

Recipe Name	Portion Size	Calories	Chol mg	Sodium mg	Total Fat g	Sat Fat g	Protein g	Carb g	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
APPLE COBBLER	1 serving	298.0	0.0	97.0	12.1	3.0	2.5	47.5	3.5	1.3	12.6	53.0	0.2
APPLE CRISP	1 serving	200.0	0.0	113.0	8.0	1.6	1.9	31.8	2.3	1.0	20.0	350.0	0.5
APPLE/CARROT/RAISIN/SALAD	3/4 cup	262.0	0.0	83.0	0.8	0.1	2.7	68.1	9.3	1.3	66.9	18411.0	21.4
APPLE-GINGER SLAW	1/2 cup	95.0	4.0	73.0	3.6	0.6	0.6	16.8	2.1	0.2	19.2	3094.0	11.8
APPLES,Fresh	1 each	72.0	0.0	1.0	0.2	0.0	0.4	19.1	3.3	0.2	8.3	75.0	6.4
APPLESAUCE	1/2 cup	52.0	0.0	2.0	0.1	0.0	0.2	13.8	1.4	0.1	4.0	36.0	1.4
APPLESAUCE CAKE	1 serving	218.0	34.0	205.0	8.4	2.1	3.3	33.2	0.7	1.2	92.0	86.0	0.4
APRICOTS	1/2 cup	80.0	0.0	5.0	0.1	0.0	0.7	20.9	2.0	0.5	13.9	1672.0	3.4
ASIAN CABBAGE SLAW	1/2 cup	21.0	0.0	59.0	0.2	0.0	0.5	4.8	0.9	0.2	14.9	1674.0	12.4
BAKED BEANS (VEGETARIAN)	1 serving	159.0	0.0	532.0	0.6	0.2	6.8	36.0	7.0	0.9	86.0	360.0	7.8
BAKED POTATO	1 each	161.0	0.0	17.0	0.2	0.1	4.3	36.6	3.8	1.9	26.0	17.0	16.6
BAKED SWEET POTATOES & APPLES	1/4 cup	78.0	0.0	29.0	1.4	0.3	0.6	16.6	1.9	0.4	11.0	2637.0	3.5
BANANAS	1 each	105.0	0.0	1.0	0.4	0.1	1.3	27.0	3.1	0.3	5.9	76.0	10.3
BARBECUE CHICKEN SANDWICH	1 sandwich	291.0	55.0	1036.0	7.2	1.1	25.6	32.7	3.0	2.7	50.9	261.0	4.0
BARBECUE SAUCE	2 TBSP	15.0	0.0	64.0	0.0	0.0	0.2	3.7	0.0	0.1	4.6	146.0	1.0
BARBECUED CHICKEN	1 serving	295.0	86.0	476.0	13.4	3.7	27.3	15.8	0.5	1.6	27.0	492.0	5.1
BASIL PESTO: (nut-free)	1 TBSP	25.0	1.0	65.0	2.6	0.5	0.5	0.2	0.0	0.1	15.5	115.0	0.4
BEAN BURRITO	1 serving	288.0	13.0	662.0	7.9	3.5	14.8	40.0	4.7	3.4	306.0	801.0	10.1
BEAN SOUP	1 serving	159.0	1.0	329.0	0.9	0.2	9.3	29.4	6.4	2.7	79.0	1073.0	4.0
BEAN TACO	1 each	249.0	8.0	536.0	9.3	2.7	11.4	32.1	5.7	2.7	226.0	601.0	8.6
BEEF & BEAN TAMALES PIE	1 serving	268.0	39.0	630.0	9.2	3.6	15.9	31.5	4.2	3.3	247.0	1009.0	12.3
BEEF BURRITO	1 each	273.0	43.0	351.0	12.5	5.8	18.8	21.3	2.0	2.6	264.0	800.0	9.7
BEEF TACO	1 each	299.0	46.0	253.0	16.4	5.8	18.3	20.4	3.0	2.4	200.0	600.0	8.2
BEEF TACO PIE	1 serving	304.0	45.0	753.0	12.9	5.7	19.6	26.4	2.1	3.3	231.0	725.0	5.0
BEEF TAMALES PIE	1 serving	281.0	58.0	430.0	12.8	5.2	18.6	23.4	2.4	2.9	228.0	1008.0	11.9
BEEF VEGETABLE SOUP	1 cup	86.0	14.0	282.0	3.2	1.3	6.1	9.0	1.8	1.3	39.0	1918.0	11.5
BEETS	1/2 cup	53.0	0.0	330.0	0.2	0.0	1.6	12.3	3.1	3.1	25.5	41.0	7.0
BREAKFAST BURRITO: Egg, Cheese	1 each	210.0	65.0	299.0	6.9	2.5	7.0	31.2	3.1	1.8	150.0	*N/A*	3.6
BREAKFAST BURRITO: Tky Sausage	1 each	192.0	60.0	287.0	5.0	2.0	7.6	28.0	1.0	1.8	100.0	*N/A*	2.4

Recipe Name	Portion Size	Calories	Chol mg	Sodium mg	Total Fat g	Sat Fat g	Protein g	Carb g	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
BROCCOLI & CARROTS	1 cup	24.0	0.0	30.0	0.2	0.0	1.4	5.0	1.7	0.4	27.1	4337.0	37.6
BROCCOLI SALAD	1/2 cup	154.0	7.0	172.0	3.7	0.6	1.8	31.1	2.0	0.8	29.0	503.0	30.3
BROCCOLI,raw: fresh	3/4 cup	23.0	0.0	23.0	0.3	0.0	1.9	4.5	1.8	0.5	32.1	425.0	60.9
BROCCOLI: sesame rstd	1 cup	70.0	0.0	171.0	4.7	0.7	2.6	6.1	2.4	0.7	43.3	566.0	80.9
BROCCOLI: steamed	3/4 cup	41.0	0.0	48.0	0.5	0.1	2.8	8.4	3.9	0.8	46.8	1811.0	75.9
BROWN GRAVY	2 TBSP	23.0	0.0	35.0	1.5	0.3	0.4	2.0	0.1	0.1	2.0	66.0	0.0
BROWN RICE PILAF: vegetarian	1/2 cup	173.0	0.0	38.0	1.0	0.2	3.9	37.0	1.5	1.4	24.8	1574.0	4.8
BUFFALO CHICKEN WRAP	1 wrap	190.0	46.0	961.0	5.5	2.0	15.3	21.0	2.1	1.8	101.6	29.0	23.4
CABBAGE: boiled	3/4 cup	26.0	0.0	9.0	0.1	0.0	1.4	6.2	2.1	0.2	54.0	90.0	42.2
CAESAR SALAD	1 cup	156.0	0.0	317.0	6.2	0.0	4.5	19.4	0.7	0.3	12.4	2646.0	1.2
CARROT CAKE	1 serving	232.0	39.0	190.0	9.9	1.5	3.6	33.0	1.2	1.2	82.0	3898.0	1.5
CARROT STICKS	3/4 cup	38.0	0.0	63.0	0.2	0.0	0.9	8.8	2.6	0.3	30.2	15382.0	5.4
CARROT-RAISIN SALAD	1/4 cup	78.0	4.0	117.0	1.8	0.3	0.9	15.9	1.5	0.5	18.2	8299.0	3.2
CARROTS: fresh, steamed	1 cup	55.0	0.0	90.0	0.3	0.1	1.2	12.8	4.7	0.5	46.8	26571.0	5.6
CARROTS: glazed, rstd	1 cup	46.0	0.0	43.0	0.2	0.0	0.6	11.6	1.8	0.2	21.0	10492.0	3.7
CAULIFLOWER,raw: fresh	1 cup	25.0	0.0	30.0	0.3	0.1	1.9	5.0	2.0	0.4	22.0	0.0	48.2
CAULIFLOWER: roasted	1 cup	61.0	0.0	169.0	4.6	0.7	1.8	4.6	1.9	0.4	20.7	1.0	43.7
CELERY STICKS	1 cup	19.0	0.0	96.0	0.2	0.1	0.8	3.6	1.9	0.2	48.0	539.0	3.7
CEREAL,VARIETY	1 serving	97.0	0.0	96.0	0.7	0.3	1.3	22.5	1.1	3.7	13.4	643.0	9.7
CHEESE SAUCE	2 TBSP	49.0	5.0	175.0	2.5	1.2	3.3	3.3	0.1	0.1	95.0	138.0	0.2
CHEESEBURGER ON A BUN	1 sandwich	429.0	98.0	741.0	24.0	10.7	29.1	22.4	0.9	3.5	387.4	321.0	0.6
CHEESY BAKED ZITI	2/3 cup	226.0	23.0	386.0	7.7	4.6	15.1	25.3	2.9	2.5	290.8	1178.0	7.8
CHEESY ZUCCHINI BAKE	1/2 cup	120.0	10.0	269.0	4.4	2.2	8.1	12.8	1.4	1.3	193.5	591.0	24.1
CHERRY TOMATO & CORN SALAD	1/2 cup	65.0	4.0	93.0	3.1	1.2	3.3	7.6	1.1	0.4	64.4	653.0	8.2
CHICKEN & BISCUITS	1 cup	362.0	91.0	1003.0	14.8	6.3	24.9	35.0	3.6	2.6	167.7	2106.0	3.7
CHICKEN A LA KING	3/4 cup	218.0	53.0	280.0	8.1	2.0	22.4	14.6	2.6	1.6	71.0	680.0	7.7
CHICKEN CURRY WITH VEGETABLES	1 cup	350.0	55.0	290.0	16.3	1.6	24.4	24.3	4.5	3.9	66.9	551.0	55.0
CHICKEN FAJITAS	1 each	241.0	51.0	284.0	6.3	1.4	22.0	23.4	1.8	2.1	54.0	240.0	6.7
CHICKEN LO MEIN	1 cup	157.0	51.0	230.0	5.5	1.4	17.9	8.1	0.7	1.1	17.0	538.0	3.8

Recipe Name	Portion Size	Calories	Chol mg	Sodium mg	Total Fat g	Sat Fat g	Protein g	Carb g	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
CHICKEN NOODLE SOUP	1 cup	98.0	26.0	207.0	2.2	0.5	7.3	12.2	0.7	0.9	26.0	33.0	1.7
CHICKEN NUGGETS	5 each	40.0	8.0	123.0	2.2	0.5	2.6	3.0	0.4	0.3	8.0	20.0	0.5
CHICKEN PARMESAN SANDWICH	1 sandwich	456.0	49.0	917.0	22.9	6.0	26.8	36.8	3.3	2.3	313.0	235.0	1.2
CHICKEN PATTY SANDWICH	1 sandwich	310.0	20.0	800.0	12.0	2.0	31.0	35.0	3.0	9.1	62.0	2.0	0.0
CHICKEN RICE SOUP	1 cup	112.0	14.0	205.0	1.7	0.5	6.7	16.8	0.5	1.0	23.0	25.0	1.7
CHICKEN SALAD	1/2 cup	165.0	58.0	257.0	7.2	1.7	17.0	7.4	0.6	1.0	17.0	68.0	1.4
CHICKEN STIR-FRY	3/4 cup	199.0	46.0	197.0	8.6	1.5	19.3	11.1	2.9	1.2	44.0	11928.0	29.3
CHICKEN TACO	1 each	264.0	47.0	252.0	12.2	3.5	19.1	20.4	3.0	1.8	195.0	623.0	8.2
CHICKEN TAMALES PIE	1 serving	273.0	69.0	416.0	11.4	4.5	20.0	23.3	2.4	2.4	196.0	1081.0	11.9
CHICKEN WRAP	1 sandwich	208.0	37.0	521.0	5.1	1.4	18.4	23.2	3.2	1.7	71.0	1710.0	2.4
CHILI CON CARNE W/ BEANS	1/2 cup	180.0	42.0	204.0	8.6	3.6	15.4	10.7	2.5	2.7	46.0	813.0	14.5
CINNAMON-OATMEAL COOKIE	1 each	250.0	5.0	210.0	7.0	2.0	5.0	43.0	6.0	0.7	20.0	0.0	0.0
CONFETTI CORN SALAD	1/2 cup	78.0	0.0	61.0	3.3	0.3	1.5	12.0	1.8	0.4	10.9	1063.0	18.2
CORN CHOWDER	1 cup	257.0	2.0	790.0	3.8	0.8	7.0	55.8	4.9	1.3	94.0	5493.0	19.3
CORN ON THE COB	1 half-ear	80.0	0.0	204.0	0.6	0.1	2.6	19.0	2.4	0.5	2.6	197.0	4.1
CORN: steamed	1 cup	134.0	0.0	2.0	1.1	0.2	4.2	31.9	4.0	0.8	5.0	328.0	5.8
CORNBREAD	1 serving	108.0	13.0	151.0	2.8	0.5	2.7	18.0	1.0	0.9	68.0	51.0	0.1
CORNBREAD STUFFING	1 serving	162.0	7.0	289.0	7.1	1.3	3.6	21.2	1.2	1.2	68.0	230.0	1.0
CRACKERS	2 oz	239.0	0.0	580.0	5.0	1.1	5.4	42.2	1.7	2.9	11.9	1.0	0.0
CRACKERS, GRAHAM	1 each (4pcs)	59.0	0.0	67.0	1.4	0.2	1.0	10.8	0.4	0.5	3.4	0.0	0.0
CREAM CHEESE	1 TBSP	50.0	16.0	47.0	5.0	2.8	0.9	0.6	0.0	0.1	14.2	195.0	0.0
CREAMED CORN	1 cup	184.0	0.0	730.0	1.1	0.2	4.5	46.4	3.1	1.0	7.7	189.0	11.8
CREAMY COLE SLAW	1/4 cup	33.0	3.0	77.0	1.6	0.3	0.6	4.5	1.0	0.3	19.0	1005.0	11.1
CUCUMBER, RAW	1 oz	3.0	0.0	1.0	0.1	0.0	0.2	0.6	0.2	0.1	4.0	20.0	0.9
EGG & CHEESE ENGLISH MUFFIN	1 each	224.0	145.0	505.0	17.2	7.1	14.7	2.3	0.0	1.1	325.4	476.0	1.5
EGG SALAD SANDWICH	1 sandwich	244.0	216.0	453.0	8.7	2.2	10.7	30.1	1.5	2.3	86.0	302.0	0.9
EGG, HARD-BOILED	1 each	78.0	187.0	62.0	5.3	1.6	6.3	0.6	0.0	0.6	25.0	260.0	0.0
FRENCH FRIES: baked	1/2 cup	73.0	0.0	11.0	2.0	0.6	1.0	12.0	1.0	0.2	0.0	0.0	3.9
FRENCH TOAST STICKS	3 pieces	42.0	16.0	97.0	1.2	0.3	1.5	6.3	0.2	0.4	21.0	37.0	0.1

Recipe Name	Portion Size	Calories	Chol mg	Sodium mg	Total Fat g	Sat Fat g	Protein g	Carb g	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
FRIED RICE	3/4 cup	184.0	108.0	409.0	4.0	1.0	6.7	29.4	1.4	1.8	29.0	1873.0	1.5
FRUIT COCKTAIL	1/2 cup	69.0	0.0	7.0	0.1	0.0	0.5	18.1	1.2	0.4	7.3	248.0	2.3
FRUIT JUICE,ASSORTED	4 oz	64.0	0.0	5.0	0.2	0.0	0.5	15.6	0.3	0.2	13.1	59.0	24.5
FRUIT SALAD	1/2 cup	73.0	0.0	8.0	0.1	0.0	0.4	19.1	1.3	0.4	8.8	541.0	3.2
FRUIT,FRESH ASSORTED	1 piece	74.0	0.0	1.0	0.3	0.1	0.9	19.1	3.0	0.3	16.9	175.0	17.8
GARLICK KALE & ZUCCHINI	1/2 cup	41.0	0.0	86.0	2.1	0.4	2.1	4.9	1.4	0.7	47.7	2324.0	42.1
GARLICKY GREENS: kale	1/2 cup	64.0	0.0	35.0	3.0	0.4	3.9	8.1	1.8	1.4	137.0	9063.0	109.0
GENERAL TSO'S CHICKEN	1/2 cup	241.0	111.0	1046.0	8.7	2.5	27.5	13.3	0.3	1.8	111.6	36.0	23.6
GOLDFISH CRACKERS	1 each	100.0	5.0	180.0	4.5	1.0	2.0	13.0	1.0	0.7	20.0	0.0	0.0
GRAPES,Fresh	1 cup	62.0	0.0	2.0	0.3	0.1	0.6	15.8	0.8	0.3	12.9	92.0	3.7
GREEN BEANS: steamed	1 cup	44.0	0.0	1.0	0.4	0.1	2.4	9.9	4.0	0.8	55.0	875.0	12.1
GROUND BEEF AND SPANISH RICE	2/3 cup	282.0	51.0	288.0	10.5	4.4	18.6	27.0	1.2	3.1	41.0	519.0	11.8
HAM & CHEESE SANDWICH	1 sandwich	256.0	36.0	845.0	8.6	3.4	18.7	25.2	3.8	1.8	352.2	93.0	6.6
HAMBURGER	1 sandwich	264.0	42.0	451.0	12.6	4.5	15.6	24.1	3.7	2.5	75.6	19.0	0.0
HERBED BROCCOLI & CAULIFLOWER	1/2 cup	92.0	2.0	216.0	4.8	1.3	4.3	9.6	3.3	1.0	84.0	1176.0	38.8
HONEY GLAZED CARROTS	1/2 cup	85.0	0.0	141.0	2.5	0.4	1.3	15.8	3.8	0.4	45.2	22876.0	8.1
HOT DOG (all-beef)	1 sandwich	277.0	28.0	778.0	15.9	5.5	11.6	24.9	3.0	1.7	66.5	0.0	0.0
HUMMUS: nut-free	1/2 cup	156.0	0.0	335.0	6.2	0.8	7.4	19.7	5.7	1.9	59.4	26.0	6.3
ITALIAN BREAD	1 slice	145.0	0.0	150.0	1.4	0.3	4.4	28.2	1.1	1.7	27.0	41.0	0.1
ITALIAN DRESSING	2 TBSP	62.0	0.0	4.0	6.6	0.9	0.1	1.0	0.1	0.1	2.0	169.0	0.2
KALE PESTO	2 TBSP	110.0	6.0	103.0	10.2	2.0	2.8	3.0	0.8	0.5	99.4	1712.0	20.8
KALE PESTO MARINARA	2 TBSP	28.0	1.0	40.0	1.9	0.4	0.7	2.3	0.1	0.3	20.7	355.0	4.3
KETCHUP: individual PC	1 Pkt 6g	7.0	0.0	54.0	0.0	0.0	0.1	1.6	0.0	0.0	1.0	31.0	0.3
KIDNEY BEANS: canned,drained	1 cup	210.0	0.0	758.0	1.5	0.2	13.4	37.1	13.6	3.0	87.0	0.0	3.1
LASAGNA WITH GROUND BEEF	1 serving	269.0	34.0	406.0	8.7	4.7	19.9	28.3	2.3	2.6	304.0	910.0	16.3
LENTIL SOUP	1/2 cup	260.0	0.0	69.0	4.2	0.6	16.8	40.9	19.1	6.4	110.1	5442.0	24.0
LETTUCE &TOMATO:1 leaf,2 slice	1 1 lf,2 slc	9.0	0.0	4.0	0.1	0.0	0.5	2.0	0.7	0.2	6.7	409.0	5.9
MACARONI AND CHEESE (SF Ched)	2/3 cup	263.0	30.0	871.0	12.1	6.8	17.2	22.0	0.8	0.8	414.5	1662.0	0.0
MACARONI SALAD	1/2 cup	144.0	6.0	262.0	3.1	0.5	3.7	25.0	1.7	1.2	10.0	1330.0	1.0

Recipe Name	Portion Size	Calories	Chol mg	Sodium mg	Total Fat g	Sat Fat g	Protein g	Carb g	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
MARINATED BLACK BEAN SALAD	1/2 cup	157.0	0.0	246.0	1.6	0.3	5.1	16.7	3.5	1.7	29.0	577.0	23.7
MASHED POTATOES	3/4 cup	81.0	0.0	18.0	0.7	0.0	1.5	16.2	1.5	0.3	14.8	0.0	6.6
MAYONNAISE:individual PC	1 Pkt 7g	50.0	4.0	40.0	5.6	0.6	0.1	0.2	0.0	0.0	1.3	20.0	0.0
MEAT LOAF	3/4" SLICE	195.0	67.0	122.0	10.3	4.2	17.0	8.0	1.3	2.2	47.0	154.0	2.9
MEATBALL SUB: BFSP	1 sandwich	236.0	20.0	452.0	7.7	2.1	13.6	31.3	3.6	2.8	108.8	212.0	3.0
MEXICAN SUCCOTASH	1/4 cup	101.0	0.0	54.0	4.9	0.7	2.5	14.1	3.0	0.8	21.9	923.0	37.0
MILK - Variety	8 oz	156.0	9.0	139.0	2.6	1.6	8.1	25.7	0.9	0.5	293.6	482.0	1.7
MILK,1% Chocolate	8 oz	178.0	8.0	153.0	2.5	1.5	8.1	31.5	1.3	0.7	290.0	490.0	2.3
MILK,1% Lowfat	8 oz	102.0	12.0	107.0	2.4	1.5	8.2	12.2	0.0	0.1	305.0	478.0	0.0
MILK,Skim	8 oz	83.0	5.0	103.0	0.2	0.1	8.3	12.2	0.0	0.1	298.9	500.0	0.0
MINESTRONE	1 cup	96.0	1.0	201.0	0.9	0.3	5.8	18.1	3.0	2.0	55.0	3042.0	6.6
MIXED VEGETABLES	1 cup	118.0	0.0	64.0	0.3	0.1	5.2	23.8	8.0	1.5	45.5	7784.0	5.8
MUFFIN: Apple-Cinnamon	1 each	170.0	30.0	120.0	6.0	0.5	3.0	27.0	2.0	0.7	20.0	0.0	0.0
MUFFIN: Blueberry	1 each	160.0	30.0	120.0	6.0	1.0	3.0	26.0	2.0	0.7	20.0	0.0	0.0
NACHOS WITH GROUND BEEF	1 serving	281.0	42.0	590.0	15.1	6.1	17.8	19.3	2.1	1.7	277.0	410.0	0.4
OATMEAL	1 cup	116.0	0.0	9.0	3.3	0.6	8.1	31.1	7.2	2.5	34.4	0.0	0.0
OATMEAL COOKIES	1 each	161.0	13.0	140.0	8.5	2.0	2.2	19.4	0.9	0.8	12.0	161.0	0.0
OATMEAL SNACK BAR	1 bar	150.0	20.0	120.0	5.0	1.0	2.0	23.0	2.0	0.7	0.0	0.0	0.0
ORANGES	1 each	62.0	0.0	0.0	0.2	0.0	1.2	15.4	3.1	0.1	52.4	295.0	69.7
PASTA SALAD	1/2 cup	141.0	0.0	165.0	7.0	1.0	3.3	16.8	2.0	1.0	16.9	1309.0	10.0
PEACH COBBLER	1 serving	292.0	0.0	103.0	11.6	2.9	2.7	46.4	2.3	1.6	10.5	445.0	5.0
PEACHES,FRESH	1 each	59.0	0.0	0.0	0.4	0.0	1.4	14.3	2.3	0.4	9.0	489.0	9.9
PEACHES: canned,light syrup	1/2 cup	68.0	0.0	6.0	0.0	0.0	0.6	18.3	1.6	0.5	3.8	444.0	3.0
PEANUT BUTTER & JELLY; grape	1 sandwich	314.0	0.0	352.0	16.3	3.1	9.2	32.9	2.6	1.6	28.4	1.0	0.0
PEARS,FRESH	1 each	101.0	0.0	2.0	0.3	0.0	0.6	27.1	5.5	0.3	16.0	45.0	7.7
PEARS: canned,light syrup	1/2 cup	72.0	0.0	6.0	0.0	0.0	0.2	19.0	2.0	0.4	6.3	0.0	0.9
PEAS & CARROTS	1 cup	77.0	0.0	109.0	0.7	0.1	4.9	16.2	5.0	1.5	36.8	15222.0	13.0
PEAS; buttered	1/2 cup	158.0	10.0	150.0	4.3	2.5	8.3	22.8	8.8	2.5	39.1	3478.0	15.8
PINEAPPLE CHUNKS:canned,lt syr	1/2 cup	66.0	0.0	1.0	0.2	0.0	0.5	17.0	1.0	0.5	17.6	48.0	9.5

Recipe Name	Portion Size	Calories	Chol mg	Sodium mg	Total Fat g	Sat Fat g	Protein g	Carb g	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
PIZZA: Big Daddy's WG Chz	1 slice	389.0	35.0	728.0	17.0	7.0	19.0	42.9	4.0	2.7	349.2	499.0	0.0
PLUMS,FRESH	1 each	30.0	0.0	0.0	0.2	0.0	0.5	7.5	0.9	0.1	4.0	228.0	6.3
POTATO SALAD	2/3 cup	102.0	6.0	309.0	2.9	0.5	1.5	17.9	1.6	0.4	10.0	26.0	9.2
POTATOES AU GRATIN	1/2 cup	144.0	10.0	595.0	2.4	1.7	8.7	22.5	0.5	1.5	228.0	138.0	6.2
QUICK BAKED POTATOES	1/2 each	128.0	0.0	58.0	2.3	0.4	2.9	24.7	2.6	1.3	18.0	113.0	11.3
RAISINS	1/4 cup	108.0	0.0	4.0	0.2	0.0	1.1	28.7	1.3	0.7	18.1	0.0	0.8
RANCH DRESSING	2 TBSP	35.0	5.0	181.0	1.9	0.5	1.1	3.5	0.1	0.1	35.0	26.0	0.5
RATATOUILLE	3/4 cup	116.0	0.0	332.0	9.0	1.3	1.8	8.9	3.0	0.8	32.8	552.0	30.3
REFRIED BEANS	1/2 cup	108.0	0.0	534.0	1.4	0.5	6.4	18.2	6.1	2.0	39.3	0.0	7.1
RELISH: individual PC	1 Pkt 9g	10.0	0.0	62.0	0.0	0.0	0.0	2.7	0.1	0.1	0.2	93.0	0.1
RICE, BROWN	1/2 cup	31.0	0.0	3.0	0.3	0.1	0.7	6.4	0.5	0.1	4.9	0.0	0.0
ROASTED CHICKEN	3 oz	50.0	18.0	100.0	3.3	1.0	4.7	0.0	0.0	0.1	0.0	0.0	0.0
ROASTED ROOTS	3/4 cup	151.0	0.0	149.0	3.7	0.6	3.1	28.0	5.2	1.1	46.8	17333.0	26.4
SALAD BAR;average	1 cup	217.0	18.0	303.0	6.1	3.6	11.5	31.7	6.5	1.9	242.4	4522.0	30.3
SALAD DRESSING,Assorted	1 TBSP	60.0	2.0	143.0	5.9	0.9	0.1	1.8	0.1	0.1	3.5	31.0	0.2
SALAD,TOSSED: no dressing	1 cup	31.0	0.0	23.0	0.5	0.1	1.9	5.7	2.1	0.7	26.4	4104.0	12.7
SAUERKRAUT	1/2 cup	13.0	0.0	469.0	0.1	0.0	0.7	3.0	2.1	1.0	21.3	13.0	10.4
SCALLOPED POTATOES:(FRESH)	1/2 cup	117.0	2.0	358.0	2.9	0.6	4.3	18.7	1.2	0.4	109.0	124.0	5.0
SCRAMBLED EGGS	1/4 cup	72.0	186.0	142.0	4.8	1.6	6.3	0.4	0.0	0.9	28.0	270.0	0.0
SESAME CARROTS	1 cup	83.0	0.0	88.0	3.7	0.5	1.2	12.3	3.6	0.4	42.2	21518.0	7.6
SESAME CHICKEN & NOODLES	1 cup	396.0	67.0	773.0	12.6	2.2	31.4	41.0	3.4	4.1	68.9	894.0	28.0
SHEPHARD'S PIE	1 serving	271.0	52.0	405.0	11.9	4.6	18.0	22.5	3.0	2.5	37.2	3533.0	19.5
SLOPPY JOE ON A ROLL	1 serving	345.0	52.0	540.0	12.8	5.0	21.0	35.9	2.4	3.7	98.0	560.0	11.9
SPAGHETTI & MEATBALLS	1.5 cup	248.0	14.0	182.0	5.3	1.6	11.4	38.7	4.0	3.0	60.2	927.0	22.0
SPAGHETTI AND MEAT SAUCE	1 cup	322.0	126.0	312.0	10.7	4.4	21.2	34.2	3.0	3.9	42.2	6.0	5.4
SPANISH RICE	1/3 cup	69.0	0.0	134.0	0.8	0.2	1.6	13.7	0.7	0.8	14.0	266.0	6.7
SPINACH: steamed	1/2 cup	32.0	0.0	92.0	0.8	0.2	3.8	4.6	3.5	1.9	145.4	11458.0	2.1
SQUASH,SUMMER: baked	1 cup	36.0	0.0	2.0	0.6	0.1	1.6	7.8	2.5	0.7	48.6	382.0	9.9
SQUASH,WINTER: baked	3/4 cup	66.0	0.0	7.0	0.2	0.1	1.8	16.7	2.7	1.1	51.7	2491.0	26.2

Recipe Name	Portion Size	Calories	Chol mg	Sodium mg	Total Fat g	Sat Fat g	Protein g	Carb g	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
STRAWBERRIES,FRESH	1 cup	46.0	0.0	1.0	0.4	0.0	1.0	11.1	2.9	0.6	23.0	17.0	84.7
STRAWBERRIES: frozen	1 cup	245.0	0.0	8.0	0.3	0.0	1.4	66.1	4.9	1.5	28.1	61.0	105.6
STRING CHEESE	1 each	86.0	15.0	150.0	5.7	3.6	7.4	1.1	0.0	0.1	207.2	147.0	0.0
SUGAR PACKET	1 tsp	16.0	0.0	0.0	0.0	0.0	0.0	4.2	0.0	0.0	0.0	0.0	0.0
SWEET & SOUR CHICKEN	1/2 cup	256.0	81.0	163.0	9.2	2.3	26.9	15.7	0.8	1.3	26.3	1656.0	7.7
SWEET & SOUR MEATBALLS	1/2 cup	245.0	67.0	217.0	10.3	4.2	17.5	19.9	1.3	2.2	47.0	155.0	3.1
SWEET & SOUR SAUCE: Minh's	1 serving	53.0	0.0	100.0	0.0	0.0	0.5	12.6	0.0	0.0	0.0	0.0	0.0
SWEET POTATO & BLACK BEANS	1 cup	219.0	0.0	395.0	6.7	1.0	6.5	36.6	7.3	2.0	49.9	8799.0	10.5
SWEET POTATO HUMMUS	1/4 cup	152.0	0.0	241.0	3.3	0.4	5.0	26.9	5.2	1.8	59.0	11625.0	8.9
SWEET POTATO, BAKED	1 each	103.0	0.0	41.0	0.2	0.0	2.3	23.6	3.8	0.8	43.3	21909.0	22.3
SYRUP,PANCAKE	1 TBSP	46.0	0.0	16.0	0.0	0.0	0.0	12.1	0.0	0.0	0.6	0.0	0.0
TAHINI NOODLE SALAD: cold	1/2 cup	266.0	0.0	722.0	9.5	1.4	8.2	37.6	2.3	2.3	33.4	401.0	0.8
TANGERINES,FRESH	1 each	47.0	0.0	2.0	0.3	0.0	0.7	11.7	1.6	0.1	32.6	599.0	23.5
TARTAR SAUCE	2 TBSP	76.0	6.0	238.0	6.4	0.6	0.4	5.6	0.2	0.2	5.7	126.0	0.5
TERIYAKI CHICKEN	1 each	147.0	51.0	580.0	4.5	1.2	17.1	9.6	0.4	1.1	16.5	262.0	3.5
TERIYAKI SAUCE	2 TBSP	39.0	0.0	531.0	0.1	0.0	0.7	9.6	0.4	0.4	8.0	231.0	3.5
THICK VEGETABLE SOUP	1 cup	168.0	0.0	275.0	0.8	0.2	7.5	34.7	8.3	2.6	66.0	5321.0	15.2
THOUSAND ISLAND DRESSING	2 TBSP	61.0	8.0	271.0	3.7	0.6	0.3	7.0	0.3	0.2	4.0	87.0	1.2
THREE BEAN SALAD	1/4 cup	75.0	0.0	123.0	2.6	0.4	2.8	10.4	2.8	0.7	22.2	4.0	1.6
TOAST,WHOLE-WHEAT BREAD	1 slice	77.0	0.0	123.0	1.0	0.2	4.1	12.8	2.3	0.7	32.5	1.0	0.0
TOASTED CHEESE SANDWICH: WW	1 sandwich	284.0	30.0	1132.0	12.7	6.6	20.0	26.0	2.0	1.4	441.0	1622.0	0.0
TOMATO SAUCE (MEATLESS)	2 TBSP	16.0	0.0	37.0	0.4	0.1	0.6	3.0	0.7	0.4	11.0	347.0	8.1
TOMATOES: canned	1 cup	96.0	0.0	746.0	0.7	0.1	6.2	20.6	2.4	2.4	38.4	1440.0	40.3
TUNA AND NOODLES	2 cup	282.0	51.0	391.0	5.8	1.2	23.2	33.2	1.5	3.9	133.0	276.0	2.8
TUNA MELT	1 serving	365.0	48.0	1054.0	16.7	3.8	26.4	29.5	2.6	2.4	352.0	244.0	1.3
TUNA SALAD SANDWICH	1 sandwich	304.0	33.0	806.0	7.2	1.2	23.9	34.4	2.0	3.0	76.0	86.0	1.9
TURKEY AND DRESSING SUPREME	1 serving	271.0	45.0	441.0	12.6	2.9	19.8	18.3	0.8	2.2	55.0	366.0	0.4
TURKEY W/CHEESE SANDWICH	1 sandwich	282.0	52.0	999.0	10.5	3.9	23.7	24.9	2.0	2.7	191.7	160.0	0.0
VEGETABLE LASAGNA	1 serving	238.0	9.0	870.0	4.9	2.2	18.2	31.2	3.5	2.5	229.6	1430.0	23.3

Recipe Name	Portion Size	Calories	Chol mg	Sodium mg	Total Fat g	Sat Fat g	Protein g	Carb g	Fiber g	Iron mg	Calcium mg	Vit A IU	Vit C mg
VEGETABLE NOODLE SOUP	1 cup	107.0	11.0	119.0	0.8	0.2	3.2	22.5	1.2	1.3	55.2	4306.0	13.7
VEGETABLE SOUP	1 cup	58.0	1.0	369.0	0.6	0.1	3.2	11.5	1.8	1.1	29.0	1906.0	13.3
VEGETABLE WRAPS	1 serving	287.0	20.0	696.0	10.9	4.7	13.4	33.8	2.7	2.0	364.8	2331.0	14.7
VEGETARIAN BEANS	1 cup	240.0	0.0	921.0	1.5	0.4	12.8	51.3	12.8	3.6	112.2	339.0	6.9
VEGETARIAN CHILI	1 cup	230.0	0.0	923.0	7.3	0.6	9.4	35.5	10.2	2.2	71.7	1301.0	48.5
VEGGIE EGG ROLL	1 egg roll	6.0	0.0	18.0	0.2	0.0	0.2	1.0	0.1	0.1	1.0	70.0	0.6
WATERMELON,CHUNKS	1 cup	46.0	0.0	2.0	0.2	0.0	0.9	11.5	0.6	0.4	10.6	865.0	12.3
WHITE BREAD	2 slice	93.0	0.0	145.0	1.5	0.4	2.6	17.1	0.7	1.0	14.0	20.0	0.1
YOGURT: 4oz	1 each	100.0	1.0	50.0	0.5	0.5	3.0	20.0	0.0	0.0	100.0	500.0	6.0
ZUCCHINI SQUASH: steamed	1 cup	36.0	0.0	7.0	0.9	0.2	2.7	6.5	2.4	0.9	43.2	2681.0	31.0
ZUCCHINI: rstd, seasoned	1 cup	27.0	0.0	5.0	0.7	0.1	2.1	4.9	1.9	0.8	34.8	2015.0	23.3

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.