

Livingston Parish Public School Nutritionals

Recipe Name	Portion Size	Calories	Saturated Fat	Sodium	Total Sugar	Total Fat	Carbs	Dietary Fiber	Protein	Allergens
APPLE	PIECE - 1 CUP	91.949	0.000	0.000	17.683	0.000	24.048	3.537	0.707	
APPLES, JAZZY	PIECE - 1 CUP	87.821	0.000	6.272	16.587	0.000	22.559	3.317	0.977	
APPLESAUCE, STRAWBERRY	.50 CUP	57.321	0.000	16.557	12.316	0.000	14.555	1.120	0.268	
APPLESAUCE, UNSWEETENED	.50 CUP	54.189	0.000	10.838	11.922	0.000	14.089	1.084	0.000	
APPLESAUCE, IP	PIECE - 4.50 OZ	50.000	0.000	0.000	12.000	0.000	14.000	1.000	0.000	
BANANA	PIECE - .50 CUP	110.086	0.000	0.000	19.015	0.000	30.024	3.002	1.001	
BAR, BENEFIT	PIECE - 2.50 OZ	284.493	2.995	229.591	22.460	8.485	47.416	2.995	4.991	EGG, MILK, SOY, WHEAT
BAR, CEREAL, VARIETY	PIECE - 2.50 OZ	270.000	0.500	185.000	15.500	5.500	51.500	5.000	4.500	SOY, WHEAT
BBQ SAUCE	1.00 OZ	32.403	0.028	371.378	4.967	0.142	7.371	0.451	0.408	
BEANS, EDAMAME	3.00 OZ	121.498	1.418	119.643	2.025	6.277	6.075	4.050	9.112	MILK, SOY
BEANS, GREEN	.50 CUP	33.463	0.272	205.739	1.076	0.665	4.424	2.187	1.093	MILK, SOY
BEANS, LIMA	.50 CUP	205.915	0.000	120.642	4.417	0.883	37.740	12.550	13.342	
BEANS, NAVY	.50 CUP	230.764	0.000	79.462	2.650	3.534	40.906	15.955	15.072	
BEANS, RED & SAUSAGE	.66 CUP	252.381	0.608	223.554	1.709	3.653	39.571	9.452	17.252	
BEANS, REFRIED	5.51 OZ	215.374	2.174	694.102	0.000	6.044	29.180	9.687	10.521	MILK
BEEF, HAMBURGER PATTY	PIECE - 2.50 OZ	147.945	3.60	268.901	0.000	9.996	1.999	1.000	13.995	SOY
BEEF, HAMBURGER PATTY W/ CHEESE	PIECE - 2.60 OZ	182.945	4.849	423.901	0.500	11.996	2.999	1.000	17.495	MILK, SOY
BEEF, SALISBURY STEAK	PIECE - 2.25 OZ	170.167	4.599	515.734	2.848	11.622	5.891	0.700	11.046	MILK, SOY, WHEAT
BEEF, SLOPPY JOE	3.00 OZ	240.988	5.080	407.012	15.761	12.704	18.586	0.067	10.863	
BEEF, SPAGHETTI SAUCE	6.00 OZ	266.547	6.480	289.079	8.987	17.121	12.272	1.879	15.648	MILK, SOY
BEEF, SEASONED, NACHO	1.00 OZ	103.035	3.100	117.198	0.094	7.804	1.038	0.270	6.718	
BEEF, SEASONED, TACO	3.00 OZ	323.968	9.769	355.516	0.281	24.583	3.114	0.809	21.147	
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	3.027	MILK, SOY, WHEAT
BROCCOLI & CHEESE	.50 CUP	84.706	2.688	371.812	1.309	5.776	5.089	2.836	4.374	MILK, SOY
BROCCOLI, FLORETS	.50 CUP	9.654	0.000	17.163	0.429	0.107	1.716	0.644	0.858	
BROCCOLI, STEAMED	.50 CUP	56.977	1.458	170.038	0.945	3.564	4.726	2.836	2.836	MILK, SOY
BUN, HAMBURGER	PIECE - 2.00 OZ	149.208	0.000	258.627	3.979	1.989	27.852	1.989	4.974	WHEAT

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CANTALOUPE	.50 CUP	59.238	0.000	23.695	13.032	0.000	14.217	1.185	1.185	
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	SOY, WHEAT
CHEESE, CHEDDAR, SHREDDED	.125 OZ	106.918	5.832	184.677	0.000	8.748	0.972	0.000	5.832	MILK
CHEESE, QUESO SAUCE	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	111.373	5.062	172.122	0.000	9.112	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	313.784	4.339	595.761	0.829	19.588	12.017	0.264	22.929	EGG, MILK, SOY, WHEAT
CHICKEN, CHEESY PASTA	1 CUP	343.457	6.969	869.553	4.050	15.322	31.297	1.670	20.097	MILK, SOY, 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	264.544	3.890	326.790	0.000	17.118	4.668	0.000	24.898	
CHICKEN, FAJITA STRIPS, TACO (9-12)	3.00 OZ	215.324	3.007	645.253	0.043	10.543	4.222	0.273	25.723	
CHICKEN, FAJITA STRIPS, TACO (K-8)	2.00 OZ	140.939	1.968	422.348	0.028	6.901	2.763	0.179	16.837	
CHICKEN, NUGGETS, BREADED	5 PCS - 3.00 OZ	225.639	2.170	347.137	0.868	13.018	13.886	2.604	13.885	SOY, WHEAT
CHICKEN, ORANGE	4.00 OZ	176.172	0.587	328.854	11.745	3.523	22.315	0.000	12.919	EGG, SOY, WHEAT
CHICKEN, PARMESAN WITH PASTA & SAUCES	PIECE - 7.21 OZ	394.314	4.296	623.084	4.553	14.951	35.169	4.504	28.479	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, SAUSAGE, PANCAKE BITES	5 PCS - 2.9 OZ	220.573	3.008	360.937	4.010	13.034	17.044	2.005	10.026	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
CHICKEN, WINGS	6 PCS - 6.60 OZ	356.394	6.682	1559.225	0.000	22.275	2.228	0.000	31.185	
CHICKEN, WINGS, SPICY	6 PCS - 6.60 OZ	356.394	6.682	1738.771	0.000	22.275	2.228	0.000	31.185	
CHIPS, TORTILLA	2.00 OZ	283.495	2.025	151.872	0.000	12.150	40.499	4.050	4.050	
CHIPS, VARIETY	PIECE - 1.00 OZ	126.667	0.833	186.667	0.667	4.833	18.333	1.667	2.000	MILK
CINNAMON ROLLS, MINI, IP	PIECE - 2.29 OZ	239.706	1.998	269.669	14.982	6.991	38.952	1.998	4.994	MILK, WHEAT
CINNAMON SWIRL	PIECE - 2.00 OZ	259.190	2.782	223.045	16.358	10.047	41.538	2.824	4.328	MILK, SOY, WHEAT
COLESLAW	.50 CUP	38.754	0.227	106.386	4.098	1.814	5.285	*0.000*	0.592	EGG
COOKIE, SUGAR	PIECE - 1.46 OZ	246.679	3.431	180.939	21.725	8.961	39.219	1.877	3.909	EGG, MILK, SOY, WHEAT
CORN DOG	PIECE - 4.00 OZ	242.996	2.531	475.867	8.100	9.112	30.375	2.025	9.112	EGG, SOY, WHEAT
CORN, MEXICAN STREET	.50 CUP	98.976	0.801	147.800	2.711	2.596	18.347	1.875	4.028	EGG, MILK
CORN, WHOLE KERNEL	.50 CUP	96.315	0.994	74.648	2.474	3.255	17.319	1.649	2.474	MILK, SOY
CORNBREAD	PIECE - 2.00 OZ	223.081	1.059	281.655	8.579	5.531	37.906	0.630	5.027	EGG, MILK, SOY, WHEAT

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CORNBREAD DRESSING	.50 CUP	360.972	4.619	785.042	9.744	15.144	43.507	0.849	12.565	EGG, MILK, SOY, WHEAT
CRACKERS, CHEESE, ANIMAL, IP	PIECE - .75 OZ	100.000	0.500	170.000	0.000	4.000	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, WHEAT
CRACKERS, CLUB, WG, IP	2 PCS - 14 GRMS	70.000	0.000	120.000	0.000	2.000	10.000	0.000	0.000	SOY, 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	
DONUT, GLAZED, BITES	PIECE - 2.75 OZ	259.870	4.498	189.905	13.993	9.995	37.981	2.999	4.998	EGG, MILK, SOY, WHEAT
DONUT, POWDERED, MINI	PIECE - 3.20 OZ	300.000	6.000	260.000	21.000	13.000	43.000	2.000	3.000	EGG, MILK, SOY, WHEAT
EGG, BACON & CHEESE EXTRAVAGANZA	2.00 OZ	120.000	3.000	280.000	1.000	9.000	1.000	0.000	8.000	EGG, MILK
EGG, SCRAMBLED	2.00 OZ	73.160	1.600	261.915	0.915	4.573	0.915	0.000	5.944	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	EGG, MILK, SOY, WHEAT
FRUIT COCKTAIL	.50 CUP	61.422	0.000	5.118	13.308	0.000	15.355	1.024	0.000	
FRUIT CUP, FALL	.50 CUP	99.715	1.543	0.000	19.137	1.543	20.142	1.005	0.000	MILK
FRUIT CUP, FRESH	PIECE - .50 CUP	51.296	0.000	0.000	10.016	0.113	12.640	1.613	0.129	
FRUIT, GEL, CHOICE, IP	PIECE - 4.30 OZ	74.331	0.000	7.433	17.344	0.000	18.335	0.000	0.496	
FRUIT, TROPICAL, IP	PIECE - 4.00 OZ	60.000	0.000	5.000	14.000	0.000	15.000	1.000	1.000	
GRAHAMS, CHOCOLATE, IP	PIECE - 1.00 OZ	120.000	1.000	125.000	7.000	4.000	20.000	2.000	2.000	SOY, WHEAT
GRAHAMS, CINNAMON, IP	PIECE - 1.00 OZ	120.000	1.000	115.000	8.000	3.500	21.000	1.000	2.000	SOY, WHEAT
GRAHAMS, HONEY, IP	PIECE - 1.00 OZ	114.545	0.000	120.909	6.364	3.182	21.636	1.273	2.545	SOY, 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, 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	16.943	0.000	228.467	0.648	0.324	2.767	0.027	0.675	MILK, SOY, WHEAT
GREENS, MUSTARD	.50 CUP	17.217	0.000	182.613	0.407	0.000	2.753	2.346	1.564	
GRITS, QUICK	.50 CUP	112.085	1.458	39.522	0.000	3.870	17.776	1.226	1.839	MILK, SOY
JALAPENO PEPPERS	.125 OZ	2.851	0.000	227.574	0.000	0.197	0.187	0.000	0.083	
JAMBALAYA, (9-12)	1 CUP	331.854	3.043	761.181	0.244	11.622	31.565	1.989	25.290	SOY
JAMBALAYA, (K-8)	.66 CUP	259.010	2.587	687.841	0.131	9.661	21.843	1.422	21.108	SOY
JELLY, IP	PIECE - .50 OZ	35.000	0.000	0.000	7.000	0.000	9.000	0.000	0.000	
JUICE RUSH CUP	PIECE - 4.40 OZ	44.549	0.000	0.000	10.692	0.000	10.692	0.000	0.000	
JUICE, APPLE	PIECE - 4.00 OZ	60.000	0.000	5.000	12.000	0.000	14.000	0.000	0.000	
JUICE, FRUIT PUNCH	PIECE - 4.00 OZ	60.000	0.000	5.000	12.000	0.000	14.000	0.000	0.000	
JUICE, VEGETABLE	PIECE - 4.23 OZ	60.000	0.000	5.000	13.000	0.000	14.000	0.000	0.000	

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KETCHUP, IP	2 PCS - 18 GRMS	20.000	0.000	170.000	4.000	0.000	6.000	0.000	0.000	
LUNCH KIT, PIZZA, PEPPERONI	PIECE - 5.54 OZ	350.000	7.000	880.000	7.000	15.000	35.000	4.000	15.000	MILK, SOY, WHEAT
LUNCH KIT, TURKEY & CHEESE	PIECE - 4.20 OZ	380.000	7.000	880.000	13.000	18.000	41.000	3.000	20.000	MILK, SOY, WHEAT
MACARONI & CHEESE	.66 CUP	246.846	5.748	361.466	3.823	11.801	25.146	1.093	9.967	MILK, SOY, 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, 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, 1%	PIECE - 8.00 OZ	140.000	1.500	200.000	18.000	2.500	20.000	1.000	8.000	MILK
MILK, STRAWBERRY, LOW FAT, 1%	PIECE - 8.00 OZ	140.000	1.500	110.000	18.000	2.500	19.000	0.000	8.000	MILK
MILK, WHITE, LOW FAT, 1%	PIECE - 8.00 OZ	100.000	1.500	110.000	13.000	2.500	12.000	0.000	8.000	MILK
MUSTARD, IP	PIECE-5.50 GRMS	5.000	0.000	25.000	0.000	0.000	0.000	0.000	0.000	
NECTARINE	PIECE - .50 CUP	44.322	0.000	0.000	8.126	0.369	11.081	1.477	0.739	
ORANGE, NAVEL	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	140.310	1.503	360.797	6.013	5.011	16.035	2.004	8.018	EGG, MILK, SOY, WHEAT
PANCAKES, BUTTERMILK, WG	2 PCS - 2.60 OZ	130.074	0.000	240.137	6.003	2.001	26.015	3.002	4.002	EGG, MILK, SOY, WHEAT
PANCAKES, MINI, IP, VARIETY	PIECE - 3.00 OZ	202.732	0.989	207.677	10.384	6.428	35.107	3.956	3.956	EGG, MILK, SOY, 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	MILK, 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, TREE NUT, WHEAT
PARFAIT, F&Y, PINEAPPLE	PIECE - 9.00 OZ	284.188	0.497	145.557	36.616	3.482	56.722	2.972	5.989	MILK, 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, TREE NUT, WHEAT
PASTA, ROTINI	.50 CUP	97.198	0.000	0.000	0.972	0.486	19.926	0.972	3.402	WHEAT
PASTRY, CHOCOLATE FILLED	PIECE - 2.43 OZ	253.269	2.026	314.054	15.196	7.092	43.562	3.039	7.092	MILK, WHEAT
PASTRY, CINNAMON FILLED	PIECE - 2.36 OZ	253.427	3.041	283.839	14.192	8.110	40.548	2.027	6.082	MILK, WHEAT
PASTRY, FROSTED, TOASTER	PIECE - 3.53 OZ	364.622	1.998	379.612	29.969	5.495	75.920	5.994	4.496	WHEAT
PASTRY, FRUIT FILLED, VARIETY, IP	PIECE - 2.29 OZ	209.743	0.999	259.682	10.987	5.993	35.956	1.998	4.994	MILK, 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	173.007	2.562	0.320	20.169	3.293	7.730	
PEAS, GREEN	.50 CUP	102.634	1.013	190.626	5.008	2.475	16.027	5.008	4.007	MILK, SOY
PICANTE SAUCE, IP	PIECE - .50 OZ	5.000	0.000	140.000	0.000	0.000	1.000	0.000	0.000	
PINEAPPLE CHUNKS	.50 CUP	69.107	0.000	0.000	14.809	0.000	15.796	0.987	0.000	

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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, DELIVERY, CHEESE (DOMINO'S)	PIECE - 4.76 OZ	260.019	2.500	480.036	2.000	8.001	29.002	3.000	20.001	MILK, SOY, WHEAT
PIZZA, DELIVERY, CHEESE (PAPA JOHNS)	PIECE - 5.36 OZ	290.000	3.000	650.000	3.000	9.000	28.000	3.000	20.000	MILK, WHEAT
PIZZA, DELIVERY, PEPPERONI (DOMINO'S)	PIECE - 4.76 OZ	280.021	3.000	520.039	2.000	9.001	29.002	3.000	20.001	MILK, SOY, WHEAT
PIZZA, DELIVERY, PEPPERONI (PAPA JOHNS)	PIECE - 5.50 OZ	290.000	4.000	650.000	3.000	9.000	29.000	3.000	20.000	MILK, SOY, WHEAT
PIZZA, DELIVERY, SAUSAGE (DOMINO'S)	PIECE - 4.94 OZ	310.000	4.000	550.000	3.000	13.000	30.000	4.000	19.000	MILK, SOY, WHEAT
PIZZA, DELIVERY, SAUSAGE (PAPA JOHNS)	PIECE - 5.68 OZ	300.000	4.000	650.000	3.000	9.000	29.000	3.000	20.000	MILK, WHEAT
PIZZA, FLATBREAD, CHEESE	PIECE - 5.25 OZ	360.000	7.000	640.000	3.000	15.000	33.000	3.000	21.000	MILK, SOY, WHEAT
PIZZA, FLATBREAD, PEPPERONI	PIECE - 5.66 OZ	380.000	8.000	770.000	3.000	18.000	33.000	3.000	22.000	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	SOY, WHEAT
PORK, SAUSAGE, PATTY	PIECE - 1.00 OZ	119.366	3.979	149.208	0.000	11.439	0.497	0.000	2.984	
POTATOES, CHEESY	.50 CUP	91.700	0.837	68.342	0.277	1.658	17.038	1.647	2.136	MILK, SOY
POTATOES, FRIES, CRINKLE CUT	.75 CUP	120.743	0.000	37.732	0.000	3.773	21.130	1.509	1.509	
POTATOES, FRIES, SEASONED	.75 CUP	165.765	0.754	421.946	1.507	7.535	24.111	1.507	1.507	WHEAT
POTATOES, HASH BROWN	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	21.799	0.481	106.530	0.139	1.314	2.362	0.139	0.278	MILK, SOY
POTATOES, SWEET	.50 CUP	207.454	0.729	31.660	20.588	2.937	44.929	4.620	1.155	MILK, SOY
PULLED, PORK, BBQ	2.50 OZ	171.971	3.009	243.483	5.207	8.057	6.443	0.225	16.176	
RAISINS, SOUR, VARIETY, IP	PIECE - 1.35 OZ	130.000	0.000	5.000	23.000	0.000	29.000	2.000	1.000	
RELISH CUP, SANDWICH	.25 CUP	6.945	0.000	166.760	0.925	0.009	2.569	0.372	0.372	
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	107.213	0.000	112.473	0.000	1.005	22.113	1.340	2.680	
RICE, VEGETABLE, FRIED	.50 CUP	134.998	0.000	212.139	1.929	1.446	26.035	1.929	2.893	SOY, WHEAT
ROLL, YEAST	PIECE - 2.00 OZ	164.124	0.580	169.157	5.156	4.671	29.972	2.807	4.230	MILK, SOY, WHEAT
ROLL, YEAST, GARLIC	PIECE - 2.00 OZ	180.323	1.309	186.977	5.156	6.453	29.972	2.807	4.230	MILK, SOY, WHEAT
SALAD DRESSING, ITALIAN	.125 CUP	96.766	1.452	222.562	1.935	9.677	2.903	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
SALAD, CUCUMBER & TOMATO	.50 CUP	74.500	0.960	200.212	2.874	6.400	4.854	1.087	0.253	
SALAD, GARDEN	1.25 CUP	17.436	0.000	21.096	2.893	0.000	3.649	1.268	1.122	
SALAD, POTATO (9-12)	.66 CUP	135.252	1.007	181.902	1.447	5.251	18.135	1.627	3.511	EGG, MILK
SALAD, POTATO (K-8)	.33 CUP	67.626	0.504	90.951	0.723	2.625	9.067	0.814	1.756	EGG, MILK
SALAD, SPINACH (K-8)	1.125 CUP	9.238	0.152	13.475	0.380	0.253	1.209	0.127	0.481	MILK
SALAD, SPINACH (9-12)	1.25 CUP	12.346	0.152	15.961	0.753	0.253	1.831	0.251	0.605	MILK

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SANDWICH, BUN, TURKEY & CHEESE, IP	PIECE - 4.50 OZ	318.932	4.485	787.363	5.980	12.957	31.893	2.990	19.933	MILK, SOY, WHEAT
SANDWICH, CROISSANT, HAM & CHEESE	PIECE - 4.50 OZ	271.760	4.018	1130.273	5.543	9.555	33.210	2.012	16.130	MILK, SOY, WHEAT
SANDWICH, CROISSANT, HAM & PEPPER JACK	PIECE - 4.50 OZ	286.760	5.518	1085.273	5.043	11.555	32.710	2.012	16.130	MILK, SOY, WHEAT
SANDWICH, CROISSANT, TURKEY & CHEESE	PIECE - 4.50 OZ	256.636	3.262	831.403	4.530	8.042	32.198	2.012	17.642	MILK, SOY, WHEAT
SANDWICH, CROISSANT, TURKEY & PEPPER JACK	PIECE - 4.50 OZ	276.636	5.012	771.403	4.030	10.542	31.698	2.012	17.142	MILK, SOY, WHEAT
SANDWICH, PB&J, STRAWBERRY, IP	PIECE - 5.30 OZ	601.010	6.010	540.909	29.049	34.057	64.108	7.012	18.030	PEANUT, WHEAT
SATSUMA	PIECE - .50 CUP	69.357	0.000	0.000	12.484	0.000	18.033	2.774	1.387	
SAUCE, TARTAR	1.00 OZ	52.213	0.620	117.871	1.498	4.961	1.847	0.000	0.000	EGG
SHRIMP POPPERS	21 PCS - 3.00 OZ	173.204	1.019	346.409	1.019	7.132	19.358	3.057	9.170	SHELLFISH, SOY, WHEAT
SMOOTHIE, STRAWBERRY	PIECE - 8.00 OZ	117.723	0.000	56.032	19.219	0.000	26.470	1.524	3.502	MILK
STRAWBERRIES	.50 CUP	57.725	2.268	0.000	6.968	2.268	8.731	1.175	0.588	
STRAWBERRIES, IP	PIECE - 4.50 OZ	79.733	0.000	0.997	15.947	0.000	20.930	1.993	0.000	
SUNFLOWER SEEDS, VARIETY, IP	PIECE - 1.00 OZ	180.000	1.500	87.500	3.000	14.500	8.500	3.000	6.000	
SYRUP, IP	PIECE - 1.50 OZ	120.000	0.000	20.000	22.000	0.000	30.000	0.000	0.000	
TACO SHELL	2 PCS - 1.23 OZ	168.966	1.207	0.000	0.000	7.241	22.931	2.414	2.414	SOY
TOAST, APPLE CINNAMON, IP	PIECE - 3.30 OZ	308.527	1.991	427.957	19.905	11.943	48.767	3.981	4.976	MILK, SOY, WHEAT
TOAST, BUTTERED	PIECE - 1.09 OZ	96.200	0.729	177.820	1.000	3.282	15.000	2.000	4.000	MILK, SOY, WHEAT
TOMATO, SALSA	.25 CUP	20.424	0.000	142.967	2.042	0.000	4.085	0.000	0.000	
TORTILLA, FLOUR, 6"	2 PCS- 2.05 OZ	87.000	0.967	164.333	0.000	2.417	13.533	0.967	1.933	WHEAT
TURKEY, ROASTED	3.04 OZ	105.298	1.215	598.074	0.000	3.645	0.810	0.000	17.820	
VEGETABLE, CALIFORNIA BLEND	.50 CUP	38.290	0.456	125.975	5.633	1.114	5.633	2.253	1.127	MILK, SOY
WAFFLE, CHARACTER, WG	PIECE - 1.23 OZ	89.665	0.747	149.442	2.491	2.989	14.446	0.996	1.993	EGG, MILK, SOY, WHEAT
WAFFLE, DUTCH	PIECE - 2.93 OZ	318.144	3.000	350.068	16.395	13.000	47.531	3.000	4.000	EGG, MILK, SOY, WHEAT
WAFFLE, ROUND, VARIETY, IP	PIECE - 2.30 OZ	240.000	2.500	210.000	12.000	9.000	34.000	2.000	5.000	EGG, MILK, WHEAT
WATERMELON	.50 CUP	42.508	0.000	0.000	10.627	0.000	11.158	0.531	0.531	
YOGURT, VARIETY, IP	PIECE - 4.00 OZ	90.317	0.000	52.685	14.551	0.000	19.067	0.000	3.011	MILK

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