

**Livingston Parish Public School
Nutritionals**

Recipe Name	Portion Size	Calories	Saturated Fat	Sodium	Total Sugars	Total Fat	Carbs	Dietary Fiber	Protein	Allergens
APPLE	PIECE - 1 CUP	86.253	0.000	0.000	16.587	0.000	22.559	3.317	0.663	
APPLES, JAZZY	PIECE - 1 CUP	88.762	0.000	8.781	16.587	0.000	22.809	3.317	0.914	Gelatin, Red Food Dye
APPLESAUCE, STRAWBERRY	.50 CUP	73.259	0.000	12.029	13.237	0.000	16.490	1.018	0.198	Gelatin, Red Food Dye
APPLESAUCE, UNSWEETENED	.50 CUP	71.277	0.000	5.091	13.237	0.000	16.292	1.018	0.000	
APPLESAUCE, VARIETY, IP	PIECE - 4.50 OZ	50.000	0.000	0.000	12.000	0.000	14.000	1.000	0.000	
BAKED POTATO	1 HALF- 4.00 OZ	154.524	2.155	68.794	0.880	4.165	25.818	1.850	4.250	Milk, Soybean Oil
BANANA	PIECE - .50 CUP	110.086	0.000	0.000	19.015	0.000	30.024	3.002	1.001	
BAR, BENEFIT, BREAKFAST	PIECE - 2.50 OZ	279.502	2.995	229.591	21.462	8.485	46.917	2.995	4.991	Banana, Chocolate, Egg, Milk, Oat, Soy Lecithin, Wheat
BAR, CEREAL, VARIETY, IP	PIECE - 2.50 OZ	266.667	0.500	193.333	15.000	5.333	52.000	5.000	4.333	Blue Food Dye, Cinnamon, Gelatin, Oat, Red Food Dye, Soy Lecithin, Wheat, Yellow Food Dye
BBQ SAUCE	1.00 OZ	32.399	0.000	388.793	4.860	0.000	7.290	0.810	0.810	Tomato
BEAN DIP, IP	PIECE - 3.00 OZ	80.046	0.000	190.108	0.000	1.501	12.007	4.002	3.002	
BEANS, BLACK	.50 CUP	125.168	0.162	18.612	1.426	2.560	30.217	17.107	11.405	Wheat
BEANS, EDAMAME	3.00 OZ	121.498	1.418	28.728	2.025	6.277	6.075	4.050	9.112	Milk, Soy, Soybean Oil
BEANS, GREEN	.50 CUP	34.353	0.272	163.228	1.112	0.665	4.567	2.258	1.129	Milk, Soy, Soybean Oil
BEANS, LIMA	.50 CUP	205.915	0.000	11.545	4.417	0.883	37.740	12.550	13.342	
BEANS, NAVY	.50 CUP	230.831	0.000	6.798	2.696	3.534	40.866	15.993	15.064	
BEANS, RED & SAUSAGE	.66 CUP	84.427	0.608	164.471	0.466	2.364	9.809	2.387	6.255	Pork
BEANS, REFRIED	5.51 OZ	215.374	2.779	730.427	0.000	6.044	27.969	10.898	11.731	Milk
BEEF, PATTY	PIECE - 2.50 OZ	169.937	4.498	219.919	1.000	11.996	3.999	1.999	13.995	Soy
BEEF, PATTY W/ CHEESE	PIECE - 2.60 OZ	204.937	5.748	359.919	2.000	13.996	5.999	1.999	16.495	Milk
BEEF, SALISBURY STEAK	PIECE - 2.25 OZ	164.191	4.000	628.214	3.048	9.999	7.192	0.700	11.547	Milk, Soy, Wheat
BEEF, SPAGHETTI SAUCE	6.00 OZ	249.823	5.400	216.104	9.004	17.121	12.237	1.904	15.373	Milk, Soy Lecithin
BEEF, TACO	1.00 OZ	94.631	2.699	32.942	0.000	8.097	0.034	0.000	6.747	Wheat
BEEF, TACO	3.00 OZ	284.005	8.100	98.859	0.000	24.300	0.102	0.000	20.250	Wheat
BISCUIT, BUTTERMILK	PIECE - 2.20 OZ	179.707	5.286	602.547	2.114	8.457	23.256	1.057	3.171	Milk, Wheat
BREAD, CHEESY	PIECE - 3.88 OZ	302.742	6.055	524.752	5.046	13.119	32.292	2.018	14.128	Milk, Soybean Oil, Wheat
BROCCOLI & CHEESE	.50 CUP	83.761	2.688	153.619	1.308	5.776	5.089	2.836	4.374	Milk, Soy, Soybean Oil
BROCCOLI, FLORETS	.50 CUP	9.654	0.000	17.163	0.429	0.107	1.716	0.644	0.858	
BROCCOLI, FLORETS, STEAMED	.50 CUP	39.772	0.873	42.712	0.815	2.134	4.074	2.445	2.445	Milk, Soy, Soybean Oil
BROWNIE, MIX, WG	2.23 OZ	239.830	2.998	320.427	21.984	5.996	45.968	1.999	3.997	Egg, Milk, Soy, Wheat
BUN, HAMBURGER, GLUTEN FREE	PIECE - 3.35 OZ	182.947	0.000	291.053	4.989	4.158	37.421	4.158	0.832	
BUN, HAMBURGER	PIECE - 2.00 OZ	149.208	0.000	258.627	3.979	1.989	27.852	1.989	4.974	Wheat
CANNED FRUIT, VARIETY	.50 CUP	62.513	0.000	2.010	12.506	0.000	14.712	1.207	0.200	

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CARROT STICKS	.50 CUP	27.216	0.000	54.431	4.536	0.000	6.350	1.814	0.907	
CEREAL, VARIETY	PIECE - 1.00 OZ	116.734	0.000	146.737	9.004	2.001	23.014	1.668	1.668	Blue Food Dye, Gelatin, Oat, Red Food Dye, Soy Lecithin, Wheat, Yellow Food Dye
CHEESE BLEND, SHREDDED	.125 OZ	87.478	3.888	178.197	0.000	6.156	0.972	0.000	6.480	Milk
CHEESE DIP, IP	PIECE - 3.00 OZ	190.108	6.003	570.325	10.006	10.006	14.008	0.000	10.006	Milk
CHEESE, QUESO SAUCE, JALAPENO	3.00 OZ	143.624	6.629	441.919	0.000	9.943	4.419	0.000	7.734	Milk
CHEESE, STRING, COLBY JACK	PIECE - 1.00 OZ	91.123	4.050	192.372	0.000	7.087	1.013	0.000	7.087	Milk
CHEESE, STRING, MOZZARELLA	PIECE - 1.00 OZ	60.000	2.000	200.000	1.000	3.000	1.000	0.000	7.000	Milk
CHICKEN & SAUSAGE GUMBO	1 CUP	313.878	4.339	577.956	0.875	19.589	11.983	0.303	22.923	Pork, Soy, Wheat
CHICKEN TERIYAKI (9-12)	3.00 OZ	167.120	2.025	693.864	4.984	7.087	8.092	0.045	17.235	Soy, Wheat
CHICKEN TERIYAKI (K-8)	2.45 OZ	141.114	1.654	619.561	4.984	5.787	7.720	0.045	14.077	Soy, Wheat
CHICKEN, CHEESY PASTA	1 CUP	435.584	7.203	658.599	5.379	15.979	49.086	2.366	23.479	Milk, Soy, Soybean Oil, Wheat
CHICKEN, DRIED BITES, IP	PIECE - 1.00 OZ	80.999	0.000	182.247	6.075	1.013	7.087	0.000	9.112	
CHICKEN, DRUMSTICK, MESQUITE	PIECE - 5.06 OZ	280.105	3.890	482.404	0.000	17.118	6.225	0.000	24.898	Milk, Soybean Oil
CHICKEN, FAJITA, (9-12)	3.00 OZ	144.976	2.025	410.899	0.126	7.087	2.671	0.252	17.338	Wheat
CHICKEN, FAJITA, (K-8)	2.45 OZ	116.932	1.654	333.809	0.045	5.787	1.892	0.091	14.100	Wheat
CHICKEN, FILET, BREADED, WM	PIECE - 3.75 OZ	202.496	1.519	293.620	0.000	9.112	9.112	3.037	19.237	Soy, Wheat
CHICKEN, NUGGETS, BREADED	5 PCS - 3.00 OZ	208.282	2.170	381.850	0.868	12.150	13.886	2.604	12.150	Soy, Wheat
CHICKEN, ORANGE W/ SAUCE	4.00 OZ	176.172	0.587	352.344	12.919	3.523	23.490	0.000	12.919	Egg, Orange, Soy, Wheat
CHICKEN, PARMESAN, PATTY W/ SAUCE	PIECE - 3.75 OZ	231.672	1.898	359.265	1.905	10.221	12.414	3.672	20.758	Milk, Soy, Wheat
CHICKEN, PATTY, BREADED	PIECE - 3.00 OZ	240.137	2.501	440.251	1.001	14.008	16.009	3.002	14.008	Soy, Wheat
CHICKEN, PATTY, BREADED, SPICY	PIECE - 3.00 OZ	240.137	2.501	622.648	1.001	14.008	16.009	3.002	14.008	Soy, Wheat
CHICKEN, PATTY, BREAKFAST	PIECE - 1.60 OZ	95.758	1.008	216.716	0.000	4.536	6.048	1.512	7.056	Soy, Wheat
CHICKEN, STRIPS, BREADED	3 PCS - 4.50 OZ	283.495	2.531	475.867	1.012	13.162	16.200	2.025	25.312	Soy, Wheat
CHIP, CORN CHIP, IP	PIECE- .75 oz	120.000	1.000	125.000	0.000	8.000	12.000	1.000	1.000	
CHIPS, TORTILLA	2.00 OZ	283.495	2.025	151.872	0.000	12.150	40.499	4.050	4.050	
CHIPS, TORTILLA	1.00 OZ	141.748	1.013	75.936	0.000	6.075	20.250	2.025	2.025	
CHIPS, VARIETY, IP	PIECE - 1.00 OZ	126.667	0.833	186.667	0.667	4.833	18.333	1.667	2.000	Blue Food Dye, Milk, Red Food Dye, Yellow Food Dye
CINNAMON ROLLS, MINI, VARIETY, IP	PIECE - 2.29 OZ	224.939	1.250	274.950	11.996	6.998	37.490	2.499	4.500	Cinnamon, Milk, Wheat
CINNAMON SWIRL	PIECE - 2.00 OZ	259.190	2.782	77.583	16.358	10.047	41.538	2.824	4.328	Milk, Soy, Soybean Oil, Wheat
COLESLAW	.50 CUP	38.754	0.227	51.837	4.098	1.814	5.285	*0.000*	0.592	Egg
COOKIE, SUGAR	PIECE - 1.46 OZ	245.518	3.392	130.160	21.725	8.882	39.204	1.877	3.909	Egg, Milk, Soy, Soybean Oil, Wheat
CORN DOG	PIECE - 4.00 OZ	242.996	2.531	475.867	8.100	9.112	30.375	2.025	9.112	Egg, Soybean Oil, Wheat
CORN, WHOLE KERNEL	.50 CUP	97.009	0.759	149.361	6.010	2.858	14.024	1.002	2.003	Milk, Soy, Soybean Oil

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CORNBREAD	PIECE - 2.00 OZ	220.803	1.025	195.410	8.579	5.464	37.574	0.630	5.027	Egg, Milk, Wheat
CORNBREAD DRESSING	.50 CUP	365.012	4.745	598.054	10.802	16.162	43.926	0.962	10.700	Egg, Milk, Soy, Soybean Oil, Wheat
CRACKERS, CHEESE, ANIMAL, IP	PIECE - .75 OZ	100.000	0.500	170.000	0.000	3.500	14.000	1.000	2.000	Milk, Wheat
CRACKERS, CHEESE, IP	PIECE - .75 OZ	100.000	1.000	150.000	0.000	3.500	14.000	1.000	3.000	Milk, Soy Lecithin, Wheat
CRACKERS, CHURRO, IP	PIECE - 1.00 OZ	111.373	0.000	75.936	8.100	2.531	21.262	2.025	2.025	Cinnamon, Wheat
CRACKERS, CLUB, WG, IP	2 PCS - 14 GRMS	70.000	0.000	150.000	0.000	3.000	10.000	0.000	0.000	Soy Lecithin, Wheat
CRACKERS, PRETZEL, ANIMAL, IP	PIECE - .75 OZ	90.000	0.000	200.000	0.000	1.500	16.000	1.000	2.000	Milk, Wheat
CRANBERRIES, DRIED, VARIETY, IP	PIECE - 1.16 OZ	109.967	0.000	0.000	23.993	0.000	26.992	1.999	0.000	
CRANBERRY SAUCE	.125 CUP	54.866	0.000	4.988	11.971	0.000	13.966	0.499	0.000	Gelatin
EGG, SCRAMBLED	2.00 OZ	68.587	1.372	75.247	0.914	4.115	1.372	0.000	5.944	
FLATBREAD, CHICKEN & BACON	PIECE - 4.00 OZ	392.436	9.090	805.409	2.000	20.166	31.028	3.000	22.704	Egg, Milk
FRENCH TOAST STICKS	3 PCS - 3.30 OZ	258.765	0.995	288.622	13.934	7.962	41.801	1.990	5.972	Milk, Soybean Oil, Wheat
FRUIT COCKTAIL	.50 CUP	61.422	0.000	5.118	13.308	0.000	15.355	1.024	0.000	Cinnamon, Egg, Milk, Soy, Wheat
FRUIT GEL, VARIETY, IP	PIECE - 4.30 OZ	74.331	0.000	7.433	17.344	0.000	18.335	0.000	0.496	Gelatin
GRAHAMS, CHOCOLATE, IP	PIECE - 1.00 OZ	120.000	1.000	125.000	7.000	4.000	20.000	2.000	2.000	Soybean Oil, Wheat
GRAHAMS, CINNAMON, IP	PIECE - 1.00 OZ	120.000	1.000	100.000	8.000	4.000	21.000	1.000	2.000	Cinnamon, Soy, Wheat
GRAHAMS, HONEY, IP	PIECE - 1.00 OZ	114.545	0.000	120.909	5.091	3.182	21.636	1.273	2.545	Soy Lecithin, Wheat
GRAHAMS, VANILLA, CHARACTER, IP	PIECE - 1.00 OZ	121.498	0.000	106.311	8.100	4.050	21.262	1.012	2.025	Soy Lecithin, Wheat
GRAHAMS, VARIETY, IP	PIECE - 1.00 OZ	119.011	0.500	113.055	7.048	3.808	20.975	1.321	2.143	Cinnamon, Soy, Soy Lecithin, Soybean Oil, Wheat
GRAPES, RED, SEEDLESS	.50 CUP	55.727	0.000	9.288	12.384	0.000	14.241	0.619	0.000	
GRAVY, BROWN	.125 CUP	16.977	0.000	247.940	0.671	0.000	2.747	0.045	0.671	Milk, Soy, Wheat
GREENS, MUSTARD	.50 CUP	17.217	0.000	25.865	0.407	0.000	2.753	2.346	1.564	
GRITS, QUICK	.50 CUP	112.085	1.458	39.059	0.000	3.870	17.776	1.226	1.839	Milk, Soy, Soybean Oil
ICE CREAM, CHOCOLATE SUNDAE	PIECE - 3.00 OZ	130.844	0.818	98.133	19.627	1.636	26.169	0.000	3.271	Milk
ICE CREAM, STRAWBERRY SUNDAE	PIECE - 3.00 OZ	80.000	0.500	50.000	14.000	1.000	17.000	0.000	2.000	Milk
JALAPENO PEPPERS	.125 OZ	2.851	0.000	227.574	0.000	0.197	0.187	0.000	0.083	Yellow Food Dye
JAMBALAYA, (9-12)	1 CUP	323.302	3.043	543.121	0.335	11.541	30.490	1.955	24.261	Pork, Soy
JAMBALAYA, (K-8)	.66 CUP	245.112	2.469	446.238	0.221	9.194	20.981	1.424	19.415	Pork, Soy
JELLY, VARIETY, IP	PIECE - .50 OZ	35.000	0.000	5.000	7.000	0.000	9.000	0.000	0.000	Gelatin
JUICE CUP, SEASONAL, FROZEN, IP	PIECE - 4.40 OZ	70.000	0.000	5.000	15.000	0.000	19.000	3.000	0.000	Apple, Pineapple
JUICE RUSH CUP	PIECE - 4.40 OZ	44.549	0.000	0.000	10.692	0.000	10.692	0.000	0.000	Apple, Blue Food Dye, Cherry, Red Food Dye
JUICE SLUSH , IP	PIECE - 4 OZ	60.000	0.000	15.000	12.000	0.000	15.000	0.000	0.000	Apple
JUICE, APPLE, BREAKFAST CARTON	PIECE - 4.00 OZ	60.000	0.000	5.000	12.000	0.000	14.000	0.000	0.000	

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JUICE, FRUIT PUNCH, BREAKFAST CARTON	PIECE - 4.00 OZ	60.000	0.000	5.000	12.000	0.000	14.000	0.000	0.000	Apple, Grape, Orange, Pear, Pineapple
JUICE, VEGETABLE	PIECE - 4.23 OZ	60.000	0.000	5.000	13.000	0.000	14.000	0.000	0.000	Apple, Carrot, Pear, Sweet Potato
KING CAKE	PIECE - 2.00 OZ	208.767	1.751	39.794	11.466	6.166	36.156	2.778	4.000	Milk, Soy, Soybean Oil, Wheat
LUNCH KIT, PIZZA, CHEESE	PIECE - 5.05 OZ	328.558	7.238	705.692	6.063	12.768	34.970	3.422	18.654	Milk, Wheat
LUNCH KIT, TURKEY & CHEESE	PIECE - 3.50 OZ	229.570	4.664	786.991	3.173	12.217	16.051	1.360	13.072	Milk, Soybean Oil, Wheat
MACARONI & CHEESE	.66 CUP	383.653	8.389	544.968	5.375	16.733	42.071	1.579	15.900	Milk, Soy, Soybean Oil, Wheat
MANDARIN ORANGES	.50 CUP	92.368	0.000	0.000	20.526	0.000	21.553	1.026	0.000	
MARINARA SAUCE	1.00 OZ	13.608	0.000	30.617	1.361	0.340	2.268	0.454	0.454	
MAYONNAISE, LOW-FAT, IP	PIECE - 12 GRMS	45.000	0.500	80.000	0.000	4.000	2.000	0.000	0.000	Egg
MILK, CHOCOLATE, LOW-FAT	PIECE - 8.00 OZ	140.000	1.500	190	18	2.500	20	1.000	8.000	Milk
MILK, WHITE, LOW-FAT	PIECE - 8.00 OZ	100.000	1.500	105.000	12.000	2.500	12.000	0.000	8.000	Milk
MUSTARD, IP	PIECE-5.50 GRMS	0.000	0.000	65.000	0.000	0.000	0.000	0.000	0.000	
ORANGE, NAVAL	PIECE - .63 CUP	84.356	0.000	0.000	14.762	0.000	20.035	3.163	1.054	
PANCAKE ON A STICK	PIECE - 2.85 OZ	191.891	2.525	313.085	4.040	10.100	17.169	3.030	7.070	Egg, Soy, Wheat
PANCAKES, BUTTERMILK	2 PCS - 2.60 OZ	141.748	0.000	212.621	6.075	2.025	28.350	0.000	4.050	Egg, Milk, Soy, Wheat
PANCAKES, CONFETTI, IP	PIECE - 3.00 OZ	207.677	0.989	207.677	10.878	6.923	35.602	3.956	3.956	Egg, Milk, Soy Lecithin, Wheat
PARFAIT, F&Y, BLUEBERRY	PIECE - 9.00 OZ	253.516	0.497	145.557	27.974	4.244	50.148	4.277	5.989	Blueberry, Milk, Soy Lecithin, Tree Nut, Wheat
PARFAIT, F&Y, PEACH	PIECE - 9.00 OZ	264.843	0.497	145.557	31.765	3.482	52.866	2.978	6.978	Milk, Soy Lecithin, Tree Nut, Wheat
PARFAIT, F&Y, PINEAPPLE	PIECE - 9.00 OZ	284.188	0.497	145.557	36.616	3.482	55.740	2.972	5.989	Milk, Soy Lecithin, Tree Nut, Wheat
PARFAIT, F&Y, STRAWBERRY	PIECE - 9.00 OZ	242.079	0.497	145.557	25.687	3.482	47.860	3.514	5.989	Milk, Soy Lecithin, Tree Nut, Wheat
PARMESAN PASTA WITH SAUCE	.50 CUP	252.121	2.600	279.823	4.255	5.422	40.267	1.519	10.940	Milk, Wheat
PASTA, ROTINI	.50 CUP	177.873	0.194	3.402	1.993	1.021	35.866	1.458	6.318	Wheat
PASTA, ROTINI, GLUTEN FREE	.50 CUP	91.200	0.000	0.000	0.000	0.480	21.120	0.960	1.920	
PASTRY, CINNAMON FILLED	PIECE - 2.36 OZ	263.564	2.534	293.976	15.206	8.110	41.562	3.041	6.082	Cinnamon, Milk, Soybean Oil, Wheat
PASTRY, FRUIT FILLED, VARIETY, IP	PIECE - 2.29 OZ	204.749	0.749	269.669	9.988	4.994	37.954	2.497	4.994	Apple, Cherry, Milk, Wheat
PASTRY, TOASTER, FROSTED, IP	PIECE - 3.53 OZ	361.914	2.040	309.612	30.073	5.620	75.941	6.119	4.600	Cocoa, Gelatin, Soy Lecithin, Wheat
PEACHES, SLICED/DICED	.50 CUP	49.394	0.000	0.000	9.879	0.000	11.855	0.988	0.988	
PEANUT BUTTER, IP	PIECE - 1.10 OZ	194.903	1.949	48.726	0.975	16.567	7.796	2.924	8.771	Peanut
PEAR	PIECE - .50 CUP	66.625	0.000	0.000	10.660	0.000	17.323	3.998	0.666	
PEARS, SLICED/DICED	.50 CUP	60.518	0.000	0.000	11.095	0.000	15.130	2.017	0.000	
PEAS, BLACK EYED	.50 CUP	110.223	0.000	9.362	2.561	0.320	20.169	3.293	7.730	
PEAS, GREEN	.50 CUP	82.601	1.013	155.355	4.007	2.475	11.019	3.005	4.007	Milk, Soy, Soybean Oil
PINEAPPLE CHUNKS	.50 CUP	69.107	0.000	0.000	14.809	0.000	14.809	0.987	0.000	

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PINEAPPLE TIDBITS, IP	PIECE - 4.00 OZ	30.000	0.000	0.000	7.000	0.000	7.500	0.500	0.500	
PIZZA, BBQ CHICKEN	PIECE - 5.53 OZ	389.435	6.990	609.117	19.971	139.797	41.939	2.996	19.971	Milk, Soy Lecithin, Soybean Oil, Wheat
PIZZA, BREAKFAST, TURKEY SAUSAGE	PIECE - 3.31 OZ	209.635	1.997	349.392	4.991	6.988	26.953	2.995	8.984	Milk, Soy, Wheat
PIZZA, BUFFALO CHICKEN	PIECE - 5.21 OZ	379.232	7.984	728.525	7.984	18.962	32.933	2.994	19.960	Milk, Soy Lecithin, Soybean Oil, Wheat
PIZZA, CHEESE	PIECE - 4.75 OZ	397.926	7.022	749.037	3.511	17.556	36.282	3.511	23.407	Milk, Soybean Oil, Wheat
PIZZA, DELIVERY, VARIETY	PIECE - 5.17 OZ	288.340	3.417	583.346	2.667	9.500	29.001	3.167	19.834	Milk, Pork, Soy, Wheat
PIZZA, PEPPERONI	PIECE - 4.86 OZ	431.667	9.333	898.333	3.500	21.000	36.167	3.500	23.333	Milk, Pork, Soybean Oil, Wheat
PO'BOY, ROAST BEEF & GRAVY	PIECE - 3.67 OZ	177.833	0.250	831.013	2.008	1.750	29.558	*1.667*	10.175	Egg, Milk, Soy, Wheat
PORK, PATTY, BREADED	PIECE - 3.35 OZ	260.220	4.464	329.549	1.899	17.095	11.397	1.899	16.145	Pork, Soy, Wheat
PORK, SAUSAGE, PATTY	PIECE - .75 OZ	119.366	3.979	149.208	0.000	11.439	0.497	0.000	2.984	Pork
POTATO, SWEET (FRESH)	1 half- 4.00 OZ	175.564	1.458	108.957	13.948	3.564	34.891	4.187	2.094	Milk, Soy, Soybean Oil
POTATOES, CHEESY	.50 CUP	101.314	3.666	195.361	0.409	6.349	6.621	0.648	4.284	Milk, Soy, Soybean Oil
POTATOES, FRIES, CRINKLE CUT	.75 CUP	143.997	0.600	47.999	0.000	4.200	24.000	1.200	2.400	
POTATOES, FRIES, SEASONED	.75 CUP	175.811	0.733	483.480	0.000	5.860	27.837	1.465	1.465	Wheat
POTATOES, HASH BROWN, PATTY	PIECE - 2.25 OZ	121.498	1.013	273.370	0.000	6.075	15.187	1.012	1.012	
POTATOES, MASHED	4.20 OZ	79.809	0.674	108.064	0.000	1.902	14.734	1.192	1.563	Milk, Soy, Soybean Oil
POTATOES, MASHED, CHEESY	4.20 OZ	127.051	2.821	266.969	0.429	5.768	15.163	1.192	4.139	Milk, Soy, Soybean Oil
PRETZEL, SOFT, IP	PIECE- 1 OZ	70.874	0.000	91.123	0.000	0.000	14.175	1.012	2.025	Wheat
PULLED, PORK, BBQ	2.50 OZ	178.281	2.995	329.849	6.066	7.986	7.820	0.567	16.539	Orange, Pork, Tomato
RAISINS, SOUR, VARIETY, IP	PIECE - 1.35 OZ	96.667	0.000	6.667	20.000	0.000	24.333	1.667	1.000	
RELISH CUP, SANDWICH	.25 CUP	6.945	0.000	166.760	0.925	0.009	2.569	0.372	0.372	Yellow Food Dye
RELISH CUP, TACO	.25 CUP	5.964	0.000	5.154	0.869	0.000	1.193	0.353	0.353	
RICE, BROWN	.50 CUP	100.369	0.000	3.376	0.000	0.941	21.329	1.255	1.882	
RICE, JASMINE	.50 CUP	113.778	0.000	3.601	0.000	0.000	25.600	0.000	2.133	
RICE, VEGETABLE, FRIED	.50 CUP	134.998	0.000	212.139	1.929	1.446	26.035	1.929	2.893	Carrot, Soy, Wheat
ROLL, YEAST	PIECE - 2.00 OZ	164.124	0.580	23.404	5.156	4.671	29.972	2.807	4.230	Milk, Wheat
ROLL, YEAST, GARLIC	PIECE - 2.00 OZ	180.323	1.309	41.224	5.156	6.453	29.972	2.807	4.230	Milk, Soy, Soybean Oil, Wheat
ROLL, YEAST, WHITE	PIECE - 2.00 OZ	167.448	0.580	23.404	5.821	4.505	30.305	0.148	3.233	Milk, Wheat
SALAD DRESSING, ITALIAN	.125 CUP	94.498	1.418	217.346	1.890	9.450	2.835	0.000	0.000	
SALAD DRESSING, RANCH	.125 CUP	45.107	0.580	244.117	1.736	4.031	1.736	0.000	0.512	Egg, Milk, Soy Lecithin
SALAD, CHICKEN FAJITA, VEND	PIECE - 7.20 OZ	158.521	2.450	570.270	0.388	7.804	3.376	0.146	18.343	Milk
SALAD, CUCUMBER & TOMATO	.50 CUP	74.304	0.960	189.761	2.773	6.400	4.622	0.925	0.284	
SALAD, GARDEN	1.25 CUP	16.419	0.000	19.807	2.734	0.000	3.430	1.193	1.046	

**Livingston Parish Public School
Nutritionals**

Recipe Name	Portion Size	Calories	Saturated Fat	Sodium	Total Sugars	Total Fat	Carbs	Dietary Fiber	Protein	Allergens
SALAD, POTATO (9-12)	.66 CUP	86.008	0.934	120.260	1.280	5.105	7.327	0.626	2.531	Egg, Milk
SALAD, POTATO (K-8)	.33 CUP	43.004	0.467	60.130	0.640	2.552	3.664	0.313	1.265	Egg, Milk
SALAD, SPINACH	1.125 CUP	9.281	0.152	13.509	0.385	0.253	1.218	0.128	0.483	Milk
SANDWICH, CROISSANT, HAM & CHEESE	PIECE - 4.50 OZ	266.760	3.768	1110.023	6.043	9.055	34.210	2.012	15.630	Milk, Soy, Soy Lecithin, Wheat
SANDWICH, CROISSANT, HAM & PEPPER JACK	PIECE - 4.50 OZ	286.760	5.518	1065.023	5.043	11.555	32.710	2.012	16.130	Milk, Soy Lecithin, Wheat
SANDWICH, CROISSANT, TURKEY & CHEESE	PIECE - 4.50 OZ	307.260	3.262	1008.775	6.043	8.549	35.223	3.024	23.729	Milk, Soy, Soy Lecithin, Wheat
SANDWICH, CROISSANT, TURKEY & CHEESE, IP	PIECE - 4.60 oz	351.098	5.016	642.007	6.019	16.050	32.100	3.009	21.066	Milk, Soy Lecithin, Soybean Oil, Wheat
SANDWICH, CROISSANT, TURKEY & PEPPER JACK	PIECE - 4.50 OZ	327.260	5.012	963.775	5.043	11.049	33.723	3.024	24.229	Milk, Soy Lecithin, Wheat
SANDWICH, GRILLED CHEESE	PIECE - 3.00 OZ	238.100	2.865	568.910	8.000	6.891	36.000	4.000	11.000	Milk, Soy, Soybean Oil, Wheat
SANDWICH, HOAGIE, TURKEY HAM & CHEESE, IP	PIECE - 4.40 OZ	280.000	2.000	817.000	6.000	7.000	35.000	3.000	20.000	Milk, Soy, Wheat
SANDWICH, PANCAKE & SAUSAGE, IP	PIECE - 2.50 OZ	159.716	1.497	219.609	6.988	5.989	16.970	0.998	7.986	Egg, Milk, Soybean Oil, Wheat
SANDWICH, PB&J, VARIETY, IP	PIECE - 5.30 OZ	601.010	6.511	535.900	29.550	33.556	64.108	7.012	18.030	Grape, Peanut, Wheat
SATSUMA	PIECE - .50 CUP	69.357	0.000	0.000	12.484	0.000	18.033	2.774	1.387	
SHRIMP POPPERS	21 PCS - 3 OZ	173.204	1.019	346.409	1.019	7.132	19.358	3.057	9.170	Shellfish, Soy, Wheat
SMOOTHIE, BLUEBERRY	PIECE -8.00 OZ	124.818	0.000	53.364	20.771	0.762	27.822	2.286	3.335	Blueberry, Milk
SMOOTHIE, PEACH	PIECE -8.00 OZ	161.895	1.311	68.189	28.183	2.098	32.770	0.720	4.916	
SMOOTHIE, PINEAPPLE	PIECE -8.00 OZ	142.778	0.000	56.032	26.493	0.000	30.695	0.739	3.502	Milk
SMOOTHIE, STRAWBERRY	.125 CUP	54.431	3.175	45.359	0.907	5.443	1.814	0.000	0.907	Milk
SOUR CREAM	.50 CUP	57.725	2.268	0.000	6.968	2.268	8.731	1.175	0.588	Milk
STRAWBERRIES	PIECE - 4.50 OZ	79.733	0.000	0.997	15.947	0.000	20.930	1.993	0.000	Coconut, Milk
STRAWBERRIES, IP	PIECE - 1.00 OZ	210.000	1.750	97.500	3.000	17.500	8.000	2.500	6.500	
SUNFLOWER SEEDS, VARIETY, IP	PIECE - 1.50 OZ	120.000	0.000	20.000	22.000	0.000	30.000	0.000	0.000	
SYRUP, IP	PIECE - .50 CUP	41.614	0.000	0.000	7.491	0.000	10.820	1.665	0.832	
TANGERINE	1.00 OZ	52.213	0.620	117.871	1.498	4.961	1.847	0.000	0.000	
TARTAR SAUCE	1 CUP	483.158	10.911	968.803	5.797	21.498	42.933	1.839	28.660	Egg
TEX-MEX CHICKEN MAC & CHEESE	PIECE - 3.30 OZ	308.527	1.991	447.862	15.924	12.938	43.791	3.981	4.976	Milk, Soy, Tomato, Wheat
TOAST, APPLE CINNAMON, IP	PIECE - 1.09 OZ	96.200	0.729	157.820	3.000	2.782	16.000	2.000	3.000	Milk, Soy, Soybean Oil, Wheat
TOAST, BUTTERED, WG	2 PCS - 18 GRMS	20.000	0.000	170.000	4.000	0.000	4.000	0.000	0.000	Milk, Soy, Soybean Oil, Wheat
TOMATO, KETCHUP, IP	.50 CUP	40.848	0.000	285.934	4.085	0.000	8.170	0.000	0.000	
TOMATO, SALSA	.25 CUP	20.424	0.000	142.967	2.042	0.000	4.085	0.000	0.000	
TOMATO, SALSA, (9-12)	2 PCS- 2.05 OZ	87.000	0.967	164.333	0.000	2.417	13.533	0.967	1.933	
TORTILLA, FLOUR, 6"	PIECE - 4.00 OZ	60.000	0.000	5.000	14.000	0.000	15.000	1.000	1.000	Wheat
TROPICAL FRUIT, IP	3.04 OZ	121.498	1.620	292.430	2.430	6.480	3.240	0.000	12.960	

