

# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                                | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat<br>(g) | Chol<br>(mg) | Carbs<br>(g)       | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|------------------|--------------|--------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990966<br>1 COMPARTMENT                                  | MISC  | 1 tray       | \$0.331 | 0.000                       | 0.000<br>*N/A%*                   | 0.000                       | 0.000<br>*N/A%*   | 0.000<br>*N/A%*   | 0.000            | 0.000        | 0.000<br>*N/A%*    | 0.000<br>*N/A%*      | 0.000             | 0.000                  | 0.000           | 0.000             | 0.000        |
| 230<br>1% Lowfat Milk                                    | 24004 | 8 oz         | \$0.449 | 102.480                     | 1.545<br>13.564%                  | 107.360                     | 12.688<br>49.524% | 2.367<br>20.786%  | 0.000            | 12.200       | 12.176<br>47.524%  | 0.000                | 8.223<br>32.096%  | 0.000                  | 305.000         | 0.000             | 0.073        |
| 170<br>100% Apple Juice                                  | 24003 | 4 oz         | \$0.239 | 60.000                      | 0.000<br>0.000%                   | 10.000                      | 13.000<br>86.667% | 0.000<br>0.000%   | 0.000            | 0.000        | 14.000<br>93.333%  | 0.000                | 0.000<br>0.000%   | *N/A*                  | 10.000          | *N/A*             | 0.200        |
| 172<br>100% Grape Juice                                  | FRUIT | 4 oz         | \$0.265 | 80.000                      | 0.000<br>0.000%                   | 20.000                      | 18.000<br>90.000% | 0.000<br>0.000%   | 0.000            | 0.000        | 19.000<br>95.000%  | 0.000                | 0.000<br>0.000%   | *N/A*                  | 20.000          | 1.200             | 0.360        |
| 171<br>100% Orange Juice                                 | 24004 | 4 oz         | \$0.317 | 60.000                      | 0.000<br>0.000%                   | 0.000                       | 11.000<br>73.333% | 0.000<br>0.000%   | 0.000            | 0.000        | 14.000<br>93.333%  | 0.000                | 1.000<br>6.667%   | *N/A*                  | 10.000          | 42.000            | 0.000        |
| 990963<br>2 COMPARTMENT                                  | MISC  | 1 tray       | \$0.337 | 0.000                       | 0.000<br>*N/A%*                   | 0.000                       | 0.000<br>*N/A%*   | 0.000<br>*N/A%*   | 0.000            | 0.000        | 0.000<br>*N/A%*    | 0.000<br>*N/A%*      | 0.000             | 0.000                  | 0.000           | 0.000             | 0.000        |
| 990998<br>2 compartment + 3 compartment                  | MISC  | 2 trays      | \$0.673 | 0.000                       | 0.000<br>*N/A%*                   | 0.000                       | 0.000<br>*N/A%*   | 0.000<br>*N/A%*   | 0.000            | 0.000        | 0.000<br>*N/A%*    | 0.000<br>*N/A%*      | 0.000             | 0.000                  | 0.000           | 0.000             | 0.000        |
| 990964<br>3 COMPARTMENT                                  | MISC  | 1 tray       | \$0.336 | 0.000                       | 0.000<br>*N/A%*                   | 0.000                       | 0.000<br>*N/A%*   | 0.000<br>*N/A%*   | 0.000            | 0.000        | 0.000<br>*N/A%*    | 0.000<br>*N/A%*      | 0.000             | 0.000                  | 0.000           | 0.000             | 0.000        |
| 999118<br>8oz Deli Cup                                   | 24002 | 8oz deli cup |         | 0.000                       | 0.000<br>*N/A%*                   | 0.000                       | 0.000<br>*N/A%*   | 0.000<br>*N/A%*   | 0.000            | 0.000        | 0.000<br>*N/A%*    | 0.000<br>*N/A%*      | 0.000             | 0.000                  | 0.000           | 0.000             | 0.000        |
| 240<br>All Beef Hot Dog on a WW Bun                      | 24001 | 1 ea         | \$0.815 | 300.000                     | 7.000<br>21.000%                  | 860.000                     | 2.000<br>2.667%   | 17.000<br>51.000% | 0.000            | 35.000       | 28.000<br>37.333%  | 4.000                | 12.000<br>16.000% | *N/A*                  | 40.000          | 0.000             | 1.800        |
| 990928<br>All Beef Hot Dog on a WW Bun                   | 24001 | 2 ea         | \$1.630 | 600.000                     | 14.000<br>21.000%                 | 1720.000                    | 4.000<br>2.667%   | 34.000<br>51.000% | 0.000            | 70.000       | 56.000<br>37.333%  | 8.000                | 24.000<br>16.000% | *N/A*                  | 80.000          | 0.000             | 3.600        |
| 991019<br>All Beef Hot Dog on a WW Bun Sliced Lengthwise | ENT   | 1 each       | \$0.815 | 300.000                     | 7.000<br>21.000%                  | 860.000                     | 2.000<br>2.667%   | 17.000<br>51.000% | 0.000            | 35.000       | 28.000<br>37.333%  | 4.000                | 12.000<br>16.000% | *N/A*                  | 40.000          | 0.000             | 1.800        |
| 625<br>All Natural Syrup                                 | 24003 | 1 ea         | \$0.252 | 110.000                     | 0.000<br>0.000%                   | 5.000                       | 9.000<br>32.727%  | 0.000<br>0.000%   | 0.000            | 0.000        | 28.000<br>101.818% | 0.000                | 0.000<br>0.000%   | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 999132<br>ALTERNATE Butter PC                            | 24004 | 1 ea         | \$0.038 | 35.850                      | 2.568<br>64.479%                  | 32.150                      | 0.003<br>0.033%   | 4.056<br>101.812% | 0.164            | 10.750       | 0.003<br>0.033%    | 0.000                | 0.042<br>0.469%   | *N/A*                  | 1.200           | 0.000             | 0.001        |
| 999226<br>ALTERNATE Fresh Orange                         | 24001 | 1 ea         | \$0.431 | 86.480                      | 0.028<br>0.287%                   | 0.000                       | 17.204<br>79.574% | 0.221<br>2.298%   | 0.000            | 0.000        | 21.620<br>100.000% | 4.416                | 1.730<br>8.002%   | 0.000                  | 73.600          | 97.888            | 0.184        |
| 999134<br>ALTERNATE Grape Jelly                          | 24003 | 1 ea         | \$0.085 | 35.000                      | 0.000<br>0.000%                   | 0.000                       | 9.000<br>102.857% | 0.000<br>0.000%   | 0.000            | 0.000        | 9.000<br>102.857%  | 0.000                | 0.000<br>0.000%   | *N/A*                  | 0.000           | 0.000             | 0.000        |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \*- denotes combined nutrient totals with either missing or incomplete nutrient data  
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| Recipe No.<br>Recipe Name                             | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999227<br>ALTERNATE Grilled Cheese on WW Bread        | 24001 | 1 ea         | \$0.772 | 342.247                     | 9.112<br>23.963%                  | 664.745                     | 6.000<br>7.012%   | 16.175<br>42.535% | 0.000         | 40.499       | 32.000<br>37.400% | 4.000                | 20.175<br>23.579% | *N/A*                  | 533.094         | *0.000*           | 1.440        |
| 999223<br>ALTERNATE Large Blueberry Chex              | 24003 | 1 ea         | \$0.598 | 240.000                     | 0.500<br>1.875%                   | 320.000                     | 11.000<br>18.333% | 5.000<br>18.750%  | 0.000         | 0.000        | 46.000<br>76.667% | 1.000                | 3.000<br>5.000%   | *N/A*                  | 325.000         | 23.000            | 32.000       |
| 999225<br>ALTERNATE Large Cinnamon Chex               | 24003 | 1 ea         | \$0.598 | 230.000                     | 0.500<br>1.957%                   | 340.000                     | 12.000<br>20.870% | 5.000<br>19.565%  | 0.000         | 0.000        | 46.000<br>80.000% | 3.000                | 3.000<br>5.217%   | *N/A*                  | 325.000         | 23.000            | 27.000       |
| 999224<br>ALTERNATE Large Cinnamon Toasters Cereal    | 24003 | 1 ea         | \$0.735 | 240.000                     | 0.500<br>1.875%                   | 300.000                     | 12.000<br>20.000% | 8.000<br>30.000%  | 0.000         | 0.000        | 43.000<br>71.667% | 3.000                | 3.000<br>5.000%   | 0.000                  | 15.000          | 0.000             | 45.000       |
| 999222<br>ALTERNATE Large Honey Bunches of Oats       | 24003 | 1 ea         | \$0.818 | 210.000                     | 0.000<br>0.000%                   | 130.000                     | 11.000<br>20.952% | 2.500<br>10.714%  | 0.000         | 0.000        | 45.000<br>85.714% | 4.000                | 4.000<br>7.619%   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999120<br>ALTERNATE Light Mayonnaise                  | 24003 | 1 ea         | \$0.155 | 30.000                      | 1.500<br>45.000%                  | 110.000                     | 0.000<br>0.000%   | 3.000<br>90.000%  | 0.000         | 0.000        | 0.000<br>0.000%   | 0.000                | 0.000<br>0.000%   | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 999122<br>ALTERNATE Mustard                           | 24003 | 1 ea         | \$0.043 | 0.000                       | 0.000<br>*N/A*                    | 84.121                      | 0.000<br>*N/A*    | 0.000<br>*N/A*    | 0.000         | 0.000        | 0.000<br>*N/A*    | 0.000                | 0.000<br>*N/A*    | 0.000                  | 0.000           | 0.000             | 0.000        |
| 999131<br>ALTERNATE Strawberry Jelly                  | 24003 | 1 ea         | \$0.101 | 35.000                      | 0.000<br>0.000%                   | 0.000                       | 9.000<br>102.857% | 0.000<br>0.000%   | 0.000         | 0.000        | 9.000<br>102.857% | 0.000                | 0.000<br>0.000%   | *N/A*                  | 0.000           | *N/A*             | 0.000        |
| 999124<br>ALTERNATE Sunbutter & Jelly Sandwich        | 24001 | 1 ea         | \$0.862 | 640.000                     | 4.000<br>5.625%                   | 540.000                     | 34.000<br>21.250% | 34.000<br>47.812% | 0.000         | 0.000        | 68.000<br>42.500% | 10.000               | 40.560<br>25.350% | *N/A*                  | 172.000         | 0.000             | 4.320        |
| 999123<br>ALTERNATE Sunbutter & Jelly Sandwich 1 M/MA | 24001 | 1 ea         | \$0.639 | 440.000                     | 2.000<br>4.091%                   | 410.000                     | 30.000<br>27.273% | 18.000<br>36.818% | 0.000         | 0.000        | 61.000<br>55.455% | 7.000                | 23.280<br>21.164% | *N/A*                  | 146.000         | 0.000             | 2.880        |
| 999203<br>ALTERNATE Turkey Bacon                      | 24001 | 2 ea         | \$0.307 | 50.000                      | 1.000<br>18.000%                  | 220.002                     | 0.000<br>0.000%   | 3.000<br>54.000%  | 0.000         | 10.000       | 0.000<br>0.000%   | 0.000                | 4.000<br>32.000%  | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 999121<br>ALTERNATE Turkey Ham & Cheese on WW Bread   | 24001 | 1 ea         | \$0.852 | 301.124                     | 5.306<br>15.859%                  | 712.372                     | 6.000<br>7.970%   | 11.587<br>34.632% | 0.000         | 50.250       | 32.500<br>43.172% | 4.000                | 20.087<br>26.683% | *N/A*                  | 326.547         | *0.000*           | 1.790        |
| 999205<br>ALTERNATE Turkey Sausage Patty              | 24001 | 1 ea         | \$0.365 | 80.000                      | 2.000<br>22.500%                  | 95.000                      | 0.000<br>0.000%   | 6.000<br>67.500%  | 0.000         | 30.000       | 0.000<br>0.000%   | 0.000                | 7.000<br>35.000%  | *N/A*                  | *N/A*           | 0.000             | *N/A*        |
| 999204<br>ALTERNATE Veggie Breakfast Sausage Patty    | 24001 | 1 ea         | \$0.438 | 70.000                      | 0.000<br>0.000%                   | 250.000                     | 1.000<br>5.714%   | 2.500<br>32.143%  | 0.000         | 0.000        | 4.000<br>22.857%  | 1.000                | 9.000<br>51.429%  | *N/A*                  | 0.000           | 0.000             | 1.800        |
| 999133<br>ALTERNATE Whole Grain Biscuit               | 24001 | 1 ea         | \$0.313 | 186.667                     | 5.895<br>28.421%                  | 304.561                     | 1.965<br>4.211%   | 8.842<br>42.631%  | 0.000         | 0.000        | 23.579<br>50.526% | 1.965                | 3.930<br>8.421%   | *N/A*                  | 157.193         | 0.000             | 0.982        |

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| Recipe No.<br>Recipe Name                        | Group | Portion Size  | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)         | Total Fat<br>(g)  | Trans Fat<br>(g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)   | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|---------------|---------|-----------------------------|-----------------------------------|-----------------------------|-----------------------|-------------------|------------------|--------------|-------------------|----------------------|------------------|------------------------|-----------------|-------------------|--------------|
| 999130<br>ALTERNATE Whole Grain Croissant        | 24001 | 1 ea          | \$0.345 | 190.000                     | 3.000<br>14.211%                  | 190.000                     | 4.000<br>8.421%       | 7.000<br>33.158%  | 0.000            | 0.000        | 29.000<br>61.053% | 3.000                | 5.000<br>10.526% | *N/A*                  | 26.000          | 0.000             | 1.440        |
| 990855<br>Apple Cinnamon Bread                   | 24002 | 4 wt oz       | \$0.326 | 324.864                     | 1.588<br>4.399%                   | 269.532                     | 29.148<br>35.889%     | 9.782<br>27.099%  | *0.000*          | 33.580       | 54.964<br>67.676% | 3.216                | 5.326<br>6.558%  | *0.000*                | *98.196*        | *3.510*           | *2.008*      |
| 990861<br>Apple Cinnamon Bread                   | 24002 | 2 wt oz       | \$0.163 | 162.432                     | 0.794<br>4.399%                   | 134.766                     | 14.574<br>35.889%     | 4.891<br>27.099%  | *0.000*          | 16.790       | 27.482<br>67.676% | 1.608                | 2.663<br>6.558%  | *0.000*                | *49.098*        | *1.755*           | *1.004*      |
| 991048<br>Apple Crumble                          | 24002 | 4 oz          | \$0.324 | 170.422                     | 3.988<br>21.059%                  | 55.669                      | 19.970<br>46.872%     | 6.981<br>36.869%  | 0.000            | 16.486       | 27.491<br>64.525% | 1.387                | 1.025<br>2.406%  | *0.000*                | *20.876*        | *0.092*           | *0.586*      |
| 990996<br>Apple Crumble*                         | MISC  | 4 oz<br>scoop |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*       | *N/A*<br>*N/A%*   | *N/A*            | *N/A*        | *N/A*<br>*N/A%*   | *N/A*                | *N/A*<br>*N/A%*  | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999140<br>Apple Pie Parfait                      | 24002 | 1 each        | \$1.258 | 444.830                     | 1.839<br>3.720%                   | 201.821                     | 52.326<br>47.053%     | 12.158<br>24.598% | 0.000            | 6.670        | 79.196<br>71.214% | 4.249                | 8.161<br>7.339%  | *0.000*                | *200.111*       | *173.601*         | *2.871*      |
| 990948<br>Apple Slice Pack                       | 24004 | 1 ea          | \$0.400 | 29.842                      | 0.000<br>0.000%                   | 0.000                       | 5.968<br>79.995%      | 0.000<br>0.000%   | 0.000            | 0.000        | 6.963<br>93.332%  | 0.995                | 0.000<br>0.000%  | *N/A*                  | 0.000           | 38.794            | 0.000        |
| 640<br>Apple Spice Oatmeal                       | 24001 | 4 oz          | \$0.182 | 138.989                     | 0.252<br>1.634%                   | 45.795                      | *13.985*<br>*40.248%* | 1.522<br>9.855%   | *0.000*          | 0.000        | 30.282<br>87.149% | 2.610                | 2.566<br>7.385%  | *0.000*                | 21.316          | 5.434             | 1.103        |
| 990967<br>Apple Spice Oatmeal                    | 24001 | 8 oz          | \$0.363 | 277.978                     | 0.505<br>1.634%                   | 91.591                      | *27.970*<br>*40.248%* | 3.044<br>9.855%   | *0.000*          | 0.000        | 60.564<br>87.149% | 5.221                | 5.133<br>7.386%  | *0.000*                | 42.632          | 10.868            | 2.207        |
| 990990<br>Apple Trifle                           | 24002 | 1 ea          | \$0.612 | 230.502                     | 1.404<br>5.481%                   | 60.039                      | 23.172<br>40.211%     | 8.418<br>32.869%  | 0.000            | 4.969        | 39.003<br>67.684% | 2.843                | 2.374<br>4.120%  | *0.000*                | 18.543          | *0.112*           | 1.924        |
| 1084<br>Applesauce Cup                           | 24001 | 1 ea          | \$0.444 | 60.000                      | 0.000<br>0.000%                   | 10.000                      | 12.000<br>80.000%     | 0.000<br>0.000%   | 0.000            | 0.000        | 13.000<br>86.667% | 2.000                | 0.000<br>0.000%  | *N/A*                  | 0.000           | 60.000            | 0.000        |
| 999174<br>Appleways Blueberry Lemon Crispy Bites | 24003 | 1 bag         | \$0.382 | 121.498                     | 0.506<br>3.750%                   | 60.749                      | 8.100<br>26.667%      | 3.544<br>26.250%  | 0.000            | 0.000        | 21.262<br>70.000% | 2.025                | 2.025<br>6.667%  | 0.000                  | 5.062           | 0.000             | 1.012        |
| 151<br>Baby Carrots                              | 24001 | 4 oz          | \$0.242 | 24.798                      | 0.014<br>0.512%                   | 54.559                      | *N/A*<br>*N/A%*       | 0.084<br>3.063%   | 0.000            | 0.000        | 5.730<br>92.428%  | 2.032                | 0.443<br>7.146%  | *N/A*                  | 22.323          | 1.863             | 0.633        |
| 1083<br>Baby Carrots                             | VEG   | 2 oz          | \$0.121 | 12.402                      | 0.007<br>0.508%                   | 27.287                      | *N/A*<br>*N/A%*       | 0.042<br>3.062%   | 0.000            | 0.000        | 2.866<br>92.430%  | 1.016                | 0.222<br>7.160%  | *N/A*                  | 11.164          | 0.932             | 0.316        |
| 1085<br>Baby Carrots                             | 24004 | 6 oz          | \$0.363 | 37.212                      | 0.021<br>0.510%                   | 81.874                      | *N/A*<br>*N/A%*       | 0.127<br>3.062%   | 0.000            | 0.000        | 8.599<br>92.430%  | 3.049                | 0.665<br>7.148%  | *N/A*                  | 33.499          | 2.796             | 0.950        |
| 990834<br>Baby Carrots                           | 24001 | 8 oz          | \$0.484 | 49.595                      | 0.028<br>0.510%                   | 109.118                     | *N/A*<br>*N/A%*       | 0.169<br>3.061%   | 0.000            | 0.000        | 11.460<br>92.430% | 4.064                | 0.886<br>7.146%  | *N/A*                  | 44.646          | 3.726             | 1.266        |
| 1141<br>Baby Spinach Salad                       | 24001 | 8 oz          | \$0.170 | 3.447                       | 0.000<br>0.000%                   | 12.230                      | 0.111<br>12.881%      | 0.000<br>0.000%   | 0.000            | 0.000        | 0.556<br>64.508%  | 0.345                | 0.445<br>51.639% | *N/A*                  | 16.678          | 2.346             | 0.200        |

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|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|------------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 1142<br>Baby Spinach Salad                         | 24004 | 4 oz         | \$0.085 | 1.724                       | 0.000<br>0.000%                   | 6.117                       | 0.056<br>12.993%    | 0.000<br>0.000%   | 0.000            | 0.000        | 0.278<br>64.501%  | 0.172<br>51.508%     | 0.222<br>51.508%  | *N/A*                  | 8.341           | 1.173             | 0.100        |
| 990791<br>Bacon, Egg & Cheese<br>Breakfast Burrito | 24001 | 1 ea         | \$0.751 | 383.591                     | 6.087<br>14.280%                  | 592.388                     | 2.290<br>2.388%     | 17.375<br>40.765% | 0.000            | 258.776      | 33.717<br>35.159% | 3.446<br>19.963%     | 19.144<br>19.963% | *0.000*                | 270.585         | *0.000*           | 3.716        |
| 990885<br>Bagel - Variety                          | 24001 | 1 ea         | \$0.384 | 150.000                     | 0.000<br>0.000%                   | 290.000                     | 5.000<br>13.333%    | 1.000<br>6.000%   | 0.000            | 0.000        | 30.000<br>80.000% | 4.000<br>16.000%     | 6.000<br>16.000%  | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 990806<br>Baja Cream Sauce                         | 24002 | 1 oz         | \$0.100 | 51.957                      | 2.863<br>49.588%                  | 77.778                      | 1.142<br>8.792%     | 4.118<br>71.327%  | 0.002            | 16.456       | 1.263<br>9.725%   | 0.066<br>8.291%      | 1.077<br>8.291%   | *0.000*                | 33.386          | 2.144             | 0.060        |
| 999066<br>Baja Fish                                | 24001 | 1 ea         | \$1.669 | 126.913                     | 1.205<br>8.547%                   | 168.935                     | *0.140*<br>*0.441%* | 4.363<br>30.937%  | *0.000*          | 64.400       | 1.504<br>4.739%   | 0.617<br>60.369%     | 19.154<br>60.369% | *29.680*               | *28.313*        | *1.377*           | *0.734*      |
| 999138<br>Baja Fish- Pollock                       | 24001 | 2 ea         | \$1.099 | 92.186                      | 0.197<br>1.926%                   | 389.426                     | *0.140*<br>*0.607%* | 1.339<br>13.068%  | *0.000*          | 60.749       | 2.179<br>9.453%   | 0.617<br>74.688%     | 17.213<br>74.688% | *0.000*                | *50.338*        | *0.145*           | *0.398*      |
| 991027<br>Baja Fish Tacos                          | 24001 | 2 ea         | \$1.879 | 300.706                     | 3.136<br>9.387%                   | 419.969                     | *2.071*<br>*2.755%* | 9.190<br>27.506%  | *0.000*          | 64.400       | 28.538<br>37.961% | 4.479<br>30.616%     | 23.016<br>30.616% | *29.680*               | *105.554*       | *1.377*           | *0.734*      |
| 999240<br>Bake Crafters Cinnamon<br>Granola        | 24001 | 3 oz         | \$0.303 | 110.000                     | 0.000<br>0.000%                   | 60.000                      | 5.000<br>18.182%    | 4.000<br>32.727%  | 0.000            | 0.000        | 15.000<br>54.545% | 2.000<br>10.909%     | 3.000<br>10.909%  | 0.000                  | 2.000           | 0.000             | 6.000        |
| 990801<br>Bakecrafters Buttermilk<br>Pancakes      | 24001 | 1 ea         | \$0.668 | 170.000                     | 0.500<br>2.647%                   | 210.000                     | 12.000<br>28.235%   | 3.500<br>18.529%  | 0.000            | 10.000       | 32.000<br>75.294% | 2.000<br>9.412%      | 4.000<br>9.412%   | *N/A*                  | 50.000          | 0.000             | 1.300        |
| 990740<br>Baked Catfish                            | 24001 | 4 oz         | \$1.638 | 110.336                     | 1.021<br>8.325%                   | 50.122                      | 0.000<br>0.000%     | 3.062<br>24.974%  | 0.000            | 65.204       | 0.000<br>0.000%   | 0.000<br>0.000%      | 19.051<br>69.065% | 30.050                 | 20.071          | 1.247             | 0.340        |
| 346<br>Baked Country Meatloaf                      | 24002 | 4 oz         | \$1.595 | 424.048                     | 9.109<br>19.333%                  | 660.283                     | *5.285*<br>*4.985%* | 26.686<br>56.639% | *0.900*          | 117.677      | 19.139<br>18.054% | 1.788<br>25.001%     | 26.504<br>25.001% | *0.000*                | 82.147          | *5.151*           | 4.522        |
| 999170<br>Baked Fish- Pollock                      | 24001 | 2 ea         | \$1.047 | 74.249                      | 0.000<br>0.000%                   | 269.996                     | 0.000<br>0.000%     | 0.000<br>0.000%   | 0.000            | 60.749       | 0.675<br>3.636%   | 0.000<br>90.910%     | 16.875<br>90.910% | *N/A*                  | 41.849          | 0.000             | 0.000        |
| 187<br>Baked Potato Fries                          | VEG   | 4 oz         | \$0.096 | 78.361                      | 0.354<br>4.061%                   | 103.600                     | *0.057*<br>*0.291%* | 2.379<br>27.324%  | 0.000            | 0.000        | 12.365<br>63.116% | 2.544<br>13.006%     | 2.548<br>13.006%  | *0.000*                | *30.658*        | *10.737*          | *3.133*      |
| 1125<br>Baked Potato Fries                         | VEG   | 6 oz         | \$0.143 | 117.537                     | 0.530<br>4.061%                   | 155.399                     | *0.086*<br>*0.293%* | 3.569<br>27.325%  | 0.000            | 0.000        | 18.546<br>63.115% | 3.816<br>13.004%     | 3.821<br>13.004%  | *0.000*                | *45.984*        | *16.105*          | *4.700*      |
| 990836<br>Baked Potato Wedges                      | 24002 | 2 oz         | \$0.048 | 39.181                      | 0.177<br>4.059%                   | 51.799                      | *0.028*<br>*0.286%* | 1.189<br>27.316%  | 0.000            | 0.000        | 6.182<br>63.115%  | 1.271<br>13.006%     | 1.274<br>13.006%  | *0.000*                | *15.308*        | *5.367*           | *1.566*      |
| 990837<br>Baked Potato Wedges                      | 24002 | 4 oz         | \$0.096 | 78.361                      | 0.354<br>4.061%                   | 103.600                     | *0.057*<br>*0.291%* | 2.379<br>27.324%  | 0.000            | 0.000        | 12.365<br>63.116% | 2.544<br>13.006%     | 2.548<br>13.006%  | *0.000*                | *30.658*        | *10.737*          | *3.133*      |
| 990838<br>Baked Potato Wedges                      | 24002 | 6 oz         | \$0.143 | 117.537                     | 0.530<br>4.061%                   | 155.399                     | *0.086*<br>*0.293%* | 3.569<br>27.325%  | 0.000            | 0.000        | 18.546<br>63.115% | 3.816<br>13.004%     | 3.821<br>13.004%  | *0.000*                | *45.984*        | *16.105*          | *4.700*      |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                     | Group | Portion Size  | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)       | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|---------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|---------------|--------------|--------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 109<br>Balsamic Dressing                      | 24002 | 1 oz          | \$0.127 | 94.335                      | 1.280<br>12.214%                  | 77.201                      | 0.180<br>0.763%   | 8.961<br>85.489%  | 0.000         | 0.000        | 1.982<br>8.405%    | 0.009                | 0.067<br>0.284%   | *0.000*                | *0.369*         | *0.001*           | *0.007*      |
| 991016<br>Balsamic Dressing Packet            | 24003 | 1 ea          | \$0.382 | 100.000                     | 1.000<br>9.000%                   | 370.000                     | 3.000<br>12.000%  | 8.000<br>72.000%  | 0.000         | 0.000        | 4.000<br>16.000%   | 0.000                | 0.000<br>0.000%   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 465<br>Banana Bread                           | 24002 | 4 wt oz       | \$0.256 | 347.474                     | 1.620<br>4.196%                   | 294.084                     | 30.784<br>35.437% | 9.832<br>25.466%  | *0.000*       | 33.580       | 60.689<br>69.863%  | 3.972                | 5.740<br>6.608%   | *0.000*                | *97.658*        | *4.294*           | *1.996*      |
| 990037<br>Banana Bread                        | 24002 | 2 wt oz       | \$0.128 | 173.737                     | 0.810<br>4.196%                   | 147.042                     | 15.392<br>35.437% | 4.916<br>25.466%  | *0.000*       | 16.790       | 30.345<br>69.863%  | 1.986                | 2.870<br>6.608%   | *0.000*                | *48.829*        | *2.147*           | *0.998*      |
| 475<br>BBQ Baked Beans                        | 24002 | 4 oz          | \$0.177 | 225.750                     | 0.681<br>2.717%                   | 107.090                     | 4.878<br>8.643%   | 4.605<br>18.360%  | *0.000*       | 0.000        | 35.350<br>62.635%  | 8.253                | 10.785<br>19.110% | *0.000*                | *69.124*        | *3.516*           | *2.911*      |
| 1176<br>BBQ Baked Beans                       | 24002 | 2 oz          | \$0.088 | 112.875                     | 0.341<br>2.717%                   | 53.545                      | 2.439<br>8.643%   | 2.303<br>18.360%  | *0.000*       | 0.000        | 17.675<br>62.636%  | 4.126                | 5.392<br>19.108%  | *0.000*                | *34.562*        | *1.758*           | *1.456*      |
| 990404<br>BBQ Chicken Diced                   | 24001 | 3 oz          | \$0.377 | 142.939                     | 0.274<br>1.725%                   | 311.641                     | 11.000<br>30.782% | 1.510<br>9.508%   | 0.000         | 57.119       | 13.000<br>36.379%  | 0.000                | 17.605<br>49.266% | *N/A*                  | 5.130           | *0.000*           | 0.434        |
| 1193<br>BBQ Chicken Drum                      | 24001 | 2 ea          | \$1.313 | 571.303                     | 6.893<br>10.859%                  | 817.131                     | 22.000<br>15.403% | 25.789<br>40.626% | 0.132         | 257.887      | 26.308<br>18.420%  | 0.000                | 50.680<br>35.484% | *N/A*                  | 26.425          | *0.000*           | 2.310        |
| 990635<br>BBQ Chicken Drum                    | 24001 | 1 ea          | \$0.657 | 285.651                     | 3.446<br>10.859%                  | 408.566                     | 11.000<br>15.403% | 12.894<br>40.626% | 0.066         | 128.944      | 13.154<br>18.420%  | 0.000                | 25.340<br>35.484% | *N/A*                  | 13.212          | *0.000*           | 1.155        |
| 999009<br>BBQ Chicken Drum<br>COMMUNITY MEALS | 24002 | 1 ea          | \$0.651 | 383.435                     | 4.940<br>11.595%                  | 472.945                     | 11.000<br>11.475% | 18.482<br>43.381% | 0.094         | 184.820      | 13.221<br>13.792%  | 0.000                | 36.321<br>37.890% | *N/A*                  | 18.071          | *0.000*           | 1.586        |
| 999280<br>BBQ Chicken Thigh                   | 24001 | 1 ea          | \$0.668 | 320.529                     | 6.347<br>17.822%                  | 251.769                     | 6.400<br>7.987%   | 21.157<br>59.406% | 0.000         | 132.231      | 10.737<br>13.399%  | 0.000                | 21.157<br>26.403% | *0.000*                | 75.213          | *0.000*           | 1.151        |
| 343<br>BBQ Sauce - Homemade                   | SC    | 2 oz          | \$0.302 | 114.526                     | 0.040<br>0.311%                   | 1060.833                    | 23.277<br>81.299% | 0.313<br>2.457%   | *0.000*       | 0.000        | 30.290<br>105.791% | 0.689                | 1.302<br>4.547%   | *0.000*                | 28.876          | 4.053             | 0.968        |
| 990973<br>BBQ Tips                            | ENT   | 4oz           | \$0.417 | 208.533                     | 0.000<br>0.000%                   | 434.480                     | 11.778<br>22.592% | 3.993<br>17.233%  | 0.000         | 0.000        | 22.722<br>43.585%  | 4.991                | 17.968<br>34.466% | *N/A*                  | 1.960           | *0.000*           | 0.157        |
| 999141<br>BBQ Tofu                            | 24002 | 4 oz          | \$1.094 | 201.240                     | 0.480<br>2.148%                   | 274.848                     | 11.000<br>21.864% | 8.497<br>38.002%  | 0.000         | 0.000        | 17.687<br>35.157%  | 2.952                | 11.745<br>23.345% | *0.000*                | *192.814*       | *0.000*           | *2.282*      |
| 728<br>BBQ Tofu on a Whole<br>Wheat Bun       | 24002 | 1 ea          | \$1.434 | 348.317                     | 0.527<br>1.360%                   | 780.284                     | 19.765<br>22.698% | 7.342<br>18.970%  | 0.000         | 0.000        | 52.612<br>60.418%  | 6.473                | 18.172<br>20.868% | *0.000*                | 221.788         | *0.196*           | 4.089        |
| 990626<br>BBQ Veggie Chik'n Nuggets           | 24001 | 5 ea          | \$1.161 | 318.905                     | 0.597<br>1.685%                   | 776.736                     | 15.864<br>19.898% | 9.556<br>26.967%  | 0.000         | 0.000        | 38.837<br>48.713%  | 4.778                | 17.917<br>22.473% | *N/A*                  | 86.278          | *0.000*           | 3.677        |
| 990784<br>Bean and Cheese Nachos 9<br>-12     | 24002 | see<br>recipe | \$0.728 | 483.721                     | 6.078<br>11.308%                  | 560.202                     | 0.798<br>0.660%   | 21.011<br>39.092% | 0.000         | 18.290       | 59.841<br>49.484%  | 8.282                | 14.251<br>11.784% | *0.000*                | *222.493*       | *4.338*           | *1.484*      |

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## DC Central Kitchen

### Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                        | Group | Portion Size  | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)        | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|---------------|---------|-----------------------------|-----------------------------------|-----------------------------|----------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990786<br>Bean and Cheese Nachos<br>ECE          | 24002 | see<br>recipe | \$0.539 | 341.974                     | 5.065<br>13.330%                  | 443.766                     | 0.798<br>0.933%      | 14.936<br>39.307% | 0.000         | 18.290       | 39.592<br>46.309% | 6.257                | 12.226<br>14.301% | *0.000*                | *202.243*       | *4.338*           | *1.484*      |
| 990726<br>Bean and Cheese Nachos<br>K-8          | 24002 | see<br>recipe | \$0.634 | 412.847                     | 5.571<br>12.145%                  | 501.984                     | 0.798<br>0.773%      | 17.973<br>39.181% | 0.000         | 18.290       | 49.716<br>48.169% | 7.269                | 13.239<br>12.827% | *0.000*                | *212.368*       | *4.338*           | *1.484*      |
| 990428<br>Bechamel Sauce                         | 24002 | 1 oz          | \$0.054 | 30.654                      | 0.643<br>18.890%                  | 12.596                      | 1.587<br>20.709%     | 1.573<br>46.169%  | 0.012         | 3.123        | 2.748<br>35.853%  | 0.037                | 1.235<br>16.115%  | *N/A*                  | *40.694*        | *0.000*           | *0.066*      |
| 990897<br>Beef & Cheese Tacos in 6in<br>Tortilla | 24002 | 2 ea          | \$0.615 | 452.717                     | 12.117<br>24.088%                 | 632.934                     | 2.972<br>2.626%      | 26.278<br>52.241% | *0.406*       | 64.612       | 31.590<br>27.912% | 5.072                | 20.789<br>18.368% | *0.000*                | *302.166*       | *17.172*          | *1.832*      |
| 999127<br>Beef & Mushroom<br>Stroganoff          | ENT   | 4oz           | \$0.453 | 386.466                     | 7.075<br>16.476%                  | 1485.894                    | *9.693*<br>*10.032%* | 21.965<br>51.152% | *0.770*       | 54.425       | 23.762<br>24.594% | 1.394                | 21.810<br>22.574% | *0.000*                | *229.146*       | *3.920*           | *2.506*      |
| 991031<br>Beef & Venison Meatloaf                | 24002 | 4 oz          | \$1.395 | 446.544                     | 10.113<br>20.383%                 | 643.416                     | *5.285*<br>*4.734%*  | 28.536<br>57.513% | *1.279*       | 124.795      | 19.123<br>17.129% | 1.788                | 27.611<br>24.733% | *0.000*                | 82.782          | *5.151*           | 4.653        |
| 990783<br>Beef and Cheese Nachos 9-<br>12        | 24002 | see<br>recipe | \$0.833 | 542.989                     | 9.821<br>16.278%                  | 688.456                     | 1.041<br>0.767%      | 30.930<br>51.266% | *0.406*       | 57.702       | 46.791<br>34.469% | 5.260                | 19.501<br>14.366% | *0.000*                | *209.230*       | *17.172*          | *1.832*      |
| 990785<br>Beef and Cheese Nachos<br>ECE          | 24002 | see<br>recipe | \$0.645 | 401.242                     | 8.808<br>19.757%                  | 572.020                     | 1.041<br>1.038%      | 24.855<br>55.750% | *0.406*       | 57.702       | 26.541<br>26.459% | 3.235                | 17.476<br>17.422% | *0.000*                | *188.980*       | *17.172*          | *1.832*      |
| 990727<br>Beef and Cheese Nachos K-<br>8         | 24002 | see<br>recipe | \$0.654 | 417.801                     | 8.243<br>17.756%                  | 557.733                     | 0.921<br>0.882%      | 24.683<br>53.171% | *0.359*       | 51.064       | 32.448<br>31.065% | 3.759                | 16.362<br>15.665% | *0.000*                | *176.199*       | *15.196*          | *1.621*      |
| 990585<br>Beef Bolognese                         | 24002 | 6 oz          | \$1.974 | 501.378                     | 11.477<br>20.602%                 | 796.248                     | 8.476<br>6.762%      | 36.312<br>65.181% | 1.081         | 105.002      | 13.933<br>11.116% | 3.160                | 30.246<br>24.130% | *0.000*                | *79.924*        | *8.008*           | *4.410*      |
| 1044<br>Beef Bolognese                           | 24002 | 3 oz          | \$0.987 | 250.689                     | 5.739<br>20.602%                  | 398.124                     | 4.238<br>6.762%      | 18.156<br>65.181% | 0.541         | 52.501       | 6.966<br>11.116%  | 1.580                | 15.123<br>24.130% | *0.000*                | *39.962*        | *4.004*           | *2.205*      |
| 235<br>Beef Burger on WW Bun                     | 24001 | 1 ea          | \$1.221 | 339.276                     | 4.705<br>12.481%                  | 332.167                     | 2.042<br>2.407%      | 12.692<br>33.669% | 0.338         | 79.832       | 27.530<br>32.457% | 3.146                | 29.792<br>35.124% | *0.000*                | 33.591          | 0.054             | 3.973        |
| 990952<br>Beef Nachos - No Cheese                | 24002 | see<br>recipe | \$0.496 | 380.665                     | 5.656<br>13.373%                  | 365.033                     | 1.041<br>1.094%      | 21.491<br>50.810% | *0.406*       | 39.412       | 33.922<br>35.645% | 4.247                | 13.916<br>14.623% | *0.000*                | *53.699*        | *17.172*          | *1.832*      |
| 999178<br>Beef Picadillo                         | ENT   | 3 oz          | \$1.246 | 306.432                     | 7.244<br>21.276%                  | 274.363                     | *2.239*<br>*2.923%*  | 23.041<br>67.673% | *0.690*       | 67.027       | 5.953<br>7.771%   | 1.885                | 18.283<br>23.866% | *0.000*                | *43.470*        | *9.732*           | *2.931*      |
| 991037<br>Beef Salami Slices                     | 24004 | 1ea           | \$1.029 | 120.000                     | 4.000<br>30.000%                  | 440.000                     | 0.000<br>0.000%      | 10.000<br>75.000% | 0.000         | 25.000       | 0.000<br>0.000%   | 0.000                | 6.000<br>20.000%  | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 793<br>Beef Shepherd's Pie                       | 24002 | 3 oz          | \$0.942 | 227.329                     | 5.448<br>21.569%                  | 312.499                     | *1.774*<br>*3.121%*  | 15.964<br>63.203% | 0.541         | 53.032       | 6.077<br>10.693%  | 0.936                | 14.363<br>25.273% | *0.000*                | *33.827*        | *3.829*           | *2.055*      |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name             | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---------------------------------------|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999043<br>Beef Stew                   | 24002 | 8 oz         | \$0.311 | 426.011                     | 10.042<br>21.214%                 | 192.814                     | *3.482*<br>*3.269%* | 26.567<br>56.125% | 1.427         | 92.208       | 19.172<br>18.001% | 3.115                | 28.208<br>26.486% | *N/A*                  | *57.082*        | *11.174*          | *4.279*      |
| 990953<br>Beef Tacos in 6" Tortilla   | 24002 | 3 each       | \$2.050 | 761.553                     | 20.496<br>24.223%                 | 967.828                     | 4.231<br>2.222%     | 46.001<br>54.363% | 0.847         | 120.051      | 46.947<br>24.659% | 7.447                | 37.056<br>19.463% | *0.000*                | *458.428*       | *18.160*          | *3.383*      |
| 990951<br>Beef Tacos in 6in Tortilla  | 24002 | 2 ea         | \$1.176 | 396.822                     | 7.616<br>17.274%                  | 453.699                     | 2.821<br>2.844%     | 21.595<br>48.978% | 0.564         | 54.834       | 30.290<br>30.533% | 4.965                | 18.656<br>18.805% | *0.000*                | *104.019*       | *12.107*          | *2.256*      |
| 706<br>Black Bean & Cheese Taco       | 24002 | 2 ea         | \$0.523 | 446.785                     | 5.744<br>11.571%                  | 471.045                     | 3.526<br>3.157%     | 14.282<br>28.770% | 0.000         | 12.600       | 60.735<br>54.375% | 12.325               | 18.144<br>16.244% | *0.000*                | *251.216*       | *8.677*           | *2.967*      |
| 999212<br>Black Bean & Corn Salsa     | 24002 | 6 oz         | \$0.599 | 157.243                     | 0.833<br>4.769%                   | 265.749                     | 5.096<br>12.963%    | 5.607<br>32.092%  | 0.000         | 0.000        | 22.958<br>58.400% | 5.970                | 5.505<br>14.004%  | *0.000*                | *34.442*        | *12.016*          | *1.524*      |
| 990252<br>Black Beans, Canned         | 24001 | 4 oz         | \$0.280 | 73.857                      | 0.065<br>0.793%                   | 94.868                      | 0.813<br>4.403%     | 0.236<br>2.873%   | 0.000         | 0.000        | 13.466<br>72.927% | 5.627                | 4.903<br>26.554%  | *N/A*                  | 28.460          | 2.171             | 1.545        |
| 991039<br>Black Beans, Canned         | 24001 | 2 oz         | \$0.140 | 36.928                      | 0.033<br>0.792%                   | 47.434                      | 0.407<br>4.409%     | 0.118<br>2.873%   | 0.000         | 0.000        | 6.733<br>72.928%  | 2.813                | 2.452<br>26.560%  | *N/A*                  | 14.230          | 1.086             | 0.772        |
| 29<br>Black Eyed Peas                 | 24002 | 4 oz         | \$0.210 | 173.879                     | 0.617<br>3.196%                   | 70.286                      | *0.402*<br>*0.925%* | 3.842<br>19.888%  | 0.000         | 0.000        | 25.905<br>59.594% | 4.729                | 9.893<br>22.758%  | *0.000*                | *51.465*        | *5.181*           | *3.536*      |
| 999275<br>Black Eyed Peas             | 24002 | 6 oz         | \$0.315 | 260.759                     | 0.926<br>3.196%                   | 105.405                     | *0.602*<br>*0.923%* | 5.762<br>19.888%  | 0.000         | 0.000        | 38.849<br>59.594% | 7.092                | 14.836<br>22.758% | *0.000*                | *77.180*        | *7.770*           | *5.303*      |
| 999271<br>Black Pepper Packet         | 24003 | 1 each       | \$0.006 | 0.000                       | 0.000<br>*N/A%*                   | 0.000                       | 0.000<br>*N/A%*     | 0.000<br>*N/A%*   | 0.000         | 0.000        | 0.000<br>*N/A%*   | 0.000                | 0.000<br>*N/A%*   | 0.000                  | 0.000           | 0.000             | 0.000        |
| 991015<br>Blue Cheese Dressing Packet | 24004 | 1 ea         | \$0.390 | 200.000                     | 4.000<br>18.000%                  | 320.000                     | 1.000<br>2.000%     | 21.000<br>94.500% | 0.000         | 15.000       | 2.000<br>4.000%   | 0.000                | 1.000<br>2.000%   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990833<br>Blueberry Bread             | 24002 | 4 wt oz      | \$0.411 | 324.264                     | 1.580<br>4.386%                   | 268.896                     | 28.786<br>35.509%   | 9.869<br>27.392%  | *0.000*       | 33.580       | 54.465<br>67.186% | 3.458                | 5.332<br>6.577%   | *0.000*                | *95.188*        | *4.268*           | *1.936*      |
| 990854<br>Blueberry Bread             | 24002 | 2 wt oz      | \$0.205 | 162.132                     | 0.790<br>4.386%                   | 134.448                     | 14.393<br>35.509%   | 4.935<br>27.392%  | *0.000*       | 16.790       | 27.232<br>67.186% | 1.729                | 2.666<br>6.577%   | *0.000*                | *47.594*        | *2.134*           | *0.968*      |
| 990875<br>Blueberry Muffin            | 24003 | 1 ea         | \$0.442 | 191.009                     | 2.011<br>9.474%                   | 130.690                     | 16.085<br>33.684%   | 6.032<br>28.421%  | 0.000         | 30.159       | 30.159<br>63.158% | 2.011                | 3.016<br>6.316%   | *N/A*                  | 30.159          | 0.000             | 1.005        |
| 5<br>Braised Collard Greens           | 24002 | 4 oz         | \$0.291 | 67.352                      | 0.300<br>4.002%                   | 125.963                     | *1.487*<br>*8.831%* | 2.124<br>28.382%  | *0.000*       | 0.000        | 10.510<br>62.419% | 5.480                | 3.741<br>22.218%  | *0.000*                | *218.799*       | *52.561*          | *0.330*      |
| 1178<br>Braised Collard Greens        | 24002 | 2 oz         | \$0.153 | 35.136                      | 0.151<br>3.858%                   | 62.349                      | *0.755*<br>*8.595%* | 1.063<br>27.228%  | *0.000*       | 0.000        | 5.581<br>63.536%  | 2.771                | 1.941<br>22.097%  | *0.000*                | *108.459*       | *26.174*          | *0.191*      |
| 1179<br>Braised Collard Greens        | 24002 | 6 oz         | \$0.437 | 101.028                     | 0.449<br>4.002%                   | 188.944                     | *2.230*<br>*8.829%* | 3.186<br>28.382%  | *0.000*       | 0.000        | 15.765<br>62.419% | 8.220                | 5.612<br>22.220%  | *0.000*                | *328.198*       | *78.842*          | *0.495*      |

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## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                          | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat<br>(g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|------------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999262<br>Bread - See Note                         | 24001 | 1 ea         | \$0.196 | 160.000                     | 0.000<br>0.000%                   | 280.000                     | 6.000<br>15.000%    | 2.000<br>11.250%  | 0.000            | 0.000        | 32.000<br>80.000% | 4.000                | 6.000<br>15.000%  | *N/A*                  | 120.000         | 0.000             | 1.440        |
| 990851<br>Breaded Chicken Patty Sandwich on WW bun | 24001 | 1 ea         | \$0.776 | 380.000                     | 3.500<br>8.289%                   | 790.000                     | 2.000<br>2.105%     | 15.000<br>35.526% | 0.000            | 25.000       | 42.000<br>44.211% | 5.000                | 22.000<br>23.158% | *N/A*                  | 61.000          | *0.000*           | 2.440        |
| 1185<br>Broccoli Florets                           | VEG   | 6 oz         | \$0.275 | 47.207                      | 0.158<br>3.018%                   | 45.819                      | 2.360<br>19.997%    | 0.514<br>9.794%   | 0.000            | 0.000        | 9.219<br>78.118%  | 3.610                | 3.915<br>33.173%  | *N/A*                  | 65.257          | 123.849           | 1.014        |
| 990310<br>Brown Basmati Rice                       | 24002 | 8 oz         | \$0.158 | 206.342                     | 0.412<br>1.799%                   | 161.071                     | 0.840<br>1.628%     | 4.357<br>19.002%  | 0.000            | 0.000        | 36.189<br>70.153% | 2.753                | 4.883<br>9.466%   | *0.000*                | *7.422*         | *0.654*           | *1.090*      |
| 705<br>Brown Gravy                                 | 24002 | 1 oz         | \$0.035 | 29.794                      | 1.418<br>42.840%                  | 183.305                     | *0.057*<br>*0.765%* | 2.336<br>70.549%  | *0.000*          | 6.228        | 1.878<br>25.208%  | 0.080                | 0.391<br>5.249%   | *N/A*                  | 3.174           | 0.290             | 0.109        |
| 990356<br>Brown Rice                               | 24002 | 4 oz         | \$0.111 | 136.105                     | 0.231<br>1.530%                   | 137.240                     | 0.320<br>0.940%     | 2.629<br>17.386%  | 0.000            | 0.000        | 24.389<br>71.676% | 1.904                | 3.339<br>9.813%   | *0.000*                | *4.426*         | *0.078*           | *0.748*      |
| 990357<br>Brown Rice                               | 24002 | 8 oz         | \$0.222 | 272.210                     | 0.463<br>1.530%                   | 274.480                     | 0.640<br>0.940%     | 5.259<br>17.386%  | 0.000            | 0.000        | 48.777<br>71.676% | 3.808                | 6.678<br>9.813%   | *0.000*                | *8.852*         | *0.156*           | *1.496*      |
| 464<br>Brown Sugar Oatmeal                         | 24001 | 4 oz         | \$0.110 | 127.376                     | 0.250<br>1.769%                   | 51.720                      | 13.976<br>43.889%   | 1.503<br>10.616%  | 0.000            | 0.000        | 27.010<br>84.820% | 2.003                | 2.521<br>7.917%   | *0.000*                | 13.782          | 0.000             | 0.999        |
| 990887<br>Brown Sugar Oatmeal                      | 24001 | 8 oz         | \$0.218 | 253.335                     | 0.496<br>1.762%                   | 103.440                     | 27.942<br>44.119%   | 2.977<br>10.575%  | 0.000            | 0.000        | 53.765<br>84.892% | 3.969                | 4.994<br>7.885%   | *0.000*                | 27.565          | 0.000             | 1.981        |
| 1146<br>Buffalo Cauliflower                        | 24002 | 4 oz         | \$0.343 | 50.415                      | 0.403<br>7.187%                   | 290.679                     | 1.980<br>15.710%    | 2.160<br>38.565%  | 0.000            | 0.000        | 5.489<br>43.547%  | 2.116                | 2.060<br>16.344%  | *0.000*                | *23.276*        | *49.696*          | *0.464*      |
| 1147<br>Buffalo Cauliflower                        | VEG   | 2 oz         | \$0.175 | 25.664                      | 0.202<br>7.091%                   | 145.408                     | 0.993<br>15.477%    | 1.082<br>37.948%  | 0.000            | 0.000        | 2.851<br>44.439%  | 1.082                | 1.052<br>16.397%  | *0.000*                | *11.977*        | *24.849*          | *0.243*      |
| 1186<br>Buffalo Cauliflower - .75 C                | 24002 | 6 oz         | \$0.519 | 76.483                      | 0.605<br>7.115%                   | 436.171                     | 2.977<br>15.569%    | 3.243<br>38.157%  | 0.000            | 0.000        | 8.423<br>44.049%  | 3.199                | 3.133<br>16.385%  | *0.000*                | *35.142*        | *74.543*          | *0.711*      |
| 990551<br>Buffalo Chicken Diced                    | 24001 | 3 oz         | \$0.366 | 103.948                     | 0.274<br>2.370%                   | 493.598                     | 0.000<br>0.000%     | 1.509<br>13.069%  | 0.000            | 57.092       | 0.000<br>0.000%   | 0.000                | 17.597<br>67.715% | *N/A*                  | 3.128           | 0.000             | 0.274        |
| 977<br>Buffalo Chicken Drum                        | 24001 | 1 ea         | \$0.673 | 254.001                     | 3.446<br>12.212%                  | 743.905                     | 0.000<br>0.000%     | 12.894<br>45.689% | 0.066            | 128.944      | 0.154<br>0.243%   | 0.000                | 25.340<br>39.905% | *N/A*                  | 11.212          | 0.000             | 0.995        |
| 1190<br>Buffalo Chicken Drum                       | ENT   | 2 ea         | \$1.347 | 508.002                     | 6.893<br>12.212%                  | 1487.810                    | 0.000<br>0.000%     | 25.789<br>45.688% | 0.132            | 257.887      | 0.308<br>0.243%   | 0.000                | 50.680<br>39.905% | *N/A*                  | 22.425          | 0.000             | 1.990        |
| 999108<br>Buffalo Chicken Drum<br>COMMUNITY MEALS  | ENT   | 1 ea         | \$0.667 | 351.739                     | 4.940<br>12.640%                  | 807.332                     | 0.000<br>0.000%     | 18.482<br>47.290% | 0.094            | 184.820      | 0.221<br>0.251%   | 0.000                | 36.321<br>41.304% | *N/A*                  | 16.071          | 0.000             | 1.426        |
| 981<br>Buffalo Chicken Sandwich                    | 24001 | 1 ea         | \$0.879 | 407.216                     | 3.500<br>7.735%                   | 1361.526                    | 2.000<br>1.965%     | 15.000<br>33.152% | 0.000            | 25.000       | 42.000<br>41.256% | 5.000                | 22.000<br>21.610% | *N/A*                  | 61.000          | *0.000*           | 2.440        |

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|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|----------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999277<br>Buffalo Chicken Tender                 | 24001 | 3 oz         | \$0.406 | 104.471                     | 0.000<br>0.000%                   | 622.084                     | 0.000<br>0.000%      | 0.000<br>0.000%   | 0.000         | 48.470       | 0.000<br>0.000%   | 0.000                | 18.696<br>71.584% | *N/A*                  | 0.000           | 2.493             | 0.499        |
| 999279<br>Buffalo Chicken Thigh                  | 24002 | 1 ea         | \$0.677 | 302.114                     | 6.347<br>18.908%                  | 446.875                     | 0.000<br>0.000%      | 21.157<br>63.027% | 0.000         | 132.231      | 3.174<br>4.202%   | 0.000                | 21.157<br>28.012% | *0.000*                | 74.050          | 0.000             | 1.058        |
| 980<br>Buffalo Chicken Wrap                      | 24001 | 1 ea         | \$0.765 | 321.219                     | 0.858<br>2.403%                   | 877.425                     | 2.636<br>3.282%      | 6.750<br>18.913%  | 0.000         | 57.119       | 34.165<br>42.544% | 4.045                | 23.688<br>29.498% | *0.000*                | 150.129         | 1.161             | 2.846        |
| 990673<br>Buffalo Veggie Chik'n Nuggets          | 24001 | 5 ea         | \$1.183 | 276.688                     | 0.597<br>1.943%                   | 1223.786                    | 1.194<br>1.726%      | 9.556<br>31.082%  | 0.000         | 0.000        | 21.500<br>31.082% | 4.778                | 17.917<br>25.902% | *N/A*                  | 83.611          | 0.000             | 3.464        |
| 999282<br>Buffalo Veggie Chik'n Nuggets          | 24001 | 5 ea         | \$1.183 | 276.688                     | 0.597<br>1.943%                   | 1223.786                    | 1.194<br>1.726%      | 9.556<br>31.082%  | 0.000         | 0.000        | 21.500<br>31.082% | 4.778                | 17.917<br>25.902% | *N/A*                  | 83.611          | 0.000             | 3.464        |
| 999168<br>Buffalo Veggie Chik'n Nuggets Sandwich | 24001 | 1 ea         | \$1.434 | 416.688                     | 1.097<br>2.370%                   | 1493.786                    | 3.194<br>3.066%      | 11.556<br>24.959% | 0.000         | 0.000        | 48.500<br>46.558% | 7.778                | 23.917<br>22.959% | *N/A*                  | 103.611         | 0.000             | 4.904        |
| 999256<br>Buffalo Veggie Chik'n Nuggets Wrap     | 24001 | 1 ea         | \$1.562 | 488.118                     | 1.182<br>2.179%                   | 1478.216                    | 3.855<br>3.159%      | 14.802<br>27.293% | 0.000         | 0.000        | 55.736<br>45.674% | 8.868                | 24.026<br>19.689% | *0.000*                | 231.321         | 1.247             | 6.057        |
| 488<br>Butter PC                                 | 24004 | 1 ea         | \$0.038 | 35.850                      | 2.568<br>64.479%                  | 32.150                      | 0.003<br>0.033%      | 4.056<br>101.812% | 0.164         | 10.750       | 0.003<br>0.033%   | 0.000                | 0.042<br>0.469%   | *N/A*                  | 1.200           | 0.000             | 0.001        |
| 517<br>Butternut Squash Puree                    | 24002 | 4 oz         | \$0.313 | 117.074                     | 0.691<br>5.311%                   | 101.665                     | *4.324*<br>*14.774%* | 4.710<br>36.210%  | *0.000*       | 0.000        | 19.196<br>65.586% | 2.723                | 1.637<br>5.593%   | *0.000*                | *54.270*        | *20.795*          | *1.069*      |
| 990827<br>Butternut Squash Puree                 | 24002 | 2 oz         | \$0.156 | 58.537                      | 0.345<br>5.310%                   | 50.832                      | *2.162*<br>*14.774%* | 2.355<br>36.211%  | *0.000*       | 0.000        | 9.598<br>65.586%  | 1.362                | 0.818<br>5.590%   | *0.000*                | *27.135*        | *10.398*          | *0.534*      |
| 990976<br>Cajun Chicken                          | 24001 | 3 oz         | \$0.335 | 109.698                     | 0.618<br>5.069%                   | 177.597                     | 0.122<br>0.445%      | 3.874<br>31.784%  | *0.000*       | 57.119       | 1.281<br>4.671%   | 0.449                | 17.869<br>65.157% | *0.000*                | *7.976*         | *0.155*           | *0.505*      |
| 990819<br>Cajun Fish Tacos                       | 24001 | 2 ea         | \$1.862 | 292.946                     | 3.042<br>9.347%                   | 395.053                     | 2.040<br>2.785%      | 8.533<br>26.214%  | *0.000*       | 64.400       | 28.086<br>38.349% | 4.243                | 22.895<br>31.262% | *29.680*               | *100.966*       | *1.474*           | *0.522*      |
| 990770<br>Canned Peaches                         | 24004 | 6 oz         | \$0.820 | 119.706                     | 0.000<br>0.000%                   | 9.976                       | 21.946<br>73.333%    | 0.000<br>0.000%   | 0.000         | 0.000        | 25.936<br>86.667% | 1.995                | 0.000<br>0.000%   | *N/A*                  | 17.956          | *N/A*             | 0.000        |
| 990962<br>Canned Tomato Sauce                    | 24001 | 4 oz         | \$0.226 | 39.444                      | 0.000<br>0.000%                   | 138.036                     | 3.609<br>36.599%     | 0.000<br>0.000%   | 0.000         | 0.000        | 9.864<br>100.030% | 1.973                | 0.000<br>0.000%   | *N/A*                  | 0.000           | 4.727             | 1.419        |
| 990421<br>Cantaloupe                             | 24001 | 8 oz         | \$0.555 | 119.521                     | 0.179<br>1.350%                   | 56.245                      | 27.631<br>92.472%    | 0.668<br>5.029%   | 0.000         | 0.000        | 28.685<br>96.001% | 3.164                | 2.953<br>9.883%   | *N/A*                  | 31.638          | 129.013           | 0.738        |
| 990424<br>Cantaloupe                             | 24001 | 4 oz         | \$0.278 | 59.761                      | 0.090<br>1.349%                   | 28.123                      | 13.815<br>92.468%    | 0.334<br>5.030%   | 0.000         | 0.000        | 14.343<br>96.000% | 1.582                | 1.476<br>9.879%   | *N/A*                  | 15.819          | 64.506            | 0.369        |

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# DC Central Kitchen

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| Recipe No.<br>Recipe Name                   | Group | Portion Size   | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)      | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)          | Dietary Fiber<br>(g) | Protein<br>(g)        | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|----------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-----------------------|---------------|--------------|-----------------------|----------------------|-----------------------|------------------------|-----------------|-------------------|--------------|
| 990912<br>Cantaloupe & Blueberry Salad      | FRUIT | 8 oz           | \$0.605 | 63.401                      | 0.071<br>1.012%                   | 19.134                      | 13.324<br>84.062%   | 0.359<br>5.098%       | 0.000         | 0.000        | 15.552<br>98.118%     | 2.048                | 1.289<br>8.132%       | *N/A*                  | 13.016          | 46.959            | 0.362        |
| 999181<br>Caprese Sandwich                  | SAND  | 1 sandwich     | \$1.048 | *253.600*                   | *7.006*<br>*24.862%*              | *371.000*                   | *3.526*<br>*5.562%* | *11.540*<br>*40.954%* | *0.000*       | *30.000*     | *22.778*<br>*35.927%* | *4.240*              | *14.176*<br>*22.360%* | *0.000*                | *245.000*       | *2.740*           | *1.054*      |
| 999245<br>Caramelized Onions                | 24002 | 2 oz           | \$0.215 | 176.275                     | 9.598<br>49.006%                  | 927.454                     | 4.026<br>9.136%     | 15.463<br>78.946%     | 0.000         | 40.634       | 9.593<br>21.768%      | 1.905                | 1.323<br>3.002%       | *0.000*                | 31.503          | 6.993             | 0.317        |
| 990393<br>Caribbean Lime Dressing           | 24002 | 1 oz           | \$0.207 | 81.922                      | 2.896<br>31.816%                  | 119.911                     | 6.564<br>32.050%    | 4.196<br>46.092%      | *0.006*       | 16.525       | 8.167<br>39.876%      | 0.541                | 2.046<br>9.990%       | *0.000*                | 76.711          | 2.412             | 0.493        |
| 1131<br>Carrot Coins                        | 24002 | 2 oz           | \$0.103 | 17.054                      | 0.013<br>0.702%                   | 28.700                      | 1.972<br>46.253%    | 0.100<br>5.267%       | 0.000         | 0.000        | 3.985<br>93.461%      | 1.165                | 0.387<br>9.077%       | *N/A*                  | 13.726          | 2.454             | 0.125        |
| 514<br>Cauliflower Florets                  | 24002 | 4 oz           | \$0.217 | 18.440                      | 0.096<br>4.681%                   | 22.128                      | 1.409<br>30.564%    | 0.207<br>10.079%      | 0.000         | 0.000        | 3.666<br>79.518%      | 1.475                | 1.416<br>30.716%      | *N/A*                  | 16.227          | 35.552            | 0.310        |
| 150<br>Celery Sticks                        | 24001 | 4 oz           | \$0.198 | 10.408                      | 0.031<br>2.698%                   | 59.475                      | 0.996<br>38.278%    | 0.126<br>10.930%      | 0.000         | 0.000        | 2.208<br>84.858%      | 1.189                | 0.513<br>19.716%      | *N/A*                  | 29.737          | 2.305             | 0.149        |
| 1189<br>Celery Sticks                       | 24001 | 6 oz           | \$0.298 | 15.615                      | 0.047<br>2.697%                   | 89.231                      | 1.495<br>38.297%    | 0.190<br>10.928%      | 0.000         | 0.000        | 3.313<br>84.859%      | 1.785                | 0.770<br>19.725%      | *N/A*                  | 44.615          | 3.458             | 0.223        |
| 990704<br>Cereal - Variety                  | 24004 | 1 ea           | \$0.645 | 217.500                     | 0.250<br>1.034%                   | 198.750                     | 11.250<br>20.690%   | 3.375<br>13.966%      | 0.000         | 0.000        | 45.750<br>84.138%     | 3.500                | 3.750<br>6.897%       | *N/A*                  | *162.500*       | *11.500*          | *14.750*     |
| 990991<br>Cheddar Cheese Stick              | 24004 | 1 ea           | \$0.336 | 91.123                      | 4.556<br>45.000%                  | 192.372                     | 0.000<br>0.000%     | 7.087<br>70.001%      | 0.000         | 20.250       | 1.013<br>4.445%       | 0.000                | 7.087<br>31.110%      | *N/A*                  | 202.496         | 0.000             | 0.000        |
| 124<br>Cheerios Cereal                      | BRKFS | 1 each (1 cup) | \$0.374 | 100.000                     | 1.000<br>9.000%                   | 140.000                     | 1.000<br>4.000%     | 2.000<br>18.000%      | 0.000         | 0.000        | 20.000<br>80.000%     | 3.000                | 3.000<br>12.000%      | *N/A*                  | 100.000         | 6.000             | 8.100        |
| 999030<br>Cheese Crackers                   | 24003 | 1 ea           | \$0.374 | 110.000                     | 1.000<br>8.182%                   | 180.000                     | 0.000<br>0.000%     | 3.500<br>28.636%      | 0.000         | 0.000        | 17.000<br>61.818%     | 2.000                | 3.000<br>10.909%      | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990927<br>Cheese Flatbread Melt             | 24001 | 1 ea           | \$0.834 | 362.247                     | 10.112<br>25.124%                 | 714.745                     | 2.000<br>2.208%     | 19.175<br>47.640%     | 0.000         | 40.499       | 28.000<br>30.918%     | 3.000                | 20.175<br>22.278%     | *N/A*                  | 443.094         | *N/A*             | 1.500        |
| 990978<br>Cheese Pizza                      | 24001 | 1 slice        | \$1.125 | 280.000                     | 5.000<br>16.071%                  | 570.000                     | 3.000<br>4.286%     | 11.000<br>35.357%     | 0.000         | 25.000       | 31.000<br>44.286%     | 3.000                | 15.000<br>21.429%     | *N/A*                  | 310.000         | *N/A*             | 1.600        |
| 990979<br>Cheese Pizza                      | 24001 | 2 slice        | \$2.250 | 560.000                     | 10.000<br>16.071%                 | 1140.000                    | 6.000<br>4.286%     | 22.000<br>35.357%     | 0.000         | 50.000       | 62.000<br>44.286%     | 6.000                | 30.000<br>21.429%     | *N/A*                  | 620.000         | *N/A*             | 3.200        |
| 471<br>Cheese Quesadilla                    | 24001 | 1 ea           | \$0.695 | 426.129                     | 12.573<br>26.554%                 | 631.935                     | 2.290<br>2.150%     | 23.153<br>48.900%     | 0.000         | 50.000       | 35.210<br>33.051%     | 3.435                | 17.726<br>16.639%     | *N/A*                  | 537.419         | 0.000             | 2.290        |
| 990674<br>Cheese Quesadilla on 6in Tortilla | 24001 | 2 ea           | \$0.590 | 393.793                     | 13.931<br>31.839%                 | 631.034                     | 1.931<br>1.961%     | 22.828<br>52.172%     | 0.000         | 50.000       | 29.035<br>29.492%     | 3.862                | 15.862<br>16.112%     | *N/A*                  | 477.241         | 0.000             | 0.000        |

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| Recipe No.<br>Recipe Name                          | Group | Portion Size | Cost     | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)    | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)        | Dietary Fiber<br>(g) | Protein<br>(g)     | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|----------|-----------------------------|-----------------------------------|-----------------------------|------------------|-------------------|---------------|--------------|---------------------|----------------------|--------------------|------------------------|-----------------|-------------------|--------------|
| 990534<br>Cheese Ravioli with 2 oz Tomato Sauce    | 24002 | 3 ea         | \$0.868  | 263.032                     | 2.322<br>7.946%                   | 669.595                     | 5.233<br>7.958%  | 9.229<br>31.579%  | 0.000         | 50.000       | 29.999<br>45.620%   | 2.588                | 16.614<br>25.265%  | *0.000*                | *176.398*       | *4.042*           | *1.784*      |
| 990922<br>Cheese Ravioli with 4 oz Tomato Sauce    | 24001 | 3 ea         | \$1.044  | 335.663                     | 2.985<br>8.002%                   | 845.786                     | 9.466<br>11.280% | 13.838<br>37.104% | 0.000         | 50.000       | 36.998<br>44.089%   | 4.176                | 18.228<br>21.722%  | *0.000*                | *202.795*       | *8.084*           | *2.488*      |
| 991034<br>Cheese, Cheddar, Sliced                  | 24004 | 2 slices     | \$0.285  | 110.000                     | 5.000<br>40.909%                  | 170.000                     | *N/A*<br>*N/A*   | 9.000<br>73.636%  | 0.000         | 30.000       | 1.000<br>3.636%     | 0.000                | 7.000<br>25.455%   | *N/A*                  | 200.000         | 0.000             | 0.000        |
| 999049<br>Cheeseburger Calzone                     | ENT   | 1 calzone    | \$1.529  | 762.835                     | 10.851<br>12.802%                 | 1020.570                    | 9.055<br>4.748%  | 29.873<br>35.245% | 0.794         | 90.828       | 81.877<br>42.933%   | 5.970                | 36.994<br>19.398%  | *N/A*                  | 182.117         | *1.480*           | 8.133        |
| 990237<br>Cheeseburger on WW Bun                   | 24001 | 1 ea         | \$1.304  | 409.979                     | 10.185<br>22.358%                 | 422.164                     | 2.042<br>1.992%  | 23.337<br>51.229% | 1.850         | 75.245       | 27.530<br>26.860%   | 3.146                | 25.189<br>24.576%  | *0.000*                | 142.831         | *0.054*           | 3.349        |
| 1150<br>Cheesy Broccoli from fresh                 | 24002 | 6 oz         | \$0.461  | 148.475                     | 5.567<br>33.742%                  | 359.188                     | 2.461<br>6.630%  | 8.639<br>52.366%  | 0.000         | 22.500       | 10.578<br>28.497%   | 3.790                | 9.493<br>25.575%   | *0.000*                | 248.491         | 129.117           | 1.067        |
| 999096<br>Cheesy Broccoli from fresh               | 24002 | 4 oz         | \$0.306  | 98.283                      | 3.673<br>33.631%                  | 238.246                     | 1.641<br>6.679%  | 5.702<br>52.212%  | 0.000         | 14.840       | 7.046<br>28.676%    | 2.527                | 6.290<br>25.600%   | *0.000*                | 164.386         | 86.088            | 0.711        |
| 589<br>Cheesy Broccoli from frozen                 | 24001 | 4 oz         | \$0.360  | 96.313                      | 3.666<br>34.257%                  | 236.335                     | 1.543<br>6.408%  | 5.680<br>53.080%  | 0.000         | 14.840       | 6.661<br>27.666%    | 2.376                | 6.127<br>25.446%   | *0.000*                | 161.663         | 80.921            | 0.669        |
| 104<br>Cheesy Grits                                | 24001 | 4 oz         | \$0.192  | 110.119                     | 1.566<br>12.798%                  | 102.476                     | 0.895<br>3.251%  | 2.555<br>20.878%  | *0.000*       | 6.732        | 17.620<br>64.004%   | 0.350                | 3.776<br>13.716%   | *0.000*                | 70.414          | 0.000             | 0.219        |
| 1199<br>Cheesy Mexican Bean Dip                    | 24002 | 4 oz         | \$45.809 | 4471.623                    | 27.687<br>5.572%                  | 964.059                     | 12.925<br>1.156% | 66.985<br>13.482% | 0.003         | *12.480*     | 1103.703<br>98.730% | 435.640              | 185.324<br>16.578% | *0.000*                | *7674.736*      | *22.795*          | *167.354*    |
| 990439<br>Cheesy Scrambled Eggs                    | 24001 | 3 oz         | \$0.282  | 152.462                     | 5.014<br>29.598%                  | 230.452                     | 0.000<br>0.000%  | 10.721<br>63.289% | 0.000         | 253.776      | 0.507<br>1.331%     | 0.011                | 11.418<br>29.956%  | *0.000*                | 133.166         | *0.000*           | 1.426        |
| 999087<br>Cheesy Scrambled Eggs                    | 24002 | 6 oz         | \$0.565  | 304.923                     | 10.028<br>29.598%                 | 460.904                     | 0.001<br>0.001%  | 21.443<br>63.290% | 0.000         | 507.551      | 1.015<br>1.331%     | 0.022                | 22.835<br>29.955%  | *0.000*                | 266.333         | *0.000*           | 2.853        |
| 990746<br>Chef Salad w/ Egg & Cheese               | 24001 | 1 ea         | \$0.903  | 175.743                     | 6.872<br>35.191%                  | 229.537                     | 3.246<br>7.388%  | 11.995<br>61.426% | 0.000         | 118.250      | 7.048<br>16.040%    | 2.163                | 10.665<br>24.274%  | *0.000*                | 244.551         | 11.717            | 1.147        |
| 991003<br>Chicken & Black Bean Empanadas           | 24001 | 2 ea         | \$2.315  | 279.502                     | 1.497<br>4.821%                   | 968.276                     | 0.998<br>1.428%  | 5.989<br>19.286%  | 0.000         | 44.920       | 39.929<br>57.143%   | 4.991                | 16.970<br>24.286%  | *N/A*                  | 29.947          | *N/A*             | 2.895        |
| 479<br>Chicken & Cheese Quesadilla on 10" Tortilla | 24001 | 1 each       | \$0.761  | 388.188                     | 6.746<br>15.640%                  | 510.679                     | 2.350<br>2.422%  | 15.375<br>35.646% | 0.000         | 61.528       | 35.051<br>36.117%   | 3.668                | 26.004<br>26.795%  | *0.000*                | *342.364*       | *1.972*           | *2.936*      |
| 999022<br>Chicken & Cheese Quesadillas on 6in      | 24001 | 2 ea         | \$0.964  | 535.606                     | 15.029<br>25.253%                 | 851.930                     | 1.990<br>1.486%  | 30.147<br>50.656% | 0.000         | 107.119      | 30.265<br>22.602%   | 4.182                | 33.800<br>25.242%  | *0.000*                | *489.557*       | *0.456*           | *0.840*      |

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|---|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|-----------------------|----------------------|---------------|--------------|---------------------|----------------------|----------------------|------------------------|-----------------|-------------------|--------------|
| 999081<br>Chicken & Cheese Tacos in 6" Tortilla | 24001 | 3 ea         | \$0.770 | 596.711                     | 14.396<br>21.714%                 | 958.000                     | *4.231*<br>*2.836%*   | 30.189<br>45.534%    | 0.000         | 119.068      | 46.985<br>31.496%   | 7.447                | 32.369<br>21.698%    | *0.000*                | *442.326*       | *18.160*          | *1.787*      |
| 999243<br>Chicken & Turkey BLT                  | 24002 | 1 each       | \$2.782 | 785.436                     | 7.811<br>8.950%                   | 1151.250                    | 5.523<br>2.813%       | 40.328<br>46.210%    | 0.000         | 268.841      | 38.787<br>19.753%   | 2.173                | 63.564<br>32.371%    | *0.000*                | 22.171          | 6.991             | 3.635        |
| 990824<br>Chicken BLT Wrap                      | 24001 | 1 ea         | \$0.959 | 342.765                     | 1.853<br>4.866%                   | 524.866                     | 2.728<br>3.184%       | 9.713<br>25.504%     | 0.000         | 67.119       | 33.978<br>39.652%   | 3.759                | 27.543<br>32.142%    | *0.000*                | 144.473         | 2.104             | 2.676        |
| 999082<br>Chicken BLT Wrap - Poached Chx        | ENT   | 1 each       | \$1.072 | 346.493                     | 2.579<br>6.700%                   | 553.224                     | 2.728<br>3.149%       | 11.537<br>29.966%    | 0.000         | 46.667       | 34.645<br>39.995%   | 3.759                | 21.938<br>25.326%    | *0.000*                | 141.343         | 2.104             | 2.403        |
| 999214<br>Chicken Cacciatore DRAFT              | 24002 | 1 thigh      | \$1.933 | 610.158                     | 7.929<br>11.696%                  | 2520.894                    | *27.984*<br>*18.345%* | 32.984<br>48.653%    | *0.000*       | 125.188      | 56.951<br>37.335%   | 12.790               | 30.624<br>20.076%    | *0.000*                | *296.229*       | *112.386*         | *8.342*      |
| 990324<br>Chicken Caesar Wrap in a WW Tortilla  | 24001 | 1 each       | \$0.744 | 326.528                     | 1.968<br>5.425%                   | 419.254                     | 2.665<br>3.265%       | 9.784<br>26.968%     | 0.000         | 61.836       | 34.914<br>42.770%   | 4.255                | 25.712<br>31.497%    | *0.000*                | *156.259*       | *1.345*           | *3.017*      |
| 990972<br>Chicken Curry                         | 24002 | 6 oz         | \$0.866 | 250.253                     | 0.670<br>2.410%                   | 118.163                     | *2.093*<br>*3.345%*   | 3.635<br>13.072%     | *0.001*       | 113.620      | 16.967<br>27.120%   | 4.830                | 39.285<br>62.792%    | *0.000*                | 62.687          | 21.506            | 5.214        |
| 990130<br>Chicken Parmesan                      | 24001 | 2 tenders    | \$1.136 | 408.584                     | 7.781<br>17.138%                  | 833.307                     | 4.925<br>4.822%       | 23.351<br>51.435%    | *0.000*       | 142.102      | 8.499<br>8.320%     | *2.056*              | 48.845<br>47.819%    | *0.000*                | *185.107*       | *4.976*           | *1.964*      |
| 999259<br>Chicken Parmesan                      | 24002 | each         |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*       | *N/A*<br>*N/A%*      | *N/A*         | *N/A*        | *N/A*<br>*N/A%*     | *N/A*                | *N/A*<br>*N/A%*      | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 669<br>Chicken Salad                            | 24002 | 3 oz         | \$0.417 | 188.207                     | 1.943<br>9.289%                   | 282.546                     | 0.233<br>0.495%       | 12.613<br>60.316%    | 0.000         | 62.657       | 0.728<br>1.546%     | 0.210                | 17.738<br>37.699%    | *0.000*                | 8.288           | 2.228             | 0.381        |
| 990895<br>Chicken Salad                         | 24002 | 6 oz         | \$0.835 | 376.415                     | 3.885<br>9.289%                   | 565.093                     | 0.465<br>0.494%       | 25.226<br>60.316%    | 0.000         | 125.314      | 1.455<br>1.546%     | 0.421                | 35.475<br>37.698%    | *0.000*                | 16.576          | 4.457             | 0.762        |
| 999186<br>Chicken Salad - Catering/Cafes        | SAND  | 4 oz         | \$0.175 | *71.415*                    | *0.611*<br>*7.704%*               | *85.708*                    | *0.165*<br>*0.924%*   | *4.264*<br>*53.737%* | *0.000*       | *28.105*     | *0.279*<br>*1.561%* | *0.053*              | *7.692*<br>*43.083%* | *0.000*                | *2.157*         | *0.217*           | *0.128*      |
| 999085<br>Chicken Salad - Poached Chx           | 24002 | 6 oz         | \$1.106 | 388.449                     | 5.337<br>12.365%                  | 731.853                     | 0.443<br>0.456%       | 28.872<br>66.893%    | 0.000         | 84.410       | 2.738<br>2.820%     | 0.407                | 24.258<br>24.979%    | *0.000*                | 10.054          | 4.414             | 0.212        |
| 999207<br>Chicken Salad on a Croissant          | 24002 | 1 ea         | \$0.762 | 378.207                     | 4.943<br>11.761%                  | 472.546                     | 4.233<br>4.477%       | 19.613<br>46.673%    | 0.000         | 62.657       | 29.728<br>31.441%   | 3.210                | 22.738<br>24.048%    | *0.000*                | 34.288          | 2.228             | 1.821        |
| 999185<br>Chicken Salad on Croissant            | SAND  | 1 Sandwich   |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*       | *N/A*<br>*N/A%*      | *N/A*         | *N/A*        | *N/A*<br>*N/A%*     | *N/A*                | *N/A*<br>*N/A%*      | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 395<br>Chicken Salad on WW Bread                | 24002 | 1 ea         | \$0.613 | 348.207                     | 1.943<br>5.021%                   | 562.546                     | 6.233<br>7.160%       | 14.613<br>37.770%    | 0.000         | 62.657       | 32.728<br>37.596%   | 4.210                | 23.738<br>27.269%    | *0.000*                | 128.288         | 2.228             | 1.821        |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name           | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)        | Total Fat<br>(g)      | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)          | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|-------------------------------------|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|----------------------|-----------------------|---------------|--------------|-----------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 670<br>Chicken Salad on WW Bun      | 24002 | 1 ea         | \$0.669 | 328.207                     | 2.443<br>6.698%                   | 552.546                     | 2.233<br>2.721%      | 14.613<br>40.072%     | 0.000         | 62.657       | 27.728<br>33.793%     | 3.210                | 23.738<br>28.931% | *0.000*                | 28.288          | 2.228             | 1.821        |
| 999239<br>Chicken Salad Sandwich    | 24002 | each         | \$1.595 | *344.037*                   | *8.639*<br>*22.599%*              | *340.245*                   | *4.622*<br>*5.374%*  | *17.442*<br>*45.627%* | *0.000*       | *53.119*     | *33.883*<br>*39.395%* | *2.159*<br>*16.763%* | *14.418*          | *0.000*                | *35.776*        | *7.177*           | *1.018*      |
| 999052<br>Chicken Stew              | 24002 | 8 oz         | \$0.598 | 206.563                     | 0.874<br>3.806%                   | 154.959                     | *3.482*<br>*6.743%*  | 5.906<br>25.733%      | 0.000         | 57.119       | 19.172<br>37.125%     | 3.115                | 20.238<br>39.190% | *N/A*                  | *41.228*        | *11.174*          | *1.706*      |
| 406<br>Chicken Stir Fry             | 24002 | 3 oz         | \$0.385 | 111.695                     | 0.593<br>4.779%                   | 335.147                     | 0.388<br>1.389%      | 3.762<br>30.310%      | *0.000*       | 57.119       | 1.432<br>5.130%       | 0.120                | 18.231<br>65.289% | *N/A*                  | 6.229           | 1.774             | 0.353        |
| 519<br>Chicken Yassa                | 24002 | 3 oz         | \$0.405 | 128.039                     | 0.563<br>3.957%                   | 57.687                      | 4.860<br>15.183%     | 3.552<br>24.965%      | 0.000         | 57.119       | 6.436<br>20.105%      | 0.806                | 18.037<br>56.348% | *0.000*                | *13.629*        | *1.014*           | *0.670*      |
| 999158<br>Chicken Yassa Marinade    | 24002 | 1 oz         | \$0.118 | 45.100                      | 0.289<br>5.767%                   | 6.046                       | 4.860<br>43.104%     | 2.042<br>40.739%      | 0.000         | 0.000        | 6.436<br>57.078%      | 0.806                | 0.432<br>3.831%   | *0.000*                | *10.499*        | *1.014*           | *0.396*      |
| 990646<br>Chickpea and Potato Curry | 24002 | 4 oz         | \$0.251 | 84.377                      | 0.295<br>3.147%                   | 225.891                     | *2.464*<br>*11.681%* | 2.451<br>26.141%      | 0.000         | 0.118        | 13.152<br>62.347%     | 1.687                | 3.030<br>14.364%  | *0.000*                | *23.042*        | *6.890*           | *1.955*      |
| 999145<br>Chickpea Stew             | 24002 | 8 oz         | \$0.602 | 197.009                     | 0.333<br>1.522%                   | 201.014                     | *6.273*<br>*12.736%* | 3.925<br>17.930%      | 0.000         | 0.000        | 34.524<br>70.096%     | 3.115                | 7.518<br>15.264%  | *N/A*                  | *55.544*        | *11.174*          | *2.827*      |
| 1020<br>Chickpeas                   | 24001 | 2 oz         | \$0.242 | 86.474                      | 0.240<br>2.498%                   | 263.526                     | 2.181<br>10.089%     | 2.770<br>28.834%      | 0.000         | 0.000        | 11.994<br>55.480%     | 0.000                | 3.816<br>17.652%  | *0.000*                | *13.630*        | *0.000*           | *1.090*      |
| 999268<br>Chickpeas                 | 24001 | 4 oz         | \$0.484 | 172.948                     | 0.480<br>2.498%                   | 527.051                     | 4.361<br>10.086%     | 5.541<br>28.833%      | 0.000         | 0.000        | 23.988<br>55.480%     | 0.000                | 7.633<br>17.654%  | *0.000*                | *27.259*        | *0.000*           | *2.181*      |
| 990575<br>Chili Black Beans         | 24002 | 2 oz         | \$0.108 | 108.776                     | 0.395<br>3.265%                   | 62.126                      | 0.798<br>2.934%      | 2.459<br>20.348%      | 0.000         | 0.000        | 16.598<br>61.037%     | 4.232                | 5.629<br>20.699%  | *0.000*                | *36.588*        | *4.338*           | *1.484*      |
| 637<br>Chili Black Beans            | 24002 | 4 oz         | \$0.217 | 217.552                     | 0.789<br>3.265%                   | 124.251                     | 1.595<br>2.933%      | 4.919<br>20.348%      | 0.000         | 0.000        | 33.197<br>61.037%     | 8.463                | 11.258<br>20.699% | *0.000*                | *73.175*        | *8.677*           | *2.967*      |
| 675<br>Chilled Applesauce           | FRUIT | .5 C         | \$0.300 | 54.009                      | 0.010<br>0.172%                   | 2.572                       | *N/A*<br>*N/A%*      | 0.129<br>2.143%       | *N/A*         | 0.000        | 14.493<br>107.334%    | 1.415                | 0.219<br>1.622%   | *N/A*                  | 5.144           | 1.286             | 0.296        |
| 784<br>Chilled Peaches              | 24004 | 4 oz         | \$0.547 | 79.809                      | 0.000<br>0.000%                   | 6.651                       | 14.632<br>73.335%    | 0.000<br>0.000%       | 0.000         | 0.000        | 17.292<br>86.667%     | 1.330                | 0.000<br>0.000%   | *N/A*                  | 11.971          | *N/A*             | 0.000        |
| 990898<br>Chilled Peaches           | FRUIT | 8 oz         | \$1.093 | 159.618                     | 0.000<br>0.000%                   | 13.302                      | 29.263<br>73.333%    | 0.000<br>0.000%       | 0.000         | 0.000        | 34.584<br>86.667%     | 2.660                | 0.000<br>0.000%   | *N/A*                  | 23.943          | *N/A*             | 0.000        |
| 990261<br>Chilled Pears             | 24001 | 4 oz         | \$0.742 | 82.376                      | 0.000<br>0.000%                   | 6.865                       | 13.729<br>66.665%    | 0.000<br>0.000%       | 0.000         | 0.000        | 20.594<br>100.000%    | 4.119                | 0.000<br>0.000%   | *N/A*                  | 13.729          | 2.197             | 0.000        |
| 990262<br>Chilled Pears             | 24001 | 8 oz         | \$1.483 | 164.751                     | 0.000<br>0.000%                   | 13.729                      | 27.459<br>66.668%    | 0.000<br>0.000%       | 0.000         | 0.000        | 41.188<br>100.000%    | 8.238                | 0.000<br>0.000%   | *N/A*                  | 27.459          | 4.393             | 0.000        |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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| Recipe No.<br>Recipe Name                   | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)       | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|---------------|--------------|--------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990862<br>chilled pears                     | FRUIT | .75          | \$0.651 | 95.062                      | 0.000<br>0.000%                   | 7.922                       | 17.428<br>73.333%   | 0.000<br>0.000%   | 0.000         | 0.000        | 20.597<br>86.667%  | 1.584                | 0.000<br>0.000%   | *N/A*                  | 14.259          | *N/A*             | 0.000        |
| 990326<br>Chilled Pineapple                 | FRUIT | .75 C        | \$0.449 | 81.450                      | 0.011<br>0.120%                   | 1.358                       | 19.358<br>95.067%   | 0.149<br>1.650%   | 0.000         | 0.000        | 21.123<br>103.733% | 1.765                | 0.692<br>3.398%   | *N/A*                  | 21.720          | 12.760            | 0.380        |
| 674<br>Chilled Pineapple                    | 24001 | 4 oz         | \$0.634 | 115.101                     | 0.015<br>0.120%                   | 1.918                       | 27.356<br>95.068%   | 0.211<br>1.650%   | 0.000         | 0.000        | 29.850<br>103.733% | 2.494                | 0.978<br>3.399%   | *N/A*                  | 30.694          | 18.032            | 0.537        |
| 999032<br>Chinese Inspired Rice Pudding     | 24001 | 2 oz         | \$0.110 | 130.223                     | 5.284<br>36.520%                  | 36.041                      | 8.574<br>26.336%    | 6.335<br>43.783%  | 0.000         | 0.000        | 18.033<br>55.390%  | 0.687                | 1.788<br>5.492%   | *0.000*                | *2.415*         | *0.053*           | *0.289*      |
| 999242<br>Chipotle Mayo                     | 24002 | 1.5 oz       | \$0.202 | 237.579                     | 3.544<br>13.424%                  | 186.520                     | 0.067<br>0.113%     | 26.054<br>98.697% | 0.000         | 23.625       | 0.200<br>0.337%    | 0.067                | 0.000<br>0.000%   | *0.000*                | 0.058           | 0.031             | 0.001        |
| 990327<br>Chipotle Pinto Beans              | 24002 | 4 oz         | \$0.146 | 191.095                     | 0.410<br>1.931%                   | 116.485                     | *1.367*<br>*2.861%* | 2.667<br>12.562%  | *0.000*       | 0.000        | 31.447<br>65.825%  | 7.904                | 10.537<br>22.056% | *0.000*                | *65.852*        | *3.709*           | *2.839*      |
| 991044<br>Chipotle Pinto Beans              | 24002 | 2 oz         | \$0.073 | 95.548                      | 0.205<br>1.931%                   | 58.242                      | *0.684*<br>*2.863%* | 1.334<br>12.562%  | *0.000*       | 0.000        | 15.724<br>65.825%  | 3.952                | 5.268<br>22.054%  | *0.000*                | *32.926*        | *1.854*           | *1.420*      |
| 824<br>Cilantro-Lime Brown Rice             | 24002 | 4 oz         | \$0.117 | 136.191                     | 0.232<br>1.530%                   | 137.413                     | 0.320<br>0.940%     | 2.631<br>17.387%  | 0.000         | 0.000        | 24.402<br>71.668%  | 1.913                | 3.347<br>9.830%   | *0.000*                | *4.580*         | *0.264*           | *0.751*      |
| 990107<br>Cilantro-Lime Brown Rice          | 24002 | 8 oz         | \$0.234 | 272.382                     | 0.463<br>1.530%                   | 274.826                     | 0.640<br>0.940%     | 5.262<br>17.387%  | 0.000         | 0.000        | 48.803<br>71.668%  | 3.826                | 6.694<br>9.830%   | *0.000*                | *9.160*         | *0.528*           | *1.502*      |
| 990956<br>Cinnamon Apples                   | 24002 | 4 oz         | \$0.353 | 91.159                      | 0.136<br>1.340%                   | 29.094                      | 19.313<br>84.744%   | 0.894<br>8.825%   | 0.000         | 0.000        | 22.136<br>97.131%  | 1.509                | 0.313<br>1.373%   | *0.000*                | *14.789*        | *0.115*           | *0.277*      |
| 999039<br>Cinnamon Apples                   | 24002 | 8 oz         | \$0.516 | 145.731                     | 0.159<br>0.983%                   | 56.202                      | 31.922<br>87.619%   | 1.033<br>6.376%   | 0.000         | 0.000        | 36.219<br>99.412%  | 2.224                | 0.454<br>1.246%   | *0.000*                | *26.679*        | *0.169*           | *0.441*      |
| 989<br>Cinnamon Goldfish Graham             | 24003 | 1 ea         | \$0.173 | 120.000                     | 1.000<br>7.500%                   | 140.000                     | 7.000<br>23.333%    | 4.000<br>30.000%  | 0.000         | 0.000        | 19.000<br>63.333%  | 1.000                | 1.000<br>3.333%   | *N/A*                  | 80.000          | 0.000             | 1.800        |
| 990914<br>Cinnamon Raisin Bread             | 24002 | 2 slice      | \$0.463 | 180.000                     | 0.000<br>0.000%                   | 210.000                     | 10.000<br>22.222%   | 3.000<br>15.000%  | 0.000         | 0.000        | 34.000<br>75.556%  | 2.000                | 4.000<br>8.889%   | *N/A*                  | 40.000          | 0.000             | 1.800        |
| 990221<br>Cinnamon Roasted Butternut Squash | 24002 | 4 oz         | \$0.257 | 80.508                      | 0.442<br>4.936%                   | 123.261                     | *0.678*<br>*3.369%* | 2.999<br>33.526%  | *0.000*       | 0.000        | 13.821<br>68.669%  | 2.372                | 1.445<br>7.179%   | *0.000*                | *44.865*        | *18.607*          | *0.898*      |
| 990222<br>Cinnamon Roasted Butternut Squash | 24002 | 2 oz         | \$0.129 | 40.244                      | 0.221<br>4.936%                   | 61.629                      | *0.339*<br>*3.369%* | 1.500<br>33.534%  | *0.000*       | 0.000        | 6.908<br>68.662%   | 1.185                | 0.722<br>7.176%   | *0.000*                | *22.425*        | *9.300*           | *0.449*      |
| 990223<br>Cinnamon Roasted Butternut Squash | 24002 | 6 oz         | \$0.386 | 120.762                     | 0.662<br>4.935%                   | 184.892                     | *1.017*<br>*3.369%* | 4.499<br>33.526%  | *0.000*       | 0.000        | 20.732<br>68.669%  | 3.558                | 2.168<br>7.181%   | *0.000*                | *67.298*        | *27.910*          | *1.347*      |
| 990986<br>Cinnamon Toast Crunch 2oz         | 24001 | 1 each       | \$0.596 | 210.000                     | 0.500<br>2.143%                   | 320.000                     | 11.000<br>20.952%   | 5.000<br>21.429%  | 0.000         | 0.000        | 44.000<br>83.810%  | 7.000                | 3.000<br>5.714%   | *N/A*                  | 288.000         | 20.000            | 9.000        |

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|--|-------|---------------|---------|-----------------------------|-----------------------------------|-----------------------------|-----------------------|-------------------|---------------|--------------|--------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999257<br>Citrus Soy Bok Choy            | 24002 | 4 oz          | \$0.546 | 50.821                      | 0.400<br>7.075%                   | 217.251                     | 2.958<br>23.282%      | 2.807<br>49.715%  | *0.000*       | 0.000        | 5.076<br>39.951%   | 1.380                | 2.290<br>18.024%  | *303.453*              | *143.188*       | *61.645*          | *1.111*      |
| 990843<br>Cobb Salad w/ Diced Turkey Ham | 24001 | 1 ea          | \$0.676 | 174.023                     | 7.103<br>36.735%                  | 453.913                     | 0.702<br>1.614%       | 12.417<br>64.216% | 0.000         | 57.399       | 2.940<br>6.758%    | 1.238                | 14.285<br>32.835% | *0.000*                | 219.459         | 2.359             | 1.004        |
| 999091<br>Colby Jack Cheese Stick        | 24004 | 1 ea          | \$0.319 | 110.000                     | 6.000<br>49.091%                  | 190.000                     | 0.000<br>0.000%       | 9.000<br>73.636%  | 0.000         | 25.000       | 0.000<br>0.000%    | 0.000                | 7.000<br>25.455%  | *N/A*                  | 200.000         | *N/A*             | 0.000        |
| 307<br>Coleslaw                          | 24002 | 4 oz          | \$0.130 | 78.457                      | 1.174<br>13.464%                  | 78.435                      | 2.976<br>15.173%      | 6.403<br>73.455%  | 0.000         | 4.482        | 4.762<br>24.279%   | 1.358                | 0.687<br>3.503%   | *0.000*                | 22.815          | 13.784            | 0.240        |
| 1090<br>Coleslaw                         | 24002 | 2 oz          | \$0.065 | 39.229                      | 0.587<br>13.465%                  | 39.218                      | 1.488<br>15.172%      | 3.202<br>73.456%  | 0.000         | 2.241        | 2.381<br>24.278%   | 0.679                | 0.343<br>3.497%   | *0.000*                | 11.408          | 6.892             | 0.120        |
| 999190<br>Coleslaw Dressing              | 24002 | 0.5 oz        | \$0.050 | 62.632                      | 1.156<br>16.617%                  | 60.075                      | 1.040<br>6.642%       | 6.327<br>90.912%  | 0.000         | 4.482        | 1.079<br>6.888%    | 0.005                | 0.083<br>0.530%   | *0.000*                | 3.247           | 0.166             | 0.026        |
| 999191<br>Coleslaw Dressing              | 24002 | 0.25 oz       | \$0.025 | 31.316                      | 0.578<br>16.617%                  | 30.038                      | 0.520<br>6.642%       | 3.163<br>90.914%  | 0.000         | 2.241        | 0.539<br>6.888%    | 0.002                | 0.041<br>0.524%   | *0.000*                | 1.624           | 0.083             | 0.013        |
| 990995<br>Coleslaw*                      | MISC  | 4 oz<br>scoop |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*       | *N/A*<br>*N/A%*   | *N/A*         | *N/A*        | *N/A*<br>*N/A%*    | *N/A*                | *N/A*<br>*N/A%*   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990656<br>Collard Green Salad            | VEG   | 4oz           | \$0.216 | 68.503                      | 0.458<br>6.019%                   | 39.131                      | *6.223*<br>*36.337%*  | 3.194<br>41.967%  | *0.000*       | 0.000        | 9.551<br>55.772%   | 1.867                | 1.283<br>7.492%   | *0.000*                | *69.179*        | *17.939*          | *0.143*      |
| 990678<br>Collard Green Salad            | VEG   | 8 oz          | \$0.432 | 137.006                     | 0.916<br>6.019%                   | 78.262                      | *12.446*<br>*36.337%* | 6.389<br>41.967%  | *0.000*       | 0.000        | 19.103<br>55.772%  | 3.735                | 2.565<br>7.489%   | *0.000*                | *138.359*       | *35.878*          | *0.286*      |
| 991000<br>Collard Greens*                | MISC  | 4 oz<br>scoop |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*       | *N/A*<br>*N/A%*   | *N/A*         | *N/A*        | *N/A*<br>*N/A%*    | *N/A*                | *N/A*<br>*N/A%*   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 1157<br>Corn                             | 24001 | 2 oz          | \$0.130 | 35.924                      | 0.049<br>1.218%                   | 1.225                       | 1.021<br>11.368%      | 0.318<br>7.977%   | 0.000         | 0.000        | 8.455<br>94.138%   | 0.857                | 1.233<br>13.729%  | *N/A*                  | 1.633           | 2.613             | 0.171        |
| 990620<br>Corn                           | VEG   | 4 oz          | \$0.260 | 71.849                      | 0.097<br>1.218%                   | 2.449                       | 2.041<br>11.363%      | 0.637<br>7.977%   | 0.000         | 0.000        | 16.909<br>94.136%  | 1.715                | 2.466<br>13.729%  | *N/A*                  | 3.266           | 5.225             | 0.343        |
| 990500<br>Corn Salad                     | VEG   | 4 oz          | \$0.304 | 101.301                     | 0.526<br>4.670%                   | 65.208                      | 2.060<br>8.134%       | 3.633<br>32.279%  | 0.000         | 0.000        | 17.232<br>68.044%  | 1.780                | 2.547<br>10.057%  | *0.000*                | *5.729*         | *5.424*           | *0.396*      |
| 999266<br>Corn Salad                     | VEG   | 6 oz          | \$0.456 | 151.952                     | 0.788<br>4.670%                   | 97.812                      | 3.090<br>8.134%       | 5.450<br>32.279%  | 0.000         | 0.000        | 25.848<br>68.043%  | 2.670                | 3.820<br>10.056%  | *0.000*                | *8.594*         | *8.136*           | *0.594*      |
| 990955<br>Cornbread                      | 24002 | 1 piece       | \$0.152 | 155.997                     | 1.200<br>6.923%                   | 480.782                     | 8.400<br>21.539%      | 2.400<br>13.846%  | 0.000         | 0.000        | 31.199<br>80.000%  | 1.200                | 2.400<br>6.154%   | *N/A*                  | 24.790          | 0.000             | 0.960        |
| 991047<br>Cranberry Sauce                | MISC  | 4 oz<br>scoop | \$0.343 | 220.000                     | 0.000<br>0.000%                   | 20.000                      | 48.000<br>87.273%     | 0.000<br>0.000%   | 0.000         | 0.000        | 56.000<br>101.818% | 2.000                | 0.000<br>0.000%   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                        | Group | Portion Size  | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)     | Trans Fat<br>(g) | Chol<br>(mg) | Carbs<br>(g)        | Dietary Fiber<br>(g) | Protein<br>(g)      | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|---------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|----------------------|------------------|--------------|---------------------|----------------------|---------------------|------------------------|-----------------|-------------------|--------------|
| 990997<br>Cranberry Sauce*                       | MISC  | 4 oz<br>scoop |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*               | *N/A*                | *N/A*            | *N/A*        | *N/A*               | *N/A*                | *N/A*               | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990649<br>Creamed Corn                           | 24002 | 4 oz          | \$0.366 | 274.880                     | 11.912<br>39.001%                 | 326.268                     | 7.914<br>11.516%    | 19.515<br>63.894%    | 0.474            | 57.461       | 22.942<br>33.384%   | 1.624                | 6.382<br>9.287%     | *0.000*                | *78.615*        | *4.760*           | *0.480*      |
| 999244<br>Creamy Garlic Horseradish Aioli        | 24002 | 2 oz          | \$0.986 | *63.179*                    | *3.676*<br>*52.370%*              | *15.793*                    | *1.057*<br>*6.692%* | *5.258*<br>*74.903%* | *0.000*          | *21.000*     | *1.085*<br>*6.866%* | *0.022*              | *1.059*<br>*6.705%* | *N/A*                  | *31.646*        | *2.206*           | *0.013*      |
| 990429<br>Creamy Tomato Basil Soup - 1 C         | 24001 | 8 oz          | \$0.824 | 221.839                     | 2.718<br>11.029%                  | 533.570                     | 19.215<br>34.647%   | 7.266<br>29.477%     | 0.046            | 12.492       | 33.063<br>59.617%   | 6.048                | 9.580<br>17.274%    | *0.000*                | *266.017*       | *25.279*          | *3.783*      |
| 991052<br>Creole Seasoning Mix                   | 24002 | 1 tsp (2.3 g) | \$0.047 | 6.283                       | 0.029<br>4.183%                   | 118.182                     | *0.080*<br>*5.093%* | 0.140<br>20.054%     | *0.000*          | 0.000        | 1.324<br>84.291%    | 0.487                | 0.262<br>16.680%    | *0.000*                | 13.828          | 0.385             | 0.570        |
| 990631<br>Crispy Baked Fish Sticks - Pollock     | ENT   | 2 ea          | \$1.130 | 152.139                     | 0.329<br>1.949%                   | 510.655                     | 0.057<br>0.150%     | 3.007<br>17.788%     | *0.000*          | 60.749       | 11.206<br>29.462%   | 0.821                | 18.836<br>49.523%   | *0.000*                | *69.395*        | *0.074*           | *0.761*      |
| 990957<br>Crispy Catfish                         | 24001 | 1 ea          | \$1.700 | 186.866                     | 1.337<br>6.441%                   | 290.163                     | 0.057<br>0.122%     | 6.031<br>29.047%     | *0.000*          | 64.400       | 10.531<br>22.542%   | 0.821                | 20.777<br>44.475%   | *29.680*               | *47.370*        | *1.306*           | *1.097*      |
| 990889<br>Crispy Catfish Sandwich on WW Bun      | 24001 | 1 ea          | \$1.951 | 326.866                     | 1.837<br>5.059%                   | 560.163                     | 2.057<br>2.517%     | 8.031<br>22.113%     | *0.000*          | 64.400       | 37.531<br>45.928%   | 3.821                | 26.777<br>32.768%   | *29.680*               | *67.370*        | *1.306*           | *2.537*      |
| 543<br>Crispy Chicken Tender                     | 24001 | 1 ea          | \$0.390 | 137.177                     | 0.074<br>0.486%                   | 282.860                     | 0.582<br>1.697%     | 0.872<br>5.720%      | *0.000*          | 48.862       | 11.000<br>32.076%   | 0.821                | 20.981<br>61.179%   | *0.000*                | 38.914          | 2.665             | 1.264        |
| 990124<br>Crispy Chicken Tenders                 | 24001 | 2 ea          | \$0.779 | 274.354                     | 0.148<br>0.486%                   | 565.720                     | 1.164<br>1.697%     | 1.744<br>5.720%      | *0.000*          | 97.724       | 22.000<br>32.076%   | 1.642                | 41.962<br>61.179%   | *0.000*                | 77.828          | 5.330             | 2.528        |
| 990362<br>Crispy Pollock Fish Sandwich on WW Bun | 24001 | 1 ea          | \$1.393 | 313.112                     | 1.150<br>3.307%                   | 827.468                     | 2.057<br>2.628%     | 7.249<br>20.837%     | *0.000*          | 60.749       | 38.250<br>48.864%   | 3.838                | 24.843<br>31.737%   | *0.000*                | *89.701*        | *0.074*           | *2.208*      |
| 990150<br>Cucumber & Tomato Salad                | VEG   | 4 oz          | \$0.503 | 108.110                     | 1.407<br>11.709%                  | 69.188                      | 2.449<br>9.061%     | 9.794<br>81.534%     | 0.000            | 0.000        | 3.929<br>14.536%    | 0.899                | 0.765<br>2.830%     | *0.000*                | *12.056*        | *9.220*           | *0.281*      |
| 999265<br>Cucumber & Tomato Salad                | VEG   | 6 oz          | \$0.755 | 162.165                     | 2.110<br>11.709%                  | 103.782                     | 3.674<br>9.062%     | 14.691<br>81.534%    | 0.000            | 0.000        | 5.893<br>14.536%    | 1.348                | 1.148<br>2.832%     | *0.000*                | *18.084*        | *13.830*          | *0.422*      |
| 33<br>Cucumber Coins                             | 24001 | 4 oz          | \$0.575 | 10.975                      | 0.027<br>2.222%                   | 1.463                       | 1.222<br>44.538%    | 0.081<br>6.601%      | 0.000            | 0.000        | 2.656<br>96.798%    | 0.366                | 0.476<br>17.349%    | *N/A*                  | 11.706          | 2.049             | 0.205        |
| 1093<br>Cucumber Coins                           | 24001 | 2 oz          | \$0.287 | 5.491                       | 0.014<br>2.213%                   | 0.732                       | 0.611<br>44.509%    | 0.040<br>6.605%      | 0.000            | 0.000        | 1.329<br>96.798%    | 0.183                | 0.238<br>17.337%    | *N/A*                  | 5.857           | 1.025             | 0.102        |
| 990352<br>Cucumber Coins                         | 24001 | 6 oz          | \$0.862 | 16.465                      | 0.041<br>2.219%                   | 2.195                       | 1.833<br>44.531%    | 0.121<br>6.598%      | 0.000            | 0.000        | 3.985<br>96.802%    | 0.549                | 0.714<br>17.346%    | *N/A*                  | 17.563          | 3.074             | 0.307        |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                                 | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)        | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g) | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|----------------------|-------------------|---------------|--------------|-------------------|----------------------|----------------|------------------------|-----------------|-------------------|--------------|
| 990676<br>Cucumber Coins                                  | VEG   | 1 oz         | \$0.144 | 2.745                       | 0.007<br>2.230%                   | 0.366                       | 0.306<br>44.590%     | 0.020<br>6.590%   | 0.000         | 0.000        | 0.664<br>96.816%  | 0.092<br>17.341%     | 0.119          | *N/A*                  | 2.928           | 0.512             | 0.051        |
| 134<br>Cucumber Salad                                     | 24002 | 4 oz         | \$0.645 | 58.909                      | 0.677<br>10.338%                  | 96.017                      | *1.767*<br>*11.998%* | 4.588<br>70.090%  | *0.000*       | 0.000        | 4.014<br>27.256%  | 0.656<br>4.597%      | 0.677          | *0.000*                | *18.074*        | *2.829*           | *0.362*      |
| 990452<br>Cucumber Salad                                  | VEG   | 2 oz         | \$0.323 | 29.455                      | 0.338<br>10.340%                  | 48.009                      | *0.883*<br>*11.991%* | 2.294<br>70.090%  | *0.000*       | 0.000        | 2.007<br>27.255%  | 0.328<br>4.604%      | 0.339          | *0.000*                | *9.037*         | *1.415*           | *0.181*      |
| 999284<br>Cucumber Salad                                  | VEG   | 6 oz         | \$0.977 | 89.257                      | 1.025<br>10.338%                  | 145.481                     | *2.677*<br>*11.997%* | 6.951<br>70.090%  | *0.000*       | 0.000        | 6.082<br>27.256%  | 0.994<br>4.598%      | 1.026          | *0.000*                | *27.385*        | *4.287*           | *0.548*      |
| 990280<br>Cumin Lime Chicken                              | 24001 | 2 oz         | \$0.233 | 88.582                      | 0.686<br>6.965%                   | 137.846                     | 0.036<br>0.163%      | 4.572<br>46.455%  | 0.000         | 35.662       | 0.770<br>3.478%   | 0.198<br>50.575%     | 11.200         | *0.000*                | *7.667*         | *0.285*           | *0.524*      |
| 1037<br>Cumin Lime Chicken Diced                          | 24002 | 3 oz         | \$0.445 | 189.982                     | 1.771<br>8.391%                   | 359.375                     | 0.107<br>0.225%      | 12.072<br>57.186% | 0.000         | 57.119       | 2.237<br>4.709%   | 0.582<br>38.340%     | 18.210         | *0.000*                | *19.832*        | *0.829*           | *1.303*      |
| 990945<br>Cumin Lime Chicken Wrap                         | 24002 | 1 ea         | \$0.820 | 401.038                     | 2.355<br>5.285%                   | 613.629                     | 2.742<br>2.735%      | 17.312<br>38.851% | 0.000         | 57.119       | 36.400<br>36.306% | 4.626<br>24.229%     | 24.292         | *0.000*                | *166.816*       | *1.988*           | *3.874*      |
| 999155<br>Cumin Lime Marinade                             | 24002 | 1 oz         | \$0.158 | 107.043                     | 1.497<br>12.590%                  | 307.734                     | 0.107<br>0.400%      | 10.561<br>88.799% | 0.000         | 0.000        | 2.237<br>8.359%   | 0.582<br>2.261%      | 0.605          | *0.000*                | *16.702*        | *0.829*           | *1.029*      |
| 999251<br>Curried Chicken Salad                           | 24002 | 6 oz         | \$0.774 | 262.186                     | 1.848<br>6.345%                   | 274.664                     | 3.713<br>5.665%      | 10.889<br>37.378% | *0.000*       | 118.885      | 5.742<br>8.760%   | 1.376<br>55.817%     | 36.586         | *0.000*                | 54.947          | 2.101             | 1.001        |
| 999254<br>Curried Chicken Salad                           | 24002 | 3 oz         | \$0.387 | 131.093                     | 0.924<br>6.345%                   | 137.332                     | 1.856<br>5.663%      | 5.444<br>37.378%  | *0.000*       | 59.442       | 2.871<br>8.760%   | 0.688<br>55.817%     | 18.293         | *0.000*                | 27.473          | 1.050             | 0.500        |
| 999197<br>Curried Chicken Salad on a Pretzel Roll         | 24002 | 1 ea         | \$0.387 | 321.099                     | 0.924<br>2.590%                   | 447.333                     | 5.856<br>7.295%      | 8.445<br>23.669%  | *0.000*       | 59.442       | 38.872<br>48.424% | 1.689<br>29.017%     | 23.293         | *0.000*                | 47.484          | 1.050             | 2.501        |
| 756<br>Curried Chicken Salad on a WW Bun                  | 24002 | 1 ea         | \$0.638 | 271.099                     | 1.424<br>4.728%                   | 407.333                     | 3.856<br>5.689%      | 7.445<br>24.714%  | *0.000*       | 59.442       | 29.872<br>44.076% | 3.689<br>35.844%     | 24.293         | *0.000*                | 47.484          | 1.050             | 1.941        |
| 999084<br>Curried Chicken Salad on a WW Bun - Poached Chx | 24002 | 1 ea         | \$0.752 | 274.827                     | 2.150<br>7.042%                   | 435.691                     | 3.856<br>5.612%      | 9.268<br>30.350%  | *0.000*       | 38.991       | 30.539<br>44.448% | 3.689<br>27.200%     | 18.688         | *0.000*                | 44.355          | 1.050             | 1.667        |
| 990308<br>Curried Chickpeas                               | 24001 | 2 oz         | \$0.268 | 88.001                      | 0.169<br>1.730%                   | 127.330                     | 2.459<br>11.177%     | 2.307<br>23.590%  | 0.000         | 0.000        | 13.286<br>60.389% | 0.232<br>18.718%     | 4.118          | *0.000*                | *16.957*        | *0.282*           | *1.231*      |
| 999024<br>Curry (REPLACE RECIPE)                          | ENT   | 6 oz scoop   | \$0.896 | 248.919                     | 0.668<br>2.416%                   | 152.516                     | *1.869*<br>*3.003%*  | 3.635<br>13.142%  | *0.001*       | 113.620      | 16.707<br>26.847% | 4.430<br>63.021%     | 39.218         | *0.000*                | 61.687          | 14.168            | 5.234        |
| 999117<br>DAIRY FREE Large FRESH Blueberry Parfait        | BRKFS | 1 ea         | \$1.884 | 279.280                     | 1.055<br>3.400%                   | 47.086                      | 20.248<br>29.000%    | 10.628<br>34.249% | 0.000         | 0.000        | 46.393<br>66.446% | 5.684<br>5.967%      | 4.166          | *N/A*                  | 9.148           | 14.790            | 2.857        |

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## DC Central Kitchen

### Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                              | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999099<br>DAIRY FREE Large<br>FROZEN Blueberry Parfait | BRKFS | 1 ea         | \$1.307 | 272.368                     | 1.091<br>3.603%                   | 47.558                      | 19.102<br>28.053% | 11.123<br>36.755% | 0.000         | 0.000        | 43.300<br>63.591% | 6.424                | 3.677<br>5.400%   | *0.000*                | 11.996          | 3.994             | 2.711        |
| 999034<br>DAIRY FREE Large Mixed<br>Berry Parfait      | 24001 | 1 ea         | \$1.851 | 289.175                     | 1.013<br>3.151%                   | 45.562                      | 16.126<br>22.306% | 10.125<br>31.511% | 0.000         | 0.000        | 46.426<br>64.219% | 6.174                | 4.420<br>6.114%   | *N/A*                  | 41.487          | *0.000*           | 3.813        |
| 999278<br>Deli Turkey & Cheese on<br>Hoagie            | 24001 | 1 ea         | \$1.003 | 286.124                     | 5.556<br>17.477%                  | 647.373                     | 2.000<br>2.796%   | 11.337<br>35.662% | 0.000         | 42.750       | 27.000<br>37.746% | 3.000                | 21.587<br>30.179% | *N/A*                  | 266.547         | *0.000*           | 2.800        |
| 27<br>Deli Turkey & Cheese on<br>WW Bun                | 24001 | 1 ea         | \$0.903 | 286.124                     | 5.556<br>17.477%                  | 647.373                     | 2.000<br>2.796%   | 11.337<br>35.662% | 0.000         | 42.750       | 27.000<br>37.746% | 3.000                | 21.587<br>30.179% | *N/A*                  | 226.547         | *0.000*           | 2.440        |
| 979<br>Diced Buffalo Chicken                           | 24001 | 3 oz         | \$0.394 | 111.243                     | 0.274<br>2.216%                   | 646.028                     | 0.000<br>0.000%   | 1.510<br>12.217%  | 0.000         | 57.119       | 0.000<br>0.000%   | 0.000                | 17.605<br>63.303% | *N/A*                  | 3.130           | 0.000             | 0.274        |
| 999142<br>Diced Buffalo Chicken<br>Sandwich            | 24001 | 3 oz         | \$0.618 | 243.948                     | 0.774<br>2.854%                   | 763.598                     | 2.000<br>3.279%   | 3.509<br>12.947%  | 0.000         | 57.092       | 27.000<br>44.272% | 3.000                | 23.597<br>38.692% | *N/A*                  | 23.128          | 0.000             | 1.714        |
| 999031<br>Diced Cajun Chicken                          | ENT   | 3 oz         | \$0.330 | 109.180                     | 0.614<br>5.063%                   | 177.553                     | 0.116<br>0.425%   | 3.860<br>31.821%  | *0.000*       | 57.119       | 1.162<br>4.258%   | 0.399                | 17.849<br>65.393% | *0.000*                | *7.284*         | *0.114*           | *0.487*      |
| 990392<br>Diced Crispy Chicken<br>Tenders              | 24001 | 3 oz         | \$0.390 | 137.177                     | 0.074<br>0.486%                   | 282.860                     | 0.582<br>1.697%   | 0.872<br>5.720%   | *0.000*       | 48.862       | 11.000<br>32.076% | 0.821                | 20.981<br>61.179% | *0.000*                | 38.914          | 2.665             | 1.264        |
| 990266<br>Diced Cucumber                               | 24001 | 2 oz         | \$0.321 | 6.130                       | 0.015<br>2.217%                   | 0.817                       | 0.683<br>44.568%  | 0.045<br>6.607%   | 0.000         | 0.000        | 1.484<br>96.803%  | 0.204                | 0.266<br>17.357%  | *N/A*                  | 6.539           | 1.144             | 0.114        |
| 999077<br>Diced Frozen Peaches                         | FRUIT | 8oz          | \$0.891 | 60.000                      | 0.000<br>0.000%                   | 0.000                       | 0.000<br>0.000%   | 0.000<br>0.000%   | 0.000         | 0.000        | 13.000<br>86.667% | 2.000                | 1.000<br>6.667%   | *N/A*                  | 0.000           | 0.000             | 0.040        |
| 999211<br>Diced Frozen Peaches                         | FRUIT | 4 oz         | \$0.446 | 30.000                      | 0.000<br>0.000%                   | 0.000                       | 0.000<br>0.000%   | 0.000<br>0.000%   | 0.000         | 0.000        | 6.500<br>86.667%  | 1.000                | 0.500<br>6.667%   | *N/A*                  | 0.000           | 0.000             | 0.020        |
| 999152<br>Diced Hot Honey Chicken                      | 24001 | 3 oz         | \$0.511 | 163.348                     | 0.277<br>1.527%                   | 349.617                     | 17.418<br>42.652% | 1.519<br>8.371%   | 0.000         | 57.119       | 17.882<br>43.788% | 0.134                | 17.745<br>43.453% | *0.000*                | 6.019           | 0.149             | 0.400        |
| 990958<br>Diced Red Pepper                             | VEG   | 2 oz         | \$0.077 | 8.108                       | 0.018<br>2.042%                   | 1.247                       | 1.310<br>64.628%  | 0.094<br>10.390%  | 0.000         | 0.000        | 1.880<br>92.768%  | 0.655                | 0.309<br>15.244%  | *N/A*                  | 2.183           | 39.823            | 0.134        |
| 999150<br>Diced Roasted Turkey                         | 24001 | 3 oz         | \$0.842 | 90.120                      | 0.104<br>1.036%                   | 450.964                     | 1.041<br>4.621%   | 1.637<br>16.350%  | *0.000*       | 40.956       | 1.693<br>7.515%   | 0.258                | 17.529<br>77.803% | *0.000*                | *9.987*         | *0.227*           | *0.906*      |
| 1088<br>Diced Tomatoes                                 | 24001 | 2 oz         | \$0.156 | 10.745                      | 0.017<br>1.399%                   | 2.985                       | 1.570<br>58.446%  | 0.119<br>10.001%  | 0.000         | 0.000        | 2.322<br>86.440%  | 0.716                | 0.525<br>19.544%  | *N/A*                  | 5.969           | 8.178             | 0.161        |
| 562<br>Diced Turkey Ham                                | 24004 | 2 oz         | \$0.370 | 54.674                      | 1.094<br>18.000%                  | 262.435                     | 0.000<br>0.000%   | 3.280<br>53.999%  | 0.000         | 32.804       | 0.000<br>0.000%   | 0.000                | 7.654<br>55.997%  | *N/A*                  | 0.000           | 0.000             | 0.437        |

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## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)       | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|---------------|--------------|--------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999201<br>Donated French Dressing        | 24003 | 1 ea         |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*             | *N/A*         | *N/A*        | *N/A*              | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999151<br>Donated Yogurt                 | 24004 | 1 ea         |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*             | *N/A*         | *N/A*        | *N/A*              | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990245<br>Dried Cranberries              | 24003 | 2 oz         | \$0.186 | 106.878                     | 0.000<br>0.000%                   | 0.000                       | 23.842<br>89.231% | 0.000<br>0.000%   | 0.000         | 0.000        | 27.131<br>101.538% | 2.466<br>0.000%      | 0.000             | *N/A*                  | 0.000           | 0.000             | 0.148        |
| 990246<br>Dried Cranberries              | 24003 | 1 oz         | \$0.093 | 53.365                      | 0.000<br>0.000%                   | 0.000                       | 11.905<br>89.235% | 0.000<br>0.000%   | 0.000         | 0.000        | 13.547<br>101.538% | 1.232<br>0.000%      | 0.000             | *N/A*                  | 0.000           | 0.000             | 0.074        |
| 999286<br>Dried Cranberries              | 24003 | 2 bags       | \$0.000 | 240.000                     | 0.000<br>0.000%                   | 0.000                       | 42.000<br>70.000% | 0.000<br>0.000%   | 0.000         | 0.000        | 58.000<br>96.667%  | 4.000<br>3.333%      | 2.000             | 0.000                  | 4.000           | 0.000             | 6.000        |
| 990258<br>Edamame                        | VEG   | 4 oz         | \$0.529 | 102.634                     | 0.526<br>4.612%                   | 192.289                     | 1.849<br>7.206%   | 4.411<br>38.678%  | 0.008         | 0.000        | 7.558<br>29.455%   | 4.411                | 10.102<br>39.371% | *0.000*                | 53.438          | 5.174             | 1.925        |
| 990263<br>Edamame                        | VEG   | 2 oz         | \$0.264 | 51.317                      | 0.263<br>4.611%                   | 96.145                      | 0.925<br>7.210%   | 2.205<br>38.678%  | 0.004         | 0.000        | 3.779<br>29.455%   | 2.205                | 5.051<br>39.371%  | *0.000*                | 26.719          | 2.587             | 0.963        |
| 990668<br>Egg & Cheese Breakfast Burrito | 24001 | 1 ea         | \$0.598 | 358.591                     | 5.587<br>14.021%                  | 482.387                     | 2.290<br>2.554%   | 15.875<br>39.842% | 0.000         | 253.776      | 33.717<br>37.611%  | 3.446                | 17.144<br>19.124% | *0.000*                | 270.585         | *0.000*           | 3.716        |
| 212<br>Egg Salad                         | ENT   | 3 oz         | \$0.308 | 141.039                     | 2.645<br>16.880%                  | 230.015                     | 0.755<br>2.141%   | 11.973<br>76.401% | 0.000         | 191.271      | 1.222<br>3.467%    | 0.346                | 6.486<br>18.395%  | *0.000*                | 32.647          | 0.379             | 0.723        |
| 990782<br>Egg Salad                      | ENT   | 6 oz         | \$0.616 | 282.078                     | 5.290<br>16.879%                  | 460.031                     | 1.510<br>2.141%   | 23.946<br>76.401% | 0.000         | 382.541      | 2.445<br>3.467%    | 0.692                | 12.971<br>18.393% | *0.000*                | 65.295          | 0.758             | 1.446        |
| 564<br>Egg Salad on WW Bun               | 24002 | 1 ea         | \$0.559 | 281.039                     | 3.145<br>10.072%                  | 500.015                     | 2.755<br>3.921%   | 13.973<br>44.747% | 0.000         | 191.271      | 28.222<br>40.169%  | 3.346                | 12.486<br>17.771% | *0.000*                | 52.647          | 0.379             | 2.163        |
| 990813<br>Emoji Waffles                  | 24001 | 2 ea         | \$0.457 | 180.000                     | 1.500<br>7.500%                   | 300.000                     | 5.000<br>11.111%  | 6.000<br>30.000%  | 0.000         | 5.000        | 29.000<br>64.444%  | 2.000                | 4.000<br>8.889%   | *N/A*                  | 260.000         | 0.000             | 3.600        |
| 1160<br>Fat Free Lactose-Free Milk       | 24004 | 8 oz         | \$1.276 | 110.000                     | 1.500<br>12.273%                  | 130.000                     | 12.000<br>43.636% | 2.500<br>20.455%  | 0.000         | 10.000       | 13.000<br>47.273%  | 0.000                | 8.000<br>29.091%  | *N/A*                  | 300.000         | 0.000             | 0.000        |
| 999165<br>FFVP fruit (100 count)         | 24004 | 1 each       |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*             | *N/A*         | *N/A*        | *N/A*              | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999208<br>FFVP fruit (130 count)         | 24004 | 1 each       |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*             | *N/A*         | *N/A*        | *N/A*              | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 991021<br>FFVP fruit (25 count)          | 24004 | 1 each       |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*             | *N/A*         | *N/A*        | *N/A*              | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999164<br>FFVP fruit (50 count)          | 24004 | 1 each       |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*             | *N/A*         | *N/A*        | *N/A*              | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes required nutrient values

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name            | Group | Portion Size      | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g) | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)       | Dietary Fiber<br>(g) | Protein<br>(g)  | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--------------------------------------|-------|-------------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|------------------|---------------|--------------|--------------------|----------------------|-----------------|------------------------|-----------------|-------------------|--------------|
| 999167<br>FFVP vegetable (100 count) | 24004 | 1 each            |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*            | *N/A*         | *N/A*        | *N/A*              | *N/A*                | *N/A*           | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 991022<br>FFVP vegetable (25 count)  | 24004 | 1 each            |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*            | *N/A*         | *N/A*        | *N/A*              | *N/A*                | *N/A*           | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999166<br>FFVP vegetable (50 count)  | 24004 | 1 each            |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*            | *N/A*         | *N/A*        | *N/A*              | *N/A*                | *N/A*           | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 1200<br>Fresh Apple Slices           | 24001 | 6 ea              | \$0.339 | 94.640                      | 0.051<br>0.485%                   | 1.820                       | 18.910<br>79.924% | 0.309<br>2.942%  | 0.000         | 0.000        | 25.134<br>106.231% | 4.368                | 0.473<br>1.999% | 0.000                  | 10.920          | 8.372             | 0.218        |
| 1201<br>Fresh Apple Slices           | 24001 | 3 ea              | \$0.169 | 47.320                      | 0.026<br>0.485%                   | 0.910                       | 9.455<br>79.924%  | 0.155<br>2.942%  | 0.000         | 0.000        | 12.567<br>106.231% | 2.184                | 0.237<br>2.003% | 0.000                  | 5.460           | 4.186             | 0.109        |
| 175<br>Fresh Banana                  | 24003 | 1 ea              | \$0.161 | 105.020                     | 0.132<br>1.133%                   | 1.180                       | 14.431<br>54.965% | 0.389<br>3.337%  | 0.000         | 0.000        | 26.951<br>102.652% | 3.068                | 1.286<br>4.898% | *N/A*                  | 5.900           | 10.266            | 0.307        |
| 255<br>Fresh Blueberries             | FRUIT | 8 oz              | \$1.501 | 84.360                      | 0.041<br>0.442%                   | 1.480                       | 14.741<br>69.896% | 0.488<br>5.211%  | 0.000         | 0.000        | 21.445<br>101.684% | 3.552                | 1.095<br>5.192% | *N/A*                  | 8.880           | 14.356            | 0.414        |
| 999126<br>Fresh Blueberries          | FRUIT | 4 oz              | \$0.751 | 42.180                      | 0.021<br>0.442%                   | 0.740                       | 7.370<br>69.891%  | 0.244<br>5.211%  | 0.000         | 0.000        | 10.723<br>101.684% | 1.776                | 0.548<br>5.197% | *N/A*                  | 4.440           | 7.178             | 0.207        |
| 991036<br>Fresh Clementines          | 24004 | 2 ea              | \$1.044 | 127.913                     | 0.000<br>0.000%                   | 2.722                       | 24.984<br>78.128% | 0.408<br>2.872%  | 0.000         | 0.000        | 32.659<br>102.128% | 4.627                | 2.313<br>7.233% | *N/A*                  | 81.647          | 132.812           | 0.381        |
| 999101<br>Fresh Clementines          | FRUIT | 1 each            | \$0.522 | 63.956                      | 0.000<br>0.000%                   | 1.361                       | 12.492<br>78.129% | 0.204<br>2.872%  | 0.000         | 0.000        | 16.329<br>102.128% | 2.313                | 1.157<br>7.236% | *N/A*                  | 40.823          | 66.406            | 0.191        |
| 999050<br>Fresh Grapes               | FRUIT | 4 oz              | \$0.522 | 60.781                      | 0.103<br>1.531%                   | 1.814                       | 14.742<br>97.017% | 0.318<br>4.701%  | 0.000         | 0.000        | 15.558<br>102.389% | 0.816                | 0.572<br>3.764% | *N/A*                  | 12.701          | 3.629             | 0.263        |
| 999070<br>Fresh Green Grapes         | FRUIT | 8 oz              | \$1.044 | 121.563                     | 0.207<br>1.531%                   | 3.629                       | 29.483<br>97.013% | 0.635<br>4.701%  | 0.000         | 0.000        | 31.116<br>102.388% | 1.633                | 1.143<br>3.761% | *N/A*                  | 25.401          | 7.257             | 0.526        |
| 990375<br>Fresh Nectarine - .5 C     | FRUIT | 1 each            |         | 62.480                      | 0.036<br>0.511%                   | 0.000                       | 11.204<br>71.729% | 0.454<br>6.545%  | 0.000         | 0.000        | 14.981<br>95.909%  | 2.414                | 1.505<br>9.635% | *N/A*                  | 8.520           | 7.668             | 0.398        |
| 990470<br>Fresh Orange               | 24001 | 1 ea              | \$0.431 | 86.480                      | 0.028<br>0.287%                   | 0.000                       | 17.204<br>79.574% | 0.221<br>2.298%  | 0.000         | 0.000        | 21.620<br>100.000% | 4.416                | 1.730<br>8.002% | 0.000                  | 73.600          | 97.888            | 0.184        |
| 445<br>Fresh Peach                   | FRUIT | 1 each            | \$0.296 | 58.500                      | 0.029<br>0.438%                   | 0.000                       | 12.585<br>86.051% | 0.375<br>5.769%  | 0.000         | 0.000        | 14.310<br>97.846%  | 2.250                | 1.365<br>9.333% | *N/A*                  | 9.000           | 9.900             | 0.375        |
| 990910<br>Fresh Peach                | FRUIT | 1 each<br>(.75 C) | \$0.296 | 58.500                      | 0.029<br>0.438%                   | 0.000                       | 12.585<br>86.051% | 0.375<br>5.769%  | 0.000         | 0.000        | 14.310<br>97.846%  | 2.250                | 1.365<br>9.333% | *N/A*                  | 9.000           | 9.900             | 0.375        |
| 884<br>Fresh Pear                    | 24004 | 1 ea              | \$0.376 | 101.460                     | 0.039<br>0.348%                   | 1.780                       | 17.355<br>68.421% | 0.249<br>2.211%  | 0.000         | 0.000        | 27.109<br>106.877% | 5.518                | 0.641<br>2.527% | *N/A*                  | 16.020          | 7.654             | 0.320        |

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 1 - denotes required nutrient values

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name             | Group | Portion Size     | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g) | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)       | Dietary Fiber<br>(g) | Protein<br>(g) | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---------------------------------------|-------|------------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|------------------|---------------|--------------|--------------------|----------------------|----------------|------------------------|-----------------|-------------------|--------------|
| 192<br>Fresh Pineapple                | 24001 | 4 oz             | \$0.324 | 70.874                      | 0.013<br>0.163%                   | 1.417                       | 13.962<br>78.799% | 0.170<br>2.160%  | 0.000         | 0.000        | 18.597<br>104.960% | 1.984<br>4.318%      | 0.765          | *N/A*                  | 18.427          | 67.755            | 0.411        |
| 453<br>Fresh Plum                     | FRUIT | 1 each           |         | 30.360                      | 0.011<br>0.332%                   | 0.000                       | 6.547<br>86.258%  | 0.185<br>5.478%  | 0.000         | 0.000        | 7.537<br>99.304%   | 0.924<br>6.087%      | 0.462          | *N/A*                  | 3.960           | 6.270             | 0.112        |
| 417<br>Fresh Strawberries             | FRUIT | 4 oz             | \$0.875 | 29.030                      | 0.014<br>0.422%                   | 0.907                       | 4.436<br>61.123%  | 0.272<br>8.439%  | 0.000         | 0.000        | 6.967<br>96.000%   | 1.814<br>8.378%      | 0.608          | *N/A*                  | 14.515          | 53.342            | 0.372        |
| 446<br>Fresh Watermelon               | FRUIT | 4 oz             | \$0.322 | 60.749                      | 0.032<br>0.480%                   | 2.025                       | 12.555<br>82.668% | 0.304<br>4.499%  | 0.000         | 0.000        | 15.289<br>100.667% | 0.810<br>8.132%      | 1.235          | *N/A*                  | 14.175          | 16.402            | 0.486        |
| 962<br>Fresh Watermelon               | FRUIT | 8 oz             | \$0.644 | 121.498                     | 0.065<br>0.480%                   | 4.050                       | 25.110<br>82.668% | 0.608<br>4.500%  | 0.000         | 0.000        | 30.577<br>100.667% | 1.620<br>8.132%      | 2.470          | *N/A*                  | 28.350          | 32.805            | 0.972        |
| 673<br>Fresh Whole Apple              | 24001 | 1 ea             | \$0.339 | 94.640                      | 0.051<br>0.485%                   | 1.820                       | 18.910<br>79.924% | 0.309<br>2.942%  | 0.000         | 0.000        | 25.134<br>106.231% | 4.368<br>1.999%      | 0.473          | 0.000                  | 10.920          | 8.372             | 0.218        |
| 990577<br>Frozen Blueberries          | 24004 | 4 oz             | \$0.485 | 39.998                      | 0.039<br>0.878%                   | 0.998                       | 7.020<br>70.204%  | 0.499<br>11.233% | 0.000         | 0.000        | 9.500<br>95.009%   | 2.200<br>3.200%      | 0.320          | 0.000                  | 5.998           | 1.997             | 0.140        |
| 999137<br>Frozen Blueberries          | 24004 | 8 oz             | \$0.948 | 78.187                      | 0.076<br>0.877%                   | 1.952                       | 13.722<br>70.201% | 0.976<br>11.232% | 0.000         | 0.000        | 18.571<br>95.008%  | 4.300<br>3.197%      | 0.625          | 0.000                  | 11.725          | 3.903             | 0.274        |
| 991008<br>Frozen Mixed Berries        | FRUIT | 8 oz             | \$1.513 | 96.803                      | 0.000<br>0.000%                   | 0.000                       | 11.063<br>45.713% | 0.000<br>0.000%  | 0.000         | 0.000        | 22.126<br>91.429%  | 4.149<br>5.715%      | 1.383          | *N/A*                  | 41.487          | *N/A*             | 1.383        |
| 991009<br>Frozen Mixed Berries - .5 C | 24001 | 4 oz             | \$0.757 | 48.402                      | 0.000<br>0.000%                   | 0.000                       | 5.532<br>45.717%  | 0.000<br>0.000%  | 0.000         | 0.000        | 11.063<br>91.428%  | 2.074<br>5.711%      | 0.691          | *N/A*                  | 20.744          | *N/A*             | 0.691        |
| 990425<br>Frozen Strawberries         | FRUIT | 4 oz             | \$0.836 | 44.549                      | 0.000<br>0.000%                   | 0.000                       | 5.346<br>48.001%  | 0.000<br>0.000%  | 0.000         | 0.000        | 11.583<br>104.001% | 2.673<br>3.439%      | 0.383          | *N/A*                  | 0.000           | 51.677            | 0.668        |
| 999073<br>Frozen Strawberries         | FRUIT | 8 oz             | \$1.669 | 89.011                      | 0.000<br>0.000%                   | 0.000                       | 10.681<br>47.999% | 0.000<br>0.000%  | 0.000         | 0.000        | 23.143<br>104.000% | 5.341<br>3.438%      | 0.765          | *N/A*                  | 0.000           | 103.253           | 1.335        |
| 990884<br>Fruit - Variety             | 24004 | 1 ea             | \$0.373 | 109.640                     | 0.068<br>0.560%                   | 1.428                       | 19.308<br>70.441% | 0.328<br>2.691%  | 0.000         | 0.000        | 28.599<br>104.338% | 4.992<br>4.035%      | 1.106          | *0.000*                | 28.395          | 32.076            | 0.293        |
| 999006<br>Fruit (REPLACE RECIPE)      | ENT   | 1 each or<br>4oz |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*            | *N/A*         | *N/A*        | *N/A*              | *N/A*                | *N/A*          | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999188<br>Fruit Cup                   | 24003 | 1 ea             | \$0.612 | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*            | *N/A*         | *N/A*        | *N/A*              | *N/A*                | *N/A*          | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999125<br>Fruit Salsa                 | MISC  | 4 oz             | \$0.174 | 25.225                      | 0.042<br>1.481%                   | 198.545                     | 4.502<br>71.389%  | 0.247<br>8.823%  | 0.000         | 0.000        | 5.821<br>92.299%   | 1.108<br>11.608%     | 0.732          | *0.000*                | 11.896          | 16.827            | 0.366        |
| 492<br>Garlic Kale                    | 24002 | 4 oz             | \$0.196 | 54.106                      | 0.463<br>7.698%                   | 135.597                     | 0.809<br>5.981%   | 3.405<br>56.632% | 0.000         | 0.000        | 4.802<br>35.501%   | 3.345<br>18.970%     | 2.566          | *0.000*                | *197.614*       | *72.044*          | *1.345*      |

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                               | Group | Portion Size  | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|---------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990604<br>Garlic Kale                                   | 24002 | 2 oz          | \$0.083 | 24.296                      | 0.229<br>8.494%                   | 67.299                      | 0.384<br>6.322%   | 1.696<br>62.833%  | 0.000         | 0.000        | 1.795<br>29.555%  | 1.598<br>18.851%     | 1.145<br>18.851%  | *0.000*                | *98.149*        | *36.012*          | *0.625*      |
| 623<br>Ginger Soy Broccoli                              | 24002 | 4 oz          | \$0.297 | 64.339                      | 0.424<br>5.925%                   | 400.560                     | 2.032<br>12.633%  | 2.504<br>35.028%  | *0.000*       | 0.000        | 8.510<br>52.905%  | 2.667<br>22.238%     | 3.577<br>22.238%  | *0.000*                | 47.007          | 86.105            | 0.845        |
| 1170<br>Ginger Soy Broccoli                             | 24002 | 2 oz          | \$0.149 | 32.174                      | 0.212<br>5.925%                   | 200.281                     | 1.016<br>12.631%  | 1.252<br>35.025%  | *0.000*       | 0.000        | 4.256<br>52.909%  | 1.334<br>22.242%     | 1.789<br>22.242%  | *0.000*                | 23.505          | 43.054            | 0.422        |
| 1171<br>Ginger Soy Broccoli                             | VEG   | 6 oz          | \$0.865 | 193.017                     | 1.271<br>5.925%                   | 1201.680                    | 6.096<br>12.633%  | 7.512<br>35.028%  | *0.000*       | 0.000        | 25.529<br>52.905% | 8.001<br>22.238%     | 10.731<br>22.238% | *0.000*                | 141.021         | 258.315           | 2.535        |
| 999153<br>Ginger Soy Marinade                           | 24002 | 0.25 oz       | \$0.053 | 15.766                      | 0.157<br>8.951%                   | 184.356                     | 0.196<br>4.973%   | 1.074<br>61.281%  | *0.000*       | 0.000        | 1.051<br>26.675%  | 0.079<br>10.859%     | 0.428<br>10.859%  | *0.000*                | 0.824           | 0.008             | 0.070        |
| 999154<br>Ginger Soy Marinade                           | 24002 | 0.5 oz        | \$0.106 | 31.525                      | 0.314<br>8.953%                   | 368.711                     | 0.391<br>4.961%   | 2.147<br>61.294%  | *0.000*       | 0.000        | 2.101<br>26.663%  | 0.158<br>10.849%     | 0.855<br>10.849%  | *0.000*                | 1.647           | 0.017             | 0.140        |
| 999267<br>Glazed Carrots                                | 24002 | 2 oz          | \$0.176 | 50.436                      | 0.288<br>5.143%                   | 96.895                      | 4.630<br>36.720%  | 2.023<br>36.105%  | 0.000         | 0.000        | 7.879<br>62.489%  | 1.823<br>4.996%      | 0.630<br>4.996%   | *0.000*                | *22.841*        | *3.793*           | *0.217*      |
| 999210<br>Glazed Carrots                                | 24002 | 4 oz          | \$0.353 | 100.872                     | 0.576<br>5.142%                   | 193.789                     | 9.259<br>36.716%  | 4.047<br>36.105%  | 0.000         | 0.000        | 15.758<br>62.489% | 3.647<br>5.000%      | 1.261<br>5.000%   | *0.000*                | *45.682*        | *7.586*           | *0.434*      |
| 233<br>Graham Crackers                                  | 24003 | 1 each        | \$0.212 | 90.000                      | 0.000<br>0.000%                   | 95.000                      | 5.000<br>22.222%  | 2.500<br>25.000%  | 0.000         | 0.000        | 17.000<br>75.556% | 1.000<br>8.889%      | 2.000<br>8.889%   | *N/A*                  | 100.000         | 0.000             | 0.720        |
| 999027<br>Grain (REPLACE RECIPE)                        | BREAD | 1 C           |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*             | *N/A*         | *N/A*        | *N/A*             | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 603<br>Grape Jelly                                      | 24003 | 1 ea          | \$0.085 | 35.000                      | 0.000<br>0.000%                   | 0.000                       | 9.000<br>102.857% | 0.000<br>0.000%   | 0.000         | 0.000        | 9.000<br>102.857% | 0.000<br>0.000%      | 0.000<br>0.000%   | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 990993<br>Green Beans*                                  | MISC  | 4 oz<br>scoop |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*             | *N/A*         | *N/A*        | *N/A*             | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990980<br>Green Peas and Carrots                        | 24001 | 4 oz          | \$0.311 | 74.087                      | 0.351<br>4.269%                   | 178.265                     | 4.596<br>24.814%  | 2.431<br>29.525%  | 0.000         | 0.000        | 10.364<br>55.954% | 3.804<br>16.413%     | 3.040<br>16.413%  | *0.000*                | *27.092*        | *8.573*           | *0.950*      |
| 991057<br>Green Peas and Carrots<br>COMMUNITY MEALS     | 24002 | 4 oz          | \$0.269 | 75.992                      | 0.354<br>4.190%                   | 129.209                     | 4.916<br>25.876%  | 2.431<br>28.785%  | 0.000         | 0.000        | 10.735<br>56.507% | 4.376<br>16.502%     | 3.135<br>16.502%  | *0.000*                | *28.521*        | *19.051*          | *0.922*      |
| 539<br>Grilled Cheese on WW<br>Bread                    | 24001 | 1 ea          | \$0.772 | 342.247                     | 9.112<br>23.963%                  | 664.745                     | 6.000<br>7.012%   | 16.175<br>42.535% | 0.000         | 40.499       | 32.000<br>37.400% | 4.000<br>23.579%     | 20.175<br>23.579% | *N/A*                  | 533.094         | *0.000*           | 1.440        |
| 792<br>Grilled Cheese on WW Bun                         | 24001 | 1 ea          | \$0.828 | 322.247                     | 9.612<br>26.846%                  | 654.745                     | 2.000<br>2.483%   | 16.175<br>45.174% | 0.000         | 40.499       | 27.000<br>33.515% | 3.000<br>25.043%     | 20.175<br>25.043% | *N/A*                  | 433.094         | *0.000*           | 1.440        |
| 999109<br>Haitian Style Chicken Drum<br>COMMUNITY MEALS | ENT   | 1 ea          | \$0.643 | 374.552                     | 5.592<br>13.437%                  | 294.700                     | 0.778<br>0.831%   | 22.996<br>55.256% | 0.095         | 184.820      | 2.516<br>2.687%   | 0.482<br>39.050%     | 36.566<br>39.050% | *0.000*                | *19.980*        | *6.657*           | *1.610*      |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                              | Group | Portion Size   | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)        | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|----------------|---------|-----------------------------|-----------------------------------|-----------------------------|----------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999143<br>Haitian Style Tofu                           | ENT   | 4 oz           | \$1.065 | 153.842                     | 0.652<br>3.815%                   | 96.430                      | 0.778<br>2.023%      | 9.650<br>56.453%  | 0.000         | 0.000        | 5.230<br>13.599%  | 3.417                | 11.985<br>31.162% | *0.000*                | *194.685*       | *6.657*           | *2.297*      |
| 882<br>Hard Boiled Egg                                 | 24004 | 1 ea           | \$0.224 | 77.500                      | 1.634<br>18.970%                  | 62.000                      | 0.560<br>2.890%      | 5.305<br>61.606%  | 0.000         | 186.500      | 0.560<br>2.890%   | 0.000                | 6.290<br>32.465%  | *N/A*                  | 25.000          | 0.000             | 0.595        |
| 990155<br>Hard Boiled Egg                              | 24001 | half egg       | \$0.112 | 38.750                      | 0.817<br>18.971%                  | 31.000                      | 0.280<br>2.890%      | 2.653<br>61.606%  | 0.000         | 93.250       | 0.280<br>2.890%   | 0.000                | 3.145<br>32.465%  | *N/A*                  | 12.500          | 0.000             | 0.298        |
| 990911<br>Hard Boiled Egg                              | 24004 | 2 ea           | \$0.448 | 155.000                     | 3.267<br>18.970%                  | 124.000                     | 1.120<br>2.890%      | 10.610<br>61.606% | 0.000         | 373.000      | 1.120<br>2.890%   | 0.000                | 12.580<br>32.465% | *N/A*                  | 50.000          | 0.000             | 1.190        |
| 481<br>Hash Brown Potatoes                             | VEG   | 4 oz           | \$0.086 | 70.912                      | 0.188<br>2.390%                   | 104.029                     | *0.009*<br>*0.051%*  | 1.227<br>15.569%  | 0.000         | 0.000        | 12.992<br>73.284% | 2.598                | 2.688<br>15.162%  | *0.000*                | *31.157*        | *11.625*          | *3.330*      |
| 643<br>Herb Roasted Butternut Squash                   | VEG   | 4 oz           | \$0.300 | 107.615                     | 0.858<br>7.172%                   | 182.387                     | *0.035*<br>*0.130%*  | 5.857<br>48.983%  | *0.000*       | 0.000        | 13.924<br>51.756% | 2.564                | 1.602<br>5.955%   | *0.000*                | *52.708*        | *19.158*          | *1.324*      |
| 990651<br>Herb Roasted Butternut Squash                | VEG   | 2 oz           | \$0.150 | 53.740                      | 0.429<br>7.181%                   | 91.186                      | *0.017*<br>*0.127%*  | 2.928<br>49.039%  | *0.000*       | 0.000        | 6.945<br>51.695%  | 1.279                | 0.799<br>5.947%   | *0.000*                | *26.298*        | *9.554*           | *0.661*      |
| 999273<br>Herb Roasted Butternut Squash                | VEG   | 6 oz           | \$0.479 | 172.184                     | 1.372<br>7.172%                   | 291.820                     | *0.056*<br>*0.130%*  | 9.371<br>48.983%  | *0.000*       | 0.000        | 22.279<br>51.756% | 4.102                | 2.563<br>5.954%   | *0.000*                | *84.332*        | *30.652*          | *2.119*      |
| 378<br>Herb Roasted Chicken                            | ENT   | 3 oz           | \$0.320 | 105.490                     | 0.609<br>5.199%                   | 146.453                     | 0.022<br>0.083%      | 3.791<br>32.340%  | *0.000*       | 57.119       | 0.362<br>1.372%   | 0.192                | 17.706<br>67.138% | *0.000*                | *10.996*        | *0.411*           | *0.570*      |
| 990218<br>Herb Roasted Chicken Diced                   | 24001 | 3 oz           | \$0.320 | 105.490                     | 0.609<br>5.199%                   | 146.453                     | 0.022<br>0.083%      | 3.791<br>32.340%  | *0.000*       | 57.119       | 0.362<br>1.372%   | 0.192                | 17.706<br>67.138% | *0.000*                | *10.996*        | *0.411*           | *0.570*      |
| 667<br>Herb Roasted Chicken Drum                       | 24001 | 1 ea           | \$0.599 | 248.202                     | 3.782<br>13.714%                  | 243.378                     | 0.022<br>0.035%      | 15.175<br>55.025% | *0.066*       | 128.944      | 0.516<br>0.832%   | 0.192                | 25.442<br>41.002% | *0.000*                | *19.078*        | *0.411*           | *1.292*      |
| 1197<br>Herb Roasted Chicken Drum                      | 24001 | 2 ea           | \$1.195 | 496.189                     | 7.562<br>13.716%                  | 486.706                     | 0.043<br>0.035%      | 30.343<br>55.037% | *0.132*       | 257.887      | 0.983<br>0.793%   | 0.354                | 50.877<br>41.014% | *0.000*                | *36.431*        | *0.774*           | *2.467*      |
| 999008<br>Herb Roasted Chicken Drum<br>COMMUNITY MEALS | 24002 | 1 ea           | \$0.593 | 345.986                     | 5.276<br>13.723%                  | 307.757                     | 0.022<br>0.025%      | 20.763<br>54.009% | *0.094*       | 184.820      | 0.583<br>0.674%   | 0.192                | 36.423<br>42.109% | *0.000*                | *23.937*        | *0.411*           | *1.723*      |
| 990332<br>Herb Roasted Chicken,<br>Diced               | 24001 | 2 oz           | \$0.198 | 65.840                      | 0.380<br>5.193%                   | 91.522                      | 0.013<br>0.079%      | 2.367<br>32.350%  | *0.000*       | 35.695       | 0.207<br>1.255%   | 0.109                | 11.063<br>67.211% | *0.000*                | *6.287*         | *0.244*           | *0.319*      |
| 990650<br>Herb Roasted Sweet<br>Potatoes - .5 C        | 24002 | .5 C           | \$0.218 | 149.187                     | 0.675<br>4.073%                   | 207.791                     | *5.124*<br>*13.738%* | 4.589<br>27.681%  | *0.000*       | 0.000        | 25.130<br>67.377% | 3.871                | 2.034<br>5.454%   | *0.000*                | *44.593*        | *3.314*           | *1.096*      |
| 999290<br>Homemade Cornbread Loaf                      | 24002 | 1 mini<br>loaf | \$0.277 | 238.076                     | 1.907<br>7.209%                   | 274.784                     | 6.262<br>10.521%     | 10.189<br>38.517% | *0.011*       | 61.981       | 30.705<br>51.588% | 3.189                | 6.750<br>11.341%  | *0.000*                | *203.800*       | *0.028*           | *1.789*      |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                           | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)       | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|---------------|--------------|--------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990713<br>Honey Cheerios                            | 24003 | 1 ea         | \$0.371 | 110.000                     | 0.000<br>0.000%                   | 170.000                     | 6.000<br>21.818%  | 1.500<br>12.273%  | 0.000         | 0.000        | 22.000<br>80.000%  | 2.000                | 3.000<br>10.909%  | *N/A*                  | 60.000          | *N/A*             | 2.700        |
| 688<br>Honey Cinnamon Sweet Potatoes                | 24002 | 4 oz         | \$0.170 | 109.592                     | 0.261<br>2.147%                   | 148.573                     | 6.283<br>22.932%  | 1.736<br>14.255%  | *0.000*       | 0.000        | 22.304<br>81.407%  | 3.084                | 1.581<br>5.770%   | *0.000*                | *31.744*        | *2.414*           | *0.633*      |
| 1152<br>Honey Cinnamon Sweet Potatoes               | VEG   | 2oz scoop    | \$0.086 | 57.396                      | 0.171<br>2.677%                   | 74.287                      | 3.141<br>21.890%  | 1.148<br>18.000%  | *0.000*       | 0.000        | 11.152<br>77.720%  | 1.542                | 0.791<br>5.513%   | *0.000*                | *15.872*        | *1.207*           | *0.316*      |
| 999234<br>Honey Dijon Aioli                         | 24002 | 1.5 oz       | \$0.529 | 182.457                     | 1.607<br>7.929%                   | 913.529                     | 10.518<br>23.059% | 11.784<br>58.128% | 0.000         | 10.698       | 10.610<br>23.261%  | 0.070                | 0.056<br>0.123%   | *0.000*                | 1.061           | 0.065             | 0.081        |
| 999232<br>Honey Lime Corn                           | 24002 | 4 oz         | \$0.365 | 183.074                     | 1.841<br>9.049%                   | 109.737                     | 3.013<br>6.583%   | 12.264<br>60.292% | 0.000         | 5.769        | 18.631<br>40.707%  | 1.929                | 2.645<br>5.779%   | *0.000*                | 7.304           | 5.664             | 0.538        |
| 999233<br>Honey Lime Corn                           | 24002 | 6 oz         | \$0.548 | 274.611                     | 2.761<br>9.049%                   | 164.606                     | 4.520<br>6.584%   | 18.397<br>60.292% | 0.000         | 8.654        | 27.946<br>40.707%  | 2.894                | 3.968<br>5.780%   | *0.000*                | 10.956          | 8.496             | 0.807        |
| 1038<br>Honey Lime Dressing                         | 24002 | 1 oz         | \$0.207 | 220.998                     | 3.485<br>14.194%                  | 214.525                     | 1.903<br>3.444%   | 23.242<br>94.652% | 0.000         | 11.538       | 3.102<br>5.614%    | 0.394                | 0.309<br>0.559%   | *0.000*                | 8.010           | 0.771             | 0.384        |
| 999253<br>Honey Lime Dressing                       | 24002 | 0.5 oz       | \$0.103 | 110.499                     | 1.743<br>14.194%                  | 107.263                     | 0.951<br>3.443%   | 11.621<br>94.652% | 0.000         | 5.769        | 1.551<br>5.614%    | 0.197                | 0.154<br>0.557%   | *0.000*                | 4.005           | 0.386             | 0.192        |
| 927<br>Honey PC                                     | 24003 | 1 ea         | \$0.093 | 25.000                      | 0.000<br>0.000%                   | 0.000                       | 7.000<br>112.000% | 0.000<br>0.000%   | 0.000         | 0.000        | 7.000<br>112.000%  | 0.000                | 0.000<br>0.000%   | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 990434<br>Honeydew                                  | 24001 | 4 oz         | \$0.577 | 66.651                      | 0.070<br>0.951%                   | 33.326                      | 15.034<br>90.225% | 0.259<br>3.500%   | 0.000         | 0.000        | 16.830<br>101.001% | 1.481                | 1.000<br>6.001%   | *N/A*                  | 11.109          | 33.326            | 0.315        |
| 990436<br>Honeydew                                  | 24001 | 8 oz         | \$1.154 | 133.301                     | 0.141<br>0.950%                   | 66.651                      | 30.067<br>90.223% | 0.518<br>3.500%   | 0.000         | 0.000        | 33.659<br>101.000% | 2.962                | 2.000<br>6.001%   | *N/A*                  | 22.217          | 66.651            | 0.629        |
| 991028<br>Hot Honey Chicken Drum                    | 24001 | 1 ea         | \$0.790 | 306.060                     | 3.450<br>10.144%                  | 446.541                     | 17.418<br>22.764% | 12.904<br>37.944% | 0.066         | 128.944      | 18.036<br>23.572%  | 0.134                | 25.480<br>33.301% | *0.000*                | 14.102          | 0.149             | 1.121        |
| 991041<br>Hot Honey Chicken Drum                    | 24001 | 2 ea         | \$1.580 | 612.120                     | 6.900<br>10.144%                  | 893.082                     | 34.835<br>22.764% | 25.807<br>37.944% | 0.132         | 257.887      | 36.072<br>23.572%  | 0.268                | 50.960<br>33.301% | *0.000*                | 28.204          | 0.298             | 2.243        |
| 999110<br>Hot Honey Chicken Drum<br>COMMUNITY MEALS | ENT   | 1 ea         | \$0.784 | 403.844                     | 4.943<br>11.017%                  | 510.921                     | 17.418<br>17.252% | 18.491<br>41.209% | 0.094         | 184.820      | 18.103<br>17.930%  | 0.134                | 36.461<br>36.114% | *0.000*                | 18.961          | 0.149             | 1.552        |
| 999249<br>Hot Honey Chicken Thigh                   | 24001 | 1 ea         | \$0.819 | 358.719                     | 6.350<br>15.932%                  | 371.383                     | 15.834<br>17.656% | 21.165<br>53.102% | 0.000         | 132.231      | 19.430<br>21.666%  | 0.122                | 21.284<br>23.733% | *0.000*                | 76.676          | 0.136             | 1.173        |
| 991029<br>Hot Honey Veggie Chik'n<br>Nuggets        | 24001 | 5 ea         | \$1.608 | 448.448                     | 0.597<br>1.199%                   | 1223.786                    | 47.592<br>42.450% | 9.556<br>19.177%  | 0.000         | 0.000        | 68.056<br>60.704%  | 4.891                | 18.086<br>16.132% | *N/A*                  | 87.001          | 0.282             | 3.701        |
| 604<br>Hot Sauce                                    | 24003 | 1 ea         | \$0.081 | 2.000                       | 0.000<br>0.000%                   | 92.000                      | 0.000<br>0.000%   | 0.000<br>0.000%   | 0.000         | 0.000        | 0.000<br>0.000%    | 0.300                | 0.000<br>0.000%   | *N/A*                  | 0.000           | 0.000             | 0.000        |

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## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                            | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat<br>(g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|------------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990044<br>House Honey Mustard Dressing               | 24002 | 1 oz         | \$0.125 | 160.287                     | 2.408<br>13.521%                  | 126.994                     | 4.035<br>10.069%    | 16.054<br>90.139% | 0.000            | 8.027        | 4.048<br>10.103%  | 0.010                | 0.015<br>0.037%   | *N/A*                  | 1.372           | 0.025             | 0.044        |
| 680<br>House Italian Dressing                        | 24002 | 1 oz         | \$0.127 | 135.242                     | 1.997<br>13.286%                  | 32.860                      | *0.389*<br>*1.151%* | 13.912<br>92.579% | *0.000*          | 0.000        | 0.929<br>2.746%   | 0.300                | 0.105<br>0.311%   | *0.000*                | *13.781*        | *0.359*           | *0.436*      |
| 372<br>House Ranch Dressing                          | 24002 | 1 oz         | \$0.087 | 71.278                      | 2.121<br>26.781%                  | 102.831                     | 1.687<br>9.467%     | 6.479<br>81.813%  | 0.000            | 10.566       | 1.901<br>10.668%  | 0.057                | 0.714<br>4.007%   | *0.000*                | 22.752          | 1.223             | 0.035        |
| 999291<br>House Salad                                | 24002 | 10 oz        | \$1.491 | 386.257                     | 6.639<br>15.469%                  | 520.938                     | 3.832<br>3.968%     | 14.099<br>32.850% | 0.000            | 59.662       | 38.709<br>40.086% | 13.219               | 28.630<br>29.649% | *0.000*                | *271.598*       | *14.433*          | *4.129*      |
| 990342<br>House Tomato Sauce                         | 24002 | 1 oz         | \$0.088 | 36.315                      | 0.331<br>8.206%                   | 88.096                      | 2.116<br>23.307%    | 2.305<br>57.115%  | 0.000            | 0.000        | 3.499<br>38.545%  | 0.794                | 0.807<br>8.889%   | *0.000*                | *13.198*        | *2.021*           | *0.352*      |
| 990344<br>House Tomato Sauce                         | 24002 | 4 oz         | \$0.352 | 145.261                     | 1.325<br>8.206%                   | 352.382                     | 8.466<br>23.313%    | 9.218<br>57.114%  | 0.000            | 0.000        | 13.998<br>38.545% | 3.176                | 3.228<br>8.889%   | *0.000*                | *52.794*        | *8.084*           | *1.408*      |
| 990598<br>House Tomato Sauce                         | 24002 | 2 oz         | \$0.176 | 72.630                      | 0.662<br>8.206%                   | 176.191                     | 4.233<br>23.313%    | 4.609<br>57.115%  | 0.000            | 0.000        | 6.999<br>38.546%  | 1.588                | 1.614<br>8.889%   | *0.000*                | *26.397*        | *4.042*           | *0.704*      |
| 990563<br>Hummus Dip                                 | 24002 | 4 oz         | \$0.376 | 272.343                     | 1.946<br>6.430%                   | 544.419                     | *4.363*<br>*6.408%* | 14.375<br>47.503% | *0.000*          | 0.000        | 27.922<br>41.009% | 7.385                | 10.279<br>15.097% | *0.000*                | *75.984*        | *4.115*           | *3.188*      |
| 990442<br>Italian Dressing Packet                    | 24003 | 1 ea         | \$0.081 | 20.000                      | 0.000<br>0.000%                   | 130.000                     | 1.000<br>20.000%    | 2.000<br>90.000%  | 0.000            | 0.000        | 1.000<br>20.000%  | 0.000                | 0.000<br>0.000%   | *N/A*                  | 0.000           | *N/A*             | 0.000        |
| 2<br>Jamaican Jerk Chicken Diced                     | 24002 | 3 oz         | \$0.439 | 157.652                     | 1.150<br>6.563%                   | 289.265                     | 2.784<br>7.064%     | 7.253<br>41.407%  | *0.000*          | 57.119       | 5.114<br>12.976%  | 0.715                | 18.195<br>46.165% | *0.000*                | *24.448*        | *1.034*           | *1.019*      |
| 990634<br>Jamaican Jerk Chicken Drum                 | 24002 | 1 ea         | \$0.642 | 263.008                     | 3.884<br>13.292%                  | 267.378                     | 1.392<br>2.117%     | 15.766<br>53.950% | *0.066*          | 128.944      | 2.711<br>4.123%   | 0.358                | 25.635<br>38.987% | *0.000*                | *21.871*        | *0.517*           | *1.368*      |
| 990700<br>Jamaican Jerk Chicken Drum                 | 24002 | 2 ea         | \$1.436 | 600.729                     | 8.644<br>12.951%                  | 772.380                     | 5.569<br>3.708%     | 37.275<br>55.845% | *0.132*          | 257.887      | 10.537<br>7.016%  | 1.430                | 51.860<br>34.531% | *0.000*                | *65.061*        | *2.067*           | *3.481*      |
| 999010<br>Jamaican Jerk Chicken Drum COMMUNITY MEALS | 24002 | 1 ea         | \$0.712 | 398.148                     | 5.816<br>13.146%                  | 450.569                     | 2.784<br>2.797%     | 24.225<br>54.760% | *0.094*          | 184.820      | 5.335<br>5.360%   | 0.715                | 36.911<br>37.083% | *0.000*                | *37.389*        | *1.034*           | *2.171*      |
| 999159<br>Jamaican Jerk Marinade                     | 24002 | 1 oz         | \$0.152 | 74.713                      | 0.876<br>10.549%                  | 237.624                     | 2.784<br>14.905%    | 5.743<br>69.182%  | *0.000*          | 0.000        | 5.114<br>27.380%  | 0.715                | 0.590<br>3.159%   | *0.000*                | *21.318*        | *1.034*           | *0.745*      |
| 999161<br>Jamaican Jerk Marinade                     | 24002 | 2 oz         | \$0.304 | 149.426                     | 1.751<br>10.549%                  | 475.249                     | 5.569<br>14.908%    | 11.486<br>69.183% | *0.000*          | 0.000        | 10.228<br>27.380% | 1.430                | 1.180<br>3.159%   | *0.000*                | *42.636*        | *2.067*           | *1.491*      |
| 990642<br>Jamaican Jerk Tofu                         | 24002 | 4 oz         | \$1.134 | 177.438                     | 0.876<br>4.442%                   | 252.299                     | 2.784<br>6.276%     | 10.879<br>55.182% | *0.000*          | 0.000        | 8.049<br>18.145%  | 3.650                | 12.330<br>27.796% | *0.000*                | *212.093*       | *1.034*           | *2.858*      |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                                | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)      | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|--------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990876<br>Jazzy Black Eyed Peas                          | 24002 | 4 oz         | \$0.403 | 123.099                     | 0.648<br>4.734%                   | 209.479                     | 2.104<br>6.837%    | 5.328<br>38.951%  | 0.000         | 0.000        | 14.343<br>46.606% | 3.542                | 5.088<br>16.533%  | *0.000*                | *20.699*        | *6.472*           | *1.605*      |
| 990484<br>Jazzy Black Eyed Peas<br>(Canned) - .25 C      | VEG   | .25 C        | \$0.203 | 61.524                      | 0.324<br>4.737%                   | 104.784                     | 1.054<br>6.853%    | 2.664<br>38.976%  | 0.000         | 0.000        | 7.165<br>46.581%  | 1.773                | 2.545<br>16.546%  | *0.000*                | *10.485*        | *3.356*           | *0.807*      |
| 605<br>Jollof Rice                                       | 24002 | 4 oz         | \$0.236 | 158.675                     | 0.260<br>1.472%                   | 151.042                     | 3.023<br>7.621%    | 2.733<br>15.499%  | 0.000         | 0.000        | 29.309<br>73.885% | 3.330                | 4.260<br>10.739%  | *0.000*                | *18.421*        | *19.697*          | *1.423*      |
| 990389<br>Jollof Rice                                    | 24002 | 8 oz         | \$0.471 | 317.350                     | 0.519<br>1.472%                   | 302.084                     | 6.046<br>7.621%    | 5.465<br>15.499%  | 0.000         | 0.000        | 58.619<br>73.885% | 6.660                | 8.520<br>10.739%  | *0.000*                | *36.842*        | *39.394*          | *2.846*      |
| 990426<br>Kellogg Whole Grain<br>Granola                 | 24003 | 3 oz         | \$0.464 | 150.000                     | 0.000<br>0.000%                   | 63.750                      | 10.500<br>28.000%  | 1.875<br>11.250%  | 0.000         | 0.000        | 32.250<br>86.000% | 3.000                | 3.000<br>8.000%   | *N/A*                  | 7.500           | 0.000             | 1.125        |
| 556<br>Ketchup   | 24003 | 1 ea         | \$0.035 | 10.000                      | 0.000<br>0.000%                   | 90.000                      | 2.000<br>80.000%   | 0.000<br>0.000%   | 0.000         | 0.000        | 2.000<br>80.000%  | 0.000                | 0.000<br>0.000%   | 0.000                  | 0.000           | 0.000             | 0.000        |
| 990613<br>Ketchup  | SC    | 2 each       | \$0.069 | 20.000                      | 0.000<br>0.000%                   | 180.000                     | 4.000<br>80.000%   | 0.000<br>0.000%   | 0.000         | 0.000        | 4.000<br>80.000%  | 0.000                | 0.000<br>0.000%   | 0.000                  | 0.000           | 0.000             | 0.000        |
| 1022<br>Kidney Beans                                     | 24001 | 2 oz         | \$0.239 | 65.003                      | 0.000<br>0.000%                   | 195.010                     | 0.542<br>3.335%    | 0.000<br>0.000%   | 0.000         | 0.000        | 11.917<br>73.334% | 4.875                | 4.875<br>29.999%  | *N/A*                  | 30.335          | *N/A*             | 1.625        |
| 999184<br>Lamb Shepherd's Pie                            | ENT   | 3 oz         | \$0.116 | 303.179                     | 9.534<br>28.302%                  | 334.749                     | *1.424*<br>*1.879* | 23.856<br>70.818% | 0.712         | 65.551       | 5.472<br>7.220%   | 0.689                | 15.521<br>20.478% | *0.000*                | *31.394*        | *3.720*           | *1.863*      |
| 999209<br>Land O Lakes Ultimate<br>Jalapeno Cheese Sauce | ENT   | 2 oz         | \$0.243 | 91.450                      | 3.658<br>36.000%                  | 265.205                     | 0.000<br>0.000%    | 6.402<br>63.000%  | 0.000         | 18.290       | 2.744<br>12.000%  | 0.000                | 4.572<br>19.998%  | *N/A*                  | 145.406         | *N/A*             | 0.000        |
| 990985<br>Large Blueberry Chex                           | 24003 | 1 ea         | \$0.598 | 240.000                     | 0.500<br>1.875%                   | 320.000                     | 11.000<br>18.333%  | 5.000<br>18.750%  | 0.000         | 0.000        | 46.000<br>76.667% | 1.000                | 3.000<br>5.000%   | *N/A*                  | 325.000         | 23.000            | 32.000       |
| 990984<br>Large Cinnamon Chex                            | 24003 | 1 ea         | \$0.598 | 230.000                     | 0.500<br>1.957%                   | 340.000                     | 12.000<br>20.870%  | 5.000<br>19.565%  | 0.000         | 0.000        | 46.000<br>80.000% | 3.000                | 3.000<br>5.217%   | *N/A*                  | 325.000         | 23.000            | 27.000       |
| 999213<br>Large Cinnamon Toasters<br>Cereal              | 24003 | 1 ea         | \$0.735 | 240.000                     | 0.500<br>1.875%                   | 300.000                     | 12.000<br>20.000%  | 8.000<br>30.000%  | 0.000         | 0.000        | 43.000<br>71.667% | 3.000                | 3.000<br>5.000%   | 0.000                  | 15.000          | 0.000             | 45.000       |
| 999116<br>Large FRESH Blueberry<br>Parfait               | BRKFS | 1 ea         | \$2.288 | 386.007                     | 1.722<br>4.015%                   | 147.143                     | 35.591<br>36.881%  | 11.629<br>27.113% | 0.000         | 6.670        | 65.070<br>67.429% | 5.684                | 8.835<br>9.155%   | *N/A*                  | 182.580         | 188.222           | 2.857        |
| 999098<br>Large FROZEN Blueberry<br>Parfait              | 24001 | 1 ea         | \$1.770 | 403.594                     | 1.880<br>4.193%                   | 153.118                     | 35.300<br>34.986%  | 13.356<br>29.784% | 0.000         | 6.670        | 65.230<br>64.649% | 6.745                | 8.722<br>8.644%   | *0.000*                | 185.641         | 177.496           | 3.007        |
| 991012<br>Large Honey Bunches of<br>Oats                 | 24003 | 1 ea         | \$0.818 | 210.000                     | 0.000<br>0.000%                   | 130.000                     | 11.000<br>20.952%  | 2.500<br>10.714%  | 0.000         | 0.000        | 45.000<br>85.714% | 4.000                | 4.000<br>7.619%   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                 | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 991024<br>Large Mixed Berry Parfait       | 24001 | 1 ea         | \$2.255 | 395.902                     | 1.680<br>3.818%                   | 145.619                     | 31.468<br>31.794%   | 11.125<br>25.291% | 0.000         | 6.670        | 65.103<br>65.777% | 6.174                | 9.090<br>9.184%   | *N/A*                  | 214.919         | *173.432*         | 3.813        |
| 991023<br>Large Strawberry Parfait        | 24001 | 1 ea         | \$2.411 | 388.110                     | 1.680<br>3.895%                   | 145.619                     | 31.086<br>32.038%   | 11.125<br>25.799% | 0.000         | 6.670        | 66.120<br>68.145% | 7.366                | 8.472<br>8.732%   | *N/A*                  | 173.432         | 276.685           | 3.765        |
| 991010<br>Large Strawberry Shredded Wheat | 24003 | 1 ea         | \$0.565 | 190.000                     | 0.000<br>0.000%                   | 5.000                       | 11.000<br>23.158%   | 1.000<br>4.737%   | 0.000         | 0.000        | 46.000<br>96.842% | 6.000                | 5.000<br>10.526%  | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999044<br>Lemon Garlic Dressing           | 24002 | 1 oz         | \$0.128 | 163.917                     | 2.448<br>13.440%                  | 240.857                     | 0.169<br>0.412%     | 17.114<br>93.964% | 0.000         | 0.000        | 1.305<br>3.183%   | 0.162                | 0.220<br>0.537%   | *0.000*                | *1.780*         | *1.345*           | *0.066*      |
| 999194<br>Lemon Garlic Dressing           | 24002 | 0.5 oz       | \$0.064 | 81.958                      | 1.224<br>13.441%                  | 120.428                     | 0.084<br>0.410%     | 8.557<br>93.964%  | 0.000         | 0.000        | 0.652<br>3.184%   | 0.081                | 0.110<br>0.537%   | *0.000*                | *0.890*         | *0.672*           | *0.033*      |
| 990779<br>Lemon Garlic Kale Salad         | 24002 | 8 oz         | \$0.228 | 181.706                     | 2.538<br>12.573%                  | 267.794                     | 0.672<br>1.479%     | 17.871<br>88.516% | 0.000         | 0.000        | 3.551<br>7.817%   | 2.246                | 1.704<br>3.751%   | *0.000*                | *130.875*       | *48.816*          | *0.879*      |
| 990780<br>Lemon Garlic Kale Salad         | 24002 | 4 oz         | \$0.114 | 90.853                      | 1.269<br>12.573%                  | 133.898                     | 0.336<br>1.479%     | 8.936<br>88.516%  | 0.000         | 0.000        | 1.776<br>7.817%   | 1.123                | 0.852<br>3.751%   | *0.000*                | *65.443*        | *24.409*          | *0.440*      |
| 999206<br>Lemon Parmesan Green Beans      | 24002 | 4 oz         | \$0.079 | 74.070                      | 1.143<br>13.886%                  | 378.303                     | *0.443*<br>*2.392%* | 6.234<br>75.748%  | *0.000*       | 1.750        | 3.424<br>18.488%  | 1.330                | 1.392<br>7.517%   | *0.000*                | *28.925*        | *1.808*           | *0.606*      |
| 993<br>Lemon Parmesan Kale                | 24002 | 8 oz         | \$0.258 | 141.050                     | 2.377<br>15.168%                  | 234.336                     | 1.388<br>3.936%     | 13.234<br>84.439% | 0.000         | 3.500        | 4.106<br>11.644%  | 2.257                | 3.024<br>8.576%   | *0.000*                | *132.046*       | *49.847*          | *0.857*      |
| 990073<br>Lemon Parmesan Kale             | 24002 | 4 oz         | \$0.129 | 70.488                      | 1.188<br>15.169%                  | 117.168                     | 0.695<br>3.944%     | 6.613<br>84.433%  | 0.000         | 1.750        | 2.053<br>11.650%  | 1.129                | 1.512<br>8.580%   | *0.000*                | *66.022*        | *24.923*          | *0.429*      |
| 999195<br>Lemon Parmesan Kale Dressing    | 24002 | 1 oz         | \$0.118 | 109.260                     | 1.587<br>13.069%                  | 158.396                     | 0.885<br>3.240%     | 11.076<br>91.236% | 0.000         | 0.000        | 1.859<br>6.807%   | 0.173                | 0.140<br>0.513%   | *0.000*                | *2.939*         | *2.372*           | *0.044*      |
| 999196<br>Lemon Parmesan Kale Dressing    | 24002 | 0.5 oz       | \$0.059 | 54.593                      | 0.793<br>13.070%                  | 79.198                      | 0.443<br>3.246%     | 5.534<br>91.233%  | 0.000         | 0.000        | 0.930<br>6.811%   | 0.087                | 0.070<br>0.513%   | *0.000*                | *1.469*         | *1.186*           | *0.022*      |
| 999139<br>Lentil Bolognese                | 24002 | 6 oz         | \$0.419 | 205.262                     | 0.342<br>1.500%                   | 733.389                     | 8.865<br>17.275%    | 2.346<br>10.286%  | 0.000         | 0.000        | 36.310<br>70.757% | 6.547                | 12.494<br>24.347% | *0.000*                | *49.290*        | *4.290*           | *2.879*      |
| 999182<br>Lentil Picadillo                | ENT   | 6 oz         | \$0.302 | 178.695                     | 0.449<br>2.259%                   | 177.210                     | *2.498*<br>*5.592%* | 3.449<br>17.372%  | *0.000*       | 0.000        | 28.103<br>62.907% | 5.433                | 9.927<br>22.221%  | *0.000*                | *36.299*        | *9.257*           | *3.190*      |
| 797<br>Lentil Shepherd's Pie              | 24002 | 5 oz         | \$0.275 | 187.208                     | 0.477<br>2.295%                   | 461.425                     | 2.186<br>4.671%     | 3.680<br>17.691%  | 0.000         | 0.000        | 29.339<br>62.688% | 4.775                | 10.149<br>21.685% | *0.000*                | *27.624*        | *4.315*           | *2.766*      |
| 990666<br>Lentil Sloppy Joe on WW Bun     | 24002 | 1 ea         | \$0.628 | 326.947                     | 0.912<br>2.512%                   | 1105.215                    | 10.618<br>12.990%   | 4.797<br>13.206%  | 0.000         | 0.000        | 59.531<br>72.832% | 7.756                | 14.426<br>17.649% | *0.000*                | *43.578*        | *9.122*           | *4.274*      |

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name              | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999255<br>Lentils                      | 24002 | 4 oz         | \$0.193 | 165.991                     | 0.538<br>2.918%                   | 65.846                      | 1.155<br>2.783%   | 3.717<br>20.155%  | 0.000         | 0.000        | 24.662<br>59.430% | 4.329<br>22.495%     | 9.335<br>22.495%  | *0.000*                | *19.021*        | *6.234*           | *2.542*      |
| 982<br>Lettuce & Tomato                | 24001 | 2 oz         | \$0.098 | 7.157                       | 0.013<br>1.635%                   | 2.463                       | 0.858<br>47.953%  | 0.096<br>12.022%  | 0.000         | 0.000        | 1.491<br>83.331%  | 0.617<br>22.803%     | 0.408<br>22.803%  | *0.000*                | 7.390           | 4.152             | 0.211        |
| 990954<br>Lettuce & Tomato             | VEG   | .125 C       | \$0.049 | 3.585                       | 0.007<br>1.632%                   | 1.234                       | 0.430<br>47.978%  | 0.048<br>12.025%  | 0.000         | 0.000        | 0.747<br>83.336%  | 0.309<br>22.762%     | 0.204<br>22.762%  | *0.000*                | 3.701           | 2.080             | 0.106        |
| 990987<br>Lettuce & Tomato             | 24001 | 4 oz         | \$0.196 | 14.309                      | 0.026<br>1.629%                   | 4.923                       | 1.716<br>47.970%  | 0.191<br>12.020%  | 0.000         | 0.000        | 2.981<br>83.338%  | 1.234<br>22.783%     | 0.815<br>22.783%  | *0.000*                | 14.766          | 8.304             | 0.422        |
| 990427<br>Light Cream Cheese           | 24004 | 1 ea         | \$0.234 | 50.625                      | 3.038<br>54.000%                  | 141.750                     | 1.012<br>7.996%   | 4.556<br>80.999%  | 0.000         | 15.188       | 2.025<br>16.000%  | 0.000<br>3.002%      | 0.380<br>3.002%   | *N/A*                  | *N/A*           | 0.000             | 0.000        |
| 652<br>Light Mayonnaise                | 24003 | 1 ea         | \$0.155 | 30.000                      | 1.500<br>45.000%                  | 110.000                     | 0.000<br>0.000%   | 3.000<br>90.000%  | 0.000         | 0.000        | 0.000<br>0.000%   | 0.000<br>0.000%      | 0.000<br>0.000%   | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 999079<br>Little Sesame Hummus Cup     | 24004 | 1 ea         | \$0.550 | 160.000                     | 2.000<br>11.250%                  | 220.000                     | 1.000<br>2.500%   | 12.000<br>67.500% | 0.000         | 0.000        | 7.000<br>17.500%  | 4.000<br>10.000%     | 4.000<br>10.000%  | *N/A*                  | 26.000          | *N/A*             | 1.080        |
| 999171<br>Lo Mein Sauce                | 24002 | 0.5 oz       | \$0.039 | 13.850                      | 0.002<br>0.110%                   | 205.951                     | 2.012<br>58.108%  | 0.006<br>0.364%   | 0.000         | 0.000        | 3.017<br>87.122%  | 0.044<br>11.148%     | 0.386<br>11.148%  | *0.000*                | 2.333           | 0.098             | 0.040        |
| 999180<br>Lo Mein Sauce                | 24002 | 1 oz         | \$0.078 | 27.701                      | 0.004<br>0.114%                   | 411.903                     | 4.024<br>58.106%  | 0.011<br>0.364%   | 0.000         | 0.000        | 6.033<br>87.119%  | 0.088<br>11.148%     | 0.772<br>11.148%  | *0.000*                | 4.665           | 0.196             | 0.080        |
| 999113<br>Local Cheeseburger on WW Bun | 24001 | 1 ea         | \$1.365 | 384.838                     | 6.983<br>16.331%                  | 428.353                     | 2.042<br>2.122%   | 16.236<br>37.970% | 0.338         | 89.957       | 27.530<br>28.614% | 3.146<br>34.649%     | 33.336<br>34.649% | *0.000*                | 136.865         | *0.054*           | 3.973        |
| 990351<br>Low Fat Sour Cream           | 24004 | 1 oz         | \$0.087 | 57.500                      | 3.354<br>52.501%                  | 14.375                      | 0.958<br>6.664%   | 4.792<br>75.001%  | 0.000         | 19.167       | 0.958<br>6.666%   | 0.000<br>6.664%      | 0.958<br>6.664%   | *N/A*                  | 28.750          | 2.012             | 0.000        |
| 990946<br>Low Fat Vanilla Yogurt       | 24004 | 6 oz         | \$0.607 | 160.091                     | 1.001<br>5.625%                   | 150.086                     | 23.013<br>57.500% | 1.501<br>8.438%   | 0.000         | 10.006       | 28.016<br>70.000% | 0.000<br>17.500%     | 7.004<br>17.500%  | *N/A*                  | 260.148         | 260.148           | 0.000        |
| 990947<br>Low Fat Vanilla Yogurt       | 24004 | 4 oz         | \$0.405 | 106.728                     | 0.667<br>5.625%                   | 100.057                     | 15.342<br>57.499% | 1.001<br>8.438%   | 0.000         | 6.670        | 18.677<br>70.000% | 0.000<br>17.499%     | 4.669<br>17.499%  | *N/A*                  | 173.432         | 173.432           | 0.000        |
| 991046<br>Malt-O-Meal Cinnamon Granola | 24003 | 3 oz         | \$0.214 | 129.924                     | 0.500<br>3.461%                   | 59.965                      | 6.496<br>19.999%  | 3.498<br>24.231%  | 0.000         | 0.000        | 22.487<br>69.231% | 1.999<br>7.694%      | 2.499<br>7.694%   | 0.000                  | 14.991          | 0.000             | 0.899        |
| 999173<br>Mandarin Oranges             | 24001 | 2 oz         | \$0.363 | 21.458                      | 0.002<br>0.101%                   | 2.682                       | 4.646<br>86.606%  | 0.024<br>0.998%   | 0.000         | 0.000        | 5.299<br>98.779%  | 0.685<br>7.885%      | 0.423<br>7.885%   | *N/A*                  | 6.855           | 19.104            | 0.152        |
| 1064<br>Mandarin Oranges**             | 24001 | 8 oz         | \$1.453 | 85.833                      | 0.010<br>0.100%                   | 10.729                      | 18.585<br>86.610% | 0.095<br>1.000%   | 0.000         | 0.000        | 21.196<br>98.777% | 2.742<br>7.890%      | 1.693<br>7.890%   | *N/A*                  | 27.419          | 76.415            | 0.608        |
| 1063<br>Mandarin Oranges**             | 24001 | 4 oz         | \$0.727 | 42.916                      | 0.005<br>0.101%                   | 5.365                       | 9.293<br>86.616%  | 0.048<br>1.000%   | 0.000         | 0.000        | 10.598<br>98.778% | 1.371<br>7.885%      | 0.846<br>7.885%   | *N/A*                  | 13.709          | 38.207            | 0.304        |

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name              | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat<br>(g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|------------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 779<br>Mashed Cauliflower              | VEG   | 4 oz         | \$0.607 | 128.824                     | 5.299<br>37.023%                  | 241.543                     | 3.136<br>9.737%     | 9.822<br>68.618%  | *0.000*          | 23.031       | 8.017<br>24.892%  | 2.964                | 5.716<br>17.748%  | *0.000*                | *48.333*        | *71.055*          | *0.643*      |
| 682<br>Mashed Potatoes                 | 24002 | 4 oz         | \$0.116 | 97.100                      | 1.395<br>12.930%                  | 226.538                     | *0.622*<br>*2.562%* | 3.394<br>31.454%  | 0.005            | 5.269        | 14.184<br>58.431% | 2.740                | 3.233<br>13.318%  | *0.000*                | *49.360*        | *12.312*          | *3.515*      |
| 1089<br>Mashed Potatoes                | 24002 | 2 oz         | \$0.058 | 48.550                      | 0.698<br>12.930%                  | 113.269                     | *0.311*<br>*2.562%* | 1.697<br>31.455%  | 0.002            | 2.634        | 7.092<br>58.431%  | 1.370                | 1.616<br>13.314%  | *0.000*                | *24.680*        | *6.156*           | *1.758*      |
| 999220<br>Mashed Potatoes              | 24002 | 6 oz         | \$0.174 | 145.650                     | 2.093<br>12.930%                  | 339.807                     | *0.933*<br>*2.562%* | 5.090<br>31.453%  | 0.007            | 7.904        | 21.276<br>58.431% | 4.110                | 4.850<br>13.320%  | *0.000*                | *74.040*        | *18.468*          | *5.272*      |
| 990560<br>Mediterranean Chicken Wrap   | 24002 | 1 ea         | \$0.791 | 386.277                     | 2.971<br>6.923%                   | 819.229                     | *4.662*<br>*4.828%* | 17.750<br>41.355% | 0.000            | 63.011       | 32.868<br>34.035% | 3.880                | 24.954<br>25.841% | *0.000*                | 53.276          | *5.188*           | 2.111        |
| 990271<br>Mediterranean Chickpea Salad | 24002 | 4 oz         | \$0.385 | 121.728                     | 0.416<br>3.075%                   | 337.547                     | 3.522<br>11.573%    | 4.226<br>31.246%  | 0.000            | 0.000        | 16.747<br>55.030% | 0.435                | 5.021<br>16.499%  | *0.000*                | *20.795*        | *12.133*          | *1.465*      |
| 990272<br>Mediterranean Chickpea Salad | 24002 | 2 oz         | \$0.283 | 88.524                      | 0.208<br>2.115%                   | 198.561                     | 2.612<br>11.802%    | 2.539<br>25.809%  | 0.000            | 0.000        | 13.054<br>58.986% | 0.218                | 4.000<br>18.074%  | *0.000*                | *15.717*        | *6.066*           | *1.158*      |
| 468<br>Mixed Greens Salad              | 24001 | 8 oz         | \$0.864 | 9.130                       | 0.020<br>2.011%                   | 15.575                      | 0.494<br>21.643%    | 0.129<br>12.706%  | 0.000            | 0.000        | 1.729<br>75.763%  | 1.074                | 0.816<br>35.750%  | *N/A*                  | 25.779          | 5.424             | 0.623        |
| 1148<br>Mixed Greens Salad             | 24001 | 4 oz         | \$0.432 | 4.565                       | 0.010<br>2.011%                   | 7.787                       | 0.247<br>21.643%    | 0.064<br>12.697%  | 0.000            | 0.000        | 0.865<br>75.768%  | 0.537                | 0.408<br>35.750%  | *N/A*                  | 12.889          | 2.712             | 0.311        |
| 999261<br>Mozzarella Cheese Stick      | 24004 | each         | \$0.229 | 80.000                      | 3.000<br>33.750%                  | 20.000                      | 1.000<br>5.000%     | 6.000<br>67.500%  | 20.000           | 200.000      | 1.000<br>5.000%   | 0.000                | 6.000<br>30.000%  | 0.000                  | 220.000         | 0.000             | 0.000        |
| 990882<br>Mushroom Bolognese           | 24002 | 4 oz         | \$0.542 | 76.709                      | 0.072<br>0.841%                   | 290.127                     | 7.340<br>38.275%    | 0.469<br>5.499%   | *0.000*          | 0.000        | 15.139<br>78.941% | 4.351                | 4.609<br>24.034%  | *0.000*                | *36.926*        | *5.786*           | *0.963*      |
| 557<br>Mustard                         | 24003 | 1 ea         | \$0.043 | 0.000                       | 0.000<br>*N/A%*                   | 84.121                      | 0.000<br>*N/A%*     | 0.000<br>*N/A%*   | 0.000            | 0.000        | 0.000<br>*N/A%*   | 0.000                | 0.000<br>*N/A%*   | 0.000                  | 0.000           | 0.000             | 0.000        |
| 990614<br>Mustard                      | SC    | 2 each       | \$0.087 | 0.000                       | 0.000<br>*N/A%*                   | 168.241                     | 0.000<br>*N/A%*     | 0.000<br>*N/A%*   | 0.000            | 0.000        | 0.000<br>*N/A%*   | 0.000                | 0.000<br>*N/A%*   | 0.000                  | 0.000           | 0.000             | 0.000        |
| 145<br>NO SCHOOL TODAY                 | MISC  | X            |         | 0.000                       | 0.000<br>*N/A%*                   | 0.000                       | 0.000<br>*N/A%*     | 0.000<br>*N/A%*   | 0.000            | 0.000        | 0.000<br>*N/A%*   | 0.000                | 0.000<br>*N/A%*   | 0.000                  | 0.000           | 0.000             | 0.000        |
| 999241<br>Nonfat Vanilla Yogurt        | 24001 | 4 oz         | \$0.405 | 80.046                      | 0.000<br>0.000%                   | 73.375                      | 13.341<br>66.667%   | 0.000<br>0.000%   | 0.000            | 3.335        | 16.676<br>83.333% | 0.000                | 3.335<br>16.665%  | 0.000                  | 320.183         | 0.000             | 0.000        |
| 999250<br>Nonfat Vanilla Yogurt        | 24001 | 6 oz         | \$0.607 | 120.068                     | 0.000<br>0.000%                   | 110.063                     | 20.011<br>66.666%   | 0.000<br>0.000%   | 0.000            | 5.003        | 25.014<br>83.334% | 0.000                | 5.003<br>16.667%  | 0.000                  | 480.274         | 0.000             | 0.000        |
| 990703<br>Nonfat Yogurt Cup            | 24001 | 1 ea/4oz     | \$0.418 | 82.500                      | 0.000<br>0.000%                   | 68.750                      | 12.000<br>58.182%   | 0.000<br>0.000%   | 0.000            | 0.000        | 16.000<br>77.576% | 0.000                | 3.000<br>14.545%  | *N/A*                  | 312.500         | 0.300             | 0.000        |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                            | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat<br>(g) | Chol<br>(mg) | Carbs<br>(g)       | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|------------------|--------------|--------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 467<br>Orange Glazed Chicken Diced                   | 24002 | 3 oz         | \$0.553 | 202.957                     | 0.838<br>3.716%                   | 320.905                     | 18.400<br>36.264%   | 5.438<br>24.112%  | 0.000            | 57.119       | 20.423<br>40.251%  | 0.209                | 18.373<br>36.211% | *0.000*                | *23.148*        | *24.242*          | *0.471*      |
| 990641<br>Orange Glazed Tofu                         | 24002 | 4 oz         | \$1.268 | 241.584                     | 0.723<br>2.692%                   | 331.882                     | 18.386<br>30.442%   | 10.180<br>37.923% | 0.000            | 0.000        | 25.059<br>41.491%  | 3.106                | 12.700<br>21.028% | *0.000*                | *209.866*       | *24.207*          | *2.297*      |
| 999037<br>Orange Sauce                               | 24002 | 1 oz         | \$0.249 | 97.944                      | 0.242<br>2.227%                   | 175.434                     | 18.386<br>75.088%   | 1.682<br>15.459%  | 0.000            | 0.000        | 20.132<br>82.217%  | 0.154                | 0.715<br>2.920%   | *0.000*                | *19.052*        | *24.207*          | *0.175*      |
| 135<br>Orange Wedges                                 | 24001 | 3 ea         | \$0.216 | 43.240                      | 0.014<br>0.287%                   | 0.000                       | 8.602<br>79.574%    | 0.110<br>2.298%   | 0.000            | 0.000        | 10.810<br>100.000% | 2.208                | 0.865<br>8.002%   | 0.000                  | 36.800          | 48.944            | 0.092        |
| 812<br>Orange Wedges                                 | 24001 | 6 ea         | \$0.431 | 86.480                      | 0.028<br>0.287%                   | 0.000                       | 17.204<br>79.574%   | 0.221<br>2.298%   | 0.000            | 0.000        | 21.620<br>100.000% | 4.416                | 1.730<br>8.002%   | 0.000                  | 73.600          | 97.888            | 0.184        |
| 999093<br>Original Soy milk                          | 24003 | 8 oz         | \$1.014 | 130.000                     | 0.000<br>0.000%                   | 110.000                     | 11.000<br>33.846%   | 4.500<br>31.154%  | 0.000            | 0.000        | 13.000<br>40.000%  | 2.000                | 8.000<br>24.615%  | *N/A*                  | 300.000         | *N/A*             | 1.100        |
| 999112<br>Oven Fried Chicken Drum<br>COMMUNITY MEALS | ENT   | 1 ea         | \$0.677 | 385.319                     | 4.976<br>11.623%                  | 406.918                     | 0.152<br>0.158%     | 19.397<br>45.306% | *0.094*          | 184.820      | 11.771<br>12.219%  | 1.388                | 38.521<br>39.989% | *0.000*                | 57.205          | 0.422             | 2.737        |
| 990294<br>Oven Fried Plantains                       | 24001 | 6 oz         | \$0.501 | 284.130                     | 0.789<br>2.500%                   | 109.663                     | 37.884<br>53.333%   | 5.525<br>17.500%  | 0.000            | 0.000        | 53.669<br>75.556%  | 3.157                | 3.157<br>4.444%   | *0.000*                | 0.000           | *0.000*           | 1.705        |
| 990296<br>Oven Fried Plantains                       | 24001 | 2 oz         | \$0.167 | 94.710                      | 0.263<br>2.500%                   | 36.554                      | 12.628<br>53.333%   | 1.842<br>17.500%  | 0.000            | 0.000        | 17.890<br>75.556%  | 1.052                | 1.052<br>4.443%   | *0.000*                | 0.000           | *0.000*           | 0.568        |
| 991004<br>Oven Fried Plantains                       | 24001 | 4 oz         | \$0.334 | 189.420                     | 0.526<br>2.500%                   | 73.108                      | 25.256<br>53.333%   | 3.683<br>17.500%  | 0.000            | 0.000        | 35.779<br>75.555%  | 2.105                | 2.105<br>4.445%   | *0.000*                | 0.000           | *0.000*           | 1.137        |
| 999040<br>PACKAGING (REPLACE<br>RECIPE)              | 24003 | N/A          |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*     | *N/A*<br>*N/A%*   | *N/A*            | *N/A*        | *N/A*<br>*N/A%*    | *N/A*                | *N/A*<br>*N/A%*   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999258<br>Panko Crusted Chicken                      | 24002 | 1 tender     | \$1.187 | 509.266                     | 3.244<br>5.733%                   | 535.289                     | 0.024<br>0.019%     | 12.106<br>21.393% | *0.000*          | 475.053      | 33.536<br>26.340%  | 2.194                | 62.337<br>48.962% | *N/A*                  | 151.920         | *5.942*           | 5.957        |
| 990224<br>Parmesan Butternut Squash                  | 24002 | 4 oz         | \$0.326 | 126.691                     | 1.583<br>11.247%                  | 132.704                     | *0.001*<br>*0.003%* | 6.807<br>48.353%  | *0.000*          | 4.375        | 15.630<br>49.348%  | 2.442                | 3.678<br>11.613%  | *0.000*                | *49.141*        | *18.606*          | *1.057*      |
| 990225<br>Parmesan Butternut Squash                  | 24002 | 2 oz         | \$0.163 | 63.340                      | 0.791<br>11.245%                  | 66.348                      | *0.001*<br>*0.006%* | 3.402<br>48.336%  | *0.000*          | 2.188        | 7.817<br>49.365%   | 1.222                | 1.839<br>11.614%  | *0.000*                | *24.577*        | *9.306*           | *0.529*      |
| 990247<br>Parmesan Cheese                            | 24003 | 1 oz         | \$0.110 | 37.739                      | 1.887<br>44.999%                  | 132.086                     | 0.000<br>0.000%     | 3.774<br>90.000%  | 0.000            | 9.435        | 0.000<br>0.000%    | 0.000                | 3.774<br>40.001%  | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 137<br>Parmesan Cream Dressing                       | 24002 | 1 oz         | \$0.220 | 159.479                     | 4.599<br>25.955%                  | 231.040                     | 0.822<br>2.062%     | 16.318<br>92.086% | *0.000*          | 21.038       | 1.159<br>2.907%    | 0.030                | 4.233<br>10.617%  | *N/A*                  | *20.010*        | *1.126*           | *0.089*      |
| 999000<br>Pasta (REPLACE RECIPE)                     | ENT   | 8 oz         |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*     | *N/A*<br>*N/A%*   | *N/A*            | *N/A*        | *N/A*<br>*N/A%*    | *N/A*                | *N/A*<br>*N/A%*   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                          | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990754<br>Pasta Salad w/ Parmesan & Chickpea       | 24002 | 12 oz        | \$0.815 | 300.521                     | 3.184<br>9.534%                   | 413.521                     | 4.216<br>5.612%     | 10.228<br>30.629% | 0.000         | 14.175       | 45.097<br>60.026% | 6.292                | 16.223<br>21.593% | *0.000*                | *44.697*        | *5.194*           | *2.969*      |
| 990924<br>Pasta, Variety                           | 24002 | 1 portion    |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*               | *N/A*             | *N/A*         | *N/A*        | *N/A*             | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999015<br>Peach Cobbler                            | 24002 | 5 oz         | \$0.976 | 237.384                     | 5.676<br>21.519%                  | 119.976                     | 11.176<br>18.832%   | 11.174<br>42.363% | *0.000*       | 13.000       | 31.412<br>52.930% | 1.905                | 2.072<br>3.491%   | *0.000*                | *2.613*         | *0.006*           | *0.080*      |
| 999097<br>Peach Cup                                | 24003 | 1 each       | \$0.612 | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*               | *N/A*             | *N/A*         | *N/A*        | *N/A*             | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990300<br>Penne Pasta with Alfredo Sauce           | 24001 | 4 oz         | \$0.256 | 160.436                     | 2.595<br>14.556%                  | 240.660                     | 1.234<br>3.077%     | 6.483<br>36.369%  | 0.000         | 10.426       | 20.120<br>50.163% | 3.316                | 7.186<br>17.916%  | *0.000*                | *118.847*       | *0.001*           | *0.892*      |
| 999042<br>Penne Pasta with Alfredo Sauce           | 24002 | 8 oz         | \$0.511 | 320.871                     | 5.190<br>14.556%                  | 481.320                     | 2.468<br>3.077%     | 12.967<br>36.369% | 0.000         | 20.851       | 40.240<br>50.163% | 6.633                | 14.372<br>17.916% | *0.000*                | *237.695*       | *0.002*           | *1.785*      |
| 991042<br>Pepperoni Pizza                          | 24001 | 2 slice      | \$2.250 | 579.875                     | 10.331<br>16.035%                 | 1249.312                    | 6.331<br>4.367%     | 22.994<br>35.688% | 0.000         | 58.281       | 62.331<br>42.996% | 6.000                | 31.987<br>22.065% | *N/A*                  | 620.000         | *0.000*           | 3.862        |
| 991043<br>Pepperoni Pizza                          | 24001 | 1 slice      | \$1.125 | 289.937                     | 5.166<br>16.035%                  | 624.656                     | 3.166<br>4.368%     | 11.497<br>35.688% | 0.000         | 29.141       | 31.166<br>42.996% | 3.000                | 15.994<br>22.065% | *N/A*                  | 310.000         | *0.000*           | 1.931        |
| 742<br>Peruvian Chicken Diced                      | 24002 | 3 oz         | \$0.432 | 157.907                     | 1.212<br>6.908%                   | 592.487                     | *0.072*<br>*0.182%* | 8.162<br>46.520%  | *0.000*       | 57.119       | 1.967<br>4.982%   | 0.413                | 18.828<br>47.694% | *0.000*                | *15.273*        | *0.289*           | *0.708*      |
| 527<br>Peruvian Chicken Drum                       | ENT   | 1 ea         | \$0.711 | 300.619                     | 4.385<br>13.127%                  | 689.412                     | *0.072*<br>*0.096%* | 19.546<br>58.518% | *0.066*       | 128.944      | 2.121<br>2.822%   | 0.413                | 26.563<br>35.344% | *0.000*                | *23.355*        | *0.289*           | *1.429*      |
| 990195<br>Peruvian Chicken Drum                    | 24002 | 2 ea         | \$1.423 | 601.239                     | 8.769<br>13.127%                  | 1378.823                    | *0.144*<br>*0.096%* | 39.093<br>58.518% | *0.132*       | 257.887      | 4.242<br>2.822%   | 0.826                | 53.127<br>35.345% | *0.000*                | *46.710*        | *0.579*           | *2.858*      |
| 999111<br>Peruvian Chicken Drum<br>COMMUNITY MEALS | 24002 | 1 ea         | \$0.705 | 398.403                     | 5.878<br>13.279%                  | 753.791                     | *0.072*<br>*0.072%* | 25.134<br>56.778% | *0.094*       | 184.820      | 2.188<br>2.197%   | 0.413                | 37.544<br>37.694% | *0.000*                | *28.214*        | *0.289*           | *1.860*      |
| 990773<br>Peruvian Chicken Marinade                | 24002 | 1 oz         | \$0.138 | 74.968                      | 0.938<br>11.263%                  | 540.846                     | *0.072*<br>*0.384%* | 6.652<br>79.858%  | *0.000*       | 0.000        | 1.967<br>10.494%  | 0.413                | 1.223<br>6.525%   | *0.000*                | *12.143*        | *0.289*           | *0.434*      |
| 999160<br>Peruvian Chicken Marinade                | 24002 | 2 oz         | \$0.276 | 149.936                     | 1.877<br>11.264%                  | 1081.692                    | *0.144*<br>*0.384%* | 13.304<br>79.858% | *0.000*       | 0.000        | 3.934<br>10.494%  | 0.826                | 2.447<br>6.528%   | *0.000*                | *24.285*        | *0.579*           | *0.868*      |
| 991001<br>Pesto Green Beans                        | 24001 | 4 oz         | \$0.425 | 68.393                      | 0.637<br>8.381%                   | 140.987                     | *0.000*<br>*0.000%* | 3.962<br>52.133%  | 0.000         | 3.000        | 6.297<br>36.831%  | 2.005                | 2.203<br>12.884%  | *0.000*                | 59.179          | *10.088*          | 0.866        |
| 991017<br>Pesto Green Beans                        | 24001 | 2 oz         | \$0.212 | 34.196                      | 0.318<br>8.380%                   | 70.493                      | *0.000*<br>*0.000%* | 1.981<br>52.132%  | 0.000         | 1.500        | 3.149<br>36.831%  | 1.002                | 1.102<br>12.890%  | *0.000*                | 29.590          | *5.044*           | 0.433        |
| 999264<br>Pesto Pasta Salad                        | 24002 | 4oz          | \$0.225 | 141.200                     | 0.800<br>5.099%                   | 161.510                     | 0.500<br>1.416%     | 6.030<br>38.435%  | 0.000         | 2.400        | 19.820<br>56.147% | 3.500                | 4.640<br>13.144%  | *0.000*                | *36.570*        | *0.000*           | *1.160*      |

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                  | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990930<br>Philly Cheesesteak - Ground Beef | 24002 | 1 ea         | \$1.717 | 414.667                     | 7.110<br>15.433%                  | 544.930                     | 3.786<br>3.652%     | 18.167<br>39.431% | 0.724         | 83.749       | 31.234<br>30.130% | 3.978                | 32.797<br>31.637% | *0.000*                | *214.003*       | *20.740*          | *4.522*      |
| 990752<br>Pickle Slices                    | MISC  | 4 pieces     | \$0.219 | 0.000                       | 0.000<br>*N/A%*                   | 346.321                     | 0.000<br>*N/A%*     | 0.000<br>*N/A%*   | 0.000         | 0.000        | 0.000<br>*N/A%*   | 0.000<br>*N/A%*      | 0.000<br>*N/A%*   | *N/A*                  | 26.640          | *N/A*             | 0.000        |
| 671<br>Pineapple Carrot Bread              | 24002 | 4 wt oz      | \$0.352 | 331.524                     | 1.570<br>4.262%                   | 350.850                     | 31.074<br>37.492%   | 9.715<br>26.375%  | *0.000*       | 33.580       | 56.806<br>68.539% | 3.242                | 5.416<br>6.535%   | *0.000*                | *103.494*       | *7.590*           | *2.032*      |
| 990036<br>Pineapple Carrot Bread           | 24002 | 2 wt oz      | \$0.176 | 165.762                     | 0.785<br>4.262%                   | 175.425                     | 15.537<br>37.492%   | 4.858<br>26.375%  | *0.000*       | 16.790       | 28.403<br>68.539% | 1.621                | 2.708<br>6.535%   | *0.000*                | *51.747*        | *3.795*           | *1.016*      |
| 999011<br>Planetarians Stew                | ENT   | 8oz<br>scoop | \$0.871 | 379.168                     | 0.600<br>1.424%                   | 409.971                     | *5.185*<br>*5.470%* | 11.211<br>26.609% | 0.000         | 0.000        | 36.208<br>38.197% | 11.633               | 33.299<br>35.128% | *N/A*                  | *38.098*        | *11.174*          | *1.432*      |
| 991050<br>Polenta                          | 24002 | 8 oz         | \$0.123 | 90.576                      | 1.298<br>12.893%                  | 137.377                     | 0.132<br>0.583%     | 2.650<br>26.328%  | *0.000*       | 5.088        | 15.636<br>69.050% | 1.484                | 1.671<br>7.379%   | *0.000*                | 1.788           | 0.000             | 0.702        |
| 202<br>Potato Salad                        | 24002 | 4 oz         | \$0.187 | 131.784                     | 1.142<br>7.802%                   | 175.479                     | *0.055*<br>*0.167%* | 7.522<br>51.372%  | 0.000         | 3.692        | 14.765<br>44.817% | 1.642                | 1.771<br>5.375%   | *0.000*                | 11.421          | 8.025             | 0.693        |
| 990311<br>Potato Samosa                    | 24001 | 2 oz         | \$0.058 | 44.543                      | 0.182<br>3.681%                   | 52.830                      | *0.061*<br>*0.548%* | 1.234<br>24.931%  | *0.000*       | 0.000        | 7.272<br>65.302%  | 1.478                | 1.503<br>13.497%  | *0.000*                | *19.394*        | *6.340*           | *1.903*      |
| 990788<br>Pretzel Goldfish                 | 24003 | 1 ea         | \$0.169 | 90.000                      | 0.000<br>0.000%                   | 200.000                     | 0.000<br>0.000%     | 1.500<br>15.000%  | 0.000         | 0.000        | 16.000<br>71.111% | 1.000                | 2.000<br>8.889%   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999001<br>Protein (REPLACE RECIPE)         | ENT   | 8 oz         |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*     | *N/A*<br>*N/A%*   | *N/A*         | *N/A*        | *N/A*<br>*N/A%*   | *N/A*                | *N/A*<br>*N/A%*   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999028<br>Protein (REPLACE RECIPE)         | 24002 | 4 oz         |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*     | *N/A*<br>*N/A%*   | *N/A*         | *N/A*        | *N/A*<br>*N/A%*   | *N/A*                | *N/A*<br>*N/A%*   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 609<br>Pulled BBQ Chicken on WW Bun        | 24001 | 1 ea         | \$0.618 | 288.905                     | 1.095<br>3.410%                   | 563.475                     | 10.251<br>14.193%   | 5.752<br>17.919%  | 0.000         | 57.119       | 36.792<br>50.940% | 3.016                | 23.612<br>32.692% | *0.000*                | *24.913*        | *0.000*           | *1.840*      |
| 999071<br>Pumpkin Curry                    | 24002 | 4 oz         | \$1.665 | 303.021                     | 2.304<br>6.842%                   | 264.268                     | 13.633<br>17.996%   | 12.779<br>37.954% | 0.003         | 41.775       | 34.076<br>44.981% | 11.464               | 17.575<br>23.200% | *0.000*                | *120.881*       | *18.265*          | *5.650*      |
| 672<br>Pumpkin Spice Bread                 | 24002 | 4 wt oz      | \$0.303 | 313.952                     | 1.614<br>4.626%                   | 295.238                     | 25.764<br>32.825%   | 9.768<br>28.003%  | *0.000*       | 33.580       | 52.041<br>66.304% | 3.628                | 5.556<br>7.079%   | *0.000*                | *104.176*       | *1.376*           | *2.312*      |
| 990034<br>Pumpkin Spice Bread              | 24002 | 2 wt oz      | \$0.152 | 156.976                     | 0.807<br>4.626%                   | 147.619                     | 12.882<br>32.825%   | 4.884<br>28.003%  | *0.000*       | 16.790       | 26.020<br>66.304% | 1.814                | 2.778<br>7.079%   | *0.000*                | *52.088*        | *0.688*           | *1.156*      |
| 990968<br>Pumpkin Spice Oatmeal            | 24001 | 8 oz         | \$0.556 | 268.818                     | 0.687<br>2.299%                   | 121.210                     | 25.911<br>38.555%   | 3.343<br>11.192%  | 0.000         | 0.000        | 56.945<br>84.734% | 6.974                | 6.129<br>9.120%   | *0.000*                | 54.629          | 4.366             | 3.469        |
| 990859<br>Pumpkin Spice Oatmeal            | 24001 | 4 oz         | \$0.278 | 134.409                     | 0.343<br>2.299%                   | 60.605                      | 12.955<br>38.554%   | 1.671<br>11.192%  | 0.000         | 0.000        | 28.472<br>84.734% | 3.487                | 3.064<br>9.118%   | *0.000*                | 27.315          | 2.183             | 1.734        |

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                    | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)      | Total Fat<br>(g) | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)       | Dietary Fiber<br>(g) | Protein<br>(g) | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|--------------------|------------------|---------------|--------------|--------------------|----------------------|----------------|------------------------|-----------------|-------------------|--------------|
| 991020<br>Quartered Turkey Meatballs & Sauce | 24002 | 4 ea         | \$0.853 | 182.630                     | 2.162<br>10.655%                  | 556.192                     | 5.233<br>11.461%   | 9.609<br>47.354% | 0.000         | 45.000       | 10.999<br>24.090%  | 1.588<br>32.008%     | 14.614         | *0.000*                | *46.397*        | *4.042*           | *1.424*      |
| 999285<br>Raisin 1.33oz                      | 24003 | 2 ea         | \$0.000 | 220.000                     | 0.000<br>0.000%                   | 0.000                       | 48.000<br>87.273%  | 0.000<br>0.000%  | 0.000         | 0.000        | 58.000<br>105.454% | 4.000<br>3.636%      | 2.000          | 0.000                  | 68.000          | 0.000             | 2.242        |
| 999288<br>Raisin 1.33oz                      | 24003 | 1 ea         | \$0.000 | 110.000                     | 0.000<br>0.000%                   | 0.000                       | 24.000<br>87.273%  | 0.000<br>0.000%  | 0.000         | 0.000        | 29.000<br>105.455% | 2.000<br>3.636%      | 1.000          | 0.000                  | 34.000          | 0.000             | 1.121        |
| 999062<br>Ranch Dressing Packet              | 24003 | 1 ea         | \$0.095 | 45.000                      | 0.500<br>10.000%                  | 110.000                     | 1.000<br>8.889%    | 4.500<br>90.000% | 0.000         | 5.000        | 1.000<br>8.889%    | 0.000<br>0.000%      | 0.000          | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999199<br>Raspberry Vinaigrette Dressing     | 24003 | 1 packet     | \$0.423 | 80.000                      | 1.000<br>11.250%                  | 310.000                     | 5.000<br>25.000%   | 6.000<br>67.500% | 0.000         | 0.000        | 6.000<br>30.000%   | 0.000<br>0.000%      | 0.000          | 0.000                  | 0.000           | 0.000             | 0.000        |
| 67<br>Raw Broccoli Florets                   | 24002 | 4 oz         | \$0.184 | 31.475                      | 0.106<br>3.017%                   | 30.549                      | 1.574<br>20.003%   | 0.343<br>9.793%  | 0.000         | 0.000        | 6.147<br>78.118%   | 2.407<br>33.182%     | 2.611          | *N/A*                  | 43.510          | 82.576            | 0.676        |
| 351<br>Red Beans                             | 24002 | 4 oz         | \$0.283 | 169.565                     | 0.659<br>3.497%                   | 109.290                     | 0.328<br>0.774%    | 4.600<br>24.418% | 0.000         | 0.000        | 24.117<br>56.892%  | 7.918<br>20.424%     | 8.658          | *0.000*                | *49.926*        | *2.794*           | *3.576*      |
| 990206<br>Red Beans                          | 24002 | 2 oz         | \$0.141 | 84.782                      | 0.329<br>3.497%                   | 54.645                      | 0.164<br>0.774%    | 2.300<br>24.418% | 0.000         | 0.000        | 12.059<br>56.892%  | 3.959<br>20.424%     | 4.329          | *0.000*                | *24.963*        | *1.397*           | *1.788*      |
| 991051<br>Red Beans & Rice                   | 24002 | 8 oz         | \$0.342 | 212.796                     | 0.236<br>0.996%                   | 287.402                     | *1.662*<br>*3.124* | 3.104<br>13.128% | *0.000*       | 0.000        | 38.155<br>71.721%  | 7.400<br>16.763%     | 8.918          | *0.000*                | *46.973*        | *7.592*           | *3.201*      |
| 536<br>Red Cabbage Coleslaw                  | 24002 | 4 oz         | \$0.158 | 76.117                      | 0.656<br>7.751%                   | 112.338                     | 6.287<br>33.039%   | 4.580<br>54.158% | 0.000         | 0.000        | 8.303<br>43.632%   | 1.149<br>3.684%      | 0.701          | *0.000*                | *26.929*        | *23.949*          | *0.485*      |
| 990677<br>Red Cabbage Coleslaw               | 24002 | 2 oz         | \$0.079 | 38.058                      | 0.328<br>7.752%                   | 56.169                      | 3.144<br>33.044%   | 2.290<br>54.159% | 0.000         | 0.000        | 4.151<br>43.632%   | 0.574<br>3.689%      | 0.351          | *0.000*                | *13.465*        | *11.974*          | *0.243*      |
| 999192<br>Red Cabbage Coleslaw Dressing      | 24002 | 0.5 oz       | \$0.049 | 59.670                      | 0.642<br>9.682%                   | 95.099                      | 4.332<br>29.040%   | 4.485<br>67.640% | 0.000         | 0.000        | 4.449<br>29.822%   | 0.035<br>0.134%      | 0.020          | *0.000*                | *4.598*         | *0.000*           | *0.054*      |
| 999193<br>Red Cabbage Coleslaw Dressing      | 24002 | 0.25 oz      | \$0.024 | 29.835                      | 0.321<br>9.683%                   | 47.549                      | 2.166<br>29.040%   | 2.242<br>67.638% | 0.000         | 0.000        | 2.224<br>29.821%   | 0.017<br>0.134%      | 0.010          | *0.000*                | *2.299*         | *0.000*           | *0.027*      |
| 1013<br>Red Onion                            | 24001 | 2 oz         | \$0.159 | 19.504                      | 0.021<br>0.946%                   | 1.950                       | 2.809<br>57.609%   | 0.049<br>2.252%  | 0.000         | 0.000        | 4.554<br>93.402%   | 0.829<br>10.993%     | 0.536          | 0.000                  | 11.215          | 3.608             | 0.102        |
| 571<br>Red Pepper Strips                     | VEG   | 4 oz         | \$0.154 | 16.216                      | 0.037<br>2.042%                   | 2.495                       | 2.619<br>64.603%   | 0.187<br>10.384% | 0.000         | 0.000        | 3.761<br>92.768%   | 1.310<br>15.220%     | 0.617          | *N/A*                  | 4.366           | 79.645            | 0.268        |
| 990349<br>Red Pepper Strips                  | 24001 | 2 oz         | \$0.077 | 8.108                       | 0.018<br>2.042%                   | 1.247                       | 1.310<br>64.628%   | 0.094<br>10.390% | 0.000         | 0.000        | 1.880<br>92.768%   | 0.655<br>15.244%     | 0.309          | *N/A*                  | 2.183           | 39.823            | 0.134        |
| 990619<br>Red Pepper Strips - .75 C          | VEG   | 6 oz         | \$0.231 | 24.324                      | 0.055<br>2.042%                   | 3.742                       | 3.929<br>64.611%   | 0.281<br>10.386% | 0.000         | 0.000        | 5.641<br>92.769%   | 1.965<br>15.228%     | 0.926          | *N/A*                  | 6.549           | 119.468           | 0.402        |

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<sup>1</sup> - denotes required nutrient values

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                 | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)      | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)          | Dietary Fiber<br>(g) | Protein<br>(g)        | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-----------------------|---------------|--------------|-----------------------|----------------------|-----------------------|------------------------|-----------------|-------------------|--------------|
| 939<br>Red Wine Vinaigrette               | SC    | 0.5 oz       | \$0.060 | 91.880                      | 1.376<br>13.481%                  | 65.472                      | 0.268<br>1.167%     | 9.634<br>94.373%      | 0.000         | 0.000        | 0.279<br>1.215%       | 0.000<br>0.009%      | 0.002                 | *0.000*                | *0.234*         | *0.019*           | *0.017*      |
| 990970<br>Roast Beef & Provolone Sandwich | 24001 | 1 ea         | \$1.455 | 310.000                     | 5.000<br>14.516%                  | 940.001                     | 6.000<br>7.742%     | 12.000<br>34.839%     | 0.000         | 45.000       | 32.000<br>41.290%     | 4.000                | 22.000<br>28.387%     | *N/A*                  | 380.000         | *0.000*           | 2.540        |
| 999246<br>Roast Beef & Swiss Sandwich     | 24002 | 1 each       | \$5.018 | *684.455*                   | *22.275*<br>*29.289%*             | *2423.251*                  | *9.083*<br>*5.308%* | *38.721*<br>*50.914%* | *0.000*       | *219.134*    | *46.677*<br>*27.279%* | *2.927*              | *39.882*<br>*23.307%* | *0.000*                | *63.149*        | *9.199*           | *5.580*      |
| 524<br>Roast Beef on a WW Hoagie          | 24002 | 1 ea         | \$1.611 | 290.000                     | 5.500<br>17.069%                  | 930.001                     | 2.000<br>2.759%     | 12.000<br>37.241%     | 0.000         | 45.000       | 27.000<br>37.241%     | 3.000                | 22.000<br>30.345%     | *N/A*                  | 320.000         | *0.000*           | 2.900        |
| 501<br>Roasted Beet Salad                 | 24002 | 4 oz         | \$0.312 | 165.538                     | 1.401<br>7.618%                   | 253.752                     | *1.254*<br>*3.030%* | 9.794<br>53.249%      | 0.000         | 0.000        | 17.461<br>42.193%     | 4.679                | 2.780<br>6.717%       | *0.000*                | *30.777*        | *10.460*          | *1.361*      |
| 990334<br>Roasted Broccoli                | VEG   | 2 oz         | \$0.104 | 27.371                      | 0.216<br>7.096%                   | 62.820                      | 0.824<br>12.042%    | 1.301<br>42.769%      | 0.000         | 0.000        | 3.331<br>48.678%      | 1.276                | 1.388<br>20.284%      | *0.000*                | *22.940*        | *43.052*          | *0.364*      |
| 647<br>Roasted Broccoli                   | 24002 | 4 oz         | \$0.209 | 54.742                      | 0.432<br>7.097%                   | 125.640                     | 1.648<br>12.042%    | 2.601<br>42.769%      | 0.000         | 0.000        | 6.662<br>48.678%      | 2.552                | 2.777<br>20.292%      | *0.000*                | *45.880*        | *86.103*          | *0.727*      |
| 990891<br>Roasted Broccoli                | 24002 | 6 oz         | \$0.313 | 82.113                      | 0.648<br>7.098%                   | 188.460                     | 2.472<br>12.042%    | 3.902<br>42.769%      | 0.000         | 0.000        | 9.993<br>48.678%      | 3.828                | 4.166<br>20.294%      | *0.000*                | *68.820*        | *129.154*         | *1.090*      |
| 6<br>Roasted Butternut Squash             | 24002 | 4 oz         | \$0.260 | 90.624                      | 0.642<br>6.376%                   | 123.065                     | *0.001*<br>*0.004%* | 4.399<br>43.691%      | *0.000*       | 0.000        | 13.043<br>57.571%     | 2.290                | 1.445<br>6.378%       | *0.000*                | *42.718*        | *18.598*          | *0.885*      |
| 990083<br>Roasted Butternut Squash        | 24002 | 2 oz         | \$0.130 | 45.313                      | 0.321<br>6.376%                   | 61.533                      | *0.000*<br>*0.000%* | 2.200<br>43.690%      | *0.000*       | 0.000        | 6.522<br>57.571%      | 1.145                | 0.723<br>6.382%       | *0.000*                | *21.360*        | *9.299*           | *0.443*      |
| 999219<br>Roasted Butternut Squash        | 24002 | 6 oz         | \$0.390 | 135.936                     | 0.963<br>6.376%                   | 184.598                     | *0.002*<br>*0.006%* | 6.599<br>43.691%      | *0.000*       | 0.000        | 19.565<br>57.571%     | 3.435                | 2.168<br>6.379%       | *0.000*                | *64.077*        | *27.897*          | *1.328*      |
| 244<br>Roasted Carrots                    | 24002 | 4 oz         | \$0.298 | 68.729                      | 0.360<br>4.710%                   | 170.621                     | 5.299<br>30.840%    | 2.556<br>33.468%      | 0.000         | 0.000        | 11.078<br>64.471%     | 3.202                | 1.140<br>6.635%       | *0.000*                | *38.664*        | *6.610*           | *0.376*      |
| 990062<br>Roasted Carrots                 | 24002 | 2 oz         | \$0.149 | 34.365                      | 0.180<br>4.711%                   | 85.310                      | 2.650<br>30.845%    | 1.278<br>33.467%      | 0.000         | 0.000        | 5.539<br>64.470%      | 1.601                | 0.570<br>6.635%       | *0.000*                | *19.332*        | *3.305*           | *0.188*      |
| 999215<br>Roasted Carrots                 | 24002 | 6 oz         | \$0.446 | 103.094                     | 0.540<br>4.711%                   | 255.932                     | 7.948<br>30.838%    | 3.834<br>33.468%      | 0.000         | 0.000        | 16.616<br>64.471%     | 4.803                | 1.710<br>6.635%       | *0.000*                | *57.996*        | *9.915*           | *0.564*      |
| 651<br>Roasted Cauliflower                | 24002 | 4 oz         | \$0.316 | 37.322                      | 0.296<br>7.133%                   | 124.745                     | 1.978<br>21.199%    | 1.413<br>34.076%      | 0.000         | 0.000        | 5.381<br>57.673%      | 2.106                | 2.036<br>21.821%      | *0.000*                | *23.216*        | *49.742*          | *0.456*      |
| 1145<br>Roasted Cauliflower               | VEG   | 2 oz         | \$0.158 | 18.655                      | 0.148<br>7.135%                   | 62.358                      | 0.988<br>21.185%    | 0.707<br>34.085%      | 0.000         | 0.000        | 2.690<br>57.672%      | 1.053                | 1.017<br>21.806%      | *0.000*                | *11.608*        | *24.847*          | *0.228*      |
| 999198<br>Roasted Chicken Thigh           | 24002 | one thigh    | \$0.581 | 270.000                     | 6.000<br>20.000%                  | 95.000                      | 0.000<br>0.000%     | 20.000<br>66.667%     | 0.000         | 125.000      | 3.000<br>4.444%       | 0.000                | 20.000<br>29.630%     | 0.000                  | 70.000          | 0.000             | 1.000        |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name              | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)        | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g) | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|----------------------|-------------------|---------------|--------------|-------------------|----------------------|----------------|------------------------|-----------------|-------------------|--------------|
| 990337<br>Roasted Red Bell Pepper      | 24001 | 2 oz         | \$0.121 | 19.444                      | 0.134<br>6.189%                   | 33.139                      | 1.944<br>39.992%     | 0.884<br>40.931%  | 0.000         | 0.000        | 2.909<br>59.846%  | 0.999<br>9.957%      | 0.484          | *0.000*                | *3.918*         | *59.011*          | *0.208*      |
| 386<br>Roasted Red Potatoes            | 24001 | 4 oz         | \$0.151 | 86.370                      | 0.354<br>3.687%                   | 110.363                     | *0.014*<br>*0.065%*  | 2.374<br>24.733%  | 0.000         | 0.000        | 14.896<br>68.986% | 1.616<br>8.285%      | 1.789          | *0.000*                | *10.152*        | *7.934*           | *0.693*      |
| 990054<br>Roasted Red Potatoes         | 24001 | 2 oz         | \$0.075 | 43.185                      | 0.177<br>3.687%                   | 55.182                      | *0.007*<br>*0.065%*  | 1.187<br>24.734%  | 0.000         | 0.000        | 7.448<br>68.986%  | 0.808<br>8.290%      | 0.895          | *0.000*                | *5.076*         | *3.967*           | *0.347*      |
| 999202<br>Roasted Red Potatoes         | 24001 | 6 oz         | \$0.227 | 129.952                     | 0.531<br>3.677%                   | 165.647                     | *0.021*<br>*0.065%*  | 3.561<br>24.663%  | 0.000         | 0.000        | 22.434<br>69.053% | 2.434<br>8.292%      | 2.694          | *0.000*                | *15.285*        | *11.950*          | *1.044*      |
| 990202<br>Roasted Summer Squash        | VEG   | 4 oz         | \$0.237 | 49.769                      | 0.436<br>7.881%                   | 172.364                     | 4.673<br>37.558%     | 2.474<br>44.733%  | 0.000         | 0.000        | 6.171<br>49.596%  | 1.756<br>15.359%     | 1.911          | *0.000*                | *32.867*        | *32.205*          | *0.716*      |
| 990203<br>Roasted Summer Squash        | VEG   | 2 oz         | \$0.123 | 34.007                      | 0.358<br>9.482%                   | 86.182                      | 2.337<br>27.488%     | 2.219<br>58.734%  | 0.000         | 0.000        | 3.085<br>36.291%  | 0.878<br>11.245%     | 0.956          | *0.000*                | *16.434*        | *16.103*          | *0.358*      |
| 28<br>Roasted Sweet Potatoes Diced     | 24002 | 4 oz         | \$0.192 | 161.491                     | 0.659<br>3.674%                   | 104.262                     | 12.825<br>31.766%    | 4.533<br>25.265%  | 0.000         | 0.000        | 28.860<br>71.483% | 3.031<br>3.958%      | 1.598          | *0.000*                | *38.055*        | *2.427*           | *0.683*      |
| 990162<br>Roasted Sweet Potatoes Diced | VEG   | 2 oz         | \$0.096 | 80.745                      | 0.330<br>3.674%                   | 52.131                      | 6.412<br>31.764%     | 2.267<br>25.265%  | 0.000         | 0.000        | 14.430<br>71.484% | 1.515<br>3.958%      | 0.799          | *0.000*                | *19.027*        | *1.214*           | *0.341*      |
| 990870<br>Roasted Tomato Salsa         | 24002 | 2 oz         | \$0.258 | 17.338                      | 0.005<br>0.280%                   | 260.593                     | 1.859<br>42.888%     | 0.050<br>2.616%   | 0.000         | 0.000        | 3.462<br>79.866%  | 0.712<br>16.265%     | 0.705          | *0.000*                | 13.596          | *0.918*           | 0.133        |
| 990858<br>Roasted Tomato Salsa         | 24002 | 4 oz         | \$0.500 | 32.106                      | 0.005<br>0.126%                   | 520.304                     | 3.684<br>45.898%     | 0.019<br>0.521%   | 0.000         | 0.000        | 6.488<br>80.829%  | 1.318<br>15.997%     | 1.284          | *0.000*                | 23.672          | *1.763*           | 0.036        |
| 61<br>Roasted Turkey                   | 24001 | 2 slice      | \$0.842 | 90.120                      | 0.104<br>1.036%                   | 450.964                     | 1.041<br>4.621%      | 1.637<br>16.350%  | *0.000*       | 40.956       | 1.693<br>7.515%   | 0.258<br>77.803%     | 17.529         | *0.000*                | *9.987*         | *0.227*           | *0.906*      |
| 999135<br>Roasted Turkey               | 24001 | 4 slice      | \$1.683 | 180.241                     | 0.207<br>1.036%                   | 901.928                     | 2.083<br>4.623%      | 3.274<br>16.350%  | *0.000*       | 81.911       | 3.386<br>7.515%   | 0.516<br>77.805%     | 35.059         | *0.000*                | *19.973*        | *0.454*           | *1.811*      |
| 999235<br>Roasted Turkey Wrap          | 24002 | 1 wrap       | \$2.127 | 710.601                     | 11.636<br>14.738%                 | 1978.492                    | 12.790<br>7.200%     | 33.469<br>42.389% | 0.000         | 80.698       | 61.521<br>34.630% | 3.417<br>19.102%     | 33.935         | *0.000*                | 137.929         | 8.074             | 5.501        |
| 990338<br>Roasted Zucchini             | 24001 | 2 oz         | \$0.074 | 24.515                      | 0.280<br>10.287%                  | 50.613                      | 1.126<br>18.372%     | 1.831<br>67.205%  | 0.000         | 0.000        | 1.692<br>27.601%  | 0.513<br>9.676%      | 0.593          | *0.000*                | *9.071*         | *8.022*           | *0.258*      |
| 188<br>Romaine Salad                   | 24001 | 8 oz         | \$0.119 | 9.855                       | 0.023<br>2.064%                   | 4.638                       | 0.690<br>28.006%     | 0.174<br>15.881%  | 0.000         | 0.000        | 1.907<br>77.410%  | 1.217<br>28.940%     | 0.713          | 0.000                  | 19.130          | 2.319             | 0.562        |
| 1121<br>Romaine Salad                  | 24001 | 4 oz         | \$0.059 | 4.927                       | 0.011<br>2.064%                   | 2.319                       | 0.345<br>28.009%     | 0.087<br>15.892%  | 0.000         | 0.000        | 0.954<br>77.418%  | 0.609<br>28.983%     | 0.357          | 0.000                  | 9.565           | 1.159             | 0.281        |
| 1041<br>Rosemary Garlic Carrots        | 24002 | 4 oz         | \$0.305 | 73.459                      | 0.449<br>5.497%                   | 264.102                     | *5.276*<br>*28.729%* | 3.097<br>37.940%  | *0.000*       | 0.000        | 11.065<br>60.250% | 3.223<br>5.995%      | 1.101          | *0.000*                | *40.431*        | *6.869*           | *0.401*      |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                          | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)        | Total Fat<br>(g) | Trans Fat<br>(g) | Chol<br>(mg) | Carbs<br>(g)     | Dietary Fiber<br>(g) | Protein<br>(g) | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|----------------------|------------------|------------------|--------------|------------------|----------------------|----------------|------------------------|-----------------|-------------------|--------------|
| 990672<br>Rosemary Garlic Carrots                  | 24002 | 2 oz         | \$0.153 | 36.730                      | 0.224<br>5.499%                   | 132.051                     | *2.638*<br>*28.729%* | 1.548<br>37.941% | *0.000*          | 0.000        | 5.532<br>60.249% | 1.612<br>5.990%      | 0.550          | *0.000*                | *20.215*        | *3.435*           | *0.201*      |
| 999272<br>Salt Packet                              | 24003 | 1 each       | \$0.003 | 0.000                       | 0.000<br>*N/A%*                   | 200.000                     | 0.000<br>*N/A%*      | 0.000<br>*N/A%*  | 0.000            | 0.000        | 0.000<br>*N/A%*  | 0.000<br>*N/A%*      | 0.000          | 0.000                  | 0.000           | 0.000             | 0.000        |
| 999023<br>Sandwich on WW Bread<br>(REPLACE RECIPE) | ENT   | 1 each       |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*      | *N/A*<br>*N/A%*  | *N/A*            | *N/A*        | *N/A*<br>*N/A%*  | *N/A*<br>*N/A%*      | *N/A*          | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999003<br>Sauce/Condiment 1<br>(REPLACE RECIPE)    | ENT   | varies       |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*      | *N/A*<br>*N/A%*  | *N/A*            | *N/A*        | *N/A*<br>*N/A%*  | *N/A*<br>*N/A%*      | *N/A*          | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999004<br>Sauce/Condiment 2<br>(REPLACE RECIPE)    | ENT   | varies       |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*      | *N/A*<br>*N/A%*  | *N/A*            | *N/A*        | *N/A*<br>*N/A%*  | *N/A*<br>*N/A%*      | *N/A*          | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999005<br>Sauce/Condiment 3<br>(REPLACE RECIPE)    | ENT   | varies       |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*      | *N/A*<br>*N/A%*  | *N/A*            | *N/A*        | *N/A*<br>*N/A%*  | *N/A*<br>*N/A%*      | *N/A*          | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 639<br>Sauteed Cabbage                             | 24002 | 4 oz         | \$0.100 | 38.284                      | 0.268<br>6.303%                   | 117.477                     | 2.579<br>26.946%     | 1.840<br>43.263% | 0.000            | 0.000        | 5.138<br>53.680% | 1.849<br>10.553%     | 1.010          | *0.000*                | *29.563*        | *24.748*          | *0.356*      |
| 990081<br>Sauteed Cabbage                          | 24002 | 2 oz         | \$0.050 | 19.142                      | 0.134<br>6.300%                   | 58.738                      | 1.290<br>26.956%     | 0.920<br>43.265% | 0.000            | 0.000        | 2.569<br>53.681% | 0.925<br>10.553%     | 0.505          | *0.000*                | *14.782*        | *12.374*          | *0.178*      |
| 999216<br>Sauteed Cabbage                          | 24002 | 6 oz         | \$0.150 | 57.426                      | 0.402<br>6.303%                   | 176.216                     | 3.868<br>26.942%     | 2.760<br>43.262% | 0.000            | 0.000        | 7.707<br>53.680% | 2.774<br>10.553%     | 1.515          | *0.000*                | *44.344*        | *37.122*          | *0.534*      |
| 999146<br>Sauteed Cabbage & Snap Peas              | 24002 | 4 oz         | \$0.366 | 38.622                      | 0.161<br>3.749%                   | 60.593                      | 3.145<br>32.572%     | 1.059<br>24.685% | 0.000            | 0.000        | 5.908<br>61.190% | 2.363<br>18.684%     | 1.804          | *3.247*                | *37.972*        | *22.578*          | *1.106*      |
| 990317<br>Sauteed Peppers & Onions Strips          | 24002 | 4 oz         | \$0.199 | 47.197                      | 0.266<br>5.074%                   | 66.262                      | 3.552<br>30.104%     | 1.643<br>31.330% | 0.000            | 0.000        | 7.749<br>65.671% | 1.819<br>9.170%      | 1.082          | *0.000*                | *19.182*        | *41.469*          | *0.296*      |
| 990331<br>Sauteed Peppers & Onions Strips          | 24002 | 2 oz         | \$0.099 | 23.593                      | 0.133<br>5.070%                   | 33.131                      | 1.776<br>30.111%     | 0.820<br>31.296% | 0.000            | 0.000        | 3.876<br>65.706% | 0.910<br>9.172%      | 0.541          | *0.000*                | *9.598*         | *20.736*          | *0.148*      |
| 62<br>Sauteed Spinach                              | VEG   | .5 C         | \$0.412 | 47.633                      | 0.212<br>4.000%                   | 182.996                     | 0.810<br>6.802%      | 1.813<br>34.254% | 0.000            | 0.000        | 5.600<br>47.025% | 3.579<br>37.470%     | 4.462          | *0.000*                | *156.744*       | *6.683*           | *2.310*      |
| 990888<br>Sauteed Spinach                          | 24002 | 2 oz         | \$0.206 | 23.816                      | 0.106<br>4.002%                   | 91.498                      | 0.405<br>6.802%      | 0.907<br>34.256% | 0.000            | 0.000        | 2.800<br>47.026% | 1.790<br>37.471%     | 2.231          | *0.000*                | *78.372*        | *3.341*           | *1.155*      |
| 790<br>Savory Sauteed Kale                         | 24002 | 4 oz         | \$0.227 | 56.292                      | 0.342<br>5.470%                   | 109.507                     | 2.439<br>17.331%     | 2.537<br>40.568% | *0.000*          | 0.000        | 7.514<br>53.394% | 3.897<br>19.271%     | 2.712          | *0.000*                | *213.472*       | *74.745*          | *1.549*      |
| 733<br>Scrambled Eggs                              | 24001 | 3 oz         | \$0.191 | 99.662                      | 2.134<br>19.270%                  | 127.552                     | 0.000<br>0.000%      | 6.401<br>57.807% | 0.000            | 241.776      | 0.027<br>0.110%  | 0.011                | 8.538          | *0.000*                | 37.166          | *0.000*           | 1.426        |

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                           | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999090<br>Scrambled Eggs                            | 24002 | 6 oz         | \$0.383 | 199.323                     | 4.268<br>19.270%                  | 255.104                     | 0.001<br>0.002%     | 12.803<br>57.808% | 0.000         | 483.551      | 0.055<br>0.110%   | 0.022                | 17.075<br>34.266% | *0.000*                | 74.333          | *0.000*           | 2.853        |
| 990281<br>Seasoned Black Beans                      | 24002 | 4 oz         | \$0.488 | 141.074                     | 0.318<br>2.031%                   | 314.256                     | *2.018*<br>*5.722%* | 1.837<br>11.722%  | *0.000*       | 0.000        | 23.714<br>67.238% | 9.501                | 8.219<br>23.304%  | *0.000*                | *51.500*        | *4.720*           | *2.633*      |
| 990282<br>Seasoned Black Beans                      | 24002 | 2 oz         | \$0.244 | 70.568                      | 0.159<br>2.030%                   | 165.076                     | *1.009*<br>*5.719%* | 0.919<br>11.718%  | *0.000*       | 0.000        | 11.864<br>67.248% | 4.751                | 4.111<br>23.302%  | *0.000*                | *25.900*        | *2.360*           | *1.317*      |
| 990774<br>Seasoned Bread Crumbs                     | 24002 | serving      | \$0.073 | 57.090                      | 0.009<br>0.148%                   | 240.659                     | 0.057<br>0.399%     | 0.767<br>12.091%  | *0.000*       | 0.000        | 10.531<br>73.784% | 0.821                | 1.961<br>13.740%  | *0.000*                | 27.546          | 0.074             | 0.761        |
| 999041<br>Seasoned Chicken Diced                    | 24001 | 3 oz         | \$0.304 | 105.013                     | 0.596<br>5.104%                   | 145.471                     | 0.014<br>0.053%     | 3.755<br>32.183%  | 0.000         | 57.119       | 0.291<br>1.109%   | 0.055                | 17.658<br>67.260% | *0.000*                | *4.096*         | *0.035*           | *0.296*      |
| 990925<br>Seasoned Mixed Vegetables                 | VEG   | 4 oz         | \$0.000 | 46.662                      | 0.000<br>0.000%                   | 98.329                      | 2.660<br>22.802%    | 0.331<br>6.378%   | 0.000         | 0.000        | 9.664<br>82.843%  | 2.661                | 2.327<br>19.948%  | *N/A*                  | 13.330          | 1.200             | 0.714        |
| 999230<br>SEE DAVID                                 | 24002 | X            |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*     | *N/A*<br>*N/A%*   | *N/A*         | *N/A*        | *N/A*<br>*N/A%*   | *N/A*                | *N/A*<br>*N/A%*   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990965<br>SEND BULK                                 | MISC  | SEND BULK    | \$0.000 | 0.000                       | 0.000<br>*N/A%*                   | 0.000                       | 0.000<br>*N/A%*     | 0.000<br>*N/A%*   | 0.000         | 0.000        | 0.000<br>*N/A%*   | 0.000                | 0.000<br>*N/A%*   | 0.000                  | 0.000           | 0.000             | 0.000        |
| 990816<br>Sesame Soy Noodles with Veggies           | 24002 | 8 oz         | \$0.243 | 201.555                     | 0.553<br>2.470%                   | 102.939                     | 2.812<br>5.581%     | 3.659<br>16.340%  | *0.000*       | 0.000        | 37.746<br>74.910% | 5.025                | 7.054<br>13.999%  | *0.000*                | *26.849*        | *20.265*          | *1.795*      |
| 990211<br>Shredded Carrots pre-shredded USF product | 24001 | 2 oz         | \$0.071 | 9.389                       | 0.000<br>0.000%                   | 16.096                      | 1.073<br>45.713%    | 0.000<br>0.000%   | 0.000         | 0.000        | 2.146<br>91.430%  | 0.537                | 0.268<br>11.418%  | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 548<br>Shredded Carrots shredded at the KC          | 24002 | 2 oz         | \$0.073 | 12.077                      | 0.009<br>0.701%                   | 20.325                      | 1.396<br>46.237%    | 0.071<br>5.269%   | 0.000         | 0.000        | 2.822<br>93.464%  | 0.825                | 0.274<br>9.075%   | *N/A*                  | 9.721           | 1.738             | 0.088        |
| 990210<br>Shredded Cheddar Cheese                   | 24004 | 2 oz         | \$0.190 | 110.000                     | 6.000<br>49.091%                  | 190.000                     | 0.000<br>0.000%     | 9.000<br>73.636%  | 0.000         | 25.000       | 1.000<br>3.636%   | 0.000                | 6.000<br>21.818%  | *N/A*                  | 200.000         | 0.000             | 0.000        |
| 1024<br>Shredded Cheddar Cheese                     | 24001 | 4 oz         | \$0.379 | 220.000                     | 12.000<br>49.091%                 | 380.000                     | 0.000<br>0.000%     | 18.000<br>73.636% | 0.000         | 50.000       | 2.000<br>3.636%   | 0.000                | 12.000<br>21.818% | *N/A*                  | 400.000         | 0.000             | 0.000        |
| 990403<br>Shredded Cheddar Cheese                   | 24004 | 1 oz         | \$0.095 | 55.000                      | 3.000<br>49.091%                  | 95.000                      | 0.000<br>0.000%     | 4.500<br>73.636%  | 0.000         | 12.500       | 0.500<br>3.636%   | 0.000                | 3.000<br>21.818%  | *N/A*                  | 100.000         | 0.000             | 0.000        |
| 990286<br>Shredded Kale                             | VEG   | 4 oz         | \$0.050 | 8.890                       | 0.045<br>4.576%                   | 13.463                      | 0.251<br>11.294%    | 0.379<br>38.318%  | 0.000         | 0.000        | 1.123<br>50.515%  | 1.041                | 0.742<br>33.386%  | *N/A*                  | 64.519          | 23.725            | 0.406        |
| 967<br>Shredded Lettuce                             | 24001 | 4 oz         | \$0.060 | 5.012                       | 0.012<br>2.065%                   | 2.359                       | 0.351<br>28.013%    | 0.089<br>15.892%  | 0.000         | 0.000        | 0.970<br>77.414%  | 0.619                | 0.363<br>28.970%  | 0.000                  | 9.730           | 1.179             | 0.286        |
| 990333<br>Shredded Mozzarella                       | 24004 | 2 oz         | \$0.186 | 80.999                      | 3.544<br>39.375%                  | 172.122                     | 1.012<br>4.998%     | 6.075<br>67.500%  | 0.000         | 15.187       | 1.013<br>5.000%   | *N/A*                | 7.087<br>34.998%  | *N/A*                  | 207.559         | *N/A*             | *N/A*        |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                               | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)      | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)       | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|--------------------|-------------------|---------------|--------------|--------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 1025<br>Shredded Mozzarella                             | 24004 | 4 oz         | \$0.372 | 161.997                     | 7.087<br>39.375%                  | 344.244                     | 2.025<br>5.000%    | 12.150<br>67.500% | 0.000         | 30.374       | 2.025<br>5.000%    | *N/A*                | 14.175<br>35.001% | *N/A*                  | 415.118         | *N/A*             | *N/A*        |
| 991040<br>Shredded Mozzarella                           | ENT   | 1 oz         | \$0.093 | 40.499                      | 1.772<br>39.374%                  | 86.061                      | 0.506<br>4.998%    | 3.037<br>67.499%  | 0.000         | 7.594        | 0.506<br>5.000%    | *N/A*                | 3.544<br>35.003%  | *N/A*                  | 103.779         | *N/A*             | *N/A*        |
| 990432<br>Shredded Purple Cabbage                       | 24001 | 2 oz         | \$0.023 | 5.716                       | 0.004<br>0.614%                   | 4.978                       | 0.706<br>49.405%   | 0.030<br>4.645%   | 0.000         | 0.000        | 1.359<br>95.094%   | 0.387                | 0.264<br>18.474%  | *N/A*                  | 8.297           | 10.510            | 0.148        |
| 231<br>Skim Milk  | 24004 | 8 oz         | \$0.474 | 90.000                      | 0.000<br>0.000%                   | 130.000                     | 12.000<br>53.333%  | 0.000<br>0.000%   | 0.000         | 5.000        | 13.000<br>57.778%  | 0.000                | 8.000<br>35.556%  | 150.000                | 300.000         | 1.000             | 0.000        |
| 976<br>Skim or 1% Lowfat Milk                           | 24004 | 8 oz         | \$0.462 | 96.240                      | 0.772<br>7.222%                   | 118.680                     | 12.344<br>51.305%  | 1.183<br>11.067%  | 0.000         | 8.600        | 12.588<br>52.318%  | 0.000                | 8.111<br>33.712%  | 75.000                 | 302.500         | 0.500             | 0.037        |
| 999115<br>Sliced Tomatoes                               | 24001 | 2 oz         | \$0.139 | 9.593                       | 0.015<br>1.398%                   | 2.665                       | 1.402<br>58.459%   | 0.107<br>10.001%  | 0.000         | 0.000        | 2.073<br>86.451%   | 0.640                | 0.469<br>19.556%  | *N/A*                  | 5.330           | 7.302             | 0.144        |
| 999067<br>Sliced Turkey & Cheddar Sandwich on Flatbread | 24001 | 1 ea         | \$0.909 | 326.124                     | 6.056<br>16.713%                  | 707.373                     | 2.000<br>2.453%    | 14.337<br>39.567% | 0.000         | 42.750       | 28.000<br>34.343%  | 3.000                | 21.587<br>26.477% | *N/A*                  | 236.547         | *0.000*           | 2.500        |
| 999095<br>Sliced Turkey BLT Sandwich on WW Bread        | 24002 | 1 ea         | \$0.916 | 268.697                     | 1.507<br>5.047%                   | 686.289                     | 6.437<br>9.583%    | 7.300<br>24.451%  | 0.000         | 32.500       | 32.768<br>48.781%  | 4.323                | 18.712<br>27.856% | *0.000*                | 123.924         | 2.104             | 2.552        |
| 990712<br>Small Blueberry Chex Cereal                   | 24003 | 1 ea         | \$0.375 | 120.000                     | 0.000<br>0.000%                   | 160.000                     | 6.000<br>20.000%   | 2.000<br>15.000%  | 0.000         | 0.000        | 23.000<br>76.667%  | 1.000                | 1.000<br>3.333%   | *N/A*                  | 60.000          | 3.600             | 8.100        |
| 920<br>Small Cinnamon Chex                              | 24001 | 1 ea         | \$0.373 | 110.000                     | 0.000<br>0.000%                   | 160.000                     | 6.000<br>21.818%   | 2.000<br>16.364%  | 0.000         | 0.000        | 23.000<br>83.636%  | 1.000                | 1.000<br>3.636%   | *N/A*                  | 90.000          | 4.800             | 8.000        |
| 999100<br>Smucker's Breakfast Syrup                     | 24003 | 1 ea         | \$0.180 | 80.000                      | 0.000<br>0.000%                   | 15.000                      | 21.000<br>105.000% | 0.000<br>0.000%   | 0.000         | 0.000        | 21.000<br>105.000% | 0.000                | 0.000<br>0.000%   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 577<br>Snap Peas  | 24004 | 4 oz         | \$0.999 | 38.959                      | 0.036<br>0.836%                   | 3.710                       | 3.710<br>38.091%   | 0.186<br>4.285%   | 0.000         | 0.000        | 7.003<br>71.904%   | 2.412                | 2.597<br>26.664%  | *N/A*                  | 39.887          | 55.656            | 1.929        |
| 990096<br>Snap Peas                                     | 24001 | 2 oz         | \$0.500 | 19.489                      | 0.018<br>0.836%                   | 1.856                       | 1.856<br>38.093%   | 0.093<br>4.285%   | 0.000         | 0.000        | 3.503<br>71.905%   | 1.206                | 1.299<br>26.661%  | *N/A*                  | 19.953          | 27.841            | 0.965        |
| 999270<br>Snap Peas                                     | 24004 | 6 oz         | \$1.502 | 58.581                      | 0.054<br>0.836%                   | 5.579                       | 5.579<br>38.094%   | 0.279<br>4.286%   | 0.000         | 0.000        | 10.531<br>71.905%  | 3.626                | 3.905<br>26.664%  | *N/A*                  | 59.976          | 83.688            | 2.901        |
| 990810<br>Sofritas Tofu Soft Tacos                      | 24002 | 2 ea         | \$1.336 | 318.241                     | 2.139<br>6.048%                   | 518.350                     | 4.353<br>5.471%    | 11.915<br>33.697% | *0.000*       | 0.000        | 35.899<br>45.122%  | 8.065                | 16.449<br>20.675% | *0.000*                | *298.047*       | *0.482*           | *3.596*      |
| 990228<br>Southwest Chicken Wrap in a WW Tortilla       | 24001 | 1 ea         | \$0.699 | 319.143                     | 1.194<br>3.368%                   | 453.861                     | 2.711<br>3.398%    | 9.083<br>25.615%  | 0.000         | 57.119       | 35.088<br>43.978%  | 4.376                | 23.878<br>29.928% | *0.000*                | *154.884*       | *1.237*           | *2.996*      |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name             | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---------------------------------------|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999021<br>Southwest Sweet Potato Mash | VEG   | .5 C         | \$0.279 | 179.558                     | 0.040<br>0.198%                   | 165.220                     | 15.946<br>35.523% | 0.160<br>0.800%   | 0.000         | 0.000        | 42.805<br>95.356% | 5.245                | 2.707<br>6.030%   | *0.000*                | 63.210          | 4.011             | 1.265        |
| 999038<br>Southwest Sweet Potato Mash | VEG   | .25 C        | \$0.140 | 89.779                      | 0.020<br>0.198%                   | 82.610                      | 7.973<br>35.523%  | 0.080<br>0.800%   | 0.000         | 0.000        | 21.403<br>95.356% | 2.622                | 1.354<br>6.033%   | *0.000*                | 31.605          | 2.006             | 0.632        |
| 990554<br>Southwest Taco Corn         | 24002 | 6 oz         | \$0.619 | 165.182                     | 0.834<br>4.542%                   | 410.408                     | 3.411<br>8.260%   | 5.766<br>31.415%  | 0.000         | 0.000        | 28.516<br>69.054% | 3.630                | 4.344<br>10.519%  | *2.604*                | *26.043*        | *20.298*          | *1.190*      |
| 922<br>Southwest Taco Corn            | 24002 | 4 oz         | \$0.413 | 110.121                     | 0.556<br>4.542%                   | 273.605                     | 2.274<br>8.260%   | 3.844<br>31.415%  | 0.000         | 0.000        | 19.011<br>69.054% | 2.420                | 2.896<br>10.519%  | *1.736*                | *17.362*        | *13.532*          | *0.793*      |
| 990075<br>Southwest Taco Corn         | 24002 | 2 oz         | \$0.206 | 55.071                      | 0.278<br>4.543%                   | 136.803                     | 1.137<br>8.258%   | 1.923<br>31.427%  | 0.000         | 0.000        | 9.505<br>69.041%  | 1.210                | 1.448<br>10.517%  | *0.868*                | *8.681*         | *6.766*           | *0.397*      |
| 559<br>Soy Citrus Dressing            | 24002 | 1 oz         | \$0.120 | 66.355                      | 0.726<br>9.843%                   | 307.210                     | 2.720<br>16.397%  | 5.070<br>68.771%  | *0.000*       | 0.000        | 3.805<br>22.935%  | 0.039                | 0.499<br>3.008%   | *N/A*                  | *0.633*         | *0.901*           | *0.044*      |
| 999189<br>Soy Citrus Dressing         | 24002 | 0.5 oz       | \$0.062 | 33.131                      | 0.363<br>9.855%                   | 128.801                     | 1.352<br>16.323%  | 2.535<br>68.866%  | *0.000*       | 0.000        | 2.109<br>25.467%  | 0.019                | 0.249<br>3.006%   | *N/A*                  | *0.307*         | *0.410*           | *0.022*      |
| 994<br>Soy Citrus Kale Slaw           | 24002 | 8 oz         | \$0.279 | 92.011                      | 0.823<br>8.052%                   | 344.416                     | 4.001<br>17.394%  | 5.879<br>57.500%  | *0.000*       | 0.000        | 7.859<br>34.165%  | 2.701                | 2.263<br>9.838%   | *N/A*                  | *140.079*       | *50.961*          | *1.015*      |
| 999179<br>Soy Citrus Kale Slaw        | 24002 | 4 oz         | \$0.141 | 45.959                      | 0.412<br>8.060%                   | 147.404                     | 1.993<br>17.346%  | 2.939<br>57.557%  | *0.000*       | 0.000        | 4.137<br>36.003%  | 1.350                | 1.131<br>9.844%   | *N/A*                  | *70.030*        | *25.440*          | *0.508*      |
| 999033<br>Soy Yogurt                  | 24004 | 1 ea         | \$1.389 | 135.000                     | 0.000<br>0.000%                   | 90.000                      | 14.000<br>41.481% | 3.500<br>23.333%  | 0.000         | 0.000        | 19.500<br>57.778% | 2.000                | 6.000<br>17.778%  | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 999183<br>Steak Fajitas               | ENT   | 2 ea         | \$0.588 | 588.537                     | 11.203<br>17.132%                 | 662.089                     | 5.590<br>3.799%   | 38.749<br>59.255% | 0.839         | 54.295       | 37.020<br>25.161% | 6.263                | 21.665<br>14.725% | *0.000*                | *116.573*       | *42.298*          | *2.738*      |
| 1096<br>Steamed Broccoli from fresh   | 24002 | 6 oz         | \$0.287 | 49.220                      | 0.165<br>3.017%                   | 47.772                      | 2.461<br>20.000%  | 0.536<br>9.794%   | 0.000         | 0.000        | 9.612<br>78.117%  | 3.764                | 4.082<br>33.174%  | *N/A*                  | 68.039          | 129.129           | 1.057        |
| 999156<br>Steamed Broccoli from fresh | 24002 | 4 oz         | \$0.191 | 32.814                      | 0.110<br>3.017%                   | 31.849                      | 1.641<br>20.004%  | 0.357<br>9.794%   | 0.000         | 0.000        | 6.408<br>78.117%  | 2.509                | 2.722<br>33.181%  | *N/A*                  | 45.360          | 86.088            | 0.705        |
| 999157<br>Steamed Broccoli from fresh | 24001 | 2 oz         | \$0.096 | 16.408                      | 0.055<br>3.017%                   | 15.925                      | 0.820<br>19.990%  | 0.179<br>9.796%   | 0.000         | 0.000        | 3.204<br>78.116%  | 1.255                | 1.361<br>33.179%  | *N/A*                  | 22.681          | 43.046            | 0.352        |
| 107<br>Steamed Broccoli from frozen   | 24001 | 4 oz         | \$0.255 | 32.130                      | 0.108<br>3.017%                   | 31.185                      | 1.607<br>20.006%  | 0.350<br>9.796%   | 0.000         | 0.000        | 6.275<br>78.119%  | 2.457                | 2.665<br>33.178%  | *N/A*                  | 44.416          | 84.295            | 0.690        |
| 1095<br>Steamed Broccoli from frozen  | 24001 | 2 oz         | \$0.128 | 16.065                      | 0.054<br>3.020%                   | 15.593                      | 0.803<br>19.994%  | 0.175<br>9.793%   | 0.000         | 0.000        | 3.137<br>78.118%  | 1.229                | 1.332<br>33.165%  | *N/A*                  | 22.208          | 42.148            | 0.345        |

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                        | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g) | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)   | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|------------------|---------------|--------------|-------------------|----------------------|------------------|------------------------|-----------------|-------------------|--------------|
| 999221<br>Steamed Broccoli from frozen           | 24001 | 6 oz         | \$0.383 | 48.195                      | 0.162<br>3.018%                   | 46.778                      | 2.410<br>20.002%    | 0.525<br>9.796%  | 0.000         | 0.000        | 9.412<br>78.119%  | 3.686                | 3.998<br>33.182% | *N/A*                  | 66.624          | 126.442           | 1.035        |
| 454<br>Steamed Carrots                           | 24001 | 4 oz         | \$0.282 | 40.807                      | 0.000<br>0.000%                   | 81.613                      | 5.441<br>53.334%    | 0.000<br>0.000%  | 0.000         | 0.000        | 9.522<br>93.338%  | 4.080                | 1.360<br>13.331% | *N/A*                  | 40.807          | *N/A*             | 0.544        |
| 990377<br>Steamed Carrots                        | 24001 | 2 oz         | \$0.141 | 20.412                      | 0.000<br>0.000%                   | 40.823                      | 2.721<br>53.322%    | 0.000<br>0.000%  | 0.000         | 0.000        | 4.763<br>93.337%  | 2.041                | 0.681<br>13.345% | *N/A*                  | 20.412          | *N/A*             | 0.272        |
| 990413<br>Steamed Carrots                        | 24001 | 6 oz         | \$0.423 | 61.210                      | 0.000<br>0.000%                   | 122.419                     | 8.161<br>53.331%    | 0.000<br>0.000%  | 0.000         | 0.000        | 14.283<br>93.338% | 6.120                | 2.041<br>13.338% | *N/A*                  | 61.210          | *N/A*             | 0.816        |
| 999148<br>Steamed Carrots from fresh             | 24002 | 4 oz         | \$0.275 | 45.582                      | 0.036<br>0.703%                   | 76.711                      | 5.270<br>46.246%    | 0.267<br>5.268%  | 0.000         | 0.000        | 10.651<br>93.463% | 3.113                | 1.034<br>9.074%  | *N/A*                  | 36.688          | 6.559             | 0.334        |
| 999149<br>Steamed Carrots from fresh             | 24002 | 2 oz         | \$0.137 | 22.791                      | 0.018<br>0.703%                   | 38.356                      | 2.635<br>46.246%    | 0.133<br>5.268%  | 0.000         | 0.000        | 5.325<br>93.463%  | 1.556                | 0.517<br>9.074%  | *N/A*                  | 18.344          | 3.280             | 0.167        |
| 999260<br>Steamed Carrots from fresh             | 24002 | 6 oz         | \$0.412 | 68.373                      | 0.053<br>0.703%                   | 115.066                     | 7.905<br>46.246%    | 0.400<br>5.268%  | 0.000         | 0.000        | 15.976<br>93.463% | 4.670                | 1.551<br>9.074%  | *N/A*                  | 55.032          | 9.838             | 0.501        |
| 469<br>Steamed Corn                              | 24001 | 4 oz         | \$0.270 | 88.175                      | 0.338<br>3.451%                   | 96.074                      | 2.062<br>9.354%     | 2.323<br>23.714% | 0.000         | 0.000        | 17.080<br>77.482% | 1.732                | 2.491<br>11.300% | *0.000*                | *3.299*         | *5.278*           | *0.346*      |
| 1097<br>Steamed Corn                             | 24001 | 2 oz         | \$0.135 | 44.088                      | 0.169<br>3.452%                   | 48.037                      | 1.031<br>9.354%     | 1.162<br>23.713% | 0.000         | 0.000        | 8.540<br>77.481%  | 0.866                | 1.245<br>11.296% | *0.000*                | *1.649*         | *2.639*           | *0.173*      |
| 1098<br>Steamed Corn                             | 24001 | 6 oz         | \$0.405 | 132.263                     | 0.507<br>3.451%                   | 144.111                     | 3.093<br>9.354%     | 3.485<br>23.713% | 0.000         | 0.000        | 25.620<br>77.482% | 2.598                | 3.736<br>11.299% | *0.000*                | *4.948*         | *7.917*           | *0.520*      |
| 991055<br>Steamed Corn<br>COMMUNITY MEALS        | 24002 | 4 oz         | \$0.259 | 88.175                      | 0.338<br>3.451%                   | 96.074                      | 2.062<br>9.354%     | 2.323<br>23.714% | 0.000         | 0.000        | 17.080<br>77.482% | 1.732                | 2.491<br>11.300% | *0.000*                | *3.299*         | *5.278*           | *0.346*      |
| 47<br>Steamed Green Beans                        | 24001 | 4 oz         | \$0.274 | 52.466                      | 0.359<br>6.150%                   | 96.417                      | *0.014*<br>*0.107%* | 2.407<br>41.283% | 0.000         | 0.000        | 6.189<br>47.183%  | 2.059                | 1.456<br>11.101% | *0.000*                | *33.946*        | *10.122*          | *0.689*      |
| 1091<br>Steamed Green Beans                      | 24001 | 2 oz         | \$0.137 | 26.233                      | 0.179<br>6.151%                   | 48.208                      | *0.007*<br>*0.107%* | 1.203<br>41.283% | 0.000         | 0.000        | 3.094<br>47.182%  | 1.030                | 0.728<br>11.101% | *0.000*                | *16.973*        | *5.061*           | *0.344*      |
| 1092<br>Steamed Green Beans                      | 24001 | 6 oz         | \$0.412 | 78.699                      | 0.538<br>6.150%                   | 144.625                     | *0.021*<br>*0.107%* | 3.610<br>41.283% | 0.000         | 0.000        | 9.283<br>47.182%  | 3.089                | 2.185<br>11.106% | *0.000*                | *50.919*        | *15.184*          | *1.033*      |
| 991056<br>Steamed Green Beans<br>COMMUNITY MEALS | 24002 | 4 oz         | \$0.224 | 52.466                      | 0.359<br>6.150%                   | 96.417                      | *0.014*<br>*0.107%* | 2.407<br>41.283% | 0.000         | 0.000        | 6.189<br>47.183%  | 2.059                | 1.456<br>11.101% | *0.000*                | *33.946*        | *10.122*          | *0.689*      |
| 466<br>Steamed Green Peas                        | 24001 | 4 oz         | \$0.379 | 93.657                      | 0.382<br>3.675%                   | 195.789                     | 4.731<br>20.206%    | 2.619<br>25.163% | 0.000         | 0.000        | 12.887<br>55.040% | 4.258                | 4.939<br>21.094% | *0.000*                | *20.816*        | *17.031*          | *1.448*      |
| 1101<br>Steamed Green Peas                       | 24001 | 2 oz         | \$0.190 | 46.828                      | 0.191<br>3.675%                   | 97.894                      | 2.365<br>20.202%    | 1.309<br>25.162% | 0.000         | 0.000        | 6.444<br>55.041%  | 2.129                | 2.470<br>21.098% | *0.000*                | *10.408*        | *8.516*           | *0.724*      |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                             | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 1102<br>Steamed Green Peas                            | VEG   | 6 oz         | \$0.568 | 140.450                     | 0.574<br>3.676%                   | 293.634                     | 7.094<br>20.204%  | 3.928<br>25.167%  | 0.000         | 0.000        | 19.325<br>55.036% | 6.385<br>21.092%     | 7.406<br>21.092%  | *0.000*                | *31.214*        | *25.539*          | *2.171*      |
| 990761<br>Steamed Green Peas and Corn                 | VEG   | 4 oz         | \$0.347 | 99.385                      | 0.408<br>3.696%                   | 146.466                     | 3.572<br>14.376%  | 2.802<br>25.374%  | 0.000         | 0.000        | 16.350<br>65.806% | 3.143<br>15.793%     | 3.924<br>15.793%  | *0.000*                | *12.383*        | *11.621*          | *0.929*      |
| 999051<br>Steamed Green Peas and Corn COMMUNITY MEALS | VEG   | .5 C         | \$0.305 | 101.290                     | 0.411<br>3.647%                   | 97.410                      | 3.891<br>15.366%  | 2.802<br>24.897%  | 0.000         | 0.000        | 16.722<br>66.036% | 3.715<br>15.875%     | 4.020<br>15.875%  | *0.000*                | *13.812*        | *22.099*          | *0.900*      |
| 991054<br>Steamed Green Peas COMMUNITY MEALS          | 24002 | 4 oz         | \$0.295 | 97.442                      | 0.387<br>3.576%                   | 98.331                      | 5.365<br>22.023%  | 2.619<br>24.185%  | 0.000         | 0.000        | 13.625<br>55.932% | 5.393<br>21.050%     | 5.128<br>21.050%  | *0.000*                | *23.655*        | *37.848*          | *1.391*      |
| 999012<br>Steamed Snap Peas                           | 24001 | 4 oz         | \$1.002 | 39.054                      | 0.036<br>0.837%                   | 97.319                      | 3.719<br>38.091%  | 0.186<br>4.286%   | 0.000         | 0.000        | 7.021<br>71.906%  | 2.418<br>26.671%     | 2.604<br>26.671%  | *0.000*                | 39.984          | 55.792            | 1.934        |
| 999104<br>Steamed Snap Peas                           | VEG   | 2 oz         | \$0.501 | 19.527                      | 0.018<br>0.834%                   | 48.660                      | 1.860<br>38.101%  | 0.093<br>4.286%   | 0.000         | 0.000        | 3.510<br>71.905%  | 1.209<br>26.671%     | 1.302<br>26.671%  | *0.000*                | 19.992          | 27.896            | 0.967        |
| 999025<br>Stew/Curry (REPLACE RECIPE)                 | ENT   | 8oz scoop    |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*             | *N/A*         | *N/A*        | *N/A*             | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990821<br>Strawberry Bread                            | BRKFS | 4 oz         | \$0.499 | 314.788                     | 1.249<br>3.571%                   | 148.416                     | 30.083<br>38.226% | 8.129<br>23.242%  | *0.000*       | 14.691       | 56.890<br>72.290% | 3.604<br>5.948%      | 4.681<br>5.948%   | *0.000*                | *53.233*        | *20.346*          | *1.962*      |
| 999263<br>Strawberry Bread                            | BRKFS | 2 oz         | \$0.250 | 157.394                     | 0.625<br>3.572%                   | 74.208                      | 15.042<br>38.228% | 4.065<br>23.241%  | *0.000*       | 7.346        | 28.445<br>72.289% | 1.802<br>5.949%      | 2.341<br>5.949%   | *0.000*                | *26.617*        | *10.173*          | *0.981*      |
| 886<br>Strawberry Jelly                               | 24003 | 1 ea         | \$0.101 | 35.000                      | 0.000<br>0.000%                   | 0.000                       | 9.000<br>102.857% | 0.000<br>0.000%   | 0.000         | 0.000        | 9.000<br>102.857% | 0.000<br>0.000%      | 0.000<br>0.000%   | *N/A*                  | 0.000           | *N/A*             | 0.000        |
| 990595<br>Strawberry Vinaigrette                      | SC    | 1 oz         | \$0.195 | 45.480                      | 0.382<br>7.553%                   | 37.296                      | 4.252<br>37.397%  | 2.669<br>52.807%  | 0.000         | 0.000        | 5.393<br>47.428%  | 0.485<br>9.044%      | 0.084<br>0.739%   | *0.000*                | *0.684*         | *8.969*           | *0.144*      |
| 990992<br>Stuffing*                                   | MISC  | 4 oz scoop   |         | *N/A*                       | *N/A*                             | *N/A*                       | *N/A*             | *N/A*             | *N/A*         | *N/A*        | *N/A*             | *N/A*                | *N/A*             | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990751<br>Summer Squash Salad                         | VEG   | 2 oz         | \$0.101 | 24.280                      | 0.234<br>8.678%                   | 99.163                      | 1.466<br>24.152%  | 1.517<br>56.235%  | 0.000         | 0.000        | 2.374<br>39.110%  | 0.574<br>9.044%      | 0.549<br>9.044%   | *0.000*                | *8.769*         | *7.295*           | *0.186*      |
| 990762<br>Summer Squash Salad                         | VEG   | 4 oz         | \$0.202 | 48.560                      | 0.468<br>8.676%                   | 198.221                     | 2.931<br>24.143%  | 3.034<br>56.235%  | 0.000         | 0.000        | 4.748<br>39.110%  | 1.147<br>9.044%      | 1.098<br>9.044%   | *0.000*                | *17.538*        | *14.590*          | *0.372*      |
| 776<br>Sunbutter & Jelly Sandwich                     | 24001 | 1 ea         | \$0.862 | 640.000                     | 4.000<br>5.625%                   | 540.000                     | 34.000<br>21.250% | 34.000<br>47.812% | 0.000         | 0.000        | 68.000<br>42.500% | 10.000<br>25.350%    | 40.560<br>25.350% | *N/A*                  | 172.000         | 0.000             | 4.320        |
| 990909<br>Sunbutter & Jelly Sandwich 1 M/MA           | 24001 | 1 ea         | \$0.639 | 440.000                     | 2.000<br>4.091%                   | 410.000                     | 30.000<br>27.273% | 18.000<br>36.818% | 0.000         | 0.000        | 61.000<br>55.455% | 7.000<br>21.164%     | 23.280<br>21.164% | *N/A*                  | 146.000         | 0.000             | 2.880        |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                             | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat<br>(g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|------------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990706<br>Sunbutter Cup                               | 24003 | 1 ea         | \$0.356 | 198.125                     | 1.981<br>9.000%                   | 128.781                     | 3.962<br>7.999%   | 15.850<br>72.000% | 0.000            | 0.000        | 6.934<br>14.000%  | 2.972                | 6.934<br>13.999%  | *N/A*                  | 25.756          | *N/A*             | 1.426        |
| 999175<br>Sunchip Multigrain Garden Salsa             | 24003 | 1 bag        | \$0.415 | 140.000                     | 0.500<br>3.214%                   | 140.000                     | 2.000<br>5.714%   | 6.000<br>38.571%  | 0.000            | 0.000        | 19.000<br>54.286% | 2.000                | 2.000<br>5.714%   | 0.000                  | 10.000          | 0.000             | 0.600        |
| 1029<br>Sunflower Seeds                               | 24003 | 1 oz         | \$0.165 | 82.498                      | 0.740<br>8.071%                   | 0.425                       | 0.387<br>1.876%   | 7.059<br>77.011%  | *N/A*            | 0.000        | 3.412<br>16.543%  | 1.573                | 2.740<br>13.285%  | *N/A*                  | 9.922           | 0.198             | 0.539        |
| 726<br>Super Sesame Tofu                              | 24002 | 4 oz         | \$1.080 | 134.581                     | 0.333<br>2.230%                   | 487.678                     | 0.146<br>0.434%   | 7.460<br>49.889%  | *0.000*          | 0.000        | 4.385<br>13.033%  | 3.136                | 12.669<br>37.655% | *0.000*                | *195.697*       | *1.163*           | *2.221*      |
| 990397<br>Sweet & Spicy BBQ Sauce                     | MISC  | 1 oz         | \$0.091 | 60.000                      | 0.000<br>0.000%                   | 260.000                     | 11.000<br>73.333% | 0.000<br>0.000%   | 0.000            | 0.000        | 13.000<br>86.667% | 0.000                | 0.000<br>0.000%   | *N/A*                  | 2.000           | *N/A*             | 0.160        |
| 990856<br>Sweet Chili Cauliflower                     | 24002 | 2 oz         | \$0.463 | 90.280                      | 0.391<br>3.899%                   | 233.274                     | 9.896<br>43.846%  | 2.006<br>19.998%  | 0.000            | 0.000        | 16.840<br>74.613% | 2.340                | 2.269<br>10.053%  | *N/A*                  | *32.076*        | *55.754*          | *0.694*      |
| 990857<br>Sweet Chili Cauliflower                     | 24002 | 4 oz         | \$0.926 | 180.559                     | 0.782<br>3.899%                   | 466.549                     | 19.793<br>43.848% | 4.012<br>19.998%  | 0.000            | 0.000        | 33.681<br>74.614% | 4.679                | 4.538<br>10.053%  | *N/A*                  | *64.153*        | *111.509*         | *1.388*      |
| 668<br>Sweet Chili Chicken Diced                      | 24001 | 3 oz         | \$0.447 | 163.337                     | 0.595<br>3.277%                   | 310.345                     | 10.015<br>24.526% | 3.753<br>20.678%  | 0.000            | 57.119       | 14.445<br>35.375% | 0.033                | 17.667<br>43.265% | *N/A*                  | *11.762*        | *0.004*           | *0.545*      |
| 999019<br>Sweet Chili Chicken Drum                    | ENT   | 1 ea         | \$0.755 | 317.683                     | 3.767<br>10.673%                  | 458.789                     | 12.009<br>15.121% | 15.137<br>42.884% | 0.066            | 128.944      | 17.425<br>21.940% | 0.033                | 25.402<br>31.984% | *N/A*                  | *21.506*        | *0.004*           | *1.316*      |
| 999105<br>Sweet Chili Chicken Drum<br>COMMUNITY MEALS | ENT   | 1 ea         | \$0.749 | 415.466                     | 5.261<br>11.396%                  | 523.168                     | 12.009<br>11.562% | 20.725<br>44.895% | 0.094            | 184.820      | 17.492<br>16.840% | 0.033                | 36.383<br>35.029% | *N/A*                  | *26.365*        | *0.004*           | *1.747*      |
| 999276<br>Sweet Chili Chicken Tender                  | 24001 | 3 oz         | \$0.459 | 156.565                     | 0.321<br>1.845%                   | 286.401                     | 10.015<br>25.587% | 2.243<br>12.892%  | 0.000            | 48.470       | 14.445<br>36.906% | 0.033                | 18.757<br>47.921% | *N/A*                  | *8.632*         | *2.497*           | *0.770*      |
| 999281<br>Sweet Chili Chicken Thigh                   | ENT   | 1 ea         | \$0.723 | 336.361                     | 6.493<br>17.373%                  | 280.961                     | 6.986<br>8.308%   | 22.176<br>59.337% | 0.000            | 132.231      | 13.187<br>15.682% | 0.015                | 21.185<br>25.193% | *0.000*                | *80.001*        | *0.002*           | *1.242*      |
| 991018<br>Sweet Chili Chicken Wrap                    | 24001 | 1 ea         | \$0.822 | 374.401                     | 1.179<br>2.833%                   | 564.603                     | 12.651<br>13.516% | 8.993<br>21.618%  | 0.000            | 57.119       | 48.610<br>51.934% | 4.078                | 23.750<br>25.374% | *0.000*                | *158.761*       | *1.165*           | *3.117*      |
| 990982<br>Sweet Chili Strips                          | ENT   | 5oz          | \$0.496 | 178.981                     | 0.037<br>0.184%                   | 369.160                     | 10.490<br>23.444% | 3.159<br>15.887%  | 0.000            | 0.000        | 23.130<br>51.693% | 5.165                | 14.456<br>32.307% | *N/A*                  | 27.282          | 23.292            | 0.461        |
| 990960<br>Sweet Chili Strips                          | ENT   | 6oz          | \$0.609 | 228.986                     | 0.037<br>0.144%                   | 466.854                     | 12.747<br>22.267% | 4.182<br>16.435%  | 0.000            | 0.000        | 28.521<br>49.821% | 6.443                | 19.056<br>33.288% | *N/A*                  | 28.949          | 23.292            | 0.511        |
| 990760<br>Sweet Chili Tofu                            | 24002 | 4 oz         | \$1.176 | 211.240                     | 0.480<br>2.046%                   | 324.848                     | 12.000<br>22.723% | 8.497<br>36.203%  | 0.000            | 0.000        | 21.687<br>41.067% | 2.952                | 11.745<br>22.240% | *0.000*                | *200.814*       | *0.000*           | *2.422*      |
| 999283<br>Sweet Chili Veggie Chik'n<br>Nuggets        | 24001 | 5 ea         | \$1.270 | 332.222                     | 0.597<br>1.618%                   | 843.333                     | 17.194<br>20.702% | 9.556<br>25.886%  | 0.000            | 0.000        | 44.167<br>53.177% | 4.778                | 17.917<br>21.572% | *N/A*                  | 96.944          | 0.000             | 3.864        |

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<sup>1</sup> - denotes required nutrient values

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                | Group | Portion Size  | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|---------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999269<br>Sweet Chili Veggie Chik'n Wrap | 24001 | 1 ea          | \$1.587 | 519.841                     | 1.181<br>2.045%                   | 993.762                     | 15.811<br>12.166%   | 14.796<br>25.616% | 0.000         | 0.000        | 72.638<br>55.892% | 8.823                | 24.000<br>18.467% | *0.000*                | 240.594         | 1.161             | 6.335        |
| 990769<br>Sweet Peach Oatmeal            | BRKFS | 4 oz          | \$0.442 | 139.539                     | 0.249<br>1.606%                   | 44.476                      | 11.282<br>32.341%   | 1.492<br>9.621%   | 0.000         | 0.000        | 29.309<br>84.015% | 2.879                | 2.882<br>8.261%   | *0.000*                | 14.105          | 0.010             | 1.008        |
| 990919<br>Sweet Peach Oatmeal            | BRKFS | 8 oz          | \$0.885 | 279.078                     | 0.498<br>1.606%                   | 88.952                      | 22.564<br>32.341%   | 2.983<br>9.620%   | 0.000         | 0.000        | 58.617<br>84.015% | 5.757                | 5.764<br>8.261%   | *0.000*                | 28.210          | 0.020             | 2.016        |
| 239<br>Sweet Potato Fries                | 24002 | 4 oz          | \$0.158 | 107.996                     | 0.342<br>2.851%                   | 148.753                     | 4.215<br>15.612%    | 2.311<br>19.260%  | 0.000         | 0.000        | 20.376<br>75.471% | 3.081                | 1.630<br>6.037%   | *0.000*                | *30.871*        | *2.415*           | *0.656*      |
| 999274<br>Sweet Potato Fries             | 24002 | 6 oz          | \$0.236 | 161.188                     | 0.511<br>2.852%                   | 222.020                     | 6.291<br>15.612%    | 3.449<br>19.260%  | 0.000         | 0.000        | 30.413<br>75.471% | 4.598                | 2.433<br>6.038%   | *0.000*                | *46.075*        | *3.604*           | *0.978*      |
| 990693<br>Sweet Potato Hash              | 24002 | 4 oz          | \$0.348 | 177.604                     | 0.696<br>3.527%                   | 360.255                     | 7.257<br>16.344%    | 4.662<br>23.623%  | 0.000         | 0.000        | 31.721<br>71.441% | 5.061                | 2.791<br>6.286%   | *0.000*                | *50.431*        | *16.556*          | *1.121*      |
| 990648<br>Sweet Potato Hash              | 24002 | 2 oz          | \$0.174 | 88.802                      | 0.348<br>3.528%                   | 180.128                     | 3.629<br>16.346%    | 2.331<br>23.623%  | 0.000         | 0.000        | 15.860<br>71.441% | 2.530                | 1.395<br>6.284%   | *0.000*                | *25.215*        | *8.278*           | *0.560*      |
| 999217<br>Sweet Potato Hash              | 24002 | 6 oz          | \$0.522 | 266.406                     | 1.044<br>3.528%                   | 540.382                     | 10.886<br>16.345%   | 6.993<br>23.623%  | 0.000         | 0.000        | 47.581<br>71.441% | 7.592                | 4.186<br>6.285%   | *0.000*                | *75.646*        | *24.834*          | *1.682*      |
| 990839<br>Sweet Potato Steak Fries       | 24002 | 4 oz          | \$0.217 | 147.392                     | 0.451<br>2.756%                   | 199.112                     | 5.804<br>15.751%    | 3.044<br>18.587%  | 0.000         | 0.000        | 28.049<br>76.121% | 4.238                | 2.241<br>6.082%   | *0.000*                | *42.465*        | *3.325*           | *0.900*      |
| 990841<br>Sweet Potato Steak Fries       | 24002 | 6 oz          | \$0.325 | 221.085                     | 0.677<br>2.756%                   | 298.666                     | 8.706<br>15.751%    | 4.566<br>18.587%  | 0.000         | 0.000        | 42.073<br>76.121% | 6.357                | 3.362<br>6.083%   | *0.000*                | *63.697*        | *4.987*           | *1.350*      |
| 999218<br>Sweet Potato Steak Fries       | 24002 | 2 oz          | \$0.108 | 73.696                      | 0.226<br>2.755%                   | 99.556                      | 2.902<br>15.751%    | 1.522<br>18.587%  | 0.000         | 0.000        | 14.025<br>76.121% | 2.119                | 1.120<br>6.079%   | *0.000*                | *21.232*        | *1.662*           | *0.450*      |
| 990994<br>Sweet Potatoes*                | MISC  | 4 oz<br>scoop |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*     | *N/A*<br>*N/A%*   | *N/A*         | *N/A*        | *N/A*<br>*N/A%*   | *N/A*                | *N/A*<br>*N/A%*   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990804<br>Sweet Strawberry Oatmeal       | 24001 | 4 oz          | \$0.301 | 127.484                     | 0.248<br>1.752%                   | 57.470                      | 12.581<br>39.475%   | 1.489<br>10.508%  | 0.000         | 0.000        | 26.980<br>84.653% | 2.623                | 2.585<br>8.111%   | *0.000*                | 11.524          | 12.346            | 1.131        |
| 990918<br>Sweet Strawberry Oatmeal       | BRKFS | 8 oz          | \$0.601 | 254.969                     | 0.496<br>1.752%                   | 114.939                     | 25.161<br>39.473%   | 2.977<br>10.508%  | 0.000         | 0.000        | 53.959<br>84.652% | 5.246                | 5.171<br>8.112%   | *0.000*                | 23.048          | 24.691            | 2.262        |
| 990724<br>Taco Ground Beef               | ENT   | 2 oz          | \$0.214 | 168.044                     | 4.138<br>22.160%                  | 190.380                     | 1.041<br>2.478%     | 12.378<br>66.295% | *0.406*       | 39.412       | 3.548<br>8.445%   | 1.210                | 10.879<br>25.896% | *0.000*                | *23.325*        | *17.172*          | *1.832*      |
| 990772<br>Taco Ground Beef               | ENT   | 4 oz          | \$1.930 | 446.058                     | 11.371<br>22.942%                 | 405.329                     | 1.779<br>1.595%     | 33.535<br>67.663% | 1.129         | 109.668      | 6.511<br>5.839%   | 2.205                | 29.588<br>26.533% | *0.000*                | *53.555*        | *24.214*          | *4.511*      |
| 999080<br>Taco Ground Chicken            | ENT   | 4 oz<br>scoop | \$0.224 | 226.268                     | 3.237<br>12.876%                  | 392.225                     | *1.779*<br>*3.145%* | 12.453<br>49.534% | 0.000         | 108.358      | 6.562<br>11.600%  | 2.205                | 23.339<br>41.259% | *0.000*                | *32.085*        | *24.214*          | *2.383*      |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                          | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 999287<br>Taco Salad                               | 24002 | 10 oz        | \$1.702 | 302.678                     | 4.298<br>12.779%                  | 559.224                     | 7.921<br>10.468%  | 11.140<br>33.125% | 0.000         | 40.499       | 32.528<br>42.986% | *1.034*              | 22.653<br>29.937% | *N/A*                  | 249.747         | *8.441*           | *3.319*      |
| 999102<br>Tangy Cilantro-Lime Dressing             | 24002 | .5 oz        | \$0.047 | 26.265                      | 0.361<br>12.353%                  | 93.646                      | 0.698<br>10.630%  | 2.521<br>86.395%  | 0.000         | 0.000        | 0.764<br>11.632%  | 0.014                | 0.016<br>0.244%   | *0.000*                | *1.315*         | *0.595*           | *0.031*      |
| 999103<br>Tangy Cilantro-Lime Dressing             | 24002 | .25 oz       | \$0.024 | 13.133                      | 0.180<br>12.349%                  | 46.823                      | 0.349<br>10.630%  | 1.261<br>86.388%  | 0.000         | 0.000        | 0.382<br>11.632%  | 0.007                | 0.008<br>0.244%   | *0.000*                | *0.657*         | *0.298*           | *0.015*      |
| 999046<br>Tangy Cilantro-Lime Dressing             | 24002 | 1 oz         | \$0.094 | 52.530                      | 0.721<br>12.353%                  | 187.293                     | 1.396<br>10.630%  | 5.043<br>86.393%  | 0.000         | 0.000        | 1.528<br>11.632%  | 0.028                | 0.033<br>0.251%   | *0.000*                | *2.630*         | *1.191*           | *0.062*      |
| 924<br>Tangy Cilantro-Lime Slaw                    | 24002 | 4 oz         | \$0.218 | 53.533                      | 0.385<br>6.468%                   | 126.323                     | 3.717<br>27.774%  | 2.677<br>45.011%  | 0.000         | 0.000        | 7.087<br>52.956%  | 2.078                | 1.064<br>7.950%   | *0.000*                | *35.557*        | *22.208*          | *0.533*      |
| 990100<br>Tangy Cilantro-Lime Slaw                 | 24002 | 2 oz         | \$0.110 | 26.812                      | 0.192<br>6.455%                   | 63.184                      | 1.862<br>27.779%  | 1.339<br>44.943%  | 0.000         | 0.000        | 3.554<br>53.023%  | 1.043                | 0.535<br>7.982%   | *0.000*                | *17.880*        | *11.131*          | *0.268*      |
| 999054<br>Tangy Cilantro-Lime Slaw Mix             | 24002 | 4 oz         | \$0.171 | 27.268                      | 0.024<br>0.799%                   | 32.677                      | 3.019<br>44.286%  | 0.156<br>5.149%   | 0.000         | 0.000        | 6.324<br>92.761%  | 2.064                | 1.048<br>15.373%  | *N/A*                  | 34.242          | 21.613            | 0.502        |
| 999055<br>Tangy Cilantro-Lime Slaw Mix             | 24002 | 2 oz         | \$0.086 | 13.679                      | 0.012<br>0.796%                   | 16.361                      | 1.513<br>44.243%  | 0.078<br>5.152%   | 0.000         | 0.000        | 3.172<br>92.761%  | 1.036                | 0.527<br>15.410%  | *N/A*                  | 17.223          | 10.833            | 0.253        |
| 990903<br>Teriyaki Beef                            | 24002 | 3 oz         | \$1.518 | 337.478                     | 10.837<br>28.899%                 | 361.529                     | 7.580<br>8.984%   | 26.851<br>71.608% | *0.000*       | 64.697       | 8.742<br>10.362%  | 0.075                | 15.449<br>18.311% | *0.000*                | *13.980*        | *0.132*           | *1.770*      |
| 990339<br>Teriyaki Chicken                         | 24002 | 3 oz         | \$0.504 | 259.547                     | 0.599<br>2.078%                   | 354.058                     | 7.580<br>11.682%  | 3.774<br>13.086%  | 0.000         | 57.119       | 37.656<br>58.034% | 0.360                | 18.101<br>27.896% | *0.000*                | *6.809*         | *0.132*           | *0.498*      |
| 999076<br>Teriyaki Chicken<br>COMMUNITY MEALS      | 24002 | 3 oz         | \$0.303 | 133.464                     | 0.599<br>4.038%                   | 599.596                     | 5.670<br>16.993%  | 3.774<br>25.452%  | 0.000         | 57.946       | 6.848<br>20.524%  | 0.017                | 19.001<br>56.947% | *0.000*                | *3.481*         | *0.000*           | *0.285*      |
| 990681<br>Teriyaki Chicken Drum                    | 24002 | 1 ea         | \$0.672 | 281.559                     | 3.769<br>12.048%                  | 448.131                     | 7.580<br>10.769%  | 15.142<br>48.402% | 0.066         | 128.944      | 8.896<br>12.638%  | 0.075                | 25.754<br>36.588% | *0.000*                | *14.258*        | *0.132*           | *1.070*      |
| 990715<br>Teriyaki Chicken Drum                    | ENT   | 2 ea         | \$1.343 | 563.118                     | 7.538<br>12.048%                  | 896.261                     | 15.160<br>10.769% | 30.285<br>48.402% | 0.132         | 257.887      | 17.792<br>12.638% | 0.150                | 51.508<br>36.588% | *0.000*                | *28.515*        | *0.264*           | *2.141*      |
| 999107<br>Teriyaki Chicken Drum<br>COMMUNITY MEALS | 24002 | 1 ea         | \$0.665 | 379.343                     | 5.263<br>12.486%                  | 512.510                     | 7.580<br>7.993%   | 20.730<br>49.182% | 0.094         | 184.820      | 8.963<br>9.451%   | 0.075                | 36.735<br>38.735% | *0.000*                | *19.116*        | *0.132*           | *1.502*      |
| 990921<br>Teriyaki Tofu                            | 24002 | 4 oz         | \$1.087 | 158.633                     | 0.323<br>1.831%                   | 314.240                     | 7.580<br>19.113%  | 7.384<br>41.893%  | 0.000         | 0.000        | 11.677<br>29.444% | 3.010                | 12.154<br>30.647% | *0.000*                | *193.821*       | *0.132*           | *2.188*      |
| 990893<br>TEST Mushroom Bolognese<br>V2 TEST       | SC    | 2oz<br>scoop | \$0.269 | 37.994                      | 0.036<br>0.843%                   | 144.998                     | 3.667<br>38.606%  | 0.234<br>5.531%   | *0.000*       | 0.000        | 7.490<br>78.856%  | 2.166                | 2.287<br>24.077%  | *0.000*                | *18.377*        | *2.892*           | *0.475*      |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                  | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)     | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)        | Dietary Fiber<br>(g) | Protein<br>(g)       | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|----------------------|---------------|--------------|---------------------|----------------------|----------------------|------------------------|-----------------|-------------------|--------------|
| 990971<br>Three Bean Salad                 | 24002 | 4 oz         | \$0.594 | 165.606                     | 0.466<br>2.533%                   | 341.355                     | *3.175*<br>*7.669%* | 3.683<br>20.016%     | *0.000*       | 0.000        | 25.180<br>60.818%   | 5.507<br>20.878%     | 8.644<br>20.878%     | *0.000*                | *62.182*        | *5.512*           | *2.597*      |
| 1045<br>Tofu Bolognese                     | 24002 | 8 oz         | \$1.425 | 195.898                     | 0.269<br>1.236%                   | 494.442                     | 8.073<br>16.484%    | 7.466<br>34.301%     | 0.000         | 0.000        | 18.223<br>37.209%   | 6.058<br>34.373%     | 16.834<br>34.373%    | *0.000*                | *242.868*       | *2.718*           | *2.965*      |
| 999177<br>Tofu Curry                       | ENT   | 6 oz         | \$0.983 | 195.027                     | 1.361<br>6.281%                   | 329.119                     | *2.983*<br>*6.118%* | 13.493<br>62.268%    | 0.000         | 0.000        | 9.378<br>19.233%    | 4.069<br>20.348%     | 9.921<br>20.348%     | *0.000*                | *166.940*       | *41.620*          | *2.733*      |
| 991038<br>Tomato Basil Frittata            | 24001 | 1 ea         | \$0.638 | 80.000                      | 1.750<br>19.688%                  | 205.000                     | 1.500<br>7.500%     | 5.000<br>56.250%     | 0.000         | 35.000       | 4.500<br>22.500%    | 0.500<br>25.000%     | 5.000<br>25.000%     | *N/A*                  | 85.000          | *N/A*             | 0.500        |
| 999247<br>Tomato Basil Frittata            | 24001 | 1 ea         | \$0.638 | 80.000                      | 1.750<br>19.688%                  | 205.000                     | 1.500<br>7.500%     | 5.000<br>56.250%     | 0.000         | 35.000       | 4.500<br>22.500%    | 0.500<br>25.000%     | 5.000<br>25.000%     | *N/A*                  | 85.000          | *N/A*             | 0.500        |
| 999248<br>Tomato Basil Frittata            | 24001 | 2 ea         | \$1.275 | 160.000                     | 3.500<br>19.688%                  | 410.000                     | 3.000<br>7.500%     | 10.000<br>56.250%    | 0.000         | 70.000       | 9.000<br>22.500%    | 1.000<br>25.000%     | 10.000<br>25.000%    | *N/A*                  | 170.000         | *N/A*             | 1.000        |
| 491<br>Tomato Salsa                        | VEG   | 4 oz         | \$0.396 | 28.998                      | 0.046<br>1.412%                   | 100.590                     | 4.112<br>56.721%    | 0.277<br>8.606%      | 0.000         | 0.000        | 6.378<br>87.973%    | 1.843<br>17.656%     | 1.280<br>17.656%     | *0.000*                | 17.137          | 23.279            | 0.390        |
| 1099<br>Tomato Salsa                       | 24002 | 2 oz         | \$0.202 | 15.053                      | 0.024<br>1.459%                   | 50.516                      | 2.059<br>54.713%    | 0.160<br>9.578%      | 0.000         | 0.000        | 3.273<br>86.983%    | 0.940<br>17.751%     | 0.668<br>17.751%     | *0.000*                | 9.364           | 11.633            | 0.262        |
| 999136<br>Tomato Wedges                    | 24001 | 2 ea         | \$0.139 | 9.593                       | 0.015<br>1.398%                   | 2.665                       | 1.402<br>58.459%    | 0.107<br>10.001%     | 0.000         | 0.000        | 2.073<br>86.451%    | 0.640<br>19.556%     | 0.469<br>19.556%     | *N/A*                  | 5.330           | 7.302             | 0.144        |
| 615<br>Tomatoes                            | VEG   | .5 C         | \$0.312 | 21.489                      | 0.033<br>1.399%                   | 5.969                       | 3.140<br>58.449%    | 0.239<br>10.001%     | 0.000         | 0.000        | 4.644<br>86.446%    | 1.433<br>19.563%     | 1.051<br>19.563%     | *N/A*                  | 11.939          | 16.356            | 0.322        |
| 991006<br>Trinbagonian Style Corn Soup     | 24002 | 2 oz         | \$0.167 | 51.642                      | 0.202<br>3.512%                   | 43.115                      | 2.447<br>18.954%    | 0.671<br>11.694%     | 0.000         | 0.815        | 10.257<br>79.448%   | 2.009<br>17.141%     | 2.213<br>17.141%     | *0.000*                | *22.795*        | *4.302*           | *0.144*      |
| 990989<br>Trinbagonian Style Corn Soup     | 24002 | 4 oz         | \$0.335 | 103.283                     | 0.403<br>3.512%                   | 86.231                      | 4.894<br>18.954%    | 1.342<br>11.694%     | 0.000         | 1.631        | 20.514<br>79.448%   | 4.019<br>17.141%     | 4.426<br>17.141%     | *0.000*                | *45.590*        | *8.604*           | *0.287*      |
| 117<br>Tuna & Macaroni Salad               | 24002 | 6 oz         | \$0.717 | 217.732                     | 1.436<br>5.937%                   | 204.983                     | 0.644<br>1.183%     | 9.030<br>37.326%     | 0.000         | 25.578       | 19.693<br>36.179%   | 2.642<br>31.551%     | 17.174<br>31.551%    | *0.000*                | 2.884           | 0.304             | 0.261        |
| 999228<br>Tuna Fish Bulk SHELF STABLE MEAL | 24002 | 3 oz         | \$0.931 | 100.318                     | 0.560<br>5.026%                   | 156.855                     | 0.000<br>0.000%     | 1.681<br>15.077%     | 0.000         | 35.572       | 0.000<br>0.000%     | 0.000<br>84.878%     | 21.287<br>84.878%    | *N/A*                  | 0.000           | 0.000             | 0.336        |
| 999252<br>Tuna Salad                       | 24002 | 6 oz         | \$1.931 | 390.426                     | 4.352<br>10.033%                  | 621.162                     | 0.456<br>0.467%     | 25.119<br>57.904%    | 0.000         | 77.508       | 1.314<br>1.346%     | 0.524<br>41.055%     | 40.072<br>41.055%    | *0.000*                | 8.740           | 0.922             | 0.792        |
| 999237<br>Tuna Salad                       | 24002 | 4 oz         | \$0.295 | *61.754*                    | *0.640*<br>*9.323%*               | *104.533*                   | *0.165*<br>*1.069%* | *4.050*<br>*59.020%* | *0.000*       | *12.632*     | *0.279*<br>*1.805%* | *0.053*<br>*36.526%* | *5.639*<br>*36.526%* | *0.000*                | *0.796*         | *0.217*           | *0.097*      |
| 999200<br>Tuna Salad                       | 24002 | 3 oz         | \$0.966 | 195.213                     | 2.176<br>10.033%                  | 310.581                     | 0.228<br>0.467%     | 12.560<br>57.904%    | 0.000         | 38.754       | 0.657<br>1.346%     | 0.262<br>41.055%     | 20.036<br>41.055%    | *0.000*                | 4.370           | 0.461             | 0.396        |

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## DC Central Kitchen

### Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                            | Group | Portion Size | Cost      | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)         | Total Fat<br>(g)        | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)          | Dietary Fiber<br>(g)  | Protein<br>(g) | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|-----------|-----------------------------|-----------------------------------|-----------------------------|-----------------------|-------------------------|---------------|--------------|-----------------------|-----------------------|----------------|------------------------|-----------------|-------------------|--------------|
| 999236<br>Tuna Salad Dressing                        | 24002 | 0.6 Tbsp     | \$0.057   | 49.429                      | 0.709<br>12.915%                  | 91.205                      | 0.003<br>0.024%       | 5.207<br>94.803%        | 0.000         | 4.725        | 0.020<br>0.163%       | 0.007<br>0.073%       | 0.009          | *0.000*                | 0.208           | 0.010             | 0.004        |
| 538<br>Tuna Salad on a WW Bun                        | 24002 | 1 ea         | \$1.217   | 335.213                     | 2.676<br>7.185%                   | 580.581                     | 2.228<br>2.659%       | 14.560<br>39.090%       | 0.000         | 38.754       | 27.657<br>33.002%     | 3.262<br>31.068%      | 26.036         | *0.000*                | 24.370          | 0.461             | 1.836        |
| 656<br>Tuna Salad on WW Bread                        | 24002 | 1 ea         | \$1.161   | 355.213                     | 2.176<br>5.514%                   | 590.581                     | 6.228<br>7.013%       | 14.560<br>36.889%       | 0.000         | 38.754       | 32.657<br>36.775%     | 4.262<br>29.319%      | 26.036         | *0.000*                | 124.370         | 0.461             | 1.836        |
| 999238<br>Tuna Salad Sandwich                        | 24002 | each         | \$378.613 | *79318.226*                 | *822.954*<br>*9.338%*             | *134067.267*                | *218.143*<br>*1.100%* | *5193.388*<br>*58.928%* | *0.000*       | *16168.960*  | *399.104*<br>*2.013%* | *73.061*<br>*36.438%* | *7225.502*     | *0.000*                | *1068.153*      | *284.720*         | *126.525*    |
| 990402<br>Turkey & Bean Chili                        | 24002 | 6 oz         | \$0.510   | 157.051                     | 1.521<br>8.719%                   | 233.609                     | 3.187<br>8.117%       | 6.105<br>34.987%        | 0.000         | 54.166       | 14.679<br>37.387%     | 4.571<br>32.051%      | 12.584         | *0.000*                | *71.924*        | *8.316*           | *3.076*      |
| 999074<br>Turkey & Cheese on WW Bread                | ENT   | 1 ea         | \$0.847   | 306.124                     | 5.056<br>14.865%                  | 657.373                     | 6.000<br>7.840%       | 11.337<br>33.332%       | 0.000         | 42.750       | 32.000<br>41.813%     | 4.000<br>28.207%      | 21.587         | *N/A*                  | 326.547         | *0.000*           | 2.440        |
| 990969<br>Turkey & Cheese Roll-up                    | 24001 | 2 ea         | \$0.530   | 143.333                     | 5.500<br>34.535%                  | 330.000                     | *0.000*<br>*0.000%*   | 10.667<br>66.977%       | 0.000         | 50.000       | 1.333<br>3.721%       | 0.000<br>32.559%      | 11.667         | *N/A*                  | 200.000         | *0.000*           | 0.233        |
| 990394<br>Turkey Bacon                               | 24001 | 2 ea         | \$0.307   | 50.000                      | 1.000<br>18.000%                  | 220.002                     | 0.000<br>0.000%       | 3.000<br>54.000%        | 0.000         | 10.000       | 0.000<br>0.000%       | 0.000<br>32.000%      | 4.000          | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 999089<br>Turkey Bacon                               | 24001 | 4 ea         | \$0.613   | 100.001                     | 2.000<br>18.000%                  | 440.003                     | 0.000<br>0.000%       | 6.000<br>53.999%        | 0.000         | 20.000       | 0.000<br>0.000%       | 0.000<br>32.000%      | 8.000          | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 894<br>Turkey Bacon & Egg Bake                       | 24001 | 1 piece      | \$0.297   | 105.469                     | 2.227<br>19.005%                  | 222.260                     | 0.000<br>0.000%       | 6.681<br>57.014%        | 0.000         | 206.198      | 0.015<br>0.056%       | 0.006<br>33.792%      | 8.910          | *0.000*                | 30.955          | *0.000*           | 1.189        |
| 990468<br>Turkey Bacon Ranch Wrap                    | 24002 | 1 ea         | \$1.230   | 421.436                     | 6.039<br>12.897%                  | 803.767                     | 4.330<br>4.110%       | 19.402<br>41.435%       | 0.000         | 55.163       | 35.784<br>33.964%     | 3.813<br>22.299%      | 23.494         | *0.000*                | 266.231         | *3.266*           | 3.769        |
| 990321<br>Turkey Club on Whole Grain Hoagie          | 24001 | 1 ea         | \$1.449   | 303.696                     | 2.744<br>8.131%                   | 875.714                     | 2.859<br>3.766%       | 9.913<br>29.376%        | 0.000         | 48.557       | 28.492<br>37.527%     | 3.618<br>33.034%      | 25.081         | *0.000*                | 67.398          | 4.154             | 3.511        |
| 607<br>Turkey Club on WW Bread w/ Let, Tom           | 24001 | 1 ea         | \$1.323   | 326.164                     | 2.249<br>6.207%                   | 886.875                     | 7.031<br>8.623%       | 9.956<br>27.473%        | 0.000         | 48.557       | 33.970<br>41.660%     | 4.923<br>30.977%      | 25.259         | *0.000*                | 132.188         | 4.734             | 3.292        |
| 990926<br>Turkey Ham & Cheddar Flatbread Melt        | 24001 | 1 each       | \$0.914   | 321.124                     | 6.306<br>17.674%                  | 762.372                     | 2.000<br>2.491%       | 14.587<br>40.883%       | 0.000         | 50.250       | 28.500<br>35.500%     | 3.000<br>25.021%      | 20.087         | *N/A*                  | 236.547         | *N/A*             | 1.850        |
| 390<br>Turkey Ham & Cheddar Melt                     | 24001 | 1 ea         | \$0.852   | 301.124                     | 5.306<br>15.859%                  | 712.372                     | 6.000<br>7.970%       | 11.587<br>34.632%       | 0.000         | 50.250       | 32.500<br>43.172%     | 4.000<br>26.683%      | 20.087         | *N/A*                  | 326.547         | *0.000*           | 1.790        |
| 999069<br>Turkey Ham & Cheddar Sandwich on Flatbread | 24001 | 1 ea         | \$0.914   | 321.124                     | 6.306<br>17.674%                  | 762.372                     | 2.000<br>2.491%       | 14.587<br>40.883%       | 0.000         | 50.250       | 28.500<br>35.500%     | 3.000<br>25.021%      | 20.087         | *N/A*                  | 236.547         | *N/A*             | 1.850        |

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# DC Central Kitchen

## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                          | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)    | Total Fat<br>(g)  | Trans Fat<br>(g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|------------------|-------------------|------------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990916<br>Turkey Ham & Cheese on a Croissant       | 24001 | 1 ea         | \$1.001 | 331.124                     | 8.306<br>22.576%                  | 622.372                     | 4.000<br>4.832%  | 16.587<br>45.085% | 0.000            | 50.250       | 29.500<br>35.636% | 3.000                | 19.087<br>23.057% | *N/A*                  | 232.547         | *0.000*           | 1.790        |
| 990915<br>Turkey Ham & Cheese on an English Muffin | 24002 | 1 ea         | \$0.966 | 261.124                     | 5.306<br>18.289%                  | 582.372                     | 1.000<br>1.532%  | 11.087<br>38.214% | 0.000            | 50.250       | 25.500<br>39.062% | 3.000                | 20.087<br>30.770% | *N/A*                  | *206.547*       | *N/A*             | *0.350*      |
| 999187<br>Turkey Ham & Cheese on Pretzel Roll      | 24001 | 1 ea         | \$0.656 | 331.124                     | 5.306<br>14.422%                  | 742.372                     | 4.000<br>4.832%  | 12.587<br>34.213% | 0.000            | 50.250       | 36.500<br>44.092% | 1.000                | 19.087<br>23.057% | *0.000*                | 226.547         | *0.000*           | 2.350        |
| 592<br>Turkey Ham & Cheese on WW Bread             | 24001 | 1 ea         | \$0.852 | 301.124                     | 5.306<br>15.859%                  | 712.372                     | 6.000<br>7.970%  | 11.587<br>34.632% | 0.000            | 50.250       | 32.500<br>43.172% | 4.000                | 20.087<br>26.683% | *N/A*                  | 326.547         | *0.000*           | 1.790        |
| 451<br>Turkey Ham & Cheese on WW Bun               | 24001 | 1 ea         | \$0.878 | 280.000                     | 5.250<br>16.875%                  | 694.999                     | 3.000<br>4.286%  | 11.250<br>36.161% | 0.000            | 50.000       | 29.500<br>42.143% | 4.000                | 20.500<br>29.286% | *N/A*                  | 230.000         | 0.600             | 1.440        |
| 788<br>Turkey Ham & Cheese on WW Hoagie            | 24001 | 1 ea         | \$1.008 | 281.124                     | 5.806<br>18.588%                  | 702.372                     | 2.000<br>2.846%  | 11.587<br>37.096% | 0.000            | 50.250       | 27.500<br>39.129% | 3.000                | 20.087<br>28.581% | *N/A*                  | 266.547         | *0.000*           | 2.150        |
| 999013<br>Turkey Ham & Cheese Stackables           | 24001 | 1 ea         | \$0.914 | 321.124                     | 6.306<br>17.674%                  | 762.372                     | 2.000<br>2.491%  | 14.587<br>40.883% | 0.000            | 50.250       | 28.500<br>35.500% | 3.000                | 20.087<br>25.021% | *N/A*                  | 236.547         | *N/A*             | 1.850        |
| 991053<br>Turkey Ham & Cheese Wrap                 | 24002 | 1 ea         | \$0.971 | 347.253                     | 5.879<br>15.236%                  | 684.307                     | 2.290<br>2.638%  | 14.741<br>38.204% | 0.000            | 50.250       | 33.710<br>38.830% | 3.435                | 19.813<br>22.823% | *N/A*                  | 343.966         | *0.000*           | 2.640        |
| 999092<br>Turkey Ham, Sliced                       | 24004 | 3 slices     | \$0.368 | 50.000                      | 0.750<br>13.500%                  | 239.999                     | 0.000<br>0.000%  | 2.500<br>45.000%  | 0.000            | 30.000       | 0.500<br>4.000%   | 0.000                | 7.000<br>56.000%  | *N/A*                  | 0.000           | *N/A*             | 0.350        |
| 990815<br>Turkey Meatball                          | 24001 | 4 each       | \$0.677 | 110.000                     | 1.500<br>12.273%                  | 380.001                     | 1.000<br>3.636%  | 5.000<br>40.909%  | 0.000            | 45.000       | 4.000<br>14.545%  | 0.000                | 13.000<br>47.273% | *N/A*                  | 20.000          | 0.000             | 0.720        |
| 916<br>Turkey Meatball Sub                         | 24001 | 1 ea         | \$1.319 | 373.254                     | 4.687<br>11.302%                  | 947.689                     | 7.233<br>7.751%  | 15.659<br>37.758% | 0.000            | 55.125       | 37.999<br>40.722% | 4.588                | 24.158<br>25.889% | *0.000*                | *238.020*       | *4.042*           | *3.224*      |
| 990894<br>Turkey Meatballs                         | 24001 | 4 ea         | \$0.677 | 110.000                     | 1.500<br>12.273%                  | 380.001                     | 1.000<br>3.636%  | 5.000<br>40.909%  | 0.000            | 45.000       | 4.000<br>14.545%  | 0.000                | 13.000<br>47.273% | *N/A*                  | 20.000          | 0.000             | 0.720        |
| 913<br>Turkey Meatballs & Sauce                    | 24002 | 4 ea         | \$0.853 | 182.630                     | 2.162<br>10.655%                  | 556.192                     | 5.233<br>11.461% | 9.609<br>47.354%  | 0.000            | 45.000       | 10.999<br>24.090% | 1.588                | 14.614<br>32.008% | *0.000*                | *46.397*        | *4.042*           | *1.424*      |
| 1138<br>Turkey Sausage Link                        | 24001 | 2 ea         | \$0.412 | 130.000                     | 3.000<br>20.769%                  | 450.000                     | 0.000<br>0.000%  | 10.000<br>69.231% | 0.000            | 45.000       | 1.000<br>3.077%   | *N/A*                | 10.000<br>30.769% | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990407<br>Turkey Sausage Link                      | 24001 | 4 ea         | \$0.824 | 260.000                     | 6.000<br>20.769%                  | 900.000                     | 0.000<br>0.000%  | 20.000<br>69.231% | 0.000            | 90.000       | 2.000<br>3.077%   | *N/A*                | 20.000<br>30.769% | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 1128<br>Turkey Sausage Patty                       | 24001 | 1 ea         | \$0.365 | 80.000                      | 2.000<br>22.500%                  | 95.000                      | 0.000<br>0.000%  | 6.000<br>67.500%  | 0.000            | 30.000       | 0.000<br>0.000%   | 0.000                | 7.000<br>35.000%  | *N/A*                  | *N/A*           | 0.000             | *N/A*        |

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## Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)       | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|---------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 1129<br>Turkey Sausage Patty             | 24001 | 2 ea         | \$0.731 | 160.000                     | 4.000<br>22.500%                  | 190.000                     | 0.000<br>0.000%     | 12.000<br>67.500% | 0.000         | 60.000       | 0.000<br>0.000%   | 0.000                | 14.000<br>35.000% | *N/A*                  | *N/A*           | 0.000             | *N/A*        |
| 65<br>Turkey Sloppy Joe on WW Bun        | 24002 | 1 ea         | \$0.789 | 303.253                     | 2.753<br>8.170%                   | 467.928                     | 8.258<br>10.893%    | 10.527<br>31.242% | *0.000*       | 87.364       | 35.497<br>46.821% | 3.859                | 19.362<br>25.539% | *0.000*                | *77.067*        | *3.424*           | *3.177*      |
| 990999<br>Two 3 compartment trays        | MISC  | 2 trays      | \$0.673 | 0.000                       | 0.000<br>*N/A%*                   | 0.000                       | 0.000<br>*N/A%*     | 0.000<br>*N/A%*   | 0.000         | 0.000        | 0.000<br>*N/A%*   | 0.000                | 0.000<br>*N/A%*   | 0.000                  | 0.000           | 0.000             | 0.000        |
| 999014<br>USF Sweet Potato Fries         | 24001 | 4 oz         | \$0.419 | 150.000                     | 1.000<br>6.000%                   | 180.000                     | 7.000<br>18.667%    | 8.000<br>48.000%  | 0.000         | 0.000        | 18.000<br>48.000% | 2.000                | 1.000<br>2.667%   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 725<br>Veg Out Chili                     | 24002 | 6 oz         | \$0.720 | 192.339                     | 0.312<br>1.460%                   | 586.594                     | 4.812<br>10.007%    | 1.824<br>8.535%   | 0.000         | 0.000        | 34.985<br>72.756% | 11.450               | 11.044<br>22.968% | *0.251*                | *82.673*        | *14.358*          | *4.060*      |
| 999002<br>Vegetable (REPLACE RECIPE)     | ENT   | 4 oz         |         | *N/A*                       | *N/A*<br>*N/A%*                   | *N/A*                       | *N/A*<br>*N/A%*     | *N/A*<br>*N/A%*   | *N/A*         | *N/A*        | *N/A*<br>*N/A%*   | *N/A*                | *N/A*<br>*N/A%*   | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 679<br>Vegetarian Brown Gravy            | 24002 | 1 oz         | \$0.067 | 35.471                      | 1.157<br>29.351%                  | 50.239                      | *0.884*<br>*9.969%* | 2.135<br>54.168%  | 0.000         | 4.876        | 3.866<br>43.598%  | 0.445                | 0.442<br>4.984%   | *N/A*                  | 8.635           | 1.032             | 0.262        |
| 991045<br>Veggie Bolognese               | 24002 | 6 oz         | \$0.830 | 287.734                     | 0.349<br>1.091%                   | 1411.694                    | 14.290<br>19.866%   | 7.135<br>22.318%  | 0.000         | 0.000        | 31.871<br>44.306% | 10.024               | 26.502<br>36.842% | *0.000*                | *58.209*        | *4.137*           | *0.860*      |
| 801<br>Veggie Breakfast Sausage Patty    | 24001 | 1 ea         | \$0.438 | 70.000                      | 0.000<br>0.000%                   | 250.000                     | 1.000<br>5.714%     | 2.500<br>32.143%  | 0.000         | 0.000        | 4.000<br>22.857%  | 1.000                | 9.000<br>51.429%  | *N/A*                  | 0.000           | 0.000             | 1.800        |
| 990039<br>Veggie Breakfast Sausage Patty | 24001 | 2 ea         | \$0.876 | 140.000                     | 0.000<br>0.000%                   | 500.000                     | 2.000<br>5.714%     | 5.000<br>32.143%  | 0.000         | 0.000        | 8.000<br>22.857%  | 2.000                | 18.000<br>51.429% | *N/A*                  | 0.000           | 0.000             | 3.600        |
| 409<br>Veggie Burger on WW Bun           | 24001 | 1 ea         | \$1.680 | 360.000                     | 1.500<br>3.750%                   | 680.000                     | 3.000<br>3.333%     | 14.000<br>35.000% | 0.000         | 0.000        | 36.000<br>40.000% | 6.000                | 26.000<br>28.889% | *N/A*                  | 90.000          | 0.000             | 7.240        |
| 990805<br>Veggie Chik'n Alfredo          | 24002 | 5 ea         | \$1.172 | 284.614                     | 2.655<br>8.395%                   | 562.602                     | 1.194<br>1.678%     | 12.756<br>40.338% | 0.000         | 9.145        | 22.415<br>31.502% | 4.778                | 20.660<br>29.036% | *N/A*                  | 168.660         | 0.000             | 3.464        |
| 990376<br>Veggie Chik'n Nuggets          | 24001 | 5 ea         | \$1.040 | 238.889                     | 0.597<br>2.250%                   | 430.000                     | 1.194<br>1.999%     | 9.556<br>36.000%  | 0.000         | 0.000        | 21.500<br>36.000% | 4.778                | 17.917<br>30.001% | *N/A*                  | 83.611          | 0.000             | 3.464        |
| 999169<br>Veggie Chik'n Nuggets Sandwich | 24001 | 1 ea         | \$1.291 | 378.889                     | 1.097<br>2.606%                   | 700.000                     | 3.194<br>3.372%     | 11.556<br>27.449% | 0.000         | 0.000        | 48.500<br>51.202% | 7.778                | 23.917<br>25.250% | *N/A*                  | 103.611         | 0.000             | 4.904        |
| 990809<br>Veggie Chik'n Ranch Wrap       | 24002 | 1 ea         | \$1.175 | 432.578                     | 4.223<br>8.787%                   | 656.253                     | 4.246<br>3.926%     | 17.558<br>36.530% | 0.000         | 15.144       | 47.781<br>44.183% | 6.652                | 20.571<br>19.022% | *0.000*                | 305.590         | *2.685*           | 4.497        |
| 999163<br>Veggie Chik'n Ranch Wrap HOT   | 24002 | 1 ea         | \$1.178 | 440.024                     | 3.709<br>7.586%                   | 716.122                     | 4.007<br>3.643%     | 18.930<br>38.719% | 0.000         | 15.125       | 47.110<br>42.825% | 6.302                | 20.020<br>18.199% | *N/A*                  | *290.860*       | *0.000*           | *4.369*      |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \*- denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - denotes required nutrient values

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name            | Group | Portion Size  | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)        | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g) | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--------------------------------------|-------|---------------|---------|-----------------------------|-----------------------------------|-----------------------------|----------------------|-------------------|---------------|--------------|-------------------|----------------------|----------------|------------------------|-----------------|-------------------|--------------|
| 999016<br>Veggie Creole Jambalaya    | 24002 | 6 oz          | \$0.362 | 151.954                     | 0.375<br>2.223%                   | 213.826                     | *4.639*<br>*12.212%* | 3.749<br>22.205%  | *0.000*       | 0.000        | 26.751<br>70.417% | 3.453<br>10.724%     | 4.074          | *0.000*                | *44.688*        | *24.632*          | *1.638*      |
| 991032<br>Venison Bolognese          | ENT   | .5 C          | \$0.776 | 262.866                     | 6.063<br>20.757%                  | 672.527                     | *7.958*<br>*12.110%* | 16.904<br>57.875% | 0.910         | 54.749       | 12.164<br>18.510% | 2.486<br>24.968%     | 16.408         | *0.000*                | *47.316*        | *2.532*           | *1.946*      |
| 991030<br>Venison Shepherd's Pie     | 24002 | 3 oz          | \$0.622 | 247.784                     | 6.300<br>22.883%                  | 310.944                     | *1.424*<br>*2.299%*  | 18.443<br>66.990% | 0.910         | 55.269       | 5.435<br>8.774%   | 0.689<br>22.595%     | 13.997         | *0.000*                | *30.863*        | *3.654*           | *1.979*      |
| 991049<br>Venison Stew               | 24002 | 8 oz          | \$1.108 | 430.856                     | 9.768<br>20.405%                  | 183.150                     | *3.482*<br>*3.233%*  | 28.588<br>59.715% | 1.427         | 85.880       | 19.172<br>17.799% | 3.115<br>21.759%     | 23.438         | *N/A*                  | *59.871*        | *11.174*          | *3.778*      |
| 990902<br>Water Chestnuts            | VEG   | 2 oz<br>scoop |         | 19.448                      | 0.000<br>0.000%                   | 2.778                       | 0.000<br>0.000%      | 0.000<br>0.000%   | 0.000         | 0.000        | 4.445<br>91.427%  | 0.833<br>5.718%      | 0.278          | *N/A*                  | 1.389           | 0.000             | 0.306        |
| 990329<br>WG Corn Tortilla Chips     | 24003 | 20 ea         | \$0.377 | 283.500                     | 2.025<br>6.429%                   | 232.875                     | 0.000<br>0.000%      | 12.150<br>38.571% | 0.000         | 0.000        | 40.500<br>57.143% | 4.050<br>5.714%      | 4.050          | *N/A*                  | 40.500          | 0.000             | 0.000        |
| 1087<br>WG Corn Tortilla Chips       | 24003 | 10 ea         | \$0.188 | 141.750                     | 1.013<br>6.429%                   | 116.438                     | 0.000<br>0.000%      | 6.075<br>38.571%  | 0.000         | 0.000        | 20.250<br>57.143% | 2.025<br>5.714%      | 2.025          | *N/A*                  | 20.250          | 0.000             | 0.000        |
| 990625<br>WG Corn Tortilla Chips     | BREAD | 15 each       | \$0.282 | 212.625                     | 1.519<br>6.429%                   | 174.656                     | 0.000<br>0.000%      | 9.113<br>38.571%  | 0.000         | 0.000        | 30.375<br>57.143% | 3.038<br>5.715%      | 3.038          | *N/A*                  | 30.375          | 0.000             | 0.000        |
| 851<br>WG Cornbread Muffin - Large   | 24001 | 1 ea          | \$0.386 | 220.000                     | 1.000<br>4.091%                   | 115.000                     | 18.000<br>32.727%    | 8.000<br>32.727%  | 0.000         | 20.000       | 36.000<br>65.455% | 1.000<br>5.455%      | 3.000          | *N/A*                  | 27.000          | 0.000             | 1.000        |
| 850<br>WG Cornbread Muffin - Small   | 24003 | 1 each        | \$0.292 | 180.000                     | 0.500<br>2.500%                   | 90.000                      | 9.000<br>20.000%     | 5.000<br>25.000%  | 0.000         | 15.000       | 23.000<br>51.111% | 1.000<br>6.667%      | 3.000          | *N/A*                  | 20.000          | 0.000             | 0.720        |
| 990638<br>WG French Toast Sticks     | 24001 | 3 ea          | \$0.542 | 300.000                     | 2.000<br>6.000%                   | 180.000                     | 10.000<br>13.333%    | 14.000<br>42.000% | 0.000         | 10.000       | 33.000<br>44.000% | 4.000<br>8.000%      | 6.000          | *N/A*                  | 50.000          | *N/A*             | 1.700        |
| 990639<br>WG French Toast Sticks     | 24001 | 2 ea          | \$0.361 | 200.001                     | 1.333<br>6.000%                   | 120.001                     | 6.667<br>13.334%     | 9.333<br>42.000%  | 0.000         | 6.667        | 22.000<br>44.000% | 2.667<br>8.000%      | 4.000          | *N/A*                  | 33.334          | *N/A*             | 1.133        |
| 849<br>Whole Grain Apple Oatmeal Bar | 24003 | 1 ea          | \$0.223 | 140.000                     | 0.500<br>3.214%                   | 90.000                      | 9.000<br>25.714%     | 4.500<br>28.929%  | 0.000         | 0.000        | 23.000<br>65.714% | 1.000<br>5.714%      | 2.000          | *N/A*                  | *N/A*           | 6.000             | 0.720        |
| 455<br>Whole Grain Biscuit           | 24001 | 1 ea          | \$0.313 | 186.667                     | 5.895<br>28.421%                  | 304.561                     | 1.965<br>4.211%      | 8.842<br>42.631%  | 0.000         | 0.000        | 23.579<br>50.526% | 1.965<br>8.421%      | 3.930          | *N/A*                  | 157.193         | 0.000             | 0.982        |
| 990917<br>Whole Grain Biscuit        | 24001 | 2 ea          | \$0.627 | 373.333                     | 11.790<br>28.421%                 | 609.123                     | 3.930<br>4.211%      | 17.684<br>42.632% | 0.000         | 0.000        | 47.158<br>50.526% | 3.930<br>8.421%      | 7.860          | *N/A*                  | 314.386         | 0.000             | 1.965        |
| 709<br>Whole Grain Cornbread         | BREAD | 1 each        | \$0.142 | 133.008                     | 1.987<br>13.445%                  | 131.266                     | 6.628<br>19.933%     | 3.867<br>26.165%  | *0.007*       | 29.840       | 21.831<br>65.653% | 1.960<br>11.109%     | 3.694          | *0.000*                | 76.383          | *0.000*           | 0.937        |
| 990826<br>Whole Grain Croissant      | 24001 | 1 ea          | \$0.345 | 190.000                     | 3.000<br>14.211%                  | 190.000                     | 4.000<br>8.421%      | 7.000<br>33.158%  | 0.000         | 0.000        | 29.000<br>61.053% | 3.000<br>10.526%     | 5.000          | *N/A*                  | 26.000          | 0.000             | 1.440        |

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                        | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)    | Total Fat<br>(g)  | Trans Fat<br>(g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|------------------|-------------------|------------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 951<br>Whole Grain Croutons                      | 24003 | 4 oz         | \$0.240 | 141.748                     | 0.000<br>0.000%                   | 263.245                     | 0.000<br>0.000%  | 8.100<br>51.429%  | 0.000            | 0.000        | 16.200<br>45.714% | 4.050<br>11.429%     | 4.050             | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 990273<br>Whole Grain Flatbread                  | 24001 | 1 ea         | \$0.258 | 180.000                     | 1.000<br>5.000%                   | 330.000                     | 2.000<br>4.444%  | 5.000<br>25.000%  | 0.000            | 0.000        | 28.000<br>62.222% | 3.000<br>13.333%     | 6.000             | *N/A*                  | 30.000          | *N/A*             | 1.500        |
| 990238<br>Whole Grain Flatbread Squares          | 24001 | 4 ea         | \$0.258 | 180.000                     | 1.000<br>5.000%                   | 330.000                     | 2.000<br>4.444%  | 5.000<br>25.000%  | 0.000            | 0.000        | 28.000<br>62.222% | 3.000<br>13.333%     | 6.000             | *N/A*                  | 30.000          | *N/A*             | 1.500        |
| 990814<br>Whole Grain French Toast Casserole     | 24001 | 1 piece      | \$0.333 | 347.264                     | 3.108<br>8.055%                   | 534.809                     | 8.388<br>9.662%  | 11.315<br>29.326% | *0.004*          | 340.569      | 40.632<br>46.803% | 2.875<br>13.333%     | 19.961<br>22.992% | *0.000*                | 147.531         | *0.088*           | 4.179        |
| 990606<br>Whole Grain Fried Rice                 | 24002 | 5 oz         | \$0.219 | 139.804                     | 0.583<br>3.753%                   | 225.197                     | 1.432<br>4.097%  | 4.204<br>27.060%  | *0.000*          | 24.171       | 21.025<br>60.156% | 2.091<br>11.859%     | 4.145             | *0.000*                | *13.993*        | *3.023*           | *0.907*      |
| 990284<br>Whole Grain Frosted Mini-Wheats Cereal | 24003 | 1 each       | \$0.399 | 101.248                     | 0.000<br>0.000%                   | 0.000                       | 6.075<br>24.000% | 0.000<br>0.000%   | 0.000            | 0.000        | 24.300<br>96.000% | 3.037<br>11.998%     | 3.037             | *N/A*                  | 0.000           | 0.000             | 8.201        |
| 990536<br>Whole Grain Garlic Breadstick          | BREAD | 1 ea         | \$0.205 | 100.000                     | 0.500<br>4.500%                   | 95.000                      | 1.000<br>4.000%  | 3.500<br>31.500%  | 0.000            | 0.000        | 15.000<br>60.000% | 1.000<br>4.000%      | 1.000             | *N/A*                  | 0.000           | *N/A*             | 0.900        |
| 990437<br>Whole Grain Lo Mein                    | 24002 | 4 oz         | \$0.126 | 127.837                     | 0.391<br>2.756%                   | 306.454                     | 2.280<br>7.134%  | 2.621<br>18.454%  | 0.000            | 0.000        | 23.147<br>72.427% | 2.678<br>13.489%     | 4.311             | *0.000*                | *17.708*        | *0.098*           | *1.014*      |
| 990438<br>Whole Grain Lo Mein                    | 24002 | 8 oz         | \$0.251 | 255.739                     | 0.783<br>2.756%                   | 612.911                     | 4.561<br>7.134%  | 5.243<br>18.450%  | 0.000            | 0.000        | 46.308<br>72.430% | 5.359<br>13.489%     | 8.624             | *0.000*                | *35.422*        | *0.196*           | *2.028*      |
| 990301<br>Whole Grain Spaghetti                  | 24002 | 4 oz         | \$0.087 | 113.987                     | 0.390<br>3.077%                   | 100.503                     | 0.268<br>0.940%  | 2.616<br>20.652%  | 0.000            | 0.000        | 20.131<br>70.642% | 2.634<br>13.774%     | 3.925             | *0.000*                | *15.375*        | *0.000*           | *0.974*      |
| 990303<br>Whole Grain Spaghetti                  | 24002 | 8 oz         | \$0.173 | 228.038                     | 0.780<br>3.076%                   | 201.008                     | 0.537<br>0.942%  | 5.231<br>20.647%  | 0.000            | 0.000        | 40.275<br>70.646% | 5.271<br>13.773%     | 7.852             | *0.000*                | *30.757*        | *0.000*           | *1.948*      |
| 991025<br>Whole Grain Tortilla 10in              | 24001 | 1 ea         | \$0.316 | 206.129                     | 0.573<br>2.500%                   | 251.935                     | 2.290<br>4.444%  | 5.153<br>22.500%  | 0.000            | 0.000        | 33.210<br>64.444% | 3.435<br>11.111%     | 5.726             | *N/A*                  | 137.419         | 0.000             | 2.290        |
| 997<br>Whole Grain Waffles Bakecrafters          | 24001 | 1 ea         | \$0.185 | 65.000                      | 0.250<br>3.462%                   | 115.000                     | 2.000<br>12.308% | 1.750<br>24.231%  | 0.000            | 2.500        | 11.500<br>70.769% | 1.500<br>12.308%     | 2.000             | *N/A*                  | 25.000          | *N/A*             | 0.500        |
| 990076<br>Whole Grain Waffles Bakecrafters       | 24001 | 2 ea         | \$0.371 | 130.000                     | 0.500<br>3.462%                   | 230.000                     | 4.000<br>12.308% | 3.500<br>24.231%  | 0.000            | 5.000        | 23.000<br>70.769% | 3.000<br>12.308%     | 4.000             | *N/A*                  | 50.000          | *N/A*             | 1.000        |
| 999229<br>Whole Grain Wheat Crackers             | 24003 | ea           | \$0.258 | 110.000                     | 0.500<br>4.091%                   | 160.000                     | 2.000<br>7.273%  | 3.500<br>28.636%  | 0.000            | 0.000        | 19.000<br>69.091% | 2.000<br>7.273%      | 2.000             | *N/A*                  | 5.000           | *N/A*             | 5.000        |
| 999075<br>Whole Grain Wheat Crackers             | 24003 | 1 ea         | \$0.258 | 110.000                     | 0.500<br>4.091%                   | 160.000                     | 2.000<br>7.273%  | 3.500<br>28.636%  | 0.000            | 0.000        | 19.000<br>69.091% | 2.000<br>7.273%      | 2.000             | *N/A*                  | 5.000           | *N/A*             | 5.000        |

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name            | Group | Portion Size | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)    | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|--------------------------------------|-------|--------------|---------|-----------------------------|-----------------------------------|-----------------------------|------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 1<br>Whole Wheat Bagel               | 24001 | 1 ea         | \$0.384 | 150.000                     | 0.000<br>0.000%                   | 290.000                     | 5.000<br>13.333% | 1.000<br>6.000%   | 0.000         | 0.000        | 30.000<br>80.000% | 4.000<br>16.000%     | 6.000<br>16.000%  | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 999231<br>Whole Wheat Bun            | 24003 | 1 ea         | \$0.250 | 139.261                     | 0.497<br>3.215%                   | 268.574                     | 1.989<br>5.713%  | 1.989<br>12.857%  | 0.000         | 0.000        | 26.857<br>77.143% | 2.984<br>17.142%     | 5.968<br>17.142%  | *N/A*                  | 19.894          | 0.000             | 1.432        |
| 999289<br>Whole Wheat Elbow Macaroni | 24002 | 4 oz         | \$0.069 | 76.500                      | 0.000<br>0.000%                   | 0.000                       | 0.425<br>2.222%  | 0.638<br>7.500%   | 0.000         | 0.000        | 16.575<br>86.667% | 2.125<br>17.778%     | 3.400<br>17.778%  | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 990929<br>Whole Wheat Elbow Macaroni | 24002 | 8 oz         | \$0.138 | 153.000                     | 0.000<br>0.000%                   | 0.000                       | 0.850<br>2.222%  | 1.275<br>7.500%   | 0.000         | 0.000        | 33.150<br>86.667% | 4.250<br>17.778%     | 6.800<br>17.778%  | *N/A*                  | 0.000           | 0.000             | 0.000        |
| 448<br>Whole Wheat English Muffin    | 24001 | 1 ea         | \$0.310 | 120.000                     | 0.000<br>0.000%                   | 150.000                     | 1.000<br>3.333%  | 1.500<br>11.250%  | 0.000         | 0.000        | 25.000<br>83.333% | 3.000<br>20.000%     | 6.000<br>20.000%  | *N/A*                  | *N/A*           | *N/A*             | *N/A*        |
| 990255<br>Whole Wheat Mac & Cheese   | ENT   | 8 oz         | \$0.866 | 427.350                     | 12.346<br>26.000%                 | 795.615                     | 0.850<br>0.796%  | 20.480<br>43.130% | 0.000         | 54.870       | 41.381<br>38.732% | 4.250<br>19.205%     | 20.518<br>19.205% | *N/A*                  | 444.447         | 0.000             | 0.000        |
| 990845<br>Whole Wheat Mac & Cheese   | 24002 | 4 oz         | \$0.433 | 213.675                     | 6.173<br>26.000%                  | 397.808                     | 0.425<br>0.796%  | 10.240<br>43.130% | 0.000         | 27.435       | 20.690<br>38.732% | 2.125<br>19.205%     | 10.259<br>19.205% | *N/A*                  | 222.224         | 0.000             | 0.000        |
| 521<br>Whole Wheat Penne Pasta       | 24002 | 4 oz         | \$0.086 | 105.567                     | 0.320<br>2.728%                   | 98.150                      | 0.471<br>1.785%  | 2.946<br>25.119%  | 0.000         | 0.000        | 18.366<br>69.590% | 3.296<br>14.273%     | 3.767<br>14.273%  | *0.000*                | *13.969*        | *0.000*           | *0.848*      |
| 1136<br>Whole Wheat Penne Pasta      | 24002 | 8 oz         | \$0.172 | 211.133                     | 0.640<br>2.728%                   | 196.301                     | 0.942<br>1.785%  | 5.893<br>25.119%  | 0.000         | 0.000        | 36.732<br>69.591% | 6.593<br>14.275%     | 7.535<br>14.275%  | *0.000*                | *27.938*        | *0.000*           | *1.695*      |
| 4<br>Whole Wheat Roll                | 24003 | 1 ea         | \$0.169 | 80.000                      | 0.000<br>0.000%                   | 130.000                     | 2.000<br>10.000% | 1.000<br>11.250%  | 0.000         | 0.000        | 16.000<br>80.000% | 2.000<br>15.000%     | 3.000<br>15.000%  | *N/A*                  | 60.000          | 0.000             | 1.080        |
| 990789<br>Whole Wheat Roll           | 24001 | 2 ea         | \$0.339 | 160.000                     | 0.000<br>0.000%                   | 260.000                     | 4.000<br>10.000% | 2.000<br>11.250%  | 0.000         | 0.000        | 32.000<br>80.000% | 4.000<br>15.000%     | 6.000<br>15.000%  | *N/A*                  | 120.000         | 0.000             | 2.160        |
| 990353<br>Whole Wheat Rotini Pasta   | BREAD | 4 oz         | \$0.092 | 110.800                     | 0.320<br>2.599%                   | 100.710                     | 0.500<br>1.805%  | 2.990<br>24.287%  | 0.000         | 0.000        | 19.500<br>70.397% | 3.500<br>14.440%     | 4.000<br>14.440%  | *0.000*                | *15.610*        | *0.000*           | *1.000*      |
| 990355<br>Whole Wheat Rotini Pasta   | 24002 | 8 oz         | \$0.183 | 221.600                     | 0.640<br>2.599%                   | 201.420                     | 1.000<br>1.805%  | 5.980<br>24.287%  | 0.000         | 0.000        | 39.000<br>70.397% | 7.000<br>14.440%     | 8.000<br>14.440%  | *0.000*                | *31.220*        | *0.000*           | *2.000*      |
| 76<br>Whole Wheat Toast              | 24001 | 1 ea         | \$0.098 | 80.000                      | 0.000<br>0.000%                   | 140.000                     | 3.000<br>15.000% | 1.000<br>11.250%  | 0.000         | 0.000        | 16.000<br>80.000% | 2.000<br>15.000%     | 3.000<br>15.000%  | *N/A*                  | 60.000          | 0.000             | 0.720        |
| 990603<br>Whole Wheat Toast          | 24001 | 2 ea         | \$0.196 | 160.000                     | 0.000<br>0.000%                   | 280.000                     | 6.000<br>15.000% | 2.000<br>11.250%  | 0.000         | 0.000        | 32.000<br>80.000% | 4.000<br>15.000%     | 6.000<br>15.000%  | *N/A*                  | 120.000         | 0.000             | 1.440        |
| 1030<br>Whole Wheat Tortilla, 6 inch | 24003 | 1 ea         | \$0.105 | 86.897                      | 0.966<br>10.000%                  | 125.517                     | 0.966<br>4.447%  | 2.414<br>25.000%  | 0.000         | 0.000        | 13.517<br>62.222% | 1.931<br>8.889%      | 1.931<br>8.889%   | *N/A*                  | 38.621          | 0.000             | 0.000        |

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<sup>1</sup> - denotes required nutrient values

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## DC Central Kitchen Recipe Nutrient Source List

| Recipe No.<br>Recipe Name                 | Group | Portion Size   | Cost    | Cals <sup>1</sup><br>(kcal) | Saturated Fat <sup>1</sup><br>(g) | Sodium <sup>1</sup><br>(mg) | Sugars<br>(g)     | Total Fat<br>(g)  | Trans Fat (g) | Chol<br>(mg) | Carbs<br>(g)      | Dietary Fiber<br>(g) | Protein<br>(g)    | Vitamin A<br>(mcg RAE) | Calcium<br>(mg) | Vitamin C<br>(mg) | Iron<br>(mg) |
|---|-------|----------------|---------|-----------------------------|-----------------------------------|-----------------------------|-------------------|-------------------|---------------|--------------|-------------------|----------------------|-------------------|------------------------|-----------------|-------------------|--------------|
| 990269<br>Whole Wheat Tortillas, 6 inch   | 24003 | 2 ea           | \$0.211 | 173.793                     | 1.931<br>10.000%                  | 251.034                     | 1.931<br>4.444%   | 4.828<br>25.000%  | 0.000         | 0.000        | 27.035<br>62.222% | 3.862                | 3.862<br>8.889%   | *N/A*                  | 77.241          | 0.000             | 0.000        |
| 990670<br>Whole Wheat Wrap- 8"            | 24003 | 1 wrap         | \$0.150 | 140.000                     | 2.000<br>12.857%                  | 200.000                     | 2.000<br>5.714%   | 4.000<br>25.714%  | 0.000         | 0.000        | 22.000<br>62.857% | 2.000                | 3.000<br>8.571%   | *N/A*                  | 55.000          | 0.000             | 1.000        |
| 999064<br>Yakisoba-Inspired Diced Chicken | 24002 | 3 oz           | \$0.367 | 128.518                     | 0.599<br>4.193%                   | 484.404                     | 4.014<br>12.493%  | 3.832<br>26.834%  | 0.000         | 57.119       | 5.440<br>16.931%  | 0.124                | 18.274<br>56.876% | *0.000*                | *5.792*         | *0.194*           | *0.346*      |
| 999063<br>Yakisoba-Inspired Noodles       | 24002 | 5 oz           | \$0.236 | 175.373                     | 0.726<br>3.724%                   | 826.078                     | 6.177<br>14.089%  | 4.965<br>25.478%  | 0.000         | 0.000        | 29.237<br>66.684% | 3.649                | 5.074<br>11.573%  | *0.000*                | *26.143*        | *5.366*           | *1.116*      |
| 999065<br>Yakisoba-Inspired Noodles       | 24002 | two 5oz scoops | \$0.472 | 350.811                     | 1.452<br>3.724%                   | 1652.157                    | 12.356<br>14.088% | 9.930<br>25.474%  | 0.000         | 0.000        | 58.487<br>66.688% | 7.302                | 10.149<br>11.572% | *0.000*                | *52.293*        | *10.731*          | *2.233*      |
| 999047<br>Yakisoba-Inspired Sauce         | 24002 | 1 oz           | \$0.075 | 27.982                      | 0.004<br>0.122%                   | 403.491                     | 4.761<br>68.058%  | 0.091<br>2.940%   | 0.000         | 0.000        | 6.129<br>87.618%  | 0.082                | 0.733<br>10.478%  | *0.000*                | 2.019           | 0.190             | 0.059        |
| 630<br>Yellow Rice                        | 24002 | 4 oz           | \$0.139 | 151.481                     | 0.262<br>1.558%                   | 150.890                     | 0.472<br>1.246%   | 2.938<br>17.458%  | 0.000         | 0.000        | 27.099<br>71.557% | 2.082                | 3.764<br>9.939%   | *0.000*                | *6.716*         | *0.122*           | *1.109*      |
| 990347<br>Yellow Rice                     | 24002 | 8 oz           | \$0.277 | 302.962                     | 0.525<br>1.558%                   | 301.780                     | 0.944<br>1.246%   | 5.877<br>17.458%  | 0.000         | 0.000        | 54.198<br>71.557% | 4.164                | 7.528<br>9.939%   | *0.000*                | *13.432*        | *0.244*           | *2.218*      |
| 990306<br>Yogurt Lime Dressing            | 24002 | 1 oz           | \$0.095 | 35.866                      | 0.456<br>11.443%                  | 56.851                      | 3.543<br>39.514%  | 1.812<br>45.477%  | *0.001*       | 1.547        | 3.596<br>40.104%  | 0.022                | 1.359<br>15.156%  | *0.000*                | *47.639*        | *0.343*           | *0.070*      |
| 189<br>Zesty Beef & Pasta Bake            | 24002 | 8 oz           | \$1.163 | 365.723                     | 7.222<br>17.772%                  | 369.191                     | 5.389<br>5.894%   | 19.600<br>48.232% | *0.540*       | 60.333       | 28.309<br>30.962% | *5.378*              | 23.165<br>25.336% | *0.000*                | *157.687*       | *4.108*           | *3.168*      |

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