Summer Lunch K-5

revolution FOODS

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken Sandwich Veggie Sloppy Joe (VG) Local Corn Fresh Local Nectarines 29	Sausage Pizza Veggie Chef's Salad (VG) Shredded Lettuce and Sliced Tomatoes with Ranch Fresh Banana 30	Cheese Enchiladas (VG) Chicken Ranch Wrap Baby Carrots Fresh Pear 1	Hot Dog (DF) Cheese Sandwich (VG) Blanched Broccoli Florets and Pinto Beans Fresh Local Apples 2	**No School** 3
Macaroni and Cheese with Baked Beans (VG) Turkey and Cheese Sandwich Local Sweet Potatoes Fresh Local Nectarines 6	BBQ Chicken with Cheesy Rice BBQ Tofu with Cheesy Rice (VG) Baby Carrots and Edamame Fresh Banana 7	Sloppy Joe (DF) Cheese Pizza (VG) Potato Salad Fresh Pear 8	Blackened Tilapia with Dirty Rice (DF) Pasta Alfredo (VG) Sliced Cucumber with Ranch Fresh Local Apples 9	Cheese Lasagna (VG) BBQ Chicken Wrap Broccoli Florets Fresh Pineapple 10
Spaghetti Marinara with Parmesan (VG) Chicken Salad Sandwich (DF) Local Green Beans Fresh Local Nectarines 13	BBQ Chicken Quesadilla Bean and Cheese Quesadilla (VG) Cherry Tomatoes and Pinto Beans Fresh Banana 14	BBQ Meatballs with Cheesy Rice Cheese Enchiladas (VG) Local Corn Fresh Pear 15	Buffalo Chicken Sandwich Veggie Sloppy Joe (VG) Shredded Lettuce and Sliced Tomatoes with Ranch Fresh Local Apples 16	Firecracker Chicken with Spicy Sesame Noodles Breakfast for Lunch: Pancakes w/ Omelet (VG) Local Sweet Potatoes Fresh Pineapple 17
Orange Chicken Rice Bowl (DF) Cheese Sandwich (VG) Local Green Beans Fresh Local Nectarines 20	Cheese Ravioli with Marinara Sauce (VG) Sesame Chicken Wrap (DF) Broccoli Florets and Black Beans Fresh Banana 21	Herbed Tilapia with Brown Rice (DF) Pasta Alfredo (VG) Local Sweet Potatoes Fresh Pear 22	Cheeseburger Veggie Chef's Salad (VG) Shredded Lettuce and Sliced Tomatoes with Ranch Fresh Local Apples 23	Macaroni and Cheese with Mini Chicken Sausage Dogs Cheese Lasagna (VG) Local Corn Fresh Pineapple 24
Hot Dog (DF) Veggie Chili (VG) Coleslaw Fresh Local Nectarines 27	Breakfast for Lunch: Pancakes w/ Chicken Sausage Spaghetti Marinara with Parmesan (VG) Baby Carrots Fresh Banana 28	Cheese Enchiladas (VG) Chicken Ranch Wrap Local Corn Fresh Pear 29	Sausage Pizza Veggie Taco Salad (VG) Cherry Tomatoes and Pinto Beans Fresh Local Apples 30	BBQ Chicken Sandwich Veggie Sloppy Joe (VG) Broccoli Florets with Ranch Fresh Pineapple 31

revolution FOODS

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	Recipe Gro	Portion Size	Cals	Cholst mg	Sodm mg	Total Fat g	Sat Fat g	Protn g	Carb g	Fiber g	Iron mg	Calcm mg	Vit A IU	Vit C mg
DF, CHX CAJUN K-5:0314	LUN K-5	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	LUN K-5	1 EACH	291	39	207	8.86	2.06	13.82	39.8	3.64	1.6	36.63	214	4.65
DF, CHX TERI RICE K-5:0314	LUN K-5	1 EACH	340	43	323	8.55	2.05	15.05	50.86	2.98	1.72	20.78	475	0.36
DF, HAMBURGER K-5:0413	LUN K-5	1 EACH	290	44	469	11.2	3.5	18.9	28.25	4	2.56	47.2	53	18
DF, HOTDOG K-5:0714	LUN K-5	1 EACH	281	30	561	13	4	12	30.65	3	1.98	40	153	18
DF, SLOPPY JOE K-5:0413	LUN K-5	1 EACH	384	56	347	17.66	5.98	19.24	37.68	3	3.92	133.35	79	18.95
DF, SND CHX GRILL K-5:0413	LUN K-5	1 EACH	380	66	753	17.67	2.47	25.37	28.67	3	1.95	50.02	67	18
DF, SPAG MEATBALL K-5:0714	LUN K-5	1 EACH	380	30	507	10.33	2.43	20.25	57.34	9.9	3.7	72.63	910	4.69
DF, TILAPIA /RICE K-5:0313	LUN K-5	1 EACH	238	26	123	3.94	0.79	15.79	35.72	2.77	0.95	23.25	1	0.13
DF, TILAPIA BLACK K-5:0413	LUN K-5	1 EACH	231	26	276	4.29	0.81	15.77	34.72	3.35	1.32	35.49	619	4.98
DF, TKY STFG WG K-5:1113	LUN K-5	1 EACH	253	20	559	4.35	0.01	19.51	34	2.28	2.36	34.6	573	13.49
RG, BURRITO BEEF K-5:0713	LUN K-5	1 EACH	390	32	182	15.73	3.94	20.27	46.42	6.77	3.55	69.15	249	2.73
RG, BURRITO CHICKEN K-5:0314	LUN K-5	1 EACH	366	45	183	14.51	3.31	22.06	42.5	5.5	2.83	53.54	258	6.47
RG, CHEESEBURGER K-5:0714	LUN K-5	1 EACH	307	50	414	12.98	4.52	20.17	28.25	4	2.56	97.96	129	18
RG, CHX BBQ K-5:0314	LUN K-5	1 EACH	323	39	278	8.52	2.64	14.95	46.98	2.94	2.18	87.84	67	1.12
RG, ENCHILADA CHX K-5:0713	LUN K-5	1 EACH	260	39	248	7.75	1.99	16.39	33.73	3.98	1.85	96.78	200	7
RG, MAC/CHS SAUSAGE K-5:0314	LUN K-5	1 EACH	304	59	786	9.02	3.04	18.1	39.56	3.99	1.98	83.16	133	34.46
RG, MEATBALL BBQ K-5:0713	LUN K-5	1 EACH	311	32	461	10.87	4.38	15.89	37.79	2.78	2.13	96.31	63	1.06
RG, PANCAKE SAUSAGE K-5:1113	LUN K-5	1 EACH	333	53	657	10.09	3.42	18.53	41.29	1.98	1.73	239.69	200	17.65
RG, PAS CHX ALFR K-5:0714	LUN K-5	1 EACH	268	36	254	8.16	3.27	18.09	35.69	4.67	1.81	53.77	100	0
RG, PAS CHX BAKE K-5:0714	LUN K-5	1 EACH	279	24	427	9.02	2.8	17.64	38.57	5.98	2.01	44.45	655	3.14
RG, PAS ZEST BEEF K-5:0714	LUN K-5	1 EACH	321	34	275	14.13	5.38	17.91	36.86	5.64	2.55	28.11	267	4.19
RG, PIZZA SAUSAGE K-5:1113	LUN K-5	1 EACH	380	15	450	7	2.5	25	55	5	3.6	400	300	3.6
RG, QUES CHX K-5:0314	LUN K-5	1 EACH	368	79	245	19.58	5.35	26.54	27.3	2.11	2.14	22.21	110	0.26
RG, SND CHX BBQ K-5:0314	LUN K-5	1 EACH	318	50	428	10.71	3.46	19.52	38.46	3	3.04	121	81	18.97
RG, SND CHX BUFFALO K-5:0314	LUN K-5	1 EACH	250	51	296	9.19	2.05	16.63	26.41	3	2	40	212	21.39
RG, SND MEATBALL SUB K-5:0714	LUN K-5	1 EACH	317	43	540	12.34	4.51	22.26	31.49	5.21	2.72	76.01	382	20.22
RG, TACO CHX K-5:0513	LUN K-5	1 EACH	300	40	498	10.75	3.61	17.4	36.02	5.99	2.93	106.93	832	0.12
SAL, CAESAR CHX K-5:0813	LUN K-5	1 EACH	352	71	659	9.78	3.18	30	32.99	3.58	2.62	216.88	6593	17.72
SAL, CHEF TURKEY K-5:0813	LUN K-5	1 EACH	409	118	758	22.11	3.37	14.47	37.82	5.99	2.87	120.22	18419	47.15
SAL, CHEF VEG K-5:0813	LUN K-5	1 EACH	418	198	415	13.69	3.93	24.97	51.77	14.05	4.47	187.81	9498	25.85
SAL, CHX SESAME K-5:0813	LUN K-5	1 EACH	345	51	457	13.47	1.21	24.94	35.12	4.53	2.86	72.01	4243	28.12
SAL, TACO CHX K-5:0214	LUN K-5	1 EACH	448	43	349	7.53	1.56	31.94	65.14	11.4	5.53	200.25	6738	28.42
SAL, TACO VEG K-5:0214	LUN K-5	1 EACH	457	195	377	12.87	3.19	24.59	62.3	10.72	5.13	209.15	6148	29.1
SND, CHEESE FTM K-5:0413	LUN K-5	1 EACH	453	35	576	14.01	6.14	17.64	66.82	9.38	2.37	536.39	15112	27.1
SND, CHEESE K-5:0714	LUN K-5	1 EACH	447	45	559	22.68	7.58	16.78	39.52	3.3	1.4	498.95	1690	18.57
SND, CHX SALAD FTM K-5:0714	LUN K-5	1 EACH	409	43	494	13.38	3.52	21.83	54.11	9.47	2.63	284.03	14871	27.29
SND, CHX SALAD K-5:0714	LUN K-5	1 EACH	269	44	256	9.91	0.72	18.99	26.01	3.44	1.8	47.69	1258	18.87
SND, EGG SALAD K-5:0714	LUN K-5	1 EACH	283	211	284	13.87	2.35	12.14	26.21	3.37	2.06	74	1541	18.7
SND, MAM HUMMUS K-5:0214	LUN K-5	1 EACH	379	0	565	12.96	1.26	11.61	45.8	4.39	2.53	161.99	0	1.9
SND, MAM TACO DIP K-5:0214	LUN K-5	1 EACH	298	15	335	6.48	3.63	17.75	38.52	6.07	2.94	36.9	308	2.53

SND, MAM YOGURT FTL K-5:0413	LUN K-5	1 EACH	469	20	619	14.38	4.56	17.05	70.82	9.38	2.19	432.65	14857	9.1
SND, TUNA SALAD K-5:0714	LUN K-5	1 EACH	551	55	903	18.67	1.7	30.09	63.8	6.23	2.97	372.98	1842	39.66
SND, TURKEY CHS K-5:0714	LUN K-5	1 EACH	363	56	695	18.11	5.55	18.51	26.16	3.18	1.92	262.6	1353	19.3
SND, TURKEY FTL K-5:0113	LUN K-5	1 EACH	454	30	849	2.87	0.06	18.04	88.77	11.38	4.35	102.12	14657	9.1
SND, TURKEY/CHS FTM K-5:0714	LUN K-5	1 EACH	464	52	722	18.48	5.62	18.17	53.8	9.56	2.94	302.22	16010	28.4
SND, WRAP CHX BBQ FTM K-5:021	LUN K-5	1 EACH	440	60	591	8.64	4.61	31.12	59.37	9.05	4.04	125.39	17315	12.19
SND, WRAP CHX BBQ K-5:0214	LUN K-5	1 EACH	265	44	375	3.77	1.93	22.46	30.85	2.67	2.89	83.27	2659	3.1
SND, WRAP CHX CAESAR K-5:0214	LUN K-5	1 EACH	274	44	539	6.14	3.04	19.67	25.44	2.6	2.08	171.35	2495	2.33
SND, WRAP CHX CESAR FTMK-5:21	LUN K-5	1 EACH	438	60	746	9.03	4.49	26.74	54.46	8.97	3.32	294.47	17164	11.73
SND, WRAP CHX RNCH FTMK-5:021	LUN K-5	1 EACH	436	67	555	10.04	4.96	33.41	53.05	9.2	3.45	116.46	17541	14.27
SND, WRAP CHX RNCH K-5:0214	LUN K-5	1 EACH	275	51	377	6.67	3.14	25.13	24.78	2.82	2.25	74.35	2885	5.18
SND, WRAP SESAM CHX K-5:0214	LUN K-5	1 EACH	298	42	423	10.07	1.16	20.99	27.4	3.31	2.43	21.15	726	9.96
SND, WRAP SESAM TOFU K-5:0214	LUN K-5	1 EACH	419	0	620	16.99	1.96	19.27	44.04	3.49	4.08	214.7	727	9.96
SND, WRAP SESM CHX FTMK-5:021	LUN K-5	1 EACH	443	42	597	14.77	1.7	22.13	55.09	8.89	3.35	56.88	10677	20.65
VG, BURRITO BEAN CHS K-5:1113	LUN K-5	1 EACH	325	11	191	10.86	2.69	17.33	46.01	6.6	2.65	58.71	137	2.14
VG, CHILI K-5:1113	LUN K-5	1 EACH	357	25	455	12.2	4.7	19.4	54.07	15.48	4.18	298.32	982	28.88
VG, ENCHILADA CHS K-5:0713	LUN K-5	1 EACH	290	24	468	10.75	5.49	15.39	36.73	3.98	1.49	316.78	950	16.6
VG, LASAGNA CHEESE K-5:0814	LUN K-5	1 EACH	339	24	577	9.95	2.88	15.95	49.54	4.95	5.92	248.58	1176	2.29
VG, MAC N CHEESE K-5:0114	LUN K-5	1 EACH	415	11	635	7.04	2.2	17.2	73.61	8.38	3.27	300.08	139	15.95
VG, MTLF STUFFING WG 6-12:1113	LUN K-5	1 EACH	618	23	634	26.97	4.46	18.11	81.74	9.41	3.51	507.17	11237	30.72
VG, MTLF STUFFING WG K-5:1113	LUN K-5	1 EACH	358	20	477	17.21	3.84	13.53	37.64	2.64	2.24	215.89	1818	1.53
VG, PASTA ALFRDO K-5:0714	LUN K-5	1 EACH	337	18	339	10.67	4.14	15.98	49.99	4.67	1.58	204.29	100	0
VG, PIZZA K-5:0113	LUN K-5	1 EACH	260	15	370	6	2.5	19	34	4	2.7	350	400	4.8
VG, QUES BEAN CHS K-5:0713	LUN K-5	1 EACH	345	15	234	12.36	3.57	19.33	46.26	6.6	2.65	58.71	137	2.14
VG, SLOPPY JOE K-5:0413	LUN K-5	1 EACH	341	15	554	8	3.5	20.91	49.81	6.49	3.71	159.79	76	18.91
VG, SPAG MARINARA K-5:0714	LUN K-5	1 EACH	408	28	603	14.55	5.67	22.07	55.14	8.35	2.68	413.22	960	3.52
VG, TAMALE CHS K-5:0713	LUN K-5	1 EACH	380	20	585	15.84	4.75	15.73	55.31	14.81	2.99	192.85	471	9.38
VG, TOFU BBQ K-5:0513	LUN K-5	1 EACH	367	4	452	11.3	2.23	20.23	47.37	2.94	4.19	128.13	50	0.91
VG, TOFU TERI RICE K-5:0713	LUN K-5	1 EACH	330	15	417	11.42	3.74	16.88	41.86	2.94	1.9	243.56	256	0.31
DF, CHX CAJUN PSN:0314	LUN PSN	1 EACH	337	43	74	9.82	2.26	15.22	47.21	4.43	1.93	31.03	769	1.84
DF, CHX MOLE PSN:0314	LUN PSN	1 EACH	291	39	207	8.86	2.06	13.82	39.8	3.64	1.6	36.63	214	4.65
DF, CHX TERI RICE PSN:0314	LUN PSN	1 EACH	387	39	331	8.78	2.02	15.54	61.65	3.98	1.87	27.7	538	0.49
DF, SLOPPY JOE PSN:0713	LUN PSN	1 EACH	296	43	264	14.05	4.6	13.95	28.75	2	2.95	101.81	61	13.93
DF, SND CHX GRILL PSN:0713	LUN PSN	1 EACH	148	26	247	2	0	12.75	21.65	2	1.17	30	53	13.2
DF, SPAG MEATBALL PSN:0714	LUN PSN	1 EACH	380	30	507	10.33	2.43	20.25	57.34	9.9	3.7	72.63	910	4.69
DF, TAMALE CHX PSN:0713	LUN PSN	1 EACH	365	30	505	13.67	2.73	14.76	50.63	9.89	4.07	68.21	235	1.49
DF, TILAPIA /RICE PSN:0313	LUN PSN	1 EACH	238	26	123	3.94	0.79	15.79	35.72	2.77	0.95	23.25	1	0.13
DF, TILAPIA BLACK PSN:0413	LUN PSN	1 EACH	231	26	276	4.29	0.81	15.77	34.72	3.35	1.32	35.49	619	4.98
DF, TKY STFG WG PSN:1113	LUN PSN	1 EACH	253	20	559	4.35	0.01	19.51	34	2.28	2.36	34.6	573	13.49
RG, BURRITO BEEF PSN:0713	LUN PSN	1 EACH	279	18	118	9.43	2.53	13.45	37.74	5.05	2.24	46.03	148	1.72
RG, BURRITO CHICKEN PSN:0314	LUN PSN	1 EACH	319	29	127	11.36	1.94	17.23	42.15	5.48	2.64	53.14	238	6.42
RG, CHEESEBURGER PSN:0713	LUN PSN	1 EACH	248	40	373	11.92	4.79	13.75	21.95	2.5	1.55	185.61	281	13.2

RG, CHX BBQ PSN:0314	LUN PSN	1 EACH	351	36	305	10.29	3.38	14.68	51.93	3.96	9	174.31	461	5.74
RG, ENCHILADA CHX PSN:0713	LUN PSN	1 EACH	280	43	290	9.25	2.86	18.39	33.98	3.98	1.85	96.78	200	7
RG, MEATBALL BBQ PSN:0713	LUN PSN	1 EACH	311	32	461	10.87	4.38	15.89	37.79	2.78	2.13	96.31	63	1.06
RG, PAS CAJ CHX ALFR PSN:0714	LUN PSN	1 EACH	285	35	293	9.76	4.16	18.62	36.72	5.01	1.98	57.89	457	0.12
RG, PAS CHX ALFR PSN: 0714	LUN PSN	1 EACH	281	35	293	9.61	4.14	18.46	35.94	4.67	1.76	55.28	100	0
RG, PAS CHX BAKE PSN:0714	LUN PSN	1 EACH	279	24	427	9.02	2.8	17.64	38.57	5.98	2.01	44.45	655	3.14
RG, PAS ZEST BEEF PSN:0714	LUN PSN	1 EACH	308	33	232	13.59	5.19	17.28	35.11	5.22	2.31	19.77	176	2.32
RG, PIZZA SAUSAGE PSN:1113	LUN PSN	1 EACH	380	15	450	7	2.5	25	55	5	3.6	400	300	3.6
RG, QUES CHX PSN:0314	LUN PSN	1 EACH	287	42	206	14.63	3.86	18.06	27	2.05	1.56	21	50	0.12
RG, SND CHX BBQ PSN:0314	LUN PSN	1 EACH	239	36	327	8.81	2.89	14.02	28.14	2	2.09	84	54	13.85
RG, SND CHX BUFFALO PSN:0314	LUN PSN	1 EACH	192	39	224	7.49	1.57	11.88	20.08	2	1.46	30	162	15.79
RG, SND MEATBALL SUB PSN:0714	LUN PSN	1 EACH	317	43	540	12.34	4.51	22.26	31.49	5.21	2.72	76.01	382	20.22
RG, TACO CHX PSN:0513	LUN PSN	1 EACH	300	30	412	9.68	3.43	15.46	40.29	5.32	2.26	80.52	665	0.24
SND, CHEESE FTM PSN:0413	LUN PSN	1 EACH	383	47	406	16.53	8.15	15.92	45.65	6.83	1.59	463.59	735	26.71
SND, CHEESE PSN:0714	LUN PSN	1 EACH	470	62	684	28.72	10.6	16.3	33.47	3.3	1.4	459.67	1842	13.77
SND, CHX SALAD FTM PSN:0714	LUN PSN	1 EACH	312	32	232	8.07	0.57	15.84	46.04	6.93	1.88	60.79	144	26.93
SND, CHX SALAD PSN:0714	LUN PSN	1 EACH	194	32	190	7.76	0.53	13.22	19.86	2.4	1.33	36.87	1251	13.99
SND, EGG SALAD PSN:0714	LUN PSN	1 EACH	201	148	207	10.32	1.64	8.05	19.99	2.35	1.5	55.21	1449	13.86
SND, MAM HUMMUS PSN:0214	LUN PSN	1 EACH	388	0	679	17.93	1.89	9.4	37.63	5.59	3.07	17.19	0	2.84
SND, MAM TACO DIP PSN:0214	LUN PSN	1 EACH	278	12	293	4.98	2.76	15.75	38.27	6.07	2.94	36.9	308	2.53
SND, MAM YOGURT FTL PSN:0413	LUN PSN	1 EACH	441	20	538	14.36	4.55	16.81	63.7	6.83	1.41	409.13	328	8.71
SND, RR YOGURT/RUMBL PSN:051	LUN PSN	1 EACH	350	15	615	12	3.5	15.01	45.05	3	1.44	370.53	200	0
SND, TUNA SALAD PSN:0714	LUN PSN	1 EACH	244	36	417	11.96	0.86	15.19	19.47	2.3	1.7	34.68	1235	13.77
SND, TURKEY CHS PSN:0714	LUN PSN	1 EACH	301	45	483	18.11	5.55	12.38	19.78	2.18	1.29	245.1	1353	14.5
SND, TURKEY FTL PSN:0113	LUN PSN	1 EACH	291	30	673	2.85	0.05	16.79	50.65	6.83	2.49	58.6	128	8.71
SND, TURKEY/CHS FTM PSN:0714	LUN PSN	1 EACH	429	48	583	18.46	5.6	16.55	46.56	7.01	2.07	276.2	1481	28.01
SND, WRAP CHX BBQ FTM PSN:021	LUN PSN	1 EACH	312	26	359	4.01	1.97	16.32	49.91	5.98	2.87	91.55	2733	9.44
SND, WRAP CHX BBQ PSN:0214	LUN PSN	1 EACH	360	26	498	3.77	1.93	19.96	50.85	4.67	4.15	83.27	2659	3.1
SND, WRAP CHX CAESAR PSN:0214	LUN PSN	1 EACH	237	33	489	4.11	1.77	15.26	25.19	2.6	1.99	90.35	2482	2.33
SND, WRAP CHX CESR FTM PSN:21	LUN PSN	1 EACH	308	33	491	4.34	1.82	15.62	44.24	5.91	2.15	98.63	2556	8.68
SND, WRAP CHX RNCH FTMPSN:02	LUN PSN	1 EACH	302	29	319	5.4	2.31	16.99	43.59	6.13	2.24	82.63	2959	11.52
SND, WRAP CHX RNCH PSN:0214	LUN PSN	1 EACH	230	29	317	5.17	2.27	16.63	24.53	2.82	2.07	74.35	2885	5.18
SND, WRAP PINWHL HAM PSN:041	LUN PSN	1 EACH	400	82	824	22.05	9.54	22.36	24.84	2.6	2.54	36.03	2835	1.13
SND, WRAP PINWHL TURK PSN:021	LUN PSN	1 EACH	390	77	874	19.55	8.54	23.36	23.84	2.6	2.54	56.03	2835	1.13
SND, WRAP SESAM CHX PSN:0214	LUN PSN	1 EACH	268	25	406	9.55	1.08	14.56	27.12	3.13	2.18	19.74	725	9.96
SND, WRAP SESAM TOFU PSN:021	LUN PSN	1 EACH	419	0	620	16.99	1.96	19.27	44.04	3.49	4.08	214.7	727	9.96
SND, WRAP SESM CHX FTMPSN:02	LUN PSN	1 EACH	342	25	409	9.8	1.13	15.03	46.7	6.64	2.39	31.87	981	18.79
VG, CHILI PSN:1113	LUN PSN	1 EACH	297	15	383	9.01	3.08	16.14	48.37	13.23	3.63	186.1	717	26.27
VG, ENCHILADA CHS PSN:0713	LUN PSN	1 EACH	310	28	510	12.25	6.36	17.39	36.98	3.98	1.49	316.78	950	16.6
VG, LASAGNA CHEESE PSN:0814	LUN PSN	1 EACH	339	24	577	9.95	2.88	15.95	49.54	4.95	5.92	248.58	1176	2.29
VG, MAC N CHEESE PSN:0114	LUN PSN	1 EACH	354	20	662	9.04	4.08	15.18	54.81	7.38	2.73	139.55	139	2.75
VG, MTLF STUFFING WG PSN:1113	LUN PSN	1 EACH	358	20	477	17.21	3.84	13.53	37.64	2.64	2.24	215.89	1818	1.53

VG, PASTA ALFRDO PSN:0714	LUN PSN	1 EACH	337	18	339	10.67	4.14	15.98	49.99	4.67	1.58	204.29	100	0
VG, PIZZA PSN:0713	LUN PSN	1 EACH	260	15	370	6	2.5	19	34	4	2.7	350	400	4.8
VG, QUES BEAN CHS PSN:0713	LUN PSN	1 EACH	290	11	185	10.74	2.67	15.22	39.59	5.06	2.13	45.81	92	1.43
VG, SLOPPY JOE PSN:0713	LUN PSN	1 EACH	271	8	429	5	1.75	14.91	43.31	5.49	3.35	149.79	76	14.11
VG, SPAG MARINARA PSN:0714	LUN PSN	1 EACH	408	28	603	14.55	5.67	22.07	55.14	8.35	2.68	413.22	960	3.52
VG, TAMALE CHS PSN:0713	LUN PSN	1 EACH	410	20	531	16.51	4.72	13.8	54	4.96	1.18	314.09	400	9.21
VG, TOFU BBQ PSN:0513	LUN PSN	1 EACH	427	4	479	12.06	2.34	21.62	59.34	3.92	4.42	134.91	50	1.01
VG, TOFU TERI RICE PSN:0713	LUN PSN	1 EACH	390	15	445	12.17	3.85	18.28	53.84	3.92	2.13	250.34	256	0.42

Recipe Description	Portion Size	Cals	Cholst mg	Sodm mg	Total Fat g	Sat Fat g	Protn g	Carb g	Fiber g	Iron mg	Calcm mg	Vit A IU	Vit C mg
FR, APPLE, LARGE 3/4 CUP	1.0000 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, BANANA, LARGE 3/4 CUP	1.0000 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, CANTELOUPE, MED 1/2 CUP	1.0000 EACH	27	0	13	0.15	0.04	0.67	6.53	0.72	0.17	7.2	2706	29.36
FR, DICED MELON, 1/2 CUP	1 EACH	31	0	9	0.12	0.02	0.49	7.76	0.79	0.17	7.1	872	25.91
FR, GRAPES 1/2 CUP:1212	1 EACH	45	0	8	0	0	0	11	*N/A*	0	10	50	6
FR, HONEYDEW, MED 1/2 CUP	1.0000 EACH	31	0	15	0.12	0.03	0.46	7.73	0.68	0.14	5.1	43	15.3
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	1.0000 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	1.0000 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	1.0000 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	1.0000 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	1.0000 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	1.0000 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, SHELFSTAB	1 EACH (8 FL OZ)	110	15	130	2.5	1.5	8	13	0	0	300	500	0
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

Recipe Description	Portion Size	Cals	Cholst mg	Sodm mg	Total Fat g	Sat Fat g	Protn g	Carb g	Fiber g	Iron mg	Calcm 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	0	0
SAL BAR, BLUE K-5:0713	1 SERVING	90	2	191	5.63	0.72	1.96	8.68	1.44	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	1.91	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	8.9	2.02	79.47	4598	20.14
SAL BAR, PURPLE K-5:0713	1 SERVING	166	2	191	7.07	0.85	7.65	19.48	8.52	1.84	73.48	3017	19.41
SAL BAR, RED K-5:0713	1 SERVING	117	2	225	7.24	0.87	2.35	11.93	2.45	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	4.38	1.39	47.85	3835	9.01
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 C	1 SERVING	49	0	110	0.18	0.03	0.9	11.61	4.09	1.25	45.09	19430	3.66
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 1/8 C	1 SERVING	166	0	134	3.11	0.35	1.07	35.4	5.93	1.11	80.77	30394	4.13
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 C	1 SERVING	67	0	107	1.23	0.22	1.05	14.03	5.99	0.96	63.5	30714	4.17
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
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 1/2C: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 1/4C: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	60	0	139	1.57	0.15	3.43	10.42	2.92	1.14	206.3	10855	26.53
VEG GREENS BRAISED, 1 C:1112	1 SERVING	159	0	371	4.18	0.39	9.14	27.74	7.78	3.03	549.09	28892	70.62
VEG GREENS BRAISED, 3/4 C:1112	1 SERVING	120	0	278	3.14	0.29	6.86	20.81	5.83	2.27	411.89	21673	52.98
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	142	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	71	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	35	0.09
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	27	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	44	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	73	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: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	2204	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	1102	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	551	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	275	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	1653	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