April
SUPPER

revolution foods.
feeding good.

Monday	Tuesday	Wednesday	Thursday	Friday
	NO SCHOOL – SPRING BREAK			1
Chicken Salad Sandwich with Green Leaf Lettuce (DF) Fresh Orange 4	Veggie Chef's Salad over a Bed of Romaine Lettuce (VG) Fresh Pineapple 5	NEW!! Chillin' Chinese Noodles with Shredded Cabbage (DF) Fresh Pear 6	Chicken Caesar Salad over a Bed of Romaine Lettuce Fresh Banana 7	Smart Crackers and Yogurt Supper Kit with Baby Carrots and Sunflower Seeds (VG) Local Fresh Apple 8
BBQ Chicken Wrap with Shredded Lettuce Fresh Orange 11	Turkey and Cheese Sandwich with Green Leaf Lettuce Fresh Pineapple 12	Veggie Taco Salad over a Bed of Romaine Lettuce (VG) Fresh Pear 13	Ranch Rumbles and String Cheese Supper Kit with Baby Carrots and Sunflower Seeds (VG) Fresh Banana 14	**No School** 15
NEW!! Chillin' Chinese Noodles with Shredded Cabbage (DF) Fresh Orange 18	Chicken Salad Sandwich with Green Leaf Lettuce (DF) Fresh Pineapple 19	Chicken Ranch Wrap with Shredded Lettuce Fresh Pear 20	Smart Crackers and Yogurt Supper Kit with Baby Carrots and Sunflower Seeds (VG) Fresh Banana 21	BBQ Chicken Wrap with Shredded Lettuce Local Fresh Apple 22
Ranch Rumbles and String Cheese Supper Kit with Baby Carrots and Sunflower Seeds (VG) Fresh Orange 25	Tuna Salad Sandwich with Green Leaf Lettuce (DF) Fresh Pineapple 26	Turkey Chef Salad over a Bed of Romaine Lettuce Fresh Pear 27	Whole Grain Crackers and String Cheese Supper Kit with Baby Carrots and Sunflower Seeds (VG) Fresh Banana 28	Chicken and Mozzarella Wrap with Honey Mustard with Shredded Lettuce Local Fresh Apple 29

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

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

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Recipe Description	Port Size	Cal	Chol mg	Sod mg	Tot Fat g	Sat Fat g	Prot g	Carb g	Diet Fib g	Iron mg	Calc mg	Vit A IU	Vit C mg
DF, BEAN RED/RICE 6-12:0513	1 EACH	381	7	584	6.52	1.04	16.51	72.86	13.86	4.33	96.77	4544	17.87
DF, CHX BITES 6-12:0915	1 EACH	344	45	511	7.78	1.04	24.06	44.64	5.99	2.35	81.24	145	1.45
DF, CHX CAJUN 6-12:0314	1 EACH	369	67	148	12.51	3.11	21.83	42.86	5.85	2.65	41.28	4673	8.44
DF, CHX TERI RICE 6-12:0314	1 EACH	466	50	447	12.06	2.7	19.98	70.82	6.39	2.63	57.29	2378	42.22
DF, HAMBURGER 6-12:0915	1 EACH	318	44	462	10.75	3.51	19.14	31.28	5.07	2.71	58.99	5150	0.96
DF, HOLIDAY 6-12:1115	1 EACH	359	20	709	7.24	0.38	21.68	50.7	6.12	2.36	103.45	7964	5.51
DF, HOTDOG 6-12:0915	1 EACH	313	30	639	12.55	4.01	12.24	33.68	4.07	2.13	51.79	5250	0.96
DF, RICE SMOKY SAUSA 6-12:0815	1 EACH	301	68	606	5.87	0.86	17.48	46.14	2.7	1.61	19.08	8105	32.99
DF, SLOPPY JOE 6-12:0915	1 EACH	364	48	457	11.34	3.93	21	38.97	4.63	3.56	134.17	238	1.93
DF, SND CHX GRILL 6-12:0915	1 EACH	420	63	710	19.92	2.64	24.41	28.99	4.07	2.06	61.22	5110	0.96
DF, SND CHX PATTY 6-12:0915	1 EACH	413	55	629	13.53	1.51	26.21	43.67	7.07	2.85	71.77	5155	36.92
DF, SPAG MEATBALL 6-12:0815	1 EACH	353	40	570	10.53	3.21	21.13	46.65	9.42	4.31	55.82	8606	13.89
RG, BURRITO BEEF CHS 6-12:0815	1 EACH	350	27	382	13.26	3.38	19.72	43.61	7.76	3.12	62.85	5290	3
RG, BURRITO CHICKEN 6-12:0314	1 EACH	388	53	276	14.98	2.95	23.24	45.21	6.89	3.14	60.47	383	11.41
RG, CHEESEBURGER 6-12:0915	1 EACH	361	54	530	14.29	5.53	21.67	31.28	5.07	2.71	134.93	5252	0.96
RG, CHX BBQ 6-12:0515	1 EACH	344	50	394	10.28	3.06	18.77	45.88	4.18	3.26	259.46	8459	21.54
RG, CHX FC NOODLE 6-12:0515	1 EACH	409	22	390	21.67	3.12	17.65	37.49	7.86	2.85	46.15	209	18.67
RG, ENCHILADA CHX 6-12+:0713	1 EACH	280	43	290	9.25	2.86	18.39	33.98	3.98	1.85	96.78	201	7
RG, FIESTA BOWL BEEF 6-12:0815	1 EACH	520	21	805	11.79	3.83	23.61	78.63	9.16	4.21	89.86	527	4.72
RG, MAC/CHS SAUSAGE 6-12:0314	1 EACH	338	74	995	12.22	6	22.21	36.54	4.5	1.93	103.24	5321	22.22
RG, PAS CHX ALFR 6-12:1214	1 EACH	370	57	376	12.14	4.92	23.39	42.25	5.99	2.26	103.55	4915	6.77
RG, PAS ZEST BEEF 6-12:0815	1 EACH	380	46	345	14.41	5.29	23.5	45.64	7.61	3.31	32.99	491	6.32
RG, PIZZA SAUSAGE 6-12:1213	1 EACH	393	20	479	7.05	2.01	25.24	58.04	6.07	3.93	411.79	5382	3.36
RG, QUES CHX BBQ 6-12:0415	1 EACH	338	40	412	16.3	4.9	19.71	33.64	3.52	1.97	1084.05	1386	1.46
RG, QUES CHX CHS 6-12:0314	1 EACH	326	52	255	16.99	5	21.71	28.63	3.24	1.76	27.05	99	1.17
RG, SND CHX BBQ 6-12:0915	1 EACH	331	47	489	9.79	3.33	18.87	38.35	3.52	2.78	127.29	236	1.9
RG, SND CHX BUFFALO 6-12:0915	1 EACH	334	63	472	12.4	4	21.92	30.08	4.07	2.21	51.79	5328	4.66
RG, SND MEATBALL SUB 6-12:0915	1 EACH	395	53	691	14.23	5.88	26.82	36.72	6.66	3.44	76.21	5435	6.79
RG, TACO CHX 6-12:0513	1 EACH	302	40	485	10.64	3.6	17.72	37.69	6.46	3.01	105.52	869	1.47
RG, TAMALE CHX 6-12:0315	1 EACH	391	45	618	19.01	6.15	18.37	39.36	4.9	3.11	247.93	477	2.64
SAL, CAESAR CHX 6-12:1214	1 EACH	370	67	580	11.58	3.66	23.5	32.27	4.37	8.74	235.6	6129	7.91
SAL, CHEF TURKEY 6-12:0713	1 EACH	349	122	803	21.9	4.22	13.65	22.42	2.94	2.03	69.47	8732	5.23
SAL, CHEF VEG 6-12:0713	1 EACH	399	116	593	25.4	6.09	15.15	29.17	7.94	2.21	99.47	8729	5.23
SAL, CHX CRISPY 6-12:0914	1 EACH	429	55	595	23.41	3.55	21.63	32.92	6.08	2.53	60.6	5014	3.56
SAL, CHX SESAME 6-12:1214	1 EACH	342	42	408	16.47	2.86	17.53	30.23	4.93	8.92	156.86	7766	19.44
SAL, TACO CHX 6-12:1214	1 EACH	333	41	519	7.58	1.96	22.11	40.45	7.02	3.47	141.56	8340	15.94
SAL, TACO VEG 6-12:0214	1 EACH	350	105	623	10.08	3.23	19.13	46.23	8.04	3.72	152.58	5968	15.12
SND, CHEESE 6-12:0915	1 EACH	369	54	662	20.44	10.81	18.89	25.81	3.37	1.32	455.2	2654	2.61
SND, CHX SALAD 6-12:0915	1 EACH	304	50	328	11.27	1.28	18.97	26.95	3.48	1.74	59	2151	3.29
SND, EGG SALAD 6-12:0915	1 EACH	275	211	341	13.37	2.35	12.35	26.56	3.44	1.99	79.53	2421	2.74
SND, FTM CHEESE SFSP:0915	1 EACH	441	54	663	20.68	10.84	19.24	44.87	6.68	1.49	463.48	2729	8.96

SND, FTM TURKEY SFSP:0915	1 EACH	356	40	744	10.78	1.54	16.74	45.87	6.68	2.21	78.49	2194	8.96
SND, GNG CHS SLIDER 6-12:0915	1 EACH	409	30	538	26.15	8.08	17.82	24.32	5.18	1.9	313.62	357	1.02
SND, GNG CHX BBQ SLI 6-12:0915	1 EACH	262	37	435	8.72	3.81	19.09	25.79	2.45	1.02	66.95	352	5.29
SND, GNG CHX BITES 6-12:0815	1 EACH	223	45	399	6.05	1.01	19.24	22.68	4.07	1.77	31.79	5135	0.96
SND, GNG CHX FIESTA 6-12:1215	1 EACH	400	34	446	24.93	2.46	19.67	24.66	5.11	3.52	107.54	882	2.79
SND, GNG CHX RAN SLI 6-12:0915	1 EACH	385	47	644	24.7	6.31	18.99	20.32	2.52	0.98	96.27	169	1.21
SND, GNG CHX RAN/SAL 6-12:1015	1 EACH	385	47	621	24.71	6.31	19.08	20.37	2.53	1.13	91.51	1786	1.66
SND, GNG CHX SAL SLI 6-12:0915	1 EACH	278	42	407	12.78	4.2	18.74	20.1	2.72	1.08	272.9	530	12.99
SND, GNG CINN GR/EGG 6-12:0815	1 EACH	300	201	341	15.85	5.14	15.53	25.6	2.07	2	256.79	5582	0.96
SND, GNG CINN GR/SUN 6-12:0815	1 EACH	481	15	436	31.56	6.51	18.22	31.97	6.52	3.13	263.04	406	1.01
SND, GNG CINNRUM/SAL 6-12:1115	1 EACH	505	25	598	39.04	8.5	15.31	24.02	5.53	2.01	248.24	1983	1.46
SND, GNG CRACKER/CHS 6-12:0815	1 EACH	469	15	559	30.55	6.51	18.24	32.04	8.07	6.81	261.79	5317	0.96
SND, GNG GOLDFIS/CHS 6-12:0815	1 EACH	363	20	509	23.52	6.5	16.23	24.03	5.06	1.77	251.76	5287	0.96
SND, GNG GOLDFIS/EGG 6-12:0815	1 EACH	270	207	461	14.85	6.14	16.53	18.6	2.07	1.28	256.79	5542	0.96
SND, GNG HAM SLD SAL 6-12:0915	1 EACH	470	32	791	33.08	5.13	16.58	26.54	5.63	2.45	111.31	1324	7.57
SND, GNG HAM SLIDER 6-12:0915	1 EACH	331	22	620	17.09	2.63	16.48	27.28	6.06	2.58	91.76	5100	0.96
SND, GNG PRETZEL/CHS 6-12:0815	1 EACH	353	15	539	21.52	5.5	15.23	26.03	5.06	2.13	231.76	5287	0.96
SND, GNG SAL RUM/CHS 6-12:0915	1 EACH	363	15	389	18.05	5.11	20.24	33.04	5.07	2.13	251.79	5502	2.16
SND, GNG SMART C/CHS 6-12:0815	1 EACH	363	15	409	23.02	6.5	15.23	28.03	6.06	8.61	331.76	5687	5.76
SND, GNG SMART C/SOY 6-12:0915	1 EACH	468	15	344	18.18	5.52	21.21	64.21	5.47	9.02	359.57	620	6.92
SND, GNG SUN/CEL/PRE 6-12:0815	1 EACH	441	15	586	28.56	6.51	18.22	26.97	6.52	2.77	243.04	366	1.01
SND, GNG TURKEY SLD 6-12:0915	1 EACH	403	25	534	19.55	2.51	20.74	34.54	5.07	2.49	121.79	5115	2.16
SND, HAM CHEESE 6-12:0915	1 EACH	383	56	725	19.5	6.31	17.95	27.31	3.37	1.86	202.08	2321	2.61
SND, MAM HUMMUS 6-12:0315	1 EACH	386	15	703	18.03	4.77	15.04	34.23	4.89	2.65	217.63	456	12.32
SND, MAM SUNBUTTER 6-12:0915	1 EACH	536	15	597	28.58	6.52	21.27	45.07	8.6	3.15	284.57	385	1.1
SND, MAM TACO DIP 6-12:0214	1 EACH	320	12	521	5.45	2.96	18.38	45.46	7.88	3.54	54.88	654	13.57
SND, NDL CHINESE CHX 6-12:0215	1 EACH	279	138	278	13.48	2.38	13.92	25.94	3.35	1.72	27.84	454	4.56
SND, SUP L2 CRAK/CHS 6-12:0315	1 EACH	476	20	685	27.03	6.51	18.28	43.73	7.31	6.34	274.48	6475	1.18
SND, SUP L2 DIPP/SUN 6-12:0315	1 EACH	592	30	625	33.06	7.01	21.29	51.74	10.32	3.82	284.51	6475	1.18
SND, SUP L2 RUMB/CHS 6-12:0315	1 EACH	466	15	525	26.53	7.01	17.28	42.73	8.31	9.4	354.48	6865	5.98
SND, SUP L2 SUN/CRAC 6-12:0315	1 EACH	563	15	636	33.58	7.52	20.31	48.35	9.73	13.77	368.14	839	6.21
SND, SUP L2 YOGU/D&J 6-12:0214	1 EACH	456	5	485	19.54	3.01	14.29	57.78	7.31	9.4	285.01	6725	5.98
SND, TUNA SALAD 6-12:0915	1 EACH	430	32	551	19.36	1.77	27.06	39.81	5.37	3	90.21	2134	3.81
SND, TURKEY CHS 6-12:0915	1 EACH	355	53	763	17.63	5.56	18.7	26.56	3.37	1.86	217.08	2321	2.61
SND, TURKEY DF 6-12:0915	1 EACH	284	40	743	10.54	1.51	16.39	26.81	3.37	2.04	70.21	2119	2.61
SND, WRAP CHX BBQ 6-12:1214	1 EACH	295	38	430	7.78	3.94	20	29.82	2.65	2.56	71.72	2628	2.9
SND, WRAP CHX CAESAR 6-12:1214	1 EACH	311	50	554	7.85	3.49	20.06	25.96	2.6	2.1	196.2	2521	1.43
SND, WRAP CHX HONEY 6-12:0215	1 EACH	396	42	414	21.11	2.23	19.21	33.17	3.61	1.74	35.73	2482	2.22
SND, WRAP CHX RANCH 6-12:1214	1 EACH	287	40	398	8.9	4.22	20.54	24.76	2.77	2.05	64.58	2809	4.57
SND, WRAP CHX SESAME 6-12:1214	1 EACH	325	42	430	11.79	1.67	18.05	26.83	2.78	2.2	17.36	365	6.06
SND, WRAP CHX SW 6-12:1214	1 EACH	432	46	612	20.86	3.97	19.5	32.26	5.67	2.79	46.11	2573	2.71
SND, WRAP PINWHL HAM 6-12:0414	1 EACH	400	82	824	22.05	9.54	22.36	24.84	2.6	2.54	36.03	2840	1.13

SND, WRAP PINWHL TUR 6-12:0214	1 EACH	390	77	874	19.55	8.54	23.36	23.84	2.6	2.54	56.03	2840	1.13
SND, WRAP SW VEGGIE 6-12+:0214	1 EACH	436	17	719	22.25	4.55	14.46	40.84	8.6	3.17	50.41	2506	3.34
SND, WRAP TURK RANCH 6-12:0214	1 EACH	385	40	822	22.08	6.01	17.85	23.43	2.6	2.07	39.36	2477	1.13
VG, BEANS PINTO RICE 6-12:0313	1 EACH	336	4	548	4.94	1.32	14.96	59.78	9.63	3.05	72.3	520	5.19
VG, BURRITO BEAN CHS 6-12:1113	1 EACH	353	8	427	9.53	1.85	17.68	55.22	10.2	3.51	83.41	5265	3.81
VG, CHILI 6-12:0915	1 EACH	354	8	691	7.65	2.03	21.78	64.09	19.97	5.09	147.76	918	20.91
VG, ENCHILADA CHS 6-12+:0713	1 EACH	330	31	553	13.75	7.24	19.39	37.23	3.98	1.49	316.78	951	16.6
VG, LASAGNA CHEESE 6-12:0815	1 SERVING	264	27	451	7.56	4.26	16.28	35.33	4.26	1.91	222.62	8094	7.29
VG, MAC N CHEESE 6-12:0812	1 EACH	441	15	843	5.12	2.67	16.61	83.66	13.82	5.07	250.88	5372	6.45
VG, PANADA PIZZA 6-12:0915	1 SERVING	295	35	436	11.05	3.51	17.22	35.95	4.52	2.76	362.87	896	3.41
VG, PASTA ALFRDO 6-12:0315	1 EACH	442	39	598	17.14	7.9	22.57	56.69	5.99	1.92	448.42	5167	6.42
VG, PIZZA 6-12:0413	1 EACH	273	15	399	6.05	2.51	19.24	37.04	5.07	3.03	361.79	5482	5.76
VG, QUES BEAN CHS 6-12:0313	1 EACH	348	15	727	8.41	3.58	18.57	48.3	6.67	3.84	80.51	5220	3.1
VG, RAVIOLI CHS 6-12:0915	1 EACH	411	50	635	9.65	3.71	22.94	59.06	5.95	3.71	257.05	879	14.78
VG, SLOPPY JOE 6-12:0915	1 EACH	347	15	546	7.57	3.51	17.64	49.1	6.14	3.18	149.4	237	1.94
VG, SPAG MARINARA 6-12:0815	1 EACH	426	33	725	13.91	6.05	23.48	57.65	7.51	2.78	565.83	8854	11.59
VG, TAMALE CHS 6-12:0713	1 EACH	491	24	590	30.48	7.52	17.36	41.6	7.89	2.21	177.89	482	10.44
VG, TOFU TERI RICE 6-12:0915	1 EACH	599	15	582	22.89	5.61	31.01	73.47	8.39	3.73	320.51	2388	43.42

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

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

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

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