

Montgomery County Public Schools

Recipe Nutrient Composition

3/24/2021

Name	Portion Size	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)
GRAINS									
862 BAR, COCOA CHERRY	EACH	200	2	40	7	0	33	2	3
990043 BREADSTICK WWW CHEESY GARLIC	EACH	100	1	140	3	0	13	1	3
729 CEREAL WG BAR STRAWBERY	EACH	140	2	85	4	5	24	1	2
990239 CEREAL WG BAR STRAWBERY (2)	EACH	280	3	170	8	10	48	2	4
990267 CEREAL, BLUEBERRY CHEX (2 GR)	EACH	240	1	350	5	0	46	1	3
869 CEREAL, CHEERIOS MG(1)	EACH	100	0	110	1	0	23	2	2
996 CEREAL, CHEERIOS MG(2)	EACH	200	0	220	2	0	46	4	4
990142 CEREAL, CINN CHEX (2 GR)	EACH	230	1	340	5	0	45	2	3
634 CEREAL, CINN FLAKES(2 GR)	EACH	200	0	340	1	0	49	5	4
357 CEREAL, OATMEAL WG MAPLE	PACKAGE	160	1	260	2	0	32	3	4
209 CEREAL, RICE KRISPIES WG	EACH	100	0	170	0	0	23	1	2
990114 CORNBREAD BOWL WG	EACH	210	1	125	8	20	34	1	3
27 CRACKERS,CHEESZ IT WG	EACH	100	1	150	4	4	14	0	2
990175 CROISSANT WG	EACH	190	4	210	8	5	26	2	5
858 FLATBREAD, 4" MINI(1)	EACH	80	0	150	2	0	13	1	3
998 FLATBREAD, 4" MINI(2)	EACH	160	0	300	4	0	26	2	6
656 FLATBREAD, WG	EACH	180	1	330	5	0	29	3	6
440 FRENCH TOAST 3 WG	3 EACH	204	2	211	9	0	26	2	5
205 FRENCH TOAST 4 WG	4 EACH	272	2	282	12	0	35	3	6
763 GRANOLA WG 2-OZ PKG	EACH	220	0	95	3	0	47	4	5
888 GRANOLA WG BULK	EACH	109	0	47	1	0	24	2	2
537 LO MEIN WITH VEGETABLES	CUP	317	0	102	1	0	65	3	11

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765 PITA CHIPS, SEA SALT	EACH	160	0	190	5	0	24	2	5
990108 Power Bowl Rice Mix	CUPS	223	0	5	2	0	45	4	7
503 PRETZEL WG SOFT	EACH	140	0	150	1	0	30	3	5
990218 PRETZEL WG SOFT IW	EACH	140	0	150	1	0	30	3	5
950 RICE VEG WG	(1/2 CUP)	140	0	220	2	0	27	2	3
396 RICE, LIME CILANTRO WG	1/2 CUP	167	1	4	3	0	31	1	3
522 RICE,WG	1/2 CUP	166	1	4	3	0	31	1	3
562 RICE,WG 1 CUP SVG	1 CUP	333	1	8	7	0	62	3	6
588 ROLL, PRETZEL	EACH	160	1	0	3	0	29	3	5
449 ROLL, WG SUB	EACH	140	0	250	2	0	26	3	6
26 ROLL,WG DINNER	EACH	70	0	125	1	0	15	2	3
1010 ROLL,WG DINNER (2)	EACH	140	0	250	2	0	30	4	6
28 ROLL,WG HAMBURGER	EACH	140	0	230	2	0	28	4	5
313 ROLL,WG HOT DOG	EACH	140	0	300	2	0	27	2	5
112 SCOOPS, WG BAKED	EACH	110	0	125	3	0	19	1	2
990159 SPAGHETTI SHORT CUTS WG	EACH	223	0	30	1	0	44	4	9
653 SPAGHETTI, WG(SC)	EACH	200	0	10	2	0	41	6	7
681 STUFFING,WG	EACH	130	0	340	1	0	26	2	5
218 TOAST, 1 WG (S)	EACH	120	2	188	7	0	15	1	3
113 TORTILLA PIECES WG 1 oz (S)	EACH	140	1	75	6	0	19	1	2
990197 TORTILLA PIECES WG 2 oz (S)	EACH	280	2	150	12	0	38	2	4
548 TORTILLA WG	EACH	150	1	290	4	0	27	5	5
688 TOSTITOS ROUNDS WG	EACH	200	1	160	7	0	29	3	3
483 TOSTITOS SCOOPS WG BAKED	EACH	110	0	125	3	0	19	1	2
737 WAFFLE WG IW	EACH	240	2	310	7	30	41	4	5

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BREAKFAST									
720 BAGEL, WG MINI CINNI	EACH	240	3	180	6	10	41	2	6
119 BAGEL,WG HONEY WHEAT	EACH	130	0	200	2	0	25	2	4
990080 BEEF SAUSAGE & CHEESE WG MINI BAGEL	EACH	235	3	437	7	34	26	3	15
117 BREAKFAST WG WRAP	EACH	180	5	490	10	170	13	1	9
990185 BREAKFAST WG WRAP W/SALSA (HS)	EACH	205	5	685	10	170	18	2	10
208 BRK CROISS,(S) WG CH HAM	EACH	270	5	541	13	42	28	2	13
241 BRK CROISS,(S) WG CH HAM/CHES	EACH	340	8	752	17	57	30	2	20
515 BRK CROISS,(S) WG EGG	EACH	240	5	330	12	105	27	2	8
516 BRK CROISS,(S) WG EGG/CHEESE	EACH	310	7	540	16	120	29	2	15
517 BRK CROISS,(S) WG SAUSAGE	EACH	260	5	470	13	30	26	2	12
518 BRK CROISS,(S) WG SAUSAGE/CH	EACH	330	8	680	17	45	28	2	19
199 BRK SAND CROISS,(E) CH.HAM	EACH	270	5	541	13	42	28	2	13
203 BRK SAND CROISS,(E) EGG	EACH	240	5	330	12	105	27	2	8
524 BRK SAND CROISS,(E) SAUSAGE	EACH	260	5	470	13	30	26	2	12
128 BRK SAND CROISS,(E)CH.HAM/CHE	EACH	265	6	481	12	31	28	2	13
202 BRK SAND CROISS,(E)EGG/CHES	EACH	275	6	435	14	113	28	2	12
263 BRK SAND CROISS,(E)SAUSAGE/CH	EACH	295	6	575	15	38	27	2	16
513 BRK SAND,(S) WG CH HAM	EACH	220	2	561	6	37	30	4	13
514 BRK SAND,(S) WG CH HAM/CHES	EACH	270	4	689	9	43	32	4	18
204 BRK SAND,(S) WG EGG	EACH	190	1	350	5	100	29	4	8
990066 BRK SAND,(S) WG EGG / BACON	EACH	216	2	427	7	102	29	4	9
278 BRK SAND,(S) WG EGG/CHEESE	EACH	260	4	560	9	115	31	4	15
303 BRK SAND,(S) WG SAUSAGE	EACH	210	2	490	7	25	28	4	12
266 BRK SAND,(S) WG SAUSAGE/CH	EACH	245	3	595	9	33	29	4	16

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626 CEREAL N TOAST WG (S)	EACH	187	1	289	3	0	37	3	5
622 CEREAL RK & YOGURT 4 OZ.	EACH	180	0	235	1	4	38	1	6
990052 CEREAL RK/CH & STR CHEESE	EACH	159	2	338	3	10	24	2	9
746 CEREAL RK/CH & YOGURT 4 OZ.	EACH	180	0	205	1	4	38	2	6
631 CEREAL WG BAR N YOGURT	EACH	220	2	150	5	9	39	1	6
358 CEREAL(OAT) N WG TOAST	EACH	280	3	448	9	0	47	4	7
275 CEREAL(RK) N WG TOAST	EACH	220	2	358	7	0	38	2	5
118 CINNAMON WG ROLL	EACH	232	2	242	7	0	38	3	4
736 EGG & CHEESE WG SAND I/W	EACH	160	3	280	7	70	19	2	6
957 ELF GRAHAM N YOGURT	EACH	200	1	170	5	4	36	1	6
628 FRENCH TOAST WG (S)	EACH	272	2	282	12	0	35	3	6
985 GRAHAM ELF & TRIX YOGURT(HS)	EACH	200	1	170	5	4	36	1	6
745 PANCAKES, CINN GLAZED	EACH	220	2	260	7	10	35	2	4
1008 PANCAKES, WG MINI W/ ACC (S)	EACH	450	1	370	6	10	97	4	4
990208 RASPBERRY WG CC BAR	EACH	231	3	271	8	0	35	3	5
127 SAUSAGE PATTY	EACH	70	2	260	5	25	0	0	7
990048 TURKEY HAM & CHEESE WG HAW BUN I/W	EACH	186	1	392	4	17	27	2	11
623 YOGURT, TRIX:*M	EACH	80	0	65	1	4	15	0	4
COLD PACK (Elementary Schools)									
366 CP BAG LUNCH CHEESE (E)	EACH	434	5	884	12	30	66	8	21
364 CP BAG LUNCH CHICK HAM/CHSE(E)	EACH	444	4	1005	13	52	66	8	22
371 CP BAG LUNCH CHICK PATTY(E)	EACH	481	2	752	11	46	72	11	26
363 CP BAG LUNCH CHICKEN SLICE(E)	EACH	418	1	1119	8	44	65	8	24
990149 CP BAG LUNCH CO-JACK CHEESE & SALSA	EACH	449	12	783	21	50	48	4	18
365 CP BAG LUNCH PBJ (E)	EACH	679	7	608	33	0	84	11	22

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362 CP BAG LUNCH TURKEY (E)	EACH	384	1	833	7	40	63	8	22
820 CP BAG SUPPER CHIC HAM/CH (EA)	EACH	415	4	801	14	52	57	5	21
821 CP BAG SUPPER MINI SUB (EA)	EACH	484	3	879	14	55	72	5	23
825 CP CHEESE/FRUIT COMBO	EACH	248	5	545	9	24	23	2	16
933 CP CHEESE/FRUIT GRAPE COMBO	EACH	277	5	547	10	24	31	2	16
990244 CP CHICKEN WG BITES SALAD (ES)	EA	233	2	361	10	27	18	5	20
934 CP JACK CHSE/CHP/4 OZ SALS	EACH	379	10	689	22	60	27	5	16
990276 CP PB & HUMMUS PROTEIN PACK (ES)	EACH	333	4	243	19	0	30	8	16
990273 CP PIZZA DIY DIPPER (E)	EACH	339	10	1207	24	62	10	1	22
317 CP SALAD CHIC BITES/EGG (ALT)	EACH	225	2	340	10	74	18	5	19
339 CP SALAD CHICK FAJITA (ALT)	EACH	323	5	564	17	34	24	6	21
340 CP SALAD CHICK/CHICKPEA(ALT)	EACH	262	2	563	9	21	28	9	20
805 CP SALAD CHICKEN CAESAR (E)	EACH	236	3	496	11	31	16	4	20
867 CP SALAD CHICKEN SOUTHWEST(E)	EACH	285	5	387	15	31	22	6	18
172 CP SALAD CHICKEN/EGG (E)	EACH	179	2	286	8	76	14	4	15
990278 CP SALAD CHICKEN/LETT/TOM (ES)	EACH	302	3	559	17	89	15	2	20
990078 CP SALAD GARDEN (E)	EACH	30	0	23	0	0	6	2	2
1015 CP SALAD GARDEN/CHIC BITES(E)	EACH	249	5	395	13	37	16	4	20
990045 CP SALAD MEDITERRANEAN/CHIC BITES(E)	EACH	199	2	306	8	21	17	5	17
943 CP SAND CH HAM TUR/CHSE CRNST	EACH	330	7	709	15	52	29	2	21
749 CP SAND CH HAM TUR/CHSE WG BUN	EACH	280	4	729	9	47	31	4	21
958 CP SAND CH HAM/CHEESE CRNST	EACH	340	8	752	17	57	30	2	20
160 CP SAND CH HAM/CHEESE L & T WW	EACH	301	4	806	11	52	35	3	22
944 CP SAND CH HAM/CHEESE WG BUN	EACH	290	4	772	10	52	32	4	20
942 CP SAND CH HAM/SWISS CRNST	EACH	360	9	656	19	62	29	2	21

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338	EACH	265	3	619	9	47	31	4	17
CP SAND CH HAM/SWISS WG BUN									
346	EACH	280	5	650	10	30	32	4	19
CP SAND CHEESE WG RL									
754	EACH	281	3	815	8	40	32	4	22
CP SAND CHICKEN / CHSE WG BUN									
342	EACH	342	2	524	11	46	37	7	24
CP SAND CHICKEN PATTY/WG BUN									
583	EACH	342	3	640	16	298	36	4	12
CP SAND EGG SALAD WG RL									
983	EACH	322	6	691	13	45	29	2	24
CP SAND MESQ CHIC/CHEESE CRNST									
915	EACH	230	1	600	5	40	29	4	20
CP SAND TURKEY /WG BUN									
752	EACH	247	4	504	10	39	24	2	17
CP SAND TURKEY/PEP JACK SW RL									
991	EACH	331	6	837	13	55	29	2	26
CP SAND WG TURKEY CHSE/CRNST									
335	EACH	270	3	687	8	42	31	4	22
CP SAND WG TURKEY CHSE/WG BUN									
343	EACH	278	5	607	12	20	25	3	16
CP STRING CHSE/CHP/2 OZ SALS									
360	EACH	298	5	744	12	20	29	5	16
CP STRING CHSE/CHP/4 OZ SALS									
337	EACH	321	2	719	10	49	35	4	23
CP SUB MINI									
348	EACH	304	3	608	10	35	34	4	20
CP SUB TURKEY/CHEESE									
762	EACH	202	0	127	1	5	42	2	7
CP YOGURT & FRUIT ELEM									
904	EACH	270	3	687	8	42	31	4	22
SANDWICH SL TURKEY/CHSE(E)									
HOT PACK (Elementary)									
990238	EACH	310	2	471	14	45	27	2	21
HP SPICY CHIC BITES WG (5) / BK FR POT									
787	EACH	388	4	846	14	63	46	2	23
HP BEEF BBQ W/BK FR POT									
887	EACH	344	4	717	11	63	45	3	23
HP BEEF BBQ W/CORN									
878	EACH	310	2	397	11	26	47	6	10
HP BEEF BBQ W/CORNBREAD									
990165	EACH	310	2	397	11	26	47	6	10
HP BEEF CHILI W/CORNBREAD BOWL									
1002	EACH	346	5	736	14	38	42	8	15
HP BEEF CHILI/CHEESY BREAD									
990226	EACH	440	9	689	20	30	45	8	22
HP CHEESE CRUNCHERS (4) / BROCCOLI									
990215	EACH	493	9	672	21	30	56	8	22
HP CHEESE CRUNCHERS/CORN/EDAMAME									

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198	EACH	382	7	770	16	23	45	7	18
HP CHEESE CRUNCHERS/MARINARA									
718	EACH	395	10	837	21	59	31	2	19
HP CHEESESTEAK POTATO BOWL/SEAS POT									
874	EACH	237	5	483	11	30	22	2	14
HP CHEESY BURGER /MASHED POT									
894	EACH	280	5	520	14	30	25	2	14
HP CHEESY BURGER/ FRENCH FRIES									
884	EACH	310	6	550	14	30	33	3	14
HP CHEESY BURGER/ SEAS POTATO									
889	EACH	282	2	413	11	21	28	4	17
HP CHIC BITES WG (4) / BK FR POT									
875	EACH	309	7	652	16	42	20	4	23
HP CHIC BITES WG (4) / CHSY SPINACH									
804	EACH	238	2	284	8	21	27	5	18
HP CHIC BITES WG (4) / CORN									
990110	EACH	215	2	284	8	21	21	4	17
HP CHIC BITES WG (4) / GR BEANS & CORN									
990123	EACH	191	2	303	8	21	16	4	16
HP CHIC BITES WG (4) / GRN BEANS & CARROTS									
789	EACH	437	10	732	23	55	33	3	27
HP CHIC BITES WG (4) /MAC & CHEESE									
990236	EACH	324	2	484	13	27	31	4	21
HP CHIC BITES WG (5) / BK FR POT									
990227	EACH	280	2	355	10	27	30	5	21
HP CHIC BITES WG (5) / CORN									
990232	EACH	234	2	356	10	27	18	5	20
HP CHIC BITES WG (5) / GR BEANS									
912	EACH	256	2	288	8	21	33	4	16
HP CHIC BITES WG/SPICED APPLES									
990228	EACH	278	3	355	14	40	22	4	18
HP CHIC DRUMMETTES WG (3) / CORN									
785	EACH	352	4	621	15	69	31	2	23
HP CHIC DRUMSTICK BBQ/ CH BRD									
769	EACH	357	4	881	16	90	38	2	18
HP CHIC DRUMSTICK BBQ/ROSE POT									
453	EACH	397	4	861	17	90	44	2	18
HP CHIC DRUMSTICK BBQ/SEAS POT									
910	EACH	438	3	895	14	90	61	2	18
HP CHIC DRUMSTICK ORG/SEAS POT									
922	EACH	343	3	592	11	90	43	1	18
HP CHIC DRUMSTICK TERI/RICE									
990115	EACH	290	3	630	13	50	24	3	18
HP CHIC DRUMSTICK WG/ROSE POTATOES									
990151	EACH	330	3	610	15	50	30	3	18
HP CHIC DRUMSTICK WG/SEAS POTATOES									
819	EACH	265	2	325	13	20	26	4	15
HP CHIC NUGGETS (4) / CORN									
990270	EACH	401	8	774	24	46	25	5	23
HP CHIC NUGGETS (5) / CHEESY SPINACH									

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990229 HP CHIC NUGGETS (5) / CORN	EACH	318	3	406	16	25	29	5	18
990271 HP CHIC NUGGETS (5) / CORN GR BEANS	EACH	309	3	409	16	25	27	5	18
990250 HP CHIC NUGGETS (5) / GR BEANS/CARROTS	EACH	302	3	441	16	25	25	7	18
315 HP CHIC NUGGETS / BB BREAD	EACH	453	4	647	24	55	44	4	17
134 HP CHIC NUGGETS / BK FR POT	EACH	303	2	434	15	20	27	3	15
919 HP CHIC NUGGETS / CORN GR BEANS	EACH	257	2	328	13	20	24	5	15
990084 HP CHIC NUGGETS / CRAN BREAD	EACH	458	4	627	23	53	47	4	17
905 HP CHIC NUGGETS / MAC & CHEESE	EACH	476	10	773	27	54	35	3	24
666 HP CHIC NUGGETS / POTATO CURLY	EACH	321	3	494	16	20	31	2	14
647 HP CHIC NUGGETS / ROSEMARY POT	EACH	296	2	478	14	20	29	4	15
730 HP CHIC NUGGETS / SEASONED POT	EACH	351	3	484	16	20	38	4	15
982 HP CHIC NUGGETS / SPICED APPLES	EACH	295	2	329	12	20	35	4	13
814 HP CHIC NUGGETS /CARROTS	EACH	234	2	368	12	20	18	5	13
826 HP CHIC PATTY	EACH	202	2	294	9	46	9	3	19
817 HP CHIC PATTY / SEASONED POT	EACH	342	2	454	13	46	34	5	21
170 HP CHIC PATTY / BK FR POT	EACH	312	2	424	13	46	26	4	21
990212 HP CHIC PATTY / CR CUT POTATOES	EACH	302	2	462	12	46	24	5	20
890 HP CHIC PATTY / POTATO SPIRALS	EACH	312	2	464	13	46	27	3	20
392 HP CHIC PATTY SPICY	EACH	200	2	330	10	45	9	1	19
990225 HP CHIC PATTY SPICY / BK FR POT	EACH	310	2	460	14	45	26	2	21
990168 HP CHIC PATTY SPICY / POT SPIRALS	EACH	310	3	500	14	45	27	1	20
990224 HP CHIC PATTY SPICY/SEAS POT	EACH	340	3	490	14	45	34	3	21
667 HP CHIC PATTY WG/SEAS POT	EACH	342	2	454	13	46	34	5	21
895 HP CHIC PATTY/POTATO SPIRAL	EACH	312	2	464	13	46	27	3	20
1013 HP CHIC TACO / CORN/EDAMAME	EACH	210	2	439	6	58	21	5	17

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1017 HP CHIC TACO / SEAS POT	EACH	276	2	597	8	58	32	5	16
956 HP CHIC TACO / SEASONED POT	EACH	276	2	597	8	58	32	5	16
976 HP CHICKEN BITES SPICY (5) W/CHEESY SPINACH	EACH	338	7	710	19	66	19	3	26
783 HP CHICKEN CH BLOSSOM W/RICE	EACH	263	3	104	4	55	40	1	17
1011 HP CHICKEN COCONUT CURRY/SEAS POT	EACH	299	4	678	10	53	35	3	16
990089 HP CHICKEN COCONUT CURRY/WG RICE	EACH	261	4	521	8	53	32	2	16
810 HP ENCHILADAS CHEESE/BEEF	EACH	391	11	824	18	51	35	5	27
990096 HP ENCHILADAS VEG CHEESE	EACH	357	10	726	16	45	31	4	26
527 HP FISH, POTATO CR	EACH	220	2	290	13	50	13	1	14
802 HP FISH/BK FR POT	EACH	330	2	420	17	50	30	2	16
990130 HP FRENCH TOAST /OMELET	EACH	324	5	481	18	180	28	2	13
390 HP FRENCH TOAST /SAUSAGE	EACH	344	5	731	19	50	26	2	19
990139 HP GRILLED CHEESE SAND	EACH	280	6	581	10	32	31	3	19
184 HP GRILLED CHEESE SAND/ BK FR POT	EACH	366	6	682	13	32	44	4	20
990140 HP HAMBURGER / BK FR POT	EACH	289	5	455	17	57	18	2	16
136 HP HAMBURGER / CARROTS	EACH	199	5	364	13	57	5	3	14
715 HP HAMBURGER / CORN	EACH	225	5	326	13	57	12	2	15
169 HP HAMBURGER / GR BEANS	EACH	198	5	331	13	57	5	3	15
891 HP HAMBURGER / POTATO CURLY	EACH	289	6	495	17	57	19	1	15
454 HP HAMBURGER / SEAS POTATOES	EACH	319	6	485	17	57	26	3	16
990051 HP HAMBURGER /CR CUT POTATO	EACH	278	5	494	16	57	16	3	15
755 HP HAMBURGER /GR BEAN/CARROTS	EACH	197	5	347	13	57	5	3	15
997 HP HAMBURGER /GR BEAN/CORN	EACH	210	5	328	13	57	8	3	15
781 HP HAMBURGER /ROSEMARY POTATOES	EACH	278	5	504	15	57	20	3	16
990260 HP MAC & CHEESE (1C)	EACH	531	16	897	30	67	44	1	22

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990240 HP MANDARIN CHICKEN/WG VEG RICE	EACH	290	1	500	5	40	46	2	14
981 HP MEATBALLS MARINARA/GR BEANS	EACH	236	4	484	11	38	22	5	16
990255 HP Meatballs Sub/ Green Beans	EA	132	3	163	8	29	7	2	10
901 HP MEATBALLS TERIYAKI/WG VEG RICE	EACH	370	4	703	12	38	50	3	15
990041 HP OMELET CHEESE/POTATOES PEPPERS & ONIONS	EACH	276	4	486	13	180	30	3	10
990160 HP PASTA W/ MARINARA SAUCE	EACH	312	0	389	2	0	63	8	13
990134 HP PHILLY CHEESESTEAK/GRN BEANS & CARROTS	EACH	274	9	697	18	59	11	2	18
990127 HP PORK PARMESAN W/ SPAGHETTI WG	EACH	605	7	830	23	53	69	9	31
794 HP SPAGHETTI WG/MEATBALLS	EACH	425	3	550	10	29	65	8	22
193 HP TACO / CORN	EACH	169	2	327	5	13	23	5	12
764 HP TACO / CORN / EDAMAME	EACH	129	1	165	4	6	19	4	7
990156 HP THAI SWEET CHILI CHIC /WG VEG RICE	EACH	301	1	702	5	75	45	2	19
990113 HP TURKEY BBQ/CORNBREAD BOWL	EACH	360	3	690	12	71	45	1	20
990249 HP TURKEY CARNITAS/CORN	EACH	200	1	489	4	37	26	4	18
990094 HP TURKEY FRANK / MAC & CHEESE	EACH	386	11	769	24	83	24	1	18
990181 HP TURKEY FRANK / RANCHERO BEANS	EA	302	4	610	13	50	31	10	16
899 HP TURKEY FRANK / SEAS POTATO	EACH	260	4	480	13	50	27	2	9
452 HP TURKEY FRANK/ BKD FR POT	EACH	230	3	450	13	50	19	1	9
692 HP TURKEY FRANK/CARROTS	EACH	140	3	359	9	50	6	2	7
693 HP TURKEY FRANK/CORN	EACH	186	3	321	10	50	18	2	9
1014 HP TURKEY FRANK/CORN/EDAMAME	EACH	193	3	322	10	50	17	2	9
682 HP TURKEY FRANK/GR BEAN	EACH	139	3	322	9	50	6	1	8
135 HP TURKEY FRANK/GR BEAN/CARROT	EACH	140	3	340	9	50	6	2	8
714 HP TURKEY FRANK/GR BEAN/CORN	EACH	168	3	322	9	50	13	2	9
990044 HP TURKEY FRANK/MIXED VEGETABLES	EACH	168	3	322	9	50	13	2	9

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990213 HP TURKEY TACO / SEAS POTATOES	EACH	274	2	648	7	37	35	4	18
803 HP TURKEY/GRAVY/MASHED POT	EACH	203	2	477	5	44	19	1	19
394 HP TURKEY/MASH POT/STUFF/GRAVY	EACH	305	3	693	10	44	33	2	22
990234 HP VEG CHIK'N NUGGETS (5) / CORN	EACH	330	2	499	12	0	43	6	18
990054 HP VEG CHIK'N NUGGETS (5) / GRN BEANS/CARR	EACH	277	2	488	11	0	31	6	16
990154 HP VEG CHIK'N NUGGETS / ROSE POTATOES	EACH	297	1	545	11	0	39	5	14
990077 HP VEG CHIK'N NUGGETS / SEASONED POTATOES	EACH	338	2	526	12	0	45	5	14
990128 HP VEGGIE BURGER / BK FR POT	EACH	250	1	550	8	0	26	4	18
990171 HP VEGGIE BURGER / CRINKLE CUT POT	EACH	239	1	589	7	0	24	5	17
990153 HP VEGGIE BURGER / CURLY POTATOES	EACH	250	1	590	8	0	27	3	17
990135 HP VEGGIE BURGER / SEAS POTATOES	EACH	280	1	580	8	0	34	5	18
990164 HP VEGGIE BURGER / SEAS STREET CORN	EACH	206	1	421	5	0	25	5	18
766 HP YOGURT W/ BLUEBERRIES	EACH	201	0	127	1	5	42	2	7
ENTREES (Includes Middle & High Schools)									
923 BACON CHBURGER / WG PRET ROLL	EACH	400	8	507	20	66	31	4	24
990122 BACON SWISS CHBURGER/WG PRET ROLL	EACH	410	9	459	21	69	31	4	24
990035 BAGEL, WG HONEY W/PEANUT BUTTER	EACH	530	8	400	36	0	39	6	22
990137 BBQ BEEF W/CORNBREAD BOWL	SERVING	489	5	844	18	83	63	2	24
990287 BBQ Meatballs w/ WG Rice	EACH	579	6	604	20	38	82	4	18
698 BEEF ASIAN(S)	EACH	176	1	365	3	38	25	1	14
999 BEEF KOREAN RICE BOWL	EACH	558	4	496	14	62	83	4	27
946 BEEF KOREAN TACOS MINI	EACH	385	2	788	11	62	48	4	27
990184 BEEF RIB BBQ TWIN BURGER IW	EACH	310	3	460	9	30	43	3	17
990268 BEEF SAUS & CHEESE WG MINI BAGEL w/CHEESE STICK	EACH	235	3	437	7	34	26	3	15
990269 BEEF SAUS & CHEESE WG MINI BAGEL w/CHEESE STICK	EACH	294	5	635	10	43	27	3	22

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1029	EACH	323	6	485	13	40	36	4	17
BEEF TWIN CHEESEBURGERS I/W									
873	EACH	310	5	620	12	30	36	5	17
BURGER CHEESY / WG BUN									
743	EACH	375	8	661	19	70	30	5	22
BURGER PEPPER JACK WG BUN									
990217	EACH	190	6	570	10	30	14	0	10
CHEDDAR CHEESE DIP									
990279	EACH	392	4	688	8	20	55	9	25
CHEESE & HUMMUS PROTEIN PACK (MS/HS)									
990230	EACH	428	12	1070	22	63	36	3	21
CHEESE CAVATAPPI WG PASTA POUCH									
39	4 EACH	420	9	670	20	30	41	6	20
CHEESE CRUNCHERS WG (S)									
990033	SERVING	341	11	719	15	46	30	3	23
CHEESE ENCHILADAS									
990	EACH	110	6	200	9	25	0	0	7
CHEESE, CO-JACK (1)									
995	EACH	220	12	400	18	50	0	0	14
CHEESE, CO-JACK (2)									
723	EACH	56	3	106	5	13	1	0	3
CHEESE, PEPPERJACK*M									
661	EACH	35	1	105	2	8	1	0	4
CHEESE, SLICED AM RF/RS									
584	EACH	59	2	198	3	10	1	0	7
CHEESE, STRING (1)									
642	EACH	119	4	395	6	20	2	0	14
CHEESE, STRING (2)									
46	EACH	337	6	608	16	61	30	5	21
CHEESEBURGER ON WG BUN									
882	EACH	310	5	620	12	30	36	5	17
CHEESY BURGER ON WG BUN									
990286	EACH	303	6	525	13	30	32	2	14
CHEESY PULL-APARTS ITAL IW									
726	EACH	440	10	875	22	78	34	3	26
CHICKEN BACON RANCH MELT									
990059	EACH	104	0	615	2	52	2	0	18
CHICKEN BREAST STRIPS FC									
965	EACH	105	1	385	4	70	3	0	15
CHICKEN CURRY*S,W									
974	EACH	321	1	395	5	70	48	4	20
CHICKEN CURRY w/ RICE									
990231	CN SERV	223	3	354	13	40	9	2	16
CHICKEN DRUMMETTES WG (3)									
990101	CN SERV	190	3	450	11	50	5	1	16
CHICKEN DRUMSTICK WG									
990201	CN SERV	335	3	644	13	50	36	3	19
CHICKEN DRUMSTICK WG W/ 1 C MASHED POTATOES (HS)									
990126	CN SERV	262	3	547	12	50	20	2	18
CHICKEN DRUMSTICK WG W/ 1/2 C MASHED POTATOES (MS)									

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990289 CHICKEN HAM & CHEESE WG SUB IW	EACH	355	5	578	15	41	34	3	20
48 CHICKEN PATTY ON WG BUN	EACH	342	2	524	11	46	37	7	24
990266 CHICKEN PATTY ON WG CROISSANT	EACH	392	5	504	17	51	35	5	24
463 CHICKEN SALSA VERDE	EACH	139	1	588	5	63	6	2	15
744 CHICKEN SALSA VERDE & RICE	EACH	361	1	484	7	2	67	5	7
940 CHICKEN SRIRACHA BITES	EACH	295	3	376	13	56	22	2	22
535 CHICKEN SWEET & SOUR	EACH	72	0	231	0	2	17	0	0
929 CHICKEN TACOS BULK	EACH	264	1	476	8	49	29	3	18
924 CHICKEN TACOS MINI (S)	EACH	335	4	624	13	63	33	4	22
990068 CHICKEN THAI SWEET CHILI	EACH	161	1	482	4	75	18	0	16
990069 CHICKEN THAI SWEET CHILI W/ WG RICE	CN SERV	378	1	497	5	76	63	4	21
990057 CHICKEN WG PATTIE	EACH	202	2	294	9	46	9	3	19
939 CHICKEN, CHERRY BL VEG LOMEIN	EACH	477	3	202	4	55	83	3	26
683 CHICKEN, CHERRY BL W/WG RICE	EACH	378	3	102	5	55	64	4	20
670 CHICKEN, CHERRY BLOSSOM	EACH	160	3	100	3	55	18	0	15
442 CHICKEN, WG BITES (S)	5 EACH	200	2	330	9	25	13	3	18
990053 CHICKENLESS NUGGET WG	4 EACH	198	1	366	9	0	20	3	12
607 CHICKPEAS, ROAST(M/MA)	EACH	160	0	260	4	0	24	8	8
990166 CHILI BEEF W/CORNBREAD BOWL (S)	EACH	415	3	837	13	33	61	9	17
990031 CHORIZO CON QUESO w/WG SCOOPS (V1)	.50 CUP	358	9	738	20	61	26	2	19
557 CLUB, PRETZEL CHICKEN (S)	EACH	434	5	428	17	57	39	6	30
558 CLUB, PRETZEL SP CHICKEN (S)	EACH	431	6	465	18	57	39	4	29
751 CP SAND CHICKEN SPICY / BUN	EACH	340	2	560	12	45	37	5	24
813 CRUNCHERS BUFFALO CHEESE WG	EACH	400	8	640	19	0	43	5	19
990285 DUMPLING CHICKEN & VEG WW	EACH	240	1	550	7	35	31	2	17

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990216	EACH	140	3	110	9	330	1	0	11
EGGS HARD COOKED 2-PACK									
589	EACH	380	3	290	16	50	42	4	19
FISH, CRISPY /PRETZEL ROLL(S)									
540	EACH	360	2	520	15	50	41	5	19
FISH, CRISPY FILLET ON BUN(S)									
526	EACH	220	2	290	13	50	13	1	14
FISH, POTATO CRUNCH									
543	EACH	412	5	802	22	50	35	3	20
FRENCH TOAST W/ SAUSAGE (S)									
177	EACH	381	4	462	8	260	64	2	12
GRABNGO BAGEL CC YOGURT									
310	EACH	259	4	545	6	20	32	3	19
GRABNGO CHEESE (S)									
612	EACH	319	5	555	13	20	31	3	17
GRABNGO CHEESE(E)									
192	EACH	420	1	360	11	0	65	13	15
GRABNGO HUMMUS									
191	EACH	369	3	458	12	10	48	8	16
GRABNGO HUMMUS & CHEESE									
614	EACH	369	3	458	12	10	48	8	16
GRABNGO HUMMUS & CHEESE(E)									
613	EACH	420	1	360	11	0	65	13	15
GRABNGO HUMMUS(E)									
992	EACH	400	0	245	3	240	85	4	11
GRABNGO YOGURT & GRANOLA									
703	EACH	337	7	769	15	30	33	3	20
GRILL CHEESE FLATBREAD/QUESADILLA (S)									
643	EACH	280	6	581	10	32	31	3	19
GRILL CHEESE SAND I/W									
1	EACH	319	5	555	15	57	29	5	19
HAMBURGER ON WG BUN									
660	EACH	260	3	620	11	50	29	2	12
HOT DOG ON WG BUN:SC									
116	EACH	169	2	298	5	10	19	5	13
HUMMUS & STRING CHEESE									
732	EACH	110	0	100	2	0	18	5	6
HUMMUS (1)									
644	2 EACH	220	0	200	4	0	36	10	12
HUMMUS (2)									
927	EACH	394	9	661	21	49	31	3	23
MAC & CH W/ CHICKEN BITES									
883	EACH	386	9	653	21	60	28	1	23
MAC & CH W/ SPICY CHICKEN BITES									
990207	1/2 CUP	210	7	380	12	29	17	1	9
MACARONI & CHEESE 1/2 CUP (S)									
707	1 CUP	531	16	897	30	67	44	1	22
MACARONI & CHEESE(S)									
694	1/2 CUP	266	8	449	15	33	22	1	11
MACARONI & CHEESE									

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777	EACH	150	1	280	3	40	19	0	11
MANDARIN CHICKEN									
795	EACH	467	1	382	4	40	84	3	22
MANDARIN CHICKEN/LO MEIN (S)									
37	EACH	423	1	282	5	40	76	4	17
MANDARIN CHICKEN/WG RICE (H)									
990176	EACH	430	1	720	6	40	73	4	17
MANDARIN CHICKEN/WG VEG RICE (S)									
977	EACH	1721	4	5283	13	38	374	5	24
MEATBALLS TERIYAKI / WG VEG RICE (S)									
386	EACH	499	10	746	27	37	49	4	17
NACHOS,WG W/ CHEESE SAUCE									
931	EACH	438	7	671	22	27	45	4	15
NACHOS,WG W/ CHEESE SHREDDED									
990034	EACH	310	7	540	17	185	28	2	13
OMELET CHEESE ON WG BUN									
544	EACH	350	4	840	16	60	35	4	18
PANCAKES WITH SAUSAGE(S)									
75	EACH	210	1	320	6	10	35	4	4
PANCAKES, WG MINI									
973	EACH	350	3	583	9	24	51	4	15
PANCAKES,YOGURT,STRING CHEESE(E)									
951	Each	200	4	100	17	0	7	2	9
PEANUT BUTTER CUP									
990235	Each	400	8	200	34	0	14	4	18
PEANUT BUTTER CUP (2)									
724	EACH	375	8	661	19	70	30	5	22
PEPPERJACK BURGER ON WG BUN									
711	EACH	435	9	1078	20	59	39	5	25
PHILLY CH STEAK W/ PEP/ONIONS									
778	EACH	325	4	804	11	38	35	5	21
PHILLY CH STEAK W/SL CHEESE									
990274	EACH	498	10	1507	28	62	36	0	28
PIZZA DIP DIPPER (MS/HS)									
871	EACH	349	8	787	16	40	29	4	21
PIZZA, MEATEAT WG									
921	EACH	370	8	770	18	40	30	4	20
PIZZA, SUPREME									
990214	EACH	336	10	435	16	41	27	3	20
PIZZA, WG CHEESE 4X6 IW									
570	EACH	310	6	440	13	30	31	3	16
PIZZA, WG CHEESE 5" RD									
990087	EACH	384	7	447	*19.067*	30	36	4	18
PIZZA, WG CHEESE W/ROASTED VEGETABLES									
565	EACH	355	8	593	17	41	31	3	18
PIZZA, WG PEPPERONI 5 " RD									
572	EACH	320	6	360	12	30	31	4	22
PIZZA, WG ST CR									
587	EACH	365	8	513	16	41	31	4	24
PIZZA, WG ST CR PEPP									

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990125 PORK CHOP PATTY WG	EACH	260	4	330	17	40	11	2	16
990275 RANCH CHICKEN POWER BOWL	EACH	684	9	964	28	62	79	10	32
990288 ROTINI W/ BEEF MEAT SAUCE POUCH	EACH	359	7	487	18	59	29	4	21
577 SALAD CHICKEN/EGG (E)	EACH	179	2	286	8	76	14	4	15
990060 SALAD ENTREE Proj Select (#1)VEG/GRAPE/CHIC	EACH	320	2	397	10	25	40	11	23
1012 SALAD ENTREE(#1)VEG/GRAPE/CHIC	EACH	331	2	386	11	25	42	13	23
1018 SALAD ENTREE(#2)VEG/APPLE/CHIC	EACH	355	2	387	11	25	49	15	23
1019 SALAD ENTREE(#3) VEG/ORG/CHIC	EACH	265	2	390	10	25	27	8	21
1020 SALAD ENTREE(#4)BROC/ORG/CHIC	EACH	269	2	381	10	25	28	8	21
990085 SALAD MEDITERRANEAN W/HUMMUS (ES)	EACH	455	0	568	12	0	70	17	21
188 SALAD, SPICY CHICKEN W/ TORTILLA PCS (S)	EACH	381	3	437	16	45	37	5	23
758 SALAD, WG SHRIMP POPPER(S)	EACH	321	6	962	16	70	28	6	17
182 SALAD,VEG EGG/CHEESE(S)	EACH	366	11	483	20	155	32	4	16
176 SAND WG HAM(P)	EACH	242	1	753	5	31	34	3	18
903 SAND, CROISSANT WG CH HAM/CHSE	EACH	340	8	752	17	57	30	2	20
990265 SAND, CROISSANT WG CHEESE	EA	330	9	630	16	35	30	2	19
990237 SANDWICH, PEANUT BUTTER & GRAPE (UNCRUSTABLE)	EACH	631	7	631	33	0	64	6	19
311 SANDWICH, WG GRILL CHEES I/W (E)	EACH	280	6	581	10	32	31	3	19
305 SANDWICH,WG TUNA SALAD	EACH	232	1	490	8	9	36	3	8
990055 SANDWICH,WG TURKEY & CHEESE (S)	EACH	281	3	722	8	42	33	3	24
158 SANDWICH,WG TURKEY (S)	EACH	241	1	635	5	40	31	3	22
306 SANDWICH,WG TURKEY SALAD (S)	EACH	377	2	1171	14	46	45	3	22
672 SAUSAGE LINK PORK	EACH	70	2	260	5	25	0	0	7
990098 Southwest Power Bowl	EACH	609	3	777	16	59	88	17	31
843 SP SAND CROISSANT,TURKEY,CHSE (MS-HS)	EACH	331	6	837	13	55	29	2	26

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799 SPAGHETTI,W/MEATBALL/SC(S)	EACH	437	4	574	13	38	63	11	23
990103 Spicy Chicken Power Bowl	EACH	570	3	811	22	55	67	8	30
990050 SPICY WG CHIC BITES W/CHEESY SPINACH/WG SCOOPS (S)	EACH	449	7	895	21	65	38	4	28
990071 SPICY WG CHIC BITES W/CHSY SPINACH/ WG BRDSTIK (S)	EACH	439	8	910	22	65	32	4	29
61 SPICY WG CHIC BITES(S)	5 EACH	200	2	341	10	45	10	1	19
57 SPICY WG CHICKEN PATTY/BUN(S)	EACH	340	2	560	12	45	37	5	24
811 SUB MEATBALL WG (S)	EACH	337	4	667	12	38	38	5	21
163 SUB,WG CHICKEN HAM/CHEESE	EACH	286	3	784	9	54	31	3	21
142 SUB,WG COLD CUT	EACH	292	3	807	9	56	31	3	25
178 SUB,WG HAM (P) & SWISS CHEESE	EACH	316	4	772	10	45	31	3	25
175 SUB,WG SWISS VEGGIE	EACH	342	7	497	14	40	32	3	24
935 SUB,WG TURKEY/CHEESE	EACH	261	2	678	6	41	29	3	24
387 TACO MEAT (BEEF)	1/2 CUP	111	2	325	5	13	10	4	10
975 TERIYAKI MEATBALLS/WG RICE (S)	EACH	510	4	923	13	38	77	5	18
990222 TURKEY & CHEESE WG RD BUN IW	EACH	236	2	674	5	24	27	3	18
990219 TURKEY & CHEESE WG SUB IW	EACH	270	3	710	8	30	30	2	21
990221 TURKEY BOLOGNA & CHEESE WG SUB IW	EACH	250	3	440	10	40	29	2	13
990186 TURKEY CARNITAS	CN SERV	137	1	499	4	38	10	3	16
990188 TURKEY CARNITAS POTATO BOWL (S)	SERVINGS	236	1	611	5	38	31	5	19
990187 TURKEY CARNITAS RANCHERO/CORNBREAD BOWL (S)	SERVINGS	428	3	752	14	58	57	8	23
955 TURKEY FRANK ON WG BUN	EACH	260	3	620	11	50	29	2	12
990223 TURKEY HAM & CH WG RD BUN IW	EACH	227	2	696	6	29	29	3	19
990220 TURKEY HAM & CHEESE WG SUB IW	EACH	280	3	800	10	35	29	2	19
990102 TURKEY POT ROAST	CN SERV	120	2	380	4	50	4	0	17
412 TURKEY SLICED DELI	6 EACH	90	1	370	3	40	1	0	15

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680 TURKEY THANKSGIVING	EACH	100	0	310	2	45	1	0	18
990120 TWISTED WG BLUEBERRY STIX	CN SERV	380	5	600	14	10	48	4	14
990167 VEG CHIK'N NUGGETS 4 (S)	CN SERV	198	1	366	9	0	20	3	12
990070 VEG CHIK'N NUGGETS 5 (S)	CN SERV	247	2	457	11	0	25	4	15
990121 VEGAN BURGER ON WG BUN	EACH	280	1	650	6	0	37	7	21
990105 Veggie Power Bowl	EACH	581	2	690	18	10	89	16	19
640 YOGURT, 8 OZ. ASST'D *M	EACH	180	0	150	0	240	38	0	6
990148 YOGURT, APPLES & GRANOLA	EACH	620	0	340	5	240	132	8	16
621 YOGURT, TRIX	EACH	80	0	65	1	4	15	0	4
237 YOGURT/FRUIT PARFAIT CND FR LG	EACH	459	0	252	3	5	101	5	8
235 YOGURT/FRUIT PARFAIT CND FR SM	EACH	260	0	130	1	2	59	4	4
190 YOGURT/FRUIT PARFAIT LG	EACH	438	0	245	3	5	95	6	8
219 YOGURT/FRUIT PARFAIT SM	EACH	239	0	123	2	2	52	4	4
FRUIT									
15 APPLE,FRESH	EACH	77	0	1	0	0	21	4	0
14 APPLES, FRESH, SLICED, 2 OZ.	2 OZ.	30	0	0	0	0	7	1	0
5 APPLESAUCE	1/2 CUP	50	0	15	0	0	15	2	0
16 BANANA	EACH	90	0	1	0	0	23	3	1
768 BLUEBERRIES	1/2 CUP	40	0	1	1	0	9	2	0
352 BLUEBERRY/PEACH (ALT)	1/2 CUP	46	0	3	0	0	11	2	0
418 CRAISINS	EACH	110	0	0	0	0	27	2	0
990047 DRIED FRUIT MIX	EACH	120	0	25	0	0	30	2	1
986 FRUIT DRIED AVG	EACH	119	0	12	0	0	30	2	1
990210 FRUIT MIX,CND, 1 C	1 CUP	136	0	16	0	0	36	3	1
6 FRUIT MIX,CND, 1/2 C	1/2 CUP	68	0	8	0	0	18	2	1

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220 FRUIT, CND, ASST'D	128 G	61	0	8	0	0	16	2	0
308 FRUIT, FRESH ASST'D	EACH	54	0	3	0	0	14	2	1
990198 GRAPEFRUIT FRESH	1/2 EACH	41	0	0	0	0	10	1	1
969 GRAPES FRESH	EACH	52	0	2	0	0	14	1	1
341 GRAPES, FRESH	1/2 CUP	57	0	2	0	0	15	1	1
845 JUICE, APPLE 4 OZ.	4 OZ.	60	0	13	0	0	16	0	0
847 JUICE, FRUIT PUNCH 4 OZ	4 OZ.	60	0	10	0	0	14	0	0
990248 JUICE, ORANGE USDA 4 OZ	4 OZ	54	0	0	0	0	14	0	1
206 JUICE, ORANGE, 4 OZ.	4 OZ.	55	0	0	0	0	14	0	1
17 MELON,CANTALOUPE	1/2 CUP	27	0	13	0	0	7	1	1
645 MELONS,ASSORT 1/2 CUP	1/2 CUP	27	0	10	0	0	7	1	1
18 MELONS,HONEYDEW 1/2 CUP	1/2 CUP	32	0	16	0	0	8	1	0
990116 MIXED BERRY CUP	EACH	90	0	0	0	0	20	2	0
24 NECTARINE, FRESH	1/2 CUP	57	0	0	0	0	14	2	1
249 ORANGE	EACH	62	0	0	0	0	15	3	1
244 PEACH, FRESH	EACH	51	0	0	0	0	12	2	1
990209 PEACHES,CND, 1 CUP	1 CUP	106	0	12	0	0	27	3	1
2 PEACHES,CND, 1/2 CUP	1/2 CUP	53	0	6	0	0	13	1	1
21 PEAR, FRESH	1/2 CUP	96	0	2	0	0	26	5	1
3 PEARS, CND, 1/2 CUP	1/2 CUP	58	0	2	0	0	15	2	0
632 PEARSAUCE	EACH	90	0	15	0	0	22	2	0
4 PINEAPPLE,CND, 1/2 CUP	1/2 CUP	75	0	1	0	0	20	1	1
23 PLUM, FRESH	1/2 CUP	30	0	0	0	0	8	1	0
748 RAISINS	EACH	127	0	11	0	0	34	2	1
SORBET, BLUE RASPBERRY	EACH	77	0	11	0	0	21	3	0

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964	EACH	23	0	1	0	0	6	1	0
STRAWBERRIES, FRESH									
902	EACH	90	0	0	0	0	22	2	1
STRAWBERRY CUP FROZ									
641	EACH	64	0	2	0	0	16	2	1
TANGERINE									
19	1/2 CUP	46	0	2	0	0	11	1	1
WATERMELON, FRESH									
MILK									
9	1/2 PT	120	0	230	0	5	20	0	8
MILK CHOC FF									
10	1/2 PT	90	0	130	0	5	13	0	9
MILK SKIM									
13	1/2 PT	110	2	125	3	10	13	0	8
MILK WHITE 1%									
960	EACH	283	2	182	2	15	51	2	10
SMOOTHIE BERRY									
990086	EACH	266	2	184	3	15	50	3	11
SMOOTHIE BLUEBERRY BANANA									
959	EACH	269	2	187	2	15	50	1	10
SMOOTHIE PEACH STRAWBERRY									
953	EACH	277	2	187	2	15	53	3	10
SMOOTHIE SORBET ALL DAY									
990079	EACH	288	2	183	2	15	55	2	11
SMOOTHIE STRAWBERRY COLADA									
MISCELLANEOUS									
663	SLICE	26	1	77	2	2	0	0	1
BACON									
373	1/4 CUP	97	1	381	4	0	17	0	0
BARBECUE SAUCE									
684	1/8 CUP	63	1	170	6	2	3	0	0
CAESAR DRESSING 1 OZ.									
382	1/4 CUP	126	2	341	12	4	6	0	0
CAESAR DRESSING 2 OZ.									
586	EACH	10	0	25	0	0	2	0	0
CATSUP PKT									
87	EACH	35	0	282	0	0	9	0	0
CATSUP,BULK									
689	EACH	70	4	110	6	20	1	0	2
CHEESE, CREAM SPREAD									
447	1/2 OZ.	56	3	96	5	15	1	0	4
CHEESE, SHR									
990200	TBSP	26	1	113	2	5	1	0	2
CHEESE,PARMESAN,GRATED									
398	2 TBSP	54	0	5	0	0	12	0	0
CRANBERRY SAUCE									
990046	EACH	97	1	28	8	0	5	0	0
DRESSING, APPLE VINAIGRETTE (1 OZ)									

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984 DRESSING, APPLE VINAIGRETTE (2 OZ)	EACH	194	2	57	16	0	10	0	0
581 DRESSING, UNIVERSAL	1/4C	153	1	342	10	11	15	0	0
385 GRAVY TURKEY	1/4 CUP	42	1	93	3	2	4	0	1
215 JELLY, BULK	EACH	53	0	11	0	0	14	0	0
214 JELLY, PKT	EACH	35	0	0	0	0	9	0	0
102 MAYONNAISE, BULK	2 TBSP	100	1	250	9	10	4	0	0
95 MAYONNAISE, PACKET	EACH	25	0	105	3	0	2	0	0
93 MUSTARD, PACKET	EACH	5	0	50	0	0	1	0	0
990058 PEPPERONI CHIC BEEF	EACH	45	2	153	4	11	0	0	2
388 PICO DE GALLO	1/4 CUP	13	0	17	0	0	3	1	1
597 RANCH DRESSING 1 OZ	1/8 CUP	55	1	201	5	5	3	0	1
374 RANCH DRESSING 2 OZ	1/4 CUP	111	1	402	9	10	5	0	1
107 RANCH DRESSING PKT(1)	EACH	40	1	100	5	1	1	0	0
994 RANCH DRESSING PKT(2)	EACH	79	1	200	9	1	2	0	0
448 SALSA 1/4 C	1/4 CUP	10	0	71	0	0	2	1	0
384 SALSA RANCH DRESSING	1/4 CUP	94	1	343	8	9	5	0	1
616 SALSA, SMALL	1/8 CUP	5	0	36	0	0	1	1	0
704 SAUCE G TSO S w/ OR CHIP	1/4 CUP	92	0	304	0	0	23	0	0
380 SAUCE ORANGE CHIPOTLE	1/4 CUP	151	0	152	1	0	36	0	0
648 SAUCE, HOT TP	OZ.	0	0	496	0	0	0	0	0
990182 SOUR CREAM 1 oz	EACH	60	3	15	5	15	1	1	1
76 SYRUP PACKET	EACH	120	0	25	0	0	31	0	0
457 SYRUP PACKETS	2 EACH	240	0	50	0	0	62	0	0
SNACKS									
945 APPLESAUCE POUCH	EACH	60	0	0	0	0	15	1	0

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863 BAR, COCOA CHERRY	EACH	200	2	40	7	0	33	2	3
949 CHIPS RF KETTLE	EACH	180	1	190	7	0	27	2	3
856 COFFEE ICE CARAMEL DECAFF (HS)	EACH	40	1	48	1	4	5	0	3
493 COOKIE BENEFIT CH CHIP(E)	EACH	105	1	92	3	9	18	2	2
494 COOKIE BENEFIT DBL CHOC(E)	EACH	103	1	102	3	8	18	1	2
495 COOKIE BENEFIT OAT RAISIN(E)	EACH	106	1	102	3	8	18	1	2
877 COOKIE BENEFIT RED,W & BLUE(E)	EACH	100	1	100	3	10	19	2	1
496 COOKIE BENEFIT SUGAR(E)	EACH	105	1	107	3	7	18	2	1
920 COOKIE CHOC I/W FILLED	EACH	200	2	130	7	5	31	3	0
990049 COOKIE TRIPLE CHOC WG I/W	EACH	190	2	80	6	5	28	1	2
592 COOKIE, 1.85 OZ. CH CHIP	EACH	194	2	170	6	16	34	3	3
593 COOKIE, 1.85 OZ. DBL CHOC	EACH	191	2	189	6	14	33	2	3
594 COOKIE, 1.85 OZ. OAT RAISIN	EACH	196	2	189	6	15	33	2	4
595 COOKIE, 1.85 OZ. SUGAR	EACH	195	2	198	2	13	34	3	3
505 CRACKERS,CHEESZ IT WG	EACH	100	1	150	4	4	14	0	2
948 DORITOS WHITE WILD	EACH	130	1	170	5	0	20	2	2
990083 FRUIT PEARLS WILDBERRY	EACH	40	0	0	0	0	9	2	0
491 FRUIT SNACKS	EACH	80	0	10	0	0	19	0	1
893 GRAHAMS,ELF	EACH	120	1	105	4	0	21	1	2
879 HOT BAKED WG FRIES	EACH	110	1	190	4	0	19	1	2
479 ICE CREAM BAN CREAM FRUIT	EACH	160	2	30	3	10	32	0	2
469 ICE CREAM BROWNIE S'WICH	EACH	180	2	140	4	10	33	0	5
480 ICE CREAM CHOC CUP	EACH	70	1	60	1	5	14	0	2
466 ICE CREAM CHOC SUNDAE CUP	EACH	82	0	61	1	5	16	0	2
472 ICE CREAM CHOC VAN CONE	EACH	150	2	95	2	5	30	0	3

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468	EACH	120	1	100	2	5	25	0	2
ICE CREAM COOKIE CONE									
482	EACH	150	2	150	3	5	29	0	4
ICE CREAM COOKIE CR S'WICH									
471	EACH	86	0	86	0	0	17	0	3
ICE CREAM FUDGE O									
473	EACH	120	1	70	3	5	12	0	2
ICE CREAM MINI SANDWICH									
481	EACH	70	1	60	1	5	14	0	2
ICE CREAM VANILLA CUP									
775	EACH	60	0	10	0	0	17	0	0
JB'S TEA (HS)									
542	EACH	80	0	25	0	0	21	0	0
JUICE, CAPRI SUN 6 OZ.									
800	EACH	110	0	25	0	0	29	0	0
JUICE, FRUIT PUNCH 8 OZ BOTTLE									
502	EACH	145	1	175	5	0	17	0	9
MILK SOY, PEARL VAN									
547	EACH	70	0	110	3	0	9	2	2
POPCORN, SMART FOOD									
990100	EACH	200	0	60	3	0	42	1	2
SNACK KIT CARROT GRAHAM/JUICE									
990099	EACH	200	0	70	4	0	43	2	2
SNACK KIT PRETZEL GOLDFISH/JUICE									
512	EACH	77	0	11	0	0	21	3	0
SORBET WHOLE FRUIT									
VEGETABLES									
665	1/2 CUP	19	0	6	0	0	4	2	1
BEANS, GREEN SC									
579	1/2 CUP	25	0	25	0	0	5	3	2
BROCCOLI SLAW MIX									
351	1/2 CUP	163	1	170	6	6	27	2	1
BROCCOLI SLAW SALAD (ALT)									
576	1/2 CUP	15	0	15	0	0	3	1	1
BROCCOLI, FRESH 1/2 C									
314	1/4 CUP	7	0	7	0	0	1	1	1
BROCCOLI, FRESH 1/4 C									
307	EACH	8	0	4	0	0	2	1	1
CAESAR, SIDE ROMAINE									
990196	EACH	11	0	24	0	0	2	1	0
CARROTS & CELERY									
29	EACH	35	0	65	0	0	8	2	1
CARROTS, BABY 3 OZ PKG									
990233	EACH	23	0	43	0	0	5	1	1
CARROTS, BABY 2 OZ PKG (SMR)									
401	CUP	16	0	81	0	0	3	2	1
CELERY CHOPPED									
990261	3 STICKS	2	0	10	0	0	0	0	0
CELERY STICKS 3									

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103 CELERY STICKS 6	6 STICKS	4	0	19	0	0	1	0	0
979 CHICKEN SRIRACHA/SPINACH CH	EACH	433	8	805	22	76	32	4	29
606 CHICKPEAS, ROAST VEG	EACH	160	0	260	4	0	24	8	8
886 COLE SLAW W/ DRESS	1/2 CUP	55	0	99	2	3	7	1	1
336 CORN SALAD 1 SVG.(ALT)	1/2 CUP	114	0	4	1	0	27	4	4
330 CORN, FRESH ON COB	EACH	61	0	11	1	0	13	1	2
578 COWBOY CAVIAR (BEAN SALAD)	1/2 CUP	165	1	142	9	0	18	4	4
990028 CUCUMBER COINS (4)	4 SLICES	3	0	0	0	0	1	0	0
104 CUCUMBER COINS (8)	8 SLICES	8	0	1	0	0	2	0	0
733 EDAMAME	1/2 CUP	111	0	9	4	0	9	4	3
990247 GARDEN SALAD	EACH	23	0	7	0	0	5	2	1
664 GREEN BEANS	1/2 CUP	19	0	6	0	0	4	2	1
536 GREEN BEANS SZECHUAN	1/2 CUP	49	0	112	0	0	12	2	1
332 GREEN BEANS, FRESH	EACH	17	0	3	0	0	4	1	1
359 HUMMUS RED PEPPER (1)	EACH	110	0	100	2	0	18	5	6
66 HUMMUS RED PEPPER (2)	2 EACH	220	0	200	4	0	36	10	12
872 JUICE VEGGIE BOX	EACH	40	0	60	0	0	10	0	0
599 LETTUCE & TOMATO SLI (S)	1/2 CUP	18	0	9	0	0	4	1	1
461 LETTUCE, SHRED & TOMATOES	EACH	13	0	6	0	0	3	1	1
678 LETTUCE, SHREDDED 1 C	CUP	16	0	11	0	0	3	1	1
753 LETTUCE, SHREDDED 1/2 C	EACH	4	0	3	0	0	1	0	0
857 MARINARA CUP	EACH	40	0	200	1	0	7	1	1
532 MIXED VEGGIES, FRESH	1/2 CUP	10	0	14	0	0	2	1	1
742 ONION RINGS WG	EACH	200	2	200	8	0	28	3	3
713 PEPPERS & ONIONS ROAST	1/8 CUP	40	0	140	1	0	7	3	1

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990150 PEPPERS,SWEET,GREEN,RAW	(1/2 CUP)	11	0	2	0	0	3	1	0
990203 POTATO CRINKLE CUT (1 CUP)	CUP	198	0	337	6	0	30	4	2
990180 POTATO CRINKLE CUT (1/2 C)	1/2 CUP	99	0	169	3	0	15	2	1
990199 POTATO CRINKLE CUT (3/4 C)	3/4 CUP	149	0	253	4	0	22	3	1
990205 POTATO FRENCH FRY (1 CUP)	CUP	220	0	260	7	0	34	2	4
30 POTATO FRENCH FRY (1/2 CUP)	1/2 CUP	110	0	130	4	0	17	1	2
987 POTATO FRENCH FRY (3/4 CUP)	3/4 CUP	165	0	195	5	0	26	2	3
33 POTATO, MASHED (1/2 CUP)	1/2 CUP	72	0	97	1	0	15	1	2
990204 POTATO, SEASONED DELI (1 CUP)	CUP	280	1	320	7	0	50	4	4
36 POTATO, SEASONED DELI (1/2 CUP)	1/2 CUP	140	1	160	4	0	25	2	2
990202 POTATO, SEASONED DELI (3/4 CUP)	3/4 CUP	210	1	240	5	0	38	3	3
568 POTATOES, ROSEMARY RED	EACH	100	0	180	2	0	19	2	2
850 POTATOES, SPIRALS	EACH	110	1	170	4	0	18	0	1
990170 RANCHERO BEANS	1/2 CUP	182	1	290	4	0	29	10	9
1003 ROASTED BROCCOLI	.50 CUP	63	1	30	4	0	6	2	3
990117 Roasted Butternut Squash	1 oz	20	0	0	1	0	3	0	0
990206 ROASTED BUTTERNUT SQUASH	1/2 CUP	101	1	2	4	0	16	1	2
1004 ROASTED CAULIFLOWER	.50 CUP	55	1	27	4	0	5	2	2
990119 Roasted Corn	1/4 CUP	63	0	22	3	0	10	1	1
1026 ROASTED MIXED VEGS	1/2 CUP	50	0	10	3	0	5	1	2
1006 ROASTED PEPPERS & ONIONS	.50 CUP	69	1	8	6	0	5	1	1
990118 Roasted Red Onions	1 oz	20	0	1	1	0	2	0	0
990124 Roasted Squash	2 oz	49	0	1	2	0	9	1	1
990179 ROASTED VEGETABLES AVG	.50 CUP	71	1	16	6	0	5	2	2
1005 ROASTED ZUCCHINI	.50 CUP	103	1	11	10	0	5	1	2

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108	EACH	5	0	2	0	0	1	1	0
ROMAINE 1 CUP									
662	EACH	33	0	44	0	0	7	2	2
SALAD BAR, VEGGIES SC									
990067	CUPS	21	0	34	0	0	4	2	2
SALAD TOSSED (BOWL)									
990076	CUPS	29	0	44	0	0	5	2	2
SALAD TOSSED W/ CHICKPEAS(BOWL)									
990073	CUPS	24	0	35	0	0	5	2	2
SALAD TOSSED W/ PEPPERS (BOWL)									
990075	CUPS	24	0	40	0	0	5	2	2
SALAD TOSSED W/ RADISH (BOWL)									
990074	CUPS	24	0	46	0	0	4	2	2
SALAD TOSSED W/CELERY(BOWL)									
111	EACH	45	0	536	0	0	9	2	2
SALSA 1/2 C									
989	EACH	25	0	195	0	0	5	1	1
SALSA CUP									
378	1/2 CUP	65	0	260	1	0	14	3	3
SAUCE MARINARA (S)									
930	EACH	18	0	6	0	0	4	2	1
SIDE SALAD (ES)									
141	EACH	19	0	8	0	0	4	1	1
SIDE SALAD (S)									
1021	EACH	19	0	17	0	0	4	2	1
SIDE SALAD Proj Select (#1)KALE/VEG									
1022	EACH	29	0	21	0	0	7	1	1
SIDE SALAD Proj Select (#2)SPIN/VEG/GRAPE									
1023	EACH	27	0	24	0	0	6	1	1
SIDE SALAD Proj Select (#3)SPIN/BROC/GRAPE									
1024	EACH	60	0	30	1	0	13	5	3
SIDE SALAD Proj Select (#4)SPIN/BROC/RED PEP									
990064	EACH	17	0	6	0	0	4	2	1
SIDE SALAD W/ TOMATOES (ES)									
767	CUPS	109	1	269	2	16	16	2	8
SOUP BEEF VEGETABLE NOODLE									
375	CUP	206	7	471	11	24	20	3	8
SOUP BROCCOLI CHEESE LS									
990183	CUPS	387	2	539	25	0	42	2	6
SOUP BUTTERNUT SQUASH									
980	CUP	149	1	392	3	22	22	2	8
SOUP CHICKEN & ANC GRAINS									
376	CUP	182	1	576	3	8	27	7	12
SOUP CHILI LS									
776	CUPS	162	0	495	2	0	27	7	12
SOUP CHILI VEGETARIAN									
990173	CUPS	155	4	288	6	10	23	2	6
SOUP TOMATO									
379	CUP	112	0	294	1	6	21	2	5
SOUP TURKEY/RICE/VEG LS									

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Ingredients are subject to change.

Montgomery County Public Schools

Recipe Nutrient Composition

3/24/2021

637 SPINACH ROM CRA SLD(S) FTS	CUP	205	1	82	10	0	29	4	3
603 SPINACH ROM CRAIS SLD(E) FTS	CUP	200	1	81	10	0	28	3	2
455 SPINACH SALAD 1 C	EACH	14	0	47	0	0	2	1	2
106 SPINACH/ROMAINE SALAD 1 C	EACH	11	0	25	0	0	2	1	1
105 TOMATOES	6 EACH	18	0	5	0	0	4	1	1
990262 TOMATOES	3 EACH	9	0	3	0	0	2	1	0
110 TOMATOES & CELERY	EACH	11	0	12	0	0	2	1	1
617 VEGETABLES, ASS'T FRESH	1/2 CUP	12	0	9	0	0	3	1	1
968 ZUCCHINI SQUASH	EACH	10	0	5	0	0	2	1	1

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