

Brunswick County Schools
Recipe by Name/Id - Summarized

			USDA													
			Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
			cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0003	Apple Crisp		214.164	0.000	104.560*	2.844 *	16.773*	2.029*	2.462*	321.588	1.596*	1.444*	36.072*	7.192	3.233	0.000*
	Weight/Serving:	159.56	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.697*	67.373*	30.224	13.586					
R-0205	Juice Box, Apple		104.515	0.000	15.677	0.000	25.084	0.000	156.773	0.000	62.709	0.000	26.129	0.000	0.000	0.000
	Weight/Serving:	200.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	100.001	0.000	0.000	0.000				
R-0206	Juice, 6 oz Orange		93.652	0.000	0.000	0.000	18.730	0.000	0.000	0.000	65.557	0.000	19.771	0.000	0.000	0.000
	Weight/Serving:	177.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	84.445	0.000	0.000	0.000				
R-0207	Juice Box, TP		114.967	0.000	0.000	0.000	27.174	0.000	156.773	783.866	62.709	0.000	28.219	0.000	0.000	0.000
	Weight/Serving:	200.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	98.181	0.000	0.000	0.000				
R-0208	Juice, 4oz Apple		62.435	0.000	5.203	0.000	12.487	0.000	0.000	0.000	0.000	0.000	14.568	0.000	0.000	0.000
	Weight/Serving:	118.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	93.332	0.000	0.000	0.000				
R-0209	Juice, 4oz Fruit		62.435	0.000	5.203	0.000	12.487	0.000	0.000	0.000	0.000	0.000	14.568	0.000	0.000	0.000
	Weight/Serving:	118.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	93.332	0.000	0.000	0.000				
R-0210	Juice, 4oz Grape		83.247	0.000	10.406	0.000	18.730	0.000	0.000	0.000	0.000	0.000	19.771	0.000	0.000	0.000
	Weight/Serving:	118.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	94.999	0.000	0.000	0.000				
R-0211	Juice, 4oz Orange		60.001	0.000	0.000	0.000	12.000	0.000	0.000	0.000	42.001	0.000	14.000	0.000	0.000	0.000
	Weight/Serving:	113.40	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	93.332	0.000	0.000	0.000				
R-0212	Juice, 6oz Fruit		83.247	0.000	15.609	0.000	17.690	0.000	0.000	0.000	0.000	0.000	20.812	0.000	0.000	0.000
	Weight/Serving:	177.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	100.001	0.000	0.000	0.000				
R-0213	Juice, 6oz Apple		83.247	0.000	15.609	0.000	17.690	0.000	0.000	0.000	0.000	0.000	20.812	0.000	0.000	0.000
	Weight/Serving:	177.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	100.001	0.000	0.000	0.000				
R-0214	Juice, 6oz Grape		124.870	0.000	31.217	0.000	28.096	0.749	41.623	0.000	0.000	0.000	30.177	0.000	0.000	0.000
	Weight/Serving:	177.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	96.667	0.000	0.000	0.000				
R-0215	Cereal, Cinnamon Chex, Gluten Free		110.000	0.000	170.000	1.000	7.000	7.200	80.000	400.000	4.800	1.000	23.000	2.000	0.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	28.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.636	83.636	16.364	0.000					
R-0216	Cereal, Cocoa Puffs, Red Sugar	110.000	0.000	160.000	2.000	8.000	4.500	100.000	500.000	6.000	2.000	25.000	1.500	0.000	0.000
Weight/Serving:	30.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.273	90.909	12.273	0.000					
R-0217	Cereal, Honey Nut Chex, Gluten Free	120.000	0.000	190.000	1.000	9.000	4.500	100.000	500.000	6.000	2.000	27.000	0.500	0.000	0.000
Weight/Serving:	31.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667	90.000	3.750	0.000					
R-0220	Cereal, Trix Reduced Sugar	110.000	0.000	140.000	1.000	7.000	4.500	80.000	400.000	4.800	1.000	24.000	1.000	0.000	0.000
Weight/Serving:	28.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.636	87.273	8.182	0.000					
R-0221	Cinnamon Roll, IW, WG	242.028	10.085	231.944	3.025	18.152	1.815	40.338	0.000	0.000	4.034	43.363	7.059	2.017	0.000
Weight/Serving:	71.60	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667	71.666	26.249	7.500					
R-0222	French Toast Sticks,IW, WG	240.000	10.000	260.000	2.000	10.000	0.720	40.000	0.000	0.000	6.000	38.000	7.000	1.000	0.000
Weight/Serving:	85.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	10.000	63.333	26.250	3.750					
R-0223	French Toast Minis (T) IW, WG	220.000	5.000	380.000	2.000	11.000	1.080	60.000	0.000	0.000	3.000	37.000	7.000	1.000	0.000
Weight/Serving:	75.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.455	67.273	28.636	4.091					
R-0225	Mini Loaf, Blueberry,IW, WG	150.000	0.000	105.000	1.000	14.000	0.360	20.000	0.000	0.000	3.000	26.000	4.500	0.500	0.000
Weight/Serving:	57.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.000	69.333	27.000	3.000					
R-0228	Pancake & Sausage Stick	177.500	22.188	275.125	2.662	3.550	1.597	17.750	0.000	0.000	6.213	15.087	8.875	2.219	0.000
Weight/Serving:	71.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	14.001	33.999	45.000	11.251					
R-0229	Pancakes, Mini Maple, IW, WG	220.000	5.000	340.000	3.000	15.000	1.440	60.000	0.000	0.000	5.000	36.000	7.000	1.000	0.000
Weight/Serving:	85.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.091	65.455	28.636	4.091					
R-0233	Waffles, Mini Maple Flavor, IW, WG	210.000	4.000	170.000	3.000	13.000	0.720	20.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000
Weight/Serving:	70.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.619	72.381	25.714	4.286					
R-0234	Chili Beef	61.776	15.869	296.977	1.700	3.967	0.567	17.002	334.383	7.368	6.234	5.668	2.267	0.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	56.68	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	40.365	36.700	33.027	0.000					
R-0235	Corn Puppies	546.750	81.000	830.250	10.125	10.125	3.645	303.750	0.000	0.000	20.250	60.750	24.300	7.088	0.000
Weight/Serving:	226.80	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	14.815	44.444	40.000	11.667					
R-0236	Apple, Fresh	55.120	0.000	1.060	2.544	*	0.127	6.360	57.240	4.876	0.276	14.639	0.180	0.032	*
Weight/Serving:	106.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.003	106.234	2.939	0.522					
R-0237	Banana, Petite	89.000	0.000	1.000	2.600	*	0.260	5.000	64.000	8.700	1.090	22.840	0.330	0.112	*
Weight/Serving:	100.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.899	102.652	3.337	1.133					
R-0238	Blueberries, Fresh	51.710	0.000	0.907	2.177	*	0.254	5.443	48.988	8.800	0.671	13.145	0.299	0.025	*
Weight/Serving:	90.72	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.190	101.682	5.204	0.435					
R-0239	Cantaloupe, Fresh	46.266	0.000	21.772	1.225	*	0.286	12.247	1602.148	49.941	1.143	11.104	0.259	0.069	*
Weight/Serving:	136.08	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.882	96.001	5.038	1.342					
R-0240	Grapes, Fresh	60.781	0.000	1.814	0.816	*	0.263	12.701	90.718	3.629	0.572	15.558	0.318	0.103	*
Weight/Serving:	90.72	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.764	102.387	4.709	1.525					
R-0241	Kiwi and Grapes, Fresh	61.770	0.000	2.740	2.487	*	0.303	29.060	89.120	71.372	1.011	15.086	0.475	0.048	*
Weight/Serving:	99.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.547	97.691	6.921	0.699					
R-0242	Oranges, Fresh	86.480	0.000	0.000	4.416	*	0.184	73.600	414.000	97.888	1.730	21.620	0.221	0.037	*
Weight/Serving:	184.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.002	100.000	2.300	0.385					
R-0243	Orange Wedges, fresh	45.120	0.000	0.000	2.304	*	0.096	38.400	216.000	51.072	0.902	11.280	0.115	0.019	*
Weight/Serving:	96.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.996	100.000	2.294	0.379					
R-0244	Peach, Fresh	50.700	0.000	0.000	1.950	*	0.325	7.800	423.800	8.580	1.183	12.402	0.325	0.025	*
Weight/Serving:	130.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.333	97.846	5.769	0.444					
R-0245	Pear, Fresh	85.840	0.000	1.480	4.588	*	0.252	13.320	34.040	6.216	0.562	22.881	0.178	0.015	*
Weight/Serving:	148.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.619	106.622	1.866	0.157					
R-0246	Plum, Fresh	30.360	0.000	0.000	0.924	*	0.112	3.960	227.700	6.270	0.462	7.537	0.185	0.011	*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	66.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.087	99.302	5.484	0.326					
R-0247 Raisins, Ind		315.789	0.000	13.158	5.263	71.053	2.842	52.632	0.000	0.000	2.632	76.316	0.000	0.000	0.000
Weight/Serving:	100.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.334	96.667	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-0248 Tangerine, Fresh		40.280	0.000	1.520	1.368	*	0.114	28.120	517.560	20.292	0.616	10.138	0.236	0.030	*
Weight/Serving:	76.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.117	100.675	5.273	0.670					
R-0249 Pomegranates, Fresh		104.720	0.000	4.620	0.924	*	0.462	4.620	166.320	9.394	1.463	26.442	0.462	0.059	*
Weight/Serving:	154.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.588	101.001	3.971	0.507					
R-0250 Chicken Tenders		327.314	76.030	413.652	3.866	0.000	0.902	14.562	113.787	1.160	21.907	19.330	18.041	3.866	0.000
Weight/Serving:	141.75	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	26.772	23.623	49.606	10.630					
R-0254 Cereal, Cinn Toaster		110.000	0.000	160.000	3.000	6.000	3.600	200.000	400.000	4.800	1.000	22.000	3.000	0.500	0.000
Weight/Serving:	28.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.636	80.000	24.545	4.091					
R-0256 Milk, Strawberry		120.000	5.000	100.000	0.000	22.000	0.000	300.000	500.000	0.000	8.000	22.000	0.000	0.000	0.000
Weight/Serving:	250.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	26.667	73.333	0.000	0.000					
R-0257 Milk, Chocolate		110.000	5.000	150.000	0.000	18.000	0.000	300.000	500.000	0.000	9.000	20.000	0.000	0.000	0.000
Weight/Serving:	250.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	32.727	72.727	0.000	0.000					
R-0258 Milk, Fat Free		90.000	5.000	125.000	0.000	11.000	0.000	300.000	500.000	2.400	8.000	11.000	0.000	0.000	0.000
Weight/Serving:	250.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	35.556	48.889	0.000	0.000					
R-0259 Milk 1%		110.000	15.000	115.000	0.000	12.000	0.000	250.000	500.000	2.400	9.000	12.000	2.000	0.000	0.000
Weight/Serving:	250.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	32.727	43.636	16.364	0.000					
R-0260 Milk, Whole		150.000	35.000	115.000	0.000	11.000	0.000	300.000	300.000	2.400	8.000	11.000	8.000	5.000	0.000
Weight/Serving:	250.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	21.333	29.333	48.000	30.000					
R-0261 Applesauce, Straw, 4.5oz C		90.000	0.000	0.000	1.000	21.000	0.000	0.000	0.000	12.000	0.000	23.000	0.000	0.000	0.000
Weight/Serving:	128.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	102.222	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-0262 Applesauce Cups		90.000	0.000	15.000	2.000	19.000			*	60.000	0.000	22.000	0.000	0.000	0.000

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		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	128.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	97.778	0.000	0.000		
R-0264 Sausage Biscuit		290.000	25.000	705.000	0.500	3.000	5.800	62.000	0.000	0.000	13.000	29.000	13.000	6.500	0.000
Weight/Serving:	105.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.931	40.000	40.345	20.172		
R-0266 Chicken Biscuit		274.210	0.000	597.980	1.080	2.790	2.800	70.000	59.000	0.000	12.110	35.330	12.110	5.310	0.000
Weight/Serving:	107.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.665	51.537	39.747	17.428		
R-0270 Banana		105.020	0.000	1.180	3.068	*	0.307	5.900	75.520	10.266	1.286	26.951	0.389	0.132	*
Weight/Serving:	118.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.898	102.651	3.334	1.131		
R-0271 Macaroni & Cheese		290.769	31.154	1010.769	0.692	6.231	1.246	415.385	692.308	0.000	16.615	33.231	11.077	6.231	0.346
Weight/Serving:	174.46	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.857	45.715	34.286	19.286		
R-0272 Chicken Tenders ES		327.314	76.030	413.652	3.866	0.000	0.902	14.562	113.787	1.160	21.907	19.330	18.041	3.866	0.000
Weight/Serving:	141.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.772	23.623	49.606	10.630		
R-0274 Garden Peas		81.158	0.062	223.780	4.983	4.958*	1.902*	35.290	588.755*	12.222*	4.944	14.583	0.071	0.069	0.002*
Weight/Serving:	110.49	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.367	71.875	0.787	0.765		
R-0276 Applesauce		62.725	0.000	0.000	2.091	12.545	0.073	2.091	18.818	0.732	0.000	15.681	0.000	0.000	0.000
Weight/Serving:	127.54	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	99.998	0.000	0.000		
R-0278 Whole Grain Biscuit		210.000	0.000	395.000	0.500	2.000	1.800	60.000	0.000	0.000	5.000	28.000	8.000	5.000	0.000
Weight/Serving:	62.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		9.524	53.333	34.286	21.429		
R-0279 Turkey in Gravy		186.658	85.552	715.523	0.000	*	1.120	31.110	0.000	0.000	23.332	3.111	9.333	3.111	0.000
Weight/Serving:	176.39	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		49.999	6.667	45.000	15.000		
R-0280 Steamed Brown Rice		170.250	0.000	240.040	1.892	0.000*	0.683	4.408	0.000	0.000	3.783	34.050	1.419	0.000	0.000*
Weight/Serving:	188.09	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.888	80.000	7.501	0.000		
R-0281 Mozzarella Cheese Pizza		279.437	27.042	324.507	2.704	5.408	2.434	405.634	450.704	8.113	19.831	27.042	10.817	5.408	0.000
Weight/Serving:	128.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.387	38.709	34.839	17.418		
R-0283 Pepperoni Pizza		313.028	35.775	518.732	2.683	5.366	2.415	313.028	357.746	8.049	19.676	20.570	15.204	6.261	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	127.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	25.143	26.285	43.714	18.001					
R-0284	Marinara Dipping Cup	40.000	0.000	230.000	1.000	5.000	0.360	20.000	200.000	6.000	1.000	8.000	1.000	0.000	0.000
Weight/Serving:	71.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	10.000	80.000	22.500	0.000					
R-0285	Corn	88.714	0.123	202.883	2.445	3.621*	0.572	14.000	236.558*	4.168	2.388	20.967	1.326	0.136	0.004*
Weight/Serving:	111.68	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	10.767	94.538	13.452	1.380					
R-0286	Fresh Steamed Cabbage	36.785	0.071	442.395	2.882	0.033*	0.549	51.690	111.289*	41.515	1.461	8.345	0.193	0.118	0.003*
Weight/Serving:	128.89	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	15.887	90.744	4.722	2.887					
R-0287	Broccoli with Cheese	76.280	10.504	218.597	3.550	1.183	0.852	153.550	1451.613	80.818	6.351	7.316	3.151	2.101	0.000
Weight/Serving:	138.62	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	33.304	38.364	37.178	24.789					
R-0288	Fruit in Gelatin	141.502	0.000	69.278	0.995	26.992*	0.000*	0.888*	199.074*	11.191*	0.746	29.979	2.365	2.365	0.000*
Weight/Serving:	178.65	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.109	84.745	15.042	15.042					
R-0289	Potato Rounds	148.310	0.000	353.662	2.282	0.000	0.000	0.000	0.000	4.107	2.282	18.254	6.845	1.141	0.000
Weight/Serving:	81.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.155	49.232	41.538	6.924					
R-0290	Pineapple Tidbits	78.052	0.000	0.000	0.976	19.513	0.351	19.513	97.565	11.708	0.000	21.464	0.000	0.000	0.000
Weight/Serving:	136.59	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	109.998	0.000	0.000					
R-0291	Peaches in Juice	62.215	0.000	5.185	1.037	13.480	0.197	3.111	176.277	1.970	0.000	14.517	0.000	0.000	0.000
Weight/Serving:	130.65	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	93.334	0.000	0.000					
R-0292	Diced Pears	60.585	0.000	5.049	2.019	12.117	0.121	4.039	0.000	1.262	0.000	15.146	0.000	0.000	0.000
Weight/Serving:	125.21	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	99.998	0.000	0.000					
R-0293	Mixed Fruit	59.722	0.000	4.977	0.995	11.944			199.074		0.000	14.931	0.000	0.000	0.000
Weight/Serving:	125.42	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	100.003	0.000	0.000					
R-0294	Cheeseburger	358.403	42.162	659.036	3.988	2.506	3.578	221.001	200.015	0.000	21.396	28.987	18.377	7.210	0.000
Weight/Serving:	141.17	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	23.879	32.351	46.147	18.105					
R-0295	Hamburger	317.904	34.568	517.288	3.988	2.000	3.578	119.753	98.767	0.000	17.852	27.975	15.340	5.438	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	127.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.462	35.199	43.428	15.395		
R-0296 Spiced Apples		81.725	0.000	10.103	2.021	9.093*	1.456	0.081	0.000	1.212	0.000	20.186	0.000	0.000	0.000*
Weight/Serving:	129.81	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	98.800	0.000	0.000		
R-0297 Cole Slaw		86.088	10.909	127.545	2.593	1.091*	0.519	42.461	101.362	37.738	1.341	11.459	4.486	0.581	0.000*
Weight/Serving:	127.63	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.231	53.243	46.899	6.074		
R-0298 Spicy Potato Wedges		122.927	0.000	440.488	2.049	0.000	1.106	0.000	0.000	2.459	2.049	18.439	5.122	1.024	0.000
Weight/Serving:	84.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.667	60.000	37.500	7.497		
R-0300 Pizza Bagel		180.000	20.000	380.000	3.000	2.000	1.440	150.000	300.000	9.000	12.000	20.000	6.000	3.000	0.000
Weight/Serving:	88.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.667	44.444	30.000	15.000		
R-0301 Corn Dog		240.000	15.000	670.000	4.000	11.000	1.800	80.000	0.000	15.000	11.000	33.000	7.000	1.500	0.000
Weight/Serving:	113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.333	55.000	26.250	5.625		
R-0302 Pinto Beans		136.559	0.000	175.751	7.058	0.000*	1.452	40.629	0.000*	0.000*	6.050	18.237	0.000	0.000	0.000*
Weight/Serving:	141.27	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.721	53.419	0.000	0.000		
R-0303 Glazed Carrots, Frozen		78.782	37.282	89.847	3.137	5.860*	0.848	57.220	397.347	7.775*	0.005	13.463	3.781	1.012	0.000*
Weight/Serving:	130.38	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.025	68.356	43.194	11.561		
R-0310 Carolina BBQ on a Bun		345.163	77.038	762.228	3.000	5.082	2.930	108.423	122.439	1.027	23.462	29.082	14.826	4.609	0.000
Weight/Serving:	155.61	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.189	33.702	38.658	12.018		
R-0312 Bread Stick		82.210	0.002	101.945	2.000	3.000	0.373	6.500	0.000*	0.000*	3.000	15.001	1.245	0.017	0.000
Weight/Serving:	28.60	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.597	72.989	13.630	0.186		
R-0313 Breaded Mozzarella Sticks		349.871	34.987	349.871	1.999	4.998	1.080	449.834	399.853	0.000	18.993	25.990	18.993	7.997	0.000
Weight/Serving:	119.02	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.714	29.714	48.857	20.571		
R-0314 Oven Roasted Chicken		305.293	183.911	174.716	0.000	0.000	1.839	1.839	193.107	1.839	34.943	0.000	18.391	6.437	0.000
Weight/Serving:	156.41	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		45.783	0.000	54.216	18.976		
R-0315 Fluffy Mashed Potatoes		14.994	0.000	71.648	0.167	*	0.060	3.343	0.000	1.499	0.333	2.832	0.250	0.000	0.000*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	134.76	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.884	75.550	15.006	0.000		
R-0316	Uncrustable PBJ	329.947	0.000	329.947	3.093	13.404	1.114	20.622	0.000	0.000	10.311	32.995	17.528	3.609	0.000
Weight/Serving:	76.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		12.500	40.000	47.811	9.844		
R-0317	Chef Salad Turkey	193.456	50.268	430.102	2.414	4.451*	1.147*	253.237	1233.903	6.399*	20.898	9.061	9.122	5.068	0.000*
Weight/Serving:	312.04	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		43.210	18.735	42.438	23.577		
R-0319	Garden Side Salad	25.054	0.000	1.070	1.595	2.671*	0.565	30.652	677.994	5.579	1.568	5.155	0.048	0.011	0.000*
Weight/Serving:	143.92	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.034	82.302	1.724	0.395		
R-0320	Yogurt, Cherry Van	90.000	0.000	50.000	0.000	15.000	0.000	300.000	0.000	0.000	3.000	19.000	0.000	0.000	0.000
Weight/Serving:	113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		13.333	84.444	0.000	0.000		
R-0321	Yogurt, Straw Ban	90.000	0.000	50.000	0.000	14.000	0.000	300.000	0.000	1.200	3.000	19.000	0.000	0.000	0.000
Weight/Serving:	113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		13.333	84.444	0.000	0.000		
R-0322	Chips, Dorito Nacho	130.000	0.000	200.000	2.000	0.000	0.360	0.000	100.000	0.000	2.000	20.000	5.000	0.500	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.154	61.538	34.615	3.462		
R-0323	Catsup, 9gm	9.000	0.000	85.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	3.000	0.000	0.000	0.000
Weight/Serving:	9.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	133.333	0.000	0.000		
R-0324	Dressing,Italian 1.5	100.000	0.000	470.000	0.000	0.000	0.000	0.000	300.000	0.000	0.000	1.000	11.000	1.500	0.000
Weight/Serving:	42.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	4.000	99.000	13.500		
R-0325	Dressing, French12	50.000	0.000	95.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	2.000	4.500	0.500	0.000
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	16.000	81.000	9.000		
R-0326	Dressing, Honey Must	86.000	0.000	272.333	0.000	20.067	0.000	0.000	0.000	6.880	1.433	7.167	0.000	0.000	0.000
Weight/Serving:	43.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.665	33.335	0.000	0.000		
R-0327	Dressing,Ranch 1.5	35.833	0.000	447.917	0.000	3.583	0.000	71.667	0.000	0.000	0.000	10.750	0.000	0.000	0.000
Weight/Serving:	43.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	120.001	0.000	0.000		
R-0328	Dressing,Ranch FF	10.000	0.000	125.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	2.000	0.000	0.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	80.000	0.000	0.000		
R-0329	Dressing,Ranch	70.000	5.000	95.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	7.000	1.000	0.000
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	5.714	90.000	12.857		
R-0330	Mayonaise, Light	30.000	5.000	85.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	3.000	0.000	0.000
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	13.333	90.000	0.000		
R-0331	Mustard, Individual	5.000	0.000	65.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Weight/Serving:	6.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	0.000	0.000	0.000		
R-0332	Sauce, BBQ 1oz	35.000	0.000	370.000	0.000	3.000	0.000	0.000	200.000	0.000	0.000	8.000	0.000	0.000	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	91.429	0.000	0.000		
R-0333	Sauce, Honey Must	140.000	10.000	200.000	0.000	6.000	0.000	0.000	0.000	0.000	0.000	7.000	13.000	2.000	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	20.000	83.571	12.857		
R-0334	Sauce, Hot, 7g	0.000	0.000	100.000	0.000	0.000	0.000	0.000	100.000	1.200	0.000	1.000	0.000	0.000	0.000
Weight/Serving:	7.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	0.000	0.000	0.000		
R-0335	Sauce, Ranch Lite	80.000	5.000	230.000	0.000	2.000			*		0.000	4.000	7.000	1.000	0.000
Weight/Serving:	30.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	20.000	78.750	11.250		
R-0336	Sauce, Sweet/Sour	45.000	0.000	120.000	0.000	4.000	0.000	0.000	0.000	1.200	0.000	12.000	0.000	0.000	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	106.667	0.000	0.000		
R-0337	Sauce, Taco	5.000	0.000	55.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	0.000	0.000	0.000
Weight/Serving:	9.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	80.000	0.000	0.000		
R-0338	Sauce, Tartar	45.000	5.000	85.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	2.000	4.000	0.500	0.000
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	17.778	80.000	10.000		
R-0339	Syrup,Pancake	120.000	0.000	0.000	0.000	19.000	0.000	0.000	0.000	0.000	0.000	31.000	0.000	0.000	0.000
Weight/Serving:	43.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	103.333	0.000	0.000		
R-0341	Cheese, String Mozz	60.000	10.000	210.000	0.000	0.000	*	200.000	100.000	*	8.000	1.000	2.500	2.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	28.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		53.333	6.667	37.500	30.000		
R-0348	Seasoned Green Beans	34.810	0.000	248.898	3.335	1.668*	1.084	73.730	1167.333	16.176	1.668	7.295	0.000	0.000	0.000*
Weight/Serving:	127.11	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		19.167	83.826	0.000	0.000		
R-0349	Nachos with Beef and Cheese	419.054	61.446	905.127	5.014	2.194	2.702	303.734	938.045	5.484	23.227	36.757	20.861	7.290	0.000
Weight/Serving:	203.41	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.171	35.086	44.803	15.657		
R-0350	Hot Dog on a Bun	250.000	25.000	720.000	3.000	5.000	2.520	120.000	300.000	0.000	12.000	29.000	9.500	2.500	0.000
Weight/Serving:	113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		19.200	46.400	34.200	9.000		
R-0351	Sweet Potato Wedges	135.693	0.000	149.523	2.128	7.447*	0.398	23.032	3723.264	3.830	1.067	22.536	4.255	1.064	0.000*
Weight/Serving:	89.52	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		3.145	66.432	28.222	7.057		
R-0355	Turnip Greens	33.041	0.000	367.833	3.345	0.000*	1.930	148.915	1463.860	21.221	3.273	5.832	0.413	0.097	0.000*
Weight/Serving:	116.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.623	70.603	11.250	2.642		
R-0356	Spanish Rice	107.505	0.000	158.796	2.487	1.283*	0.904	6.253	412.824	1.385	2.308	21.247	1.101	0.032	0.000*
Weight/Serving:	104.42	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.588	79.055	9.217	0.268		
R-0358	Stuffed Crust Pizza (T)	370.000	45.000	630.000	3.000	10.000	2.700	300.000	400.000	0.000	17.000	38.000	16.000	7.000	0.000
Weight/Serving:	150.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.378	41.081	38.919	17.027		
R-0359	Toasted Cheese Sandwich ES	233.370	15.182	549.039	4.000	3.012*	1.440	322.429	364.426	0.000	15.085	26.024	11.637	5.163	0.000
Weight/Serving:	88.88	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.856	44.606	44.879	19.911		
R-0360	Rotini with Sauce	105.266	0.000	207.330	3.239	2.827*	6.516	13.748	201.626	3.629	3.645	20.249	1.415	0.000	0.000*
Weight/Serving:	261.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		13.851	76.944	12.098	0.000		
R-0361	Meat Sauce, Beef	170.365	56.108	295.844	2.040	7.141	2.040	44.887	660.038	19.383	15.302	9.181	7.141	2.856	0.000
Weight/Serving:	162.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.928	21.556	37.724	15.088		
R-0362	Salsa Cup 4 oz	40.143	0.000	140.501	4.014	4.014	1.395	7.025	342.221	2.509	0.000	8.029	0.000	0.000	0.000
Weight/Serving:	128.46	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	80.004	0.000	0.000		
R-0364	Peach Cup	80.000	0.000	0.000	1.000	16.000	0.360	0.000	300.000	162.000	1.000	19.000	0.000	0.000	0.000

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		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	125.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.000	95.000	0.000	0.000		
R-0365	Strawberry Cup	90.000	0.000	0.000	2.000	18.000	0.360	20.000	0.000	162.000	1.000	22.000	0.000	0.000	0.000
Weight/Serving:	128.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.444	97.778	0.000	0.000		
R-0366	BBQ Riblet Sandwich	310.000	30.000	690.000	4.000	7.000	2.880	140.000	100.000	1.200	18.000	34.000	12.500	4.000	0.000
Weight/Serving:	127.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.226	43.871	36.290	11.613		
R-0370	Mozzarella Sticks HS & MS	492.191	49.219	492.191	2.813	7.031	1.519	632.818	562.504	0.000	26.719	36.563	26.719	11.250	0.000
Weight/Serving:	167.44	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.714	29.714	48.857	20.571		
R-0372	Chicken Chunk, WM	211.305	42.667	554.676	2.032	1.016	1.016	20.318	180.828	0.000	19.302	15.238	8.127	1.016	0.000
Weight/Serving:	108.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		36.539	28.846	34.615	4.327		
R-0373	Chicken Nuggets Gold Kist	223.960	40.167	462.526	2.434	0.000	2.434	2.434	135.106	0.000	18.258	15.823	9.737	2.434	0.000
Weight/Serving:	104.68	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.609	28.260	39.129	9.781		
R-0374	Baked Beans, Canned	10.109	0.000	11.893	0.425	0.849	0.122	3.398	12.742	0.000	0.510	2.294	0.425	0.425	0.000
Weight/Serving:	11.04	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.180	90.771	37.838	37.838		
R-0375	Potato Rounds (HS)	166.107	0.000	396.101	2.555	0.000	0.000	0.000	0.000	4.600	2.555	20.444	7.666	1.278	0.000
Weight/Serving:	90.72	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.153	49.231	41.536	6.924		
R-0376	Cole Slaw, Condiment	43.942	5.455	63.823	1.297	0.545*	0.248	20.849	50.681	18.869	0.670	5.847	2.243	0.292	0.000*
Weight/Serving:	63.93	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.099	53.225	45.940	5.981		
R-0377	Salsa Cup 2oz	20.072	0.000	70.251	2.007	2.007	0.697	3.513	171.111	1.254	0.000	4.014	0.000	0.000	0.000
Weight/Serving:	64.23	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	79.992	0.000	0.000		
R-0395	String Cheese	60.000	10.000	210.000	0.000	0.000	*	200.000	100.000	*	8.000	1.000	2.500	2.000	0.000
Weight/Serving:	28.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		53.333	6.667	37.500	30.000		
R-0398	Baby Carrots	26.460	0.000	58.967	2.192	*	0.673	24.192	1425.064	1.966	0.484	6.229	0.098	0.017	*
Weight/Serving:	75.60	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.317	94.165	3.333	0.578		
R-0399	Cherry Tomato Cup	26.294	0.000	0.000	0.876	0.000	0.473	0.000	701.176	35.760	0.876	4.382	0.000	0.000	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	74.50	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		13.326	66.662	0.000	0.000		
R-0400	Baked Friday Fries	101.070	0.000	374.657	1.011	0.000*	0.365	0.044	0.000	2.426	2.021	18.193	3.032	0.505	0.000*
Weight/Serving:	68.91	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.998	72.002	26.999	4.497		
R-0401	Corn Salsa	87.695	0.000	370.733	4.798	3.340*	1.646	32.669	581.478*	3.258	2.438	15.203	0.273	0.002	0.000*
Weight/Serving:	145.52	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.120	69.345	2.802	0.021		
R-0402	Chocolate Pudding	120.000	0.000	200.000	1.000	16.000	4.000	2.000	0.000	0.000	1.000	24.000	3.000	0.500	0.000
Weight/Serving:	128.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		3.333	80.000	22.500	3.750		
R-0403	Vanilla Pudding	130.000	0.000	200.000	0.000	15.000	0.000	2.000	0.000	0.000	0.000	24.000	3.000	0.500	0.000
Weight/Serving:	128.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	73.846	20.769	3.462		
R-0404	Friday Fries	101.070	0.000	303.209	1.011	0.000	0.364	0.000	0.000	2.426	2.021	18.193	3.032	0.505	0.000
Weight/Serving:	68.73	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.998	72.002	26.999	4.497		
R-0406	Yogurt & Cheese-Snackin Munchie	300.000	34.000	400.000	1.000	14.000	0.720*	600.000	800.000	1.200*	12.000	33.000	12.500	7.000	0.000
Weight/Serving:	162.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.000	44.000	37.500	21.000		
R-0407	PBJ Munchie Pack	539.947	34.000	679.947	4.093	13.404	1.834*	320.622	800.000	0.000*	19.311	46.995	30.028	10.609	0.000
Weight/Serving:	125.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.306	34.815	50.052	17.683		
R-0408	Cereal Bar, Cinn Toast	150.000	0.000	115.000	3.000	8.000	1.800	200.000	0.000	0.000	3.000	30.000	3.000	0.500	0.000
Weight/Serving:	40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000	80.000	18.000	3.000		
R-0409	Cereal Bar, Cocoa Puff	150.000	0.000	110.000	3.000	9.000	1.800	200.000	100.000	1.200	3.000	30.000	3.000	0.500	0.000
Weight/Serving:	40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000	80.000	18.000	3.000		
R-0410	Cereal Bar, Trix	150.000	0.000	105.000	3.000	9.000	1.800	200.000	100.000	1.200	2.000	30.000	3.000	0.500	0.000
Weight/Serving:	40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.333	80.000	18.000	3.000		
R-0414	Vegetable Soup	77.609	0.000	314.095	3.125	4.188*	1.146	33.685	2897.674	4.839	3.289	12.240	0.918	0.018	0.000*
Weight/Serving:	259.83	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.952	63.085	10.646	0.209		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0432	Buffalo Hot Wings	324.844	162.422	826.875	0.000	0.000	0.000	0.000	0.000	0.000	29.531	1.477	22.148	5.168	0.000
	Weight/Serving:	141.75	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	36.363	1.819	61.362	14.318				
R-0434	Milk,Variety	111.000	6.000	135.250	0.000	17.850	0.000	295.000	500.000	0.360	8.750	19.150	0.200	0.000	0.000
	Weight/Serving:	250.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	31.532	69.009	1.622	0.000				
R-0435	Grilled Chicken Sandwich	403.993	58.998	620.991	6.000	2.000	1.980	249.996	3049.914	0.000	23.000	41.000	16.500	3.500	0.000
	Weight/Serving:	167.56	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	22.773	40.595	36.758	7.797				
R-0447	Catfish Strips	215.229	23.143	405.000	0.000	0.000	*	*	*	*	18.514	13.886	11.571	2.314	0.000
	Weight/Serving:	129.60	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	34.408	25.807	48.385	9.676				
R-0448	Apple Slices	30.159	0.000	0.000	1.005	6.032	0.000	20.106	0.000	21.111	0.000	7.037	0.000	0.000	0.000
	Weight/Serving:	57.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	93.332	0.000	0.000				
R-0453	Taco Topping	13.359	0.000	2.722	1.009	0.712*	0.275	12.565	595.842	7.768	0.835	3.202	0.109	0.016	0.000*
	Weight/Serving:	84.70	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	25.002	95.875	7.343	1.078				
R-0454	Sandwich Toppings	17.109	0.000	295.222	1.009	0.712*	0.275	27.565	595.842	7.768	0.835	3.202	0.109	0.016	0.000*
	Weight/Serving:	105.70	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	19.522	74.861	5.734	0.842				
R-0455	Chicken Sandwich, WM	157.619	1.587	320.318	3.071	2.035	1.806	100.741	6.632	0.000	6.705	26.564	2.782	0.535	0.000
	Weight/Serving:	170.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	17.016	67.413	15.885	3.055				
R-0459	Baked Scoops	110.000	0.000	125.000	2.000	0.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000
	Weight/Serving:	24.80	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.273	69.091	20.455	0.000				
R-0460	Cracker, Animal	130.000	0.000	110.000	2.000	8.000	1.080	100.000	0.000	0.000	2.000	21.000	4.000	1.000	0.000
	Weight/Serving:	29.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.154	64.615	27.692	6.923				
R-0461	Cheeze Its	100.000	4.000	150.000	1.000	0.000	0.720	100.000	500.000	0.000	2.000	14.000	3.500	1.000	0.000
	Weight/Serving:	21.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	8.000	56.000	31.500	9.000				
R-0462	Vanilla Dots	120.000	0.000	95.000	1.000	7.000	1.080	100.000	0.000	0.000	2.000	20.000	4.000	0.000	0.000
	Weight/Serving:	28.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.667	66.667	30.000	0.000				

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0463	Goldfish, Cheddar	100.000	4.000	170.000	1.000	0.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000
	Weight/Serving: 21.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		12.000	56.000	31.500	9.000		
R-0464	Granola	83.333	0.000	63.333	1.000	5.000	0.360	0.000	0.000	0.000	1.333	12.667	3.000	0.333	0.000
	Weight/Serving: 18.33	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.398	60.802	32.400	3.596		
R-0466	Orange Chicken Commodity	121.500	32.400	226.800	0.000	8.100	0.583	0.000	0.000	0.972	8.910	15.390	2.430	0.405	0.000
	Weight/Serving: 81.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.333	50.667	18.000	3.000		
R-0487	Margarine	25.000	0.000	40.000	0.000	0.000	0.000	0.000	200.000	0.000	0.000	0.000	2.500	0.500	0.000
	Weight/Serving: 5.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	0.000	90.000	18.000		
R-0488	Chocolate Graham, Belly Bear 1oz	120.000	0.000	85.000	2.000	7.000	1.080	100.000	0.000	0.000	2.000	20.000	4.000	0.000	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.667	66.667	30.000	0.000		
R-0489	Mandarin Chicken Orange	106.312	28.350	198.450	0.000	7.088	0.510	0.000	0.000	0.850	7.796	13.466	2.126	0.354	0.000
	Weight/Serving: 70.88	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.333	50.666	17.998	2.997		
R-0491	Celery Sticks	11.975	0.000	59.874	1.197	*	0.150	29.937	336.044	2.320	0.516	2.223	0.127	0.031	*
	Weight/Serving: 74.84	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.236	74.255	9.545	2.330		
R-0492	Jelly, Individual	35.000	0.000	0.000	0.000	6.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000	0.000
	Weight/Serving: 14.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	102.857	0.000	0.000		
R-0502	Muffin, Blueberry 2OEG, RF, IW, WG	290.000	65.000	360.000	3.000	24.000	4.500	250.000	1000.000	2.400	6.000	49.000	9.000	1.500	0.000
	Weight/Serving: 113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.276	67.586	27.931	4.655		
R-0503	Poptart, 2 Frosted Cinnamon Brown Sugar, WG	370.000	0.000	380.000	6.000	31.000	3.600	200.000	1000.000	0.000	5.000	75.000	5.000	2.000	0.000
	Weight/Serving: 100.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.405	81.081	12.162	4.865		
R-0504	Poptart, 2 Frosted Strawberry, WG	360.000	0.000	360.000	6.000	30.000	3.600	200.000	1000.000	0.000	4.000	75.000	4.500	2.000	0.000
	Weight/Serving: 100.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.444	83.333	11.250	5.000		

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0506	Super Donut, IW, WG	240.000	0.000	300.000	2.000	19.000	9.000	250.000	2500.000	30.000	7.000	38.000	8.000	2.500	0.000
	Weight/Serving: 85.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.667	63.333	30.000	9.375		
R-0507	Breakfast Pizza	210.000	20.000	260.000	2.000	5.000	1.800	150.000	200.000	6.000	12.000	21.000	8.000	3.000	0.000
	Weight/Serving: 94.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.857	40.000	34.286	12.857		
R-0509	Turkey and Cheese Hoagie	289.638	39.182	764.733	3.000	3.012	1.992	302.429	202.429	0.000	22.152	28.024	10.973	4.843	0.000
	Weight/Serving: 130.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.593	38.702	34.097	15.049		
R-0510	Ham, Turkey and Cheese Hoagie	264.455	44.506	747.338	3.000	2.506	2.304	208.186	101.214	0.000	20.816	27.361	8.705	3.327	0.000
	Weight/Serving: 131.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		31.485	41.385	29.625	11.323		
R-0511	Chicken & Rice	268.278	60.531	461.584	2.528	2.765*	1.748	147.327	689.906	30.086	23.592	29.497	6.384	2.333	0.000*
	Weight/Serving: 247.87	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.175	43.980	21.417	7.827		
R-0512	Sweet Potato Waffle	94.500	0.000	157.500	2.100	4.200	0.378	21.000	3360.000	1.260	1.050	15.750	3.150	0.525	0.000
	Weight/Serving: 63.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.444	66.667	30.000	5.000		
R-0513	Sweet Potato Souffle	285.638	1.701	186.439	2.471	26.326*	1.661	161.915	265.782	6.574	3.969	58.283	3.784	1.732	0.000*
	Weight/Serving: 184.81	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.558	81.618	11.923	5.457		
R-0514	Pizza Sticks	300.000	25.000	490.000	3.000	4.000	1.800	400.000	200.000	0.000	20.000	30.000	11.000	6.000	0.000
	Weight/Serving: 119.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.667	40.000	33.000	18.000		
R-0515	Baked Spaghetti	313.559	64.786	417.342	3.776	8.009	3.602	160.599	717.894	19.383	21.956	27.985	11.480	4.881	0.000
	Weight/Serving: 226.80	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.009	35.700	32.951	14.010		
R-0516	Fish Stick	230.000	40.000	310.000	2.000	0.000	0.720	20.000	0.000	2.400	14.000	19.000	12.000	1.500	0.000
	Weight/Serving: 113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.348	33.043	46.957	5.870		
R-0517	Augratin Potato	86.106	0.135	503.382	1.448	1.448	0.250*	38.527	0.000*	4.159*	1.394	17.361	1.188	0.148	0.005
	Weight/Serving: 26.96	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.476	80.649	12.417	1.547		
R-0518	BBQ Chicken Sandwich	472.564	58.998	1123.848	7.524	14.190	5.028	249.996	3052.962	3.048	24.524	56.238	16.500	3.500	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	213.27	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.758	47.602	31.424	6.666		
R-0519	Spicy Chicken Sandwich	339.333	44.842	832.125	5.989	2.996	2.796	117.937	173.389	0.000	25.930	41.944	10.472	1.496	0.000
Weight/Serving:	170.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.566	49.443	27.774	3.968		
R-0520	Roll, WG Dinner 2OEG	150.000	0.000	270.000	3.000	5.000	1.800	40.000	0.000	6.000	5.000	30.000	2.000	0.000	0.000
Weight/Serving:	62.30	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		13.333	80.000	12.000	0.000		
R-0537	Baked Potato	254.610	0.000	22.140	8.856	*	1.919	33.210	29.520	72.693	6.199	57.970	0.369	0.092	*
Weight/Serving:	369.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		9.739	91.073	1.304	0.325		
R-0538	Baked Potato Topping	133.359	51.641	479.803	0.000	0.000	0.565*	213.137	304.018	0.000*	14.937	1.536	8.433	4.838	0.000
Weight/Serving:	73.73	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		44.802	4.607	56.912	32.650		
R-0539	Pizza, Pepperoni 5" Round	279.608	31.569	487.059	2.706	6.314	2.435	315.686	450.980	10.824	20.745	27.961	9.922	4.510	0.000
Weight/Serving:	138.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.677	40.000	31.937	14.517		
R-0540	Salisbury Steak	189.437	39.000	577.057	0.600	3.772	1.300	15.000	80.000	0.000	10.300	8.615	12.772	4.600	0.000
Weight/Serving:	72.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.749	18.191	60.679	21.854		
R-0541	Chili Macaroni	767.531	162.778	1801.184*	16.587	26.770*	9.801*	246.156	474.110*	61.429*	53.475	71.697	22.304	9.133	0.000*
Weight/Serving:	1,023.91	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.869	37.365	26.153	10.709		
R-0572	Chili Macaroni with Meat Sauce	316.842	37.096	705.412*	7.820	7.990*	4.242*	134.528	742.136*	18.562*	17.038	41.009	6.462	2.871	0.000*
Weight/Serving:	537.42	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.510	51.772	18.356	8.155		
R-0588	Chef Salad Grilled Chicken	374.116	79.266	524.426	5.414	4.451*	1.087*	403.233	1283.817	6.399*	26.565	24.061	20.122	7.068	0.000*
Weight/Serving:	365.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.403	25.726	48.407	17.003		
R-0589	NBHS Breakfast Bowl	239.837	149.666	501.076	0.420	1.198*	5.242*	129.365	318.988	0.000*	16.865	17.704	11.559	4.584	0.034*
Weight/Serving:	206.54	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.127	29.527	43.376	17.202		
R-0590	NBHS Breakfast Plate	235.821	254.064	599.633	2.113	2.397	5.752*	106.792	333.957	0.000*	19.201	14.247	12.577	3.541	0.068
Weight/Serving:	127.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.569	24.166	48.000	13.514		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0591	Strawberries, Fresh	29.030	0.000	0.907	1.814	*	0.372	14.515	10.886	53.342	0.608	6.967	0.272	0.014	*
	Weight/Serving: 90.72	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.378	95.997	8.433	0.434		
R-0592	Turkey & Cheese Sandwich	259.638	39.182	694.733	4.000	3.012	1.632	322.429	202.429	0.000	24.152	26.024	10.473	4.343	0.000
	Weight/Serving: 129.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		37.209	40.093	36.303	15.054		
R-0594	Ham & Cheese Biscuit	280.243	33.796	725.850	0.500	2.253	2.160	110.607	50.607	0.000	14.771	28.506	12.018	6.886	0.000
	Weight/Serving: 169.08	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.083	40.688	38.596	22.114		
R-0612	Fish Nuggets	212.625	35.438	283.500	3.037	1.013	*	*	*	*	12.150	22.275	8.100	1.519	0.000
	Weight/Serving: 113.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.857	41.905	34.286	6.430		
R-0615	Ham, Cheese Hoagie	260.203	49.421	811.199	3.000	2.506	2.553*	215.157*	101.214	0.000*	20.001	27.709	8.673	3.317	0.000
	Weight/Serving: 131.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.747	42.596	29.999	11.473		
R-0616	Meatball Sub	450.002	50.813	864.883	4.504	4.260	3.512*	355.885*	331.438	3.468*	27.884	33.322	23.329	10.190	0.000
	Weight/Serving: 187.52	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.786	29.619	46.658	20.380		
R-0617	Seasoned Green Beans Canned	19.379	0.000	369.466	2.067	1.034*	0.000*	0.323*	0.000*	0.000*	1.034	3.669	0.000	0.000	0.000*
	Weight/Serving: 92.06	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.343	75.731	0.000	0.000		
R-0619	Yogurt, Strawberry	90.000	*	50.000	*	15.000	*	300.000	*	1.200	3.000	19.000	*	*	*
	Weight/Serving: 113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		13.333	84.444	0.000*	0.000*		
R-0621	Yogurt, Peach	90.000	0.000*	55.000	0.000	* 15.000	0.000*	300.000	0.000	0.000	3.000	19.000	0.000*	0.000*	0.000
	Weight/Serving: 113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		13.333	84.444	0.000*	0.000*		
R-0622	Sour Cream, packets	25.304	0.000	30.364	0.000	2.024	*	60.729	202.429	*	2.024	4.049	0.000	0.000	0.000
	Weight/Serving: 28.34	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		31.995	64.006	0.000	0.000		
R-0623	Cheddar Sticks	110.000	30.000	200.000	0.000	0.000	*	200.000	300.000	*	7.000	0.000	9.000	6.000	0.000
	Weight/Serving: 28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		25.455	0.000	73.636	49.091		
R-0624	Goldfish Cinnamon	113.684	0.000	104.211	0.947	5.684	0.682	94.737	0.000	0.000	0.947	18.000	3.789	0.947	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	24.63	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		3.332	63.333	29.996	7.497		
R-0625	Oven Fried Chicken	501.930	95.717	1379.724	2.335	0.000	2.335	28.015	182.096	2.335	28.015	25.680	30.349	7.004	0.000
Weight/Serving:	198.44	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.326	20.465	54.418	12.559		
R-0626	Hamburger 3.0 oz	340.000	70.000	500.000	3.000	2.000	3.600	100.000	0.000	0.000	28.000	26.000	14.500	5.500	0.000
Weight/Serving:	141.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.941	30.588	38.382	14.559		
R-0627	Ham and Cheese Sandwich	279.402	62.241	929.086	4.000	3.012	2.287	338.115	202.429	0.000	26.850	26.808	11.602	4.719	0.000
Weight/Serving:	152.38	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		38.439	38.379	37.372	15.201		
R-0628	Big Daddy Pepperoni Pizza	350.000	40.000	560.000		*	10.000	25.000	200.000	0.000	15.000		15.000	6.000	0.000
Weight/Serving:	141.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.143	0.000	38.571	15.429		
R-0629	Cheese burger, 85/15	370.499	52.594	486.748	3.000	2.506	1.800	201.248	101.248	0.000	21.544	30.012	17.537	7.272	0.000
Weight/Serving:	151.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.259	32.402	42.600	17.665		
R-0630	Turkey Pot Roast	151.843	49.690	685.252	0.000	3.120	1.073	0.000	0.000	1.193	13.913	8.367	7.095	1.491	0.000
Weight/Serving:	101.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		36.651	22.041	42.053	8.837		
R-0631	Sloppy Joe	312.239	50.700	1080.777	3.000	10.112	2.895	140.560	0.000	4.867	23.238	39.182	7.063	2.021	0.000
Weight/Serving:	201.31	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.770	50.195	20.358	5.825		
R-0633	Fajita Strip Chef Salad	269.479	94.426	576.797	2.317	5.574*	2.172*	264.224	1230.534	6.144*	28.981	10.040	10.674	5.368	0.000*
Weight/Serving:	336.98	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		43.018	14.903	35.649	17.928		
R-0634	Big Daddy Cheese Pizza 16"	350.000	40.000	560.000		*	10.000	25.000	200.000	0.000	15.000	*	15.000	6.000	0.000
Weight/Serving:	141.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.143	0.000*	38.571	15.429		
R-0635	Wild Blueberries	0.002	0.000	0.000	0.000	0.001	0.000	0.000	0.000	0.000	0.000	0.001	0.000	0.000	0.000
Weight/Serving:	0.01	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	200.000	0.000	0.000		
R-0636	Wild Blueberries w/Topping	33.277	0.000	0.975	1.949	6.833	0.000	0.000	0.000*	0.000	0.975	7.808	0.011	0.011	0.000*
Weight/Serving:	76.07	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.720	93.855	0.298	0.298		
R-0637	Spinach Chopped	59.032	0.000	510.068	6.821	0.000*	0.000	0.507	0.000	0.000	6.821	9.419	1.705	0.000	0.000*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	181.79	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		46.219	63.823	25.994	0.000		
R-0638	Teriyaki chicken w/RICE	700.885	331.063	2227.882	0.000	11.237	5.808	58.081	151.011	0.000	87.725	11.840	20.328	5.808	0.000
Weight/Serving:	426.71	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.065	6.757	26.103	7.458		
R-0639	Chili Mac using Sloppy Joe	349.983	50.291	943.890	5.838	7.139*	2.774	128.925	85.125*	4.464	24.589	42.519	6.069	2.537	0.000*
Weight/Serving:	332.13	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.103	48.596	15.607	6.524		
R-0641	Sliced Ham Entree	87.146	52.288	461.874	0.000	0.000	0.941	17.429	0.000	0.000	13.072	0.871	3.922	1.307	0.000
Weight/Serving:	75.60	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		60.000	3.998	40.504	13.498		
R-0642	Turkey Steak	85.671	35.001	409.695	0.000	0.283*	0.360	0.000	0.000	0.000	18.000	0.850	1.783	0.500	0.000
Weight/Serving:	84.42	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		84.042	3.969	18.731	5.253		
R-0644	Yogurt/Crackers	180.000	0.000	145.000	1.000	20.000	4.000	310.000	10.000	0.000	5.000	36.000	2.500	0.000	0.000
Weight/Serving:	0.00	Fat Change %:			Moisture Change %:			% of Calories:		11.111	80.000	12.500	0.000		
R-0646	Spicy Fries	131.625	0.000	344.250	2.025	0.000	0.729	0.000	0.000	2.430	2.025	17.212	6.075	1.013	0.000
Weight/Serving:	70.88	Fat Change %:			Moisture Change %:			% of Calories:		6.154	52.306	41.538	6.926		
R-0647	General Tso's Chicken	189.169	44.510	401.706	0.000	14.466	0.801	0.000	0.000	1.335	12.240	25.593	3.338	0.556	0.000
Weight/Serving:	111.28	Fat Change %:			Moisture Change %:			% of Calories:		25.882	54.117	15.881	2.645		
R-0648	Lima Beans	125.534	0.270	245.749	6.171	0.124	1.975*	49.818	168.314*	5.846*	6.718	23.825	0.599	0.297	0.010
Weight/Serving:	128.15	Fat Change %:			Moisture Change %:			% of Calories:		21.406	75.916	4.294	2.129		
R-0649	White Cheddar Popcorn	70.000	0.000	110.000	2.000	0.000	0.360	0.000	0.000	0.000	2.000	9.000	2.500	0.000	0.000
Weight/Serving:	0.00	Fat Change %:			Moisture Change %:			% of Calories:		11.429	51.429	32.143	0.000		
R-0650	Chex Mix, Simply Cheddar	209.999	0.000	609.996	1.999	*	0.715	19.997	0.000	0.000	3.998	34.996	5.998	1.000	*
Weight/Serving:	0.00	Fat Change %:			Moisture Change %:			% of Calories:		7.615	66.659	25.706	4.286		
R-0651	Honey Bears, Grahams	130.000	0.000	100.000	1.000	8.000	1.080	100.000	0.000	0.000	2.000	20.000	4.000	0.000	0.000
Weight/Serving:	0.00	Fat Change %:			Moisture Change %:			% of Calories:		6.154	61.538	27.692	0.000		
R-0652	Graham Crackers, Square- 3	90.000	0.000	95.000	1.000	5.000	4.000	10.000	10.000	0.000	2.000	17.000	2.500	0.000	0.000

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		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	22.00	Fat Change %:		Moisture Change %:		% of Calories:		8.889	75.556	25.000	0.000				
R-0653	Cinnamon Bug Bites	120.000	0.000	115.000	1.000	8.000	0.720	100.000	500.000	0.000	2.000	21.000	3.500	0.000	0.000
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:		6.667	70.000	26.250	0.000				
R-0654	Baked Cheetos Crunchy	120.000	0.000	200.000	1.000	1.000	0.360	0.000	0.000	0.000	2.000	17.000	4.500	1.000	0.000
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:		6.667	56.667	33.750	7.500				
R-0655	Flamin' Hot Cheetos	120.000	0.000	200.000	1.000	1.000	0.720	100.000	0.000	0.000	2.000	17.000	4.500	0.500	0.000
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:		6.667	56.667	33.750	3.750				
R-0656	Fantastix Cheetos	130.000	0.000	200.000	2.000	1.000	0.720	0.000	500.000	0.000	2.000	20.000	5.000	1.000	*
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:		6.154	61.538	34.615	6.923				
R-0657	Cooler Ranch Doritos	130.000	0.000	160.000	2.000	1.000	0.360	40.000	0.000	0.000	2.000	19.000	5.000	0.500	0.000
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:		6.154	58.462	34.615	3.462				
R-0658	Chips, Baked Plain	130.000	0.000	150.000	2.000	2.000	0.360	0.000	0.000	2.400	2.000	26.000	2.000	0.000	0.000
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:		6.154	80.000	13.846	0.000				
R-0659	Chips, Sour Cream & Onion	100.000	0.000	140.000	1.000	3.000	0.000	0.000	0.000	1.200	2.000	18.000	2.500	0.000	0.000
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:		8.000	72.000	22.500	0.000				
R-0660	Barbeque Chips	110.000	0.000	170.000	2.000	3.000	0.000	0.000	100.000	1.200	2.000	19.000	2.500	0.000	0.000
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:		7.273	69.091	20.455	0.000				
R-0661	Scooby Doo Grahams	120.000	0.000	115.000	1.000	8.000	0.720	100.000	500.000	0.000	2.000	21.000	3.500	1.000	0.000
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:		6.667	70.000	26.250	7.500				
R-0662	Pretzels	80.000	0.000	200.000	2.000	0.000	0.720	0.000	0.000	0.000	2.000	15.000	1.500	0.000	0.000
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:		10.000	75.000	16.875	0.000				
R-0663	Peanut Butter Pack	200.000	0.000	100.000	2.000	3.000	1.870	43.000	0.000	0.000	9.000	7.000	17.000	4.000	0.000
Weight/Serving:	40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:	18.000	14.000	76.500	18.000			
R-0664	Apricot Cup	110.000	0.000	0.000	2.000	23.000	0.360	0.000	300.000	162.000	1.000	25.000	0.000	0.000	0.000

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		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	128.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		3.636	90.909	0.000	0.000		
R-0665	Cranberries, Dried	110.000	0.000	5.000	3.000	24.000	1.080	20.000	0.000	0.000	0.000	28.000	0.000	0.000	0.000
Weight/Serving:	32.88	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	101.818	0.000	0.000		
R-0666	Turkey Roast	432.917	174.686	1473.437	0.000	0.000	*	*	*	*	60.760	0.000	22.785	7.595	0.000
Weight/Serving:	326.59	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		56.140	0.000	47.368	15.789		
R-0667	Fruit Explosion	72.793	0.000	2.483	1.547	14.030*	0.265	13.855	129.768	7.386	0.144	18.775	0.039	0.007	0.000*
Weight/Serving:	138.62	Fat Change %:			Moisture Change %:			% of Calories:		0.791	103.169	0.482	0.087		
R-0668	Chili Frito	463.675	42.576	989.311	5.350	7.044	3.298*	279.127	826.143*	4.562*	20.499	40.156	22.668	6.910	0.000
Weight/Serving:	259.62	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.684	34.642	43.999	13.412		
R-0669	Popcorn Chicken Smackers	278.029	62.014	609.803	3.101	0.000	2.067*	17.571	173.639	1.034*	18.604	20.671	13.436	3.101	0.000
Weight/Serving:	125.99	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.766	29.739	43.493	10.038		
R-0670	Potato Roasters	142.706	0.000	163.092	2.039	0.000	0.734	0.000	0.000	4.893	2.039	25.483	30.580	0.510	0.000
Weight/Serving:	90.72	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.715	71.428	192.858	3.216		
R-0671	Cheese Pizza Round	320.000	30.000	380.000	3.000	7.000	2.700	350.000	500.000	12.000	23.000	31.000	12.000	6.000	0.000
Weight/Serving:	153.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.750	38.750	33.750	16.875		
R-0672	Chicken Salad Croissant	314.373	58.014	496.977	2.224	5.665*	1.486	65.930	353.601*	0.376	17.531	29.664	14.005	3.990	0.000*
Weight/Serving:	161.84	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.306	37.744	40.094	11.423		
R-0674	Banana Bread Sliced, IW WG	280.000	35.000	210.000	3.000	21.000	1.800	20.000	0.000	0.000	5.000	47.000	7.000	1.500	0.000
Weight/Serving:	96.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.143	67.143	22.500	4.821		
R-0675	IW Chick Biscuit	15848.628	0.000	1868.234	72.039	144.078	129.671	1763.137	0.000	0.000	864.471	1089.137	792.431	108.059	0.000
Weight/Serving:	7,348.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.818	52.727	45.000	6.136		
R-0676	IW Sausage Biscuit	1151.088	961.413	1453.262	96.141	96.141	69.222	1845.652	0.000	0.000	480.707	1307.391	1057.554	240.353	0.000
Weight/Serving:	8,845.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		9.091	43.636	45.000	10.227		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0677	Muffin, Apple, 2OEG, RF, IW, WG	300.000	60.000	350.000	3.000	24.000	5.400	250.000	1000.000	1.200	6.000	52.000	9.000	1.500	0.000
	Weight/Serving: 113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000	69.333	27.000	4.500		
R-0678	Muffin, Banana, 2OEG, RF, IW, WG	310.000	60.000	380.000	3.000	27.000	4.500	250.000	1000.000	2.400	6.000	53.000	9.000	2.000	0.000
	Weight/Serving: 113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.742	68.387	26.129	5.806		
R-0679	Graham, BBites, Cinn	220.000	0.000	230.000	2.000	12.000	1.440	150.000	750.000	0.000	4.000	37.000	7.000	2.000	0.000
	Weight/Serving: 50.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273	67.273	28.636	8.182		
R-0680	Pancake Stick, Blueberry	7.408	0.000	9.524	0.035	0.071	0.063	0.705	0.000	0.000	0.212	0.705	0.388	0.106	0.000
	Weight/Serving: 71.15	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.447	38.067	47.138	12.878		
R-0681	Pancakes, Mini Banana	200.000	5.000	240.000	4.000	7.000	1.080	60.000	0.000	0.000	5.000	37.000	4.000	0.000	0.000
	Weight/Serving: 85.00	Fat Change %:		Moisture Change %:		% of Calories:		10.000	74.000	18.000	0.000				
R-0682	Poptart, 2 Frosted Blueberry	368.000	0.000	360.000	5.600	29.600	3.600	200.000	1000.000	0.000	4.300	75.600	5.500	1.800	0.000
	Weight/Serving: 100.00	Fat Change %:		Moisture Change %:		% of Calories:		4.674	82.174	13.451	4.402				
R-0683	Waffle, Mini Cinnamon, IW WG	200.000	0.000	270.000	4.000	10.000	2.700	100.000	500.000	0.000	5.000	35.000	5.000	1.500	0.000
	Weight/Serving: 75.00	Fat Change %:		Moisture Change %:		% of Calories:		10.000	70.000	22.500	6.750				
R-0684	Juice, Apple Cherry	61.906	0.000	6.878	0.000	11.693	0.000	0.000	0.000	0.000	0.000	13.069	0.000	0.000	0.000
	Weight/Serving: 117.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	84.444	0.000	0.000		
R-0685	Peas and Carrots	53.364	0.000	117.400	3.202	4.269	1.003	24.547	154.065	8.645	2.135	9.605	0.448	0.082	*
	Weight/Serving: 90.72	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.003	71.996	7.556	1.383		
R-0687	Beef Taco Meat	56.006	17.660	147.332	1.009	1.009	1.009	20.687	325.442	2.523	6.559	2.523	2.523	0.908	0.000
	Weight/Serving: 45.36	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		46.845	18.019	40.544	14.591		
R-0688	Chicken Taco Meat	60.853	29.902	150.559	0.000	0.525	0.525	5.246	13.639	0.000	7.869	0.525	1.836	0.525	0.000
	Weight/Serving: 36.58	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		51.725	3.451	27.154	7.765		
R-0689	Soft Taco Shell	240.000	0.000	340.000	6.000	2.000	2.160	160.000	0.000	0.000	6.000	42.000	5.000	2.000	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	90.00	Fat Change %:		Moisture Change %:		% of Calories:		10.000	70.000	18.750	7.500				
R-0690	Cheese Topping	80.996	20.249	202.491	0.000	0.000	*	202.491	303.737	*	7.087	1.012	6.075	4.050	0.000
Weight/Serving:	28.35	Fat Change %:		Moisture Change %:		% of Calories:		34.999	4.998	67.503	45.002				
R-0691	Grilled Cheese	10.332	1.199	18.640	0.110	0.138	0.063	15.318	19.404	0.259	0.721	1.116	0.359	0.206	0.000
Weight/Serving:	122.18	Fat Change %:		Moisture Change %:		% of Calories:		27.913	43.206	31.272	17.944				
R-0692	Vegetable Blend, Oriental Stir Fry	28.333	0.000	6.667	0.333	0.667	0.360	6.667	1333.333	1.200	0.333	1.333	0.000	0.000	0.000
Weight/Serving:	28.33	Fat Change %:		Moisture Change %:		% of Calories:		4.701	18.819	0.000	0.000				
R-0693	Fish Sandwich	330.000	50.000	490.000	5.000	3.000	2.880	100.000	100.000	0.000	20.000	40.000	10.500	2.500	0.000
Weight/Serving:	159.00	Fat Change %:		Moisture Change %:		% of Calories:		24.242	48.485	28.636	6.818				
R-0699	Carolina BBQ	195.163	77.038	462.228	0.000	3.082	1.130	8.423	122.439	1.027	17.462	3.082	12.326	4.109	0.000
Weight/Serving:	98.61	Fat Change %:		Moisture Change %:		% of Calories:		35.790	6.317	56.842	18.949				
R-0700	Beef Nacho Meat	112.012	35.319	294.663	2.018	2.018	2.018	41.374	650.883	5.046	13.119	5.046	5.046	1.816	0.000
Weight/Serving:	90.72	Fat Change %:		Moisture Change %:		% of Calories:		46.849	18.019	40.544	14.591				
R-0701	ES/MS Nacho Cheese	131.311	30.303	555.546	0.000	0.000	0.000	303.025	303.025	0.000	8.081	4.040	9.091	6.061	0.000
Weight/Serving:	85.86	Fat Change %:		Moisture Change %:		% of Calories:		24.616	12.307	62.309	41.542				
R-0702	ES/MS Tortilla Chips	141.875	0.000	116.540	2.027	0.000	0.365	20.268	0.000	0.000	2.027	20.268	6.080	0.507	0.000
Weight/Serving:	28.38	Fat Change %:		Moisture Change %:		% of Calories:		5.715	57.143	38.569	3.216				
R-0703	Mexican Corn	89.757	0.123	116.197	2.532	3.747*	0.587*	14.372	358.297*	8.316*	2.431	21.228	1.335	0.136	0.004*
Weight/Serving:	118.14	Fat Change %:		Moisture Change %:		% of Calories:		10.834	94.602	13.386	1.364				
R-0704	Black Beans	221.794	0.000	272.379	14.592	0.000	3.502*	38.911	0.000*	0.000*	14.825	39.719	0.973	0.000	0.000
Weight/Serving:	255.78	Fat Change %:		Moisture Change %:		% of Calories:		26.737	71.632	3.948	0.000				
R-0705	Collard Greens	33.506	0.000	339.054	2.916	0.972*	1.925*	156.024	1420.808	23.911*	3.888	4.563	0.972	0.000	0.000*
Weight/Serving:	116.34	Fat Change %:		Moisture Change %:		% of Calories:		46.416	54.474	26.109	0.000				

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0706	HS Nacho Cheese	270.346	62.388	1143.772	0.000	0.000	0.000	623.875	623.875	0.000	16.637	8.318	18.716	12.478	0.000
	Weight/Serving: 176.76	Fat Change %:			Moisture Change %:			% of Calories:		24.616	12.307	62.307	41.540		
R-0707	HS Tortilla Chip	206.364	0.000	169.513	2.948	0.000	0.531	29.481	0.000	0.000	2.948	29.481	8.844	0.737	0.000
	Weight/Serving: 41.27	Fat Change %:			Moisture Change %:			% of Calories:		5.714	57.144	38.571	3.214		
R-0708	Chicken and Cheese Quesadilla	338.093	74.194	564.734	4.728	1.292	1.700*	191.926*	293.753*	0.092*	26.733	34.839	9.494	3.719	0.000
	Weight/Serving: 190.19	Fat Change %:			Moisture Change %:			% of Calories:		31.628	41.218	25.273	9.900		
R-0709	Mixed Vegetables	51.180	0.189	434.022	1.749	1.749	0.897*	31.734	323.021*	2.991*	0.842	10.433	0.208	0.208	0.007
	Weight/Serving: 79.66	Fat Change %:			Moisture Change %:			% of Calories:		6.581	81.540	3.658	3.658		
R-0710	Side Mac & Cheese	210.000	22.500	730.000	0.500	4.500	0.900	300.000	500.000	0.000	12.000	24.000	8.000	4.500	0.250
	Weight/Serving: 126.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.857	45.714	34.286	19.286		
R-0711	Cucumber & Carrots	32.400	0.000	51.839	2.203	*	0.758	31.104	3003.809	3.499	0.836	7.691	0.155	0.039	*
	Weight/Serving: 129.60	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.321	94.951	4.306	1.083		
R-0712	Juicy Juice Orange Medley	59.540	0.000	29.770	0.000	12.900	0.000	0.000	496.170	35.724	0.000	13.893	0.000	0.000	0.000
	Weight/Serving: 119.00	Fat Change %:			Moisture Change %:			% of Calories:		0.000	93.336	0.000	0.000		

Note: * means nutrient data is missing or not available.