

Prince George's County Public Schools
 Department of Food and Nutrition Services
 Nutrition Facts Sheet - Secondary Lunch Program
 2021-2022

NOTICE: The data contained within this report 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.

Recipe No. Recipe Name	Portion Size	Cals* (kcal)	Saturated Fat* (g)	Sodium* (mg)	Sugars (g)	Total Fat (g)	Trans Fat* (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
806 3 Cheese Cavatappi (w/Chicken & Broccoli)	EACH	322.422	8.781	840.951	*3.000*	16.285	0.000	56.073	28.224	2.035	18.331	627.625	384.588	0.461	1.065
411 Bean and Cheese Burrito	EACH	291.110	3.620	478.940	1.330	8.290	0.000	15.330	40.950	7.960	15.600	295.240	171.000	1.540	3.330
700 Beef Fiestada Stuffed Sandwich	EACH	320.000	7.000	590.000	6.000	14.000	0.000	40.000	31.000	3.000	18.000	80.000	290.000	0.000	2.500
31 Beef Soft Taco w/10" Tortilla	SERVINGS	377.081	5.798	576.202	1.034	16.618	0.620	44.818	35.355	6.068	19.961	*0.000*	151.985	*0.000*	3.868
252 Beef Taco & Cheese Sauce Tray	Each	287.000	10.300	919.000	1.000	20.000	0.000	83.000	4.000	1.000	22.000	*N/A*	350.000	*N/A*	1.000
887 Mozzarella Cheese Sticks, Breaded	6 EACH	492.001	8.400	552.001	2.400	25.200	0.000	36.000	43.200	3.600	22.800	*N/A*	540.001	*N/A*	2.520
669 Cafe Burger on Bun with Cheddar	EACH	342.000	6.500	495.000	3.300	15.300	0.000	58.000	31.000	4.400	23.700	*29.000*	182.000	*0.000*	2.840
900 Cafe Burger on Bun with Pepper Jack	EACH	332.000	6.500	495.000	3.300	15.300	0.000	58.000	30.000	4.400	23.700	*29.000*	190.000	*0.000*	2.840
546 Cafe Burger, No Cheese	EACH	252.000	2.500	355.000	3.300	8.300	0.000	38.000	30.000	4.400	18.700	29.000	31.000	0.000	2.840
910 Cheese Stick, Colby Jack, 1W	EACH	90.000	3.500	210.000	0.000	6.000	0.000	15.000	1.000	0.000	8.000	*N/A*	198.000	*N/A*	0.000
743 Cheese Stick, Mozzarella, 1W	EACH	80.000	3.500	200.000	0.000	6.000	0.000	15	0.000	0.000	7.000	*N/A*	200.000	*N/A*	0.000
149 Cheeseburger Sliders, Twin Pack	EACH	272.000	2.900	355.000	3.500	7.800	0.000	45.000	31.300	2.600	19.700	100.000	82.000	0.000	2.800
861 Chicken Alfredo and Penne Pasta	EACH	369.209	4.677	679.356	6.149	10.785	0.000	47.363	47.688	4.092	20.187	*32.321*	292.953	*1.479*	2.061
829 Chicken Fajita w/10" Tortilla	SERVINGS	420.397	5.059	787.007	*1.685*	18.688	0.000	91.098	38.027	4.617	24.587	*307.494*	176.836	*18.810*	2.803
246 Chicken Tenders	4 EACH	262.989	1.195	561.839	1.195	8.368	0.000	65.747	21.517	2.391	26.299	239.080	23.908	1.434	1.291
827 Chris P Chicken Chunks	5 EACH	210.000	1.500	570.000	0.000	8.000	0.000	50.000	17.000	2.000	18.000	200.000	20.000	0.000	1.080
320 Crispy P Chicken Sandwich, Regular	EACH	360.000	1.500	850.000	3.000	10.000	0.000	50.000	47.000	6.000	24.000	215.000	40.000	0.000	2.520
305 Chris P Chicken Sandwich, Spicy	EACH	360.000	1.500	810.000	3.000	10.000	0.000	50.000	47.000	7.000	24.000	215.000	40.000	0.000	2.520
370 Egg, Hard-Boiled	1 EACH	77.500	1.634	62.000	0.560	5.305	*N/A*	186.500	0.560	0.000	6.290	260.000	25.000	0.000	0.595
623 Fiesta Nachos, Secondary	SRV: 2OZ*#10SCP	424.948	6.563	751.094	0.777	19.331	0.467	43.176	40.094	6.206	18.621	*0.000*	168.858	*0.000*	2.658
312 General Tso's Chicken (AFS)	SERVING	210.000	1.000	450.000	14.000	7.000	0.000	50.000	24.000	1.000	12.000	0.000	20.000	0.000	0.720
899 Gourmet Grilled Cheese Sandwich	EACH	415.000	12.000	700.000	6.000	23.000	0.000	60.000	33.500	4.000	21.000	*30.000*	585.000	*0.000*	1.440
313 Japanese Cherry Blossom Chicken	3.9 oz.	200.000	1.000	350.000	14.000	4.000	0.000	45.000	27.000	2.000	13.000	0.000	0.000	2.400	1.260
766 Mandarin Orange Chicken	3.6 OZ	150.000	0.500	280.000	10.000	3.000	0.000	40.000	19.000	0.000	11.000	*N/A*	*N/A*	1.200	0.720
897 Peanut Butter & Jelly Sandwich	EACH	410.000	2.998	445.000	15.998	18.000	0.000	0.000	53.000	6.000	12.998	65.000	120.000	0.000	2.160
814 Pizza Slice, Cheese, Big Daddy's	EACH	350.000	8.000	470.000	7.000	17.000	0.000	45.000	34.000	3.000	19.000	500.000	300.000	0.000	1.800
932 Pizza Slice, Pepperoni, Big Daddy's	EACH	350.000	8.000	570.000	7.000	17.000	0.000	45.000	34.000	3.000	19.000	500.000	250.000	0.000	1.800
730 Popcorn Chicken Smackers	SRV, 4.3 OZ	240.000	2.000	570.000	0.000	11.000	0.000	80.000	16.000	3.000	18.000	100.000	20.000	0.000	1.440
792 Pork BBQ Rib Sandwich	EACH	287.310	2.400	768.057	13.933	7.399	0.000	31.993	40.366	3.400	16.898	230.629	79.114	0.000	2.884
856 Roasted Sliced Turkey (Holiday Meal)	SRV, 2.99 OZ.	83.056	0.000	456.806	1.038	1.038	0.000	36.337	1.038	0.000	17.649	*N/A*	*N/A*	*N/A*	0.415
183 Southwest Veggie Burger	EACH	324.662	1.003	634.683	5.479	9.056	0.000	0.000	43.960	10.357	20.320	1189.901	66.140	3.240	3.039
82 Spaghetti w/Meat Sauce	#6 SCP, 6 OZ.	303.853	5.943	372.326	*8.000*	15.230	1.000	54.000	23.286	3.943	17.267	*1.216*	49.187	*0.000*	2.451
942 Taco Hummus	EACH	120.000	0.000	180.000	3.000	3.000	0.000	0.000	18.000	5.000	6.000	*N/A*	41.000	*N/A*	2.000
724 Thin Crust Cheese Pizza	EACH	320.000	10.000	450.000	3.000	15.000	0.000	45.000	28.000	3.000	19.000	750.000	450.000	0.000	1.800
235 Tony's Deep Dish Pepperoni Pizza	EACH	310.000	6.000	520.000	8.000	13.000	0.000	35.000	31.000	3.000	17.000	400.000	200.000	0.000	2.700
859 Turkey Burger on Bun, No Cheese	EACH	311.164	2.853	759.349	3.176	12.411	0.000	66.173	29.176	4.000	23.764	*15.000*	20.000	*0.000*	2.211
857 Turkey Burger with Cheddar Cheese	EACH	380.000	6.500	790.000	3.000	18.000	0.000	80.000	30.000	4.000	27.000	*15.000*	171.000	*0.000*	2.140
689 Turkey Burger with Pepper Jack Cheese	EACH	370.000	6.500	790.000	3.000	18.000	0.000	80.000	29.000	4.000	27.000	*15.000*	179.000	*0.000*	2.140
426 Turkey Hot Dog on Bun	EACH	270.000	3.000	490.000	3.000	11.500	0.000	50.000	29.000	4.000	12.000	*15.000*	90.000	*0.000*	2.500
833 Yogurt, Danimals Strawberry Banana	EACH	70.000	0.000	60.000	10.000	0.000	0.000	0.000	14.000	0.000	4.000	50.000	150.000	0.000	0.000
834 Yogurt, Dannon Creamy (all flavors)	EACH	70.000	0.000	61.250	10.000	0.000	0.000	0.000	14.000	0.000	4.000	50.000	150.000	0.000	0.000
ENTRÉE SALAD PLATTERS															
944 Hummus, Veggie & Cheese Pack	EACH	224.678	3.524	428.019	5.511	9.092	0.000	15.000	22.968	6.362	14.125	*4242.662*	259.879	*3.552*	2.212
921 Salad Platter, Breaded Chicken	EACH	292.477	4.582	536.434	5.039	14.859	0.000	50.187	20.882	4.559	20.652	*5891.656*	183.957	*105.502*	3.316
452 Salad Platter, Cheese & Veggie	EACH	231.107	8.167	429.896	5.359	15.526	0.000	50.624	10.782	2.833	15.848	*6955.196*	470.017	*28.139*	1.631
119 Salad Platter, Chef	EACH	200.573	4.389	453.970	4.319	10.482	*0.000*	143.045	8.488	2.559	19.365	*5921.656*	176.457	*27.894*	2.287

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835 Salad Platter, Chicken Fajita	EACH	173.759	3.393	533.242	4.076	7.696	0.000	75.916	9.573	2.585	18.621	*5797.399*	164.112	*28.750*	2.105
203 Salad Platter, Chicken Salad	EACH	153.474	1.341	565.623	6.865	5.309	0.000	63.091	13.073	2.764	15.683	5905.386	64.888	29.049	2.196
810 Salad Platter, Egg & Cheese	EACH	163.517	4.221	196.971	*2.787*	10.122	*0.000*	201.687	6.955	2.268	11.678	*5789.628*	185.887	*23.141*	2.021
909 Salad Platter, Egg, Chs, Bacon	EACH	184.681	4.574	306.321	*2.963*	11.532	*0.000*	207.860	7.132	2.268	13.441	*5789.628*	185.887	*23.141*	2.092
836 Salad Platter, Fiesta Chicken	EACH	156.654	0.999	470.882	*3.783*	3.465	0.000	60.729	16.266	4.426	17.872	5816.371	70.062	33.199	3.419
453 Salad Platter, Fruit Salad & Yogurt	EACH	183.165	3.537	272.763	16.238	6.154	0.000	15.000	21.459	0.578	12.079	*1668.618*	358.043	*13.169*	0.227
798 Salad Platter, Popcorn Chx Smk	EACH	284.477	4.182	592.434	4.039	13.659	0.000	79.187	20.682	4.959	20.052	*5871.656*	179.957	*27.502*	2.668
110 Salad Platter, Tuna	EACH	170.716	1.197	353.286	*7.328*	6.044	*0.000*	32.545	12.746	2.884	16.787	5893.671	67.976	28.316	2.393
812 Yogurt, Fruit, and Cheese Pack	EACH	184.000	3.500	265.000	16.000	6.000	0.000	15.000	21.400	*0.000*	11.400	*80.000*	369.200	*21.000*	0.000

DELI SANDWICHES

518 Chicken Salad on Bun	EACH	254.124	1.285	764.502	5.104	6.969	0.000	63.091	33.996	4.096	19.028	39.137	*21.799*	*0.224*	*2.049*
838 Chicken Salad on Croissant	EACH	294.124	3.785	744.503	5.104	10.969	0.000	68.091	31.996	3.096	18.028	224.137	*61.799*	*0.224*	*2.049*
832 Chicken Salad on Hoagie Roll	EACH	256.374	1.789	795.328	4.789	7.004	0.000	63.091	32.626	3.179	19.055	117.987	62.024	0.299	2.474
908 Chicken Salad on Slices	SERVINGS	276.374	1.289	805.328	8.789	7.004	0.000	63.091	37.626	4.179	19.055	137.987	122.024	0.299	2.114
778 Tuna Salad on Slices	EACH	293.926	1.146	593.038	*9.289*	7.741	*0.000*	32.545	37.371	4.325	20.173	132.015	125.267	0.814	2.317
553 Turkey Sandwich, No Cheese	EACH	270.000	1.000	650.000	6.000	6.500	0.000	45.000	32.000	4.000	23.000	*30.000*	*120.000*	*0.000*	1.840
759 Turkey and Cheese Croissant	EACH	351.667	7.083	658.334	3.000	16.250	0.000	62.500	27.500	3.000	24.167	*300.000*	*210.500*	*0.000*	1.773
673 Turkey and Cheese on Bun	EACH	316.667	4.833	688.334	3.000	12.750	0.000	57.500	29.500	4.000	25.167	*15.000*	*175.000*	*0.000*	1.773
671 Turkey and Cheese on Hoagie	EACH	316.667	5.333	718.334	2.000	12.750	0.000	57.500	27.500	3.000	25.167	*10.000*	*215.000*	*0.000*	2.133
672 Turkey and Cheese on Slices	EACH	336.667	4.833	728.334	6.000	12.750	0.000	57.500	32.500	4.000	25.167	*30.000*	*275.000*	*0.000*	1.773
760 Turkey Ham and Cheese on Croissant	SERVING	343.333	7.500	791.665	3.000	16.250	0.000	75.000	28.333	3.000	22.500	*300.000*	210.500	*1.000*	2.340
658 Turkey Ham and Cheese on Bun	SERVING	308.333	5.250	821.665	3.000	12.750	0.000	70.000	30.333	4.000	23.500	*15.000*	175.000	*1.000*	2.340
657 Turkey Ham and Cheese on Hoagie	SERVING	308.333	5.750	851.665	2.000	12.750	0.000	70.000	28.333	3.000	23.500	*10.000*	215.000	*1.000*	2.700
659 Turkey Ham and Cheeses on Slices	SERVING	328.333	5.250	861.665	6.000	12.750	0.000	70.000	33.333	4.000	23.500	*30.000*	275.000	*1.000*	2.340
579 Turkey Ham Sandwich, No Cheese	EACH	260.000	1.500	810.000	6.000	6.500	0.000	60.000	33.000	4.000	21.000	30.000	120.000	1.200	2.520
361 Turkey & Cheese on Bun, IW	EACH	350.000	6.000	660.000	2.000	15.000	0.000	50.000	27.000	2.000	21.000	*N/A*	325.000	*N/A*	1.800
355 Turkey Ham & Cheese on Bun, IW	EACH	320.000	6.000	730.000	2.000	15.000	0.000	55.000	27.000	2.000	20.000	*N/A*	325.000	*N/A*	1.800
781 Turkey Ham & Cheese Sub, IW	EACH	280.000	3.000	800.000	2.000	10.000	0.000	35.000	29.000	2.000	19.000	100.000	250.000	2.400	2.700
562 Turkey Italian & Cheese Sub Sandwich, IW	EACH	270.000	3.500	690.000	2.000	11.000	0.000	50.000	29.000	2.000	15.000	100.000	300.000	2.400	2.700
511 Turkey Italian Cold Cut Sub w/American Cheese	EACH	281.329	3.503	809.685	2.979	9.806	0.000	64.167	29.127	3.357	21.653	1341.568	209.641	4.240	2.619
801 Turkey Italian Cold Cut Sub w/Mozzarella Cheese	EACH	281.828	3.525	770.933	2.479	9.843	0.000	64.260	28.633	3.357	21.190	*1241.568*	191.695	*4.240*	2.619
654 Wrap, Cheddar Cheese & Veggie	EACH	477.010	12.533	585.386	*1.627*	25.170	*0.000*	60.000	38.837	5.120	20.829	*852.044*	526.466	*23.289*	2.133
656 Wrap, Mozzarella Cheese & Veggie	EACH	369.007	7.620	570.381	*1.627*	16.320	*0.000*	30.375	37.862	5.120	17.979	*852.044*	415.686	*23.289*	2.133
655 Wrap, Pepper Jack Cheese & Veggie	EACH	417.010	11.033	525.386	*1.627*	22.170	*0.000*	60.000	35.837	5.120	20.829	1452.044	523.466	23.289	2.133
461 Wrap, Chicken Salad	SERVINGS	306.374	1.789	685.328	2.789	9.004	0.000	63.091	37.626	4.179	18.055	107.987	62.024	0.299	2.474
690 Wrap, Turkey Bacon Club	EACH	406.264	5.791	828.089	*0.408*	17.092	0.000	69.846	33.333	4.156	27.847	*633.112*	*215.249*	*1.290*	2.404
667 Wrap, Turkey Ham and Cheese	SERVING	358.333	5.750	741.665	0.000	14.750	0.000	70.000	33.333	4.000	22.500	*0.000*	215.000	*1.000*	2.700
904 Wrap, Turkey Italian and Cheese	EACH	327.166	3.522	656.249	*0.000*	11.788	0.000	64.260	32.673	4.000	19.871	*66.667*	185.555	*1.000*	2.460

GRAINS

Recipe No. Recipe Name	Portion Size	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
372 Brown Rice	1 CUP	206.214	0.221	11.216	0.204	1.151	0.000	0.000	44.395	1.474	4.593	1.021	5.546	0.000	0.850
338 Cheddar Goldfish Crackers	EACH	100.000	1.000	170.000	0.000	3.500	0.000	5.000	14.000	1.000	3.000	0.000	20.000	0.000	0.360
541 Cookie, 1.85 oz., Assorted	EACH	194.020	2.048	181.698	17.540	5.998	0.000	14.750	33.326	2.606	2.998	60.000	14.000	0.000	1.152
581 Cookie, Pumpkin Shaped Sugar	EACH	160.000	2.000	95.000	10.000	8.000	0.000	0.000	21.000	1.000	2.000	50.000	0.000	0.000	0.720
582 Cookie, Yellow Star Sugar	EACH	160.000	2.000	95.000	10.000	8.000	0.000	0.000	21.000	1.000	2.000	50.000	0.000	0.000	0.720
749 Crackers, Cheez-Its, Whole Grain	EACH	100.000	1.000	150.000	0.000	3.500	0.000	0.000	14.000	1.000	2.000	500.000	100.000	0.000	0.720

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811 Crackers, Savory	EACH	170.000	1.000	370.000	4.000	6.000	0.000	0.000	30.000	3.000	3.000	20.000	0.000	0.000	8.100
133 Dinner Roll, Whole Wheat	EACH	80.000	0.000	130.000	2.000	1.000	0.000	0.000	16.000	2.000	3.000	10.000	0.000	0.000	1.080
750 Garlic Breadsticks (H&S)	EACH	121.465	0.002	230.515	1.014	1.506	0.000	0.000	24.314	3.052	4.081	6.212	101.019	0.083	1.476
501 Penne Pasta, Cooked, 1 CUP	1 CUP	218.073	0.000	10.938	2.077	1.558	0.000	0.000	42.576	4.154	7.269	10.384	31.707	0.000	1.869
870 Pretzel Goldfish Crackers	EACH	90.000	0.000	200.000	0.000	1.500	0.000	0.000	16.000	1.000	2.000	0.000	0.000	0.000	0.720
708 Tortilla, Whole Grain Flour, 10"	EACH	190.000	0.500	160.000	0.000	4.000	0.000	0.000	32.000	4.000	5.000	0.000	60.000	0.000	1.800
535 Tostitos Rounds, Reduced Fat	EACH	200.000	1.000	180.000	0.000	7.000	0.000	0.000	29.000	3.000	3.000	0.000	20.000	0.000	0.360
707 Vegetable Brown Rice Pilaf	1 CUP	232.341	0.257	28.271	*0.204*	1.340	0.000	0.000	49.283	2.926	5.801	1843.693	14.618	3.774	1.195
73 Waffles, Bulk	2 EACH	100.000	0.500	170.000	5.000	3.500	0.000	5.000	15.000	1.000	2.000	*N/A*	20.000	*N/A*	0.700

FRUITS & VEGETABLES

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409 100% Fruit Juice, Apple, 4 OZ.	EACH	60.000	0.000	5.000	13.000	0.000	0.000	0.000	14.000	0.000	0.000	300.000	80.000	6.000	0.000
168 100% Fruit Juice, Grape, 4 OZ.	EACH	80.000	0.000	10.000	18.000	0.000	0.000	0.000	19.000	0.000	0.000	*N/A*	0.000	1.200	0.000
77 100% Fruit Juice, Orange, 4 OZ.	EACH	50.000	0.000	0.000	12.000	0.000	0.000	0.000	13.000	0.000	1.000	*N/A*	100.000	42.000	*N/A*
245 Apple, Fresh, All Varieties	EACH	95.004	0.055	2.002	*N/A*	0.309	0.000	0.000	25.134	4.404	0.473	98.007	10.993	8.408	0.218
569 Apple Crisps	1 Pkg.	40.000	0.000	0.000	7.000	0.000	0.000	0.000	10.000	2.000	0.000	*N/A*	*N/A*	*N/A*	*N/A*
738 Apple Slices, Fresh, 1W	EACH	30.000	0.000	0.000	6.000	0.000	0.000	0.000	7.000	1.000	0.000	30.000	20.000	21.000	0.000
404 Applesauce	1/2 CUP	50.996	0.000	1.989	10.992	0.000	0.000	0.000	13.993	0.988	0.000	0.000	0.000	0.000	0.000
421 Applesauce Cup, Blue Raspberry	EACH	90.575	0.000	15.308	19.136	0.000	0.000	0.000	21.687	2.551	*N/A*	*N/A*	*N/A*	1.276	*N/A*
800 Applesauce Cup, Cinnamon, NAS	EACH	50.000	0.000	15.000	12.000	0.000	0.000	0.000	14.000	1.000	0.000	60.000	0.000	60.000	0.000
878 Applesauce Cup, Natural, NAS	EACH	50.000	0.000	15.000	12.000	0.000	0.000	0.000	14.000	1.000	0.000	60.000	0.000	60.000	0.000
570 Applesauce Cup, Peach, NAS	EACH	50.000	0.000	15.000	12.000	0.000	0.000	0.000	14.000	1.000	0.000	60.000	0.000	60.000	0.000
247 Applesauce Cup, Straw-Banana, NAS	EACH	50.000	0.000	15.000	12.000	0.000	0.000	0.000	14.000	1.000	0.000	60.000	0.000	60.000	0.000
381 Applesauce Cup, Watermelon	EACH	90.000	0.000	15.000	19.000	0.000	0.000	0.000	22.000	2.000	0.000	95.000	0.000	60.000	0.000
650 Asian Coleslaw	1/2 CUP	33.159	0.324	81.248	2.332	2.056	0.000	0.000	3.492	0.869	0.512	234.459	16.065	17.690	0.240
143 Baby Carrots (Carroteenies)	1 Pkg.	18.677	0.000	34.686	2.668	0.000	0.000	0.000	4.269	1.067	0.534	3201.826	10.673	3.202	0.192
454 Baby Carrots, Fresh	1/2 CUP	28.826	0.028	48.512	*N/A*	0.169	0.000	0.000	6.735	1.969	0.654	11819.269	23.201	4.148	0.211
557 Baked Sweet Potatoes (Yams)	1/2 CUP	137.344	0.077	46.688	12.352	0.339	*0.000*	0.005	32.827	3.110	1.334	9498.095	23.967	11.188	1.031
68 Banana, Fresh	EACH	105.020	0.132	1.180	14.431	0.389	0.000	0.000	26.951	3.068	1.286	75.520	5.900	10.266	0.307
737 Black Bean and Corn Mix	1/2 CUP	137.344	0.538	136.255	*0.000*	1.144	0.000	0.000	24.795	6.636	8.746	28.978	42.226	0.516	5.304
548 Black Bean Salad	1/2 CUP	150.800	*0.688*	166.317	*0.792*	2.276	*0.000*	*0.000*	25.808	*6.500*	8.449	*342.351*	*53.160*	*9.401*	*5.308*
256 Broccoli Florets, Fresh Cut	1/2 CUP	15.470	0.052	15.015	0.774	0.168	0.000	0.000	3.021	1.183	1.283	283.465	21.385	40.586	0.332
265 Broccoli and Cauliflower Florets, Fresh Cut	1/2 CUP	14.515	0.066	16.202	0.969	0.161	0.000	0.000	2.867	1.142	1.147	97.140	15.436	31.672	0.269
927 Broccoli Salad	1/2 CUP	75.422	0.518	59.135	*4.300*	3.835	*0.000*	3.000	8.845	1.713	2.212	304.088	54.652	40.460	0.475
160 Carrot Sticks, Fresh	1/2 CUP	24.152	0.019	40.647	2.792	0.141	0.000	0.000	5.643	1.649	0.548	9841.179	19.440	3.476	0.177
264 Cauliflower Florets, Fresh	1/2 CUP	12.500	0.065	15.000	0.955	0.140	0.000	0.000	2.485	1.000	0.960	0.000	11.000	24.100	0.210
154 Celery and Carrot Sticks	1/2 CUP	17.704	0.025	50.755	1.943	0.136	0.000	0.000	4.025	1.448	0.540	5262.079	24.920	2.951	0.166
267 Celery Sticks, Fresh Cup	1/2 CUP	8.400	0.025	48.000	0.804	0.102	0.000	0.000	1.782	0.960	0.414	269.400	24.000	1.860	0.120
924 Cinnamon Sliced Apples	1/2 CUP	39.516	0.033	4.317	*0.013*	0.050	*0.000*	0.000	9.983	0.878	0.029	1.403	7.910	0.768	0.966
490 Coleslaw, Creamy	1/2 CUP	63.316	1.000	130.430	2.945	4.500	*0.000*	4.914	5.215	1.072	0.583	45.047	18.918	15.258	0.238
56 Craisins (all flavors)	EACH	110.000	0.000	0.000	24.000	0.000	0.000	*N/A*	28.000	3.000	0.000	*N/A*	*N/A*	*N/A*	*N/A*
142 Crinkle Cut Fries, Cavendish	1/2 CUP	81.183	0.000	17.396	0.000	2.320	0.000	0.000	15.077	1.160	1.160	0.000	5.799	1.392	0.418
377 Cucumbers, Fresh Cut	1/2 CUP	5.950	0.046	1.190	0.821	0.095	0.000	0.000	1.285	0.416	0.351	42.840	8.330	1.904	0.131
155 Cucumbers and Grape Tomatoes	1/2 CUP	10.605	0.020	2.382	1.414	0.103	0.000	0.000	2.393	0.577	0.497	337.592	7.885	5.831	0.173
588 Edamame, Steamed	1/2 CUP	132.665	1.175	117.214	0.065	5.295	0.000	0.142	10.371	7.200	12.240	408.049	73.209	12.232	1.835
940 Emoji-Shaped Potatoes	SRV, 4 EA	120.000	0.500	80.000	0.000	4.000	0.000	0.000	18.000	2.000	2.000	0.000	0.000	0.000	0.720
415 Frozen Fruit Cup, Sour Orange	EACH	70.000	0.000	5.000	15.000	0.000	0.000	0.000	19.000	3.000	0.000	3000.000	60.000	60.000	0.360

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420	Frozen Fruit Cup, Sour Raspberry	EACH	70.000	0.000	10.000	15.000	0.000	0.000	20.000	3.000	0.000	0.000	80.000	60.000	0.000	
448	Frozen Fruit Cup, Sour Watermelon	EACH	70.000	0.000	10.000	15.000	0.000	0.000	20.000	3.000	0.000	0.000	80.000	60.000	0.000	
108	Garden Salad	CUP	15.497	0.016	24.607	*1.333*	0.104	*0.000*	0.000	2.864	1.187	1.335	3509.508	36.139	12.522	0.867
422	Grapes, Fresh	1/2 CUP	30.820	0.052	0.920	7.475	0.161	0.000	0.000	7.889	0.414	0.290	46.000	6.440	1.840	0.133
428	Hash Browns Rounds, McCain	SRV, 2 Ea.	101.600	0.000	106.680	0.000	3.556	0.000	0.000	16.256	1.016	1.016	0.000	0.000	3.658	0.274
531	Kale Salad, Tuscan	CUP	59.268	0.817	107.150	*0.609*	4.531	0.012	1.158	3.835	2.272	2.141	2533.847	151.102	50.399	0.914
150	Mandarin Oranges, Canned	1/2 CUP	99.021	0.000	0.000	24.755	0.000	0.000	0.000	25.993	1.238	0.000	371.330	24.755	7.427	0.000
705	Mashed Potatoes w/Gravy	2/3 Cup	121.213	0.055	615.774	1.023	2.009	0.000	0.050	23.417	1.023	2.003	5.115	29.333	30.000	0.360
734	Mixed Fruit, Light Syrup, Canned	1/2 CUP	60.000	0.000	5.000	12.000	0.000	0.000	0.000	16.000	1.000	0.000	100.000	0.000	4.800	0.360
83	Nectarines, Fresh	EACH	56.760	0.032	0.000	10.178	0.413	0.000	0.000	13.610	2.193	1.367	428.280	7.740	6.966	0.361
86	Oranges, Fresh	EACH	61.570	0.020	0.000	12.248	0.157	0.000	0.000	15.393	3.144	1.231	294.750	52.400	69.692	0.131
88	Peaches, Fresh	EACH	58.500	0.029	0.000	12.585	0.375	0.000	0.000	14.310	2.250	1.365	489.000	9.000	9.900	0.375
437	Peaches, Light Syrup, Canned	1/2 CUP	67.770	0.004	6.275	16.629	0.038	0.000	0.000	18.260	1.632	0.565	444.270	3.765	3.012	0.452
7	Pears, Diced, in Juice	1/2 CUP	60.000	0.000	0.000	10.000	0.000	0.000	0.000	15.000	2.000	0.000	50.000	0.000	1.200	0.360
90	Pears, Fresh	EACH	94.620	0.037	1.660	16.185	0.232	0.000	0.000	25.282	5.146	0.598	41.500	14.940	7.138	0.299
92	Pineapple Chunks, Canned	1/2 CUP	74.700	0.008	1.245	17.990	0.100	0.000	0.000	19.547	0.996	0.523	47.310	17.430	11.828	0.349
403	Pineapple Tidbits, Canned	1/2 CUP	70.000	0.000	0.000	15.000	0.000	0.000	0.000	16.000	1.000	0.000	0.000	0.000	19.000	0.000
642	Plantains, Baked	SERVING	200.704	0.753	0.000	32.113	4.014	0.000	0.000	39.137	2.007	1.004	*N/A*	5.018	*N/A*	0.502
94	Plums, Fresh	EACH	30.360	0.011	0.000	6.547	0.185	0.000	0.000	7.537	0.924	0.462	227.700	3.960	6.270	0.112
539	Potato Wedges, 8-Cut, Seasoned	3 OZ SRV	124.567	0.519	145.329	0.000	4.152	0.000	0.000	20.761	2.076	2.076	103.806	0.000	3.737	0.374
486	Salad, Cucumber and Tomato	1/2 CUP	100.242	1.389	282.716	*3.293*	8.895	*0.000*	0.000	4.899	1.059	0.795	341.988	15.342	7.720	0.258
637	Salsa Cup, Red Gold	EACH	30.374	0.000	212.621	3.037	0.000	0.000	0.000	6.075	0.000	0.000	303.745	0.000	7.290	1.093
774	Seasoned Collard Greens	1/2 CUP	49.830	0.199	62.072	*0.626*	1.349	0.000	0.000	8.323	3.756	2.873	8927.775	202.055	40.433	1.122
549	Shredded Lettuce, Pico De Gallo	SRV: 1/2C+1/4C	19.096	0.007	7.446	0.810	0.058	0.000	0.000	3.889	1.160	1.037	706.641	14.070	11.157	1.609
788	Shredded Lettuce & Tomato Cup	1/2 C SRV	13.409	0.019	7.190	1.916	0.140	0.000	0.000	2.866	1.045	0.778	537.811	13.245	5.752	0.315
488	Spinach, Steamed	1/2 CUP	48.390	0.016	131.563	*0.007*	0.020	0.000	0.014	6.753	4.905	6.533	19105.328	213.486	8.818	2.939
401	Steamed Broccoli	1/2 CUP	17.986	0.013	15.217	*N/A*	0.070	0.000	0.000	3.411	1.935	1.973	643.364	32.516	25.528	0.388
201	Steamed California Blend Vegetables	1/2 CUP	28.000	0.000	32.666	*N/A*	0.000	0.000	0.000	4.667	1.867	0.933	4199.926	0.000	28.000	1.344
625	Steamed Carrots	1/2 CUP	34.029	0.110	54.256	*0.000*	0.626	0.000	0.000	7.111	3.027	0.534	15294.971	32.839	2.143	0.488
389	Steamed Carrots and Broccoli	1/2 CUP	26.686	0.054	32.792	*N/A*	0.302	0.000	0.000	5.326	2.616	1.641	6616.631	36.681	19.313	0.477
147	Steamed Green Beans	1/2 CUP	25.347	0.036	8.001	*N/A*	0.145	0.000	0.000	5.806	2.667	1.352	501.618	44.026	3.738	0.789
159	Steamed Green Peas	1/2 CUP	47.174	0.066	4.536	4.373	0.345	0.000	0.000	8.183	2.812	3.175	1189.318	53.524	19.958	2.177
148	Steamed Mixed Vegetables	1/2 CUP	73.638	0.050	49.820	3.491	0.187	0.000	0.014	14.843	4.921	3.195	4777.315	29.129	3.574	0.916
439	Steamed Peas and Carrots	1/2 CUP	53.871	0.087	78.822	*2.381*	0.507	0.000	0.000	10.081	3.673	2.756	8710.137	27.039	9.656	0.975
542	Steamed Sweet Corn	1/2 CUP	66.381	0.083	1.006	*N/A*	0.553	0.000	0.000	15.917	2.012	2.103	163.936	2.012	2.919	0.396
99	Strawberries, Fresh	1/2 CUP	23.040	0.011	0.720	3.521	0.216	0.000	0.000	5.530	1.440	0.482	8.640	11.520	42.336	0.295
769	Sweet Potato Fries	1/2 CUP	120.000	0.500	180.000	5.000	4.500	0.000	0.000	17.000	3.000	2.000	3500.000	20.000	2.400	0.360
100	Tangerines, Fresh	EACH	46.640	0.034	1.760	9.310	0.273	0.000	0.000	11.739	1.584	0.713	599.280	32.560	23.496	0.132
710	Tater Tots	1/2 CUP	77.562	0.000	137.888	0.000	3.016	0.000	0.000	12.065	0.862	0.862	0.000	0.000	0.000	0.310
449	Tex Mex Black Beans	1/2 CUP	155.803	1.689	197.526	*0.632*	2.924	*0.000*	5.000	23.775	6.367	9.984	205.114	96.825	2.411	5.440
357	Tomato Soup	CUP	38.104	0.238	197.135	4.763	0.476	0.000	0.000	7.621	0.476	0.476	190.521	1.852	2.858	0.171
152	Tomatoes (Grape/Cherry), Fresh	1/2 CUP	13.287	0.000	3.796	1.898	0.000	0.000	0.000	2.847	0.949	0.949	616.874	9.490	10.250	0.171
49	Tropical Fruit Salad	1/2 CUP	70.000	0.000	0.000	14.000	0.000	0.000	0.000	16.000	2.000	0.000	400.000	20.000	36.000	0.000
916	V-Blend Juice, Cherry Star	EACH	55.000	0.000	35.000	13.000	0.000	0.000	0.000	14.000	0.000	0.000	500.000	0.000	42.000	0.000
239	V-Blend Juice, Dragon Punch	EACH	55.000	0.000	35.000	13.000	0.000	0.000	0.000	14.000	0.000	0.000	500.000	0.000	42.000	0.000
207	V-Blend Juice, Wango Mango	EACH	55.000	0.000	30.000	13.000	0.000	0.000	0.000	14.000	0.000	0.000	500.000	0.000	42.000	0.000
450	Vegetarian Baked Beans	1/2 CUP	178.140	0.500	230.548	*16.220*	1.133	*0.000*	0.000	35.180	6.302	7.328	47.258	56.077	2.826	2.348

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101 Watermelon, Fresh Cup	1/2 CUP	22.800	0.012	0.760	4.712	0.114	0.000	0.000	5.738	0.304	0.464	432.440	5.320	6.156	0.182

MILK

Recipe No. Recipe Name	Portion Size	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
70 Milk, 1% Low Fat, Plain White	EACH	110.000	1.500	135.000	12.000	2.500	0.000	15.000	13.000	0.000	8.000	500.000	300.000	1.200	0.000
69 Milk, Fat Free, Chocolate	EACH	130.000	0.000	210.000	22.000	0.000	0.000	5.000	23.000	0.000	8.000	500.000	300.000	1.200	0.360
170 Milk, Fat Free, Plain White	EACH	102.375	0.000	153.562	13.650	0.000	0.000	5.688	14.788	0.000	10.238	568.750	341.250	1.365	0.000
169 Milk, Fat Free, Strawberry	EACH	142.492	0.000	142.492	24.114	0.000	0.000	5.480	25.210	0.000	8.769	548.048	328.829	1.315	0.000