

Darlington County Schools
Recipe by Name/Id - Summarized

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0785	Bar, Cheerios Fruity WG	150.000	0.000	105.000	3.000	9.000	1.800	200.000	100.000	4.800	2.000	30.000	3.000	0.500	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.333	80.000	18.000	3.000		
R-0786	Bar, Cheerios Strawberry WG	150.000	0.000	90.000	3.000	9.000	1.800	200.000	100.000	1.200	2.000	30.000	3.000	0.500	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.333	80.000	18.000	3.000		
R-0783	Bar, Cinnamon Toast Crunch WG	150.000	0.000	115.000	3.000	8.000	1.800	200.000	0.000	0.000	3.000	30.000	3.000	0.500	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000	80.000	18.000	3.000		
R-0784	Bar, Cocoa Puffs WG	150.000	0.000	110.000	3.000	9.000	1.800	200.000	100.000	1.200	3.000	30.000	3.000	0.500	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000	80.000	18.000	3.000		
R-1161	Bar, Rice Krispie Mini	50.000	0.000	45.000	0.000	3.000	0.360	0.000	0.000	0.000	0.000	9.000	1.000	0.000	0.000
	Weight/Serving: 12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	72.000	18.000	0.000		
R-0782	Bar, Trix WG	150.000	0.000	105.000	3.000	9.000	1.800	200.000	100.000	1.200	2.000	30.000	3.000	0.500	0.000
	Weight/Serving: 40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.333	80.000	18.000	3.000		
R-1126	Bkfst - Bacon (Elem & Middle) LJ-74E/M	39.820	9.955	189.147	0.000	0.000	0.000	0.000	0.000	0.000	3.982	0.000	2.987	0.000	0.000
	Weight/Serving: 10.16	Fat Change %:			Moisture Change %:			% of Calories:		40.000	0.000	67.511	0.000		
R-1127	Bkfst - Bacon (High) LJ-74H	59.731	14.933	283.720	0.000	0.000	0.000	0.000	0.000	0.000	5.973	0.000	4.480	0.000	0.000
	Weight/Serving: 15.24	Fat Change %:			Moisture Change %:			% of Calories:		39.999	0.000	67.503	0.000		
R-1158	Bkfst - Bar, Nutri-Grain	160.000	0.000	135.000	3.000	14.000	1.800	200.000	750.000	0.000	2.000	30.000	4.000	0.500	0.000
	Weight/Serving: 44.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.000	75.000	22.500	2.813		
R-0391	Bkfst - Biscuit, Chicken LJ-61	295.036	41.831	628.698	4.046	2.000	2.209	60.916	104.578	0.000	11.320	31.320	13.275	5.569	0.000
	Weight/Serving: 110.76	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		15.347	42.463	40.495	16.988		
R-0434	Bkfst - Biscuit, Egg LJ-71	248.032	127.560	566.064	4.276	2.000	1.692	65.512	170.080	0.000	5.276	92.032	12.102	5.276	0.000
	Weight/Serving: 106.22	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.509	148.420	43.913	19.144		
R-0435	Bkfst - Biscuit, Egg/Cheese LJ-72	303.032	140.060	766.064	4.276	2.500	1.692	140.512	320.080	0.000	7.776	93.032	16.602	7.776	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	120.39	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.264	122.802	49.308	23.095		
R-0392	Bkfst - Biscuit, Sausage LJ-62	310.011	20.002	680.022	3.000	2.000	1.800	40.000	0.000	0.000	9.000	25.000	18.001	8.000	0.000
Weight/Serving:	99.14	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.612	32.257	52.259	23.225		
R-1128	Bkfst - Biscuit, Smoked Sausage LJ-75	297.502	19.500	664.004	3.000	2.000	1.080	50.000	200.037	0.000	7.500	25.500	17.500	8.000	0.000
Weight/Serving:	92.05	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.084	34.285	52.941	24.202		
R-0939	Bkfst - Biscuit, WG	180.000	0.000	430.000	3.000	2.000	1.080	40.000	0.000	0.000	4.000	24.000	7.000	4.000	0.000
Weight/Serving:	63.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.889	53.333	35.000	20.000		
R-0460	Bkfst - Biscuits, Unit Made LB-04	247.474	5.979	320.260	1.288	1.535*	1.382	133.068	37.879	0.091	6.421	37.477	7.598	3.392	0.280*
Weight/Serving:	78.83	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.378	60.575	27.632	12.336		
R-0233	Bkfst - Cereal, Ap Jacks WG	110.000	0.000	160.000	3.000	8.000	3.600	0.000	400.000	12.000	2.000	24.000	1.000	0.500	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273	87.273	8.182	4.091		
R-0235	Bkfst - Cereal, Cheer App WG	110.000	0.000	110.000	2.000	10.000	3.600	100.000	500.000	6.000	2.000	23.000	1.500	0.000	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273	83.636	12.273	0.000		
R-0236	Bkfst - Cereal, Cheer H Nut WG	111.336	0.000	161.943	2.024	9.109	4.555	101.214	506.071	6.073	2.024	22.267	1.518	0.000	0.000
Weight/Serving:	28.34	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.272	79.999	12.271	0.000		
R-0485	Bkfst - Cereal, Cheer Multi WG	100.000	0.000	115.000	2.000	6.000	7.200	80.000	500.000	4.800	2.000	23.000	1.000	0.000	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000	92.000	9.000	0.000		
R-0241	Bkfst - Cereal, Cinn. Toast WG	111.375	0.000	162.000	2.025	8.100	3.645	81.000	405.000	4.860	1.013	22.275	3.037	0.506	0.000
Weight/Serving:	28.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		3.638	80.000	24.541	4.089		
R-0244	Bkfst - Cereal, Frost Flakes WG	100.000	0.000	160.000	0.000	7.000	4.500	0.000	500.000	6.000	2.000	25.000	0.000	0.000	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.000	100.000	0.000	0.000		
R-0245	Bkfst - Cereal, Fruit Loops WG	110.000	0.000	170.000	3.000	8.000	3.600	0.000	400.000	12.000	2.000	24.000	1.000	0.500	0.000

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		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273	87.273	8.182	4.091		
R-0247	Bkfst - Cereal, Trix WG	110.000	0.000	140.000	1.000	7.000	5.400	100.000	500.000	4.800	1.000	24.000	1.000	0.000	0.000
Weight/Serving:	28.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		3.636	87.273	8.182	0.000		
R-0402	Bkfst - Cheese, String	80.971	15.182	202.429	0.000	0.000	0.000	202.429	202.429	0.000	6.073	0.516	6.073	3.543	0.000
Weight/Serving:	28.34	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.001	2.549	67.502	39.381		
R-0581	Bkfst - Cinnamon Rolls, WG	180.000	0.000	250.000	3.000	8.000	1.440	40.000	0.000	0.000	6.000	31.000	4.500	1.000	0.000
Weight/Serving:	64.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		13.333	68.889	22.500	5.000		
R-0735	Bkfst - Croissants, WG	190.000	5.000	270.000	2.000	3.000	1.440	60.000	300.000	1.200	5.000	26.000	8.000	3.500	0.000
Weight/Serving:	62.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.526	54.737	37.895	16.579		
R-0767	Bkfst - Donut, Cake WG	130.020		150.023	1.000	9.001	0.720	20.003	0.000	0.000	2.000	17.003	6.001	1.500	0.000
Weight/Serving:	36.86	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.153	52.309	41.539	10.383		
R-1106	Bkfst - Dutch Waffle LJ-73	310.136	20.001	350.022	3.026	14.502	1.804	40.495	0.145	0.002	4.002	45.542	13.002	3.000	0.000
Weight/Serving:	0.00	Fat Change %:			Moisture Change %:			% of Calories:		5.162	58.738	37.731	8.706		
R-0579	Bkfst - Egg, Patty	68.032	127.560	136.064	1.276	0.000	0.612	25.512	170.080	0.000	1.276	68.032	5.102	1.276	0.000
Weight/Serving:	42.52	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.502	400.000	67.495	16.880		
R-0431	Bkfst - Eggs, Scrambled (Fresh) LJ-69	101.439	212.712	165.482	0.037	2.909*	0.935	99.603	415.336	0.321	8.244	3.391	6.087	2.057	0.000*
Weight/Serving:	57.28	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.508	13.372	54.006	18.250		
R-0426	Bkfst - Eggs, Scrambled (Liq. Carton) LJ-67	99.993	190.469	202.389	0.031	0.000*	0.669	44.606	419.378	0.110	6.226	1.538	7.464	2.740	0.000*
Weight/Serving:	60.72	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.906	6.152	67.181	24.662		
R-0430	Bkfst - Eggs, Scrambled (Processed) LJ-68	84.596	175.998	131.724	0.031	0.000*	0.652	40.312	365.245	0.025	6.408	1.680	6.228	2.612	0.000*
Weight/Serving:	59.78	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.299	7.944	66.258	27.789		
R-0674	Bkfst - French Toast Sticks USDA	190.000	130.000	330.000	3.000	*	2.000	93.200	200.000	0.000	10.000	28.000	4.500	1.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	85.05	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.053	58.947	21.316	4.737		
R-0511	Bkfst - French Toast Sticks, WG	280.000	0.000	290.000	3.000	11.000	1.800	250.000	0.000	0.000	6.000	35.000	12.000	2.000	0.000
Weight/Serving:	91.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.571	50.000	38.571	6.429		
R-0585	Bkfst - French Toast,Cinn IW WG USDA	230.000	130.000	330.000	3.000	*	2.070	95.300	220.000	0.000	10.000	32.000	8.000	2.000	0.000
Weight/Serving:	92.14	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.391	55.652	31.304	7.826		
R-1130	Bkfst - Goody Bun	240.000	0.000	250.000	3.000	9.000	1.800	40.000	0.000	0.000	5.000	34.000	10.000	3.500	0.000
Weight/Serving:	78.00	Fat Change %:			Moisture Change %:			% of Calories:		8.333	56.667	37.500	13.125		
R-0776	Bkfst - Grits, WG	110.000	10.000	142.000	0.500	4.000	0.000	0.000	0.000	0.000	1.600	16.500	4.200	2.300	0.000
Weight/Serving:	113.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.818	60.000	34.364	18.818		
R-0874	Bkfst - Jelly, Asst. PC	35.000	0.000	0.000	0.000	5.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000	0.000
Weight/Serving:	14.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	102.857	0.000	0.000		
R-0736	Bkfst - Jelly, Grape PC	35.000	0.000	0.000	0.000	5.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000	0.000
Weight/Serving:	14.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	102.857	0.000	0.000		
R-0274	Bkfst - Muffin, Apple Cinn WG	170.000	35.000	120.000	2.000	15.000	1.080	150.000	100.000	2.400	3.000	28.000	5.000	2.000	0.000
Weight/Serving:	57.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.059	65.882	26.471	10.588		
R-0463	Bkfst - Muffin, Banana WG	170.000	35.000	120.000	2.000	16.000	0.720	150.000	100.000	0.000	3.000	29.000	5.000	2.000	0.000
Weight/Serving:	57.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.059	68.235	26.471	10.588		
R-0275	Bkfst - Muffin, Blueberry WG	170.000	40.000	120.000	2.000	15.000	1.080	150.000	0.000	0.000	3.000	29.000	5.000	2.000	0.000
Weight/Serving:	57.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.059	68.235	26.471	10.588		
R-0487	Bkfst - Muffin, Choc. Chip WG	180.000	40.000	120.000	2.000	16.000	1.440	150.000	100.000	0.000	3.000	30.000	5.000	2.000	0.000
Weight/Serving:	57.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.667	66.667	25.000	10.000		
R-0810	Bkfst - Pancake on Stick, Sausage	200.000	20.000	380.000	1.000	7.000	1.080	20.000	0.000	0.000	6.000	19.000	12.000	3.000	0.401

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		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	71.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		12.000	38.000	54.000	13.500		
R-0277 Bkfst - Pancakes WG		70.120	2.922	113.944	0.876	2.922	0.421	11.687	0.000	0.000	1.461	11.979	1.753	0.292	0.000
Weight/Serving:	28.34	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.334	68.334	22.500	3.748		
R-1159 Bkfst - Pancakes, Mini Maple		210.000	10.000	320.000	4.000	11.000	2.700	60.000	500.000	0.000	4.000	35.000	6.000	1.000	0.000
Weight/Serving:	86.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.619	66.667	25.714	4.286		
R-0738 Bkfst - Pizza, Bkfst Bagel WG		180.000	20.000	380.000	3.000	2.000	1.440	150.000	100.000	9.000	12.000	20.000	6.000	3.000	0.000
Weight/Serving:	75.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.667	44.444	30.000	15.000		
R-1142 Bkfst - Pizza, Breakfast Bacon Scramble WG		210.926	55.243	321.412	2.009	5.022			*		10.044	23.101	8.035	3.515	0.000
Weight/Serving:	84.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		19.047	43.809	34.285	14.998		
R-0770 Bkfst - Pizza, Breakfast Sliders		150.000	25.000	280.000	2.000	8.000	1.800	100.000	100.000	0.000	8.000	21.000	4.500	1.500	0.000
Weight/Serving:	72.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.333	56.000	27.000	9.000		
R-0280 Bkfst - Poptart, Strawberry WG		360.000	0.000	360.000	6.000	30.000	3.600	200.000	1000.000	0.000	4.000	75.000	4.000	2.000	0.000
Weight/Serving:	100.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.444	83.333	10.000	5.000		
R-1082 Bkfst - Poptart, Strawberry-Single WG		180.000	0.000	180.000	3.000	15.000	1.800	100.000	500.000	0.000	2.000	38.000	2.500	1.000	0.000
Weight/Serving:	50.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.444	84.444	12.500	5.000		
R-1155 Bkfst - Potato, Hash Brown Patty		540.000	0.000	1000.000	6.000	0.000	1.440	40.000	0.000	12.000	4.000	62.000	30.000	2.000	0.000
Weight/Serving:	256.00	Fat Change %:			Moisture Change %:			% of Calories:		2.963	45.926	50.000	3.333		
R-1129 Bkfst - Potato, Hash Rounds		207.421	0.000	497.810	2.766	0.000	0.498	0.000	0.000	4.978	2.766	26.273	9.680	1.383	0.000
Weight/Serving:	113.39	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.334	50.666	42.002	6.001		
R-0739 Bkfst - Sandwich, Grilled Cheese (Breakfast) 1/2 LF-07b		137.150	12.500	312.757	1.000	2.500	0.720	95.000	210.749	0.000	5.500	15.000	6.336	3.107	0.000
Weight/Serving:	43.87	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.041	43.748	41.578	20.389		

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0624	Bkfst - Sandwich, Grilled Cheese (Breakfast) LF-07	274.300	25.000	625.515	2.000	5.000	1.440	190.000	421.498	0.000	11.000	30.000	12.673	6.215	0.000
	Weight/Serving:	87.74		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:		16.041	43.748	41.581	20.392		
R-0211	Bkfst - Sausage Link	118.002	20.000	234.004	0.000	0.000	0.540	10.000	50.001	0.000	4.000	2.000	11.000	4.000	0.000
	Weight/Serving:	28.35		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:		13.559	6.780	83.897	30.508		
R-0210	Bkfst - Sausage Patty	130.011	20.002	250.022	0.000	0.000	0.720	0.000	0.000	0.000	5.000	1.000	11.001	4.000	0.000
	Weight/Serving:	35.44		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:		15.383	3.077	76.154	27.690		
R-0393	Bkfst - Toast, Breakfast (1) LJ-63a	103.749	0.000	135.437	1.000	2.000	0.720	20.000	168.747	0.000	3.000	14.000	4.212	1.687	0.000
	Weight/Serving:	32.72		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:		11.566	53.976	36.538	14.634		
R-0734	Bkfst - Toast, Breakfast (2) LJ-63b	207.499	0.000	270.874	2.000	4.000	1.440	40.000	337.494	0.000	6.000	28.000	8.425	3.375	0.000
	Weight/Serving:	65.45		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:		11.566	53.976	36.542	14.639		
R-0307	Bkfst - Yogurt, Strawberry	80.001	5.000	65.001	0.000	13.000	0.000	150.003	0.000	0.000	4.000	16.000	0.000	0.000	0.000
	Weight/Serving:	113.40		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:		20.000	79.999	0.000	0.000		
R-0308	Bkfst - Yogurt, Vanilla	80.001	5.000	60.001	0.000	13.000	0.000	150.003	0.000	0.000	4.000	16.000	0.000	0.000	0.000
	Weight/Serving:	113.40		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:		20.000	79.999	0.000	0.000		
R-0940	Brd - Biscuit, WG	180.000	0.000	430.000	3.000	2.000	1.080	40.000	0.000	0.000	4.000	24.000	7.000	4.000	0.000
	Weight/Serving:	63.70		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:		8.889	53.333	35.000	20.000		
R-0231	Brd - Breadstick WG	110.000	0.000	210.000	3.000	4.000	1.080	20.000	0.000	15.000	4.000	21.000	1.000	0.000	0.000
	Weight/Serving:	42.00		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:		14.545	76.364	8.182	0.000		
R-0759	Brd - Chips, Doritos RF Cool Ranch WG	130.000	0.000	160.000	2.000	1.000	0.360	40.000	0.000	0.000	2.000	19.000	5.000	1.000	0.000
	Weight/Serving:	28.30		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:		6.154	58.462	34.615	6.923		
R-0557	Brd - Chips, Doritos RF WG	130.000	0.000	200.000	2.000	0.000	0.360	0.000	100.000	0.000	2.000	20.000	5.000	0.500	0.000
	Weight/Serving:	28.30		Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:		6.154	61.538	34.615	3.462		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-1084	Brd - Macaroni & Cheese, Side LB-63	251.121	29.320*	258.826*	2.344	8.257*	0.819	375.954	671.452	0.752*	13.694	23.438	11.478	6.634*	0.000*
	Weight/Serving:	259.53	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	21.813	37.333	41.136	23.776*				
R-0938	Brd-Croissant, WG	190.000	5.000*	270.000*	2.000	3.000	1.440	60.000	300.000	1.200*	5.000	26.000	8.000	3.500*	0.000
	Weight/Serving:	62.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	10.526	54.737	37.895	16.579*				
R-0769	Breadstick, Cheese	150.000	10.000*	230.000*	2.000	2.000	5.999	20.000	20.000	0.000*	10.000	16.000	4.500	1.500*	0.000
	Weight/Serving:	59.50	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	26.667	42.667	27.000	9.000*				
R-0363	Chili, Hot Dog LF-67a	39.581	10.000	24.769	0.263	0.151*	0.317	19.603	30.619	0.301*	2.522	1.151	2.875	1.125	0.125*
	Weight/Serving:	20.72	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	25.487	11.632	65.372	25.580				
R-0760	Chips, Doritos RF Spicy Sweet WG	130.000	0.000	180.000	2.000	1.000	0.360	20.000	0.000	0.000	2.000	20.000	5.000	0.500	0.000
	Weight/Serving:	28.30	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.154	61.538	34.615	3.462				
R-0252	Chips, Potato Bkd	101.833	0.000	117.500	1.567	1.567	0.282	0.000	0.000	1.880	1.567	20.367	1.567	0.000	0.000
	Weight/Serving:	24.91	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.155	80.002	13.849	0.000				
R-0229	Cnd, Applesauce	73.943	0.000	12.324	0.822	14.789	1.479	0.000	0.000	1.972	0.822	18.897	0.000	0.000	0.000
	Weight/Serving:	113.38	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.447	102.225	0.000	0.000				
R-0756	Cnd, Beans, Black	114.462	0.000	410.154	5.723	0.000	5.151	38.154	0.000	0.000	7.631	20.031	0.000	0.000	0.000
	Weight/Serving:	124.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	26.667	70.001	0.000	0.000				
R-0749	Cnd, Beans, Garbanzo	38.164	0.000	119.944	1.090	0.273	0.393	5.452	0.000	0.327	1.363	5.452	0.273	0.000	0.000
	Weight/Serving:	35.44	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	14.286	57.143	6.438	0.000				
R-0260	Cnd, Fruit Cocktail	80.000	0.000	10.000	2.000	13.000	0.000	0.000	200.000	1.200	0.000	19.000	0.000	0.000	0.000
	Weight/Serving:	126.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	95.000	0.000	0.000				
R-0805	Cnd, Orange, Mandarin	64.797	0.000	4.050	1.620	12.149	0.146	0.000	0.000	0.000	0.810	14.579	0.000		0.000
	Weight/Serving:	113.40	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.000	89.998	0.000	0.000				
R-0279	Cnd, Peach Slices	68.889	0.000	9.841	0.000	12.794	0.000	0.000	295.238	1.181	0.000	16.730	0.000	0.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	124.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	97.142	0.000	0.000		
R-0635	Cnd, Pear Halves	74.100	0.000	6.500	2.080	15.730	0.365	6.500	0.000	0.913	0.260	19.721	0.039	0.003	0.000
Weight/Serving:	130.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		1.404	106.456	0.474	0.036		
R-0405	Cnd, Pears Sliced	85.635	4.127	20.635	18.675	1.032	0.000	0.000	0.000	0.000	0.000	0.103	0.000	0.000	0.000
Weight/Serving:	130.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	0.481	0.000	0.000		
R-0643	Cnd, Peas and Carrots	60.000	0.000	350.000	3.000	6.000	1.080	20.000	3000.000	9.000	3.000	10.000	0.500	0.000	0.000
Weight/Serving:	125.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.000	66.667	7.500	0.000		
R-0407	Cnd, Pineapple, Tidbits	80.000	0.000	0.000	1.000	17.000	0.360	20.000	100.000	12.000	0.000	20.000	0.000	0.000	0.000
Weight/Serving:	140.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	100.000	0.000	0.000		
R-0650	Cnd, Sauce, Cranberry	22.275	0.000	7.087	0.202	4.252	0.000	0.000	0.000	0.000	0.000	5.062	0.000	0.000	0.000
Weight/Serving:	14.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	90.900	0.000	0.000		
R-0707	Cnd, Tropical Fruit Mix	81.000	0.000	4.050	1.620	13.770	0.000	16.200	0.000	21.870	0.000	19.440	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	96.000	0.000	0.000		
R-0472	Cobbler, Peach LC-13	347.872	9.600	83.012	1.055	* 17.411*	0.788*	2.731*	207.225*	0.834*	4.394	52.223	12.686	5.781	0.480*
Weight/Serving:	180.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.052	60.049	32.821	14.956		
R-0555	Cookie Dough, Brownie WG	150.020	10.001	115.015	2.000	12.002	3.600	20.003	500.067	0.000	2.000	26.003	4.501	1.500	0.000
Weight/Serving:	42.53	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.333	69.332	27.002	8.999		
R-0253	Cookie Dough, CC WG	160.000	10.000	100.000	2.000	12.000	2.700	0.000	500.000	0.000	2.000	26.000	5.000	1.500	0.000
Weight/Serving:	40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.000	65.000	28.125	8.438		
R-0311	Cookie, Oatmeal Raisin LC-10	215.160	12.690	125.615	1.108	12.643*	0.455*	6.977*	156.637	0.004*	2.849	28.738	9.782	2.425	0.000*
Weight/Serving:	49.66	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.297	53.426	40.917	10.144		
R-0598	Cookie, Oatmeal Raisin WG	160.000	10.000	125.000	2.000	14.000	3.600	20.000	750.000	0.000	2.000	27.000	5.000	1.500	0.000
Weight/Serving:	40.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.000	67.500	28.125	8.438		
R-0775	Cookie, WW Choc Chip LG-62	131.019	11.913	72.578	0.528	11.464*	0.461	15.556	251.906	0.041	2.030	21.574	4.271	1.983	0.000*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	35.39	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.198	65.865	29.338	13.622		
R-0876	Cookies, Animal	130.000	0.000	110.000	2.000	8.000	1.080	100.000	0.000	0.000	2.000	21.000	4.000	1.000	0.000
Weight/Serving:	29.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.154	64.615	27.692	6.923		
R-0255	Cookies, Teddy Shape WG	92.541	0.000	79.922	1.683	5.048	1.514	16.826	252.385	3.029	1.683	16.826	2.944	0.421	0.000
Weight/Serving:	23.85	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.275	72.729	28.632	4.094		
R-0396	Cornbread WG (from mix) LB-60	87.652	0.000	253.927	0.974	3.896*	0.701	59.145	0.000	0.000	0.974	15.583	2.435	0.974	0.000*
Weight/Serving:	46.08	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.445	71.113	25.002	10.001		
R-1132	Cracker, Goldfish Giant Cinn, WG	120.026	0.000	135.029	1.000	6.001	1.440	100.021	200.043	1.200	2.000	19.004	4.001	1.000	0.000
Weight/Serving:	25.52	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.665	63.333	30.001	7.498		
R-0873	Cracker, Honey Graham	110.000	0.000	140.000	2.000	7.000	2.700	0.000	300.000	3.600	2.000	20.000	3.000	0.500	0.000
Weight/Serving:	22.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.273	72.727	24.545	4.091		
R-0257	Crackers, Gold Fish WG	100.413	5.021	170.702	1.004	0.000	0.361	20.083	0.000	0.000	3.012	14.058	3.514	1.004	0.000
Weight/Serving:	21.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.998	56.001	31.496	8.999		
R-0817	Crackers, Saltine	90.000	0.000	160.000	14.000	0.000	0.720	0.000	0.000	0.000	2.000	16.000	2.000	0.000	0.000
Weight/Serving:	22.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.889	71.111	20.000	0.000		
R-0777	Craisins, Cherry Ind	110.000	*	0.000	3.000	24.000	*	*	*	0.000	0.000	28.000	0.000	0.000	0.000
Weight/Serving:	32.89	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	101.818	0.000	0.000		
R-0694	Cup, Applesauce	50.000	0.000*	0.000	1.000	11.000	0.000*	0.000*	0.000	12.000	0.000	12.000	0.000	0.000	0.000
Weight/Serving:	111.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	96.000	0.000	0.000		
R-0523	Cup, Broccoli w/Dip LE-76	20.795	0.000	135.478	0.826	1.000*	0.232	34.923	197.812	28.322	0.895	5.108	0.117	0.012	0.000*
Weight/Serving:	43.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.216	98.254	5.064	0.519		
R-0742	Cup, Broccoli-Cauliflower w/Dip LE-78	21.635	0.000	137.723	1.037	1.000*	0.226	32.950	102.149	25.737	0.942	5.376	0.084	0.010	0.000*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	52.82	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.416	99.394	3.494	0.416		
R-0524	Cup, Carrot w/Dip LE-74	35.401	0.000	181.608	2.105	1.000*	0.646	43.224	1008.062	1.887	0.464	8.980	0.094	0.017	0.000*
Weight/Serving:	84.57	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.243	101.466	2.390	0.432		
R-0521	Cup, Celery w/Dip LE-71	20.523	0.000	177.617	1.052	1.000*	0.132	46.308	295.311	2.039	0.454	4.953	0.112	0.026	0.000*
Weight/Serving:	77.77	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.849	96.536	4.912	1.140		
R-0519	Cup, Celery-Cucumber w/Dip LE-73	20.705	0.000	152.034	0.707	1.000*	0.168	38.960	185.758	2.035	0.463	5.294	0.096	0.026	0.000*
Weight/Serving:	81.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.945	102.275	4.173	1.130		
R-0522	Cup, Cucumber w/Dip LE-72	20.886	0.000	126.451	0.363	1.000*	0.203	31.612	76.204	2.032	0.472	5.634	0.080	0.027	0.000*
Weight/Serving:	84.57	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		9.040	107.900	3.447	1.163		
R-0520	Cup, Fresh Pepper Cup w/Dip LE-70	25.241	0.000	131.509	1.080	1.000*	0.253	29.685	1093.044	54.708	0.762	5.969	0.154	0.015	0.000*
Weight/Serving:	59.63	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		12.076	94.592	5.491	0.535		
R-0350	Cup, Fresh Veggie LE-67	27.963	0.000	179.612	1.578	1.000*	0.389	44.766	5151.687	1.962	0.459	6.967	0.103	0.021	0.000*
Weight/Serving:	81.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.566	99.660	3.315	0.676		
R-0278	Cup, Peach	100.000	0.000	10.000	0.000	22.000	0.360	0.000	200.000	3.600	0.000	24.000	0.000	0.000	0.000
Weight/Serving:	133.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	96.000	0.000	0.000		
R-0671	Cup, Strawberry USDA	122.000	0.000	4.000	2.400	30.610	0.750	14.000	31.000	52.800	0.680	33.050	0.170	0.010	0.000
Weight/Serving:	128.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		2.230	108.361	1.254	0.074		
R-0743	Cup, Tomato & Cucumber Salad LE-79	32.727	0.000	86.361	0.954	0.149*	0.294	13.456	546.482	8.886	0.836	4.456	1.704	0.255	*
Weight/Serving:	111.44	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.218	54.463	46.860	7.013		
R-0778	Cup, Tomato & Cucumber w/Dip LE-80	22.383	0.000	127.654	0.644	1.000*	0.206	29.662	359.268	5.913	0.575	5.828	0.117	0.025	0.000*
Weight/Serving:	86.84	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.276	104.150	4.704	1.005		
R-0525	Cup, Tomato w/Dip LE-75	23.880	0.000	128.856	0.925	1.000*	0.208	27.711	642.332	9.793	0.679	6.023	0.154	0.023	0.000*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	89.11	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.374	100.888	5.804	0.867		
R-0465	Dess - Cake, Applesauce (Local) LC-03	297.934	25.757	210.134	1.496	23.918*	1.551*	94.970*	60.004	0.392*	5.576	49.608	9.135	4.030	0.320*
Weight/Serving:	90.07	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.486	66.603	27.595	12.174		
R-0466	Dess - Cake, Chocolate (Local) LC-08	247.266	23.958	233.743	1.283	20.167*	0.960*	67.601*	63.300	0.106*	4.698	38.587	8.736	3.765	0.300*
Weight/Serving:	78.93	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.600	62.422	31.797	13.704		
R-0467	Dess - Cake, Chocoleana (Local) LC-31	226.887	0.517	234.394	1.423	18.419*	1.187*	69.207*	38.227	0.267*	5.692	40.354	5.325	0.728	0.000*
Weight/Serving:	79.13	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.035	71.144	21.123	2.888		
R-0468	Dess - Cake, Frosting Brownie LC-22	52.453	0.100	14.007	0.340	8.520	0.000*	3.000*	65.749	0.024*	0.420	9.541	1.531	0.622	0.000
Weight/Serving:	14.67	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		3.203	72.758	26.269	10.672		
R-0469	Dess - Cake, Frosting Vanilla LC-18	97.812	0.076	55.271	0.000	18.182*	0.000*	4.607*	129.074	0.018*	0.121	18.182	2.673	1.215	0.000*
Weight/Serving:	24.19	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.495	74.355	24.595	11.180		
R-0312	Dess - Cake, Royal Brownie LC-21	175.486	42.300	102.245	0.926	16.608*	0.399*	22.343*	48.700	0.197*	3.453	30.049	4.805	0.817	0.000*
Weight/Serving:	58.97	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.871	68.493	24.643	4.190		
R-0423	Dess - Cake, Yellow (Local) LC-20	282.918	38.849	180.967	0.637	18.330*	0.360*	91.185*	74.681	0.073*	4.806	41.293	10.370	1.634	0.000*
Weight/Serving:	84.79	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.795	58.382	32.988	5.198		
R-0470	Dess - Cinnamon Roll LB-08	316.400	0.403	238.145	2.839	12.261*	1.711*	36.399*	53.648	3.830*	8.868	58.520	5.216	0.796	0.000*
Weight/Serving:	103.23	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.211	73.982	14.837	2.264		
R-0471	Dess - Cobbler, Apple LC-01	341.587	9.600	79.625	1.954	20.034*	1.955*	4.116*	1.115*	0.972*	5.199	51.587	12.689	5.781	0.480*
Weight/Serving:	176.46	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.088	60.409	33.432	15.232		
R-0500	Dressing, 1000 PC	59.302	0.000	395.349	0.000	10.872	0.000	0.000	0.000	0.000	0.000	14.826	0.000	0.000	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	42.50	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	100.003	0.000	100.003	0.000	0.000			
R-0498	Dressing, French PC	40.005	0.000	330.044	0.000	7.001	0.360	0.000	100.013	0.000	0.000	10.001	0.000	0.000	0.000
Weight/Serving:	42.53	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	0.000	99.998	0.000	99.998	0.000	0.000			
R-0499	Dressing, Rnch Lt PC	141.566	10.112	333.692	0.000	1.011	0.000	20.224	101.119	0.000	1.011	2.022	14.157	2.022	0.000
Weight/Serving:	43.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.857	5.713	90.003	12.855					
R-0409	Dried - Raisins, Ind.	130.092	0.000	0.000	2.001	25.018	0.721	20.014	0.000	1.201	1.001	34.024	0.000	*	0.000
Weight/Serving:	42.53	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.078	104.615	0.000	0.000*	104.615	0.000	0.000*		
R-1162	Eggs, Boiled	62.920	186.120	61.600	0.000	*	0.805	23.320	214.280	0.000	5.535	0.339	4.374	1.364	*
Weight/Serving:	44.00	Fat Change %:		Moisture Change %:		% of Calories:	35.188	2.155	62.565	19.510					
R-0789	ELEM - Beef & Gravy, LD-74E	142.582	40.000	152.557	1.106	0.278	1.800*	20.000*	0.000*	0.000*	13.757	5.462	8.150	3.500	0.000
Weight/Serving:	116.70	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	38.594	15.323	51.444	22.093					
R-0527	ELEM - Beef Teriyaki Dipper	156.431	34.172	271.097	0.456	6.227	1.094*	30.375*	75.938	0.000*	9.113	8.049	9.872	4.025	0.000
Weight/Serving:	59.54	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	23.302	20.582	56.797	23.157					
R-0686	ELEM - Beef-a-Roni LD-72E	382.396	71.407	743.819	4.978	4.707*	3.136*	244.583*	1049.391	9.613*	21.542	27.028	21.390	9.523	0.680*
Weight/Serving:	419.45	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	22.534	28.272	50.343	22.413					
R-1112	ELEM - Calzone, Three Cheese	250.001	10.000	420.002	4.000	4.000	2.700*	400.002*	200.001	0.000*	19.000	33.000	5.000	2.000	0.000
Weight/Serving:	132.96	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	30.400	52.800	18.000	7.200					
R-0755	ELEM - Chicken & Gravy, LD-73E	124.705	50.343	401.544	0.160	0.420	0.007*	0.000*	0.000*	0.000*	19.267	8.749	1.736	0.000	0.000
Weight/Serving:	171.17	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	61.800	28.063	12.529	0.000					
R-0629	ELEM - Chicken and Noodles LD-17E	256.586	39.046	187.751	1.742	5.984*	1.475*	122.113*	262.817	0.466*	21.315	24.848	12.538	9.785	0.000*
Weight/Serving:	251.69	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	33.229	38.736	43.978	34.322					
R-0336	ELEM - Chicken and Rice LD-62E	210.668	36.021	358.475	1.311	0.496*	0.491*	3.593*	161.997	0.060*	15.966	24.277	6.075	1.622	0.000*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	190.97	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.315	46.095	25.953	6.929		
R-1116 ELEM - Chicken Bog LD-80E		267.623	44.044	442.318	1.546	0.116*	0.744*	18.181*	1848.949	0.395*	15.833	26.970	10.743	3.355	0.000*
Weight/Serving:	184.45	Fat Change %:			Moisture Change %:			% of Calories:		23.665	40.310	36.128	11.283		
R-0536 ELEM - Chicken Nuggets		112.000	24.000	328.000	0.800	12.800	2.160*	48.000*	80.000	0.000*	12.800	10.400	2.800	0.800	0.000
Weight/Serving:	67.20	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		45.714	37.143	22.500	6.429		
R-0791 ELEM - Chicken Parmesan LD-75E		468.137	82.594	664.222	6.508	13.370	4.495*	180.811*	751.644	7.212*	30.948	59.751	8.701	3.025	0.000*
Weight/Serving:	320.89	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.444	51.054	16.728	5.816		
R-0529 ELEM - Chicken Rings		174.000	66.000	288.000	1.200	0.000	1.620*	36.000*	0.000	0.000*	10.800	11.400	9.600	2.100	0.000
Weight/Serving:	67.20	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.828	26.207	49.655	10.862		
R-0699 ELEM - Chicken Tenders		140.082	30.018	410.241	1.001	2.001	2.702*	60.035*	100.059	0.000*	16.009	13.008	3.502	1.001	0.000
Weight/Serving:	85.05	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		45.713	37.144	22.500	6.431		
R-0203 ELEM - Chicken Teriyaki		130.000	35.000	550.000	1.000	6.000	1.080*	20.000*	100.000	1.200*	15.000	8.000	4.500	1.000	0.000
Weight/Serving:	84.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		46.154	24.615	31.154	6.923		
R-1085 ELEM - Chicken, Alfredo LD-78E		275.951	47.252	281.293	3.290	1.870	1.490*	87.313*	23.556*	0.007*	12.461	34.323	7.069	3.161	0.000*
Weight/Serving:	127.10	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.063	49.752	23.055	10.309		
R-0627 ELEM - Chicken, Baked LD-61E		110.839	85.000	288.024	0.074	0.000	0.401*	0.751*	0.000	0.060*	16.029	0.195	6.006	1.502	0.000*
Weight/Serving:	84.85	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		57.846	0.704	48.768	12.196		
R-0644 ELEM - Chicken, Chinese		143.593	32.308	251.287	1.436	10.051	0.905*	0.000*	0.000	1.723*	9.334	19.385	2.872	0.718	0.000
Weight/Serving:	79.38	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.001	54.000	18.001	4.500		
R-0533 ELEM - Chicken, Easy BBQ LD-64a		111.339	85.000	71.159	0.000	0.187	0.370*	0.000*	0.000	0.032*	16.000	0.321	6.000	1.500	0.000
Weight/Serving:	84.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		57.482	1.153	48.501	12.125		

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0588	ELEM - Chicken, Honey Lemon LD-44E	178.915	55.982	401.783	0.050	12.106*	0.699*	19.730 *	0.000*	1.191*	17.748	6.769	4.669	1.401	0.000*
	Weight/Serving: 110.84	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.679	15.133	23.487	7.047		
R-1022	ELEM - Chicken, Italian Herb LD-77E	140.269	55.982	401.263	0.009	1.868	0.677*	18.736 *	0.000	0.001*	17.744	2.868	4.666	1.400	0.000
	Weight/Serving: 73.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.600	8.179	29.938	8.983		
R-0814	ELEM - Chicken, Lemon Pepper LD-76E	139.956	55.982	449.313	0.000	1.866	0.672*	18.661 *	0.000	0.000*	17.728	2.799	4.665	1.400	0.000*
	Weight/Serving: 73.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.667	8.000	29.999	9.003		
R-1146	ELEM - Chicken, Oriental LD-82E	307.384	93.462	405.000	0.000	26.169	1.122*	0.000 *	0.000	0.000*	18.692	34.062	10.385	2.077	0.000
	Weight/Serving: 191.91	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.324	44.325	30.407	6.081		
R-0676	ELEM - Chicken, Oven Crispy LD-69E	226.333	85.986	89.459	0.341	2.484	0.579*	65.002 *	113.813	0.293*	18.626	9.671	13.143	2.533	0.000*
	Weight/Serving: 105.98	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.918	17.092	52.262	10.072		
R-0663	ELEM - Chicken, Roasted USDA	110.002	51.001	169.003	0.000	1.000	1.000*	7.000 *	70.001	0.000*	11.000	1.000	6.000	2.000	0.000
	Weight/Serving: 56.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.999	3.636	49.090	16.363		
R-0623	ELEM - Chicken, Sweet & Sour USDA	152.444	43.556	217.778	0.000	9.800	0.784*	*	*	3.920*	11.978	19.600	3.267	0.544	0.000
	Weight/Serving: 111.13	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		31.429	51.429	19.288	3.212		
R-0530	ELEM - Corn Dog Nuggets	169.955	14.996	439.884	1.000	3.999	0.720*	0.000 *	0.000	0.000*	5.998	17.995	7.998	1.500	0.460
	Weight/Serving: 75.98	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.117	42.352	42.354	7.943		
R-0702	ELEM - Corndog	242.143	20.179	595.268	5.045	9.080	2.724*	151.339 *	*	*	9.080	33.295	8.071	2.018	0.000
	Weight/Serving: 113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.999	55.001	29.998	7.501		
R-0651	ELEM - Dressing, Turkey WG LD-38E	157.533	0.000	352.629	1.538	4.445*	0.986*	70.467 *	289.128	0.344*	2.061	19.938	8.009	3.365	0.000*
	Weight/Serving: 85.06	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.233	50.626	45.756	19.225		
R-0718	ELEM - Fish Nuggets	240.000	26.667	306.667	1.333	0.000	1.440*	0.000 *	0.000	0.000*	14.667	22.667	9.333	0.667	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	112.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.445	37.778	34.999	2.501		
R-0609	ELEM - Fish Strips, USDA	150.000		270.000	0.000	1.000	*	*	*	*	9.000	15.000	6.000	1.000	0.000
Weight/Serving:	84.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.000	40.000	36.000	6.000		
R-0704	ELEM - Fish, Pollock USDA	160.000	50.000	300.000	0.600	0.000	0.720*	0.000*	0.000	3.600*	14.000	13.000	6.000	1.000	0.000
Weight/Serving:	101.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.000	32.500	33.750	5.625		
R-0724	ELEM - Ham Quiche with Crust LD-32aE	290.345	225.986	779.112	1.268	10.214*	1.483*	393.043*	750.857	1.347*	23.885	23.057	11.768	5.924	0.010*
Weight/Serving:	138.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.906	31.765	36.478	18.363		
R-0798	ELEM - Ham, Sliced	91.427	31.184	1016.330	0.000	4.252	0.255*	0.000*	0.000	0.000*	9.214	5.670	3.544	1.276	0.000
Weight/Serving:	70.87	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		40.312	24.807	34.887	12.561		
R-0603	ELEM - Nachos w/Chili & Cheese LD-28E	401.063	62.216	218.334	1.397	4.061*	1.888*	114.075*	219.809*	0.000*	19.037	25.376	25.050	8.420	0.700*
Weight/Serving:	156.96	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.987	25.309	56.213	18.895		
R-0209	ELEM - Pizza, Pepperoni Wedge WG	300.000	15.000	640.000	4.000	13.000	2.700*	200.000*	400.000	0.000*	15.000	36.000	11.000	4.500	0.000
Weight/Serving:	127.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.000	48.000	33.000	13.500		
R-1118	ELEM - Pork & Rice LD-81E	348.710	101.248	540.620	1.479	0.098*	0.532*	3.966*	0.071*	0.324*	25.128	24.221	11.240	4.053	2.025*
Weight/Serving:	226.38	Fat Change %:			Moisture Change %:			% of Calories:		28.824	27.784	29.010	10.461		
R-0631	ELEM - Pork, Roast LD-68E	154.000	54.000	103.691	0.000	0.000	0.104*	80.000*	300.000	0.120*	15.200	0.000	9.980	3.666	0.000
Weight/Serving:	57.05	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.481	0.000	58.325	21.425		
R-0681	ELEM - Quiche with Crust LD-32E	280.902	214.684	439.863	1.531	8.934*	1.531*	445.692*	816.669	1.347*	19.967	21.400	13.177	7.184	0.000*
Weight/Serving:	108.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.433	30.473	42.219	23.017		
R-0535	ELEM - Rolls, Wheat WG LB-62E	118.728	0.269	156.530	0.804	3.241*	0.474	16.671	26.869	2.524	3.400	19.107	2.930	0.416	0.000*
Weight/Serving:	42.25	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.455	64.372	22.210	3.153		

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0751	ELEM - Salad, Chef LE-61E	496.979	140.486	934.965	16.838	13.801*	3.485	188.055	3544.702	16.972	17.789	49.303	25.568	6.010	0.000*
	Weight/Serving: 404.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.318	39.682	46.302	10.884		
R-0685	ELEM - Salad, Chicken (Cnd/Frz) LE-05E	369.466	25.535	429.153	22.025	5.734*	1.887	9.448	54.100	0.409	17.190	31.200	23.634	10.567	0.000*
	Weight/Serving: 127.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.611	33.778	57.571	25.741		
R-0793	ELEM - Salad, Crispy Chicken LE-60E	566.543	85.001	1088.075	17.312	14.285*	4.227	109.286	3390.223	16.972	31.407	60.302	22.438	3.054	0.000*
	Weight/Serving: 449.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.174	42.575	35.645	4.852		
R-1121	ELEM - Salad, Grilled Chicken LE-80E	461.550	56.552	846.184	16.312	13.285*	2.427	69.286	290.223*	16.972	18.551	47.302	21.986	4.078	0.000*
	Weight/Serving: 407.53	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.077	40.994	42.872	7.952		
R-0679	ELEM - Salad, Meat - Turkey LE-69E	323.070	54.531	380.662	15.025	5.734*	1.838	23.906	54.100	0.409	19.187	23.200	16.534	2.541	0.000*
	Weight/Serving: 116.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.756	28.724	46.060	7.079		
R-1117	ELEM - Salisbury Steak,USDA	147.321	54.018	500.890	0.000	0.982	1.414	19.643	98.214	1.179	12.768	1.964	9.821	3.929	0.491
	Weight/Serving: 71.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		34.667	5.333	59.998	24.003		
R-1144	ELEM - Sandwich, Bacon Cheeseburger LF-87E	374.820	62.455	709.147	4.000	4.500	3.600	295.000	150.000	0.000	26.482	33.000	17.487	6.000	0.000
	Weight/Serving: 141.33	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.261	35.217	41.989	14.407		
R-0687	ELEM - Sandwich, BBQ (Chicken) LF-80E	237.439	35.522	243.702	3.000	4.284*	2.295	205.953	21.750	0.049	18.423	31.487	5.032	0.833	0.000*
	Weight/Serving: 98.11	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		31.036	53.044	19.074	3.157		
R-0531	ELEM - Sandwich, BBQ (Purchased) LF-73E	280.260	36.908	474.540	3.871	7.316	3.038	234.753	93.622	1.880	21.503	35.982	6.493	1.513	0.000
	Weight/Serving: 142.58	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.690	51.355	20.851	4.859		
R-0672	ELEM - Sandwich, BBQ (Unit Made) LF-77E	269.829	37.800	233.131	3.000	4.284	1.888	256.000	210.000	0.133	17.640	31.487	8.986	2.566	0.000
	Weight/Serving: 98.11	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.150	46.677	29.972	8.559		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0806	ELEM - Sandwich, BBQ (USDA) LF-84E	333.585	49.057	388.679	3.000	16.075	1.800	200.000	0.000	0.000	22.849	43.075	8.038	2.264	0.000*
	Weight/Serving: 142.28	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.398	51.651	21.686	6.108		
R-1099	ELEM - Sandwich, Bird Dog LF-85E	326.329	32.584	869.003	3.667	6.334	3.601	361.272	117.330	0.000	23.208	43.178	8.865	2.692	0.000
	Weight/Serving: 0.00	Fat Change %:		Moisture Change %:		% of Calories:		28.447	52.926	24.449	7.424				
R-1109	ELEM - Sandwich, Cheeseburger Express LF-86E	350.000	40.000	590.000	4.000	9.000	3.240	260.000	200.000	9.000	18.000	39.000	14.000	6.000	0.500
	Weight/Serving: 0.00	Fat Change %:		Moisture Change %:		% of Calories:		20.571	44.571	36.000	15.429				
R-0606	ELEM - Sandwich, Cheeseburger LF-61E	335.000	52.500	520.000	4.000	4.500	3.600	295.000	150.000	0.000	22.500	33.000	14.500	6.000	0.000
	Weight/Serving: 131.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.866	39.403	38.955	16.119		
R-0559	ELEM - Sandwich, Chicken Fillet LF-63E	350.000	75.000	620.000	4.000	5.000	3.600	240.000	100.000	0.000	32.000	44.000	6.500	1.000	0.000
	Weight/Serving: 170.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		36.571	50.286	16.714	2.571		
R-1160	ELEM - Sandwich, Chicken Parmesan LF-90E	392.902	65.816	719.334	4.681	8.941	2.711	470.985	401.567*	3.761	29.420	40.384	13.736	7.129	0.000*
	Weight/Serving: 234.76	Fat Change %:		Moisture Change %:		% of Calories:		29.951	41.114	31.464	16.330				
R-0708	ELEM - Sandwich, Chicken Salad Croissant LF-82E	424.466	30.535	459.153	3.025	8.734*	2.247	69.448	354.100	1.609	19.190	33.200	28.634	14.067	0.000*
	Weight/Serving: 156.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.084	31.286	60.713	29.826		
R-0366	ELEM - Sandwich, Deli (Cold) LF-69E	356.644	79.156	1241.532	3.000	4.500	3.000	324.992	150.000	1.000	19.498	34.500	16.498	5.833	0.000
	Weight/Serving: 142.03	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.868	38.694	41.633	14.720		
R-0725	ELEM - Sandwich, Egg Salad Croissant LF-83E	282.972	217.479	472.115	2.959	3.000*	2.501	97.299	637.179	3.384	11.707	31.571	13.125	5.076	0.000*
	Weight/Serving: 157.68	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.549	44.628	41.744	16.144		
R-0611	ELEM - Sandwich, Fish & Cheese LF-79E	320.000	0.000	430.000	3.000	4.000	1.800	200.000	0.000*	0.000	21.000	46.000	8.000	1.500	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	158.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.250	57.500	22.500	4.219		
R-0597	ELEM - Sandwich, Fish LF-78E	320.000	50.000	500.000	3.600	4.000	2.520	200.000	0.000	3.600	21.000	44.000	8.000	1.000	0.000
Weight/Serving:	158.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.250	55.000	22.500	2.813		
R-0621	ELEM - Sandwich, Grilled Cheese LF-07E	274.300	25.000	625.515	2.000	5.000	1.440	190.000	421.498	0.000	11.000	30.000	12.673	6.215	0.000
Weight/Serving:	87.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.041	43.748	41.581	20.392		
R-0548	ELEM - Sandwich, Grilled Chicken LF-62E	299.956	55.982	601.206	3.000	5.866	2.472	218.661	0.000	0.000	24.728	33.799	6.665	1.400	0.000
Weight/Serving:	130.71	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.976	45.072	19.998	4.201		
R-0675	ELEM - Sandwich, Grilled Ham & Cheese LJ-66E	311.161	30.019	1038.994	2.000	6.889	1.583	115.000	473.995	0.000	13.676	32.185	14.619	6.457	0.000
Weight/Serving:	119.06	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.581	41.374	42.284	18.676		
R-0359	ELEM - Sandwich, Ham & Cheese (Cold) LF-64E	241.079	28.217	912.231	2.000	6.643	1.569	115.000	150.000	0.000	13.144	31.858	7.286	3.143	0.000
Weight/Serving:	105.89	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.809	52.859	27.200	11.733		
R-0549	ELEM - Sandwich, Hamburger LF-60E	280.000	40.000	320.000	4.000	4.000	3.600	220.000	0.000	0.000	20.000	32.000	10.000	3.500	0.000
Weight/Serving:	117.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.571	45.714	32.143	11.250		
R-0362	ELEM - Sandwich, Hot Dog on Bun LF-67E	309.976	49.992	939.882	3.000	4.000	2.880	279.987	299.952	0.000	13.999	33.000	13.998	3.999	0.000
Weight/Serving:	113.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.065	42.584	40.643	11.611		
R-0364	ELEM - Sandwich, Meatball Sub LF-68E	342.224	30.018	700.788	3.960	8.987	2.798	249.624	240.000	2.880	15.298	40.095	14.007	4.669	0.000*
Weight/Serving:	173.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.881	46.864	36.836	12.279		
R-0369	ELEM - Sandwich, Peanut Butter & Jelly LF-71E	504.813	0.000	370.097	3.417	27.843	1.950	40.000	0.000*	0.000	8.835	59.423	23.680	2.835	0.000
Weight/Serving:	137.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.001	47.085	42.218	5.054		
R-0717	ELEM - Sandwich, Rib LF-76E	350.000	45.000	690.000	4.000	7.000	2.880	240.000	300.000	2.400	19.000	35.000	16.000	5.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	129.80	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.714	40.000	41.143	12.857		
R-0587	ELEM - Sandwich, Sloppy Joe LF-05E	394.327	55.200	391.248	4.148	10.848*	3.726	296.976	276.957	3.342	21.215	40.934	17.874	6.212	0.690*
Weight/Serving:	182.62	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.520	41.523	40.795	14.178		
R-0787	ELEM - Sandwich, Spicy Chicken LF-81E	360.003	75.001	570.006	5.000	4.000	3.600	220.000	300.005	0.000	31.000	47.000	6.500	1.000	0.000
Weight/Serving:	170.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		34.444	52.222	16.250	2.500		
R-0360	ELEM - Sandwich, Turkey-Cheese (Cold) LF-65E	240.225	21.329	538.739	3.000	5.005	2.305	275.000	150.000	0.000	14.041	33.261	6.752	2.500	0.000
Weight/Serving:	99.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.380	55.383	25.296	9.366		
R-1088	ELEM - School Spaghetti LD-63E	377.680	54.400*	243.576*	4.161	3.636*	4.729	129.032	315.852	5.431*	13.923*	37.087	16.845	6.122*	0.680*
Weight/Serving:	663.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.746*	39.279	40.141	14.589*		
R-0562	ELEM - Spaghetti, Easy w/Meat LD-63E	266.563	44.516*	107.128*	2.958	3.358*	2.363	101.509	315.838	4.186*	11.321*	22.158	13.398	5.008*	0.556*
Weight/Serving:	315.24	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.988*	33.250	45.236	16.909*		
R-1156	ELEM - Taco, Chicken LF-89E	237.090	46.757*	593.045*	2.027	2.008	1.457	100.235	58.805*	0.003*	16.244*	24.206	8.229	3.200*	0.000*
Weight/Serving:	124.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.406*	40.839	31.238	12.147*		
R-0589	ELEM - Taco, Mexican Hard LD-13Ea	376.869	55.187*	128.665*	3.158	0.962*	2.126	189.116	304.645	1.145*	16.655*	26.228	23.064	10.039*	0.500*
Weight/Serving:	129.72	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.677*	27.838	55.079	23.974*		
R-0655	ELEM - Turkey & Noodles LD-70E	237.833	54.449*	482.372*	1.742	5.984*	0.822	122.113	262.817	0.466*	17.475*	24.848	6.883	1.904*	0.000*
Weight/Serving:	250.52	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.390*	41.791	26.046	7.205*		
R-0457	ELEM - Turkey, Roast LD-67E	101.248	37.968*	466.850*	0.000	0.000*	0.081	0.056	0.000	0.000*	12.656*	0.000	4.151	1.367*	0.000*
Weight/Serving:	73.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.000*	0.000	36.899	12.151*		
R-0455	ELEM - Turkey, Whole LD-66E	149.327	63.992*	205.116*	0.000	0.000*	0.000	0.036	0.000	0.000*	21.334*	0.000	7.464	2.132*	0.000*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	91.07	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	57.147*	0.000	44.986	12.850*					
R-0601	ELEM - Wrap, Chicken Fajita LF-72E	193.333	29.333	479.333	2.000	2.000	1.632	100.000	0.000	0.000	14.133	24.533	4.067	1.000	0.000
Weight/Serving:	96.36	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	29.241	50.758	18.933	4.655					
R-0368	ELEM - Wrap, Chicken LF-70E	330.000	75.000	670.000	3.000	3.000	3.240	140.000	100.000	0.000	29.000	37.000	7.500	2.000	0.000
Weight/Serving:	164.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	35.152	44.848	20.455	5.455					
R-1145	ELEM - Wrap, Grilled Chicken LF-88E	225.382	46.757	428.896	2.000	2.000	1.440	100.000	0.000*	0.000	16.197	24.000	7.066	3.033	0.000
Weight/Serving:	122.15	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	28.746	42.594	28.216	12.111					
R-0400	Fresh, Apple	71.760	0.000	1.380	3.312	*	0.166	8.280	74.520	6.348	0.359	19.058	0.235	0.041	*
Weight/Serving:	138.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.001	106.232	2.947	0.514					
R-0752	Fresh, Apples, Sliced	28.600	0.000	0.550	1.320	*	0.066	3.300	29.700	2.530	0.143	7.595	0.094	0.016	*
Weight/Serving:	55.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.000	106.224	2.958	0.503					
R-0401	Fresh, Banana	105.020	0.000	1.180	3.068	*	0.307	5.900	75.520	10.266	1.286	26.951	0.389	0.130	*
Weight/Serving:	118.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.898	102.651	3.334	1.114					
R-0413	Fresh, Cantaloupe	26.520	0.000	12.480	0.702	*	0.164	7.020	2637.960	28.626	0.655	6.365	0.148	0.040	*
Weight/Serving:	78.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	9.879	96.003	5.023	1.357					
R-0414	Fresh, Grapes	22.512	0.000	0.672	0.302	*	0.097	4.704	33.600	1.344	0.212	5.762	0.118	0.038	*
Weight/Serving:	33.60	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.767	102.381	4.717	1.519					
R-0415	Fresh, Orange	61.570	0.000	0.000	3.144	*	0.131	52.400	294.750	69.692	1.231	15.392	0.157	0.026	*
Weight/Serving:	131.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.997	99.997	2.295	0.380					
R-0416	Fresh, Pear	85.840	0.000	1.480	4.588	*	0.252	13.320	34.040	6.216	0.562	22.881	0.178	0.015	*
Weight/Serving:	148.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.619	106.622	1.866	0.157					
R-0412	Fresh, Watermelon	22.800	0.000	0.760	0.304	*	0.182	5.320	432.440	6.156	0.464	5.738	0.114	0.012	*

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		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	76.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.140	100.667	4.500	0.474		
R-0473	Gingerbread (Local) LC-23	305.732	0.000	230.413	1.009	7.437*	1.863	51.072	0.634	0.041	4.970	51.833	8.520	1.208	0.000*
Weight/Serving:	101.64	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.502	67.815	25.081	3.556		
R-0462	Gravy, Low-Fat LG-61	21.654	0.000	31.937	0.106	0.278*	0.010	1.776	0.000	0.000	0.757	4.276	0.150	0.000	0.000*
Weight/Serving:	65.86	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		13.984	78.988	6.234	0.000		
R-0790	HIGH - Beef & Gravy, LD-74H	142.582	40.000	152.557	1.106	0.278	1.800*	20.000*	0.000*	0.000*	13.757	5.462	8.150	3.500	0.000
Weight/Serving:	116.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		38.594	15.323	51.444	22.093		
R-0199	HIGH - Beef Teriyaki Dipper	208.575	45.562	361.462	0.608	8.302	1.458*	40.500*	101.250	0.000*	12.150	10.733	13.163	5.366	0.000
Weight/Serving:	79.38	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.301	20.583	56.798	23.154		
R-0721	HIGH - Beef Ziti USDA	345.000	56.000	563.000	3.000	5.000	3.000*	136.000*	922.000	9.000*	18.000	30.000	17.000	7.400	0.900
Weight/Serving:	226.80	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.870	34.783	44.348	19.304		
R-0693	HIGH - Beef-a-Roni LD-72H	382.396	71.407	743.819	4.978	4.707*	3.136*	244.583*	1049.391	9.613*	21.542	27.028	21.390	9.523	0.680*
Weight/Serving:	419.45	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.534	28.272	50.343	22.413		
R-1100	HIGH - Calzone, Three Cheese	250.001	10.000	420.002	4.000	4.000	2.700*	400.002*	200.001	0.000*	19.000	33.000	5.000	2.000	0.000
Weight/Serving:	132.96	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.400	52.800	18.000	7.200		
R-0753	HIGH - Chicken & Gravy, LD-73H	124.705	50.343	401.544	0.160	0.420	0.007*	0.000*	0.000*	0.000*	19.267	8.749	1.736	0.000	0.000
Weight/Serving:	171.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		61.800	28.063	12.529	0.000		
R-0326	HIGH - Chicken and Noodles LD-17H	256.586	39.046	187.751	1.742	5.984*	1.475*	122.113*	262.817	0.466*	21.315	24.848	12.538	9.785	0.000*
Weight/Serving:	251.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		33.229	38.736	43.978	34.322		
R-0683	HIGH - Chicken and Rice LD-62H	210.668	36.021	358.475	1.311	0.496*	0.491*	3.593*	161.997	0.060*	15.966	24.277	6.075	1.622	0.000*
Weight/Serving:	190.97	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.315	46.095	25.953	6.929		
R-1114	HIGH - Chicken Bog LD-80H	535.244	88.087	884.635	3.093	0.233*	1.491*	36.363*	3697.898	0.790*	31.662	53.940	21.487	6.713	0.000*

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	368.90	Fat Change %:		Moisture Change %:		% of Calories:		23.662	40.311	36.130	11.288				
R-0201	HIGH - Chicken Nuggets	140.000	30.000	410.000	1.000	16.000	2.700*	60.000*	100.000	0.000*	16.000	13.000	3.500	1.000	0.000
Weight/Serving:	84.00	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	45.714	37.143	22.500	6.429				
R-0797	HIGH - Chicken Parmesan LD-75H	468.137	82.594	664.222	6.508	13.370	4.495*	180.811*	751.644	7.212*	30.948	59.751	8.701	3.025	0.000*
Weight/Serving:	320.89	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	26.444	51.054	16.728	5.816				
R-0202	HIGH - Chicken Rings	217.500	82.500	360.000	1.500	0.000	2.025*	45.000*	0.000	0.000*	13.500	14.250	12.000	2.625	0.000
Weight/Serving:	84.00	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	24.828	26.207	49.655	10.862				
R-0701	HIGH - Chicken Tenders	140.082	30.018	410.241	1.001	2.001	2.702*	60.035*	100.059	0.000*	16.009	13.008	3.502	1.001	0.000
Weight/Serving:	85.05	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	45.713	37.144	22.500	6.431				
R-0733	HIGH - Chicken Teriyaki	130.000	35.000	550.000	1.000	6.000	1.080*	20.000*	100.000	1.200*	15.000	8.000	4.500	1.000	0.000
Weight/Serving:	84.00	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	46.154	24.615	31.154	6.923				
R-1087	HIGH - Chicken, Alfredo LD-78H	275.951	47.252	281.293	3.290	1.870	1.490*	87.313*	23.556*	0.007*	12.461	34.323	7.069	3.161	0.000*
Weight/Serving:	127.10	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	18.063	49.752	23.055	10.309				
R-0335	HIGH - Chicken, Baked LD-61H	181.439	63.000	281.824	0.074	0.000	0.797*	9.991*	117.600	1.406*	15.653	0.195	12.656	3.622	0.076*
Weight/Serving:	84.85	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	34.509	0.430	62.778	17.966				
R-0337	HIGH - Chicken, Barbecued-Easy LD-64	181.939	63.000	64.959	0.000	0.187	0.766*	9.240*	117.600	1.378*	15.624	0.321	12.650	3.620	0.076
Weight/Serving:	84.94	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	34.350	0.706	62.576	17.907				
R-1097	HIGH - Chicken, Buffalo Hot	84.902	29.531	401.625	0.000	0.000	1.063*	* 147.656	0.886*	8.121	8.121	2.215	0.369	0.000	
Weight/Serving:	70.88	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	38.261	38.261	23.480	3.912				
R-0646	HIGH - Chicken, Chinese	143.593	32.308	251.287	1.436	10.051	0.905*	0.000*	0.000	1.723*	9.334	19.385	2.872	0.718	0.000
Weight/Serving:	79.38	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	26.001	54.000	18.001	4.500				
R-0576	HIGH - Chicken, Honey Lemon LD-44H	178.915	55.982	401.783	0.050	12.106*	0.699*	19.730*	0.000*	1.191*	17.748	6.769	4.669	1.401	0.000*

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	110.84	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.679	15.133	23.487	7.047		
R-0915	HIGH - Chicken, Italian Herb LD-77H	140.269	55.982	401.263	0.009	1.868	0.677*	18.736*	0.000	0.001*	17.744	2.868	4.666	1.400	0.000
Weight/Serving:	73.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.600	8.179	29.938	8.983		
R-0816	HIGH - Chicken, Lemon Pepper LD-76H	139.956	55.982	449.313	0.000	1.866	0.672*	18.661*	0.000	0.000*	17.728	2.799	4.665	1.400	0.000*
Weight/Serving:	73.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.667	8.000	29.999	9.003		
R-1148	HIGH - Chicken, Oriental LD-82H	307.384	93.462	405.000	0.000	26.169	1.122*	0.000*	0.000	0.000*	18.692	34.062	10.385	2.077	0.000
Weight/Serving:	191.91	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.324	44.325	30.407	6.081		
R-0640	HIGH - Chicken, Oven Crispy LD-69H	296.933	63.986	83.259	0.341	2.484	0.975*	74.242*	231.413	1.639*	18.250	9.671	19.793	4.653	0.076*
Weight/Serving:	105.98	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.585	13.028	59.992	14.103		
R-0665	HIGH - Chicken, Roasted USDA	110.002	51.001	169.003	0.000	1.000	1.000*	7.000*	70.001	0.000*	11.000	1.000	6.000	2.000	0.000
Weight/Serving:	56.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.999	3.636	49.090	16.363		
R-0626	HIGH - Chicken, Sweet & Sour USDA	152.444	43.556	217.778	0.000	9.800	0.784*	*	*	3.920*	11.978	19.600	3.267	0.544	0.000
Weight/Serving:	111.13	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		31.429	51.429	19.288	3.212		
R-0228	HIGH - Corndog	242.143	20.179	595.268	5.045	9.080	2.724*	151.339*	*	*	9.080	33.295	8.071	2.018	0.000
Weight/Serving:	113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.999	55.001	29.998	7.501		
R-0332	HIGH - Dressing, Turkey WG LD-38H	157.533	0.000	352.629	1.538	4.445*	0.986*	70.467*	289.128	0.344*	2.061	19.938	8.009	3.365	0.000*
Weight/Serving:	85.06	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.233	50.626	45.756	19.225		
R-0720	HIGH - Fish Nuggets	240.000	26.667	306.667	1.333	0.000	1.440*	0.000*	0.000	0.000*	14.667	22.667	9.333	0.667	0.000
Weight/Serving:	112.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.445	37.778	34.999	2.501		
R-0483	HIGH - Fish Strips, USDA	150.000		270.000	0.000	1.000	*	*	*	*	9.000	15.000	6.000	1.000	0.000

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	84.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	24.000	40.000	36.000	6.000					
R-0706	HIGH - Fish, Pollock USDA	160.000	50.000	300.000	0.600	0.000	0.720*	0.000*	0.000	3.600*	14.000	13.000	6.000	1.000	0.000
Weight/Serving:	101.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	35.000	32.500	33.750	5.625					
R-1107	HIGH - Flatbread,Turkey Bacon Ranch LD-79H	290.822	28.994	774.373	3.506	3.505	2.036*	141.248*	126.560	0.000*	16.076	32.767	11.301	4.037	0.000
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:	22.111	45.068	34.973	12.493					
R-0729	HIGH - Ham Quiche with Crust LD-32aH	290.345	225.986	779.112	1.268	10.214*	1.483*	393.043*	750.857	1.347*	23.885	23.057	11.768	5.924	0.010*
Weight/Serving:	138.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	32.906	31.765	36.478	18.363					
R-0800	HIGH - Ham, Sliced	91.427	31.184	1016.330	0.000	4.252	0.255*	0.000*	0.000	0.000*	9.214	5.670	3.544	1.276	0.000
Weight/Serving:	70.87	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	40.312	24.807	34.887	12.561					
R-0602	HIGH - Nachos w/Chili & Cheese LD-28H	541.960	62.216	306.217	2.730	4.404*	2.262*	143.558*	264.601*	0.000*	20.913	44.478	31.381	9.207	0.700*
Weight/Serving:	185.31	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	15.435	32.828	52.113	15.290					
R-1094	HIGH - Pizza, Buffalo Chicken	390.000	45.000	750.000	3.000	8.000	2.700*	300.000*	400.000	0.000*	20.000	35.000	19.000	7.000	0.000
Weight/Serving:	148.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	20.513	35.897	43.846	16.154					
R-0208	HIGH - Pizza, Pepperoni Wedge WG	300.000	15.000	640.000	4.000	13.000	2.700*	200.000*	400.000	0.000*	15.000	36.000	11.000	4.500	0.000
Weight/Serving:	127.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	20.000	48.000	33.000	13.500					
R-1119	HIGH - Pork & Rice LD-81H	697.420	202.497	1081.239	2.960	0.197*	1.066*	7.931*	0.142*	0.648*	50.254	48.442	22.480	8.107	4.050*
Weight/Serving:	452.77	Fat Change %:		Moisture Change %:		% of Calories:	28.823	27.784	29.010	10.462					
R-0458	HIGH - Pork, Roast LD-68	154.000	54.000	103.691	0.000	0.000	0.104*	80.000*	300.000	0.120*	15.200	0.000	9.980	3.666	0.000
Weight/Serving:	57.05	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	39.481	0.000	58.325	21.425					
R-0578	HIGH - Quiche with Crust LD-32H	280.902	214.684	439.863	1.531	8.934*	1.531*	445.692*	816.669	1.347*	19.967	21.400	13.177	7.184	0.000*
Weight/Serving:	108.65	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	28.433	30.473	42.219	23.017					

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0461	HIGH - Rolls, Wheat WG LB-62	180.091	0.403	236.896	1.205	4.861*	0.711	25.007	50.303	3.787	5.100	28.660	4.616	0.725	0.000*
	Weight/Serving: 63.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.328	63.657	23.068	3.623		
R-0540	HIGH - Salad, Chef LE-61H	512.771	140.486	1121.621	24.894	1.780*	4.225	193.333	3261.197	16.155	20.108	46.516	26.832	6.010	0.000*
	Weight/Serving: 331.13	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		15.686	36.286	47.095	10.549		
R-0541	HIGH - Salad, Chicken (Cnd/Frz) LE-05a	414.466	25.535	509.153	29.025	5.734*	2.247	9.448	54.100	0.409	18.190	39.200	24.634	10.567	0.000*
	Weight/Serving: 138.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.555	37.832	53.492	22.946		
R-0343	HIGH - Salad, Crispy Chicken LE-60H	545.392	85.001	1158.625	24.312	2.000*	4.587	109.286	3106.718	15.838	32.407	52.237	23.438	3.054	0.000*
	Weight/Serving: 341.62	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.768	38.312	38.677	5.040		
R-1123	HIGH - Salad, Grilled Chicken LE-80H	440.399	56.552	916.734	23.312	1.000*	2.787	69.286	306.718*	15.838	19.551	39.237	22.986	4.078	0.000*
	Weight/Serving: 299.46	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.758	35.638	46.974	8.334		
R-0475	HIGH - Salad, Meat - Chicken (Fresh) LE-05Ha	347.562	53.418	380.163	15.025	5.734*	1.323	15.731	134.068	1.324*	12.854	23.200	22.262	4.055	0.051*
	Weight/Serving: 116.23	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.793	26.700	57.647	10.500		
R-0456	HIGH - Salad, Meat - Turkey LE-69H	413.070	54.531	540.662	29.025	5.734*	2.558	23.906	54.100	0.409*	21.187	39.200	18.534	2.541	0.000*
	Weight/Serving: 138.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.517	37.960	40.382	5.536		
R-1101	HIGH - Salisbury Steak,USDA	147.321	54.018	500.890	0.000	0.982	1.414	19.643	98.214	1.179	12.768	1.964	9.821	3.929	0.491
	Weight/Serving: 71.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		34.667	5.333	59.998	24.003		
R-1124	HIGH - Sandwich, Bacon Cheeseburger LF-87H	374.820	62.455	709.147	4.000	4.500	3.600	295.000	150.000	0.000	26.482	33.000	17.487	6.000	0.000
	Weight/Serving: 141.33	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.261	35.217	41.989	14.407		
R-0689	HIGH - Sandwich, BBQ (Chicken) LF-80H	237.439	35.522	243.702	3.000	4.284*	2.295	205.953	21.750	0.049	18.423	31.487	5.032	0.833	0.000*
	Weight/Serving: 98.11	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		31.036	53.044	19.074	3.157		
R-0542	HIGH - Sandwich, BBQ (Purchased) LF-73H	319.345	48.903	563.765	4.154	8.394	3.440	246.048	124.049	2.491	26.217	37.601	7.953	2.005	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	170.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.838	47.098	22.414	5.651		
R-0476	HIGH - Sandwich, BBQ (Unit Made) LF-77H	322.822	56.160	247.608	3.000	4.373	1.927	283.200	312.000	0.189	22.808	31.639	12.379	3.813	0.000
Weight/Serving:	117.83	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.261	39.203	34.512	10.630		
R-0808	HIGH - Sandwich, BBQ (USDA) LF-84H	390.000	65.000	450.000	3.000	20.000	1.800	200.000	0.000	0.000	28.000	47.000	10.000	3.000	0.000*
Weight/Serving:	170.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.718	48.205	23.077	6.923		
R-1092	HIGH - Sandwich, Bird Dog LF-85H	326.329	32.584	869.003	3.667	6.334	3.601	361.272	117.330	0.000	23.208	43.178	8.865	2.692	0.000
Weight/Serving:	0.00	Fat Change %:			Moisture Change %:			% of Calories:		28.447	52.926	24.449	7.424		
R-1111	HIGH - Sandwich, Cheeseburger Express LF-86H	350.000	40.000	590.000	4.000	9.000	3.240	260.000	200.000	9.000	18.000	39.000	14.000	6.000	0.500
Weight/Serving:	0.00	Fat Change %:			Moisture Change %:			% of Calories:		20.571	44.571	36.000	15.429		
R-0356	HIGH - Sandwich, Cheeseburger LF-61H	335.000	52.500	520.000	4.000	4.500	3.600	295.000	150.000	0.000	22.500	33.000	14.500	6.000	0.000
Weight/Serving:	131.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.866	39.403	38.955	16.119		
R-0572	HIGH - Sandwich, Chicken Fillet LF-63H	350.000	75.000	620.000	4.000	5.000	3.600	240.000	100.000	0.000	32.000	44.000	6.500	1.000	0.000
Weight/Serving:	170.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		36.571	50.286	16.714	2.571		
R-1151	HIGH - Sandwich, Chicken Parmesan Melt LF-90H	392.902	65.816	719.334	4.681	8.941	2.711	470.985	401.567*	3.761	29.420	40.384	13.736	7.129	0.000*
Weight/Serving:	234.76	Fat Change %:			Moisture Change %:			% of Calories:		29.951	41.114	31.464	16.330		
R-0697	HIGH - Sandwich, Chicken Salad Croissant LF-82H	424.466	30.535	459.153	3.025	8.734*	2.247	69.448	354.100	1.609	19.190	33.200	28.634	14.067	0.000*
Weight/Serving:	156.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.084	31.286	60.713	29.826		
R-0574	HIGH - Sandwich, Deli (Cold) LF-69H	356.644	79.156	1241.532	3.000	4.500	3.000	324.992	150.000	1.000	19.498	34.500	16.498	5.833	0.000
Weight/Serving:	142.03	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.868	38.694	41.633	14.720		

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0727	HIGH - Sandwich, Egg Salad Croissant LF-83H	282.972	217.479	472.115	2.959	3.000*	2.501	97.299	637.179	3.384	11.707	31.571	13.125	5.076	0.000*
	Weight/Serving: 157.68	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.549	44.628	41.744	16.144		
R-0612	HIGH - Sandwich, Fish & Cheese LF-79H	320.000	0.000	430.000	3.000	4.000	1.800	200.000	0.000*	0.000	21.000	46.000	8.000	1.500	0.000
	Weight/Serving: 158.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.250	57.500	22.500	4.219		
R-0600	HIGH - Sandwich, Fish LF-78H	320.000	50.000	500.000	3.600	4.000	2.520	200.000	0.000	3.600	21.000	44.000	8.000	1.000	0.000
	Weight/Serving: 158.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.250	55.000	22.500	2.813		
R-0354	HIGH - Sandwich, Grilled Cheese (Lunch) LF-07H	384.300	50.000	1025.515	2.000	6.000	1.440	340.000	721.498	0.000	16.000	32.000	21.673	11.215	0.000
	Weight/Serving: 116.08	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.654	33.307	50.756	26.265		
R-0357	HIGH - Sandwich, Grilled Chicken LF-62H	299.956	55.982	601.206	3.000	5.866	2.472	218.661	0.000	0.000	24.728	33.799	6.665	1.400	0.000
	Weight/Serving: 130.71	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.976	45.072	19.998	4.201		
R-0596	HIGH - Sandwich, Grilled Ham & Cheese LJ-66H	335.641	37.448	1283.938	2.000	7.902	1.644	115.000	487.494	0.000	15.871	33.536	15.760	6.896	0.000
	Weight/Serving: 136.32	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.914	39.967	42.259	18.491		
R-0604	HIGH - Sandwich, Ham & Cheese (Cold) LF-64H	268.142	37.448	1213.064	2.000	7.902	1.644	115.000	150.000	0.000	15.871	33.536	8.335	3.521	0.000
	Weight/Serving: 126.87	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.676	50.027	27.976	11.818		
R-0355	HIGH - Sandwich, Hamburger LF-60H	280.000	40.000	320.000	4.000	4.000	3.600	220.000	0.000	0.000	20.000	32.000	10.000	3.500	0.000
	Weight/Serving: 117.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.571	45.714	32.143	11.250		
R-0564	HIGH - Sandwich, Hot Dog LF-67H	309.976	49.992	939.882	3.000	4.000	2.880	279.987	299.952	0.000	13.999	33.000	13.998	3.999	0.000
	Weight/Serving: 113.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.065	42.584	40.643	11.611		
R-0571	HIGH - Sandwich, Meatball Sub LF-68H	418.935	45.026	917.582	3.960	9.321	3.038	269.635	240.000	2.880	18.966	41.763	20.011	7.004	0.000*
	Weight/Serving: 202.05	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.109	39.875	42.990	15.047		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0657	HIGH - Sandwich, Peanut Butter & Jelly LF-71H	504.813	0.000	370.097	3.417	27.843	1.950	40.000	0.000*	0.000	8.835	59.423	23.680	2.835	0.000
	Weight/Serving: 137.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.001	47.085	42.218	5.054		
R-0573	HIGH - Sandwich, Rib LF-76H	340.000	45.000	790.000	4.000	5.000	2.880	140.000	300.000	2.400	18.000	30.000	16.500	5.500	0.000
	Weight/Serving: 129.80	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.176	35.294	43.676	14.559		
R-0575	HIGH - Sandwich, Sloppy Joe LF-05H	394.327	55.200	391.248	4.148	10.848*	3.726	296.976	276.957	3.342	21.215	40.934	17.874	6.212	0.690*
	Weight/Serving: 182.62	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.520	41.523	40.795	14.178		
R-0695	HIGH - Sandwich, Spicy Chicken LF-81H	360.003	75.001	570.006	5.000	4.000	3.600	220.000	300.005	0.000	31.000	47.000	6.500	1.000	0.000
	Weight/Serving: 170.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		34.444	52.222	16.250	2.500		
R-0532	HIGH - Sandwich, Turkey & Cheese (Cold) LF-65H	240.225	21.329	538.739	3.000	5.005	2.305	275.000	150.000	0.000	14.041	33.261	6.752	2.500	0.000
	Weight/Serving: 99.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.380	55.383	25.296	9.366		
R-1090	HIGH - School Spaghetti LD-63H	377.680	54.400*	243.576*	4.161	3.636*	4.729	129.032	315.852	5.431*	13.923*	37.087	16.845	6.122*	0.680*
	Weight/Serving: 663.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.746*	39.279	40.141	14.589*		
R-0577	HIGH - Spaghetti, Easy w/Meat LD-63H	330.537	55.200*	132.837*	3.668	4.164*	2.932	125.869	391.638	5.191*	14.038*	27.476	16.614	6.210*	0.690*
	Weight/Serving: 390.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.988*	33.250	45.237	16.909*		
R-1149	HIGH - Taco, Chicken LF-89H	237.090	46.757*	593.045*	2.027	2.008	1.457	100.235	58.805*	0.003*	16.244*	24.206	8.229	3.200*	0.000*
	Weight/Serving: 124.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.406*	40.839	31.238	12.147*		
R-0325	HIGH - Taco, Mexican LD-13H	436.915	71.187*	145.523*	3.391	1.309*	2.641	215.950	368.755	1.558*	20.674*	27.206	27.666	11.839*	0.700*
	Weight/Serving: 160.98	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.927*	24.907	56.989	24.387*		
R-0653	HIGH - Turkey & Noodles LD-70H	237.833	54.449*	482.372*	1.742	5.984*	0.822	122.113	262.817	0.466*	17.475*	24.848	6.883	1.904*	0.000*
	Weight/Serving: 250.52	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.390*	41.791	26.046	7.205*		
R-0634	HIGH - Turkey, Roast LD-67H	101.248	37.968*	466.850*	0.000	0.000*	0.081	0.056	0.000	0.000*	12.656*	0.000	4.151	1.367*	0.000*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	73.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.000*	0.000	36.899	12.151*		
R-0661	HIGH - Turkey, Whole LD-66H	201.592	86.390*	257.381*	0.000	0.000*	0.000	0.036	0.000	0.000*	28.801*	0.000	10.076	2.879*	0.000*
Weight/Serving:	122.43	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		57.147*	0.000	44.984	12.853*		
R-0421	HIGH - Wrap, Chicken Fajita LF-72H	223.333	45.833	608.333	2.000	2.000	1.740	100.000	0.000	0.000	19.833	24.833	4.667	1.000	0.000
Weight/Serving:	121.87	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.522	44.477	18.807	4.030		
R-0795	HIGH - Wrap, Chicken LF-70H	330.000	75.000	670.000	3.000	3.000	3.240	140.000	100.000	0.000	29.000	37.000	7.500	2.000	0.000
Weight/Serving:	164.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.152	44.848	20.455	5.455		
R-1125	HIGH - Wrap, Grilled Chicken LF-88H	225.382	46.757	428.896	2.000	2.000	1.440	100.000	0.000*	0.000	16.197	24.000	7.066	3.033	0.000
Weight/Serving:	122.15	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.746	42.594	28.216	12.111		
R-0218	Juice, Apple 4	49.996	0.000	0.000	0.000	11.999	0.000	0.000	0.000	59.996	0.000	12.999	0.000	0.000	0.000
Weight/Serving:	113.39	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	104.000	0.000	0.000		
R-0496	Juice, Apple 6	78.241	0.000	6.804	0.340	16.363	0.206	13.607	1.701	65.488	0.170	19.220	0.221	0.034	*
Weight/Serving:	170.09	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.869	98.261	2.542	0.391		
R-0517	Juice, Apple Cherry 4	60.001	0.000	0.000	0.000	12.000	0.180	10.000	0.000	1.200	0.000	15.000	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	99.998	0.000	0.000		
R-0497	Juice, Fruit Blend 4	60.001	0.000	15.000	0.000	15.000	0.000	20.000	0.000	0.000	0.000	14.000	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	93.332	0.000	0.000		
R-0220	Juice, Fruit Blend 6	89.996	0.000	1.800	0.000	19.499	0.800	11.000	0.000	7.000	0.270	20.999	0.000	0.000	0.000
Weight/Serving:	170.09	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		1.200	93.333	0.000	0.000		
R-0221	Juice, Grape 4	77.001	0.000	20.000	0.000	18.000	0.360	20.000	0.000	1.200	0.000	19.000	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	98.700	0.000	0.000		
R-0263	Juice, Grape 6	116.002	0.000	0.000	0.000	30.001	0.540	20.000	0.000	60.001	0.000	29.000	0.000	0.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	170.10	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	99.998	0.000	0.000		
R-0764	Juice, Orange 10 oz.	150.003	0.000	30.001	0.000	36.001	0.000	20.000	200.003	60.001	2.000	37.001	0.000	0.000	0.000
Weight/Serving:	283.50	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.333	98.667	0.000	0.000		
R-0264	Juice, Orange 4	60.001	0.000	0.000	0.000	12.000	0.000	0.000	0.000	42.001	0.000	13.000	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	86.665	0.000	0.000		
R-0265	Juice, Orange 6	76.540	0.000	1.701	0.340	14.288	0.340	18.710	340.180	85.042	1.191	17.689	0.340	0.034	*
Weight/Serving:	170.09	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.224	92.443	3.998	0.400		
R-0266	Juice, Orng Pnpl 4	59.996	0.000	0.000	0.000	11.999	0.000	0.000	0.000	32.998	0.000	13.999	0.000	0.000	0.000
Weight/Serving:	113.39	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	93.333	0.000	0.000		
R-0267	Ketchup, PC	10.000	0.000	85.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	3.000	0.000	0.000	0.000
Weight/Serving:	9.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	120.000	0.000	0.000		
R-0442	Lemonade LG-60	38.400	0.000	28.293	0.000	8.960*	0.000	9.093	0.000	76.800	0.000	8.960	0.000	0.000	0.000*
Weight/Serving:	313.34	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	93.333	0.000	0.000		
R-0271	Margarine, Cup PC	56.000	0.000	98.000	0.000	0.000	0.000	0.000	560.000	0.000	0.000	0.000	7.000	1.400	0.000
Weight/Serving:	14.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	0.000	112.500	22.500		
R-0272	Mayonnaise, FF PC	10.000	0.000	95.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	2.000	0.000	0.000	0.000
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	80.000	0.000	0.000		
R-0788	MIDDLE - Beef & Gravy, LD-74M	142.582	40.000	152.557	1.106	0.278	1.800*	20.000*	0.000*	0.000*	13.757	5.462	8.150	3.500	0.000
Weight/Serving:	116.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		38.594	15.323	51.444	22.093		
R-0544	MIDDLE - Beef Teriyaki Dippers	208.575	45.562	361.462	0.608	8.302	1.458*	40.500*	101.250	0.000*	12.150	10.733	13.163	5.366	0.000
Weight/Serving:	79.38	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.301	20.583	56.798	23.154		
R-0722	MIDDLE - Beef Ziti USDA	345.000	56.000	563.000	3.000	5.000	3.000*	136.000*	922.000	9.000*	18.000	30.000	17.000	7.400	0.900

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	226.80	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.870	34.783	44.348	19.304		
R-0692	MIDDLE - Beef-a-Roni LD-72M	382.396	71.407	743.819	4.978	4.707*	3.136*	244.583*	1049.391	9.613*	21.542	27.028	21.390	9.523	0.680*
Weight/Serving:	419.45	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.534	28.272	50.343	22.413		
R-1102	MIDDLE - Calzone, Three Cheese	250.001	10.000	420.002	4.000	4.000	2.700*	400.002*	200.001	0.000*	19.000	33.000	5.000	2.000	0.000
Weight/Serving:	132.96	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.400	52.800	18.000	7.200		
R-0754	MIDDLE - Chicken & Gravy, LD-73M	124.705	50.343	401.544	0.160	0.420	0.007*	0.000*	0.000*	0.000*	19.267	8.749	1.736	0.000	0.000
Weight/Serving:	171.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		61.800	28.063	12.529	0.000		
R-1147	MIDDLE - Chicken ,Oriental LD-82M	307.384	93.462	405.000	0.000	26.169	1.122*	0.000*	0.000	0.000*	18.692	34.062	10.385	2.077	0.000
Weight/Serving:	191.91	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.324	44.325	30.407	6.081		
R-0630	MIDDLE - Chicken and Noodles LD-17M	256.586	39.046	187.751	1.742	5.984*	1.475*	122.113*	262.817	0.466*	21.315	24.848	12.538	9.785	0.000*
Weight/Serving:	251.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		33.229	38.736	43.978	34.322		
R-0682	MIDDLE - Chicken and Rice LD-62M	210.668	36.021	358.475	1.311	0.496*	0.491*	3.593*	161.997	0.060*	15.966	24.277	6.075	1.622	0.000*
Weight/Serving:	190.97	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.315	46.095	25.953	6.929		
R-1115	MIDDLE - Chicken Bog LD-80M	535.244	88.087	884.635	3.093	0.233*	1.491*	36.363*	3697.898	0.790*	31.662	53.940	21.487	6.713	0.000*
Weight/Serving:	368.90	Fat Change %:			Moisture Change %:			% of Calories:		23.662	40.311	36.130	11.288		
R-0546	MIDDLE - Chicken Nuggets	140.000	30.000	410.000	1.000	16.000	2.700*	60.000*	100.000	0.000*	16.000	13.000	3.500	1.000	0.000
Weight/Serving:	84.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		45.714	37.143	22.500	6.429		
R-0796	MIDDLE - Chicken Parmesan LD-75M	468.137	82.594	664.222	6.508	13.370	4.495*	180.811*	751.644	7.212*	30.948	59.751	8.701	3.025	0.000*
Weight/Serving:	320.89	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.444	51.054	16.728	5.816		
R-0569	MIDDLE - Chicken Rings	174.000	66.000	288.000	1.200	0.000	1.620*	36.000*	0.000	0.000*	10.800	11.400	9.600	2.100	0.000
Weight/Serving:	67.20	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.828	26.207	49.655	10.862		

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		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0700	MIDDLE - Chicken Tenders	140.082	30.018	410.241	1.001	2.001	2.702*	60.035*	100.059	0.000*	16.009	13.008	3.502	1.001	0.000
	Weight/Serving: 85.05	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		45.713	37.144	22.500	6.431		
R-0732	MIDDLE - Chicken Teriyaki	130.000	35.000	550.000	1.000	6.000	1.080*	20.000*	100.000	1.200*	15.000	8.000	4.500	1.000	0.000
	Weight/Serving: 84.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		46.154	24.615	31.154	6.923		
R-1086	MIDDLE - Chicken, Alfredo LD-78M	275.951	47.252	281.293	3.290	1.870	1.490*	87.313*	23.556*	0.007*	12.461	34.323	7.069	3.161	0.000*
	Weight/Serving: 127.10	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.063	49.752	23.055	10.309		
R-0628	MIDDLE - Chicken, Baked LD-61M	110.839	85.000	288.024	0.074	0.000	0.401*	0.751*	0.000	0.060*	16.029	0.195	6.006	1.502	0.000*
	Weight/Serving: 84.85	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		57.846	0.704	48.768	12.196		
R-1098	MIDDLE - Chicken, Buffalo Hot	84.902	29.531	401.625	0.000	0.000	1.063*	* 147.656		0.886*	8.121	8.121	2.215	0.369	0.000
	Weight/Serving: 70.88	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		38.261	38.261	23.480	3.912		
R-0645	MIDDLE - Chicken, Chinese	143.593	32.308	251.287	1.436	10.051	0.905*	0.000*	0.000	1.723*	9.334	19.385	2.872	0.718	0.000
	Weight/Serving: 79.38	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.001	54.000	18.001	4.500		
R-0543	MIDDLE - Chicken, Easy BBQ LD-64a	111.339	85.000	71.159	0.000	0.187	0.370*	0.000*	0.000	0.032*	16.000	0.321	6.000	1.500	0.000
	Weight/Serving: 84.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		57.482	1.153	48.501	12.125		
R-0333	MIDDLE - Chicken, Honey Lemon LD-44M	178.915	55.982	401.783	0.050	12.106*	0.699*	19.730*	0.000*	1.191*	17.748	6.769	4.669	1.401	0.000*
	Weight/Serving: 110.84	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.679	15.133	23.487	7.047		
R-1023	MIDDLE - Chicken, Italian Herb LD-77M	140.269	55.982	401.263	0.009	1.868	0.677*	18.736*	0.000	0.001*	17.744	2.868	4.666	1.400	0.000
	Weight/Serving: 73.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.600	8.179	29.938	8.983		
R-0815	MIDDLE - Chicken, Lemon Pepper LD-76M	139.956	55.982	449.313	0.000	1.866	0.672*	18.661*	0.000	0.000*	17.728	2.799	4.665	1.400	0.000*
	Weight/Serving: 73.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.667	8.000	29.999	9.003		
R-0638	MIDDLE - Chicken, Oven Crispy LD-69M	226.333	85.986	89.459	0.341	2.484	0.579*	65.002*	113.813	0.293*	18.626	9.671	13.143	2.533	0.000*

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	105.98	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.918	17.092	52.262	10.072		
R-0664	MIDDLE - Chicken, Roasted USDA	110.002	51.001	169.003	0.000	1.000	1.000*	7.000*	70.001	0.000*	11.000	1.000	6.000	2.000	0.000
Weight/Serving:	56.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.999	3.636	49.090	16.363		
R-0625	MIDDLE - Chicken, Sweet & Sour USDA	152.444	43.556	217.778	0.000	9.800	0.784*	*	*	3.920*	11.978	19.600	3.267	0.544	0.000
Weight/Serving:	111.13	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		31.429	51.429	19.288	3.212		
R-0592	MIDDLE - Corndog	242.143	20.179	595.268	5.045	9.080	2.724*	151.339*	*	*	9.080	33.295	8.071	2.018	0.000
Weight/Serving:	113.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.999	55.001	29.998	7.501		
R-0652	MIDDLE - Dressing, Turkey WG LD-38M	157.533	0.000	352.629	1.538	4.445*	0.986*	70.467*	289.128	0.344*	2.061	19.938	8.009	3.365	0.000*
Weight/Serving:	85.06	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		5.233	50.626	45.756	19.225		
R-0719	MIDDLE - Fish Nuggets	240.000	26.667	306.667	1.333	0.000	1.440*	0.000*	0.000	0.000*	14.667	22.667	9.333	0.667	0.000
Weight/Serving:	112.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.445	37.778	34.999	2.501		
R-0610	MIDDLE - Fish Strip, USDA	150.000		270.000	0.000	1.000	*	*	*	*	9.000	15.000	6.000	1.000	0.000
Weight/Serving:	84.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.000	40.000	36.000	6.000		
R-0705	MIDDLE - Fish, Pollock USDA	160.000	50.000	300.000	0.600	0.000	0.720*	0.000*	0.000	3.600*	14.000	13.000	6.000	1.000	0.000
Weight/Serving:	101.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.000	32.500	33.750	5.625		
R-1108	MIDDLE - Flatbread, Turkey Bacon Ranch LD-79M	290.822	28.994	774.373	3.506	3.505	2.036*	141.248*	126.560	0.000*	16.076	32.767	11.301	4.037	0.000
Weight/Serving:	0.00	Fat Change %:			Moisture Change %:			% of Calories:		22.111	45.068	34.973	12.493		
R-0728	MIDDLE - Ham Quiche with Crust LD-32aM	290.345	225.986	779.112	1.268	10.214*	1.483*	393.043*	750.857	1.347*	23.885	23.057	11.768	5.924	0.010*
Weight/Serving:	138.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.906	31.765	36.478	18.363		
R-0799	MIDDLE - Ham, Sliced	91.427	31.184	1016.330	0.000	4.252	0.255*	0.000*	0.000	0.000*	9.214	5.670	3.544	1.276	0.000
Weight/Serving:	70.87	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		40.312	24.807	34.887	12.561		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0330	MIDDLE - Nachos w/Chili & Cheese LD-28M	401.063	62.216	218.334	1.397	4.061*	1.888*	114.075*	219.809*	0.000*	19.037	25.376	25.050	8.420	0.700*
	Weight/Serving: 156.96	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.987	25.309	56.213	18.895		
R-1093	MIDDLE - Pizza, Buffalo Chicken	390.000	45.000	750.000	3.000	8.000	2.700*	300.000*	400.000	0.000*	20.000	35.000	19.000	7.000	0.000
	Weight/Serving: 148.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.513	35.897	43.846	16.154		
R-0207	MIDDLE - Pizza, Pepperoni Wedge WG	300.000	15.000	640.000	4.000	13.000	2.700*	200.000*	400.000	0.000*	15.000	36.000	11.000	4.500	0.000
	Weight/Serving: 127.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.000	48.000	33.000	13.500		
R-1120	MIDDLE - Pork & Rice LD-81M	697.420	202.497	1081.239	2.960	0.197*	1.066*	7.931*	0.142*	0.648*	50.254	48.442	22.480	8.107	4.050*
	Weight/Serving: 452.77	Fat Change %:		Moisture Change %:		% of Calories:		28.823	27.784	29.010	10.462				
R-0632	MIDDLE - Pork, Roast LD-68M	154.000	54.000	103.691	0.000	0.000	0.104*	80.000*	300.000	0.120*	15.200	0.000	9.980	3.666	0.000
	Weight/Serving: 57.05	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		39.481	0.000	58.325	21.425		
R-0570	MIDDLE - Quiche with Crust LD-32M	280.902	214.684	439.863	1.531	8.934*	1.531*	445.692*	816.669	1.347*	19.967	21.400	13.177	7.184	0.000*
	Weight/Serving: 108.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.433	30.473	42.219	23.017		
R-0545	MIDDLE - Rolls, Wheat LB-62M	118.728	0.269	156.530	0.804	3.241*	0.474	16.671	26.869	2.524	3.400	19.107	2.930	0.416	0.000*
	Weight/Serving: 42.25	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		11.455	64.372	22.210	3.153		
R-0750	MIDDLE - Salad, Chef LE-61M	512.771	140.486	1121.621	24.894	1.780*	4.225	193.333	3261.197	16.155	20.108	46.516	26.832	6.010	0.000*
	Weight/Serving: 331.13	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		15.686	36.286	47.095	10.549		
R-0338	MIDDLE - Salad, Chicken (Cnd/Frz) LE-05M	369.466	25.535	429.153	22.025	5.734*	1.887	9.448	54.100	0.409	17.190	31.200	23.634	10.567	0.000*
	Weight/Serving: 127.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.611	33.778	57.571	25.741		
R-0792	MIDDLE - Salad, Crispy Chicken LE-60M	545.392	85.001	1158.625	24.312	2.000*	4.587	109.286	3106.718	15.838	32.407	52.237	23.438	3.054	0.000*
	Weight/Serving: 341.62	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.768	38.312	38.677	5.040		
R-1122	MIDDLE - Salad, Grilled Chicken LE-80M	440.399	56.552	916.734	23.312	1.000*	2.787	69.286	106.718*	15.838	19.551	39.237	22.986	4.078	0.000*

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	299.46	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.758	35.638	46.974	8.334		
R-0680	MIDDLE - Salad, Meat - Turkey LE-69M	368.070	54.531	460.662	22.025	5.734*	2.198	23.906	54.100	0.409	20.187	31.200	17.534	2.541	0.000*
Weight/Serving:	127.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.938	33.907	42.874	6.213		
R-1103	MIDDLE - Salisbury Steak, USDA	147.321	54.018	500.890	0.000	0.982	1.414	19.643	98.214	1.179	12.768	1.964	9.821	3.929	0.491
Weight/Serving:	71.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		34.667	5.333	59.998	24.003		
R-1143	MIDDLE - Sandwich, Bacon Cheeseburger LF-87M	374.820	62.455	709.147	4.000	4.500	3.600	295.000	150.000	0.000	26.482	33.000	17.487	6.000	0.000
Weight/Serving:	141.33	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.261	35.217	41.989	14.407		
R-0688	MIDDLE - Sandwich, BBQ (Chicken) LF-80M	237.439	35.522	243.702	3.000	4.284*	2.295	205.953	21.750	0.049	18.423	31.487	5.032	0.833	0.000*
Weight/Serving:	98.11	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		31.036	53.044	19.074	3.157		
R-0370	MIDDLE - Sandwich, BBQ (Purchased) LF-73M	280.260	36.908	474.540	3.871	7.316	3.038	234.753	93.622	1.880	21.503	35.982	6.493	1.513	0.000
Weight/Serving:	142.58	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		30.690	51.355	20.851	4.859		
R-0673	MIDDLE - Sandwich, BBQ (Unit Made) LF-77M	269.829	37.800	233.131	3.000	4.284	1.888	256.000	210.000	0.133	17.640	31.487	8.986	2.566	0.000
Weight/Serving:	98.11	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.150	46.677	29.972	8.559		
R-0807	MIDDLE - Sandwich, BBQ (USDA) LF-84M	333.585	49.057	388.679	3.000	16.075	1.800	200.000	0.000	0.000	22.849	43.075	8.038	2.264	0.000*
Weight/Serving:	142.28	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.398	51.651	21.686	6.108		
R-1091	MIDDLE - Sandwich, Bird Dog LF-85M	326.329	32.584	869.003	3.667	6.334	3.601	361.272	117.330	0.000	23.208	43.178	8.865	2.692	0.000
Weight/Serving:	0.00	Fat Change %:			Moisture Change %:			% of Calories:		28.447	52.926	24.449	7.424		
R-0595	MIDDLE - Sandwich, Cheeseburger LF-61M	335.000	52.500	520.000	4.000	4.500	3.600	295.000	150.000	0.000	22.500	33.000	14.500	6.000	0.000
Weight/Serving:	131.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.866	39.403	38.955	16.119		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0566	MIDDLE - Sandwich, Chicken Fillet LF-63M	350.000	75.000	620.000	4.000	5.000	3.600	240.000	100.000	0.000	32.000	44.000	6.500	1.000	0.000
	Weight/Serving: 170.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		36.571	50.286	16.714	2.571		
R-1152	MIDDLE - Sandwich, Chicken Parmesan LF-90M	392.902	65.816	719.334	4.681	8.941	2.711	470.985	401.567*	3.761	29.420	40.384	13.736	7.129	0.000*
	Weight/Serving: 234.76	Fat Change %:		Moisture Change %:		% of Calories:		29.951	41.114	31.464	16.330				
R-0698	MIDDLE - Sandwich, Chicken Salad Croissant LF-82M	424.466	30.535	459.153	3.025	8.734*	2.247	69.448	354.100	1.609	19.190	33.200	28.634	14.067	0.000*
	Weight/Serving: 156.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.084	31.286	60.713	29.826		
R-0567	MIDDLE - Sandwich, Deli (Cold) LF-69M	356.644	79.156	1241.532	3.000	4.500	3.000	324.992	150.000	1.000	19.498	34.500	16.498	5.833	0.000
	Weight/Serving: 142.03	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.868	38.694	41.633	14.720		
R-0726	MIDDLE - Sandwich, Egg Salad Croissant LF-83M	282.972	217.479	472.115	2.959	3.000*	2.501	97.299	637.179	3.384	11.707	31.571	13.125	5.076	0.000*
	Weight/Serving: 157.68	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.549	44.628	41.744	16.144		
R-0599	MIDDLE - Sandwich, Fish LF-78M	320.000	50.000	500.000	3.600	4.000	2.520	200.000	0.000	3.600	21.000	44.000	8.000	1.000	0.000
	Weight/Serving: 158.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.250	55.000	22.500	2.813		
R-0622	MIDDLE - Sandwich, Grilled Cheese LF-07M	274.300	25.000	625.515	2.000	5.000	1.440	190.000	421.498	0.000	11.000	30.000	12.673	6.215	0.000
	Weight/Serving: 87.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.041	43.748	41.581	20.392		
R-0551	MIDDLE - Sandwich, Grilled Chicken LF-62M	299.956	55.982	601.206	3.000	5.866	2.472	218.661	0.000	0.000	24.728	33.799	6.665	1.400	0.000
	Weight/Serving: 130.71	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		32.976	45.072	19.998	4.201		
R-0594	MIDDLE - Sandwich, Grilled Ham & Cheese LJ-66M	309.680	28.593	995.352	2.000	6.694	1.572	115.000	487.494	0.000	13.255	31.926	14.754	6.533	0.000
	Weight/Serving: 116.19	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.121	41.237	42.878	18.986		
R-0605	MIDDLE - Sandwich, Ham & Cheese (Cold) LF-64M	241.079	28.217	912.231	2.000	6.643	1.569	115.000	150.000	0.000	13.144	31.858	7.286	3.143	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	105.89	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.809	52.859	27.200	11.733		
R-0552	MIDDLE - Sandwich, Hamburger LF-60M	280.000	40.000	320.000	4.000	4.000	3.600	220.000	0.000	0.000	20.000	32.000	10.000	3.500	0.000
Weight/Serving:	117.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.571	45.714	32.143	11.250		
R-0563	MIDDLE - Sandwich, Hot Dog LF-67M	309.976	49.992	939.882	3.000	4.000	2.880	279.987	299.952	0.000	13.999	33.000	13.998	3.999	0.000
Weight/Serving:	113.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.065	42.584	40.643	11.611		
R-0565	MIDDLE - Sandwich, Meatball Sub LF-68M	342.224	30.018	700.788	3.960	8.987	2.798	249.624	240.000	2.880	15.298	40.095	14.007	4.669	0.000*
Weight/Serving:	173.70	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.881	46.864	36.836	12.279		
R-0656	MIDDLE - Sandwich, Peanut Butter & Jelly LF-71M	504.813	0.000	370.097	3.417	27.843	1.950	40.000	0.000*	0.000	8.835	59.423	23.680	2.835	0.000
Weight/Serving:	137.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.001	47.085	42.218	5.054		
R-0504	MIDDLE - Sandwich, Rib LF-76M	350.000	45.000	690.000	4.000	7.000	2.880	240.000	300.000	2.400	19.000	35.000	16.000	5.000	0.000
Weight/Serving:	129.80	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.714	40.000	41.143	12.857		
R-0353	MIDDLE - Sandwich, Sloppy Joe LF-05M	394.327	55.200	391.248	4.148	10.848*	3.726	296.976	276.957	3.342	21.215	40.934	17.874	6.212	0.690*
Weight/Serving:	182.62	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.520	41.523	40.795	14.178		
R-0696	MIDDLE - Sandwich, Spicy Chicken LF-81M	360.003	75.001	570.006	5.000	4.000	3.600	220.000	300.005	0.000	31.000	47.000	6.500	1.000	0.000
Weight/Serving:	170.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		34.444	52.222	16.250	2.500		
R-0553	MIDDLE - Sandwich, Turkey-Cheese (Cold) LF-65M	240.225	21.329	538.739	3.000	5.005	2.305	275.000	150.000	0.000	14.041	33.261	6.752	2.500	0.000
Weight/Serving:	99.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.380	55.383	25.296	9.366		
R-1089	MIDDLE - School Spaghetti LD-63M	377.680	54.400*	243.576*	4.161	3.636*	4.729	129.032	315.852	5.431*	13.923*	37.087	16.845	6.122*	0.680*
Weight/Serving:	663.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.746*	39.279	40.141	14.589*		

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0503	MIDDLE - Spaghetti, Easy w/Meat LD-63M	330.537	55.200*	132.837*	3.668	4.164*	2.932	125.869	391.638	5.191*	14.038*	27.476	16.614	6.210*	0.690*
	Weight/Serving: 390.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.988*	33.250	45.237	16.909*		
R-1150	MIDDLE - Taco, Chicken LF-89M	237.090	46.757	593.045	2.027	2.008	1.457*	100.235*	58.805*	0.003*	16.244	24.206	8.229	3.200	0.000*
	Weight/Serving: 124.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.406	40.839	31.238	12.147		
R-0590	MIDDLE - Taco, Mexican Hard LD-13Ma	376.869	55.187	128.665	3.158	0.962*	2.126	189.116	325.489	1.145*	16.655	26.228	23.064	10.039	0.500*
	Weight/Serving: 129.82	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.677	27.838	55.079	23.974		
R-0654	MIDDLE - Turkey & Noodles LD-70M	237.833	54.449	482.372	1.742	5.984*	0.822	122.113	262.817	0.466*	17.475	24.848	6.883	1.904	0.000*
	Weight/Serving: 250.52	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		29.390	41.791	26.046	7.205		
R-0633	MIDDLE - Turkey, Roast LD-67M	101.248	37.968	466.850	0.000	0.000*	0.081	0.056	0.000	0.000*	12.656	0.000	4.151	1.367	0.000*
	Weight/Serving: 73.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		50.000	0.000	36.899	12.151		
R-0660	MIDDLE - Turkey, Whole LD-66M	149.327	63.992	205.116	0.000	0.000*	0.000	0.036	0.000	0.000*	21.334	0.000	7.464	2.132	0.000*
	Weight/Serving: 91.07	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		57.147	0.000	44.986	12.850		
R-0591	MIDDLE - Wrap, Chicken Fajita LF-72M	223.333	45.833	608.333	2.000	2.000	1.740	100.000	0.000	0.000	19.833	24.833	4.667	1.000	0.000
	Weight/Serving: 121.87	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.522	44.477	18.807	4.030		
R-0794	MIDDLE - Wrap, Chicken LF-70M	330.000	75.000	670.000	3.000	3.000	3.240	140.000	100.000	0.000	29.000	37.000	7.500	2.000	0.000
	Weight/Serving: 164.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		35.152	44.848	20.455	5.455		
R-1141	MIDDLE - Wrap, Grilled Chicken LF-88M	225.382	46.757	428.896	2.000	2.000	1.440	100.000	0.000*	0.000	16.197	24.000	7.066	3.033	0.000
	Weight/Serving: 122.15	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		28.746	42.594	28.216	12.111		
R-1110	MIDDLE- Sandwich, Cheeseburger Express LF-86M	350.000	40.000	590.000	4.000	9.000	3.240	260.000	200.000	9.000	18.000	39.000	14.000	6.000	0.500

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	0.00	Fat Change %:		Moisture Change %:		% of Calories:		20.571	44.571	36.000	15.429				
R-0492	Milk, Choc. Skim	110.002	5.000	180.003	0.000	18.000	0.000	300.005	500.008	2.400	8.000	19.000	0.000	0.000	0.000
Weight/Serving:	226.80	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	29.090	69.090	0.000	0.000				
R-0495	Milk, Strawberry	110.002	5.000	100.002	0.000	18.000	0.000	300.005	500.008	2.400	8.000	18.000	0.000	0.000	0.000
Weight/Serving:	226.80	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	29.090	65.453	0.000	0.000				
R-0494	Milk, Van Red Sugar	110.002	5.000	100.002	0.000	18.000	0.000	300.005	500.008	2.400	8.000	19.000	0.000	0.000	0.000
Weight/Serving:	226.80	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	29.090	69.090	0.000	0.000				
R-0491	Milk, White 1%	100.002	10.000	125.002	0.000	12.000	0.000	300.005	500.008	2.400	8.000	12.000	2.500	1.500	0.000
Weight/Serving:	226.80	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	31.999	47.999	22.500	13.500				
R-0459	Misc - Tea, Adult LG-61A	145.012	0.000	11.023	0.000	37.396*	0.019	11.023	0.000	0.000	0.000	37.463	0.000	0.000	0.000*
Weight/Serving:	396.38	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	0.000	103.338	0.000	0.000				
R-0768	Misc - Tea, Student LG-61S	45.529	0.000	9.033	0.000	11.741*	0.006	9.033	0.000	0.000	0.000	11.762	0.000	0.000	0.000*
Weight/Serving:	321.15	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	0.000	103.336	0.000	0.000				
R-0276	Mustard, PC	5.000	0.000	50.000	0.000	0.000	0.000	0.000	0.000	0.000	0.500	0.500	0.000	0.000	0.000
Weight/Serving:	5.50	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	40.000	40.000	0.000	0.000				
R-0281	Potato, 3/8 Crinkle	99.779	0.000	23.026	1.535	0.000	0.276	0.000	0.000	4.605	1.535	15.351	3.838	0.000	0.000
Weight/Serving:	65.24	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	6.154	61.540	34.619	0.000				
R-0433	Potato, Baked	164.010	0.000	12.780	4.686	*	1.661	25.560	4.260	41.961	4.303	37.211	0.192	0.055	*
Weight/Serving:	213.00	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	10.494	90.753	1.054	0.302				
R-0758	Potato, Curly	120.000	5.000	30.000	2.000	0.000	0.360	0.000	0.000	6.000	2.000	17.000	4.500	1.000	0.000
Weight/Serving:	84.00	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	6.667	56.667	33.750	7.500				
R-1154	Potato, Hash Brown	270.000	0.000	500.000	3.000	0.000	0.720	20.000	0.000	6.000	2.000	31.000	15.000	1.000	0.000
Weight/Serving:	128.00	Fat Change %:	0.00	Moisture Change %:		0.00	% of Calories:	2.963	45.926	50.000	3.333				
R-0618	Potato, Oven Roaster	136.118	0.000	157.059	2.094	0.000	0.754	0.000	0.000	5.026	2.094	24.082	3.665	0.524	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	89.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.153	70.768	24.233	3.465					
R-0282	Potato, Rounds	207.421	0.000	497.810	2.766	0.000	0.498	0.000	0.000	4.978	2.766	26.273	9.680	1.383	0.000
Weight/Serving:	113.39	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.334	50.666	42.002	6.001					
R-0620	Potato, Season Stix	120.000	0.000	135.000	2.000	0.000	0.360	0.000	0.000	2.400	1.000	20.000	4.000	0.500	0.000
Weight/Serving:	68.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.333	66.667	30.000	3.750					
R-1153	Potato, Smiles	130.000	0.000	180.000	2.000	0.000	0.360	0.000	0.000	2.400	2.000	20.000	4.500	0.500	0.000
Weight/Serving:	68.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	6.154	61.538	31.154	3.462					
R-0619	Potato, Sweet Coins	110.000	0.000	95.000	3.000	9.000			*		1.000	18.000	4.000	0.500	0.000
Weight/Serving:	72.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.636	65.455	32.727	4.091					
R-0502	Potato, Sweet Fries	130.000	0.000	110.000	3.000	7.000	0.360	20.000	3500.000	6.000	1.000	22.000	4.500	0.000	0.000
Weight/Serving:	84.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.077	67.692	31.154	0.000					
R-1157	Potato, Sweet Puff	128.397	0.000	197.534	1.975	7.901	0.356	19.753	2963.013	3.556	0.988	22.716	3.457	0.000	0.000
Weight/Serving:	84.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	3.078	70.768	24.232	0.000					
R-0408	Potato, Wedge	110.000	0.000	260.000	2.000	*	0.720	0.000	0.000	6.000	2.000	14.000	5.000	1.500	0.000
Weight/Serving:	84.00	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	7.273	50.909	40.909	12.273					
R-0314	Recipe - Applesauce, Rosey LC-61	81.583	0.000	17.830	0.849	16.497	1.528	0.000	0.000	2.937	0.909	20.740	0.000	0.000	0.000*
Weight/Serving:	118.76	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	4.457	101.688	0.000	0.000					
R-0373	Recipe - Baked Apples and Sweet Potatoes LI-07	141.998	0.000	43.628	1.633	18.581*	1.668	16.905	1623.009	9.270	2.017	29.408	2.229	1.013	0.000*
Weight/Serving:	166.58	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	5.682	82.841	14.128	6.421					
R-0746	Recipe - Banana-Berry LC-66	184.666	0.000	2.522	3.848	19.919*	0.635	15.584	66.769	34.196	1.236	45.795	0.344	0.115	0.000*
Weight/Serving:	190.51	Fat Change %:	0.00	Moisture Change %:	0.00	% of Calories:	2.677	99.195	1.677	0.560					
R-0372	Recipe - Beans, Baked LI-06	184.472	0.000	507.804	6.889	14.408*	0.349	99.783	67.731	0.797*	7.731	40.344	0.510	0.000	0.000*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	158.45	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		16.764	87.480	2.488	0.000		
R-0446	Recipe - Beans, Baked using USDA LI-06a	159.287	0.000	478.491	5.038	8.285*	4.329	99.453	827.406	2.933*	6.995	34.284	0.531	0.000	0.000*
Weight/Serving:	158.45	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		17.566	86.094	3.000	0.000		
R-0374	Recipe - Beans, Green, Frz LI-60	47.142	0.000	74.062	2.668	2.698*	0.961	53.542	0.000	16.009*	2.698	8.065	0.030	0.000	0.000*
Weight/Serving:	119.67	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.893	68.432	0.573	0.000		
R-0375	Recipe - Beans, Lima LI-61	129.332	0.000	210.323	4.800	1.194*	1.303	24.407	84.239	2.885*	7.172	23.938	1.855	0.843	0.000*
Weight/Serving:	102.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		22.182	74.036	12.909	5.866		
R-0454	Recipe - Beans, Pinto LI-78	110.988	0.000	350.079	4.100	1.003	1.118	21.744	2.154	0.000*	5.041	20.252	0.513	0.005	0.000*
Weight/Serving:	130.39	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.168	72.988	4.160	0.041		
R-0593	Recipe - Beans, Refried LI-87	125.573	0.000	610.292	6.981	0.639	2.302	45.295	0.000	8.158*	7.434	21.898	1.593	0.531	0.027
Weight/Serving:	137.02	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		23.680	69.754	11.417	3.806		
R-0377	Recipe - Broccoli and Cheese LI-62	91.021	6.216	125.712	1.901	4.943	0.662	36.778	183.889*	80.911*	6.311	10.819	2.925	1.333	0.000
Weight/Serving:	119.02	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.734	47.545	28.922	13.180		
R-0813	Recipe - Broccoli, Lemon Pepper LI-90	38.555	0.000	262.922	2.948	0.000*	0.828	53.297	706.470	101.151*	3.198	7.530	0.420	0.044	*
Weight/Serving:	114.28	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		33.179	78.122	9.804	1.027		
R-0378	Recipe - Cabbage, Steamed LI-63	18.424	0.000	51.941	1.839	0.000*	0.355	30.985	71.123	26.582*	0.939	4.274	0.075	0.026	0.000*
Weight/Serving:	129.60	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.386	92.792	3.664	1.270		
R-0389	Recipe - Carrots, Glazed LI-73	61.159	0.000	94.550	3.402	6.740	0.430	46.239	183.527	2.722*	1.134	10.142	1.782	0.810	0.000
Weight/Serving:	116.77	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.417	66.332	26.223	11.920		
R-0741	Recipe - Cauliflower, Steamed LI-83	27.756	0.000	31.079	1.822	0.001*	0.323	16.048	9.435	33.680*	1.443	3.879	1.178	0.169	0.000*
Weight/Serving:	73.83	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		20.796	55.901	38.197	5.480		

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0534	Recipe - Collards, Confetti LI-80	81.487	0.000	116.314	2.820	0.814*	0.266	92.466	1491.849	50.029*	2.139	7.329	5.366	0.722	0.000*
	Weight/Serving: 252.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.500	35.976	59.266	7.974		
R-1105	Recipe - Corn on Cob LI-91	106.200	0.000	17.010	1.000	5.000	0.000	0.000	80.999*	0.000*	3.000	19.000	2.782	0.810	0.000*
	Weight/Serving: 0.00	Fat Change %:		Moisture Change %:		% of Calories:		11.299	71.563	23.576		6.864			
R-0380	Recipe - Corn, Frozen LI-65	112.511	0.000	80.734	1.839	2.722*	0.341	7.070	343.434	6.007*	2.732	19.116	4.473	1.621	0.000*
	Weight/Serving: 322.77	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		9.713	67.961	35.781	12.967		
R-0757	Recipe - Corn, Mexicali LI-85	81.118	0.000	19.642	1.650	2.041*	0.295	2.345	424.906	14.433*	2.200	15.527	2.491	0.817	0.000*
	Weight/Serving: 86.75	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		10.848	76.565	27.638	9.065		
R-0315	Recipe - Cup, Fruit LC-62	110.398	0.000	7.745	2.918	11.115*	0.121	3.175	178.566	5.059	0.455	26.828	0.159	0.047	0.000*
	Weight/Serving: 153.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		1.649	97.205	1.296	0.383		
R-0316	Recipe - Jell-O with Fruit LC-63	278.646	0.000	106.762	2.862	43.982*	0.000	1.137	286.190	17.831	1.074	52.568	7.117	7.117	0.000*
	Weight/Serving: 267.07	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		1.542	75.462	22.987	22.987		
R-0507	Recipe - Jell-O with Pears LC-63a	328.844	4.312	207.601	19.512	44.721*	0.000	3.410	0.000	32.229	2.149	43.751	7.117	7.117	0.000*
	Weight/Serving: 318.78	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		2.614	53.218	19.478	19.478		
R-1095	Recipe - Mandarin Fruit Cup LC-67	84.810	0.000	9.528	2.120	14.211	0.039	0.000	169.095	1.015	0.215	19.928	0.000	0.000	0.000
	Weight/Serving: 0.00	Fat Change %:		Moisture Change %:		% of Calories:		1.014	93.989	0.000		0.000			
R-1096	Recipe - Pear Salad LC-68	135.203	10.984	75.355	1.917	15.419	0.338	55.824	63.280	0.730	1.980	18.865	6.039	2.030	0.000
	Weight/Serving: 0.00	Fat Change %:		Moisture Change %:		% of Calories:		5.858	55.812	40.200		13.513			
R-0406	Recipe - Peas, Black-Eyed LI-79	126.958	0.000	485.815	5.550	0.005*	1.649	35.817	25.229	4.386	7.712	22.620	0.918	0.237	*
	Weight/Serving: 163.18	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.298	71.268	6.508	1.680		
R-0382	Recipe - Peas, Green Sweet Garden LI-67	119.565	0.000	286.724	5.097	5.097	0.000	0.000	151.872*	0.000	6.371	15.290	3.341	1.519	0.000*

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	117.65	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.314	51.152	25.149	11.434		
R-0745	Recipe - Pineapple & Bananas LC-65	110.079	0.000	0.272	1.781	18.245*	0.457	22.825	124.739	15.247	0.297	27.680	0.090	0.030	0.000*
Weight/Serving:	177.47	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		1.079	100.582	0.736	0.245		
R-0474	Recipe - Potato, Sweet Cut LI-13	222.923	0.000	59.506	2.368	25.704*	1.780	30.067	1854.557	20.419	3.410	48.532	1.784	0.811	0.000*
Weight/Serving:	199.87	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.119	87.083	7.202	3.274		
R-0387	Recipe - Potato, Sweet Potato Souffle LI-71	269.184	2.157	121.568	1.990	34.314*	1.484	155.044	1355.758	17.535	6.294	53.376	3.566	1.621	0.000*
Weight/Serving:	199.91	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		9.353	79.315	11.923	5.420		
R-0812	Recipe - Potato, Sweet, Whole LI-89	167.800	0.000	169.500	3.900	0.000*	0.793	39.000	1003.100	3.120	2.041	26.156	7.065	1.423	0.000*
Weight/Serving:	144.27	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.865	62.350	37.893	7.632		
R-0432	Recipe - Potatoes, Mashed LI-05	82.688	0.000	380.462	0.919	0.643*	0.331	3.774	0.000	8.269	1.837	15.619	1.378	0.000	0.000*
Weight/Serving:	150.61	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.886	75.556	14.999	0.000		
R-0383	Recipe - Potatoes, Parsley LI-68	92.003	0.000	436.856	1.949	1.353	1.178	55.415	183.577	10.441	1.658	13.377	3.721	1.647	0.000*
Weight/Serving:	138.89	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		7.208	58.159	36.400	16.111		
R-0339	Recipe - Slaw, Cabbage LI-06	137.306	11.392	197.882	1.864	0.998*	0.335	29.017	1209.368	24.888	0.919	5.532	12.614	1.735	0.000*
Weight/Serving:	92.26	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		2.677	16.116	82.681	11.372		
R-0371	Recipe - Soup, Vegetable Beef LH-60	186.545	32.000	511.472	2.437	7.153*	1.812	90.764	472.661	9.872	10.129	16.488	9.368	3.607	0.400*
Weight/Serving:	320.80	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.719	35.354	45.197	17.402		
R-0811	Recipe - Squash, Butternut, Roasted LI-88	41.724	0.000	18.537	1.148	0.001*	0.446	21.303	1033.435	9.307	0.729	6.550	1.939	0.283	0.000*
Weight/Serving:	77.69	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.989	62.794	41.825	6.104		
R-0317	Recipe - Strawberry-Banana Cup LC-64	165.503	0.000	0.544	2.322	19.435*	0.305	11.794	34.836	26.508	0.593	33.228	3.739	3.619	0.000*

		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	132.17	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		1.433	80.308	20.333	19.680		
R-0318	Recipe - Strawberry-Peach Cup LC-64a	166.672	0.000	7.088	0.907	28.649	0.163	9.072	212.629	22.623	0.000	32.845	3.559	3.559	0.000
Weight/Serving:	167.04	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	78.825	19.218	19.218		
R-0453	Recipe - Succotash LI-77	107.008	0.000	102.880	4.294	4.269*	0.782	7.070	0.000	6.424	4.279	21.411	0.536	0.001	0.000*
Weight/Serving:	318.14	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		15.995	80.035	4.508	0.008		
R-0684	Recipe - Tomatoes, Stewed LI-82	28.197	0.000	192.460	1.301	3.097	1.262	40.339	182.622	12.102	1.041	5.205	0.837	0.317	0.000
Weight/Serving:	130.98	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.768	73.838	26.716	10.118		
R-0561	Recipe - Turnip Greens LI-81	24.250	0.000	29.018	2.551	0.120*	1.541	120.429	311.284	27.352	2.641	3.986	0.436	0.075	0.000*
Weight/Serving:	102.78	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		43.563	65.748	16.181	2.784		
R-0385	Recipe - Vegetable Oriental LI-86	30.239	0.000	57.328	2.016	3.024	0.000	20.160	302.395	12.096	2.016	5.040	0.000	0.000	0.000
Weight/Serving:	90.81	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		26.668	66.669	0.000	0.000		
R-0384	Recipe - Vegetable Steam Blend LI-69	59.081	0.000	103.205	2.135	2.135	0.000	0.000	1496.092	25.615	2.135	4.269	3.564	1.620	0.000
Weight/Serving:	95.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.455	28.903	54.292	24.678		
R-0386	Recipe - Vegetables, Mixed LI-70	114.679	0.000	102.116	4.114	5.485*	0.494	29.700	218.986	4.937	4.114	15.085	4.250	1.620	0.000*
Weight/Serving:	198.25	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		14.350	52.616	33.354	12.714		
R-1113	Rice Pilaf WG LB-64	204.458	0.000	293.075	2.005	0.348*	0.691	4.361	184.243	0.572	4.182	34.220	5.812	1.844	0.000*
Weight/Serving:	0.00	Fat Change %:			Moisture Change %:			% of Calories:		8.182	66.948	25.584	8.117		
R-0438	Rice, Brown WG LB-61	131.439	0.000	76.042	1.546	0.000*	0.557	1.705	0.000	0.000	3.093	27.061	1.160	0.000	0.000*
Weight/Serving:	91.04	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		9.413	82.353	7.943	0.000		
R-0349	Salad Toppings LE-66	14.651	0.000	6.010	1.061	*	0.283	11.385	631.695	8.090	0.785	3.166	0.157	0.023	*
Weight/Serving:	88.45	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.432	86.438	9.644	1.413		

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		USDA													
		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0351	Salad, Broccoli LE-17	247.053	13.021	117.510	1.750	22.476*	0.243	17.191	200.267	28.559	1.841	30.175	14.533	1.965	0.000*
	Weight/Serving: 88.01	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		2.981	48.856	52.943	7.158		
R-0345	Salad, Carrot-Raisin LE-62	269.130	16.274	243.524	2.461	16.667*	0.156	17.214	3769.143	3.078	1.485	27.664	18.194	2.462	0.000
	Weight/Serving: 103.49	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		2.207	41.116	60.843	8.233		
R-0346	Salad, Garden Side LE-63	19.659	0.000	129.945	0.574	1.000*	0.174	28.570	1203.315	4.516	0.421	5.198	0.090	0.018	0.000*
	Weight/Serving: 63.88	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		8.566	105.763	4.120	0.824		
R-0347	Salad, Lettuce & Tomato (Taco/Fajita) LE-64	14.651	0.000	6.010	1.061	*	0.283	11.385	631.695	8.090	0.785	3.166	0.157	0.023	*
	Weight/Serving: 88.45	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		21.432	86.438	9.644	1.413		
R-0539	Salad, Marinated Black Bean - LE-21	201.045	0.000	416.680	8.047	3.273*	5.963	67.448	109.709*	36.568	9.177	36.813	2.825	0.295	0.000*
	Weight/Serving: 240.51	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.259	73.243	12.646	1.321		
R-0424	Salad, Meat - Tuna LE-68	195.964	56.485	363.808	1.025	5.734*	0.089	9.448	54.100	0.409	13.492	8.220	11.660	1.593	0.000*
	Weight/Serving: 94.94	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		27.540	16.779	53.551	7.316		
R-0340	Salad, Pasta LE-08	91.746	0.000	134.190	2.604	1.852*	0.682	14.024	382.451	12.546	2.952	14.887	2.609	0.296	0.000*
	Weight/Serving: 163.29	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		12.870	64.905	25.593	2.904		
R-0341	Salad, Potato LE-09	164.563	60.525	432.096	1.666	3.113*	0.870	44.560	104.344	7.054	2.648	11.457	12.050	1.861	0.000*
	Weight/Serving: 128.42	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.436	27.848	65.902	10.178		
R-0526	Salad, Spinach LE-77	19.495	0.000	133.598	0.575	1.000*	0.235	30.912	1531.552	4.486	0.463	5.112	0.090	0.018	0.000*
	Weight/Serving: 59.34	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		9.500	104.888	4.155	0.831		
R-0342	Salad, Taco LE-10	346.969	56.595	328.330	3.024	1.310*	1.969	209.438	703.425	4.304	16.165	22.209	22.257	8.471	0.510*
	Weight/Serving: 185.18	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		18.636	25.603	57.732	21.973		
R-0809	Salsa	4.888	0.000	34.216	0.489	0.489	0.176	9.776	244.397	2.933	0.000	0.978	0.000	0.000	0.000
	Weight/Serving: 14.18	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	80.033	0.000	0.000		
R-0286	Sauce, BBQ PC	15.000	0.000	85.000	0.000	2.000	0.360	0.000	0.000	1.200	0.000	4.000	0.000	0.000	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	106.667	0.000	0.000		
R-0747	Sauce, Cheese LG-08A	81.165	11.031	102.472	0.378	3.724	0.063	155.610	288.353	0.369	4.987	6.241	4.066	2.452	0.000*
Weight/Serving:	20.59	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		24.577	30.757	45.086	27.189		
R-0716	Sauce, Honey Must PC	15.000	0.000	65.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	4.000	0.000	0.000	0.000
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	106.667	0.000	0.000		
R-0290	Sauce, Taco PC	5.000	0.000	80.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	0.000	0.000	0.000
Weight/Serving:	9.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	80.000	0.000	0.000		
R-0291	Sauce, Tartar PC	35.000	5.000	110.000	0.000	1.000	0.000	0.000	0.000	0.000	0.000	2.000	3.500	0.500	0.000
Weight/Serving:	12.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	22.857	90.000	12.857		
R-0449	Shortcake, Strawberry LC-70	391.388	38.849	180.967	1.637	38.108*	0.540	101.185	74.681	24.073	4.806	62.571	12.648	3.912	0.000*
Weight/Serving:	163.90	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		4.912	63.948	29.084	8.996		
R-0801	Slush, Fruit-BlueRas	60.001	0.000	20.000	0.000	12.000	0.360	0.000	0.000	60.001	0.000	15.000	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	99.998	0.000	0.000		
R-0802	Slush, Fruit-StrawKi	60.001	0.000	25.000	0.000	12.000	0.360	0.000	0.000	60.001	0.000	15.000	0.000	0.000	0.000
Weight/Serving:	113.40	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	99.998	0.000	0.000		
R-0781	Smoothie, Cherry & Lime	80.001	0.000	45.001	0.000	19.000	0.360	80.001	0.000	60.001	0.000	20.000	0.000	0.000	0.000
Weight/Serving:	124.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	99.999	0.000	0.000		
R-0780	Smoothie, Lemon & Raspberry	80.001	0.000	45.001	0.000	19.000	0.360	80.001	0.000	60.001	0.000	20.000	0.000	0.000	0.000
Weight/Serving:	124.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	99.999	0.000	0.000		
R-0779	Smoothie, Strawberry & Kiwi	80.001	0.000	45.001	0.000	19.000	0.360	80.001	0.000	60.001	0.000	20.000	0.000	0.000	0.000
Weight/Serving:	124.74	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	99.999	0.000	0.000		
R-0763	Snack Mix, Chex Straw	120.000	0.000	55.000	2.000	6.000	0.720	0.000	0.000	0.000	2.000	23.000	3.000	1.000	0.000
Weight/Serving:	29.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.667	76.667	22.500	7.500		
R-0299	Sour Cream, PC	60.729	20.243	50.607	0.000	2.024	0.000	40.486	202.429	0.000	1.012	2.024	5.061	3.036	0.000

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		Calories	Chol	Sodium	Fiber	Sugars	Iron	Calc	VitA	VitC	Protein	Carb	Tot Fat	SFat	Trans. Fat
		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
Weight/Serving:	28.34	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		6.666	13.331	75.004	44.993		
R-0301 Sugar, PC		10.714	0.000	0.000	0.000	3.214	0.000	0.000	0.000	0.000	0.000	3.214	0.000	0.000	0.000
Weight/Serving:	3.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	119.993	0.000	0.000		
R-0667 Switch, Apple		119.999	*	7.000	*	28.000	0.000	*	0.000	60.000	*	29.000	*	*	*
Weight/Serving:	235.30	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000*	96.667	0.000*	0.000*		
R-0668 Switch, Black Cherry		119.999	*	5.000	*	29.000	0.000	*	0.000	60.000	*	30.000	*	*	*
Weight/Serving:	235.30	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000*	100.001	0.000*	0.000*		
R-0669 Switch, Fruit Punch		119.999	*	5.000	*	28.000	0.000	*	0.000	60.000	*	30.000	*	*	*
Weight/Serving:	235.30	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000*	100.001	0.000*	0.000*		
R-0515 Switch, Grape		119.999	*	5.000	*	28.000	0.000	*	0.000	60.000	*	30.000	*	*	*
Weight/Serving:	235.30	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000*	100.001	0.000*	0.000*		
R-0513 Switch, Kiwi Berry		14.458	*	0.602	*	3.494	0.000	*	0.000	7.229	*	3.614	*	*	*
Weight/Serving:	28.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000*	99.986	0.000*	0.000*		
R-0666 Switch, Lemon Lime		119.999	*	5.000	*	28.000	0.000	*	0.000	60.000	*	29.000	*	*	*
Weight/Serving:	235.30	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000*	96.667	0.000*	0.000*		
R-0514 Switch, Orange Tang		14.458	*	0.602	*	3.494	0.000	*	120.482	7.229	*	3.614	*	*	*
Weight/Serving:	28.35	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000*	99.986	0.000*	0.000*		
R-0670 Switch, Straw-Waterm		119.999	*	5.000	*	28.000	0.000	*	0.000	60.000	*	29.000	*	*	*
Weight/Serving:	235.30	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000*	96.667	0.000*	0.000*		
R-0937 Syrup, Maple PC		160.000	0.000	45.000	0.000	16.000	0.000	0.000	0.000	0.000	0.000	31.000	0.000	0.000	0.000
Weight/Serving:	56.00	Fat Change %:		0.00	Moisture Change %:		0.00	% of Calories:		0.000	77.500	0.000	0.000		

Note: * means nutrient data is missing or not available.