	15	0.08	0.01	0.75	1.59	0.72	0.48	19.9	4094	5.09
VEG GRN LEAF LETTUCE 1/2 C	1 SERVING	4	0	8	0.04	0.01	0.38	0.8	0.36	0.24	10	2057	2.56
VEG GRN LEAF LETTUCE 1/4 C	1 SERVING	2	0	4	0.02	0	0.19	0.4	0.18	0.12	5	1029	1.28
VEG LEG BLACK 1/2 C:0513	1 SERVING	101	0	358	0.67	0.05	11.88	30.72	19.71	3.62	58.59	148	0.34
VEG LEG BLACK 1/4 C:0513	1 SERVING	50	0	179	0.33	0.02	5.94	15.36	9.86	1.81	29.3	74	0.17
VEG LEG GARBAN SEA, 1/2 C:0113	1 SERVING	107	0	283	0.84	0.01	4.11	16.07	3.35	1.33	22.27	7	1.24
VEG LEG GARBAN SEA, 1/4 C:0113	1 SERVING	54	0	142	0.42	0	2.06	8.06	1.68	0.67	11.17	3	0.62
VEG LEG KIDNEY SEA 1/4 C:0113	1 SERVING	37	0	6	0.02	0	2.91	6.72	3.62	0.72	16.16	1	0.07
VEG LEG KIDNEY SEA, 1/2 C:0113	1 SERVING	74	0	11	0.05	0	5.8	13.4	7.22	1.43	32.22	2	0.14
VEG LEG PINTO 1/2 C:0313	1 SERVING	154	0	295	0.53	0.1	9.28	28.23	6.74	2.31	56.39	201	3.14
VEG LEG PINTO 1/4 C:0313	1 SERVING	77	0	148	0.27	0.05	4.64	14.13	3.37	1.15	28.22	101	1.57
VEG LEG THREE BEAN 3/8 C:0513	1 SERVING	94	0	147	1.3	0.11	4.91	14.26	5.47	1.26	27.87	45	0.83
VEG LEG THREE BEAN 5/8 C:0513	1 SERVING	157	0	245	2.17	0.18	8.19	23.8	9.13	2.11	46.5	76	1.39

VEG LIMA BEANS STEAMED, 1 C	1 SERVING	174	0	24	0.45	0.1	9.65	33.51	7.51	3.47	45.36	429	14.32
VEG LIMA BEANS STEAMED, 1/4 C	1 SERVING	44	0	6	0.11	0.02	2.41	8.38	1.88	0.87	11.34	107	3.58
VEG LIMA BEANS STEAMED, 3/4 C	1 SERVING	131	0	18	0.34	0.07	7.24	25.13	5.63	2.6	34.02	322	10.74
VEG MASHED YAMS, 1 3/8 CUP	1 SERVING	427	0	237	11.86	0	4.74	80.64	9.49	1.71	711.53	26090	42.69
VEG MASHED YAMS, 3/8 CUP	1 SERVING	117	0	65	3.26	0	1.3	22.15	2.61	0.47	195.43	7166	11.73
VEG MASHED YAMS, 7/8 CUP	1 SERVING	274	0	152	7.6	0	3.04	51.67	6.08	1.09	455.91	16717	27.35
VEG POTATO MASH 1 C:1215	1 SERVING	183	0	177	2.11	0.57	3.32	38.54	3.48	0.62	15.93	6	14.18
VEG POTATO MASH 1/4 C:1215	1 SERVING	46	0	44	0.53	0.14	0.83	9.66	0.87	0.16	3.99	1	3.55
VEG POTATO MASH 3/4 C:1215	1 SERVING	137	0	133	1.59	0.43	2.49	28.93	2.61	0.47	11.96	4	10.64
VEG POTATO SALAD 1 C:0713	1 SERVING	269	54	117	14.18	1.57	4.18	31.41	2.7	0.61	16.66	79	18.65
VEG POTATO SALAD 1/4 C:0713	1 SERVING	67	13	29	3.55	0.39	1.05	7.85	0.67	0.15	4.17	20	4.66
VEG POTATO SALAD 3/4 C:0713	1 SERVING	202	40	88	10.64	1.17	3.14	23.56	2.02	0.46	12.49	59	13.99
VEG ROMAINE CHOP 1 C:0313	1 SERVING	7	0	3	0.12	0.01	0.49	1.31	0.83	0.38	13.1	3457	1.59
VEG ROMAINE CHOP 1/2 C:0313	1 SERVING	3	0	2	0.06	0.01	0.24	0.65	0.42	0.19	6.55	1728	0.79
VEG ROMAINE CHOP 1/4 C:0313	1 SERVING	2	0	1	0.03	0	0.12	0.33	0.21	0.1	3.27	864	0.4
VEG ROMAINE SHRD 1 C:0313	1 SERVING	10	0	5	0.17	0.02	0.7	1.87	1.19	0.55	18.71	4938	2.27
VEG ROMAINE SHRD 1/2 C:0313	1 SERVING	5	0	2	0.09	0.01	0.35	0.93	0.6	0.27	9.36	2469	1.13
VEG SAL BRCLI ASIAN 1 C:0113	1 SERVING	159	0	180	9.7	1.38	5.11	16.57	5.2	1.69	75.46	2224	92.38
VEG SAL BRCLI ASIAN 1/2 C:0113	1 SERVING	79	0	90	4.85	0.69	2.55	8.29	2.6	0.85	37.73	1112	46.19
VEG SAL BRCLI ASIAN 1/4 C:0113	1 SERVING	40	0	45	2.42	0.34	1.28	4.14	1.3	0.42	18.87	556	23.1
VEG SAL BRCLI ASIAN 3/4 C:0113	1 SERVING	119	0	135	7.27	1.03	3.83	12.43	3.9	1.27	56.6	1668	69.29
VEG SWEET POTATO, 1 1/4C	1 SERVING	159	0	57	0.29	0.06	2.87	37.17	5.24	1.51	56.64	33020	26.85
VEG SWEET POTATO, 1/4 C	1 SERVING	32	0	11	0.06	0.01	0.57	7.43	1.05	0.3	11.33	6604	5.37
VEG SWEET POTATO, 3/4 C	1 SERVING	64	0	23	0.12	0.03	1.15	14.82	2.09	0.6	22.58	13164	10.7
VEG TOMATO 1/2 C	1 SERVING	15	0	4	0.17	0.02	0.75	3.3	1.02	0.23	8.48	706	11.61
VEG TOMATO 1/4 C	1 SERVING	8	0	2	0.09	0.01	0.38	1.67	0.51	0.12	4.28	357	5.86
VEG TOMATO 3/4 C	1 SERVING	23	0	6	0.26	0.04	1.13	5	1.54	0.35	12.84	1070	17.59