

Brunswick 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-0003	Apple Crisp		214.164	0.000	104.560*	2.844 *	16.773*	2.029*	2.462*	321.588	1.596*	1.444*	36.072*	7.192	3.233	0.000*
	Weight/Serving:	159.56	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	2.697*	<b>67.373*</b>	<b>30.224</b>	<b>13.586</b>					
R-0008	Baked Beans		76.800	0.000	87.140*	2.153	13.013*	1.124*	36.767*	205.187	2.194	1.696*	17.531	0.000	0.000	0.000*
	Weight/Serving:	64.80	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	8.833*	<b>91.307</b>	<b>0.000</b>	<b>0.000</b>					
R-0205	Juice Box, Apple		104.515	0.000	15.677	0.000	25.084	0.000	156.773	0.000	62.709	0.000	26.129	0.000	0.000	0.000
	Weight/Serving:	200.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	<b>100.001</b>	<b>0.000</b>	<b>0.000</b>					
R-0206	Juice, 6 oz Orange		93.652	0.000	0.000	0.000	18.730	0.000	0.000	0.000	65.557	0.000	19.771	0.000	0.000	0.000
	Weight/Serving:	177.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	<b>84.445</b>	<b>0.000</b>	<b>0.000</b>					
R-0207	Juice Box, TP		114.967	0.000	0.000	0.000	27.174	0.000	156.773	783.866	62.709	0.000	28.219	0.000	0.000	0.000
	Weight/Serving:	200.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	<b>98.181</b>	<b>0.000</b>	<b>0.000</b>					
R-0208	Juice, 4oz Apple		62.435	0.000	5.203	0.000	12.487	0.000	0.000	0.000	0.000	0.000	14.568	0.000	0.000	0.000
	Weight/Serving:	118.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	<b>93.332</b>	<b>0.000</b>	<b>0.000</b>					
R-0209	Juice, 4oz Fruit		62.435	0.000	5.203	0.000	12.487	0.000	0.000	0.000	0.000	0.000	14.568	0.000	0.000	0.000
	Weight/Serving:	118.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	<b>93.332</b>	<b>0.000</b>	<b>0.000</b>					
R-0210	Juice, 4oz Grape		83.247	0.000	10.406	0.000	18.730	0.000	0.000	0.000	0.000	0.000	19.771	0.000	0.000	0.000
	Weight/Serving:	118.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	<b>94.999</b>	<b>0.000</b>	<b>0.000</b>					
R-0211	Juice, 4oz Orange		60.001	0.000	0.000	0.000	12.000	0.000	0.000	0.000	42.001	0.000	14.000	0.000	0.000	0.000
	Weight/Serving:	113.40	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	<b>93.332</b>	<b>0.000</b>	<b>0.000</b>					
R-0212	Juice, 6oz Fruit		83.247	0.000	15.609	0.000	17.690	0.000	0.000	0.000	0.000	0.000	20.812	0.000	0.000	0.000
	Weight/Serving:	177.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	<b>100.001</b>	<b>0.000</b>	<b>0.000</b>					
R-0213	Juice, 6oz Apple		83.247	0.000	15.609	0.000	17.690	0.000	0.000	0.000	0.000	0.000	20.812	0.000	0.000	0.000
	Weight/Serving:	177.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	<b>100.001</b>	<b>0.000</b>	<b>0.000</b>					
R-0214	Juice, 6oz Grape		124.870	0.000	31.217	0.000	28.096	0.749	41.623	0.000	0.000	0.000	30.177	0.000	0.000	0.000
	Weight/Serving:	177.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	<b>96.667</b>	<b>0.000</b>	<b>0.000</b>					

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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
<b>R-0215</b>	<b>Cereal, Cinnamon Chex, Gluten Free</b>	110.000	0.000	170.000	1.000	7.000	7.200	80.000	400.000	4.800	1.000	23.000	2.000	0.000	0.000
<b>Weight/Serving:</b>	<b>28.00</b>	<b>Fat Change %:</b>	<b>0.00</b>	<b>Moisture Change %:</b>	<b>0.00</b>	<b>% of Calories:</b>	<b>3.636</b>	<b>83.636</b>	<b>16.364</b>	<b>0.000</b>					
<b>R-0216</b>	<b>Cereal, Cocoa Puffs, Red Sugar</b>	110.000	0.000	160.000	2.000	8.000	4.500	100.000	500.000	6.000	2.000	25.000	1.500	0.000	0.000
<b>Weight/Serving:</b>	<b>30.00</b>	<b>Fat Change %:</b>	<b>0.00</b>	<b>Moisture Change %:</b>	<b>0.00</b>	<b>% of Calories:</b>	<b>7.273</b>	<b>90.909</b>	<b>12.273</b>	<b>0.000</b>					
<b>R-0217</b>	<b>Cereal, Honey Nut Chex, Gluten Free</b>	120.000	0.000	190.000	1.000	9.000	4.500	100.000	500.000	6.000	2.000	27.000	0.500	0.000	0.000
<b>Weight/Serving:</b>	<b>31.00</b>	<b>Fat Change %:</b>	<b>0.00</b>	<b>Moisture Change %:</b>	<b>0.00</b>	<b>% of Calories:</b>	<b>6.667</b>	<b>90.000</b>	<b>3.750</b>	<b>0.000</b>					
<b>R-0220</b>	<b>Cereal, Trix Reduced Sugar</b>	110.000	0.000	140.000	1.000	7.000	4.500	80.000	400.000	4.800	1.000	24.000	1.000	0.000	0.000
<b>Weight/Serving:</b>	<b>28.00</b>	<b>Fat Change %:</b>	<b>0.00</b>	<b>Moisture Change %:</b>	<b>0.00</b>	<b>% of Calories:</b>	<b>3.636</b>	<b>87.273</b>	<b>8.182</b>	<b>0.000</b>					
<b>R-0221</b>	<b>Cinnamon Roll, IW, WG</b>	242.028	10.085	231.944	3.025	18.152	1.815	40.338	0.000	0.000	4.034	43.363	7.059	2.017	0.000
<b>Weight/Serving:</b>	<b>71.60</b>	<b>Fat Change %:</b>	<b>0.00</b>	<b>Moisture Change %:</b>	<b>0.00</b>	<b>% of Calories:</b>	<b>6.667</b>	<b>71.666</b>	<b>26.249</b>	<b>7.500</b>					
<b>R-0222</b>	<b>French Toast Sticks,IW, WG</b>	240.000	10.000	260.000	2.000	10.000	0.720	40.000	0.000	0.000	6.000	38.000	7.000	1.000	0.000
<b>Weight/Serving:</b>	<b>85.00</b>	<b>Fat Change %:</b>	<b>0.00</b>	<b>Moisture Change %:</b>	<b>0.00</b>	<b>% of Calories:</b>	<b>10.000</b>	<b>63.333</b>	<b>26.250</b>	<b>3.750</b>					
<b>R-0223</b>	<b>French Toast Minis (T) IW, WG</b>	220.000	5.000	380.000	2.000	11.000	1.080	60.000	0.000	0.000	3.000	37.000	7.000	1.000	0.000
<b>Weight/Serving:</b>	<b>75.00</b>	<b>Fat Change %:</b>	<b>0.00</b>	<b>Moisture Change %:</b>	<b>0.00</b>	<b>% of Calories:</b>	<b>5.455</b>	<b>67.273</b>	<b>28.636</b>	<b>4.091</b>					
<b>R-0224</b>	<b>Mini Loaf, Apple, IW, WG</b>	190.000	10.000	180.000	2.000	17.000	1.440	0.000	0.000	0.000	3.000	30.000	7.000	1.000	0.000
<b>Weight/Serving:</b>	<b>57.00</b>	<b>Fat Change %:</b>	<b>0.00</b>	<b>Moisture Change %:</b>	<b>0.00</b>	<b>% of Calories:</b>	<b>6.316</b>	<b>63.158</b>	<b>33.158</b>	<b>4.737</b>					
<b>R-0225</b>	<b>Mini Loaf, Blueberry,IW, WG</b>	150.000	0.000	105.000	1.000	14.000	0.360	20.000	0.000	0.000	3.000	26.000	4.500	0.500	0.000
<b>Weight/Serving:</b>	<b>57.00</b>	<b>Fat Change %:</b>	<b>0.00</b>	<b>Moisture Change %:</b>	<b>0.00</b>	<b>% of Calories:</b>	<b>8.000</b>	<b>69.333</b>	<b>27.000</b>	<b>3.000</b>					
<b>R-0228</b>	<b>Pancake &amp; Sausage Stick</b>	177.500	22.188	275.125	2.662	3.550	1.597	17.750	0.000	0.000	6.213	15.087	8.875	2.219	0.000
<b>Weight/Serving:</b>	<b>71.00</b>	<b>Fat Change %:</b>	<b>0.00</b>	<b>Moisture Change %:</b>	<b>0.00</b>	<b>% of Calories:</b>	<b>14.001</b>	<b>33.999</b>	<b>45.000</b>	<b>11.251</b>					
<b>R-0229</b>	<b>Pancakes, Mini Maple, IW, WG</b>	220.000	5.000	340.000	3.000	15.000	1.440	60.000	0.000	0.000	5.000	36.000	7.000	1.000	0.000
<b>Weight/Serving:</b>	<b>85.00</b>	<b>Fat Change %:</b>	<b>0.00</b>	<b>Moisture Change %:</b>	<b>0.00</b>	<b>% of Calories:</b>	<b>9.091</b>	<b>65.455</b>	<b>28.636</b>	<b>4.091</b>					

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		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
R-0233	Waffles, Mini Maple Flavor, IW, WG	210.000	4.000	170.000	3.000	13.000	0.720	20.000	0.000	0.000	4.000	38.000	6.000	1.000	0.000
	Weight/Serving: 70.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	7.619	<b>72.381</b>	<b>25.714</b>	<b>4.286</b>					
R-0234	Chili Beef	61.776	15.869	296.977	1.700	3.967	0.567	17.002	334.383	7.368	6.234	5.668	2.267	0.623	0.000
	Weight/Serving: 56.68	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	40.365	<b>36.700</b>	<b>33.027</b>	<b>9.076</b>					
R-0235	Corn Puppies	273.375	40.500	415.125	5.062	5.062	1.822	151.875	0.000	0.000	10.125	30.375	12.150	3.544	0.000
	Weight/Serving: 113.40	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	14.815	<b>44.444</b>	<b>40.000</b>	<b>11.667</b>					
R-0236	Apple, Fresh	55.120	0.000	1.060	2.544	*	0.127	6.360	57.240	4.876	0.276	14.639	0.180	0.032	*
	Weight/Serving: 106.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	2.003	<b>106.234</b>	<b>2.939</b>	<b>0.522</b>					
R-0237	Banana, Petite	89.000	0.000	1.000	2.600	*	0.260	5.000	64.000	8.700	1.090	22.840	0.330	0.112	*
	Weight/Serving: 100.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	4.899	<b>102.652</b>	<b>3.337</b>	<b>1.133</b>					
R-0238	Blueberries, Fresh	51.710	0.000	0.907	2.177	*	0.254	5.443	48.988	8.800	0.671	13.145	0.299	0.025	*
	Weight/Serving: 90.72	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	5.190	<b>101.682</b>	<b>5.204</b>	<b>0.435</b>					
R-0239	Cantaloupe, Fresh	46.266	0.000	21.772	1.225	*	0.286	12.247	1602.148	49.941	1.143	11.104	0.259	0.069	*
	Weight/Serving: 136.08	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	9.882	<b>96.001</b>	<b>5.038</b>	<b>1.342</b>					
R-0240	Grapes, Fresh	60.781	0.000	1.814	0.816	*	0.263	12.701	90.718	3.629	0.572	15.558	0.318	0.103	*
	Weight/Serving: 90.72	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	3.764	<b>102.387</b>	<b>4.709</b>	<b>1.525</b>					
R-0241	Kiwi and Grapes, Fresh	61.770	0.000	2.740	2.487	*	0.303	29.060	89.120	71.372	1.011	15.086	0.475	0.048	*
	Weight/Serving: 99.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	6.547	<b>97.691</b>	<b>6.921</b>	<b>0.699</b>					
R-0242	Oranges, Fresh	86.480	0.000	0.000	4.416	*	0.184	73.600	414.000	97.888	1.730	21.620	0.221	0.037	*
	Weight/Serving: 184.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	8.002	<b>100.000</b>	<b>2.300</b>	<b>0.385</b>					
R-0243	Orange Wedges, fresh	45.120	0.000	0.000	2.304	*	0.096	38.400	216.000	51.072	0.902	11.280	0.115	0.019	*
	Weight/Serving: 96.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	7.996	<b>100.000</b>	<b>2.294</b>	<b>0.379</b>					
R-0244	Peach, Fresh	50.700	0.000	0.000	1.950	*	0.325	7.800	423.800	8.580	1.183	12.402	0.325	0.025	*

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		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
<b>Weight/Serving:</b>	130.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		9.333	<b>97.846</b>	<b>5.769</b>	<b>0.444</b>		
<b>R-0245 Pear, Fresh</b>		85.840	0.000	1.480	4.588	*	0.252	13.320	34.040	6.216	0.562	22.881	0.178	0.015	*
<b>Weight/Serving:</b>	148.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		2.619	<b>106.622</b>	<b>1.866</b>	<b>0.157</b>		
<b>R-0246 Plum, Fresh</b>		30.360	0.000	0.000	0.924	*	0.112	3.960	227.700	6.270	0.462	7.537	0.185	0.011	*
<b>Weight/Serving:</b>	66.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		6.087	<b>99.302</b>	<b>5.484</b>	<b>0.326</b>		
<b>R-0247 Raisins, Ind</b>		315.789	0.000	13.158	5.263	71.053	2.842	52.632	0.000	0.000	2.632	76.316	0.000	0.000	0.000
<b>Weight/Serving:</b>	100.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		3.334	<b>96.667</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0248 Tangerine, Fresh</b>		40.280	0.000	1.520	1.368	*	0.114	28.120	517.560	20.292	0.616	10.138	0.236	0.030	*
<b>Weight/Serving:</b>	76.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		6.117	<b>100.675</b>	<b>5.273</b>	<b>0.670</b>		
<b>R-0249 Pomegranates, Fresh</b>		104.720	0.000	4.620	0.924	*	0.462	4.620	166.320	9.394	1.463	26.442	0.462	0.059	*
<b>Weight/Serving:</b>	154.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		5.588	<b>101.001</b>	<b>3.971</b>	<b>0.507</b>		
<b>R-0250 Chicken Tenders MSHS</b>		339.407	79.301	716.878	4.758	0.000	1.586	26.962	345.751	1.586	31.720	28.548	11.102	3.172	0.000
<b>Weight/Serving:</b>	174.46	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		37.383	<b>33.645</b>	<b>29.439</b>	<b>8.411</b>		
<b>R-0254 Cereal, Cinn Toaster</b>		110.000	0.000	160.000	3.000	6.000	3.600	200.000	400.000	4.800	1.000	22.000	3.000	0.500	0.000
<b>Weight/Serving:</b>	28.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		3.636	<b>80.000</b>	<b>24.545</b>	<b>4.091</b>		
<b>R-0256 Milk, Strawberry</b>		120.000	5.000	100.000	0.000	22.000	0.000	300.000	500.000	0.000	8.000	22.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	250.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		26.667	<b>73.333</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0257 Milk, Chocolate</b>		110.000	5.000	150.000	0.000	18.000	0.000	300.000	500.000	0.000	9.000	20.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	250.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		32.727	<b>72.727</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0258 Milk, Fat Free</b>		90.000	5.000	125.000	0.000	11.000	0.000	300.000	500.000	2.400	8.000	11.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	250.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		35.556	<b>48.889</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0259 Milk 1%</b>		110.000	15.000	115.000	0.000	12.000	0.000	250.000	500.000	2.400	9.000	12.000	2.000	0.000	0.000
<b>Weight/Serving:</b>	250.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		32.727	<b>43.636</b>	<b>16.364</b>	<b>0.000</b>		
<b>R-0260 Milk, Whole</b>		150.000	35.000	115.000	0.000	11.000	0.000	300.000	300.000	2.400	8.000	11.000	8.000	5.000	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
<b>Weight/Serving:</b>	250.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	21.333	<b>29.333</b>	<b>48.000</b>	<b>30.000</b>					
<b>R-0261</b>	<b>Applesauce, Straw, 4.5oz C</b>	90.000	0.000	0.000	1.000	21.000	0.000	0.000	0.000	12.000	0.000	23.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	128.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>0.000</b>	<b>102.222</b>	<b>0.000</b>	<b>102.222</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0262</b>	<b>Applesauce Cups</b>	90.000	0.000	15.000	2.000	19.000			*	60.000	0.000	22.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	128.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>0.000</b>	<b>97.778</b>	<b>0.000</b>	<b>97.778</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0264</b>	<b>Sausage Biscuit</b>	290.000	25.000	705.000	0.500	3.000	5.800	62.000	0.000	0.000	13.000	29.000	13.000	6.500	0.000
<b>Weight/Serving:</b>	105.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>17.931</b>	<b>40.000</b>	<b>40.345</b>	<b>20.172</b>					
<b>R-0266</b>	<b>Chicken Biscuit</b>	274.210	0.000	597.980	1.080	2.790	2.800	70.000	59.000	0.000	12.110	35.330	12.110	5.310	0.000
<b>Weight/Serving:</b>	107.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>17.665</b>	<b>51.537</b>	<b>39.747</b>	<b>17.428</b>					
<b>R-0270</b>	<b>Banana</b>	105.020	0.000	1.180	3.068	*	0.307	5.900	75.520	10.266	1.286	26.951	0.389	0.132	*
<b>Weight/Serving:</b>	118.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>4.898</b>	<b>102.651</b>	<b>3.334</b>	<b>1.131</b>					
<b>R-0271</b>	<b>Macaroni &amp; Cheese</b>	290.769	31.154	1010.769	0.692	6.231	1.246	415.385	692.308	0.000	16.615	33.231	11.077	6.231	0.346
<b>Weight/Serving:</b>	174.46	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>22.857</b>	<b>45.715</b>	<b>34.286</b>	<b>19.286</b>					
<b>R-0272</b>	<b>Chicken Tenders ES</b>	275.768	64.432	582.464	3.866	0.000	1.289	21.907	280.923	1.289	25.773	23.195	9.020	2.577	0.000
<b>Weight/Serving:</b>	141.75	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>37.384</b>	<b>33.644</b>	<b>29.438</b>	<b>8.410</b>					
<b>R-0274</b>	<b>Garden Peas</b>	81.158	0.062	223.780	4.983	4.958*	1.902*	35.290	588.755*	12.222*	4.944	14.583	0.071	0.069	0.002*
<b>Weight/Serving:</b>	110.49	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>24.367</b>	<b>71.875</b>	<b>0.787</b>	<b>0.765</b>					
<b>R-0276</b>	<b>Applesauce</b>	62.725	0.000	0.000	2.091	12.545	0.073	2.091	18.818	0.732	0.000	15.681	0.000	0.000	0.000
<b>Weight/Serving:</b>	127.54	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>0.000</b>	<b>99.998</b>	<b>0.000</b>	<b>0.000</b>					
<b>R-0278</b>	<b>Whole Grain Biscuit</b>	210.000	0.000	395.000	0.500	2.000	1.800	60.000	0.000	0.000	5.000	28.000	8.000	5.000	0.000
<b>Weight/Serving:</b>	62.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>9.524</b>	<b>53.333</b>	<b>34.286</b>	<b>21.429</b>					
<b>R-0279</b>	<b>Turkey in Gravy</b>	186.658	85.552	715.523	0.000	*	1.120	31.110	0.000	0.000	23.332	3.111	9.333	3.111	0.000
<b>Weight/Serving:</b>	176.39	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>49.999</b>	<b>6.667</b>	<b>45.000</b>	<b>15.000</b>					
<b>R-0280</b>	<b>Steamed Brown Rice</b>	170.250	0.000	240.040	1.892	0.000*	0.683	4.408	0.000	0.000	3.783	34.050	1.419	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
<b>Weight/Serving:</b>	188.09	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		8.888	<b>80.000</b>	<b>7.501</b>	<b>0.000</b>		
<b>R-0281</b>	<b>Mozzarella Cheese Pizza</b>	279.437	27.042	324.507	2.704	5.408	2.434	405.634	450.704	8.113	19.831	27.042	10.817	5.408	0.000
<b>Weight/Serving:</b>	128.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		28.387	<b>38.709</b>	<b>34.839</b>	<b>17.418</b>		
<b>R-0283</b>	<b>Pepperoni Pizza</b>	313.028	35.775	518.732	2.683	5.366	2.415	313.028	357.746	8.049	19.676	20.570	15.204	6.261	0.000
<b>Weight/Serving:</b>	127.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		25.143	<b>26.285</b>	<b>43.714</b>	<b>18.001</b>		
<b>R-0284</b>	<b>Marinara Dipping Cup</b>	40.000	0.000	230.000	1.000	5.000	0.360	20.000	200.000	6.000	1.000	8.000	1.000	0.000	0.000
<b>Weight/Serving:</b>	71.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		10.000	<b>80.000</b>	<b>22.500</b>	<b>0.000</b>		
<b>R-0285</b>	<b>Corn</b>	88.714	0.123	202.883	2.445	3.621*	0.572	14.000	236.558*	4.168	2.388	20.967	1.326	0.136	0.004*
<b>Weight/Serving:</b>	111.68	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		10.767	<b>94.538</b>	<b>13.452</b>	<b>1.380</b>		
<b>R-0286</b>	<b>Fresh Steamed Cabbage</b>	36.785	0.071	442.395	2.882	0.033*	0.549	51.690	111.289*	41.515	1.461	8.345	0.193	0.118	0.003*
<b>Weight/Serving:</b>	128.89	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		15.887	<b>90.744</b>	<b>4.722</b>	<b>2.887</b>		
<b>R-0287</b>	<b>Broccoli with Cheese</b>	76.280	10.504	218.597	3.550	1.183	0.852	153.550	1451.613	80.818	6.351	7.316	3.151	2.101	0.000
<b>Weight/Serving:</b>	138.62	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		33.304	<b>38.364</b>	<b>37.178</b>	<b>24.789</b>		
<b>R-0288</b>	<b>Fruit in Gelatin</b>	141.502	0.000	69.278	0.995	26.992*	0.000*	0.888*	199.074*	11.191*	0.746	29.979	2.365	2.365	0.000*
<b>Weight/Serving:</b>	178.65	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		2.109	<b>84.745</b>	<b>15.042</b>	<b>15.042</b>		
<b>R-0289</b>	<b>Potato Rounds</b>	148.310	0.000	353.662	2.282	0.000	0.000	0.000	0.000	4.107	2.282	18.254	6.845	1.141	0.000
<b>Weight/Serving:</b>	81.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		6.155	<b>49.232</b>	<b>41.538</b>	<b>6.924</b>		
<b>R-0290</b>	<b>Pineapple Tidbits</b>	78.052	0.000	0.000	0.976	19.513	0.351	19.513	97.565	11.708	0.000	21.464	0.000	0.000	0.000
<b>Weight/Serving:</b>	136.59	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	<b>109.998</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0291</b>	<b>Peaches in Juice</b>	62.215	0.000	5.185	1.037	13.480	0.197	3.111	176.277	1.970	0.000	14.517	0.000	0.000	0.000
<b>Weight/Serving:</b>	130.65	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	<b>93.334</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0292</b>	<b>Diced Pears</b>	60.585	0.000	5.049	2.019	12.117	0.121	4.039	0.000	1.262	0.000	15.146	0.000	0.000	0.000
<b>Weight/Serving:</b>	125.21	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	<b>99.998</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0293</b>	<b>Mixed Fruit</b>	59.722	0.000	4.977	0.995	11.944			199.074		0.000	14.931	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
<b>Weight/Serving:</b>	125.42	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>0.000</b>	<b>100.003</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0294</b>	<b>Cheeseburger</b>	358.403	42.162	659.036	3.988	2.506	3.578	221.001	200.015	0.000	21.396	28.987	18.377	7.210	0.000
<b>Weight/Serving:</b>	141.17	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>23.879</b>	<b>32.351</b>	<b>46.147</b>	<b>18.105</b>		
<b>R-0295</b>	<b>Hamburger</b>	317.904	34.568	517.288	3.988	2.000	3.578	119.753	98.767	0.000	17.852	27.975	15.340	5.438	0.000
<b>Weight/Serving:</b>	127.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>22.462</b>	<b>35.199</b>	<b>43.428</b>	<b>15.395</b>		
<b>R-0296</b>	<b>Spiced Apples</b>	81.725	0.000	10.103	2.021	9.093*	1.456	0.081	0.000	1.212	0.000	20.186	0.000	0.000	0.000*
<b>Weight/Serving:</b>	129.81	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>0.000</b>	<b>98.800</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0297</b>	<b>Cole Slaw</b>	86.088	10.909	127.545	2.593	1.091*	0.519	42.461	101.362	37.738	1.341	11.459	4.486	0.581	0.000*
<b>Weight/Serving:</b>	127.63	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>6.231</b>	<b>53.243</b>	<b>46.899</b>	<b>6.074</b>		
<b>R-0298</b>	<b>Spicy Potato Wedges</b>	122.927	0.000	440.488	2.049	0.000	1.106	0.000	0.000	2.459	2.049	18.439	5.122	1.024	0.000
<b>Weight/Serving:</b>	84.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>6.667</b>	<b>60.000</b>	<b>37.500</b>	<b>7.497</b>		
<b>R-0300</b>	<b>Pizza Bagel</b>	180.000	20.000	380.000	3.000	2.000	1.440	150.000	300.000	9.000	12.000	20.000	6.000	3.000	0.000
<b>Weight/Serving:</b>	88.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>26.667</b>	<b>44.444</b>	<b>30.000</b>	<b>15.000</b>		
<b>R-0301</b>	<b>Corn Dog</b>	240.000	15.000	670.000	4.000	11.000	1.800	80.000	0.000	15.000	11.000	33.000	7.000	1.500	0.000
<b>Weight/Serving:</b>	113.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>18.333</b>	<b>55.000</b>	<b>26.250</b>	<b>5.625</b>		
<b>R-0302</b>	<b>Pinto Beans</b>	136.559	0.000	175.751	7.058	0.000*	1.452	40.629	0.000*	0.000*	6.050	18.237	0.000	0.000	0.000*
<b>Weight/Serving:</b>	141.27	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>17.721</b>	<b>53.419</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0303</b>	<b>Glazed Carrots, Frozen</b>	78.782	37.282	89.847	3.137	5.860*	0.848	57.220	397.347	7.775*	0.005	13.463	3.781	1.012	0.000*
<b>Weight/Serving:</b>	130.38	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>0.025</b>	<b>68.356</b>	<b>43.194</b>	<b>11.561</b>		
<b>R-0310</b>	<b>Carolina BBQ on a Bun</b>	345.163	77.038	762.228	3.000	5.082	2.930	108.423	122.439	1.027	23.462	29.082	14.826	4.609	0.000
<b>Weight/Serving:</b>	155.61	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>27.189</b>	<b>33.702</b>	<b>38.658</b>	<b>12.018</b>		
<b>R-0312</b>	<b>Bread Stick</b>	82.210	0.002	101.945	2.000	3.000	0.373	6.500	0.000*	0.000*	3.000	15.001	1.245	0.017	0.000
<b>Weight/Serving:</b>	28.60	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>14.597</b>	<b>72.989</b>	<b>13.630</b>	<b>0.186</b>		
<b>R-0313</b>	<b>Breaded Mozzarella Sticks</b>	349.871	34.987	349.871	1.999	4.998	1.080	449.834	399.853	0.000	18.993	25.990	18.993	7.997	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
<b>Weight/Serving:</b>	119.02	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>21.714</b>	<b>29.714</b>	<b>48.857</b>	<b>20.571</b>		
<b>R-0314</b>	<b>Oven Roasted Chicken</b>	305.293	183.911	174.716	0.000	0.000	1.839	1.839	193.107	1.839	34.943	0.000	18.391	6.437	0.000
<b>Weight/Serving:</b>	156.41	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>45.783</b>	<b>0.000</b>	<b>54.216</b>	<b>18.976</b>		
<b>R-0315</b>	<b>Fluffy Mashed Potatoes</b>	14.994	0.000	71.648	0.167	*	0.060	3.343	0.000	1.499	0.333	2.832	0.250	0.000	0.000*
<b>Weight/Serving:</b>	134.76	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>8.884</b>	<b>75.550</b>	<b>15.006</b>	<b>0.000</b>		
<b>R-0316</b>	<b>Uncrustable PBJ</b>	329.947	0.000	329.947	3.093	13.404	1.114	20.622	0.000	0.000	10.311	32.995	17.528	3.609	0.000
<b>Weight/Serving:</b>	76.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>12.500</b>	<b>40.000</b>	<b>47.811</b>	<b>9.844</b>		
<b>R-0317</b>	<b>Chef Salad Turkey</b>	193.456	50.268	430.102	2.414	4.451*	1.147*	253.237	1233.903	6.399*	20.898	9.061	9.122	5.068	0.000*
<b>Weight/Serving:</b>	312.04	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>43.210</b>	<b>18.735</b>	<b>42.438</b>	<b>23.577</b>		
<b>R-0319</b>	<b>Garden Side Salad</b>	25.054	0.000	1.070	1.595	2.671*	0.565	30.652	677.994	5.579	1.568	5.155	0.048	0.011	0.000*
<b>Weight/Serving:</b>	143.92	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>25.034</b>	<b>82.302</b>	<b>1.724</b>	<b>0.395</b>		
<b>R-0320</b>	<b>Yogurt, Cherry Van</b>	90.000	0.000	50.000	0.000	15.000	0.000	300.000	0.000	0.000	3.000	19.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	113.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>13.333</b>	<b>84.444</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0321</b>	<b>Yogurt, Straw Ban</b>	90.000	0.000	50.000	0.000	14.000	0.000	300.000	0.000	1.200	3.000	19.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	113.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>13.333</b>	<b>84.444</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0322</b>	<b>Chips, Dorito Nacho</b>	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
<b>Weight/Serving:</b>	28.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>6.154</b>	<b>61.538</b>	<b>34.615</b>	<b>3.462</b>		
<b>R-0323</b>	<b>Catsup, 9gm</b>	9.000	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
<b>Weight/Serving:</b>	9.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>0.000</b>	<b>133.333</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0324</b>	<b>Dressing,Italian 1.5</b>	100.000	0.000	470.000	0.000	0.000	0.000	0.000	300.000	0.000	0.000	1.000	11.000	1.500	0.000
<b>Weight/Serving:</b>	42.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>0.000</b>	<b>4.000</b>	<b>99.000</b>	<b>13.500</b>		
<b>R-0325</b>	<b>Dressing, French12</b>	50.000	0.000	95.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	2.000	4.500	0.500	0.000
<b>Weight/Serving:</b>	12.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>0.000</b>	<b>16.000</b>	<b>81.000</b>	<b>9.000</b>		
<b>R-0326</b>	<b>Dressing, Honey Must</b>	86.000	0.000	272.333	0.000	20.067	0.000	0.000	0.000	6.880	1.433	7.167	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
<b>Weight/Serving:</b>	43.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		6.665	33.335	0.000	0.000		
<b>R-0327</b>	<b>Dressing,Ranch 1.5</b>	35.833	0.000	447.917	0.000	3.583	0.000	71.667	0.000	0.000	0.000	10.750	0.000	0.000	0.000
<b>Weight/Serving:</b>	43.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	120.001	0.000	0.000		
<b>R-0328</b>	<b>Dressing,Ranch FF</b>	10.000	0.000	125.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	2.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	12.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	80.000	0.000	0.000		
<b>R-0329</b>	<b>Dressing,Ranch</b>	70.000	5.000	95.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	7.000	1.000	0.000
<b>Weight/Serving:</b>	12.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	5.714	90.000	12.857		
<b>R-0330</b>	<b>Mayonaise, Light</b>	30.000	5.000	85.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	3.000	0.000	0.000
<b>Weight/Serving:</b>	12.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	13.333	90.000	0.000		
<b>R-0331</b>	<b>Mustard, Individual</b>	5.000	0.000	65.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	6.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	0.000	0.000	0.000	0.000	0.000
<b>R-0332</b>	<b>Sauce, BBQ 1oz</b>	35.000	0.000	370.000	0.000	3.000	0.000	0.000	200.000	0.000	0.000	8.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	28.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	91.429	0.000	0.000		
<b>R-0333</b>	<b>Sauce, Honey Must</b>	140.000	10.000	200.000	0.000	6.000	0.000	0.000	0.000	0.000	0.000	7.000	13.000	2.000	0.000
<b>Weight/Serving:</b>	28.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	20.000	83.571	12.857		
<b>R-0334</b>	<b>Sauce, Hot, 7g</b>	0.000	0.000	100.000	0.000	0.000	0.000	0.000	100.000	1.200	0.000	1.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	7.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	0.000	0.000	0.000		
<b>R-0335</b>	<b>Sauce, Ranch Lite</b>	80.000	5.000	230.000	0.000	2.000			*		0.000	4.000	7.000	1.000	0.000
<b>Weight/Serving:</b>	30.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	20.000	78.750	11.250		
<b>R-0336</b>	<b>Sauce, Sweet/Sour</b>	45.000	0.000	120.000	0.000	4.000	0.000	0.000	0.000	1.200	0.000	12.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	28.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	106.667	0.000	0.000		
<b>R-0337</b>	<b>Sauce, Taco</b>	5.000	0.000	55.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	1.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	9.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	80.000	0.000	0.000		
<b>R-0338</b>	<b>Sauce, Tartar</b>	45.000	5.000	85.000	0.000	2.000	0.000	0.000	0.000	0.000	0.000	2.000	4.000	0.500	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
<b>Weight/Serving:</b>	12.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	17.778	80.000	10.000					
<b>R-0339</b>	<b>Syrup,Pancake</b>	120.000	0.000	0.000	0.000	19.000	0.000	0.000	0.000	0.000	0.000	31.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	43.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	0.000	103.333	0.000	0.000					
<b>R-0341</b>	<b>Cheese, String Mozz</b>	60.000	10.000	210.000	0.000	0.000	* 200.000	100.000	*	8.000	1.000	2.500	2.000	0.000	
<b>Weight/Serving:</b>	28.35	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	53.333	6.667	37.500	30.000					
<b>R-0348</b>	<b>Seasoned Green Beans</b>	24.864	0.000	177.784	2.382	1.191*	0.774	52.665	833.810	11.554	1.191	5.211	0.000	0.000	0.000*
<b>Weight/Serving:</b>	90.80	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	19.160	83.832	0.000	0.000					
<b>R-0349</b>	<b>Nachos with Beef and Cheese</b>	419.054	61.446	905.127	5.014	2.194	2.702	303.734	938.045	5.484	23.227	36.757	20.861	7.290	0.000
<b>Weight/Serving:</b>	203.41	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	22.171	35.086	44.803	15.657					
<b>R-0350</b>	<b>Hot Dog on a Bun</b>	250.000	25.000	720.000	3.000	5.000	2.520	120.000	300.000	0.000	12.000	29.000	9.500	2.500	0.000
<b>Weight/Serving:</b>	113.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	19.200	46.400	34.200	9.000					
<b>R-0351</b>	<b>Sweet Potato Wedges</b>	135.693	0.000	149.523	2.128	7.447*	0.398	23.032	3723.264	3.830	1.067	22.536	4.255	1.064	0.000*
<b>Weight/Serving:</b>	89.52	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	3.145	66.432	28.222	7.057					
<b>R-0355</b>	<b>Turnip Greens</b>	33.041	0.000	367.833	3.345	0.000*	1.930	148.915	1463.860	21.221	3.273	5.832	0.413	0.097	0.000*
<b>Weight/Serving:</b>	116.94	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	39.623	70.603	11.250	2.642					
<b>R-0356</b>	<b>Spanish Rice</b>	108.159	0.000	158.796	2.494	1.283*	0.906	6.253	412.824	1.385	2.323	21.378	1.106	0.032	0.000*
<b>Weight/Serving:</b>	104.59	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	8.591	79.061	9.203	0.266					
<b>R-0358</b>	<b>Stuffed Crust Pizza (T)</b>	370.000	45.000	630.000	3.000	10.000	2.700	300.000	400.000	0.000	17.000	38.000	16.000	7.000	0.000
<b>Weight/Serving:</b>	150.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	18.378	41.081	38.919	17.027					
<b>R-0359</b>	<b>Toasted Cheese Sandwich ES</b>	233.370	15.182	549.039	4.000	3.012*	1.440	322.429	364.426	0.000	15.085	26.024	11.637	5.163	0.000
<b>Weight/Serving:</b>	88.88	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	25.856	44.606	44.879	19.911					
<b>R-0360</b>	<b>Rotini with Sauce</b>	105.266	0.000	207.330	3.239	2.827*	6.516	13.748	201.626	3.629	3.645	20.249	1.415	0.000	0.000*
<b>Weight/Serving:</b>	261.74	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	13.851	76.944	12.098	0.000					
<b>R-0361</b>	<b>Meat Sauce, Beef</b>	170.365	56.108	295.844	2.040	7.141	2.040	44.887	660.038	19.383	15.302	9.181	7.141	2.856	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
<b>Weight/Serving:</b>	162.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		35.928	21.556	37.724	15.088		
<b>R-0362 Salsa Cup 4 oz</b>		40.143	0.000	140.501	4.014	4.014	1.395	7.025	342.221	2.509	0.000	8.029	0.000	0.000	0.000
<b>Weight/Serving:</b>	128.46	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		0.000	80.004	0.000	0.000		
<b>R-0364 Peach Cup</b>		80.000	0.000	0.000	1.000	16.000	0.360	0.000	300.000	162.000	1.000	19.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	125.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		5.000	95.000	0.000	0.000		
<b>R-0365 Strawberry Cup</b>		90.000	0.000	0.000	2.000	18.000	0.360	20.000	0.000	162.000	1.000	22.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	128.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		4.444	97.778	0.000	0.000		
<b>R-0366 BBQ Riblet Sandwich</b>		310.000	30.000	690.000	4.000	7.000	2.880	140.000	100.000	1.200	18.000	34.000	12.500	4.000	0.000
<b>Weight/Serving:</b>	127.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		23.226	43.871	36.290	11.613		
<b>R-0368 Chili with Crumbles &amp; Beans</b>		261.094	22.400	892.631	7.799	6.605*	4.214	73.065	597.652*	12.168*	12.613	26.291	9.470	3.924	0.000*
<b>Weight/Serving:</b>	295.80	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		19.323	40.278	32.643	13.526		
<b>R-0370 Mozzarella Sticks HS &amp; MS</b>		492.191	49.219	492.191	2.813	7.031	1.519	632.818	562.504	0.000	26.719	36.563	26.719	11.250	0.000
<b>Weight/Serving:</b>	167.44	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		21.714	29.714	48.857	20.571		
<b>R-0372 Chicken Chunk, WM</b>		211.305	42.667	554.676	2.032	1.016	1.016	20.318	180.828	0.000	19.302	15.238	8.127	1.016	0.000
<b>Weight/Serving:</b>	108.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		36.539	28.846	34.615	4.327		
<b>R-0373 Chicken Nuggets Gold Kist</b>		223.960	40.167	462.526	2.434	0.000	2.434	2.434	135.106	0.000	18.258	15.823	9.737	2.434	0.000
<b>Weight/Serving:</b>	104.68	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		32.609	28.260	39.129	9.781		
<b>R-0374 Baked Beans, Canned</b>		10.109	0.000	11.893	0.425	0.849	0.122	3.398	12.742	0.000	0.510	2.294	0.425	0.425	0.000
<b>Weight/Serving:</b>	11.04	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		20.180	90.771	37.838	37.838		
<b>R-0375 Potato Rounds (HS)</b>		166.107	0.000	396.101	2.555	0.000	0.000	0.000	0.000	4.600	2.555	20.444	7.666	1.278	0.000
<b>Weight/Serving:</b>	90.72	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		6.153	49.231	41.536	6.924		
<b>R-0376 Cole Slaw, Condiment</b>		43.942	5.455	63.823	1.297	0.545*	0.248	20.849	50.681	18.869	0.670	5.847	2.243	0.292	0.000*
<b>Weight/Serving:</b>	63.93	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		6.099	53.225	45.940	5.981		
<b>R-0377 Salsa Cup 2oz</b>		18.178	0.000	63.623	1.818	1.818	0.632	3.181	154.968	1.136	0.000	3.636	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
<b>Weight/Serving:</b>	58.17	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>0.000</b>	<b>80.009</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0395</b>	<b>String Cheese</b>	60.000	10.000	210.000	0.000	0.000	*	200.000	100.000	*	8.000	1.000	2.500	2.000	0.000
<b>Weight/Serving:</b>	28.35	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>53.333</b>	<b>6.667</b>	<b>37.500</b>	<b>30.000</b>		
<b>R-0398</b>	<b>Baby Carrots</b>	26.460	0.000	58.967	2.192	*	0.673	24.192	1425.064	1.966	0.484	6.229	0.098	0.017	*
<b>Weight/Serving:</b>	75.60	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>7.317</b>	<b>94.165</b>	<b>3.333</b>	<b>0.578</b>		
<b>R-0399</b>	<b>Cherry Tomato Cup</b>	26.294	0.000	0.000	0.876	0.000	0.473	0.000	701.176	35.760	0.876	4.382	0.000	0.000	0.000
<b>Weight/Serving:</b>	74.50	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>13.326</b>	<b>66.662</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0400</b>	<b>Baked Friday Fries</b>	101.070	0.000	374.657	1.011	0.000*	0.365	0.044	0.000	2.426	2.021	18.193	3.032	0.505	0.000*
<b>Weight/Serving:</b>	68.91	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>7.998</b>	<b>72.002</b>	<b>26.999</b>	<b>4.497</b>		
<b>R-0401</b>	<b>Corn Salsa</b>	87.695	0.000	370.733	4.798	3.340*	1.646	32.669	581.478*	3.258	2.438	15.203	0.273	0.002	0.000*
<b>Weight/Serving:</b>	145.52	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>11.120</b>	<b>69.345</b>	<b>2.802</b>	<b>0.021</b>		
<b>R-0402</b>	<b>Chocolate Pudding</b>	120.000	0.000	200.000	1.000	16.000	4.000	2.000	0.000	0.000	1.000	24.000	3.000	0.500	0.000
<b>Weight/Serving:</b>	128.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>3.333</b>	<b>80.000</b>	<b>22.500</b>	<b>3.750</b>		
<b>R-0403</b>	<b>Vanilla Pudding</b>	130.000	0.000	200.000	0.000	15.000	0.000	2.000	0.000	0.000	0.000	24.000	3.000	0.500	0.000
<b>Weight/Serving:</b>	128.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>0.000</b>	<b>73.846</b>	<b>20.769</b>	<b>3.462</b>		
<b>R-0404</b>	<b>Friday Fries</b>	101.070	0.000	303.209	1.011	0.000	0.364	0.000	0.000	2.426	2.021	18.193	3.032	0.505	0.000
<b>Weight/Serving:</b>	68.73	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>7.998</b>	<b>72.002</b>	<b>26.999</b>	<b>4.497</b>		
<b>R-0406</b>	<b>Yogurt &amp; Cheese-Snackin Munchie</b>	300.000	34.000	400.000	1.000	14.000	0.720*	600.000	800.000	1.200*	12.000	33.000	12.500	7.000	0.000
<b>Weight/Serving:</b>	162.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>16.000</b>	<b>44.000</b>	<b>37.500</b>	<b>21.000</b>		
<b>R-0407</b>	<b>PBJ Munchie Pack</b>	539.947	34.000	679.947	4.093	13.404	1.834*	320.622	800.000	0.000*	19.311	46.995	30.028	10.609	0.000
<b>Weight/Serving:</b>	125.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>14.306</b>	<b>34.815</b>	<b>50.052</b>	<b>17.683</b>		
<b>R-0408</b>	<b>Cereal Bar, Cinn Toast</b>	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
<b>Weight/Serving:</b>	40.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>8.000</b>	<b>80.000</b>	<b>18.000</b>	<b>3.000</b>		

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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
<b>R-0409</b>	<b>Cereal Bar, Cocoa Puff</b>	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	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>8.000</b>	<b>80.000</b>	<b>18.000</b>	<b>3.000</b>		
<b>R-0410</b>	<b>Cereal Bar, Trix</b>	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	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>5.333</b>	<b>80.000</b>	<b>18.000</b>	<b>3.000</b>		
<b>R-0414</b>	<b>Vegetable Soup</b>	77.609	0.000	314.095	3.125	4.188*	1.146	33.685	2897.674	4.839	3.289	12.240	0.918	0.018	0.000*
	Weight/Serving: 259.83	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>16.952</b>	<b>63.085</b>	<b>10.646</b>	<b>0.209</b>		
<b>R-0432</b>	<b>Buffalo Hot Wings HS/MS</b>	495.000	247.500	1260.000	0.000	0.000	0.000	0.000	0.000	0.000	45.000	2.250	33.750	7.875	0.000
	Weight/Serving: 216.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>36.364</b>	<b>1.818</b>	<b>61.364</b>	<b>14.318</b>		
<b>R-0434</b>	<b>Milk,Variety</b>	111.000	6.000	135.250	0.000	17.850	0.000	295.000	500.000	0.360	8.750	19.150	0.200	0.000	0.000
	Weight/Serving: 250.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>31.532</b>	<b>69.009</b>	<b>1.622</b>	<b>0.000</b>		
<b>R-0435</b>	<b>Grilled Chicken Sandwich</b>	403.993	58.998	620.991	6.000	2.000	1.980	249.996	3049.914	0.000	23.000	41.000	16.500	3.500	0.000
	Weight/Serving: 167.56	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>22.773</b>	<b>40.595</b>	<b>36.758</b>	<b>7.797</b>		
<b>R-0447</b>	<b>Catfish Strips</b>	215.229	23.143	405.000	0.000	0.000	*	*	*	*	18.514	13.886	11.571	2.314	0.000
	Weight/Serving: 129.60	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>34.408</b>	<b>25.807</b>	<b>48.385</b>	<b>9.676</b>		
<b>R-0448</b>	<b>Apple Slices</b>	30.159	0.000	0.000	1.005	6.032	0.000	20.106	0.000	21.111	0.000	7.037	0.000	0.000	0.000
	Weight/Serving: 57.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>0.000</b>	<b>93.332</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0453</b>	<b>Taco Topping</b>	13.359	0.000	2.722	1.009	0.712*	0.275	12.565	595.842	7.768	0.835	3.202	0.109	0.016	0.000*
	Weight/Serving: 84.70	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>25.002</b>	<b>95.875</b>	<b>7.343</b>	<b>1.078</b>		
<b>R-0454</b>	<b>Sandwich Toppings</b>	17.109	0.000	295.222	1.009	0.712*	0.275	27.565	595.842	7.768	0.835	3.202	0.109	0.016	0.000*
	Weight/Serving: 105.70	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>19.522</b>	<b>74.861</b>	<b>5.734</b>	<b>0.842</b>		
<b>R-0455</b>	<b>Chicken Sandwich, WM</b>	157.619	1.587	320.318	3.071	2.035	1.806	100.741	6.632	0.000	6.705	26.564	2.782	0.535	0.000
	Weight/Serving: 170.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>17.016</b>	<b>67.413</b>	<b>15.885</b>	<b>3.055</b>		
<b>R-0459</b>	<b>Baked Scoops</b>	110.000	0.000	125.000	2.000	0.000	0.360	20.000	0.000	0.000	2.000	19.000	2.500	0.000	0.000
	Weight/Serving: 24.80	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>7.273</b>	<b>69.091</b>	<b>20.455</b>	<b>0.000</b>		

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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-0460	Cracker, 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	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>6.154</b>	<b>64.615</b>	<b>27.692</b>	<b>6.923</b>				
R-0461	Cheeze Its	100.000	4.000	150.000	1.000	0.000	0.720	100.000	500.000	0.000	2.000	14.000	3.500	1.000	0.000
	Weight/Serving:	21.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>8.000</b>	<b>56.000</b>	<b>31.500</b>	<b>9.000</b>				
R-0462	Vanilla Dots	120.000	0.000	95.000	1.000	7.000	1.080	100.000	0.000	0.000	2.000	20.000	4.000	0.000	0.000
	Weight/Serving:	28.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>6.667</b>	<b>66.667</b>	<b>30.000</b>	<b>0.000</b>				
R-0463	Goldfish, Cheddar	100.000	4.000	170.000	1.000	0.000	0.360	20.000	0.000	0.000	3.000	14.000	3.500	1.000	0.000
	Weight/Serving:	21.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>12.000</b>	<b>56.000</b>	<b>31.500</b>	<b>9.000</b>				
R-0464	Granola	83.333	0.000	63.333	1.000	5.000	0.360	0.000	0.000	0.000	1.333	12.667	3.000	0.333	0.000
	Weight/Serving:	18.33	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>6.398</b>	<b>60.802</b>	<b>32.400</b>	<b>3.596</b>				
R-0466	Orange Chicken Commodity	121.500	32.400	226.800	0.000	8.100	0.583	0.000	0.000	0.972	8.910	15.390	2.430	0.405	0.000
	Weight/Serving:	81.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>29.333</b>	<b>50.667</b>	<b>18.000</b>	<b>3.000</b>				
R-0487	Margarine	25.000	0.000	40.000	0.000	0.000	0.000	0.000	200.000	0.000	0.000	0.000	2.500	0.500	0.000
	Weight/Serving:	5.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>0.000</b>	<b>0.000</b>	<b>90.000</b>	<b>18.000</b>				
R-0488	Chocolate Graham, Belly Bear 1oz	120.000	0.000	85.000	2.000	7.000	1.080	100.000	0.000	0.000	2.000	20.000	4.000	0.000	0.000
	Weight/Serving:	28.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>6.667</b>	<b>66.667</b>	<b>30.000</b>	<b>0.000</b>				
R-0489	Mandarin Chicken Orange	106.312	28.350	198.450	0.000	7.088	0.510	0.000	0.000	0.850	7.796	13.466	2.126	0.354	0.000
	Weight/Serving:	70.88	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>29.333</b>	<b>50.666</b>	<b>17.998</b>	<b>2.997</b>				
R-0491	Celery Sticks	11.975	0.000	59.874	1.197	*	0.150	29.937	336.044	2.320	0.516	2.223	0.127	0.031	*
	Weight/Serving:	74.84	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>17.236</b>	<b>74.255</b>	<b>9.545</b>	<b>2.330</b>				
R-0492	Jelly, Individual	35.000	0.000	0.000	0.000	6.000	0.000	0.000	0.000	0.000	0.000	9.000	0.000	0.000	0.000
	Weight/Serving:	14.00	<b>Fat Change %:</b>	0.00	<b>Moisture Change %:</b>	0.00	<b>% of Calories:</b>	<b>0.000</b>	<b>102.857</b>	<b>0.000</b>	<b>0.000</b>				
R-0495	Spicy Pinto Beans	315.122	9.786	470.732	14.572	0.964*	3.148*	181.545	242.106*	0.856*	15.089	38.555	2.987	2.009	0.002*

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		cals	mg	mg	gm	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm
<b>Weight/Serving:</b>	298.64	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>19.153</b>	<b>48.940</b>	<b>8.531</b>	<b>5.738</b>		
<b>R-0502</b>	<b>Muffin, Blueberry 2OEG, RF, IW, WG</b>	290.000	65.000	360.000	3.000	24.000	4.500	250.000	1000.000	2.400	6.000	49.000	9.000	1.500	0.000
<b>Weight/Serving:</b>	113.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>8.276</b>	<b>67.586</b>	<b>27.931</b>	<b>4.655</b>		
<b>R-0503</b>	<b>Poptart, 2 Frosted Cinnamon Brown Sugar, WG</b>	370.000	0.000	380.000	6.000	31.000	3.600	200.000	1000.000	0.000	5.000	75.000	5.000	2.000	0.000
<b>Weight/Serving:</b>	100.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>5.405</b>	<b>81.081</b>	<b>12.162</b>	<b>4.865</b>		
<b>R-0504</b>	<b>Poptart, 2 Frosted Strawberry, WG</b>	360.000	0.000	360.000	6.000	30.000	3.600	200.000	1000.000	0.000	4.000	75.000	4.500	2.000	0.000
<b>Weight/Serving:</b>	100.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>4.444</b>	<b>83.333</b>	<b>11.250</b>	<b>5.000</b>		
<b>R-0505</b>	<b>Strudel, Apple</b>	210.000	0.000	280.000	2.000	11.000	1.080	0.000	0.000	0.000	5.000	36.000	6.000	1.500	0.000
<b>Weight/Serving:</b>	65.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>9.524</b>	<b>68.571</b>	<b>25.714</b>	<b>6.429</b>		
<b>R-0506</b>	<b>Super Donut, IW, WG</b>	240.000	0.000	300.000	2.000	19.000	9.000	250.000	2500.000	30.000	7.000	38.000	8.000	2.500	0.000
<b>Weight/Serving:</b>	85.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>11.667</b>	<b>63.333</b>	<b>30.000</b>	<b>9.375</b>		
<b>R-0507</b>	<b>Breakfast Pizza</b>	210.000	20.000	260.000	2.000	5.000	1.800	150.000	200.000	6.000	12.000	21.000	8.000	3.000	0.000
<b>Weight/Serving:</b>	94.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>22.857</b>	<b>40.000</b>	<b>34.286</b>	<b>12.857</b>		
<b>R-0509</b>	<b>Turkey and Cheese Hoagie</b>	289.638	39.182	764.733	3.000	3.012	1.992	302.429	202.429	0.000	22.152	28.024	10.973	4.843	0.000
<b>Weight/Serving:</b>	130.70	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>30.593</b>	<b>38.702</b>	<b>34.097</b>	<b>15.049</b>		
<b>R-0510</b>	<b>Ham, Turkey and Cheese Hoagie</b>	264.455	44.506	747.338	3.000	2.506	2.304	208.186	101.214	0.000	20.816	27.361	8.705	3.327	0.000
<b>Weight/Serving:</b>	131.65	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>31.485</b>	<b>41.385</b>	<b>29.625</b>	<b>11.323</b>		
<b>R-0511</b>	<b>Chicken &amp; Rice</b>	268.278	60.531	461.584	2.528	2.765*	1.748	147.327	689.906	30.086	23.592	29.497	6.384	2.333	0.000*
<b>Weight/Serving:</b>	247.87	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>35.175</b>	<b>43.980</b>	<b>21.417</b>	<b>7.827</b>		
<b>R-0512</b>	<b>Sweet Potato Waffle</b>	94.500	0.000	157.500	2.100	4.200	0.378	21.000	3360.000	1.260	1.050	15.750	3.150	0.525	0.000
<b>Weight/Serving:</b>	63.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>4.444</b>	<b>66.667</b>	<b>30.000</b>	<b>5.000</b>		
<b>R-0513</b>	<b>Sweet Potato Souffle</b>	285.638	1.701	186.439	2.471	26.326*	1.661	161.915	265.782	6.574	3.969	58.283	3.784	1.732	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
<b>Weight/Serving:</b>	184.81	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		5.558	<b>81.618</b>	<b>11.923</b>	<b>5.457</b>		
<b>R-0514</b>	<b>Pizza Sticks</b>	300.000	25.000	490.000	3.000	4.000	1.800	400.000	200.000	0.000	20.000	30.000	11.000	6.000	0.000
<b>Weight/Serving:</b>	119.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		26.667	<b>40.000</b>	<b>33.000</b>	<b>18.000</b>		
<b>R-0515</b>	<b>Baked Spaghetti</b>	313.559	64.786	417.342	3.776	8.009	3.602	160.599	717.894	19.383	21.956	27.985	11.480	4.881	0.000
<b>Weight/Serving:</b>	226.80	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		28.009	<b>35.700</b>	<b>32.951</b>	<b>14.010</b>		
<b>R-0516</b>	<b>Fish Stick</b>	230.000	40.000	310.000	2.000	0.000	0.720	20.000	0.000	2.400	14.000	19.000	12.000	1.500	0.000
<b>Weight/Serving:</b>	113.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		24.348	<b>33.043</b>	<b>46.957</b>	<b>5.870</b>		
<b>R-0517</b>	<b>Augratin Potato</b>	86.106	0.135	503.382	1.448	1.448	0.250*	38.527	0.000*	4.159*	1.394	17.361	1.188	0.148	0.005
<b>Weight/Serving:</b>	26.96	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		6.476	<b>80.649</b>	<b>12.417</b>	<b>1.547</b>		
<b>R-0518</b>	<b>BBQ Chicken Sandwich</b>	472.564	58.998	1123.848	7.524	14.190	5.028	249.996	3052.962	3.048	24.524	56.238	16.500	3.500	0.000
<b>Weight/Serving:</b>	213.27	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		20.758	<b>47.602</b>	<b>31.424</b>	<b>6.666</b>		
<b>R-0519</b>	<b>Spicy Chicken Sandwich</b>	339.333	44.842	832.125	5.989	2.996	2.796	117.937	173.389	0.000	25.930	41.944	10.472	1.496	0.000
<b>Weight/Serving:</b>	170.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		30.566	<b>49.443</b>	<b>27.774</b>	<b>3.968</b>		
<b>R-0520</b>	<b>Roll, WG Dinner 2OEG</b>	150.000	0.000	270.000	3.000	5.000	1.800	40.000	0.000	6.000	5.000	30.000	2.000	0.000	0.000
<b>Weight/Serving:</b>	62.30	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		13.333	<b>80.000</b>	<b>12.000</b>	<b>0.000</b>		
<b>R-0537</b>	<b>Baked Potato</b>	254.610	0.000	22.140	8.856	*	1.919	33.210	29.520	72.693	6.199	57.970	0.369	0.092	*
<b>Weight/Serving:</b>	369.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		9.739	<b>91.073</b>	<b>1.304</b>	<b>0.325</b>		
<b>R-0538</b>	<b>Baked Potato Topping</b>	133.359	51.641	479.803	0.000	0.000	0.565*	213.137	304.018	0.000*	14.937	1.536	8.433	4.838	0.000
<b>Weight/Serving:</b>	73.73	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		44.802	<b>4.607</b>	<b>56.912</b>	<b>32.650</b>		
<b>R-0539</b>	<b>Pizza, Pepperoni 5" Round</b>	279.608	31.569	487.059	2.706	6.314	2.435	315.686	450.980	10.824	20.745	27.961	9.922	4.510	0.000
<b>Weight/Serving:</b>	138.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		29.677	<b>40.000</b>	<b>31.937</b>	<b>14.517</b>		
<b>R-0540</b>	<b>Salisbury Steak</b>	189.437	39.000	577.057	0.600	3.772	1.300	15.000	80.000	0.000	10.300	8.615	12.772	4.600	0.000
<b>Weight/Serving:</b>	72.65	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		21.749	<b>18.191</b>	<b>60.679</b>	<b>21.854</b>		
<b>R-0541</b>	<b>Chili Macaroni</b>	767.531	162.778	1801.184*	16.587	26.770*	9.801*	246.156	474.110*	61.429*	53.475	71.697	22.304	9.133	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
<b>Weight/Serving:</b>	1,023.91	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>27.869</b>	<b>37.365</b>	<b>26.153</b>	<b>10.709</b>		
<b>R-0572</b>	<b>Chili Macaroni with Meat Sauce</b>	316.842	37.096	705.412*	7.820	7.990*	4.242*	134.528	742.136*	18.562*	17.038	41.009	6.462	2.871	0.000*
<b>Weight/Serving:</b>	537.42	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>21.510</b>	<b>51.772</b>	<b>18.356</b>	<b>8.155</b>		
<b>R-0588</b>	<b>Chef Salad Grilled Chicken</b>	374.116	79.266	524.426	5.414	4.451*	1.087*	403.233	1283.817	6.399*	26.565	24.061	20.122	7.068	0.000*
<b>Weight/Serving:</b>	365.90	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>28.403</b>	<b>25.726</b>	<b>48.407</b>	<b>17.003</b>		
<b>R-0589</b>	<b>NBHS Breakfast Bowl</b>	239.837	149.666	501.076	0.420	1.198*	5.242*	129.365	318.988	0.000*	16.865	17.704	11.559	4.584	0.034*
<b>Weight/Serving:</b>	206.54	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>28.127</b>	<b>29.527</b>	<b>43.376</b>	<b>17.202</b>		
<b>R-0590</b>	<b>NBHS Breakfast Plate</b>	235.821	254.064	599.633	2.113	2.397	5.752*	106.792	333.957	0.000*	19.201	14.247	12.577	3.541	0.068
<b>Weight/Serving:</b>	127.70	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>32.569</b>	<b>24.166</b>	<b>48.000</b>	<b>13.514</b>		
<b>R-0591</b>	<b>Strawberries, Fresh</b>	29.030	0.000	0.907	1.814	*	0.372	14.515	10.886	53.342	0.608	6.967	0.272	0.014	*
<b>Weight/Serving:</b>	90.72	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>8.378</b>	<b>95.997</b>	<b>8.433</b>	<b>0.434</b>		
<b>R-0592</b>	<b>Turkey &amp; Cheese Sandwich</b>	259.638	39.182	694.733	4.000	3.012	1.632	322.429	202.429	0.000	24.152	26.024	10.473	4.343	0.000
<b>Weight/Serving:</b>	129.70	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>37.209</b>	<b>40.093</b>	<b>36.303</b>	<b>15.054</b>		
<b>R-0594</b>	<b>Ham &amp; Cheese Biscuit</b>	280.243	33.796	725.850	0.500	2.253	2.160	110.607	50.607	0.000	14.771	28.506	12.018	6.886	0.000
<b>Weight/Serving:</b>	169.08	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>21.083</b>	<b>40.688</b>	<b>38.596</b>	<b>22.114</b>		
<b>R-0612</b>	<b>Fish Nuggets</b>	212.625	35.438	283.500	3.037	1.013	*	*	*	*	12.150	22.275	8.100	1.519	0.000
<b>Weight/Serving:</b>	113.40	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>22.857</b>	<b>41.905</b>	<b>34.286</b>	<b>6.430</b>		
<b>R-0615</b>	<b>Ham, Cheese Hoagie</b>	260.203	49.421	811.199	3.000	2.506	2.553*	215.157*	101.214	0.000*	20.001	27.709	8.673	3.317	0.000
<b>Weight/Serving:</b>	131.65	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>30.747</b>	<b>42.596</b>	<b>29.999</b>	<b>11.473</b>		
<b>R-0616</b>	<b>Meatball Sub</b>	450.002	50.813	864.883	4.504	4.260	3.512*	355.885*	331.438	3.468*	27.884	33.322	23.329	10.190	0.000
<b>Weight/Serving:</b>	187.52	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>24.786</b>	<b>29.619</b>	<b>46.658</b>	<b>20.380</b>		
<b>R-0617</b>	<b>Seasoned Green Beans Canned</b>	19.379	0.000	369.466	2.067	1.034*	0.000*	0.323*	0.000*	0.000*	1.034	3.669	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
<b>Weight/Serving:</b>	92.06	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		21.343	<b>75.731</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0619</b>	<b>Yogurt, Strawberry</b>	90.000	*	50.000	*	15.000	*	300.000	*	1.200	3.000	19.000	*	*	*
<b>Weight/Serving:</b>	113.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		13.333	<b>84.444</b>	<b>0.000*</b>	<b>0.000*</b>		
<b>R-0621</b>	<b>Yogurt, Peach</b>	90.000	0.000*	55.000	0.000	* 15.000	0.000*	300.000	0.000	0.000	3.000	19.000	0.000*	0.000*	0.000
<b>Weight/Serving:</b>	113.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		13.333	<b>84.444</b>	<b>0.000*</b>	<b>0.000*</b>		
<b>R-0622</b>	<b>Sour Cream, packets</b>	25.304	0.000	30.364	0.000	2.024	*	60.729	202.429	*	2.024	4.049	0.000	0.000	0.000
<b>Weight/Serving:</b>	28.34	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		31.995	<b>64.006</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0623</b>	<b>Cheddar Sticks</b>	110.000	30.000	200.000	0.000	0.000	*	200.000	300.000	*	7.000	0.000	9.000	6.000	0.000
<b>Weight/Serving:</b>	28.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		25.455	<b>0.000</b>	<b>73.636</b>	<b>49.091</b>		
<b>R-0624</b>	<b>Goldfish Cinnamon</b>	113.684	0.000	104.211	0.947	5.684	0.682	94.737	0.000	0.000	0.947	18.000	3.789	0.947	0.000
<b>Weight/Serving:</b>	24.63	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		3.332	<b>63.333</b>	<b>29.996</b>	<b>7.497</b>		
<b>R-0625</b>	<b>Oven Fried Chicken</b>	501.930	95.717	1379.724	2.335	0.000	2.335	28.015	182.096	2.335	28.015	25.680	30.349	7.004	0.000
<b>Weight/Serving:</b>	198.44	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		22.326	<b>20.465</b>	<b>54.418</b>	<b>12.559</b>		
<b>R-0626</b>	<b>Hamburger 3.0 oz</b>	340.000	70.000	500.000	3.000	2.000	3.600	100.000	0.000	0.000	28.000	26.000	14.500	5.500	0.000
<b>Weight/Serving:</b>	141.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		32.941	<b>30.588</b>	<b>38.382</b>	<b>14.559</b>		
<b>R-0627</b>	<b>Ham and Cheese Sandwich</b>	279.402	62.241	929.086	4.000	3.012	2.287	338.115	202.429	0.000	26.850	26.808	11.602	4.719	0.000
<b>Weight/Serving:</b>	152.38	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		38.439	<b>38.379</b>	<b>37.372</b>	<b>15.201</b>		
<b>R-0628</b>	<b>Big Daddy Pepperoni Pizza</b>	350.000	40.000	560.000		*	10.000	25.000	200.000	0.000	15.000		15.000	6.000	0.000
<b>Weight/Serving:</b>	141.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		17.143	<b>0.000</b>	<b>38.571</b>	<b>15.429</b>		
<b>R-0629</b>	<b>Cheese burger, 85/15</b>	370.499	52.594	486.748	3.000	2.506	1.800	201.248	101.248	0.000	21.544	30.012	17.537	7.272	0.000
<b>Weight/Serving:</b>	151.17	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		23.259	<b>32.402</b>	<b>42.600</b>	<b>17.665</b>		
<b>R-0630</b>	<b>Turkey Pot Roast</b>	151.843	49.690	685.252	0.000	3.120	1.073	0.000	0.000	1.193	13.913	8.367	7.095	1.491	0.000
<b>Weight/Serving:</b>	101.35	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		36.651	<b>22.041</b>	<b>42.053</b>	<b>8.837</b>		
<b>R-0631</b>	<b>Sloppy Joe</b>	312.239	50.700	1080.777	3.000	10.112	2.895	140.560	0.000	4.867	23.238	39.182	7.063	2.021	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
<b>Weight/Serving:</b>	201.31	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		29.770	<b>50.195</b>	<b>20.358</b>	<b>5.825</b>		
<b>R-0633</b>	<b>Fajita Strip Chef Salad</b>	269.479	94.426	576.797	2.317	5.574*	2.172*	264.224	1230.534	6.144*	28.981	10.040	10.674	5.368	0.000*
<b>Weight/Serving:</b>	336.98	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>43.018</b>	<b>14.903</b>	<b>35.649</b>	<b>17.928</b>		
<b>R-0634</b>	<b>Big Daddy Cheese Pizza 16"</b>	350.000	40.000	560.000	*	*	10.000	25.000	200.000	0.000	15.000	*	15.000	6.000	0.000
<b>Weight/Serving:</b>	141.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>17.143</b>	<b>0.000*</b>	<b>38.571</b>	<b>15.429</b>		
<b>R-0635</b>	<b>Wild Blueberries</b>	33.324	0.000	0.980	1.960	6.861	0.000	0.000	0.000	0.000	0.980	7.841	0.000	0.000	0.000
<b>Weight/Serving:</b>	76.45	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>11.763</b>	<b>94.118</b>	<b>0.000</b>	<b>0.000</b>		
<b>R-0636</b>	<b>Wild Blueberries w/Topping</b>	97.088	0.000	0.980	1.960	11.962	0.000	0.000	0.000*	0.000	0.980	12.942	5.101	5.101	0.000*
<b>Weight/Serving:</b>	96.85	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>4.038</b>	<b>53.321</b>	<b>47.286</b>	<b>47.286</b>		
<b>R-0637</b>	<b>Spinach Chopped</b>	59.032	0.000	510.068	6.821	0.000*	0.000	0.507	0.000	0.000	6.821	9.419	1.705	0.000	0.000*
<b>Weight/Serving:</b>	181.79	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>46.219</b>	<b>63.823</b>	<b>25.994</b>	<b>0.000</b>		
<b>R-0638</b>	<b>Teriyaki chicken w/RICE</b>	700.885	331.063	2227.882	0.000	11.237	5.808	58.081	151.011	0.000	87.725	11.840	20.328	5.808	0.000
<b>Weight/Serving:</b>	426.71	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>50.065</b>	<b>6.757</b>	<b>26.103</b>	<b>7.458</b>		
<b>R-0639</b>	<b>Chili Mac using Sloppy Joe</b>	349.983	50.291	943.890	5.838	7.139*	2.774	128.925	85.125*	4.464	24.589	42.519	6.069	2.537	0.000*
<b>Weight/Serving:</b>	332.13	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>28.103</b>	<b>48.596</b>	<b>15.607</b>	<b>6.524</b>		
<b>R-0641</b>	<b>Sliced Ham Entree</b>	87.146	52.288	461.874	0.000	0.000	0.941	17.429	0.000	0.000	13.072	0.871	3.922	1.307	0.000
<b>Weight/Serving:</b>	75.60	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>60.000</b>	<b>3.998</b>	<b>40.504</b>	<b>13.498</b>		
<b>R-0642</b>	<b>Turkey Steak</b>	85.671	35.001	409.695	0.000	0.283*	0.360	0.000	0.000	0.000	18.000	0.850	1.783	0.500	0.000
<b>Weight/Serving:</b>	84.42	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>84.042</b>	<b>3.969</b>	<b>18.731</b>	<b>5.253</b>		
<b>R-0644</b>	<b>Yogurt/Crackers</b>	180.000	0.000	145.000	1.000	20.000	4.000	310.000	10.000	0.000	5.000	36.000	2.500	0.000	0.000
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>11.111</b>	<b>80.000</b>	<b>12.500</b>	<b>0.000</b>		
<b>R-0646</b>	<b>Spicy Fries</b>	131.625	0.000	344.250	2.025	0.000	0.729	0.000	0.000	2.430	2.025	17.212	6.075	1.013	0.000
<b>Weight/Serving:</b>	70.88	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>6.154</b>	<b>52.306</b>	<b>41.538</b>	<b>6.926</b>		
<b>R-0647</b>	<b>General Tso's Chicken</b>	189.169	44.510	401.706	0.000	14.466	0.801	0.000	0.000	1.335	12.240	25.593	3.338	0.556	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
<b>Weight/Serving:</b>	111.28	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>25.882</b>	<b>54.117</b>	<b>15.881</b>	<b>2.645</b>				
<b>R-0648</b>	<b>Lima Beans</b>	125.534	0.270	245.749	6.171	0.124	1.975*	49.818	168.314*	5.846*	6.718	23.825	0.599	0.297	0.010
<b>Weight/Serving:</b>	128.15	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>21.406</b>	<b>75.916</b>	<b>4.294</b>	<b>2.129</b>				
<b>R-0649</b>	<b>White Cheddar Popcorn</b>	70.000	0.000	110.000	2.000	0.000	0.360	0.000	0.000	0.000	2.000	9.000	2.500	0.000	0.000
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>11.429</b>	<b>51.429</b>	<b>32.143</b>	<b>0.000</b>				
<b>R-0650</b>	<b>Chex Mix, Simply Cheddar</b>	209.999	0.000	609.996	1.999	*	0.715	19.997	0.000	0.000	3.998	34.996	5.998	1.000	*
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>7.615</b>	<b>66.659</b>	<b>25.706</b>	<b>4.286</b>				
<b>R-0651</b>	<b>Honey Bears, Grahams</b>	130.000	0.000	100.000	1.000	8.000	1.080	100.000	0.000	0.000	2.000	20.000	4.000	0.000	0.000
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>6.154</b>	<b>61.538</b>	<b>27.692</b>	<b>0.000</b>				
<b>R-0652</b>	<b>Graham Crackers, Square- 3</b>	90.000	0.000	95.000	1.000	5.000	4.000	10.000	10.000	0.000	2.000	17.000	2.500	0.000	0.000
<b>Weight/Serving:</b>	22.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>8.889</b>	<b>75.556</b>	<b>25.000</b>	<b>0.000</b>				
<b>R-0653</b>	<b>Cinnamon Bug Bites</b>	120.000	0.000	115.000	1.000	8.000	0.720	100.000	500.000	0.000	2.000	21.000	3.500	0.000	0.000
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>6.667</b>	<b>70.000</b>	<b>26.250</b>	<b>0.000</b>				
<b>R-0654</b>	<b>Baked Cheetos Crunchy</b>	120.000	0.000	200.000	1.000	1.000	0.360	0.000	0.000	0.000	2.000	17.000	4.500	1.000	0.000
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>6.667</b>	<b>56.667</b>	<b>33.750</b>	<b>7.500</b>				
<b>R-0655</b>	<b>Flamin' Hot Cheetos</b>	120.000	0.000	200.000	1.000	1.000	0.720	100.000	0.000	0.000	2.000	17.000	4.500	0.500	0.000
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>6.667</b>	<b>56.667</b>	<b>33.750</b>	<b>3.750</b>				
<b>R-0656</b>	<b>Fantastix Cheetos</b>	130.000	0.000	200.000	2.000	1.000	0.720	0.000	500.000	0.000	2.000	20.000	5.000	1.000	*
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>6.154</b>	<b>61.538</b>	<b>34.615</b>	<b>6.923</b>				
<b>R-0657</b>	<b>Cooler Ranch Doritos</b>	130.000	0.000	160.000	2.000	1.000	0.360	40.000	0.000	0.000	2.000	19.000	5.000	0.500	0.000
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>6.154</b>	<b>58.462</b>	<b>34.615</b>	<b>3.462</b>				
<b>R-0658</b>	<b>Chips, Baked Plain</b>	130.000	0.000	150.000	2.000	2.000	0.360	0.000	0.000	2.400	2.000	26.000	2.000	0.000	0.000
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>6.154</b>	<b>80.000</b>	<b>13.846</b>	<b>0.000</b>				
<b>R-0659</b>	<b>Chips, Sour Cream &amp; Onion</b>	100.000	0.000	140.000	1.000	3.000	0.000	0.000	0.000	1.200	2.000	18.000	2.500	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
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>8.000</b>	<b>72.000</b>	<b>22.500</b>	<b>0.000</b>				
<b>R-0660</b>	<b>Barbeque Chips</b>	110.000	0.000	170.000	2.000	3.000	0.000	0.000	100.000	1.200	2.000	19.000	2.500	0.000	0.000
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>7.273</b>	<b>69.091</b>	<b>20.455</b>	<b>0.000</b>				
<b>R-0661</b>	<b>Scooby Doo Grahams</b>	120.000	0.000	115.000	1.000	8.000	0.720	100.000	500.000	0.000	2.000	21.000	3.500	1.000	0.000
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>6.667</b>	<b>70.000</b>	<b>26.250</b>	<b>7.500</b>				
<b>R-0662</b>	<b>Pretzels</b>	80.000	0.000	200.000	2.000	0.000	0.720	0.000	0.000	0.000	2.000	15.000	1.500	0.000	0.000
<b>Weight/Serving:</b>	0.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>10.000</b>	<b>75.000</b>	<b>16.875</b>	<b>0.000</b>				
<b>R-0663</b>	<b>Peanut Butter Pack</b>	200.000	0.000	100.000	2.000	3.000	1.870	43.000	0.000	0.000	9.000	7.000	17.000	4.000	0.000
<b>Weight/Serving:</b>	40.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>18.000</b>	<b>14.000</b>	<b>76.500</b>	<b>18.000</b>				
<b>R-0664</b>	<b>Apricot Cup</b>	110.000	0.000	0.000	2.000	23.000	0.360	0.000	300.000	162.000	1.000	25.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	128.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>3.636</b>	<b>90.909</b>	<b>0.000</b>	<b>0.000</b>				
<b>R-0665</b>	<b>Cranberries, Dried</b>	110.000	0.000	5.000	3.000	24.000	1.080	20.000	0.000	0.000	0.000	28.000	0.000	0.000	0.000
<b>Weight/Serving:</b>	32.88	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>0.000</b>	<b>101.818</b>	<b>0.000</b>	<b>0.000</b>				
<b>R-0666</b>	<b>Turkey Roast</b>	432.917	174.686	1473.437	0.000	0.000	*	*	*	*	60.760	0.000	22.785	7.595	0.000
<b>Weight/Serving:</b>	326.59	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>56.140</b>	<b>0.000</b>	<b>47.368</b>	<b>15.789</b>				
<b>R-0667</b>	<b>Fruit Explosion</b>	72.793	0.000	2.483	1.547	14.030*	0.265	13.855	129.768	7.386	0.144	18.775	0.039	0.007	0.000*
<b>Weight/Serving:</b>	138.62	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>0.791</b>	<b>103.169</b>	<b>0.482</b>	<b>0.087</b>				
<b>R-0668</b>	<b>Chili Frito</b>	681.876	62.612	1507.809	7.867	10.359	4.851*	410.482	567.857*	6.708*	30.145	60.111	33.336	10.161	0.000
<b>Weight/Serving:</b>	384.44	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>17.684</b>	<b>35.262</b>	<b>44.000</b>	<b>13.411</b>				
<b>R-0669</b>	<b>Popcorn Chicken Smackers</b>	278.029	62.014	609.803	3.101	0.000	2.067*	17.571	173.639	1.034*	18.604	20.671	13.436	3.101	0.000
<b>Weight/Serving:</b>	125.99	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>26.766</b>	<b>29.739</b>	<b>43.493</b>	<b>10.038</b>				
<b>R-0670</b>	<b>Potato Roasters</b>	142.706	0.000	163.092	2.039	0.000	0.734	0.000	0.000	4.893	2.039	25.483	30.580	0.510	0.000
<b>Weight/Serving:</b>	90.72	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>5.715</b>	<b>71.428</b>	<b>192.858</b>	<b>3.216</b>				
<b>R-0671</b>	<b>Cheese Pizza Round</b>	320.000	30.000	380.000	3.000	7.000	2.700	350.000	500.000	12.000	23.000	31.000	12.000	6.000	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
<b>Weight/Serving:</b>	153.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>28.750</b>	<b>38.750</b>	<b>33.750</b>	<b>16.875</b>		
<b>R-0672</b>	<b>Chicken Salad Croissant</b>	313.822	58.014	503.466	2.191	5.665*	1.464	64.763	353.462*	0.369	17.475	29.586	13.941	3.987	0.000*
<b>Weight/Serving:</b>	162.22	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>22.274</b>	<b>37.711</b>	<b>39.981</b>	<b>11.434</b>		
<b>R-0674</b>	<b>Banana Bread Sliced, IW WG</b>	280.000	35.000	210.000	3.000	21.000	1.800	20.000	0.000	0.000	5.000	47.000	7.000	1.500	0.000
<b>Weight/Serving:</b>	96.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>7.143</b>	<b>67.143</b>	<b>22.500</b>	<b>4.821</b>		
<b>R-0675</b>	<b>IW Chick Biscuit</b>	15848.628	0.000	1868.234	72.039	144.078	129.671	1763.137	0.000	0.000	864.471	1089.137	792.431	108.059	0.000
<b>Weight/Serving:</b>	7,348.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>21.818</b>	<b>52.727</b>	<b>45.000</b>	<b>6.136</b>		
<b>R-0676</b>	<b>IW Sausage Biscuit</b>	11151.088	961.413	1453.262	96.141	96.141	69.222	1845.652	0.000	0.000	480.707	1307.391	1057.554	240.353	0.000
<b>Weight/Serving:</b>	8,845.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>9.091</b>	<b>43.636</b>	<b>45.000</b>	<b>10.227</b>		
<b>R-0677</b>	<b>Muffin, Apple, 2OEG, RF, IW, WG</b>	300.000	60.000	350.000	3.000	24.000	5.400	250.000	1000.000	1.200	6.000	52.000	9.000	1.500	0.000
<b>Weight/Serving:</b>	113.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>8.000</b>	<b>69.333</b>	<b>27.000</b>	<b>4.500</b>		
<b>R-0678</b>	<b>Muffin, Banana, 2OEG, RF, IW, WG</b>	310.000	60.000	380.000	3.000	27.000	4.500	250.000	1000.000	2.400	6.000	53.000	9.000	2.000	0.000
<b>Weight/Serving:</b>	113.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>7.742</b>	<b>68.387</b>	<b>26.129</b>	<b>5.806</b>		
<b>R-0679</b>	<b>Graham, BBites, Cinn</b>	220.000	0.000	230.000	2.000	12.000	1.440	150.000	750.000	0.000	4.000	37.000	7.000	2.000	0.000
<b>Weight/Serving:</b>	50.00	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>7.273</b>	<b>67.273</b>	<b>28.636</b>	<b>8.182</b>		
<b>R-0680</b>	<b>Pancake Stick, Blueberry</b>	7.408	0.000	9.524	0.035	0.071	0.063	0.705	0.000	0.000	0.212	0.705	0.388	0.106	0.000
<b>Weight/Serving:</b>	71.15	<b>Fat Change %:</b>		0.00	<b>Moisture Change %:</b>		0.00	<b>% of Calories:</b>		<b>11.447</b>	<b>38.067</b>	<b>47.138</b>	<b>12.878</b>		
<b>R-0681</b>	<b>Pancakes, Mini Banana</b>	200.000	5.000	240.000	4.000	7.000	1.080	60.000	0.000	0.000	5.000	37.000	4.000	0.000	0.000
<b>Weight/Serving:</b>	85.00	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>10.000</b>	<b>74.000</b>	<b>18.000</b>	<b>0.000</b>		
<b>R-0682</b>	<b>Poptart, 2 Frosted Blueberry</b>	368.000	0.000	360.000	5.600	29.600	3.600	200.000	1000.000	0.000	4.300	75.600	5.500	1.800	0.000
<b>Weight/Serving:</b>	100.00	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>4.674</b>	<b>82.174</b>	<b>13.451</b>	<b>4.402</b>		
<b>R-0683</b>	<b>Waffle, Mini Cinnamon, IW WG</b>	200.000	0.000	270.000	4.000	10.000	2.700	100.000	500.000	0.000	5.000	35.000	5.000	1.500	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
<b>Weight/Serving:</b>	75.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>10.000</b>	<b>70.000</b>	<b>22.500</b>	<b>6.750</b>					
<b>R-0684</b>	<b>Juice, Apple Cherry</b>	61.906	0.000	6.878	0.000	11.693	0.000	0.000	0.000	0.000	0.000	13.069	0.000	0.000	0.000
<b>Weight/Serving:</b>	117.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>0.000</b>	<b>84.444</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>
<b>R-0685</b>	<b>Peas and Carrots</b>	53.364	0.000	117.400	3.202	4.269	1.003	24.547	154.065	8.645	2.135	9.605	0.448	0.082	*
<b>Weight/Serving:</b>	90.72	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>16.003</b>	<b>71.996</b>	<b>7.556</b>	<b>1.383</b>					
<b>R-0687</b>	<b>Beef Taco Meat</b>	112.012	35.319	294.663	2.018	2.018	2.018	41.374	650.883	5.046	13.119	5.046	5.046	1.816	0.000
<b>Weight/Serving:</b>	90.72	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>46.849</b>	<b>18.019</b>	<b>40.544</b>	<b>14.591</b>					
<b>R-0688</b>	<b>Chicken Taco Meat</b>	188.644	92.696	466.732	0.000	1.626	1.626	16.262	42.282	0.000	24.394	1.626	5.692	1.626	0.000
<b>Weight/Serving:</b>	113.40	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>51.725</b>	<b>3.448</b>	<b>27.156</b>	<b>7.757</b>					
<b>R-0689</b>	<b>Soft Taco Shell</b>	240.000	0.000	340.000	6.000	2.000	2.160	160.000	0.000	0.000	6.000	42.000	5.000	2.000	0.000
<b>Weight/Serving:</b>	90.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>10.000</b>	<b>70.000</b>	<b>18.750</b>	<b>7.500</b>					
<b>R-0690</b>	<b>Cheese Topping</b>	80.996	20.249	202.491	0.000	0.000	* 202.491	303.737	*	7.087	1.012	6.075	4.050	0.000	
<b>Weight/Serving:</b>	28.35	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>34.999</b>	<b>4.998</b>	<b>67.503</b>	<b>45.002</b>					
<b>R-0691</b>	<b>Grilled Cheese</b>	10.332	1.199	18.640	0.110	0.138	0.063	15.318	19.404	0.259	0.721	1.116	0.359	0.206	0.000
<b>Weight/Serving:</b>	122.18	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>27.913</b>	<b>43.206</b>	<b>31.272</b>	<b>17.944</b>					
<b>R-0692</b>	<b>Vegetable Blend, Oriental Stir Fry</b>	28.333	0.000	6.667	0.333	0.667	0.360	6.667	1333.333	1.200	0.333	1.333	0.000	0.000	0.000
<b>Weight/Serving:</b>	28.33	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>4.701</b>	<b>18.819</b>	<b>0.000</b>	<b>0.000</b>					
<b>R-0693</b>	<b>Fish Sandwich</b>	330.000	50.000	490.000	5.000	3.000	2.880	100.000	100.000	0.000	20.000	40.000	10.500	2.500	0.000
<b>Weight/Serving:</b>	159.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>24.242</b>	<b>48.485</b>	<b>28.636</b>	<b>6.818</b>					
<b>R-0699</b>	<b>Carolina BBQ</b>	195.163	77.038	462.228	0.000	3.082	1.130	8.423	122.439	1.027	17.462	3.082	12.326	4.109	0.000
<b>Weight/Serving:</b>	98.61	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>35.790</b>	<b>6.317</b>	<b>56.842</b>	<b>18.949</b>					
<b>R-0700</b>	<b>Beef Nacho Meat</b>	112.012	35.319	294.663	2.018	2.018	2.018	41.374	650.883	5.046	13.119	5.046	5.046	1.816	0.000
<b>Weight/Serving:</b>	90.72	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>	<b>46.849</b>	<b>18.019</b>	<b>40.544</b>	<b>14.591</b>					

**Brunswick 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
<b>R-0701</b>	<b>ES/MS Nacho Cheese</b>	131.311	30.303	555.546	0.000	0.000	0.000	303.025	303.025	0.000	8.081	4.040	9.091	6.061	0.000
	Weight/Serving: 85.86	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>24.616</b>	<b>12.307</b>	<b>62.309</b>	<b>41.542</b>		
<b>R-0702</b>	<b>ES/MS Tortilla Chips</b>	141.875	0.000	116.540	2.027	0.000	0.365	20.268	0.000	0.000	2.027	20.268	6.080	0.507	0.000
	Weight/Serving: 28.38	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>5.715</b>	<b>57.143</b>	<b>38.569</b>	<b>3.216</b>		
<b>R-0703</b>	<b>Mexican Corn</b>	89.639	0.123	116.177	2.520	3.747*	0.574*	14.169	358.158*	8.306*	2.426	21.198	1.333	0.136	0.004*
	Weight/Serving: 118.16	<b>Fat Change %:</b>	0.00		<b>Moisture Change %:</b>	0.00		<b>% of Calories:</b>		<b>10.826</b>	<b>94.593</b>	<b>13.384</b>	<b>1.365</b>		
<b>R-0704</b>	<b>Black Beans</b>	221.794	0.000	272.379	14.592	0.000	3.502*	38.911	0.000*	0.000*	14.825	39.719	0.973	0.000	0.000
	Weight/Serving: 255.78	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>26.737</b>	<b>71.632</b>	<b>3.948</b>	<b>0.000</b>		
<b>R-0705</b>	<b>Collard Greens</b>	33.506	0.000	339.054	2.916	0.972*	1.925*	156.024	1420.808	23.911*	3.888	4.563	0.972	0.000	0.000*
	Weight/Serving: 116.34	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>46.416</b>	<b>54.474</b>	<b>26.109</b>	<b>0.000</b>		
<b>R-0706</b>	<b>HS Nacho Cheese</b>	270.346	62.388	1143.772	0.000	0.000	0.000	623.875	623.875	0.000	16.637	8.318	18.716	12.478	0.000
	Weight/Serving: 176.76	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>24.616</b>	<b>12.307</b>	<b>62.307</b>	<b>41.540</b>		
<b>R-0707</b>	<b>HS Tortilla Chip</b>	283.750	0.000	233.080	4.054	0.000	0.730	40.536	0.000	0.000	4.054	40.536	12.161	1.013	0.000
	Weight/Serving: 56.75	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>5.715</b>	<b>57.143</b>	<b>38.572</b>	<b>3.213</b>		
<b>R-0708</b>	<b>Chicken and Cheese Quesadilla</b>	378.654	93.625	643.659	4.767	1.331	1.714*	218.200*	370.690*	0.116*	32.235	35.265	11.080	4.243	0.000
	Weight/Serving: 221.41	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>34.052</b>	<b>37.253</b>	<b>26.335</b>	<b>10.085</b>		
<b>R-0709</b>	<b>Mixed Vegetables</b>	51.180	0.189	434.022	1.749	1.749	0.897*	31.734	323.021*	2.991*	0.842	10.433	0.208	0.208	0.007
	Weight/Serving: 79.66	<b>Fat Change %:</b>			<b>Moisture Change %:</b>			<b>% of Calories:</b>		<b>6.581</b>	<b>81.540</b>	<b>3.658</b>	<b>3.658</b>		
<b>R-0710</b>	<b>Side Mac &amp; Cheese</b>	210.000	22.500	730.000	0.500	4.500	0.900	300.000	500.000	0.000	12.000	24.000	8.000	4.500	0.250
	Weight/Serving: 126.00	<b>Fat Change %:</b>	0.00		<b>Moisture Change %:</b>	0.00		<b>% of Calories:</b>		<b>22.857</b>	<b>45.714</b>	<b>34.286</b>	<b>19.286</b>		
<b>R-0711</b>	<b>Cucumber &amp; Carrots</b>	32.400	0.000	51.839	2.203	*	0.758	31.104	3003.809	3.499	0.836	7.691	0.155	0.039	*
	Weight/Serving: 129.60	<b>Fat Change %:</b>	0.00		<b>Moisture Change %:</b>	0.00		<b>% of Calories:</b>		<b>10.321</b>	<b>94.951</b>	<b>4.306</b>	<b>1.083</b>		
<b>R-0712</b>	<b>Juicy Juice Orange Medley</b>	59.540	0.000	29.770	0.000	12.900	0.000	0.000	496.170	35.724	0.000	13.893	0.000	0.000	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
<b>Weight/Serving:</b>	119.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>0.000</b>	<b>93.336</b>	<b>0.000</b>	<b>0.000</b>				
<b>R-0714 Cheese sauce</b>		43.357	10.006	183.435	0.000	0.000	0.000	100.055	100.055	0.000	2.668	1.334	3.002	2.001	0.000
<b>Weight/Serving:</b>	28.35	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>24.614</b>	<b>12.307</b>	<b>62.315</b>	<b>41.537</b>				
<b>R-0715 ES Buffalo Hot Wings</b>		415.800	207.900	1058.400	0.000	0.000	0.000	0.000	0.000	0.000	37.800	1.890	28.350	6.615	0.000
<b>Weight/Serving:</b>	181.44	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>36.364</b>	<b>1.818</b>	<b>61.364</b>	<b>14.318</b>				
<b>R-0716 Mexican Corn 2</b>		91.205	0.123	117.046	2.563	4.012*	0.558*	13.734*	340.767*	4.158*	2.513	21.589	1.324	0.136	0.004*
<b>Weight/Serving:</b>	126.48	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>11.021</b>	<b>94.683</b>	<b>13.065</b>	<b>1.342</b>				
<b>R-0717 Craisins, Blueberry</b>		110.000	*	* 3.000	24.000	*	*	*	*	*	28.000	*	*	*	*
<b>Weight/Serving:</b>	139.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>0.000*</b>	<b>101.818</b>	<b>0.000*</b>	<b>0.000*</b>				
<b>R-0718 Craisins, Strawberry</b>		110.000	*	* 3.000	24.000	*	*	*	*	*	28.000	*	*	*	*
<b>Weight/Serving:</b>	139.00	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>0.000*</b>	<b>101.818</b>	<b>0.000*</b>	<b>0.000*</b>				
<b>R-0719 Chili Joe</b>		151.027	22.308	632.874	4.020	5.586*	1.947	50.012	294.722*	4.776*	10.573	17.923	2.097	0.679	0.000*
<b>Weight/Serving:</b>	194.85	<b>Fat Change %:</b>		<b>Moisture Change %:</b>		<b>% of Calories:</b>		<b>28.003</b>	<b>47.470</b>	<b>12.496</b>	<b>4.046</b>				

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