October Lunch K-5 Salad Bar

revolution FOODS

Monday	Tuesday	Wednesday	Thursday	Friday
			BBQ Chicken Sandwich Veggie Sloppy Joe on a Whole Grain Bun (VG) Salad bar with Carrots, Romaine, Broccoli, Cucumber, and Croutons Shredded Lettuce and Sliced Tomatoes with Ranch Fresh Local Apple 1	Chicken Mole Rojo (DF) Cheese Enchiladas (VG) Local Steamed Corn Fresh Orange 2
Chicken Ranch Wrap Cheese Lasagna with Whole Grain Pasta (VG) Local Steamed Corn Fresh Pineapple 5	BBQ Chicken with Cheesy Rice BBQ Tofu with Cheesy Rice (VG) Salad bar with Carrots, Romaine, Broccoli, Kidney Beans, and Cherry Tomatoes Blanched Broccoli Florets and Edamame Fresh Pear 6	Blackened Tilapia with Dirty Rice Pasta Alfredo (VG) Local Sweet Potatoes Fresh Banana 7	Sloppy Joe (DF) Cheese Pizza (VG) Salad bar with Carrots, Romaine, Broccoli, Cucumber, and Croutons Shredded Lettuce and Sliced Tomatoes with Ranch Fresh Local Apple 8	**No School** 9
No School 12	Hot Meatball Sub on a Whole Grain Bun Spaghetti Marinara with Parmesan (VG) Salad bar with Carrots, Romaine, Broccoli, Kidney Beans, and Cherry Tomatoes Baby Carrots and Pinto Beans Fresh Pear 13	BBQ Chicken Quesadilla Bean and Cheese Quesadilla (VG) Local Steamed Corn Fresh Banana 14	Buffalo Chicken Sandwich Veggie Sloppy Joe (VG) Salad bar with Carrots, Romaine, Broccoli, Cucumber, and Croutons Shredded Lettuce and Sliced Tomatoes with Ranch Fresh Local Apple 15	Firecracker Chicken with Spicy Sesame Noodles Breakfast for Lunch: Pancakes w Omelet (VG) Local Sweet Potatoes Fresh Orange 16
No School 19	Herbed Tilapia with Brown Rice (DF) Cheese Enchiladas (VG) Salad bar with Carrots, Romaine, Broccoli, Kidney Beans, and Cherry Tomatoes Blanched Broccoli Florets and Edamame Fresh Pear 20	**Curaçao Day!** Galiña Stobá Stewed Chicken Brown Rice Kolo Stobá Local Stewed Cabbage Banana Stobá Plantains Fresh Banana 21	All Natural Hamburger (DF) Egg Salad Sandwich (VG) (DF) Salad bar with Carrots, Romaine, Local Corn, Cherry Tomatoes, and Croutons Baby Carrots with Ranch Fresh Local Apple 22	Turkey and Cheese Sandwich on a Whole Grain Bun Cheese Ravioli with Marinara Sauce (VG) Local Braised Greens Fresh Orange 23
All Natural Hot Dog (DF) Veggie Chili (VG) Chilled, Seasoned Green Beans Fresh Pineapple 26	Sausage Pizza Cheese Sandwich on a Whole Grain Bun (VG) Salad bar with Carrots, Romaine, Broccoli, Kidney Beans, and Cherry Tomatoes Blanched Broccoli Florets and Pinto Beans Fresh Pear 27	Breakfast for Lunch: Pancakes w Sausage Spaghetti Marinara with Parmesan (VG) Local Sweet Potatoes Fresh Banana 28	BBQ Chicken Sandwich Veggie Sloppy Joe (VG) Salad bar with Carrots, Romaine, Broccoli, Cucumber, and Croutons Shredded Lettuce and Sliced Tomatoes with Ranch Fresh Local Apple 29	BBQ Chicken Wrap Pasta Alfredo (VG) Local Steamed Corn Fresh Orange 30

revolution FOODS

If you see it in GREEN, it is an international food item!
Lunch: choice of 1% or fat-free milk
All grains served are whole grain-rich
Dairy-free (DF) and vegetarian (VG) menu items available daily – if not listed on the menu, then available upon request.
This institution is an equal opportunity provider.

real food for all™

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
DF, BEANS RED/RICE K-5:0513	1 EACH	326	6	485	5.75	0.97	13.18	62.88	10.67	3.46	75.15	597	9.83
DF, CHX CAJUN K-5:0314	1 EACH	290	49	74	9.64	2.37	15.28	35.63	3.42	1.75	24.46	680	1.42
DF, CHX MOLE K-5:0314	1 EACH	291	39	207	8.86	2.06	13.82	39.8	3.64	1.6	36.63	218	4.65
DF, CHX ORANGE K-5:0415	1 EACH	350	42	297	4.95	0.92	18.25	53.06	3.19	1.49	32.64	1728	19.89
DF, CHX TERI RICE K-5:0314	1 EACH	340	43	323	8.55	2.05	15.05	50.86	2.98	1.72	20.78	478	0.36
DF, HAMBURGER K-5:0413	1 EACH	290	44	469	11.2	3.5	18.9	28.25	4	2.56	47.2	68	18
DF, HOTDOG K-5:0714	1 EACH	281	30	561	13	4	12	30.65	3	1.98	40	168	18
DF, RICE SMOKY SAUSA K-5:0815	1 EACH	260	53	470	4.71	0.64	14.17	41.59	1.17	1.24	2.91	280	24.81
DF, SLOPPY JOE K-5:0815	1 EACH	338	48	381	11.79	3.91	20.77	38	4.11	3.67	121.13	92	18.92
DF, SND CHX GRILL K-5:0413	1 EACH	398	63	732	20.37	2.64	24.18	28.6	3	1.91	49.43	81	18
DF, SPAG MEATBALL K-5:0815	1 EACH	372	30	427	9.01	2.41	20.06	58.13	9.72	4.22	34.39	625	10.12
DF, TAMALE CHX K-5:0713	1 EACH	365	30	505	13.67	2.73	14.76	50.63	9.89	4.07	68.21	239	1.49
DF, TILAPIA /RICE K-5:0313	1 EACH	238	26	123	3.94	0.79	15.79	35.72	2.77	0.95	23.25	5	0.13
DF, TILAPIA BLACK K-5:0413	1 EACH	233	26	277	4.27	0.81	15.8	34.54	3.36	1.29	36.71	532	5.07
RG, BURRITO BEEF CHS K-5:0815	1 EACH	378	32	258	14.3	3.79	22.49	45.18	7.88	3.32	61.04	268	2.67
RG, BURRITO CHICKEN K-5:0314	1 EACH	366	45	183	14.51	3.31	22.06	42.5	6.5	2.83	53.54	258	6.47
RG, CHEESEBURGER K-5:0415	1 EACH	307	49	417	12.98	4.52	20.17	28.25	4	2.56	85.27	119	18
RG, CHX BBQ K-5:0314	1 EACH	323	39	278	8.52	2.64	14.95	46.98	2.94	2.18	87.84	71	1.12
RG, CHX FC NOODLE K-5:1214	1 EACH	323	38	531	8.37	1.14	17.1	41.01	4.39	2.14	16	70	1.12
RG, ENCHILADA CHX K-5:0713	1 EACH	260	39	248	7.75	1.99	16.39	33.73	3.98	1.85	96.78	201	7
RG, MAC CHEESEBURGER K-5:0815	1 EACH	391	43	620	13.11	5.02	22.81	46.81	7.46	3.87	636.46	1069	7.32
RG, MAC/CHS SAUSAGE K-5:0314	1 EACH	304	59	786	9.02	3.04	18.1	39.56	3.99	1.98	83.16	153	34.46
RG, MEATBALL BBQ K-5:0713	1 EACH	311	32	461	10.87	4.38	15.89	37.79	2.78	2.13	96.31	64	1.06
RG, MEATBALL HAWAII K-5:0815	1 EACH	365	33	475	10.97	2.71	16.3	51.14	4.18	6.23	39.21	311	0.38
RG, PANCAKE SAUSAGE K-5:0315	1 EACH	333	53	667	10.09	3.92	18.53	41.29	1.98	1.73	239.69	278	17.65
RG, PAS CAJ CHX ALFR K-5:1214	1 EACH	294	43	233	8.41	2.85	18.22	36.47	4.97	2.09	64.34	476	0.42
RG, PAS CHX ALFR K-5:1214	1 EACH	290	43	232	8.3	2.83	18.06	35.7	4.63	1.87	60.22	119	0.3
RG, PAS CHX BAKE K-5:0815	1 EACH	317	31	445	10.7	3.9	19.79	40.12	5.94	2.48	20.78	504	8
RG, PAS ZEST BEEF K-5:0815	1 EACH	308	32	309	12.13	4.71	18.92	37.14	6.1	2.54	27.13	307	4.36
RG, PIZZA SAUSAGE K-5:1113	1 EACH	380	20	450	7	2	25	55	5	3.6	400	300	2.4
RG, QUES CHX BBQ K-5:0315	1 EACH	323	39	348	15.14	4.19	18.33	33.48	3	2.03	874.2	1005	0.52
RG, QUES CHX CHS K-5:0314	1 EACH	368	79	245	19.58	5.35	26.54	27.3	3.11	2.14	22.21	110	0.26
RG, SND CHX BBQ K-5:0314	1 EACH	318	50	428	10.71	3.46	19.52	38.46	3	3.04	121	96	18.97
RG, SND CHX BUFFALO K-5:0314	1 EACH	250	51	296	9.19	2.05	16.63	26.41	3	2	40	227	21.39
RG, SND MEATBALL SUB K-5:0815	1 EACH	317	43	521	11.96	4.51	22.26	32.25	5.21	2.99	60.78	302	22.96
RG, TACO CHX K-5:0513	1 EACH	300	40	498	10.75	3.61	17.4	36.02	5.99	2.93	106.93	833	0.12
SAL, CAESAR CHX K-5:1214	1 EACH	396	78	644	11.18	2.81	28	33.78	4.58	2.63	170.58	6632	16.81
SAL, CHEF TURKEY K-5:0813	1 EACH	409	118	758	22.11	3.37	14.47	37.82	6.99	2.87	120.22	18436	47.15
SAL, CHEF VEG K-5:0813	1 EACH	418	198	415	13.69	3.93	24.97	51.77	15.05	4.47	187.81	9508	25.85
SAL, CHX SESAME K-5:1214	1 EACH	415	63	487	16.48	2.03	25.75	35.95	5.42	2.87	80.54	4274	28.7
SAL, TACO CHX K-5:1214	1 EACH	476	51	369	9.79	2.15	31.58	61.56	11.55	4.95	189.56	5908	26.76
SAL, TACO VEG K-5:0214	1 EACH	457	195	377	12.87	3.19	24.59	62.3	11.72	5.13	209.15	6158	29.1

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
SND, CHEESE K-5:0415	1 EACH	446	45	586	22.66	7.58	16.8	39.46	3.18	1.38	423.44	1434	19.3
SND, CHX SALAD K-5:1214	1 EACH	312	50	271	11.77	1.28	18.76	26.6	3.41	1.81	53.47	1286	19.25
SND, EGG SALAD K-5:0714	1 EACH	283	211	284	13.87	2.35	12.14	26.21	3.37	2.06	74	1556	18.7
SND, FTM CHEESE K-5:0415	1 EACH	465	35	605	14.03	6.14	17.84	67.23	9.56	2.49	465.56	16090	28.4
SND, FTM CHEESE PreK:0415	1 EACH	445	36	526	14.06	6.18	17.91	62.53	7.05	1.86	450.42	1626	28.75
SND, FTM CHX SALAD K-5:0315	1 EACH	458	53	530	15.69	4.52	23.41	55.03	9.64	2.8	293.81	15948	28.91
SND, FTM MAM YOGURT K-5:0315	1 EACH	469	25	634	14.38	5.06	17.05	70.82	9.38	2.19	432.65	14927	9.1
SND, FTM TURKEY K-5:0315	1 EACH	446	30	803	2.39	0.07	18.23	85.18	11.56	4.29	127.22	15871	28.4
SND, FTM TURKEY/CHS K-5:0415	1 EACH	464	49	735	18.48	5.62	18.17	53.8	9.56	2.94	251.59	15927	28.4
SND, FTM TURKEY/CHS PreK:0415	1 EACH	444	49	655	18.46	5.63	18.21	49.1	7.05	2.31	235.45	1461	28.75
SND, FTM WRAP CHX BBQ K-5:1214	1 EACH	444	56	522	7.93	3.46	26.02	59.57	9.05	4.03	131.85	17330	12.59
SND, FTM WRAP CHX CAE K-5:1214	1 EACH	488	69	767	11.32	5.09	27.27	55.16	8.97	3.36	325.94	17198	10.63
SND, FTM WRAP CHX RAN K-5:1214	1 EACH	499	77	580	12.9	5.7	34.07	53.92	9.2	3.49	124.55	17560	14.77
SND, FTM WRAP CHX SES K-5:1214	1 EACH	502	53	622	17.27	2.38	22.81	55.79	8.8	3.36	63.98	10695	21.13
SND, MAM HUMMUS K-5:0214	1 EACH	379	5	570	12.96	1.26	11.61	45.8	4.39	2.53	161.99	68	1.9
SND, MAM TACO DIP K-5:0214	1 EACH	298	15	335	6.48	3.63	17.75	38.52	6.07	2.94	36.9	308	2.53
SND, TUNA SALAD K-5:0714	1 EACH	331	48	558	15.25	1.15	21.21	25.41	3.18	2.27	45.1	1065	19.3
SND, TURKEY CHS K-5:0415	1 EACH	363	53	709	18.11	5.55	18.51	26.16	3.18	1.92	211.98	1271	19.3
SND, WRAP CHX BBQ K-5:1214	1 EACH	315	52	396	6.06	2.52	22.99	31.55	2.67	2.93	89.74	2674	3.49
SND, WRAP CHX CAESAR K-5:1214	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 RANCH K-5:1214	1 EACH	325	59	398	8.96	3.74	25.66	25.47	2.82	2.29	80.81	2900	5.57
SND, WRAP CHX SESAME K-5:1214	1 EACH	329	42	434	11.81	1.67	18.31	27.82	3.15	2.31	26.12	740	10.35
SND, WRAP SESAM TOFU K-5:0214	1 EACH	419	5	625	16.99	1.96	19.27	44.04	3.49	4.08	214.7	792	9.96
VG, BURRITO BEAN CHS K-5:1113	1 EACH	325	11	191	10.86	2.69	17.33	46.01	7.6	2.65	58.71	137	2.14
VG, CHILI K-5:0415	1 EACH	357	22	468	12.2	4.7	19.4	54.07	15.48	4.18	247.7	893	28.88
VG, ENCHILADA CHS K-5:0713	1 EACH	290	24	468	10.75	5.49	15.39	36.73	3.98	1.49	316.78	951	16.6
VG, LASAGNA CHEESE K-5:0815	1 EACH	339	24	553	9.48	3.37	15.95	50.49	4.95	6.27	229.53	672	5.72
VG, MAC N CHEESE K-5:0114	1 EACH	415	16	640	7.04	2.2	17.2	73.61	8.38	3.27	300.08	220	15.95
VG, PANCAKE/OMELET K-5:0115	1 EACH	314	195	509	9.98	3	11.97	41.41	1.98	2.09	124.29	497	0
VG, PASTA ALFRDO K-5:0714	1 EACH	335	23	346	10.59	4.14	15.93	49.72	4.63	1.57	205.89	173	0
VG, PIZZA K-5:0113	1 EACH	260	15	370	6	2.5	19	34	4	2.7	350	400	4.8
VG, QUES BEAN CHS K-5:0713	1 EACH	345	15	234	12.36	3.57	19.33	46.26	7.6	2.65	58.71	137	2.14
VG, RAVIOLI CHS K-5:0815	1 EACH	327	39	573	9.56	3.68	18.29	44.53	4.34	3.05	168.49	665	24.19
VG, SLOPPY JOE K-5:0115	1 EACH	321	15	470	8.02	3.5	17.42	48.13	5.62	3.29	136.36	91	18.93
VG, SPAG MARINARA K-5:0815	1 EACH	400	28	541	13.41	6.14	21.88	55.59	8.16	3.08	381.95	718	7.7
VG, TAMALE CHS K-5:0713	1 EACH	380	20	585	15.84	4.75	15.73	55.31	14.81	2.99	192.85	476	9.38
VG, TOFU BBQ K-5:0513	1 EACH	367	4	452	11.3	2.23	20.23	47.37	2.94	4.19	128.13	53	0.91
VG, TOFU TERI RICE K-5:0315	1 EACH	330	15	427	11.42	4.24	16.88	41.86	2.94	1.9	243.56	259	0.31

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	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
CONDIMENT, HOT SAUCE PACKT(7g)	1 EACH	0	0	119	0	0	0	0	0	0.5	0	0	0
CONDIMENT, RANCH PACKET (28 g)	1 EACH	150	10	280	16	2.5	0	1	0	0	20	5	0
SAL BAR, BLUE K-5:0713	1 SERVING	90	2	191	5.63	0.72	1.96	8.68	1.7	0.62	55.68	2953	4.89
SAL BAR, GREEN K-5:0713	1 SERVING	129	2	185	10.4	1.09	2.46	8.06	2.17	0.88	57.15	4581	31.49
SAL BAR, PURPLE HUSSC K-5:0914	1 SERVING	169	2	192	7.13	0.85	7.87	20.08	9.15	2.02	79.47	4598	20.14
SAL BAR, RED K-5:0713	1 SERVING	117	2	225	7.24	0.87	2.35	11.93	2.71	0.68	51.06	8049	13.18
SAL BAR, YELLOW K-5:0713	1 SERVING	189	2	207	10.66	1.15	4.92	20.77	4.64	1.39	47.85	3835	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 1/8 C:1112	1 SERVING	4	0	4	0.04	0.01	0.24	0.75	0.33	0.07	4.1	150	6.31
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	4090	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	1024	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	3073	33.58
VEG CORN SEASON, 1 C:0513	1 SERVING	176	0	3	1.43	0.21	5.55	41.85	5.27	1.06	11.2	419	7.66

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
VEG CORN SEASON, 1/4 C:0513	1 SERVING	44	0	1	0.36	0.05	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	0.16	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	0.12	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	0.37	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	0.14	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 GRN LEAF LETTUCE 1/8 C	1 SERVING	1	0	2	0.01	0	0.09	0.2	0.09	0.06	2.5	514	0.64
VEG LEG BLACK 1/2 C:0513	1 SERVING	101	0	240	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	120	0.33	0.02	5.94	15.36	9.86	1.81	29.3	74	0.17
VEG LEG BLACK 1/8 C:0513	1 SERVING	25	0	60	0.17	0.01	2.97	7.68	4.93	0.91	14.66	37	0.09
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 1/8 C:0113	1 SERVING	19	0	3	0.01	0	1.45	3.36	1.81	0.36	8.08	1	0.03
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	13	0.27	0.05	4.64	14.13	3.37	1.15	28.22	101	1.57
VEG LEG PINTO 1/8 C:0313	1 SERVING	39	0	7	0.13	0.03	2.32	7.07	1.69	0.58	14.11	50	0.78
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

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
VEG POTATO MASH 1 C:0313	1 SERVING	182	0	176	2.04	0.63	3.32	38.53	3.48	0.62	15.93	6	14.18
VEG POTATO MASH 1/2 C:0313	1 SERVING	91	0	88	1.02	0.31	1.66	19.27	1.74	0.31	7.97	3	7.09
VEG POTATO MASH 1/4 C:0313	1 SERVING	46	0	44	0.51	0.16	0.83	9.66	0.87	0.16	3.99	1	3.55
VEG POTATO MASH 1/8 C:0313	1 SERVING	23	0	22	0.26	0.08	0.42	4.85	0.44	0.08	2.01	1	1.79
VEG POTATO MASH 3/4 C:0313	1 SERVING	137	0	132	1.53	0.47	2.49	28.92	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 CHOP 1/8 C:0313	1 SERVING	1	0	0	0.01	0	0.06	0.16	0.1	0.05	1.64	432	0.2
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 1/8 C:0113	1 SERVING	20	0	22	1.21	0.17	0.64	2.07	0.65	0.21	9.43	278	11.55
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	0.03	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 1/8 C	1 SERVING	4	0	1	0.04	0.01	0.19	0.84	0.26	0.06	2.15	179	2.95
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