

Burlington School District

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
292 APPLE/CARROT/RAISIN/SALAD	1 3/4 CUPS	366	262.085	0.121 0.417%	83.153	*46.979* *71.700%*	0.785 2.696%	0.000	68.019 103.812%	9.269	2.652 4.048%	18298.010	66.884	20.868	1.265
70 APPLE-GINGER SLAW	1/2 cup	194	95.287	0.621 5.862%	72.444	*6.341* *26.619%*	3.595 33.957%	4.301	16.752 70.320%	2.131	0.596 2.502%	3074.851	19.208	11.806	0.206
64 APPLES,Fresh	EACH	138	71.760	0.039 0.484%	1.380	14.338 79.922%	0.235 2.942%	0.000	19.058 106.231%	3.312	0.359 2.001%	74.520	8.280	6.348	0.166
118 APPLESAUCE: canned	CUP	244	103.993	0.049 0.422%	4.002	*N/A* *N/A%*	0.122 1.056%	0.000	27.572 106.053%	2.806	0.390 1.500%	72.004	8.003	2.806	0.268
57 ASIAN CABBAGE SLAW	1/2 cup	42	20.530	0.024 1.070%	57.720	*3.358* *65.426%*	0.151 6.598%	0.000	4.750 92.540%	0.884	0.549 10.697%	1664.192	15.040	12.376	0.216
990116 Baby Corn	1/8 cup	19	17.880	0.037 1.847%	0.186	0.846 18.926%	0.279 14.064%	0.000	3.908 87.416%	0.447	0.635 14.206%	48.984	0.559	1.024	0.084
197 Bagel & Cream Cheese	SERVING	128	310.146	1.365 3.960%	53.850	0.873 1.126%	4.787 13.891%	8.100	58.214 75.080%	3.992	10.170 13.116%	82.800	142.200	0.000	360.025
204 Bagels: Filled Cinnamon	SERVING	69	240.000	2.500 9.375%	180.000	13.000 21.667%	6.000 22.500%	10.000	41.000 68.333%	2.000	6.000 10.000%	100.000	20.000	0.000	1.440
500005 BAKED BEANS (VEGETARIAN)	SERVINGS	160	158.992	0.160 0.906%	532.000	*N/A* *N/A%*	0.640 3.623%	0.000	35.984 90.530%	6.992	6.768 17.027%	360.000	86.000	7.792	0.848
300 Baked Beans:vegetarian	1/2 cup	167	160.444	0.111 0.624%	453.258	*18.314* *45.658%*	0.656 3.677%	0.000	36.701 91.498%	5.853	6.678 16.649%	223.227	66.480	2.200	2.092
990030 Baked Corn Dogs	each	113	250.000	2.000 7.200%	760.000	10.000 16.000%	10.000 36.000%	25.000	30.000 48.000%	3.000	11.000 17.600%	0.000	6.000	25.000	10.000
44 Baked Potato	EACH	173	160.890	0.059 0.329%	17.300	2.041 5.074%	0.225 1.258%	0.000	36.590 90.968%	3.806	4.325 10.753%	17.300	25.950	16.608	1.868
500009 BAKED SWEET POTATOES & APPLES	1/4 CUP	69	77.998	0.276 3.185%	28.994	*N/A* *N/A%*	1.380 15.923%	0.000	16.560 84.925%	1.898	0.559 2.867%	2636.994	10.999	3.498	0.386
990040 Baked Ziti w/ Meat Sauce	1 cup	447	1061.890	6.239 5.288%	432.415	*0.000* *0.000%*	17.053 14.453%	53.554	177.551 66.881%	10.101	49.390 18.605%	*1007.935*	*8.505*	*4.795*	*9.914*
990105 Banana Peppers	1/8 cup	13	3.510	0.013 3.231%	217.230	0.278 31.681%	0.122 31.333%	0.000	0.616 70.222%	0.338	0.120 13.675%	221.000	2.990	1.300	0.244
68 BANANAS	EACH	118	105.020	0.132 1.133%	1.180	14.431 54.965%	0.389 3.337%	0.000	26.951 102.652%	3.068	1.286 4.898%	75.520	5.900	10.266	0.307
20 BARBECUE CHICKEN SANDWICH	1 sandwich	163	291.163	1.115 3.447%	1036.240	*2.688* *3.693%*	7.181 22.195%	55.031	32.656 44.862%	3.033	25.588 35.153%	260.999	50.850	3.997	2.716

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216 Barbecue Pork Wrap	EACH	182	370.882	6.016 14.599%	779.047	*0.000* *0.000%*	11.497 27.899%	66.494	39.979 43.117%	3.399	29.023 31.302%	318.998	210.537	3.997	2.567
119 BARBECUE SAUCE	2 TBSP	27	14.637	0.003 0.178%	64.130	*2.657* *72.611%*	0.018 1.107%	0.000	3.778 103.240%	0.025	0.142 3.881%	147.351	4.572	1.035	0.076
500015 BARBECUED CHICKEN	SERVINGS	145	294.988	3.727 11.369%	475.992	*N/A* *N/A%*	13.427 40.965%	86.000	15.820 21.451%	0.493	27.246 36.945%	492.000	26.999	5.090	1.595
23 Basil Pesto (nut-free)	2 TBSP	34	149.933	2.831 16.991%	404.366	*0.040* *0.107%*	15.322 91.974%	5.375	1.539 4.105%	0.214	2.222 5.928%	693.971	76.791	2.492	0.507
240 BBQ Pork Wrap	EACH	224	391.412	6.041 13.890%	836.767	*3.358* *3.432%*	11.647 26.781%	66.494	44.728 45.710%	4.283	29.572 30.221%	1983.190	225.577	16.373	2.783
500016 BEAN BURRITO	SERVINGS	171	287.998	3.523 11.008%	661.992	*N/A* *N/A%*	7.934 24.795%	12.996	40.014 55.575%	4.685	14.809 20.568%	800.998	305.987	10.089	3.369
500017 BEAN SOUP	SERVINGS	233	158.999	0.210 1.187%	328.996	*N/A* *N/A%*	0.862 4.880%	0.979	29.358 73.857%	6.384	9.273 23.328%	1072.988	78.987	3.984	2.656
500018 BEAN TACO	2 EACH	182	248.994	2.675 9.670%	535.990	*N/A* *N/A%*	9.300 33.616%	7.990	32.123 51.604%	5.697	11.357 18.245%	601.000	225.989	8.590	2.657
1061 BEANS	1/4 CUP	255	239.700	0.408 1.532%	920.550	*N/A* *N/A%*	1.530 5.745%	0.000	51.255 85.532%	12.750	12.750 21.277%	339.150	112.200	6.885	3.621
500020 BEEF BURRITO	EACH	135	272.997	5.751 18.960%	351.000	*N/A* *N/A%*	12.461 41.079%	42.998	21.330 31.253%	1.998	18.819 27.574%	799.996	263.992	9.693	2.619
500023 BEEF STEW	SERVINGS	261	217.987	2.375 9.806%	408.987	*N/A* *N/A%*	7.778 32.112%	48.990	16.469 30.220%	2.897	19.784 36.303%	5765.986	27.979	5.899	3.054
990052 Beef Taco	each	140	227.843	3.956 15.625%	412.630	*2.025* *3.555%*	11.208 44.272%	17.895	20.327 35.686%	3.416	13.383 23.495%	1410.389	114.342	4.114	2.145
500032 BEEF TACO PIE	SERVINGS	158	303.992	5.720 16.933%	752.996	*N/A* *N/A%*	12.940 38.311%	44.998	26.418 34.761%	2.086	19.639 25.841%	724.999	230.996	4.993	3.271
301 Beef Tacos	2 EACH	163	286.686	5.780 18.146%	267.082	*2.321* *3.238%*	15.439 48.467%	42.422	19.857 27.706%	2.695	16.790 23.426%	506.066	108.321	4.263	2.264
500036 BEEF VEGETABLE SOUP	CUP	243	85.998	1.288 13.478%	281.977	*N/A* *N/A%*	3.208 33.569%	13.997	8.967 41.707%	1.798	6.075 28.256%	1917.999	38.977	11.494	1.264
253 BEETS: canned	CUP	170	52.700	0.037 0.639%	329.800	9.367 71.097%	0.238 4.065%	0.000	12.257 93.032%	3.060	1.547 11.742%	40.800	25.500	6.970	3.094
990095 Bell Peppers, Sliced	1/4 cup	119	23.800	0.069 2.609%	3.570	2.856 48.000%	0.202 7.650%	0.000	5.522 92.800%	2.023	1.023 17.193%	440.300	11.900	95.676	0.405

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198 Black Beans	1/2 cup	151	315.507	0.162 0.463%	527.669	*N/A* *N/A%*	0.626 1.787%	0.000	23.296 29.534%	6.522	10.813 13.709%	124.352	64.890	4.088	3.327
255 BLUEBERRIES,Fresh	CUP	148	84.360	0.041 0.442%	1.480	14.741 69.896%	0.488 5.211%	0.000	21.445 101.684%	3.552	1.095 5.192%	79.920	8.880	14.356	0.414
108 BREAKFAST BURRITO: Egg, Cheese	each	94	210.290	2.460 10.528%	298.590	*N/A* *N/A%*	6.930 29.659%	65.490	31.200 59.347%	3.050	7.000 13.315%	*N/A*	150.000	3.600	1.800
109 BREAKFAST BURRITO: Tky Sausage	each	85	192.000	2.000 9.375%	287.000	*N/A* *N/A%*	5.000 23.438%	60.000	28.000 58.333%	1.000	7.600 15.833%	*N/A*	100.000	2.400	1.800
152 Breakfast Round, Cinnamon	EACH	62	281.666	3.018 9.643%	191.130	19.113 27.143%	8.048 25.714%	5.030	44.262 62.857%	3.018	5.030 7.143%	95.565	20.119	0.000	0.724
155 Breakfast Wrap	EACH	62	139.552	1.495 9.642%	309.010	0.997 2.858%	4.984 32.145%	54.824	15.949 45.714%	1.994	7.974 22.856%	299.042	99.680	0.000	1.077
9 BROCCOLI & CARROTS	1 cup	65	23.733	0.025 0.940%	30.131	1.840 31.012%	0.208 7.895%	0.000	5.017 84.559%	1.733	1.368 23.057%	4311.797	27.054	37.559	0.369
192 Broccoli & Cauliflower:rstd	1/2 CUP	140	41.560	0.105 2.274%	41.280	2.374 22.849%	0.599 12.967%	0.000	8.149 78.427%	4.000	2.997 28.845%	1214.880	41.120	78.088	0.721
500039 BROCCOLI SALAD	1/2 CUP	82	153.996	0.607 3.546%	171.995	*N/A* *N/A%*	3.665 21.422%	6.995	31.053 80.660%	1.993	1.763 4.579%	502.996	28.995	30.299	0.820
257 Broccoli: fresh, steamed	1/2 CUP	156	54.600	0.123 2.031%	63.960	2.168 15.883%	0.640 10.543%	0.000	11.201 82.057%	5.148	3.713 27.201%	2414.880	62.400	101.244	1.045
258 BROCCOLI: frozen, boiled	CUP	184	51.520	0.033 0.578%	20.240	2.705 21.002%	0.221 3.857%	0.000	9.844 76.429%	5.520	5.704 44.286%	1860.240	60.720	73.784	1.122
134 BROCCOLI: rstd	1/2 cup	93	50.992	0.202 3.571%	169.493	1.543 12.104%	2.580 45.540%	0.000	6.112 47.945%	2.394	2.573 20.184%	565.930	43.335	80.921	0.677
87 BROCCOLI: sesame rstd	cup	96	69.662	0.655 8.466%	169.493	1.543 8.860%	4.692 60.621%	0.000	6.112 35.095%	2.394	2.573 14.774%	565.930	43.335	80.921	0.677
256 BROCCOLI:raw,fresh	CUP	91	30.940	0.036 1.033%	30.030	1.547 20.000%	0.337 9.794%	0.000	6.042 78.118%	2.366	2.566 33.174%	566.930	42.770	81.172	0.664
500041 BROWN GRAVY	2 TBSP	32	22.998	0.330 12.899%	34.998	*N/A* *N/A%*	1.539 60.235%	0.000	1.968 34.229%	0.099	0.358 6.227%	66.000	2.000	0.000	0.118
102 BROWN RICE PILAF: vegetarian	1/2 CUP	139	171.908	0.201 1.051%	37.842	*0.287* *0.668*	1.042 5.453%	0.000	36.703 85.401%	1.563	3.776 8.786%	1573.595	21.174	4.776	1.318
71 BUFFALO CHICKEN WRAP	each	194	242.184	2.533 9.412%	1024.904	*0.246* *0.406*	6.600 24.526%	46.402	30.530 50.425%	4.045	16.918 27.942%	2635.222	134.893	27.804	2.494

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214 Burrito, Egg & Cheese	EACH	94	210.290	2.460 10.528%	298.590	*N/A* *N/A*	6.930 29.659%	65.490	31.200 59.347%	3.050	7.000 13.315%	*N/A*	150.000	3.600	1.800
259 CABBAGE: boiled	CUP	150	34.500	0.000 0.000%	12.000	4.185 48.522%	0.090 2.348%	0.000	8.265 95.826%	2.850	1.905 22.087%	120.000	72.000	56.250	0.255
263 Caesar Dressing	2 TBSP	26	94.853	1.557 14.771%	272.356	*0.574* *2.421*	8.608 81.677%	10.310	2.108 8.888%	0.161	1.093 4.609%	45.662	50.159	1.353	0.097
39 Caesar Salad	CUP	86	104.803	0.099 0.852%	302.890	*1.875* *7.156*	3.558 30.550%	0.494	14.742 56.266%	1.218	3.176 12.122%	4943.085	26.753	2.282	0.591
22 CARROT STICKS	CUP	122	50.020	0.045 0.811%	84.180	5.783 46.246%	0.293 5.268%	0.000	11.688 93.463%	3.416	1.135 9.076%	20381.320	40.260	7.198	0.366
276 Carrot Sticks: K8 serving	CUP	122	50.020	0.045 0.811%	84.180	5.783 46.246%	0.293 5.268%	0.000	11.688 93.463%	3.416	1.135 9.076%	20381.320	40.260	7.198	0.366
990029 Carrot Sticks: K8 serving *RESIZED*	.5 CUP	61	25.010	0.023 0.813%	42.090	2.891 46.238%	0.146 5.268%	0.000	5.844 93.463%	1.708	0.567 9.068%	10190.660	20.130	3.599	0.183
500045 CARROT-RAISIN SALAD	1/4 CUP	55	78.100	0.308 3.549%	117.150	*N/A* *N/A*	1.843 21.232%	3.850	15.923 81.549%	1.540	0.902 4.620%	8298.950	18.150	3.190	0.490
990042 Carrots, raw	1/4 cup	7	2.870	0.003 0.815%	4.830	0.332 46.272%	0.017 5.268%	0.000	0.671 93.463%	0.196	0.065 9.059%	1169.420	2.310	0.413	0.021
260 CARROTS: canned, cooked	CUP	146	36.500	0.053 1.297%	353.320	3.621 39.682%	0.277 6.840%	0.000	8.088 88.640%	2.190	0.934 10.236%	16308.200	36.500	3.942	0.934
262 CARROTS: fresh, boiled	CUP	156	54.600	0.047 0.771%	90.480	5.382 39.429%	0.281 4.629%	0.000	12.823 93.943%	4.680	1.186 8.689%	26571.480	46.800	5.616	0.530
82 CARROTS: glazed, rstd	cup	69	46.201	0.023 0.450%	43.337	8.526 73.817%	0.150 2.918%	0.000	11.566 100.136%	1.761	0.601 5.203%	10426.926	21.004	3.716	0.216
261 CARROTS:frozen, boiled	CUP	146	54.020	0.175 2.919%	86.140	5.957 44.110%	0.993 16.541%	0.000	11.286 83.568%	4.818	0.847 6.272%	24714.880	51.100	3.358	0.774
264 CAULIFLOWER,raw: fresh	CUP	100	25.000	0.130 4.680%	30.000	1.910 30.560%	0.280 10.080%	0.000	4.970 79.520%	2.000	1.920 30.720%	0.000	22.000	48.200	0.420
265 CAULIFLOWER: frozen,boiled	1/2 CUP	90	17.100	0.031 1.611%	16.200	0.945 22.105%	0.198 10.421%	0.000	3.375 78.947%	2.430	1.449 33.895%	9.000	15.300	28.170	0.369
89 CAULIFLOWER: roasted	1/2 cup	96	61.498	0.738 10.797%	166.772	1.734 11.278%	4.611 67.473%	0.000	4.597 29.900%	1.849	1.756 11.422%	0.755	20.656	43.726	0.396
25 CAULIFLOWER:fresh boiled	CUP	124	28.520	0.087 2.739%	18.600	2.579 36.171%	0.558 17.609%	0.000	5.096 71.478%	2.852	2.282 32.006%	14.880	19.840	54.932	0.397

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267 CELERY STICKS	CUP	120	19.200	0.050 2.362%	96.000	1.608 33.500%	0.204 9.562%	0.000	3.564 74.250%	1.920	0.828 17.250%	538.800	48.000	3.720	0.240
163 Cereal, Cheerios	BOWL	28	100.000	0.500 4.500%	140.000	1.000 4.000%	2.000 18.000%	0.000	20.000 80.000%	3.000	3.000 12.000%	500.000	100.000	6.000	8.100
168 Cereal, Kashi Honey Oat	BOWL	28	98.560	0.252 2.301%	71.680	*N/A* *N/A*	1.484 13.551%	0.000	21.700 88.068%	4.228	2.884 11.705%	1060.640	11.872	25.480	1.540
165 Cereal, Kix	BOWL	28	60.000	0.000 0.000%	100.000	2.000 13.333%	0.500 7.500%	0.000	15.000 100.000%	2.000	1.000 6.667%	300.000	80.000	3.600	4.500
169 Cereal, Kix Berry-Berry	SERVING	28	105.000	0.000 0.000%	163.332	0.000 0.000%	1.165 9.984%	0.000	24.500 93.333%	0.000	1.165 4.438%	466.665	46.665	5.600	4.200
166 Cereal, Rice Chex GF	BOWL	28	100.000	0.000 0.000%	250.000	2.000 8.000%	0.500 4.501%	0.000	24.000 96.000%	1.000	2.000 8.000%	500.000	100.000	6.000	9.000
164 Cereal, Rice Krispies	SERVING	28	100.000	0.000 0.000%	170.000	1.000 4.000%	0.500 4.501%	0.000	23.000 92.000%	0.400	2.000 8.000%	1000.000	0.000	12.000	8.100
171 Cereal, Variety for K5	SERVING	28	93.000	0.100 0.968%	164.666	1.200 5.161%	0.933 9.029%	0.000	21.300 91.613%	1.280	1.833 7.884%	553.333	65.333	6.640	6.780
990058 Cheese Lasagna	serving	241	302.554	3.933 11.699%	1385.387	*0.000* *0.000%*	9.072 26.985%	39.499	33.761 44.635%	5.111	20.928 27.668%	*1167.778*	*320.000*	*14.222*	*1.989*
243 Cheese Omlette	1/4 CUP	68	145.099	5.403 33.515%	259.164	*0.185* *0.510%*	10.835 67.208%	205.199	1.000 2.756%	0.000	10.760 29.663%	451.761	158.603	0.000	0.997
28 Cheese Quesadillas	each	109	292.494	7.929 24.398%	513.077	*0.036* *0.049%*	13.096 40.295%	32.098	28.956 39.598%	3.142	16.359 22.372%	*325.229*	*246.160*	*0.738*	*1.732*
990059 Cheese Ravioli	serving	237	319.422	3.582 10.092%	1227.267	*2.032* *2.545%*	8.803 24.803%	60.967	43.827 54.883%	8.176	18.036 22.586%	1271.000	141.933	14.222	2.352
147 Cheese Sandwich	EACH	119	362.743	10.125 25.121%	826.739	6.024 6.643%	20.223 50.175%	50.621	32.048 35.340%	4.000	18.121 19.982%	*0.000*	*0.000*	*0.000*	*1.440*
213 Cheese Sandwich, Grilled	EACH	119	362.743	10.125 25.121%	826.739	6.024 6.643%	20.223 50.175%	50.621	32.048 35.340%	4.000	18.121 19.982%	*0.000*	*0.000*	*0.000*	*1.440*
500046 CHEESE SAUCE	2 TBSP	34	48.997	1.207 22.171%	174.998	*N/A* *N/A*	2.530 46.465%	4.998	3.298 26.924%	0.099	3.298 26.924%	137.999	94.999	0.197	0.088
142 Cheese, String	EACH	28	85.617	3.592 37.758%	149.688	*N/A* *N/A*	5.679 59.692%	15.309	1.086 5.073%	0.000	7.360 34.386%	146.570	207.238	0.000	0.071
126 Cheese: American, slice	SLICE	28	111.371	5.062 40.910%	273.370	1.012 3.635%	9.112 73.632%	25.311	2.024 7.270%	0.000	5.060 18.173%	*N/A*	*N/A*	*N/A*	*N/A*

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Burlington School District

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132 Cheese: Cheddar, Shredded	OUNCE	28	85.000	3.749 39.697%	219.999	*N/A* *N/A*	6.000 63.534%	20.000	0.501 2.359%	0.000	8.000 37.647%	57.999	116.001	0.000	0.120
149 Cheeseburger: with WG bun	EACH	138	378.761	8.919 21.194%	790.727	*0.641* *0.677*	19.706 46.825%	78.348	27.355 28.889%	2.000	24.138 25.492%	320.639	368.258	0.000	2.861
115 CHEESY BAKED ZITI	cup	167	224.224	4.643 18.635%	404.076	*0.492* *0.878*	7.626 30.610%	23.222	25.366 45.250%	2.871	14.506 25.878%	*1087.737*	*124.980*	*7.747*	*2.423*
178 Cheesy Breadstick	SERVING	114	280.000	5.000 16.071%	420.000	2.000 2.857%	10.000 32.143%	30.000	30.000 42.857%	2.000	17.999 25.713%	400.000	400.000	0.000	2.160
180 Cheesy Breadsticks with Marina	SERVING	142	295.000	5.000 15.254%	560.000	4.000 5.424%	10.000 30.509%	30.000	34.000 46.102%	2.000	17.999 24.405%	500.000	400.000	3.600	2.160
113 CHEESY ZUCCHINI BAKE	1/2 cup	225	117.918	2.105 16.065%	298.515	*3.501* *11.876*	4.288 32.726%	10.120	13.636 46.255%	1.407	7.049 23.912%	*564.210*	*106.700*	*24.115*	*1.208*
990069 Chef Salad	each	209	288.738	3.376 10.522%	785.819	*6.283* *8.704*	11.782 36.724%	28.416	24.859 34.438%	2.116	19.134 26.507%	8396.257	289.863	5.384	1.128
114 CHERRY TOMATO & CORN SALAD	1/2 cup	81	59.190	0.773 11.751%	98.267	2.908 19.652%	2.400 36.491%	2.531	7.551 51.028%	1.135	3.246 21.936%	*616.621*	*12.801*	*8.113*	*0.416*
500329 CHIC' PENNE	1 1/2 CUP	168	299.259	2.155 6.481%	417.559	*4.798* *6.413*	5.505 16.556%	25.875	44.428 59.383%	5.522	18.636 24.910%	618.366	230.488	17.222	2.323
62 CHICKEN & BISCUITS	CUP	304	361.888	6.259 15.566%	1051.487	*6.025* *6.660*	14.828 36.878%	90.711	34.967 38.649%	3.543	24.942 27.569%	2096.203	167.745	3.722	2.583
500050 CHICKEN A LA KING	3/4 CUP	217	217.998	1.953 8.063%	279.995	*N/A* *N/A*	8.051 33.237%	52.991	14.561 26.717%	2.582	22.416 41.131%	679.991	70.981	7.682	1.628
500306 CHICKEN ALFREDO WITH A TWIST	1 CUP	245	344.930	3.594 9.378%	571.542	*4.548* *5.274*	8.167 21.308%	68.683	40.858 47.381%	2.665	29.708 34.451%	449.556	173.969	0.391	2.347
500054 CHICKEN AND NOODLES	CUP	249	243.995	1.868 6.888%	185.978	*N/A* *N/A*	7.520 27.738%	74.999	21.314 34.942%	0.797	21.887 35.881%	127.986	62.997	0.896	1.892
212 Chicken Burrito	EACH	165	289.998	4.470 13.871%	934.479	*3.914* *5.399*	10.294 31.948%	43.026	30.176 41.623%	2.712	20.501 28.277%	502.136	179.003	3.744	4.810
990062 Chicken Caesar Salad	CUP	173	208.409	0.099 0.428%	1017.756	*1.875* *3.599*	6.151 26.562%	52.293	17.849 34.257%	1.218	20.791 39.904%	4943.085	30.895	2.282	4.734
269 Chicken Caesar Wrap	EACH	169	307.235	2.562 7.506%	1123.477	*0.741* *0.965*	13.153 38.531%	60.307	25.567 33.287%	2.455	22.267 28.990%	1265.062	118.777	1.913	5.311
18 CHICKEN CURRY WITH VEGETABLES	1 cup	366	349.354	1.531 3.944%	287.734	*2.315* *2.651*	16.234 41.823%	54.765	24.166 27.670%	4.975	24.465 28.012%	521.919	67.588	54.625	3.557

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Burlington School District

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990103 Chicken Fajita Strips	3 OZ	56	78.002	1.002 11.566%	323.999	*N/A* *N/A%*	3.399 39.221%	46.402	0.599 3.073%	0.000	11.200 57.434%	0.000	40.001	9.598	0.622
140 Chicken Fajitas	3 OZ	56	78.002	1.002 11.566%	323.999	*N/A* *N/A%*	3.399 39.221%	46.402	0.599 3.073%	0.000	11.200 57.434%	0.000	40.001	9.598	0.622
500058 CHICKEN FAJITAS	EACH	144	240.998	1.397 5.216%	283.997	*N/A* *N/A%*	6.278 23.447%	50.990	23.371 38.791%	1.800	21.989 36.497%	239.990	54.000	6.696	2.102
6 CHICKEN LO MEIN	1 cup	130	157.136	1.373 7.864%	226.851	*0.918* *2.337%*	5.546 31.764%	50.833	8.017 20.408%	0.691	17.926 45.632%	535.929	17.206	3.835	1.058
238 Chicken Nachos	SERVINGS	99	278.191	4.248 13.743%	379.521	*0.200* *0.288%*	11.252 36.403%	56.472	19.905 28.621%	2.167	22.860 32.870%	336.761	286.629	0.034	1.144
500052 CHICKEN NOODLE SOUP	CUP	277	97.975	0.526 4.835%	206.974	*N/A* *N/A%*	2.161 19.847%	25.983	12.188 49.760%	0.693	7.313 29.857%	32.991	25.983	1.690	0.859
48 Chicken Nuggets	SERVING	86	201.084	2.514 11.250%	613.305	*N/A* *N/A%*	11.060 49.501%	40.217	15.081 30.000%	2.011	13.070 25.999%	100.542	40.217	2.413	1.447
36 Chicken Parmesan with Pasta	servings	365	671.560	4.154 5.567%	698.224	*1.001* *0.596%*	19.493 26.124%	30.919	95.304 56.766%	11.396	34.335 20.451%	*668.409*	*116.363*	*6.533*	*6.409*
189 Chicken Patty	each	98	260.000	2.500 8.654%	400.000	1.000 1.538%	15.000 51.923%	25.000	16.000 24.615%	3.000	16.000 24.615%	100.000	40.000	0.000	1.800
15 Chicken Patty: with Bun	1 SAND	148	400.000	3.000 6.750%	670.000	*1.000* *1.000%*	17.000 38.250%	25.000	42.000 42.000%	5.000	21.000 21.000%	100.000	100.000	0.000	2.880
500061 CHICKEN POT PIE	CUP	202	343.986	4.585 11.997%	260.984	*N/A* *N/A%*	18.725 48.993%	51.995	22.967 26.707%	1.899	20.442 23.771%	3707.993	31.997	2.808	2.222
500063 CHICKEN RICE SOUP	CUP	280	112.000	0.448 3.600%	204.988	*N/A* *N/A%*	1.708 13.725%	14.000	16.772 59.900%	0.476	6.692 23.900%	24.976	22.988	1.680	1.036
500066 CHICKEN SALAD	1/2 CUP	100	165.000	1.670 9.109%	257.000	*N/A* *N/A%*	7.240 39.491%	58.000	7.380 17.891%	0.600	17.010 41.236%	68.000	17.000	1.400	0.950
990101 Chicken Salad	1/2 CUP	99	153.677	1.171 6.860%	228.795	*3.709* *9.654%*	7.508 43.969%	57.846	5.510 14.342%	0.500	18.045 46.969%	157.862	10.604	0.968	0.936
990034 Chicken Salad Sandwich	Each	126	235.819	1.687 6.440%	200.281	*2.957* *5.016%*	7.482 28.553%	81.362	16.548 28.069%	2.100	28.274 47.959%	0.000	29.680	0.000	1.761
239 Chicken Salad Sandwich	EACH	157	341.750	2.258 5.948%	456.879	*6.926* *8.107%*	14.064 37.036%	58.618	32.755 38.337%	4.439	24.870 29.109%	189.452	16.249	0.961	2.272
208 Chicken Salad Sandwich:std	EACH	112	222.500	0.835 3.378%	408.500	*4.000* *7.191%*	5.620 22.733%	29.000	31.690 56.971%	4.300	16.505 29.672%	34.000	8.500	0.700	1.915

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500068 CHICKEN STIR-FRY	3/4 CUP	207	198.989	1.470 6.647%	196.981	*N/A* *N/A%*	8.632 39.041%	45.995	11.116 22.345%	2.898	19.292 38.780%	11927.982	43.988	29.290	1.242
237 Chicken Taco	2 EACH	150	248.527	3.428 12.413%	268.194	*2.321* *3.736%*	10.229 37.044%	43.692	19.857 31.960%	2.695	19.093 30.730%	522.826	106.450	4.263	1.605
500069 CHICKEN TACO	2 EACH	158	263.986	3.508 11.958%	251.994	*N/A* *N/A%*	12.213 41.639%	46.989	20.350 30.836%	2.986	19.086 28.920%	622.994	194.988	8.200	1.770
160 CHICKEN TAMALE PIE	SERVINGS	229	357.753	4.148 10.435%	466.781	*2.669* *2.984%*	11.370 28.603%	44.569	41.911 46.860%	4.141	23.596 26.382%	1138.577	*155.170*	4.505	*3.467*
186 Chicken Tenders	SERVING	74	162.796	1.526 8.439%	254.369	1.018 2.501%	7.122 39.375%	35.611	9.158 22.501%	1.018	15.262 37.500%	5.087	0.000	0.000	1.099
29 CHICKEN WRAP	Sandwich	177	217.782	1.358 5.611%	541.867	*1.870* *3.435%*	5.134 21.215%	36.688	25.454 46.752%	4.024	18.788 34.508%	6887.555	82.603	4.929	1.913
500076 CHILI CON CARNE W/ BEANS	1/2 CUP	156	179.993	3.557 17.785%	203.986	*N/A* *N/A%*	8.580 42.902%	41.995	10.670 23.713%	2.496	15.428 34.286%	812.994	45.989	14.492	2.699
990104 Chipotle Ranch Dressing	1 TBSP	17	20.404	0.271 11.936%	104.697	*0.798* *15.644%*	1.515 66.807%	2.118	1.335 26.162%	0.074	0.559 10.959%	13.780	17.469	0.469	0.041
990055 Chocolate Chip Crisps	PKG	34	150.086	0.500 3.000%	140.080	9.005 24.000%	5.003 30.000%	0.000	25.014 66.667%	2.001	3.002 8.001%	0.000	0.000	0.000	0.720
199 Cinnamon Crisps	PKG	34	150.085	0.500 3.001%	140.080	9.005 24.000%	5.003 30.000%	0.000	25.014 66.666%	2.001	3.002 8.001%	0.000	0.000	0.000	0.721
172 Cinnamon Grahams	PKG	28	130.000	0.000 0.000%	50.000	8.000 24.615%	4.500 31.153%	0.000	21.000 64.615%	1.000	2.000 6.154%	40.000	20.000	0.000	1.080
159 Cinnamon Mini Grahams	PKG	25	100.000	1.000 9.000%	80.000	5.000 20.000%	3.000 27.000%	0.000	19.000 76.000%	3.000	2.000 8.000%	750.000	100.000	0.000	0.720
107 CINNAMON-OATMEAL COOKIE	each	67	250.000	2.000 7.200%	210.000	*N/A* *N/A%*	7.000 25.201%	5.000	43.000 68.800%	6.000	5.000 8.000%	0.000	20.000	0.000	0.720
37 CONFETTI CORN SALAD	1/2 cup	91	77.705	0.265 3.074%	60.056	*3.459* *17.806%*	3.301 38.227%	0.000	12.041 61.982%	1.776	1.488 7.660%	1057.816	10.905	18.213	0.373
500310 CONFETTI SOUP	1 CUP	252	94.084	0.403 3.854%	487.568	*1.939* *8.244%*	2.821 26.981%	17.527	10.401 44.218%	2.543	7.907 33.617%	3033.318	34.803	4.231	1.259
295 CORN CHOWDER	2 CUPS	472	256.372	0.808 2.835%	731.789	12.886 20.105%	3.839 13.478%	2.440	55.787 87.041%	4.843	7.016 10.947%	5461.226	93.978	19.289	1.326
32 CORN ON THE COB: frozen,boiled	EACH	85	79.900	0.097 1.091%	204.000	3.052 15.279%	0.629 7.085%	0.000	18.981 95.021%	2.380	2.644 13.237%	197.200	2.550	4.080	0.519

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271 CORN: frozen, yellow	1/4 cup	165	133.650	0.170 1.145%	1.650	5.066 15.162%	1.106 7.444%	0.000	31.845 95.309%	3.960	4.208 12.594%	328.350	4.950	5.775	0.776
500088 CORNBREAD	SERVINGS	43	107.999	0.447 3.727%	150.999	*N/A* *N/A%*	2.817 23.471%	12.999	18.030 66.778%	0.998	2.649 9.811%	50.998	68.000	0.099	0.899
500089 CORNBREAD STUFFING	SERVINGS	111	161.993	1.332 7.400%	289.000	*N/A* *N/A%*	7.093 39.407%	6.993	21.190 52.323%	1.199	3.585 8.852%	229.992	67.999	0.999	1.199
232 CRACKERS	4 EACH	12	50.160	0.198 3.560%	112.920	0.155 1.236%	1.037 18.603%	0.000	8.886 70.861%	0.336	1.135 9.051%	0.240	2.280	0.000	0.668
177 Cranberry Sauce	TBSP	17	26.188	0.002 0.058%	5.037	*N/A* *N/A%*	0.024 0.835%	0.000	6.759 103.237%	0.175	0.035 0.535%	0.252	0.756	0.353	0.038
322 CREAM CHEESE	1 TBSP	15	50.750	2.931 51.977%	45.530	0.545 4.296%	4.994 88.560%	14.645	0.800 6.309%	0.000	0.892 7.031%	161.095	14.065	0.000	0.016
273 CREAMED CORN: canned	CUP	256	184.320	0.166 0.812%	668.160	8.269 17.945%	1.075 5.250%	0.000	46.413 100.722%	3.072	4.454 9.666%	189.440	7.680	11.776	0.973
500094 CREAMY COLE SLAW	1/4 CUP	46	32.996	0.258 7.026%	76.999	*N/A* *N/A%*	1.628 44.416%	2.999	4.517 54.761%	0.998	0.598 7.249%	1004.999	18.998	11.100	0.299
500320 CRUNCHY HAWAIIAN CHICKEN WRAP	WRAP	194	307.836	1.626 4.752%	408.500	*12.791* *16.621%*	6.386 18.670%	53.235	41.508 53.935%	5.457	23.782 30.902%	3845.411	82.958	27.362	4.393
990097 Cucumber, Sliced	1/4 cup	28	3.402	0.004 0.979%	0.567	0.391 45.973%	0.045 12.011%	0.000	0.612 71.993%	0.198	0.167 19.636%	20.412	3.969	0.907	0.062
990086 Daily Hot Wrap	1 WRAP	191	291.674	3.560 10.983%	910.279	*0.329* *0.451%*	10.472 32.314%	45.706	30.790 42.225%	3.356	19.579 26.851%	*1370.873*	*127.484*	*10.911*	*3.647*
125 Dinner Roll	each	28	74.480	0.234 2.829%	145.880	2.369 12.723%	1.316 15.902%	0.000	14.308 76.842%	2.100	2.436 13.083%	0.000	29.680	0.000	0.678
195 EARLY RELEASE DAY	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
30 EGG & CHEESE ENGLISH MUFFIN	EACH	151	480.933	7.138 13.357%	713.431	*1.012* *0.842%*	29.227 54.693%	145.030	33.139 27.562%	0.000	21.009 17.474%	*154.703*	*121.321*	*1.474*	*2.141*
277 Egg Roll, Chicken	serving	170	320.008	2.006 5.642%	819.995	6.001 7.501%	9.996 28.113%	59.993	40.001 50.000%	6.001	19.992 24.989%	1499.995	80.002	12.002	3.604
990088 Egg Salad	1/3 cup	75	144.127	2.415 15.083%	143.705	*2.261* *6.275%*	11.038 68.924%	191.643	3.505 9.728%	0.294	6.449 17.898%	355.888	30.343	0.642	0.680
193 Egg Salad Sandwich	EACH	137	284.127	2.415 7.651%	423.705	*6.261* *8.814%*	13.038 41.298%	191.643	31.505 44.354%	4.294	14.449 20.342%	355.888	30.343	0.642	2.120

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Burlington School District

Recipe Nutrient Composition - Summary

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370 Egg, Hard-Boiled	1 EACH	50	77.500	1.634 18.970%	62.000	0.560 2.890%	5.305 61.606%	186.500	0.560 2.890%	0.000	6.290 32.465%	260.000	25.000	0.000	0.595
487 FRENCH FRIES: oven heat	2.5 OZ	71	141.748	0.893 5.670%	188.524	*N/A* *N/A%*	5.358 34.020%	0.000	22.106 62.380%	2.268	2.247 6.341%	0.000	5.670	7.158	0.879
500099 FRIED RICE	3/4 CUP	149	184.000	1.013 4.956%	408.990	*N/A* *N/A%*	3.949 19.313%	107.995	29.368 63.843%	1.401	6.720 14.609%	1872.990	28.995	1.490	1.818
157 Fruit Bread; Assorted	SLICE	96	272.500	2.000 6.606%	205.000	24.500 35.963%	10.000 33.028%	0.000	43.500 63.853%	2.000	5.500 8.073%	100.000	80.000	0.000	1.080
419 FRUIT COCKTAIL:canned,lt syrup	CUP	242	137.940	0.024 0.158%	14.520	33.711 97.756%	0.169 1.105%	0.000	36.131 104.772%	2.420	0.968 2.807%	503.360	14.520	4.598	0.702
246 Fruit Juice, Asst.	4 fl.oz.	125	64.426	0.023 0.319%	4.690	13.318 82.687%	0.166 2.313%	0.000	15.623 96.996%	0.281	0.472 2.930%	58.828	13.135	24.458	0.244
158 Fruit OR Vegetable (FFV):	CUP	164	70.401	0.066 0.841%	27.801	11.985 68.096%	0.327 4.185%	0.000	17.613 100.070%	3.273	1.190 6.761%	3056.042	29.308	17.763	0.359
420 FRUIT SALAD: canned,lt syrup	CUP	252	146.160	0.023 0.140%	15.120	*N/A* *N/A%*	0.176 1.086%	0.000	38.153 104.414%	2.520	0.857 2.345%	1081.080	17.640	6.300	0.731
990070 Fruit, Choice 1	CUP	196	111.135	0.084 0.682%	1.430	20.543 73.939%	0.412 3.334%	0.000	28.664 103.167%	4.478	1.329 4.783%	261.822	25.315	26.655	0.375
990071 Fruit, Choice 2	CUP	196	111.135	0.084 0.682%	1.430	20.543 73.939%	0.412 3.334%	0.000	28.664 103.167%	4.478	1.329 4.783%	261.822	25.315	26.655	0.375
245 Fruit, Fresh Assorted	CUP	196	111.135	0.084 0.682%	1.430	20.543 73.939%	0.412 3.334%	0.000	28.664 103.167%	4.478	1.329 4.783%	261.822	25.315	26.655	0.375
244 Fruit, K5 Bkfst:	CUP	105	62.912	0.057 0.814%	0.892	11.926 75.827%	0.225 3.222%	0.000	16.196 102.976%	2.296	0.727 4.622%	122.528	18.598	21.462	0.177
990057 Fruit/Vegetable Juice Blend	4 OZ	113	50.000	0.000 0.000%	30.000	12.000 96.000%	0.000 0.000%	0.000	13.000 104.000%	*N/A*	0.000 0.000%	10.000	*N/A*	50.000	*N/A*
285 Garbanzo Bean Burgers	2 (4 OZ) PATTY	225	243.139	0.923 3.418%	685.309	*1.599* *2.631%*	5.762 21.328%	0.000	39.177 64.452%	13.859	9.554 15.718%	4140.920	59.042	7.238	2.234
990031 Garden Salad: SUPPER	CUP	354	170.585	0.166 0.875%	180.693	*4.396* *10.308%*	0.971 5.123%	0.000	32.745 76.782%	13.006	9.746 22.853%	13471.682	99.740	44.680	3.508
139 Garden Salad: tossed, no dress	CUP	177	85.292	0.083 0.875%	90.347	*2.198* *10.308%*	0.486 5.123%	0.000	16.372 76.782%	6.503	4.873 22.853%	6735.841	49.870	22.340	1.754
990115 Garlic, Minced	1 tsp	4	0.000	0.000 *N/A%*	0.000	*N/A* *N/A%*	0.000 *N/A%*	0.000	4.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000

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26 GARLICK KALE & ZUCCHINI	1/2 cup	114	41.118	0.347 7.586%	85.245	*2.753* *26.781%*	2.129 46.609%	0.000	4.869 47.362%	1.709	2.047 19.913%	2323.827	47.741	42.073	0.666
103 GARLICKY GREENS: kale	.5 cup	93	64.306	0.381 5.337%	34.603	*2.050* *12.752%*	3.006 42.074%	0.000	8.107 50.425%	3.277	3.915 24.352%	9062.813	137.022	109.021	1.354
2 GENERAL TSO'S CHICKEN	1/2 cup	180	240.976	2.486 9.284%	1044.797	*9.541* *15.837%*	8.731 32.609%	111.364	13.403 22.248%	0.258	27.713 46.001%	40.984	112.278	23.621	1.789
105 Goldfish	Bag	21	100.000	1.000 9.000%	170.000	0.000 0.000%	3.500 31.500%	5.000	14.000 56.000%	1.000	3.000 12.000%	0.000	20.000	0.000	0.360
191 Goulash (American)	1 CUP	665	345.886	4.556 11.855%	500.341	*2.383* *2.756%*	12.353 32.143%	52.435	36.895 42.667%	2.576	20.848 24.110%	264.110	55.244	5.458	4.199
233 Graham Crackers	pkg	22	90.000	0.000 0.000%	100.000	4.000 17.778%	2.500 25.000%	0.000	16.000 71.111%	1.000	2.000 8.889%	500.000	100.000	0.000	0.000
500100 GRANOLA	1/4 CUP	37	128.997	0.389 2.711%	48.999	*N/A* *N/A%*	2.490 17.373%	0.000	24.849 77.054%	1.998	2.890 8.961%	0.999	16.998	0.300	1.040
175 Granola Bar: Honey & Oat	each	21	90.000	0.000 0.000%	80.000	6.000 26.667%	3.000 30.001%	0.000	15.000 66.667%	1.000	2.000 8.889%	30.000	0.000	0.000	0.360
422 GRAPES,Fresh	CUP	92	61.640	0.105 1.532%	1.840	14.950 97.015%	0.322 4.701%	0.000	15.778 102.388%	0.828	0.580 3.764%	92.000	12.880	3.680	0.267
424 Green Beans: canned,cooked	CUP	135	27.000	0.027 0.900%	338.850	*N/A* *N/A%*	0.135 4.500%	0.000	6.075 90.000%	2.565	1.620 24.000%	471.150	35.100	5.805	1.215
425 Green Beans: fresh,boiled	CUP	125	43.750	0.080 1.646%	1.250	4.538 41.490%	0.350 7.200%	0.000	9.850 90.057%	4.000	2.363 21.605%	791.250	55.000	12.125	0.813
426 Green Beans: frozen,boiled	CUP	135	37.800	0.059 1.414%	1.350	2.538 26.857%	0.230 5.464%	0.000	8.708 92.143%	4.050	2.012 21.291%	565.650	56.700	5.535	0.891
196 Grilled Chicken Patty	EACH	85	130.074	0.500 3.462%	530.302	*N/A* *N/A%*	4.503 31.154%	55.031	1.001 3.077%	1.001	21.012 64.616%	0.000	0.000	0.000	0.720
990056 Grilled Chicken Strips	2OZ	57	67.569	0.000 0.000%	466.217	0.000 0.000%	1.691 22.529%	33.782	2.026 11.995%	0.000	11.488 68.008%	0.000	2.702	0.000	2.702
1048 Ham & Cheese Sandwich	EACH	188	291.362	3.516 10.859%	1075.082	*4.506* *6.186%*	11.007 34.001%	54.046	31.373 43.071%	4.948	21.811 29.944%	*2605.542*	*16.272*	*17.595*	*2.262*
990100 Ham, Deli	oz	28	30.850	0.834 24.316%	193.443	0.833 10.801%	1.667 48.632%	15.008	1.667 21.614%	0.000	4.167 54.029%	0.000	0.000	0.000	0.147
45 HAMBURGER	each	60	120.000	2.502 18.765%	45.000	*N/A* *N/A%*	6.498 48.735%	49.002	0.000 0.000%	0.000	15.000 50.000%	0.000	9.000	0.000	1.698

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205 Hamburger on a Bun	1 SAND	115	242.999	2.047 7.582%	409.002	*N/A* *N/A%*	6.121 22.670%	52.000	26.000 42.799%	2.000	20.450 33.663%	412.002	76.478	1.242	2.627
500106 HERBED BROCCOLI & CAULIFLOWER	1/2 CUP	117	91.997	1.264 12.362%	215.994	*N/A* *N/A%*	4.820 47.158%	1.989	9.559 41.562%	3.299	4.259 18.518%	1175.990	83.994	38.797	0.995
153 HOLIDAY	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
188 Home Fries	1/2 CUP	152	139.127	0.211 1.364%	7.500	0.930 2.674%	2.453 15.871%	0.000	27.105 77.929%	1.950	3.210 9.229%	1.500	19.500	8.550	1.290
73 HONEY GLAZED CARROTS	1/2 cup	142	85.192	0.349 3.683%	140.582	9.234 43.356%	2.487 26.269%	0.000	15.830 74.324%	3.817	1.276 5.991%	22733.124	45.159	8.046	0.435
990068 Hot Dog	1 SAND	106	190.000	1.000 4.737%	860.000	5.000 10.526%	4.000 18.947%	20.000	27.000 56.842%	2.000	13.000 27.368%	10.000	80.000	0.000	1.800
47 HOT DOG (all-beef)	EACH	56	60.000	0.500 7.500%	590.000	2.000 13.333%	2.000 30.000%	20.000	2.000 13.333%	0.000	8.000 53.333%	10.000	0.000	0.000	0.360
138 HOT DOG (vegetarian)	EACH	42	50.000	0.000 0.000%	300.000	0.000 0.000%	2.500 44.996%	0.000	0.000 0.000%	0.000	7.000 56.000%	0.000	0.000	0.000	1.080
136 Hot Dog Bun: WW	EACH	50	130.000	0.500 3.462%	270.000	3.000 9.231%	2.000 13.846%	0.000	25.000 76.923%	2.000	5.000 15.385%	0.000	80.000	0.000	1.440
137 Hot Sauce	TBSP	14	1.551	0.007 4.236%	372.663	0.178 45.906%	0.052 30.290%	0.000	0.247 63.649%	0.042	0.072 18.569%	22.842	1.128	10.547	0.068
74 Hummus	1/2 CUP	161	155.520	0.789 4.563%	334.666	*0.410* *1.055%*	6.208 35.925%	0.000	19.678 50.613%	5.734	7.381 18.984%	25.706	59.355	6.319	1.863
236 Ice Cream Cup	EACH	49	100.000	3.500 31.501%	35.000	9.000 36.000%	5.000 45.000%	20.000	12.000 48.000%	0.000	2.000 8.000%	200.000	0.000	3.600	0.000
500111 ITALIAN BREAD	EACH	53	144.997	0.318 1.974%	149.995	*N/A* *N/A%*	1.399 8.685%	0.000	28.228 77.871%	1.097	4.367 12.047%	40.996	26.998	0.095	1.696
500128 ITALIAN DRESSING(NEW)	2 TBSP	19	61.999	0.920 13.349%	4.000	*N/A* *N/A%*	6.559 95.210%	0.000	0.950 6.129%	0.099	0.080 0.516%	168.999	1.999	0.200	0.080
176 Italian Dressing: indiv PC	OZ	28	18.900	0.000 0.000%	122.848	3.780 80.000%	0.000 0.000%	0.000	3.780 79.996%	0.000	0.000 0.000%	18.900	0.000	0.000	0.000
500113 ITALIAN SEASONING MIX	2 TBSP	5	14.000	0.070 4.500%	1.000	*N/A* *N/A%*	0.370 23.786%	0.000	3.210 91.714%	2.100	0.630 18.000%	395.000	97.000	2.800	3.000
990094 Jalapeno Peppers	1/8 cup	13	3.510	0.013 3.231%	217.230	0.278 31.681%	0.122 31.333%	0.000	0.616 70.222%	0.338	0.120 13.675%	221.000	2.990	1.300	0.244

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345 JELLY	1 TBSP	21	55.860	0.001 0.018%	6.300	10.756 77.021%	0.004 0.068%	0.000	14.690 105.188%	0.210	0.032 0.229%	1.050	1.470	0.189	0.040
209 Juice, Apple 100%; Ardmore	EACH	124	60.000	0.000 0.000%	15.000	13.000 86.667%	0.000 0.000%	0.000	14.000 93.331%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
123 Kale Chips	cup	116	72.066	0.241 3.006%	508.187	2.563 14.226%	2.921 36.483%	0.000	9.922 55.073%	4.082	4.853 26.936%	11328.460	170.385	136.078	1.671
79 KALE PESTO	2 tablespoons	36	109.519	1.990 16.350%	102.668	*0.507* *1.852**	10.154 83.443%	5.500	2.937 10.726%	1.078	2.813 10.274%	1712.013	99.355	20.669	0.511
81 KALE PESTO MARINARA	2 tablespoons	27	28.253	0.365 11.624%	40.445	*0.085* *1.203**	1.880 59.881%	0.917	2.302 32.591%	0.180	0.719 10.179%	355.169	20.726	4.262	0.273
146 Ketchup	TBSP	17	17.170	0.002 0.126%	154.190	3.616 84.240%	0.017 0.891%	0.000	4.658 108.515%	0.051	0.177 4.123%	89.590	2.550	0.697	0.060
222 KETCHUP: individual	Pkt 6g	9	9.090	0.001 0.129%	81.630	1.914 84.224%	0.009 0.891%	0.000	2.466 108.515%	0.027	0.094 4.136%	47.430	1.350	0.369	0.032
427 KIDNEY BEANS: canned,drained	1/2 CUP	256	215.040	0.361 1.511%	757.760	4.736 8.810%	1.536 6.429%	0.000	37.120 69.048%	11.008	13.363 24.857%	0.000	87.040	3.072	2.995
990063 LABOR DAY HOLIDAY	SERVING	0	0.000	0.000 *N/A**	0.000	0.000 *N/A**	0.000 *N/A**	0.000	0.000 *N/A**	0.000	0.000 *N/A**	0.000	0.000	0.000	0.000
500114 LASAGNA WITH GROUND BEEF	SERVINGS	203	268.995	4.689 15.689%	406.000	*N/A* *N/A**	8.688 29.070%	33.982	28.339 42.140%	2.294	19.874 29.553%	909.988	303.992	16.301	2.639
990054 LAST DAY OF SCHOOL	EACH	0	0.000	0.000 *N/A**	0.000	0.000 *N/A**	0.000 *N/A**	0.000	0.000 *N/A**	0.000	0.000 *N/A**	0.000	0.000	0.000	0.000
288 LENTIL SOUP	1 1/2 CUPS	458	259.775	0.583 2.019%	68.587	*4.735* *7.291**	4.191 14.520%	0.000	42.629 65.640%	8.301	16.157 24.878%	5442.341	98.694	24.074	5.792
34 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	55	9.300	0.014 1.345%	3.500	1.348 57.978%	0.101 9.774%	0.000	2.002 86.086%	0.660	0.487 20.946%	408.500	6.700	5.900	0.170
990091 Lettuce, Leaf	serving	14	2.380	0.006 2.080%	1.120	0.167 28.067%	0.042 15.882%	0.000	0.461 77.412%	0.294	0.172 28.908%	1219.400	4.620	0.560	0.136
130 Lettuce, Shredded	1/4 CUP	12	1.998	0.005 2.072%	0.940	0.140 28.028%	0.035 15.856%	0.000	0.387 77.397%	0.247	0.145 29.029%	1023.425	3.878	0.470	0.114
19 MACARONI AND CHEESE (SF Ched)	2/3 CUP	313	262.533	6.810 23.344%	871.075	*0.642* *0.978**	12.078 41.406%	30.003	22.005 33.527%	0.802	17.222 26.240%	1662.475	414.503	0.016	0.813
500129 MACARONI AND CHEESE(NEW)	2/3 CUP	201	324.997	5.930 16.420%	474.983	*N/A* *N/A**	13.628 37.739%	22.994	32.703 40.250%	1.487	17.206 21.177%	762.996	447.989	1.085	1.568

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500117 MACARONI SALAD	1/2 CUP	99	143.996	0.485 3.032%	261.994	*N/A* *N/A%*	3.099 19.367%	5.999	25.027 69.522%	1.693	3.663 10.175%	1329.996	9.999	1.000	1.178
990037 Marinara Meatballs	3 each	207	283.104	6.483 20.610%	706.095	*2.950* *4.168%*	18.879 60.016%	56.100	16.855 23.815%	3.956	12.240 17.294%	1062.047	68.000	4.795	2.944
990039 Marinara Sauce	1/2 Cup	250	170.000	1.200 6.353%	1572.500	*N/A* *N/A%*	8.375 44.338%	0.000	25.450 59.882%	9.250	4.000 9.412%	2402.500	45.000	32.000	2.000
182 Marinara Sauce	1/2 CUP	125	60.000	0.200 3.000%	140.000	*N/A* *N/A%*	1.125 16.875%	0.000	10.875 72.500%	0.000	1.500 10.000%	419.000	25.000	4.900	1.125
179 Marinara Sauce: cup	EACH	71	39.929	0.000 0.000%	239.573	4.991 49.999%	0.000 0.000%	0.000	7.986 80.003%	0.998	0.998 9.998%	199.644	19.964	5.990	0.359
500118 MARINATED BLACK BEAN SALAD	1/2 CUP	113	156.991	0.260 1.490%	245.990	*N/A* *N/A%*	1.639 9.393%	0.000	16.724 42.611%	3.492	5.062 12.898%	576.989	28.996	23.696	1.695
33 MASHED POTATOES:pearls+water	1/4 CUP	21	81.102	0.000 0.000%	18.432	*N/A* *N/A%*	0.737 8.181%	0.000	16.220 80.000%	1.475	1.475 7.275%	0.000	14.746	6.636	0.265
143 Mayonnaise	TBSP	14	98.946	1.187 10.795%	78.384	0.066 0.267%	10.957 99.665%	8.142	0.373 1.506%	0.000	0.152 0.614%	38.640	2.484	0.000	0.069
1050 MAYONNAISE:individual PC	Pkt 7g	7	50.190	0.602 10.795%	39.760	0.034 0.271%	5.558 99.665%	4.130	0.189 1.506%	0.000	0.077 0.614%	19.600	1.260	0.000	0.035
500121 MEAT LOAF	3/4" SLICE	84	194.998	4.217 19.462%	121.993	*N/A* *N/A%*	10.290 47.493%	66.998	7.997 16.404%	1.294	17.044 34.962%	153.997	46.998	2.898	2.226
990109 Meat Sauce (Bolognese)	1/2 cup	622	187.345	4.435 21.308%	497.902	*2.383* *5.088%*	11.711 56.259%	52.435	5.024 10.728%	1.193	15.280 32.624%	264.110	46.302	5.458	2.794
117 Meatball Subs: BFSP	each	169	245.606	2.584 9.470%	462.456	*3.000* *4.886%*	7.665 28.087%	20.409	33.272 54.188%	2.567	12.553 20.444%	212.335	128.783	3.017	3.136
219 Meatball Wrap	each	209	325.604	5.583 15.433%	582.455	*0.000* *0.000%*	11.664 32.239%	30.408	36.272 44.559%	3.567	19.553 24.021%	*212.335*	*128.783*	*3.017*	*3.136*
241 Meatloaf	slice	153	280.958	6.145 19.684%	302.825	*4.932* *7.022%*	16.310 52.245%	87.949	10.745 15.297%	0.775	21.408 30.479%	184.225	53.151	1.155	2.644
500325 MEDITERRANEAN QUINOA SALAD	3/4 CUP	147	165.871	1.207 6.546%	278.095	*2.604* *6.280%*	5.621 30.497%	3.031	22.660 54.644%	2.663	6.665 16.073%	414.479	42.303	*12.374*	1.854
201 Mediterranean Vegetables	3/4 CUP	172	81.113	0.000 0.000%	425.843	4.056 20.002%	3.042 33.750%	0.000	12.167 60.000%	4.056	2.028 10.001%	2027.823	40.556	18.250	0.730
500123 MEXICAN SEASONING MIX	2 TBSP	15	48.999	0.320 5.868%	81.999	*N/A* *N/A%*	2.409 44.248%	0.000	7.989 65.218%	3.300	2.049 16.727%	3444.000	69.999	6.200	4.350

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290 MEXICAN SUCCOTASH	1 1/4 CUPS	203	100.721	0.655 5.853%	53.151	4.764 18.920%	4.868 43.497%	0.000	14.117 56.065%	3.013	2.511 9.972%	923.228	21.849	36.948	0.837
170 Milk - Variety:K5 Breakfast	CUP	151	66.667	0.500 6.750%	86.667	8.000 48.000%	0.833 11.249%	5.000	8.667 52.000%	0.000	5.333 31.998%	333.333	233.333	0.800	0.240
489 Milk - Variety:K8 Lunch	CUP	227	120.000	0.500 3.750%	166.667	17.000 56.667%	0.833 6.250%	6.667	18.333 61.111%	0.000	9.000 30.000%	500.000	366.667	0.800	0.480
230 Milk, 1% Lowfat	HALF PINT	227	110.000	1.500 12.273%	130.000	12.000 43.636%	2.500 20.455%	10.000	13.000 47.273%	0.000	8.000 29.091%	500.000	300.000	2.400	0.000
228 Milk, Skim Choc	HALF PINT	227	160.000	0.000 0.000%	240.000	27.000 67.500%	0.000 0.000%	5.000	29.000 72.500%	0.000	11.000 27.500%	500.000	400.000	0.000	0.720
231 Milk: Skim	HALF PINT	227	90.000	0.000 0.000%	130.000	12.000 53.333%	0.000 0.000%	5.000	13.000 57.778%	0.000	8.000 35.556%	500.000	400.000	0.000	0.720
500124 MINESTRONE	1 CUP	239	95.982	0.263 2.465%	200.999	*N/A* *N/A%*	0.884 8.292%	0.980	18.116 75.498%	2.988	5.832 24.305%	3041.992	54.994	6.596	1.984
433 MIXED VEGETABLES:frozen,boiled	CUP	182	118.300	0.056 0.429%	63.700	5.678 19.199%	0.273 2.077%	0.000	23.824 80.554%	8.008	5.205 17.599%	7784.140	45.500	5.824	1.492
990043 Mozzarella: shredded	1 oz	28	60.747	2.024 29.990%	172.121	0.000 0.000%	3.036 44.983%	10.124	1.012 6.664%	0.000	7.087 46.666%	*N/A*	*N/A*	*N/A*	*N/A*
110 MUFFIN: Apple-Cinnamon	each	57	170.000	0.500 2.647%	120.000	*N/A* *N/A%*	6.000 31.764%	30.000	27.000 63.529%	2.000	3.000 7.059%	0.000	20.000	0.000	0.720
111 MUFFIN: Blueberry	each	57	160.000	1.000 5.624%	120.000	*N/A* *N/A%*	6.000 33.749%	30.000	26.000 65.000%	2.000	3.000 7.500%	0.000	20.000	0.000	0.720
990061 Muffin; whole grain	each	57	165.000	0.750 4.091%	120.000	*N/A* *N/A%*	6.000 32.727%	30.000	26.500 64.242%	2.000	3.000 7.273%	0.000	20.000	0.000	0.720
990110 Mushrooms	1/8 cup	20	5.460	0.012 1.962%	0.390	0.456 33.407%	0.092 15.099%	0.000	1.032 75.575%	0.429	0.423 30.989%	0.000	1.170	0.780	0.339
990098 Mustard, brown	TSP	5	10.000	0.000 0.000%	130.000	*N/A* *N/A%*	0.500 45.000%	0.000	0.000 0.000%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
144 Mustard, Yellow	TSP	5	3.000	0.011 3.210%	55.200	0.046 6.133%	0.167 50.100%	0.000	0.292 38.867%	0.200	0.187 24.933%	5.450	3.150	0.015	0.080
223 MUSTARD: individual PC	Pkt 5g	5	3.000	0.011 3.210%	55.200	0.046 6.133%	0.167 50.100%	0.000	0.292 38.867%	0.200	0.187 24.933%	5.450	3.150	0.015	0.081
500127 NACHOS WITH GROUND BEEF	SERVINGS	105	280.990	6.101 19.540%	589.995	*N/A* *N/A%*	15.131 48.462%	42.000	19.278 27.443%	2.100	17.798 25.336%	409.994	277.000	0.399	1.670

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167 NO BREAKFAST	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
156 NO LUNCH	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
145 NO SCHOOL TODAY	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
323 OATMEAL	CUP	284	115.620	0.624 4.859%	8.990	0.682 2.359%	3.304 25.720%	0.000	31.123 107.675%	7.238	8.131 28.130%	0.000	34.370	0.000	2.543
500132 OATMEAL COOKIES	EACH	31	160.998	1.959 10.952%	139.999	*N/A* *N/A%*	8.497 47.500%	12.998	19.347 48.068%	0.899	2.220 5.516%	160.998	12.000	0.000	0.818
106 Oatmeal Snack Bar	bar	35	150.000	1.000 6.000%	120.000	*N/A* *N/A%*	5.000 30.001%	20.000	23.000 61.333%	2.000	2.000 5.333%	0.000	0.000	0.000	0.720
990096 Onions, Sliced	1/8 cup	18	7.257	0.008 0.943%	0.726	*0.385* *21.221%*	0.018 2.245%	0.000	1.695 93.405%	0.308	0.200 11.024%	0.363	4.173	1.343	0.038
86 ORANGES	EACH	131	61.570	0.020 0.287%	0.000	12.248 79.571%	0.157 2.298%	0.000	15.393 100.000%	3.144	1.231 7.997%	294.750	52.400	69.692	0.131
203 Pancakes: Maple Minis	SERVING	100	230.170	1.001 3.913%	270.199	14.010 24.347%	7.005 27.391%	10.007	40.030 69.565%	3.002	5.004 8.696%	65.048	20.015	0.000	0.721
990065 Parent Conferences	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
990035 Parfait	Each	375	367.812	1.388 3.395%	155.903	*32.970* *35.855%*	3.989 9.760%	4.996	73.804 80.263%	4.995	9.884 10.749%	20.981	56.971	42.291	11.386
500142 PASTA SALAD	3/8 CUP	89	140.620	0.979 6.266%	164.650	*N/A* *N/A%*	7.004 44.829%	0.000	16.830 47.873%	2.029	3.266 9.290%	1309.190	16.910	9.968	0.979
990044 PASTA SALAD, misc	1/2 cup	163	133.643	0.964 6.491%	398.032	*1.240* *3.711%*	6.826 45.968%	0.000	15.360 45.974%	1.824	3.031 9.072%	1008.281	19.755	6.459	0.786
990038 Pasta:	1 cup	70	110.999	0.119 0.965%	1.001	*N/A* *N/A%*	0.651 5.278%	0.000	21.602 77.846%	1.302	4.060 14.631%	0.000	4.998	0.000	0.931
278 PB&J Meal	serving	129	493.472	7.553 13.775%	729.058	*0.000* *0.000%*	25.709 46.888%	19.815	46.883 38.002%	3.600	19.062 15.451%	198.070	245.952	0.010	1.938
88 PEACHES,FRESH	EACH	150	58.500	0.029 0.438%	0.000	12.585 86.051%	0.375 5.769%	0.000	14.310 97.846%	2.250	1.365 9.333%	489.000	9.000	9.900	0.375
437 PEACHES: canned,light syrup	CUP	251	135.540	0.008 0.050%	12.550	33.258 98.150%	0.075 0.500%	0.000	36.521 107.778%	3.263	1.130 3.335%	888.540	7.530	6.024	0.904

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990060 Peanut Butter & Jelly: 5oz	EACH	142	556.875	7.088 11.455%	486.000	18.225 13.091%	33.413 54.000%	0.000	52.650 37.818%	7.088	20.250 14.545%	101.250	60.750	1.215	2.734
104 Peanut Butter & Jelly: grape	EACH	78	310.000	2.500 7.258%	300.000	13.000 16.774%	16.000 46.452%	0.000	35.000 45.161%	4.000	10.000 12.903%	65.000	60.000	0.000	1.080
90 PEARS,FRESH	EACH	178	101.460	0.039 0.348%	1.780	17.355 68.421%	0.249 2.211%	0.000	27.109 106.877%	5.518	0.641 2.527%	44.500	16.020	7.654	0.320
438 PEARS: canned,light syrup	CUP	251	143.070	0.005 0.031%	12.550	30.371 84.912%	0.075 0.474%	0.000	38.077 106.456%	4.016	0.477 1.334%	0.000	12.550	1.757	0.703
439 PEAS & CARROTS: frozen,boiled	CUP	160	76.800	0.123 1.444%	108.800	6.976 36.333%	0.672 7.875%	0.000	16.192 84.333%	4.960	4.944 25.750%	15222.400	36.800	12.960	1.504
266 Peas & Corn	3/4 CUP	122	96.301	0.091 0.850%	43.950	*2.640* *10.966%*	0.574 5.364%	0.000	20.426 84.840%	4.201	4.658 19.348%	1382.250	15.901	8.117	1.207
40 PEAS: frozen,boiled	1/2 cup	80	62.400	0.039 0.565%	57.600	3.520 22.564%	0.216 3.115%	0.000	11.408 73.128%	3.600	4.120 26.410%	1680.000	19.200	7.920	1.216
31 PEAS; buttered	1/2 cup	165	157.938	2.511 14.311%	146.435	*0.003* *0.008%*	4.287 24.430%	10.177	22.819 57.792%	8.800	8.280 20.970%	3478.286	39.136	15.808	2.529
129 Peppers & Onions	.25 CUP	56	8.866	0.000 0.000%	51.334	0.934 42.139%	0.000 0.000%	0.000	1.867 84.209%	0.466	0.466 21.024%	93.334	9.334	14.000	0.168
990049 Pickled Peppers	1/4 cup	34	7.480	0.021 2.491%	486.200	0.544 29.091%	0.136 16.364%	0.000	1.550 82.909%	0.884	0.272 14.545%	295.800	20.740	4.182	0.109
92 PINEAPPLE CHUNKS:canned,lt syr	CUP	252	131.040	0.023 0.156%	2.520	31.878 97.308%	0.302 2.077%	0.000	33.894 103.462%	2.016	0.907 2.769%	95.760	35.280	18.900	0.983
66 PIZZA DAY	slice	141	339.752	6.995 18.529%	419.693	6.995 8.235%	13.990 37.059%	34.974	35.974 42.353%	3.997	17.987 21.177%	299.781	349.744	0.000	1.799
206 Pizza, Dominos Cheese, 8-cut	SLICE	135	260.029	3.500 12.115%	540.060	3.000 4.615%	7.001 24.231%	20.002	29.003 44.615%	3.000	20.002 30.769%	750.083	500.056	6.001	1.800
94 PLUMS,FRESH	EACH	66	30.360	0.011 0.332%	0.000	6.547 86.258%	0.185 5.478%	0.000	7.537 99.304%	0.924	0.462 6.087%	227.700	3.960	6.270	0.112
990036 Potato	cup	150	115.500	0.038 0.292%	9.000	1.230 4.260%	0.135 1.052%	0.000	26.235 90.857%	3.150	3.075 10.649%	3.000	18.000	29.550	1.215
500153 POTATO SALAD	2/3 CUP	96	102.000	0.480 4.235%	308.995	*N/A* *N/A%*	2.899 25.581%	6.000	17.894 70.174%	1.594	1.450 5.686%	25.997	9.994	9.197	0.374
128 Potato Wedges	3/4 CUP	117	208.096	2.425 10.488%	709.779	*0.387* *0.744%*	10.655 46.082%	0.000	25.359 48.745%	2.790	2.930 5.632%	1.510	17.262	5.780	0.846

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174 Pretzels	bag	20	80.000	0.000 0.000%	200.000	0.000 0.000%	1.500 16.875%	0.000	15.000 75.000%	2.000	2.000 10.000%	0.000	0.000	0.000	0.720
990064 Professional Development Day	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
990032 Protein Serving	3 oz	85	170.469	2.442 12.895%	594.567	1.488 3.492%	9.697 51.196%	45.249	5.954 13.971%	0.660	15.189 35.640%	22.575	23.773	1.218	1.726
97 RAISINS	CUP	145	433.550	0.084 0.175%	15.950	85.826 79.184%	0.667 1.385%	0.000	114.811 105.926%	5.365	4.452 4.107%	0.000	72.500	3.335	2.726
500160 RANCH DRESSING	2 TBSP	33	35.000	0.518 13.323%	180.998	*N/A* *N/A%*	1.878 48.284%	5.000	3.498 39.977%	0.099	1.049 11.989%	25.997	35.000	0.498	0.099
67 Ranch Dressing: indiv PC	OZ	28	70.874	1.013 12.857%	131.623	*N/A* *N/A%*	6.075 77.143%	5.062	5.062 28.571%	0.000	0.000 0.000%	0.000	0.000	0.000	0.000
16 RATATOUILLE	3/4 cup	165	115.875	1.333 10.355%	327.632	*3.817* *13.176%*	9.024 70.092%	0.000	8.869 30.615%	3.029	1.772 6.117%	551.732	32.766	30.263	0.784
8 Refried Beans: canned	1/2 CUP	119	107.100	0.751 6.310%	440.300	0.643 2.401%	2.392 20.100%	0.000	16.125 60.222%	4.403	5.926 22.133%	0.000	34.510	7.140	1.714
224 RELISH: individual PC	PC packet	8	9.750	0.004 0.378%	60.825	2.185 89.641%	0.035 3.258%	0.000	2.630 107.877%	0.083	0.028 1.149%	91.350	0.225	0.075	0.065
184 Rice & Beans	CUP	226	217.001	0.240 0.997%	145.004	*N/A* *N/A%*	1.317 5.463%	0.000	42.348 78.061%	10.008	9.239 17.030%	0.000	40.998	1.395	2.024
235 Roast Turkey & Gravy	1/2 CUP	115	113.602	1.561 12.365%	530.398	*0.000* *0.000%*	5.202 41.209%	34.799	2.880 10.141%	0.000	10.962 38.598%	96.000	19.200	0.000	0.704
116 Roasted Chicken	3 oz	84	149.999	2.999 17.993%	299.998	*N/A* *N/A%*	9.904 59.422%	54.902	0.000 0.000%	0.000	13.952 37.206%	0.000	0.000	0.000	0.361
1 Roasted Roots	3/4 cup	210	151.299	0.569 3.383%	147.822	*5.732* *15.154%*	3.646 21.689%	0.000	28.013 74.059%	5.077	3.094 8.180%	17224.507	46.810	26.406	1.155
220 Roasted Turkey	SERVING	56	80.002	1.081 12.159%	299.998	*N/A* *N/A%*	3.282 36.917%	29.999	0.000 0.000%	0.000	10.002 50.009%	0.000	0.000	0.000	0.358
151 Salad Bar: Standard	CUP	137	78.437	0.202 2.313%	164.445	*2.414* *12.311%*	0.870 9.985%	0.000	14.766 75.300%	4.571	3.700 18.869%	5152.363	38.423	21.222	1.259
61 Salad Bar:average	CUP	191	137.653	0.964 6.305%	115.742	*2.425* *7.047%*	2.052 13.416%	3.955	23.955 69.610%	5.413	6.668 19.376%	3996.839	98.228	16.831	1.245
225 Salad Dressing: Assorted	2 TBSP	32	51.250	0.589 10.349%	141.607	*2.000* *15.610%*	3.536 62.090%	2.946	4.946 38.606%	0.000	0.000 0.000%	10.000	0.000	0.000	0.000

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Burlington School District

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990028 Salad Dressing: Assorted *RESIZED*	TBSP	16	25.625	0.295 10.347%	70.804	*1.000* *15.610%*	1.768 62.092%	1.473	2.473 38.606%	0.000	0.000 0.000%	5.000	0.000	0.000	0.000
302 Salad Dressing: Assorted 1TBSP	TBSP	16	25.625	0.295 10.347%	70.804	*1.000* *15.610%*	1.768 62.092%	1.473	2.473 38.606%	0.000	0.000 0.000%	5.000	0.000	0.000	0.000
990041 Salad Greens	1/4 cup	113	19.278	0.044 2.063%	9.072	1.349 27.990%	0.340 15.882%	0.000	3.731 77.411%	2.381	1.395 28.945%	9876.966	37.421	4.536	1.100
131 Salsa	1/4 cup	62	22.500	0.019 0.744%	69.998	*N/A* *N/A%*	0.124 4.960%	0.000	4.365 77.596%	0.849	0.936 16.640%	343.003	7.502	2.499	1.395
990033 Sandwich Special	Each	182	357.509	4.414 11.112%	851.989	*2.147* *2.402%*	15.503 39.029%	48.609	36.023 40.305%	3.965	20.502 22.939%	657.630	108.503	3.308	3.294
49 SAUERKRAUT:canned	CUP	142	26.980	0.048 1.611%	938.620	2.528 37.480%	0.199 6.632%	0.000	6.078 90.105%	4.118	1.292 19.155%	25.560	42.600	20.874	2.087
990051 Sausage BRKST Sandwich	each	151	480.933	7.138 13.357%	713.431	*1.012* *0.842%*	29.227 54.693%	145.030	33.139 27.562%	0.000	21.009 17.474%	*154.703*	*121.321*	*1.474*	*2.141*
990072 SB Beans/Legumes:	1/4 cup	86	80.446	0.125 1.395%	230.515	*0.615* *3.058%*	0.820 9.173%	0.000	13.802 68.628%	4.321	4.962 24.672%	5.423	33.386	0.992	1.235
990083 SB Beets	1/4 cup	43	13.175	0.009 0.642%	82.450	2.342 71.104%	0.060 4.065%	0.000	3.064 93.031%	0.765	0.387 11.750%	10.200	6.375	1.742	0.774
990074 SB Broccoli	1/4 cup	23	7.735	0.009 1.036%	7.508	0.387 20.013%	0.084 9.797%	0.000	1.511 78.118%	0.592	0.642 33.200%	141.732	10.692	20.293	0.166
990081 SB Carrots	1/4 cup	7	2.870	0.003 0.815%	4.830	0.332 46.272%	0.017 5.268%	0.000	0.671 93.463%	0.196	0.065 9.059%	1169.420	2.310	0.413	0.021
990080 SB Celery	1/8 cup	15	2.400	0.006 2.362%	12.000	0.201 33.500%	0.026 9.562%	0.000	0.446 74.250%	0.240	0.104 17.333%	67.350	6.000	0.465	0.030
990084 SB Cheddar Cheese	oz	28	85.000	3.749 39.697%	219.999	*N/A* *N/A%*	6.000 63.534%	20.000	0.501 2.359%	0.000	8.000 37.647%	57.999	116.001	0.000	0.120
990077 SB Chicken, Diced	oz	33	86.667	0.833 8.653%	133.333	0.333 1.537%	5.000 51.923%	8.333	5.333 24.615%	1.000	5.333 24.614%	33.333	13.333	0.000	0.600
990082 SB Corn	1/4 cup	41	33.412	0.043 1.145%	0.412	1.266 15.156%	0.276 7.445%	0.000	7.961 95.309%	0.990	1.052 12.594%	82.088	1.238	1.444	0.194
990050 SB Cottage Cheese	1/2 cup	113	81.360	0.729 8.062%	458.780	3.074 15.113%	1.153 12.750%	4.520	3.074 15.111%	0.000	14.001 68.835%	46.330	68.930	0.000	0.158
377 SB Cucumber	1/4 cup	28	3.402	0.004 0.979%	0.567	0.391 45.973%	0.045 12.011%	0.000	0.612 71.993%	0.198	0.167 19.636%	20.412	3.969	0.907	0.062

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Burlington School District

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990073 SB Lettuce	1 cup	57	9.639	0.022 2.063%	4.536	0.675 28.011%	0.170 15.882%	0.000	1.865 77.411%	1.191	0.697 28.924%	4938.483	18.711	2.268	0.550
990085 SB Mozzarella Cheese	1 oz	28	60.747	2.024 29.990%	172.121	0.000 0.000%	3.036 44.983%	10.124	1.012 6.664%	0.000	7.087 46.666%	*N/A*	*N/A*	*N/A*	*N/A*
990075 SB Onions	1/8 cup	18	7.257	0.008 0.943%	0.726	*0.385* *21.221%*	0.018 2.245%	0.000	1.695 93.405%	0.308	0.200 11.024%	0.363	4.173	1.343	0.038
990045 SB Peas	1/4 cup	284	218.680	0.187 0.771%	306.720	14.200 25.974%	1.136 4.675%	0.000	38.681 70.753%	12.780	14.825 27.117%	5844.720	62.480	51.120	4.345
990046 SB Peppers (Bell)	1/4 cup	119	23.800	0.069 2.609%	3.570	2.856 48.000%	0.202 7.650%	0.000	5.522 92.800%	2.023	1.023 17.193%	440.300	11.900	95.676	0.405
990079 SB Peppers (Pickled)	1/8 cup	13	3.510	0.013 3.231%	217.230	0.278 31.681%	0.122 31.333%	0.000	0.616 70.222%	0.338	0.120 13.675%	221.000	2.990	1.300	0.244
990076 SB Rice Salad	1 cup	271	255.210	0.469 1.653%	370.736	*0.814* *1.276%*	2.605 9.185%	0.000	52.045 81.572%	3.479	5.375 8.424%	6746.705	32.476	28.489	1.237
185 SB Tomato, Diced	1/4 cup	45	8.100	0.014 1.500%	2.250	*N/A* *N/A%*	0.090 10.000%	0.000	1.751 86.444%	0.540	0.396 19.556%	374.850	4.500	6.165	0.122
990078 SB Tuna Mac Salad	1/2 cup	277	140.854	0.524 3.348%	565.750	*2.288* *6.498%*	5.113 32.667%	4.491	20.623 58.565%	1.051	3.483 9.891%	403.983	18.435	0.452	0.916
990048 SB Yogurt	1/2 cup	113	80.282	0.000 0.000%	65.229	13.046 65.001%	0.000 0.000%	5.018	16.056 80.000%	0.000	4.014 20.000%	65.229	150.528	0.000	0.000
500168 SCALLOPED POTATOES:(FRESH)	1/2 CUP	137	116.998	0.617 4.742%	357.995	*N/A* *N/A%*	2.904 22.342%	2.000	18.728 64.028%	1.192	4.329 14.800%	123.999	108.997	5.000	0.411
121 SCRAMBLED EGGS	1/4 CUP	50	71.500	1.563 19.674%	140.764	0.185 1.035%	4.755 59.853%	186.000	0.360 2.014%	0.000	6.280 35.133%	270.000	28.043	0.000	0.876
303 Seasonal Vegetables	3/4 cup	210	151.299	0.569 3.383%	147.822	*5.732* *15.154%*	3.646 21.689%	0.000	28.013 74.059%	5.077	3.094 8.180%	17224.507	46.810	26.406	1.155
990102 Seasoned Beef	2 TBSP	88	135.039	3.328 22.182%	53.282	*1.114* *3.300%*	8.818 58.766%	39.326	2.329 6.899%	0.585	11.268 33.377%	261.043	16.571	2.012	1.663
990108 Seasoned Chicken	oz	28	53.864	0.595 9.947%	24.551	*N/A* *N/A%*	2.166 36.189%	25.373	0.000 0.000%	0.000	8.159 60.590%	15.536	4.252	0.000	0.343
13 Seasoned Rice	1/2 cup	96	30.856	0.050 1.470%	3.459	*0.000* *0.000%*	0.252 7.350%	0.000	6.398 82.940%	0.515	0.720 9.334%	0.000	4.887	0.000	0.118
990113 Seasoned Tofu	oz	28	40.823	0.358 7.882%	3.969	*N/A* *N/A%*	2.472 54.501%	0.000	0.788 7.722%	0.652	4.896 47.973%	47.060	193.627	0.057	0.754

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10 SESAME CARROTS	1 cup	131	82.536	0.530 5.781%	88.320	6.067 29.403%	3.707 40.425%	0.000	12.262 59.428%	3.584	1.190 5.767%	21383.680	42.240	7.552	0.384
27 SESAME CHICKEN & NOODLES	1 cup	950	395.308	2.240 5.101%	752.860	*2.013* *2.037%*	12.589 28.662%	66.562	40.571 41.052%	3.406	31.812 32.190%	892.023	70.113	27.970	4.012
990087 Sesame Noodle Salad	1 cup	191	395.308	2.240 5.101%	730.108	*2.013* *2.037%*	12.589 28.662%	66.562	40.571 41.052%	3.406	31.812 32.190%	892.023	47.361	27.970	4.012
120 Shepherd's Pie	CUP	246	270.689	4.480 14.895%	397.664	*2.910* *4.300%*	11.881 39.504%	52.435	22.506 33.257%	3.044	17.984 26.575%	3544.239	37.166	19.491	2.503
990093 Shredded Carrots	1/4 cup	7	2.870	0.003 0.815%	4.830	0.332 46.272%	0.017 5.268%	0.000	0.671 93.463%	0.196	0.065 9.059%	1169.420	2.310	0.413	0.021
990112 Shrimp	oz	28	38.248	0.084 1.977%	225.932	*N/A* *N/A%*	0.280 6.589%	23.344	5.180 54.173%	0.148	3.693 38.622%	4.550	6.759	0.011	0.193
215 Slider; Tky Saus, Egg & Cheese	EACH	72	160.000	1.500 8.436%	290.000	*N/A* *N/A%*	4.500 25.312%	30.000	22.000 55.001%	2.000	8.000 20.000%	100.000	80.000	0.000	1.440
500170 SLOPPY JOE ON A ROLL	SERVINGS	147	344.994	4.954 12.923%	539.990	*N/A* *N/A%*	12.760 33.286%	51.994	35.927 41.655%	2.396	20.948 24.288%	559.996	97.990	11.892	3.734
150 Sloppy Joes: filling only	SERVINGS	133	209.523	4.499 19.327%	209.905	*7.139* *13.629%*	11.964 51.391%	53.206	9.809 18.726%	0.884	15.604 29.790%	337.428	25.710	4.577	2.239
207 Soup-of-the-Day:average	6 oz	229	167.811	1.739 9.329%	419.844	*0.557* *1.328%*	5.372 28.813%	23.797	19.426 46.304%	3.059	11.211 26.723%	2290.765	56.854	9.112	2.132
133 Sour Cream	TBSP	12	8.880	0.000 0.000%	16.920	0.047 2.117%	0.000 0.000%	1.080	1.872 84.324%	0.000	0.372 16.757%	30.600	15.000	0.000	0.000
990106 Spaghetti	1 cup	57	198.001	0.148 0.674%	4.999	*N/A* *N/A%*	0.798 3.627%	0.000	42.773 86.409%	5.597	8.339 16.846%	0.000	23.000	0.000	2.069
65 Spaghetti & Meatballs	CUP	267	411.409	3.725 8.148%	974.932	*0.000* *0.000%*	12.639 27.649%	30.614	59.750 58.093%	11.073	20.544 19.974%	1205.502	99.924	16.850	4.770
500171 SPAGHETTI AND MEAT SAUCE	1 CUP	248	322.400	4.390 12.254%	312.480	*N/A* *N/A%*	10.714 29.908%	126.480	34.224 42.462%	2.976	21.229 26.339%	6.374	42.160	5.357	3.943
135 SPICY CHICKEN	EACH	113	133.176	0.515 3.478%	1275.628	*0.355* *1.066%*	4.607 31.133%	55.031	1.494 4.486%	1.085	21.156 63.543%	45.684	2.256	21.094	0.856
990111 Spinach	1/8 cup	28	6.532	0.018 2.466%	22.436	0.119 7.287%	0.111 15.266%	0.000	1.031 63.129%	0.625	0.812 49.724%	2663.068	28.116	7.980	0.770
51 SPINACH: frozen,boiled	CUP	190	64.600	0.298 4.156%	184.300	0.969 6.000%	1.653 23.029%	0.000	9.120 56.471%	7.030	7.619 47.176%	22915.900	290.700	4.180	3.724

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990053 SPRING RECESS	each	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
52 SQUASH,SUMMER: boiled	CUP	180	36.000	0.115 2.880%	1.800	4.662 51.800%	0.558 13.950%	0.000	7.758 86.200%	2.520	1.638 18.200%	381.600	48.600	9.900	0.648
21 SQUASH,WINTER,SPAGHETTI: baked	3/4 cup	191	66.181	0.050 0.680%	7.337	*3.992* *24.128%*	0.242 3.290%	0.000	16.661 100.701%	2.738	1.792 10.831%	2490.910	51.684	26.200	1.062
54 SQUASH,WINTER: baked	CUP	205	75.850	0.148 1.751%	2.050	6.765 35.676%	0.718 8.514%	0.000	18.143 95.676%	5.740	1.825 9.624%	10707.150	45.100	19.680	0.902
55 SQUASH,WINTER: boiled	CUP	245	83.300	0.042 0.451%	7.350	*N/A* *N/A%*	0.196 2.118%	0.000	21.536 103.412%	6.370	1.642 7.885%	2001.650	63.700	15.925	1.372
279 Steak & Cheese Stromboli	EACH	163	341.491	2.764 7.284%	551.654	1.769 2.072%	7.347 19.364%	33.662	45.346 53.115%	3.534	24.250 28.405%	*4.560*	*7.624*	*0.000*	*3.080*
202 Stir Fry Vegetables	CUP	113	46.693	0.000 0.000%	20.011	2.668 22.856%	0.000 0.000%	0.000	9.338 79.997%	2.668	2.668 22.856%	1000.571	26.681	28.016	0.481
99 STRAWBERRIES,FRESH	CUP	144	46.080	0.022 0.422%	1.440	7.042 61.128%	0.432 8.438%	0.000	11.059 96.000%	2.880	0.965 8.377%	17.280	23.040	84.672	0.590
98 STRAWBERRIES: frozen	CUP	255	244.800	0.018 0.066%	7.650	61.226 100.042%	0.332 1.219%	0.000	66.096 108.000%	4.845	1.352 2.209%	61.200	28.050	105.570	1.505
344 SUGAR PACKET	1 TSP	4	16.254	0.000 0.000%	0.042	4.192 103.162%	0.000 0.000%	0.000	4.199 103.339%	0.000	0.000 0.000%	0.000	0.042	0.000	0.002
5 SWEET & SOUR CHICKEN	2 oz	180	256.191	2.252 7.911%	162.952	*0.916* *1.430%*	9.198 32.312%	81.193	15.692 24.500%	0.819	26.874 41.959%	1646.020	26.294	7.656	1.319
3 SWEET & SOUR MEATBALLS	2 oz	119	244.998	4.217 15.490%	216.993	*N/A* *N/A%*	10.256 37.677%	66.998	19.896 32.484%	1.294	17.535 28.629%	154.997	46.998	3.100	2.226
122 SWEET & SOUR SAUCE: Minh's	SERVING	37	52.540	0.000 0.000%	99.825	*N/A* *N/A%*	0.000 0.000%	0.000	12.610 96.000%	0.000	0.526 4.005%	0.000	0.000	0.000	0.000
304 Sweet & Spicy Sauce	2 TBSP	51	39.369	0.014 0.322%	43.819	*8.715* *88.547%*	0.054 1.225%	0.000	10.166 103.285%	0.117	0.108 1.097%	101.220	3.971	0.453	0.092
500307 SWEET POTATO & BLACK BEAN STEW	1 CUP	365	222.497	0.328 1.327%	578.573	*7.984* *14.353%*	4.448 17.991%	*0.000*	43.493 78.191%	12.250	10.354 18.614%	8847.713	103.064	25.739	3.937
11 SWEET POTATO & BLACK BEANS	1 CUP	200	219.181	1.043 4.284%	396.982	*4.361* *7.959%*	6.723 27.606%	0.000	36.589 66.774%	7.348	6.526 11.910%	8805.715	50.040	10.461	2.042
187 Sweet Potato Fries	CUP	85	120.068	0.500 3.750%	135.077	8.005 26.668%	5.003 37.500%	0.000	19.011 63.333%	4.002	1.001 3.335%	1000.571	20.011	0.000	0.720

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200 Sweet Potato Gems	1/2 CUP	85	121.498	1.013 7.500%	263.245	8.100 26.667%	5.062 37.500%	0.000	17.212 56.667%	3.037	1.012 3.332%	1012.482	20.250	6.075	0.364
24 SWEET POTATO HUMMUS	1/4 cup	157	151.840	0.415 2.457%	239.668	*3.436* *9.052%*	3.275 19.411%	0.000	26.820 70.653%	5.207	5.039 13.274%	11624.640	59.128	8.857	1.824
56 SWEET POTATO, BAKED	EACH	114	102.600	0.059 0.520%	41.040	7.387 28.799%	0.171 1.500%	0.000	23.609 92.044%	3.762	2.291 8.932%	21908.520	43.320	22.344	0.787
349 SYRUP,PANCAKE	1 TBSP	20	45.923	0.000 0.000%	16.093	4.213 36.696%	0.000 0.000%	0.000	12.064 105.076%	0.000	0.000 0.000%	0.000	0.589	0.000	0.006
17 TAHINI NOODLE SALAD: cold	1/2 cup	302	266.178	1.377 4.655%	701.838	*0.199* *0.299%*	9.531 32.226%	0.000	37.146 55.821%	2.227	8.529 12.817%	398.968	34.683	0.755	2.144
100 TANGERINES,FRESH	EACH	88	46.640	0.034 0.662%	1.760	9.310 79.846%	0.273 5.264%	0.000	11.739 100.679%	1.584	0.713 6.115%	599.280	32.560	23.496	0.132
500187 TARTAR SAUCE	2 TBSP	29	63.000	0.580 8.286%	245.998	*N/A* *N/A%*	3.587 51.247%	7.998	7.937 50.396%	0.397	0.229 1.454%	63.000	5.000	0.397	0.360
500301 TASTY TOTS	Serv. 6 Tots	149	186.227	0.416 2.012%	381.065	*5.294* *11.371%*	4.923 23.790%	0.000	31.663 68.008%	5.547	4.789 10.286%	15408.017	55.160	18.605	1.517
4 Teriyaki Chicken	2 OZ	84	144.507	1.191 7.416%	232.991	*8.091* *22.396%*	4.332 26.979%	50.746	8.826 24.431%	0.000	16.685 46.185%	31.071	8.505	0.000	0.686
218 Teriyaki Chicken Wrap	EACH	209	267.761	1.537 5.168%	1220.740	*0.000* *0.000%*	4.941 16.609%	33.782	40.967 61.199%	4.347	17.814 26.612%	2836.542	103.569	7.884	4.881
280 Teriyaki Meatballs	3 OZ	123	181.104	3.175 15.777%	416.597	9.709 21.444%	8.164 40.570%	32.655	15.127 33.410%	0.907	11.326 25.015%	4.535	58.053	0.907	1.814
249 Teriyaki Sauce	TBSP	16	24.708	0.026 0.958%	307.260	4.780 77.384%	0.172 6.265%	0.000	5.654 91.535%	0.051	0.331 5.359%	0.051	1.181	0.001	0.053
500188 TERIYAKI SAUCE	2 TBSP	35	38.997	0.018 0.404%	530.999	*N/A* *N/A%*	0.119 2.746%	0.000	9.580 98.259%	0.399	0.728 7.467%	231.000	7.998	3.500	0.399
990066 Thanksgiving Holiday	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
500189 THICK VEGETABLE SOUP	CUP	255	167.994	0.153 0.820%	274.992	*N/A* *N/A%*	0.842 4.508%	0.000	34.706 82.635%	8.288	7.497 17.851%	5320.983	65.994	15.198	2.576
500190 THOUSAND ISLAND DRESSING	2 TBSP	28	60.998	0.588 8.676%	270.998	*N/A* *N/A%*	3.660 53.996%	8.000	7.020 46.032%	0.300	0.258 1.692%	86.999	3.998	1.198	0.188
500191 THREE BEAN SALAD	1/4 CUP	49	46.996	0.417 7.976%	110.000	*N/A* *N/A%*	2.989 57.241%	0.000	4.557 38.786%	1.000	0.926 7.882%	91.998	13.000	1.597	0.446

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Burlington School District

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
75 THREE BEAN SALAD: no gr bean	1/2 CUP	118	151.522	0.541 3.211%	245.820	*3.119* *8.234%*	5.297 31.462%	0.000	20.800 54.908%	5.297	5.681 14.997%	7.281	44.423	3.223	1.333
325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	25	76.500	0.231 2.712%	141.250	1.442 7.540%	1.018 11.971%	0.000	12.790 66.876%	1.875	4.068 21.271%	1.000	32.500	0.000	0.740
93 TOASTED CHEESE SANDWICH: WW	SERVINGS	122	304.460	6.555 19.375%	1132.080	*4.000* *5.255%*	12.739 37.656%	30.000	32.031 42.082%	4.000	22.031 28.944%	1621.687	401.021	0.007	1.440
500194 TOMATO SAUCE (MEATLESS)	2 TBSP	35	15.998	0.049 2.757%	36.998	*N/A* *N/A%*	0.378 21.265%	0.000	3.010 75.259%	0.700	0.560 14.002%	346.997	10.997	8.099	0.357
190 Tomato Soup	CUP	248	79.360	0.139 1.575%	461.280	9.994 50.373%	0.521 5.906%	0.000	18.476 93.125%	1.240	1.761 8.876%	476.160	19.840	15.624	0.719
990092 Tomato, sliced	slice	20	3.600	0.006 1.400%	1.000	0.526 58.444%	0.040 10.000%	0.000	0.778 86.444%	0.240	0.176 19.556%	166.600	2.000	2.740	0.054
990047 Tomatoes, fresh	1/4 cup	37	6.705	0.010 1.396%	1.862	0.980 58.464%	0.075 10.000%	0.000	1.449 86.443%	0.447	0.328 19.567%	310.292	3.725	5.103	0.101
58 TOMATOES: canned	CUP	240	96.000	0.096 0.900%	746.400	*N/A* *N/A%*	0.720 6.750%	0.000	20.640 86.000%	2.400	6.240 26.000%	1440.000	38.400	40.320	2.400
990090 Tortilla, 10"	EACH	45	110.000	1.000 8.182%	160.000	*N/A* *N/A%*	2.000 16.364%	0.000	20.000 72.727%	2.000	4.000 14.545%	0.000	60.000	0.000	1.080
141 Tortilla, 6"	EACH	31	80.000	0.500 5.625%	110.000	*N/A* *N/A%*	1.500 16.875%	0.000	13.000 65.000%	2.000	2.000 10.000%	0.000	40.000	0.000	0.720
148 Tortilla, 8"	EACH	45	110.000	1.000 8.182%	160.000	*N/A* *N/A%*	2.000 16.364%	0.000	20.000 72.727%	2.000	4.000 14.545%	0.000	60.000	0.000	1.080
500196 TUNA AND NOODLES	CUP	303	281.972	1.242 3.965%	390.991	*N/A* *N/A%*	5.787 18.472%	50.995	33.148 47.023%	1.485	23.180 32.883%	275.972	132.987	2.788	3.909
14 TUNA MELT	SERVINGS	202	380.964	3.785 8.943%	1041.947	*7.338* *7.705%*	16.621 39.265%	46.379	35.422 37.192%	4.563	27.736 29.122%	242.326	311.539	1.285	2.340
990089 Tuna Salad	1/2 cup	94	140.411	1.224 7.843%	297.582	*2.026* *5.772%*	7.389 47.359%	28.290	3.623 10.320%	0.514	13.288 37.855%	151.202	17.787	1.285	0.643
194 Tuna Salad Sandwich	1 SAND	156	280.411	1.224 3.927%	577.582	*6.026* *8.596%*	9.389 30.133%	28.290	31.623 45.109%	4.514	21.288 30.367%	151.202	17.787	1.285	2.083
1054 Turkey & Cheese Sandwich	EACH	160	237.946	2.607 9.861%	640.228	*5.506* *9.256%*	6.923 26.187%	25.195	32.374 54.422%	5.091	17.344 29.156%	*2614.947*	*15.150*	*6.009*	*1.960*
500198 TURKEY AND DRESSING SUPREME	SERVINGS	180	270.990	2.916 9.684%	441.000	*N/A* *N/A%*	12.618 41.906%	45.000	18.306 27.021%	0.792	19.782 29.200%	365.994	54.990	0.396	2.196

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990107 Turkey Bacon	oz	28	71.724	1.890 23.717%	255.146	0.000 0.000%	5.670 71.146%	28.350	1.361 7.589%	0.000	3.779 21.075%	7.087	2.835	6.804	0.204
183 Turkey Sausage Patty	EACH	28	59.696	1.070 16.126%	119.112	0.000 0.000%	3.951 59.564%	30.044	0.157 1.051%	0.000	6.090 40.807%	40.796	11.536	0.448	0.476
990099 Turkey, Deli	oz	29	31.065	0.056 1.625%	220.020	1.000 12.876%	0.237 6.855%	12.540	1.000 12.881%	0.142	6.216 80.039%	9.405	2.280	1.624	0.180
990067 VACATION	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
500201 VEGETABLE LASAGNA	SERVINGS	233	238.126	2.214 8.366%	870.302	*N/A* *N/A%*	4.846 18.317%	9.413	31.152 52.329%	3.495	18.244 30.646%	1429.688	229.552	23.300	2.446
287 Vegetable Lo Mein	1 CUP	82	55.659	0.204 3.302%	129.091	*1.028* *7.388%*	1.340 21.673%	0.000	9.112 65.484%	0.774	1.733 12.454%	597.441	9.745	4.295	0.417
95 VEGETABLE NOODLE SOUP	CUP	346	107.068	0.193 1.620%	118.877	*1.440* *5.380%*	0.802 6.743%	10.534	22.486 84.006%	1.182	3.195 11.936%	4290.700	55.234	13.744	1.277
500204 VEGETABLE SOUP	CUP	239	57.981	0.120 1.855%	368.992	*N/A* *N/A%*	0.621 9.646%	0.980	11.520 79.473%	1.793	3.227 22.262%	1906.001	28.991	13.288	1.076
500220 VEGETABLE WRAPS	SERVINGS	172	286.999	4.713 14.779%	695.757	*N/A* *N/A%*	10.853 34.035%	20.004	33.781 47.081%	2.666	13.382 18.651%	2330.600	364.795	14.706	1.995
289 VEGETARIAN CHILI	2 CUPS	438	232.397	0.728 2.820%	930.552	8.414 14.482%	7.347 28.453%	0.000	35.543 61.177%	9.009	9.367 16.122%	1322.099	71.908	48.536	2.248
46 VEGGIE EGG ROLL	3.1 oz.	4	6.232	0.040 5.834%	18.214	0.000 0.000%	0.179 25.836%	0.162	1.010 64.820%	0.076	0.156 10.013%	69.858	0.951	0.550	0.062
173 Veggie Sticks	cup	105	25.045	0.045 1.613%	42.455	2.770 44.240%	0.184 6.605%	0.000	5.683 90.761%	1.779	0.825 13.176%	5321.103	26.625	21.802	0.293
154 Waffles: Blueberry Minis	SERVING	70	210.070	1.001 4.287%	180.060	13.004 24.761%	6.002 25.713%	5.002	38.013 72.381%	3.001	4.001 7.618%	65.022	20.006	0.000	0.721
990114 Water Chestnuts	1/8 cup	18	8.750	0.003 0.288%	1.400	0.430 19.657%	0.011 1.080%	0.000	2.153 98.400%	0.438	0.154 7.040%	0.000	0.700	0.228	0.152
101 WATERMELON,CHUNKS	CUP	152	45.600	0.024 0.480%	1.520	9.424 82.667%	0.228 4.500%	0.000	11.476 100.667%	0.608	0.927 8.132%	864.880	10.640	12.312	0.365
500219 WHITE SAUCE: THICK	2 TBSP	34	40.997	0.449 9.852%	77.999	*N/A* *N/A%*	2.190 48.068%	1.000	3.890 37.950%	0.078	1.448 14.128%	95.999	40.790	0.000	0.150
500210 WHITE SAUCE: THIN	2 TBSP	30	21.000	0.159 6.814%	61.998	*N/A* *N/A%*	0.750 32.143%	0.999	2.379 45.314%	0.030	1.230 23.429%	32.799	39.969	0.000	0.060

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242 Whole Wheat Bread	SLICE	31	70.000	0.000 0.000%	140.000	2.000 11.429%	1.000 12.857%	0.000	14.000 80.000%	2.000	4.000 22.857%	0.000	0.000	0.000	0.720
127 Whole Wheat Bun	EACH	50	140.000	0.500 3.214%	270.000	*N/A* *N/A*	2.000 12.857%	0.000	26.000 74.286%	2.000	5.000 14.286%	0.000	60.000	0.000	1.080
112 Yogurt: 4oz	EACH	113	80.282	0.000 0.000%	65.229	13.046 65.001%	0.000 0.000%	5.018	16.056 80.000%	0.000	4.014 20.000%	65.229	150.528	0.000	0.000
53 ZUCCHINI SQUASH: boiled	CUP	240	36.000	0.173 4.320%	7.200	4.104 45.600%	0.864 21.600%	0.000	6.456 71.733%	2.400	2.736 30.400%	2680.800	43.200	30.960	0.888
76 ZUCCHINI: rstd, seasoned	cup	180	27.345	0.133 4.377%	5.469	3.080 45.054%	0.657 21.634%	0.000	4.922 71.997%	1.846	2.063 30.177%	2015.350	34.763	23.283	0.821

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