



Adelanto Elementary School District

(1040) 1 % WHITE MILK 8 OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
1 % WHITE MILK 8 OZ	119.9998	119.9998	1.5	1.5	134.9999	134.9999	16	16
	119.9998	119.9998	1.5	1.5	134.9999	134.9999	16	16

* Total includes one or more missing nutrient data.

(0472) 10" ULTRA GRN WW FLOUR TORTILLA 6/2DOZ(144)-2OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	TORTILLA	Recipe	TORTILLA	Recipe	TORTILLA	Recipe	TORTILLA
10" ULTRA GRN WW FLOUR TORTILLA 6/2DOZ(144)-2OZ SERVINGS	180.9998	180.9998	1	1	167.9999	167.9999	31	31
	180.9998	180.9998	1	1	167.9999	167.9999	31	31

* Total includes one or more missing nutrient data.

(416) APPLESAUCE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
APPLESAUCE UNSWEETENED (CANNED)	47.4004	47.4004	0	0	1.8484	1.8484	13.0068	13.0068
	47.4004	47.4004	0	0	1.8484	1.8484	13.0068	13.0068

* Total includes one or more missing nutrient data.

(451) BABY CARROTS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BABY CARROTS	29.767	29.767	0.0196	0.0196	66.3378	66.3378	7.008	7.008
	29.767	29.767	0.0196	0.0196	66.3378	66.3378	7.008	7.008

* Total includes one or more missing nutrient data.

(500) BBQ SAUCE PACKET	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH
BQB SAUCE PACKET	30	15	30	0	0	0	150	75	150	8	4	8
	30	15	30	0	0	0	150	75	150	8	4	8

* Total includes one or more missing nutrient data.

(sys-168) BEAN & CHEESE W/GRN CHILI BURR IW78SRV	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	BURRITO		Recipe	BURRITO		Recipe	BURRITO		Recipe	BURRITO	
BEAN & CHEESE W/GRN CHILI BURR IW78SRV	396.9996	396.9996		4.7	4.7		446.9997	446.9997		56	56	
	396.9996	396.9996		4.7	4.7		446.9997	446.9997		56	56	

* Total includes one or more missing nutrient data.



(9002) BEEF BURGER RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
BEEF STEAK BURGER PATTY	118	118	3	3	315	315	0.6	0.6
HAMBURGER BUN (WHITE WHOLE WHEAT)	150	150	0	0	270	270	29	29
	268	268	3	3	585	585	29.6	29.6

* Total includes one or more missing nutrient data.

(9003) BEEF HOT DOG RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
BEEF HOT DOG	180	180	7	7	480	480	2	2
HOTDOG BUN (WHITE WHOLE WHEAT)	150	150	0	0	270	270	29	29
	330	330	7	7	750	750	31	31

* Total includes one or more missing nutrient data.

(9129) BLACK BEANS RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
ONION POWDER 1.25 LB	96.6718	0.9667	0.0621	0.0006	20.6951	0.207	22.4301	0.2243
SALT FREE SEASONING	12.5611	0.1256	0.29	0.0029	22.0502	0.2205	20.2523	0.2025
BEANS BLACK LO SODIUM	11329.9344	113.2993	0	0	14551.9117	145.5191	2078.1317	20.7813
SPICE CHILI POWDER 1 LB SHAKER	79.9456	0.7995	0.698	0.007	812.7802	8.1278	14.0897	0.1409
CUMIN	106.3106	1.0631	0.4352	0.0044	47.6272	0.4763	12.5418	0.1254
CHEESE, SHREDDED CHEDDAR 5LB	109.9999	1.1	6	0.06	99.9999	1	0	0
	11735.4234	117.3542	7.4852	0.0749	15555.0644	155.5506	2147.4457	21.4745

* Total includes one or more missing nutrient data.

(9144) BREAKFAST SOFT TACO RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	BURRITO	Recipe	BURRITO	Recipe	BURRITO	Recipe	BURRITO
10" ULTRA GRN WW FLOUR TORTILLA 6/2DOZ(144)-2OZ SERVINGS	180.9998	180.9998	1	1	167.9999	167.9999	31	31
EGGSTRAVAGANZA	99.9999	99.9999	2.5	2.5	229.9998	229.9998	2	2
CHEESE, SHREDDED CHEDDAR 5LB	109.9999	109.9999	6	6	99.9999	99.9999	0	0
	390.9997	390.9997	9.5	9.5	497.9996	497.9996	33	33

* Total includes one or more missing nutrient data.

(405) BROCCOLI	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
BROCCOLI	25.9999	26.0915	0	0	22	22.0775	5	5.0176
	25.9999	26.0915	0	0	22	22.0775	5	5.0176

* Total includes one or more missing nutrient data.



(895) BROCCOLI BUDS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
BROCCOLI BUDS	19.2777	19.2777	0.0646	0.0646	18.7107	18.7107	3.7648	3.7648
	19.2777	19.2777	0.0646	0.0646	18.7107	18.7107	3.7648	3.7648

* Total includes one or more missing nutrient data.

(1013) BROWNIE BITES 120 SRV PER CS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
BROWNIE BITES 120 SRV PER CS	100	99.6064	1	0.9961	115	114.5473	20	19.9213
	100	99.6064	1	0.9961	115	114.5473	20	19.9213

* Total includes one or more missing nutrient data.

(9132) BUTTERY PEAS RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
ONION POWDER 1.25 LB	193.3436	1.6112	0.1242	0.001	41.3903	0.3449	44.8602	0.3738
SALT FREE SEASONING	25.1222	0.2094	0.58	0.0048	44.1005	0.3675	40.5046	0.3375
BUTTER (ROCKVIEW)	565.856	4.7155	38.9193	0.3243	40.8233	0.3402	0	0
PEAS FROZEN	11705.6769	97.5473	0	0	0	0	1902.0942	15.8508
Water	0	0	0	0	145.1494	1.2096	0	0
	12489.9987	104.0833	39.6235	0.3302	271.4635	2.2622	1987.4591	16.5622

* Total includes one or more missing nutrient data.

(7845) CARNITAS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2.3 OZ	Recipe	2.3 OZ	Recipe	2.3 OZ	Recipe	2.3 OZ
CARNITAS	169.9999	169.9999	3	3	369.9997	369.9997	1	1
	169.9999	169.9999	3	3	369.9997	369.9997	1	1

* Total includes one or more missing nutrient data.

(732) CELERY STICKS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
CELERY STICKS	15.8757	15.8757	0.0476	0.0476	90.7184	90.7184	3.3679	3.3679
	15.8757	15.8757	0.0476	0.0476	90.7184	90.7184	3.3679	3.3679

* Total includes one or more missing nutrient data.

(sys-167) CHEESE PULL APARTS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
WG CHEESE PULL APARTS	290	290	4.9999	4.9999	629.9999	629.9999	29	29
	290	290	4.9999	4.9999	629.9999	629.9999	29	29

* Total includes one or more missing nutrient data.



(9110) CHEESY PENNE PASTA BAKE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	8 OZ BOWL	Recipe	8 OZ BOWL	Recipe	8 OZ BOWL	Recipe	8 OZ BOWL
BUTTER (ROCKVIEW)	636.588	15.9147	43.7842	1.0946	45.9262	1.1482	0	0
1 % WHITE MILK 8 OZ	2159.9965	53.9999	27.0005	0.675	2429.9976	60.7499	288.0001	7.2
PENNE PASTA BLEND WG	2851.1528	71.2788	0	0	111.083	2.7771	555.4184	13.8855
CHEESE, SHREDDED CHEDDAR 5LB	10560.0012	264	576.0007	14.4	9600.0001	240	0	0
	16207.7385	405.1935	646.7854	16.1696	12187.0068	304.6752	843.4185	21.0855

* Total includes one or more missing nutrient data.

(113) CHICKEN & GREEN CHILE TAMALES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
CHICKEN & GREEN CHILE TAMALES	269.9999	269.9999	6.0001	6.0001	490	490	19	19
	269.9999	269.9999	6.0001	6.0001	490	490	19	19

* Total includes one or more missing nutrient data.

(sys-196) CHICKEN NUGGETS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	5 PIECES	Recipe	5 PIECES	Recipe	5 PIECES	Recipe	5 PIECES
CHICKEN NUGGETS	179.9999	179.9999	2	2	419.9997	419.9997	12	12
	179.9999	179.9999	2	2	419.9997	419.9997	12	12

* Total includes one or more missing nutrient data.

(9006) CHICKEN SANDWICH RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
HAMBURGER BUN (WHITE WHOLE WHEAT)	150	150	0	0	270	270	29	29
BREADED CHICKEN PATTY	179.9999	179.9999	2	2	419.9997	419.9997	12	12
	329.9999	329.9999	2	2	689.9997	689.9997	41	41

* Total includes one or more missing nutrient data.

(947) CHICKEN TAQUITOS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 EACH	Recipe	2 EACH	Recipe	2 EACH	Recipe	2 EACH
CHICKEN TAQUITOS	280	280	3	3	800	800	30	30
	280	280	3	3	800	800	30	30

* Total includes one or more missing nutrient data.

(108) CHICKEN TENDERS	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	3 OUNCES (3 PIECES)	3 PIECES	3 TENDERS	Recipe	3 OUNCES (3 PIECES)	3 PIECES	3 TENDERS	Recipe	3 OUNCES (3 PIECES)	3 PIECES	3 TENDERS	Recipe	3 OUNCES (3 PIECES)	3 PIECES	3 TENDERS
CHICKEN TENDERS	179.9999	179.9999	179.9999	179.9999	2	2	2	2	419.9997	419.9997	419.9997	419.9997	12	12	12	12

* Total includes one or more missing nutrient data.



(108) CHICKEN TENDERS	Calories (kcal)				Saturated Fat (g)				Sodium (mg)				Total Carbohydrate (g)			
	Recipe	3 OUNCES (3 PIECES)	3 PIECES	3 TENDERS	Recipe	3 OUNCES (3 PIECES)	3 PIECES	3 TENDERS	Recipe	3 OUNCES (3 PIECES)	3 PIECES	3 TENDERS	Recipe	3 OUNCES (3 PIECES)	3 PIECES	3 TENDERS
	179.9999	179.9999	179.9999	179.9999	2	2	2	2	419.9997	419.9997	419.9997	419.9997	12	12	12	12

* Total includes one or more missing nutrient data.

(117) CHILI CON CARNE WITH BEANS	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	(4.84 OZ) EACH	1 OUNCE	Recipe	(4.84 OZ) EACH	1 OUNCE	Recipe	(4.84 OZ) EACH	1 OUNCE	Recipe	(4.84 OZ) EACH	1 OUNCE
CHILI CON CARNE WITH BEANS	188.0158	188.0158	188.0158	2.7002	2.7002	2.7002	242.0204	242.0204	242.0204	14.0012	14.0012	14.0012
	188.0158	188.0158	188.0158	2.7002	2.7002	2.7002	242.0204	242.0204	242.0204	14.0012	14.0012	14.0012

* Total includes one or more missing nutrient data.

(sys-293) CILANTRO	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ
CILANTRO	23	13.0408	0.014	0.0079	46	26.0815	3.67	2.0809
	23	13.0408	0.014	0.0079	46	26.0815	3.67	2.0809

* Total includes one or more missing nutrient data.

(9040) CINNAMON APPLESAUCE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
APPLESAUCE UNSWEETENED (CANNED)	4929.6379	51.3504	0	0	192.2323	2.0024	1352.7021	14.0906
CINNAMON (SPICE)	988	10.2917	1.38	0.0144	40	0.4167	322.36	3.3579
	5917.6379	61.6421	1.38	0.0144	232.2323	2.4191	1675.0621	17.4486

* Total includes one or more missing nutrient data.

(9016) COOKED BROCCOLI	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
SALT FREE SEASONING	25.1222	0.2512	0.58	0.0058	44.1005	0.441	40.5046	0.405
BUTTER (ROCKVIEW)	565.856	5.6586	38.9193	0.3892	40.8233	0.4082	0	0
BROCCOLI	1565.4924	15.6549	0	0	1324.6485	13.2465	301.0583	3.0106
	2156.4706	21.5647	39.4994	0.395	1409.5722	14.0957	341.563	3.4156

* Total includes one or more missing nutrient data.

(9014) CORN RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
BUTTER (ROCKVIEW)	565.856	5.3383	38.9193	0.3672	40.8233	0.3851	0	0
CORN (CANNED)	7692.9203	72.5747	9.2555	0.0873	1442.4226	13.6078	1852.311	17.4746
BLACK PEPPER	71.1572	0.6713	0.3946	0.0037	5.6699	0.0535	18.1295	0.171



8329.9336	78.5843	48.5695	0.4582	1488.9157	14.0464	1870.4405	17.6457
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* Total includes one or more missing nutrient data.

(996) CRINKLE CUT FRIES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3 OZ	Recipe	3 OZ	Recipe	3 OZ	Recipe	3 OZ
CRINKLE CUT FRIES	130.0742	130.0742	0	0	30.0171	30.0171	20.0114	20.0114
	130.0742	130.0742	0	0	30.0171	30.0171	20.0114	20.0114

* Total includes one or more missing nutrient data.

(sys-127) CUCUMBER	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
CUCUMBER	17.0097	17.0097	0.042	0.042	2.268	2.268	4.1163	4.1163
	17.0097	17.0097	0.042	0.042	2.268	2.268	4.1163	4.1163

* Total includes one or more missing nutrient data.

(472) DICED ONION	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ
DICED ONION	22.6796	22.6796	0.0238	0.0238	2.268	2.268	5.2957	5.2957
	22.6796	22.6796	0.0238	0.0238	2.268	2.268	5.2957	5.2957

* Total includes one or more missing nutrient data.

(1022) DICED PEACHES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
DICED PEACHES	49.8951	49.8951	0.0045	0.0045	4.5359	4.5359	13.1201	13.1201
	49.8951	49.8951	0.0045	0.0045	4.5359	4.5359	13.1201	13.1201

* Total includes one or more missing nutrient data.

(432) DICED PEARS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
PEARS, DICED 6/#10	56.699	56.699	0.0045	0.0045	4.5359	4.5359	14.6737	14.6737
	56.699	56.699	0.0045	0.0045	4.5359	4.5359	14.6737	14.6737

* Total includes one or more missing nutrient data.

(526) DILL PICKLES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ
DILL PICKLES	0	0	0	0	384.7432	384.7432	0	0
	0	0	0	0	384.7432	384.7432	0	0

* Total includes one or more missing nutrient data.



(486) FRESH STRAWBERRIES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
FRESH STRAWBERRIES	36.2874	36.2874	0.017	0.017	1.134	1.134	8.709	8.709
	36.2874	36.2874	0.017	0.017	1.134	1.134	8.709	8.709

* Total includes one or more missing nutrient data.

(9131) GARLIC PARMESAN CORN RECIPE 100/4OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4OZ	Recipe	4OZ	Recipe	4OZ	Recipe	4OZ
PARMESAN GRATED CHS	714.4074	7.1441	26.1456	0.2615	3068.5499	30.6855	23.6605	0.2366
GARLIC POWDER	187.6737	1.8767	0.1412	0.0014	34.0194	0.3402	41.2372	0.4124
BUTTER (ROCKVIEW)	565.856	5.6586	38.9193	0.3892	40.8233	0.4082	0	0
CORN (CANNED)	7692.9203	76.9292	9.2555	0.0926	1442.4226	14.4242	1852.311	18.5231
BLACK PEPPER	71.1572	0.7116	0.3946	0.0039	5.6699	0.0567	18.1295	0.1813
	9232.0147	92.3201	74.8563	0.7486	4591.485	45.9148	1935.3382	19.3534

* Total includes one or more missing nutrient data.

(28) GRAPE TOMATOES	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ
GRAPE TOMATOES	10.2058	10.2058	20.4116	0.0159	0.0159	0.0318	2.835	2.835	5.67	2.2056	2.2056	4.4112
	10.2058	10.2058	20.4116	0.0159	0.0159	0.0318	2.835	2.835	5.67	2.2056	2.2056	4.4112

* Total includes one or more missing nutrient data.

(9127) GREEN BEANS RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
ONION POWDER 1.25 LB	193.3436	1.8591	0.1242	0.0012	41.3903	0.398	44.8602	0.4313
SALT FREE SEASONING	25.1222	0.2416	0.58	0.0056	44.1005	0.424	40.5046	0.3895
BUTTER (ROCKVIEW)	565.856	5.4409	38.9193	0.3742	40.8233	0.3925	0	0
GREEN BEANS	1827.758	17.5746	0	0	15999.2694	153.8391	342.3204	3.2915
	2612.0798	25.1162	39.6235	0.381	16125.5834	155.0537	427.6853	4.1124

* Total includes one or more missing nutrient data.

(998) GRILLED CHEESE SANDWICH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
GRILLED CHEESE SANDWICH	279.7499	279.7499	17.34	17.34	599.36	599.36	31.58	31.58
	279.7499	279.7499	17.34	17.34	599.36	599.36	31.58	31.58

* Total includes one or more missing nutrient data.

(9143) HOMEMADE TURKEY AND CHEESE SANDWICH RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	sandwich	Recipe	sandwich	Recipe	sandwich	Recipe	sandwich
3" 51% HAMBURGER BUNS WWW	141.2023	141.2023	0	0	211.8035	211.8035	26.2233	26.2233

* Total includes one or more missing nutrient data.



(9143) HOMEMADE TURKEY AND CHEESE SANDWICH RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	sandwich	Recipe	sandwich	Recipe	sandwich	Recipe	sandwich
SLICED CHEESE	54.999	54.999	2.5	2.5	134.9992	134.9992	0.9996	0.9996
TURKEY DELI BREAST SLICED FRZN (224 SRV PER CS)	43.5803	43.5803	0	0	216.8878	216.8878	1.0135	1.0135
	239.7816	239.7816	2.5	2.5	563.6905	563.6905	28.2364	28.2364

* Total includes one or more missing nutrient data.

(sys-242) HONEY WG BISCUIT SLICED	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	BISCUIT	Recipe	BISCUIT	Recipe	BISCUIT	Recipe	BISCUIT
HONEY WG BISCUIT SLICED	190	190	2	2	320	320	30	30
	190	190	2	2	320	320	30	30

* Total includes one or more missing nutrient data.

(7215) KETCHUP PACKET	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH
KETCHUP PACKET	20	10	20	0	0	0	170	85	170	6	3	6
	20	10	20	0	0	0	170	85	170	6	3	6

* Total includes one or more missing nutrient data.

(428) MARINARA SAUCE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ
MARINARA SAUCE	26.5777	26.5777	0	0	172.7548	172.7548	4.4296	4.4296
	26.5777	26.5777	0	0	172.7548	172.7548	4.4296	4.4296

* Total includes one or more missing nutrient data.

(520) MAYO PACKET	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH
MAYO PACKET	70	70	140	1	1	2	45	45	90	0	0	0
	70	70	140	1	1	2	45	45	90	0	0	0

* Total includes one or more missing nutrient data.

(9041) MEXICORN RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
PARMESAN GRATED CHS	714.4074	9.5254	26.1456	0.3486	3068.5499	40.914	23.6605	0.3155
CORN (CANNED)	5769.6902	76.9292	6.9417	0.0926	1081.8169	14.4242	1389.2332	18.5231
MAYO GALLON	1133.9799	15.1197	22.6797	0.3024	2267.9601	30.2395	22.6797	0.3024
TAJIN (1 GRAM/.25 TSP)	113.398	1.512	0	0	10489.315	139.8575	0	0
	7731.4755	103.0863	55.767	0.7436	16907.6419	225.4352	1435.5734	19.141

* Total includes one or more missing nutrient data.



(524) MUSTARD PACKET	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
MUSTARD PACKET	0	0	0	0	65	65	0	0
	0	0	0	0	65	65	0	0

* Total includes one or more missing nutrient data.

(sys-252) ONIONS, FRESH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
ONIONS, FRESH	40	45.3592	0.042	0.0476	4	4.5359	9.34	10.5914
	40	45.3592	0.042	0.0476	4	4.5359	9.34	10.5914

* Total includes one or more missing nutrient data.

(9125) PINTO BEANS RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
ONION POWDER 1.25 LB	96.6718	0.9667	0.0621	0.0006	20.6951	0.207	22.4301	0.2243
SALT FREE SEASONING	12.5611	0.1256	0.29	0.0029	22.0502	0.2205	20.2523	0.2025
BEANS, PINTO	9420.7597	94.2076	0	0	13189.0588	131.8906	1601.5259	16.0153
SPICE CHILI POWDER 1 LB SHAKER	79.9456	0.7995	0.698	0.007	812.7802	8.1278	14.0897	0.1409
	9609.9382	96.0994	1.0501	0.0105	14044.5843	140.4458	1658.298	16.583

* Total includes one or more missing nutrient data.

(sys-169) PIZZA WEDGE CHEESE IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
PIZZA WEDGE CHEESE IW	339.9997	339.9997	8	8	699.9994	699.9994	32	32
	339.9997	339.9997	8	8	699.9994	699.9994	32	32

* Total includes one or more missing nutrient data.

(sys-313) POPCORN CHICKEN	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	10 PIECES	Recipe	10 PIECES	Recipe	10 PIECES	Recipe	10 PIECES
POPCORN CHICKEN	179.9999	179.9999	2	2	419.9997	419.9997	12	12
	179.9999	179.9999	2	2	419.9997	419.9997	12	12

* Total includes one or more missing nutrient data.

(9029) RANCH DRESSING	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ
1 % WHITE MILK 8 OZ	959.9984	7.4418	12.0002	0.093	1079.9989	8.3721	128	0.9922
RANCH MIX	0	0	0	0	159.9999	1.2403	0	0
MAYO GALLON	6047.8927	46.8829	120.9585	0.9377	12095.7873	93.7658	120.9585	0.9377

* Total includes one or more missing nutrient data.



(9029) RANCH DRESSING	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ	Recipe	1 OZ
	7007.8912	54.3247	132.9587	1.0307	13335.7861	103.3782	248.9585	1.9299

* Total includes one or more missing nutrient data.

(514) RANCH PACKET	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
RANCH PACKETS	49.3016	49.3016	0.7528	0.7528	106.2488	106.2488	0.9833	0.9833
	49.3016	49.3016	0.7528	0.7528	106.2488	106.2488	0.9833	0.9833

* Total includes one or more missing nutrient data.

(436) RED SALSA	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2 OZ	3 OZ	Recipe	2 OZ	3 OZ	Recipe	2 OZ	3 OZ	Recipe	2 OZ	3 OZ
RED SALSA	19.5514	19.5514	19.5514	0	0	0	136.8596	136.8596	136.8596	3.9103	3.9103	3.9103
	19.5514	19.5514	19.5514	0	0	0	136.8596	136.8596	136.8596	3.9103	3.9103	3.9103

* Total includes one or more missing nutrient data.

(9130) REFRIED BLACK BEANS RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
DEHYDRATED ONION SPICE	1546.7487	14.7309	0.9525	0.0091	331.1222	3.1535	358.882	3.4179
GARLIC POWDER	375.3474	3.5747	0.2824	0.0027	68.0388	0.648	82.4744	0.7855
BEANS BLACK LO SODIUM	16994.9016	161.8562	0	0	21827.8676	207.8845	3117.1976	29.6876
SPICE CHILI POWDER 1 LB SHAKER	319.7824	3.0455	2.7919	0.0266	3251.1207	30.9631	56.3588	0.5368
CUMIN	425.2425	4.0499	1.7407	0.0166	190.5086	1.8144	50.1673	0.4778
Water	0	0	0	0	870.8966	8.2943	0	0
	19662.0225	187.2574	5.7674	0.0549	26539.5545	252.7577	3665.0801	34.9055

* Total includes one or more missing nutrient data.

(9140) RICE PILAF RECIPE	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ	Recipe	4 OZ	8 OZ
RICE SEASON, CHICKEN PILAF	25	0.2083	0.4167	0 *	0 *	0 *	290	2.4167	4.8333	5	0.0417	0.0833
BUTTER (ROCKVIEW)	1697.5681	14.1464	28.2928	116.758 *	0.973 *	1.946 *	122.4698	1.0206	2.0412	0	0	0
RICE, BROWN 25 LBS	25703.5491	214.1962	428.3925	0 *	0 *	0 *	0	0	0	5443.104	45.3592	90.7184
Water	0	0	0	0 *	0 *	0 *	435.4483	3.6287	7.2575	0	0	0
	27426.1171	228.551	457.102	116.758 *	0.973 *	1.946 *	847.9182	7.066	14.132	5448.104	45.4009	90.8017

* Total includes one or more missing nutrient data.



(1028) RIPS, CHERRY LIMEADE 60 SRV PER CS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
RIPS, CHERRY LIMEADE 60 SRV PER CS	59.9999	59.9999	0	0	14.9999	14.9999	14.9999	14.9999
	59.9999	59.9999	0	0	14.9999	14.9999	14.9999	14.9999

* Total includes one or more missing nutrient data.

(1041) RV FF CHOCOLATE MILK 8 OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
RV FF CHOCOLATE MILK 8 OZ	119.9998	119.9998	0	0	199.9998	199.9998	23.0001	23.0001
	119.9998	119.9998	0	0	199.9998	199.9998	23.0001	23.0001

* Total includes one or more missing nutrient data.

(421) SALSA BEANS RECIPE 150-4OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
DEHYDRATED ONION SPICE	386.6872	3.6827	0.2381	0.0023	82.7805	0.7884	89.7205	0.8545
GARLIC POWDER	375.3474	3.5747	0.2824	0.0027	68.0388	0.648	82.4744	0.7855
VEGETARIAN BEANS	18805.4254	179.0993	0	0	23935.188	227.9542	3418.36	32.5558
RED SALSA	410.5795	3.9103	0	0	2874.0526	27.3719	82.1164	0.7821
	19978.0394	190.267	0.5205	0.005	26960.06	256.7625	3672.6713	34.9778

* Total includes one or more missing nutrient data.

(435) SALSA CUP	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
SALSA CUPS	25	25	0	0	195	195	5	5
	25	25	0	0	195	195	5	5

* Total includes one or more missing nutrient data.

(9141) SAUCY BEANS RECIPE 100/4OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ SERVINGS	Recipe	4 OZ SERVINGS	Recipe	4 OZ SERVINGS	Recipe	4 OZ SERVINGS
BEANS, PINTO	9420.7597	94.2076	0	0	13189.0588	131.8906	1601.5259	16.0153
CHIPOTLE RANCH	139.9999	1.4	0	0	1079.9992	10.8	16	0.16
	9560.7597	95.6076	0	0	14269.0579	142.6906	1617.5259	16.1753

* Total includes one or more missing nutrient data.

(1004) SHREDDED CHEDDAR CHEESE	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 OZ	3 OZ	Recipe	1 OZ	3 OZ	Recipe	1 OZ	3 OZ	Recipe	1 OZ	3 OZ
CHEESE, SHREDDED CHEDDAR 5LB	329.9997	109.9999	329.9997	18	6	18	299.9997	99.9999	299.9997	0	0	0
	329.9997	109.9999	329.9997	18	6	18	299.9997	99.9999	299.9997	0	0	0

* Total includes one or more missing nutrient data.



(sys-54) SIDEKICK SOUR CHERRY LEMON	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
SIDEKICK SOUR CHERRY LEMON	89.9999	89.9999	0	0	29.9999	29.9999	22	22
	89.9999	89.9999	0	0	29.9999	29.9999	22	22

* Total includes one or more missing nutrient data.

(9103) SPANISH RICE RECIPE 120-4OZ SERVINGS	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	4 OUNCE	8 OZ	Recipe	4 OUNCE	8 OZ	Recipe	4 OUNCE	8 OZ	Recipe	4 OUNCE	8 OZ
BUTTER (ROCKVIEW)	1697.5681	14.1464	28.2928	116.758	0.973	1.946	122.4698	1.0206	2.0412	0	0	0
RICE, BROWN 25 LBS	25703.5491	214.1962	428.3925	0	0	0	0	0	0	5443.104	45.3592	90.7184
RICE SEASON, SPANISH	5968.3212	49.736	99.472	0	0	0	69232.5201	576.9377	1153.8753	1193.6646	9.9472	19.8944
Water	0	0	0	0	0	0	435.4483	3.6287	7.2575	0	0	0
	33369.4384	278.0787	556.1573	116.758	0.973	1.946	69790.4383	581.587	1163.174	6636.7686	55.3064	110.6128

* Total includes one or more missing nutrient data.

(9020) SWEET BBQ BEANS RECIPE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
DEHYDRATED ONION SPICE	193.3436	1.9334	0.1191	0.0012	41.3903	0.4139	44.8602	0.4486
BROWN SUGAR	225.662	2.2566	0	0	0	0	56.4722	0.5647
VEGETARIAN BEANS	10745.9574	107.4596	0	0	13677.2503	136.7725	1953.3486	19.5335
BBQ SAUCE GALLON	429.0735	4.2907	0	0	1777.5903	17.7759	110.3331	1.1033
MUSTARD GALLON	39.6893	0.3969	0	0	578.3298	5.7833	3.4019	0.034
	11633.7258	116.3373	0.1191	0.0012	16074.5607	160.7456	2168.4161	21.6842

* Total includes one or more missing nutrient data.

(529) TACO SAUCE PACKET	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
TACO SAUCE PACKET	5	5	0	0	95	95	1	1
	5	5	0	0	95	95	1	1

* Total includes one or more missing nutrient data.

(sys-382) TACO SAUCE PACKET IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
TACO SAUCE PACKET IW	5	5	0	0	95	95	1	1
	5	5	0	0	95	95	1	1

* Total includes one or more missing nutrient data.



(6548) TAJIN (1 GRAM/.25 TSP)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	GRAM	Recipe	GRAM	Recipe	GRAM	Recipe	GRAM
TAJIN (1 GRAM/.25 TSP)	2	2	0	0	185	185	0	0
	2	2	0	0	185	185	0	0

* Total includes one or more missing nutrient data.

(408) TATER TOTS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2.52 OZ	Recipe	2.52 OZ	Recipe	2.52 OZ	Recipe	2.52 OZ
TATER TOTS	130	130	1	1	310	310	16	16
	130	130	1	1	310	310	16	16

* Total includes one or more missing nutrient data.

(25) TOMATO DICED	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ
TOMATO DICED	20.4116	10.2058	20.4116	0.0318	0.0159	0.0318	5.6699	2.835	5.6699	4.4112	2.2056	4.4112
	20.4116	10.2058	20.4116	0.0318	0.0159	0.0318	5.6699	2.835	5.6699	4.4112	2.2056	4.4112

* Total includes one or more missing nutrient data.

(711) TOMATO SLICES	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ
TOMATO SLICES	20.4116	10.2058	20.4116	0.0318	0.0159	0.0318	5.6699	2.835	5.6699	4.4112	2.2056	4.4112
	20.4116	10.2058	20.4116	0.0318	0.0159	0.0318	5.6699	2.835	5.6699	4.4112	2.2056	4.4112

* Total includes one or more missing nutrient data.

(sys-310) WG APPLE CHURROS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
WG APPLE CHURROS	150	150	1	1	60	60	27	27
	150	150	1	1	60	60	27	27

* Total includes one or more missing nutrient data.

(104) WG BEAN AND CHEESE BURRITO IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
WG BEAN AND CHEESE BURRITO IW	340	340	5	5	560	560	46.9999	46.9999
	340	340	5	5	560	560	46.9999	46.9999

* Total includes one or more missing nutrient data.

(951) WG BEEF DOUBLE DOGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
WG BEEF DOUBLE DOGS	322.9997	322.9997	2.9999	2.9999	419.9997	419.9997	41	41

* Total includes one or more missing nutrient data.



(951) WG BEEF DOUBLE DOGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
	322.9997	322.9997	2.9999	2.9999	419.9997	419.9997	41	41

* Total includes one or more missing nutrient data.

(sys-321) WG PEPPERONI SLIDER	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
WG PEPPERONI SLIDER	302.7001	302.7001	6.11	6.11	634.28	634.28	30.5901	30.5901
	302.7001	302.7001	6.11	6.11	634.28	634.28	30.5901	30.5901

* Total includes one or more missing nutrient data.

(sys-360) WG TORNADO RANCHO STEAK & CHEESE 72/2-2.79OZ	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2 PIECE	piece	Recipe	2 PIECE	piece	Recipe	2 PIECE	piece	Recipe	2 PIECE	piece
WG TORNADO RANCHO STEAK & CHEESE 72/2-2.79OZ	144	288	144	1.5	2.9999	1.5	350	700	350	23	46	23
	144	288	144	1.5	2.9999	1.5	350	700	350	23	46	23

* Total includes one or more missing nutrient data.

(9015) YAMI YOGURT, STRING CHEESE, AND SAVORY CRACKERS ENTREE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING	Recipe	SERVING
WG SAVORY WHEAT CRACKERS	170	170	1	1	370	370	30	30
YAMI YOGURT 4 OZ	110	110	0.5	0.5	59.9999	59.9999	20	20
STRING CHEESE	80	80	3	3	200	200	1	1
	360	360	4.5	4.5	629.9999	629.9999	51	51

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 5/2/2022, End = 5/30/2022)
Menu Plans	(Elementary Lunch 2021/2022)
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)