

Batavia High School

Recipe Name	PortionSize (grams)	Calories	TotalFat	SaturatedF	Carbohydrates	DietaryFiber	Protein	Sodium	Cholesterol
Antipasto Relish Tray	205	227.84	15.87g	6.74g	6.84g	1.78g	14.70g	851.75mg	129.97mg
Antipasto Salad	397	525.71	33.16g	10.86g	38.54g	7.62g	21.40g	1626.68mg	42.34mg
Asian Chicken Salad Chow Mein Noodle	381	330.16	8.48g	1.38g	31.92g	3.11g	32.22g	396.01mg	72.29mg
Asian Chicken Salad Rice Noodle	381	252.73	10.17g	0.87g	23.69g	1.26g	30.01g	159.68mg	72.29mg
Atomic Rooster	383	964.57	52.01g	19.58g	86.38g	7.75g	39.23g	2470.91mg	115.39mg
B.L.T. Sandwich	208	484.39	34.09g	6.82g	29.99g	3.55g	17.27g	765.03mg	34.12mg
Bahn Mi Sandwich	214	434.43	20.73g	3.81g	37.01g	1.68g	26.81g	526.90mg	62.73mg
Baked Ham	185	278.42	10.68g	3.40g	5.01g	0.10g	38.06g	1765.38mg	96.66mg
Baked Swai	186	141.63	3.91g	1.17g	1.49g	0.48g	24.51g	123.13mg	35.25mg
Baked Ziti	65	266.59	6.37g	2.99g	43.16g	1.49g	7.80g	653.64mg	1.72mg
Balsamic Dressing 1oz	28	94.5	10.40g	1.42g	1.89g	0.00g	0.00g	217.35mg	0.00mg
BBQ Brisket	256	499.09	18.13g	5.00g	15.06g	0.69g	65.32g	1102.13mg	163.30mg
BBQ Pork On a Bun	162	356.97	10.59g	3.03g	45.50g	2.00g	20.31g	462.43mg	45.93mg
BBQ Pork Ribette	169	353.64	9.00g	2.00g	48.79g	3.00g	22.00g	872.20mg	40.00mg
BBQ Sauce	28	53.64	0.00g	0.00g	13.79g	0.00g	0.00g	222.20mg	0.00mg
Beef Brisket	256	379.19	20.86g	6.71g	4.70g	1.06g	41.10g	99.51mg	126.55mg
Beef Lasagna	243	345.97	14.81g	6.26g	27.93g	1.84g	24.16g	731.29mg	69.26mg
Beef Pot Pie	305	606.45	36.79g	8.00g	36.57g	2.43g	32.36g	1523.07mg	64.46mg
Beef Stew with Vegetables	236	317.46	20.64g	8.50g	13.53g	2.72g	19.03g	938.02mg	65.02mg
Bi Bim Bap (Korean Rice Bowl)	434	345.74	5.74g	1.68g	52.50g	4.25g	22.84g	1064.27mg	31.89mg
Bi Bim Bap (Korean Rice Bowl) Brown Rice	429	321.69	6.36g	1.79g	45.98g	6.01g	22.69g	1065.25mg	31.89mg
Black Bean & Corn Salsa	53	38.48	0.72g	0.00g	7.09g	1.06g	1.51g	261.08mg	0.00mg
Black Bean Bruschetta	129	157.24	4.00g	1.08g	25.03g	1.85g	6.55g	248.42mg	3.52mg
Bleu Cheese Dressing (Quest)	85	328.5	34.02g	7.63g	2.84g	0.09g	3.68g	533.26mg	31.91mg
Bleu Cherry Salad	241	269.21	5.33g	1.80g	34.41g	5.36g	6.69g	271.07mg	5.32mg
Bleu Cranberry Salad	241	186.42	5.72g	1.83g	32.81g	5.84g	6.71g	271.92mg	5.32mg
Bombero Nachos - Beef	299	629.75	31.51g	8.83g	70.37g	6.80g	19.85g	1700.21mg	43.13mg
Bombero Nachos - Chicken	299	650.65	30.03g	8.36g	69.51g	6.71g	28.87g	1829.58mg	66.62mg
Bombero Nachos - Pork	299	674.69	35.47g	10.51g	70.13g	6.82g	22.32g	1804.46mg	57.29mg
Bombero Nachos - Taco Beef	299	708.8	36.57g	11.00g	70.80g	7.09g	28.07g	1749.90mg	70.46mg
Bosco Sticks w/ Marinara	255	470.45	14.14g	7.03g	60.43g	3.65g	25.31g	893.30mg	30.00mg
Buffalo Chicken	253	476.59	22.06g	11.19g	8.24g	1.54g	57.38g	720.68mg	193.23mg
Buffalo Chicken Sandwich (Quest)	370	816.96	43.85g	16.07g	36.06g	2.59g	64.73g	1332.17mg	213.67mg

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Bulgogi	113	207.27	8.97g	2.92g	4.34g	0.29g	25.52g	1151.71mg	63.69mg
Caesar Dressing	43	184.28	18.43g	2.83g	4.25g	0.00g	0.00g	411.08mg	14.17mg
Caesar Salad Side	164	55.74	2.65g	0.43g	7.10g	3.41g	2.34g	69.56mg	1.47mg
California Turkey Burger	251	507.04	30.49g	7.73g	35.41g	5.04g	26.48g	855.12mg	108.47mg
Calzone Cheese	217	593.83	17.38g	9.89g	964.54g	3.58g	24.33g	1247.65mg	30.32mg
Calzone Pepperoni	227	637.93	21.48g	11.15g	964.54g	3.58g	26.22g	1392.55mg	39.77mg
Calzone Sausage	238	646.04	21.68g	11.43g	964.54g	3.58g	27.65g	1407.36mg	44.65mg
Calzone Vegetarian	271	609.83	17.51g	9.91g	967.88g	4.09g	25.39g	1252.57mg	30.32mg
Campbell's Tomato Soup 6oz	177	63.28	0.00g	0.00g	14.06g	0.70g	1.41g	340.16mg	0.00mg
Carne Asada	170	206.24	6.19g	2.13g	3.11g	0.80g	32.66g	82.69mg	86.18mg
Carrots Celery & Ranch	94	100.14	7.71g	1.29g	6.04g	2.06g	1.03g	153.92mg	7.59mg
Cheese & Bean Burrito	233	376.17	16.62g	7.25g	42.68g	2.77g	13.86g	741.71mg	28.82mg
Cheese Burger	182	475	27.50g	13.00g	29.50g	2.00g	26.50g	475.00mg	82.50mg
Chef Salad (Ham Turkey Cheese & Ranch)	415	384.63	26.67g	8.36g	17.24g	4.81g	19.66g	816.59mg	54.23mg
Chicago Style Hot Dog	291	414.84	18.70g	7.11g	48.85g	3.07g	12.36g	2205.62mg	35.00mg
Chicken & Spinach Lasagna	310	480.65	19.76g	9.38g	23.48g	2.85g	50.58g	694.16mg	159.90mg
Chicken Bruschetta Salad	424	498.32	17.70g	4.19g	8.53g	2.78g	73.32g	449.66mg	195.08mg
Chicken Caesar Wrap	313	870.03	56.27g	11.73g	61.36g	3.81g	27.12g	1792.38mg	89.82mg
Chicken Coq au Vin	246	320.71	9.42g	1.85g	15.29g	0.92g	38.72g	429.84mg	100.41mg
Chicken Pad Thai	302	482.38	22.84g	2.49g	55.68g	2.12g	31.14g	855.72mg	102.69mg
Chicken Pad Thai - No Peanuts	293	430.94	18.37g	1.92g	54.22g	1.35g	28.79g	854.09mg	102.69mg
Chicken Salad	108	305.84	20.06g	3.04g	20.10g	1.49g	12.93g	220.42mg	44.39mg
Chicken Salad Croissant	223	547.22	34.07g	3.19g	44.54g	2.10g	18.94g	404.44mg	46.47mg
Chicken Tender 3pc (Tater Chip Tender)	213	450	18.00g	3.00g	45.00g	18.00g	27.00g	1380.00mg	45.00mg
Chicken Tender 4pc (Tater Chip Tender)	284	600	24.00g	4.00g	60.00g	24.00g	36.00g	1840.00mg	60.00mg
Chicken Tikka	242	334.59	11.99g	5.89g	12.37g	0.96g	42.81g	353.59mg	119.11mg
Chicken Southern Fried	429	805.62	28.45g	8.25g	60.80g	3.62g	72.07g	895.88mg	187.55mg
Chinese Chicken Salad Rice Noodle	357	470.84	19.02g	1.65g	53.46g	3.89g	34.54g	859.17mg	68.26mg
Chinese Chicken Salad Rice Noodle No Nut	343	387.2	11.57g	1.09g	50.81g	2.49g	31.50g	856.47mg	68.26mg
Chinese Chicken Salad Wheat Noodle	332	421.22	12.29g	1.65g	43.34g	3.77g	33.87g	856.32mg	68.26mg
Chinese Chicken Salad Wheat Noodle No Nut	318	337.58	4.85g	1.09g	40.70g	2.37g	30.84g	853.62mg	68.26mg
Chinese Chicken Salad Whole Grain Noodle	329	418.7	12.27g	1.65g	42.86g	3.78g	33.77g	852.50mg	68.26mg
Chinese Chicken Salad Whole Grain Noodle No Nu	315	335.06	4.83g	1.09g	40.21g	2.38g	30.74g	849.80mg	68.26mg
Chipotle Beef Burrito	375	526.82	22.70g	8.80g	58.94g	5.48g	22.44g	1019.31mg	50.24mg

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Chipotle Beef Burrito - Whole Grain	350	446.82	20.70g	8.80g	46.94g	6.48g	20.44g	764.31mg	50.24mg
Chipotle Chicken Burrito	375	558.17	20.47g	8.09g	57.65g	5.35g	35.95g	1213.37mg	85.48mg
Chipotle Chicken Burrito - Whole Grain	350	478.17	18.47g	8.09g	45.65g	6.35g	33.95g	958.37mg	85.48mg
Chipotle Pork Burrito	375	594.23	28.64g	11.32g	58.59g	5.51g	26.14g	1175.69mg	71.47mg
Chipotle Pork Burrito - Whole Grain	350	514.23	26.64g	11.32g	46.59g	6.51g	24.14g	920.69mg	71.47mg
Cilantro Lime Rice	161	70.75	0.20g	0.06g	15.60g	0.42g	1.43g	73.39mg	0.00mg
Cilantro Lime Rice - Whole Grain	161	70.02	0.54g	0.11g	14.93g	0.72g	1.51g	74.29mg	0.00mg
Cobb Salad Wrap	323	603.13	31.24g	7.68g	55.01g	6.58g	28.96g	386.08mg	25.64mg
Creole Chicken	770	570.06	15.70g	4.25g	49.67g	8.37g	54.74g	1107.07mg	241.32mg
Cuban	352	861.76	34.58g	12.91g	87.55g	2.00g	43.38g	2344.17mg	78.73mg
Cucumber Yogurt Sauce	44	20.44	0.04g	0.00g	3.06g	0.14g	1.93g	54.85mg	0.83mg
Curried Beef On Naan Bread	429	798.2	26.94g	7.71g	66.53g	2.85g	70.74g	986.98mg	152.03mg
Deluxe Beef Fajita	500	535.5	25.06g	9.63g	62.38g	8.39g	16.47g	1047.13mg	52.23mg
Deluxe Beef Fajita - Whole Grain	502	540.5	25.31g	10.38g	63.88g	9.89g	16.47g	967.13mg	52.23mg
Deluxe Tostada	200	365.21	24.29g	10.94g	8.41g	1.13g	30.61g	346.33mg	104.46mg
Edamame Salad	133	212.99	6.59g	0.81g	30.17g	6.41g	11.02g	200.22mg	0.00mg
El Jefe Burrito	432	613.35	30.53g	12.67g	56.24g	7.01g	29.55g	1127.80mg	83.80mg
El Jefe Burrito - Whole Grain	407	533.1	28.66g	12.69g	44.01g	8.12g	27.58g	873.12mg	83.80mg
Ensalada Zocalo	391	391.02	17.08g	1.72g	38.16g	5.89g	27.20g	659.65mg	57.43mg
Falafel	158	135.77	1.27g	0.21g	23.75g	6.22g	7.17g	450.20mg	22.32mg
Fiesta Salad	378	387.57	24.83g	6.90g	30.95g	7.01g	16.25g	1223.79mg	28.82mg
Fish Tacos	304	717.92	45.00g	11.98g	54.23g	3.91g	22.46g	1362.75mg	58.42mg
Fish Tacos - Whole Grain	308	727.92	45.50g	13.48g	57.23g	6.91g	22.46g	1202.75mg	58.42mg
Fortune Cookie	9	36.67	0.33g	0.17g	8.00g	0.00g	0.67g	0.00mg	0.00mg
French Bread Pizza Beef	125	288.69	13.48g	5.88g	23.00g	2.06g	19.55g	504.95mg	46.68mg
French Bread Pizza Cheese	96	211.58	8.56g	4.03g	23.00g	2.06g	11.89g	479.15mg	21.45mg
French Bread Pizza Hawaiian	145	254.02	9.60g	4.28g	28.16g	2.32g	15.54g	874.22mg	31.58mg
French Bread Pizza Meat Lover	129	289.01	14.15g	5.94g	23.68g	2.06g	17.91g	750.58mg	43.60mg
French Bread Pizza Pepperoni	102	237.83	11.00g	4.78g	23.00g	2.06g	13.02g	565.40mg	27.08mg
French Bread Pizza Sausage	134	307.97	16.50g	6.86g	23.00g	2.06g	18.02g	773.99mg	47.91mg
French Bread Pizza Veggie Lover	128	235.44	10.52g	4.29g	24.76g	2.80g	12.24g	677.12mg	21.45mg
French Dip Sandwich	126	313.51	8.56g	2.74g	31.60g	1.00g	28.09g	888.48mg	57.15mg
French Fries Oven Baked 2.5oz	78	144.79	6.68g	1.11g	20.05g	1.11g	1.11g	334.13mg	0.00mg
French Toast 3pcs w syrup	144	432.69	16.04g	2.51g	70.60g	0.00g	5.00g	255.94mg	15.00mg

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French Toast 4pcs w syrup	177	539.36	21.38g	3.34g	84.26g	0.00g	6.67g	332.61mg	20.00mg
Fruit & Vegetable Bar w/ Dressings AVERAGE	86	49.26	1.69g	0.26g	7.40g	2.40g	1.49g	107.35mg	1.38mg
Garlic & Parmesan French Fries Oven Baked 2.5oz	80	150.32	6.98g	1.27g	20.45g	1.15g	1.47g	647.85mg	0.90mg
Garlic Beef With Broccoli Stir-Fry	206	257.71	8.59g	2.37g	33.06g	1.42g	16.82g	537.09mg	38.27mg
Garlic Bread	45	110	2.00g	1.00g	20.00g	1.00g	3.00g	21.00mg	0.00mg
General Tso's Chicken	540	941.36	9.37g	2.14g	184.77g	2.04g	21.01g	3984.60mg	26.68mg
Ginger Pork	292	290.89	2.71g	0.86g	29.59g	0.90g	29.23g	1388.30mg	73.71mg
Golden Turkey Casserole	130	112.19	2.31g	0.14g	15.46g	2.20g	8.24g	429.36mg	12.68mg
Gordonada Burrito	318	424.14	15.43g	3.26g	43.89g	5.95g	28.45g	950.68mg	56.56mg
Gordonada Burrito - Whole Grain	293	344.14	13.43g	3.26g	31.89g	6.95g	26.45g	695.68mg	56.56mg
Greek Moussaka	632	525.82	33.45g	9.24g	35.21g	12.04g	25.21g	734.76mg	58.24mg
Greek Salad	206	169.31	14.36g	2.17g	10.17g	4.02g	2.34g	275.52mg	1.11mg
Green Paella	651	325.43	11.22g	1.33g	49.19g	10.02g	12.06g	866.58mg	0.00mg
Grilled Cheese	107	370.05	22.86g	13.66g	27.51g	2.00g	11.58g	853.33mg	57.00mg
Grilled Chicken Pesto Wrap	291	686.12	37.08g	8.89g	54.03g	4.25g	32.94g	1002.98mg	76.52mg
Grilled Ham & Cheese	149	455.42	28.37g	16.91g	30.03g	2.00g	17.62g	1423.21mg	79.63mg
Grilled Peanut Butter & Jelly	112	533.53	20.69g	3.19g	76.42g	4.25g	14.69g	841.59mg	0.00mg
Grilled Pizza Wrap	144	429.33	23.20g	11.92g	35.58g	1.68g	19.43g	797.85mg	55.62mg
Grilled Portabella Mushroom Sandwich	202	449.85	22.53g	5.66g	45.72g	3.81g	18.28g	1030.57mg	19.39mg
Grilled Tomato Pesto Cheese Sandwich	200	575.99	33.63g	13.37g	45.48g	3.15g	25.38g	922.54mg	55.78mg
Guacamole	59	68.8	5.92g	0.86g	4.49g	2.92g	1.00g	87.10mg	0.00mg
Gyros	561	726.83	42.26g	26.08g	59.67g	2.80g	28.71g	1787.26mg	64.75mg
Ham & American on White	96	210.38	6.51g	2.25g	29.02g	2.00g	9.54g	844.88mg	20.13mg
Ham & Cheddar	214	517.58	21.47g	7.72g	55.77g	6.05g	29.48g	1750.02mg	62.84mg
Hamburger 4oz	168	420	23.00g	10.00g	29.00g	2.00g	24.00g	300.00mg	70.00mg
Hash Brown	64	70	8.00g	2.00g	15.00g	2.00g	2.00g	270.00mg	0.00mg
Hawaiian Chicken Breast	199	246.31	4.88g	1.26g	13.07g	0.87g	36.01g	261.84mg	96.39mg
Herb Baked Chicken Sandwich	240	402.15	9.13g	1.68g	30.61g	2.55g	47.75g	346.96mg	115.67mg
Hummus Pita Sandwich	330	470.81	26.54g	5.65g	48.22g	2.08g	12.46g	981.55mg	0.00mg
Italian (Beef Pork Cheese) Meatball Sandwich	309	468.82	20.53g	7.31g	48.17g	6.60g	26.56g	1419.87mg	48.43mg
Italian Baked Swai	212	155.37	4.94g	0.40g	1.96g	0.44g	24.69g	97.86mg	30.38mg
Italian Beef Sandwich	186	443.3	15.25g	4.92g	34.25g	1.53g	42.97g	1933.01mg	96.39mg
Italian Dressing 1oz	28	18.29	0.91g	0.00g	1.83g	1.83g	0.00g	521.27mg	0.00mg
Italian Herb Baked Chicken	114	216.73	3.69g	1.05g	12.16g	0.66g	31.62g	99.11mg	90.34mg

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Italian Meatball Sandwich	309	436.65	15.57g	6.18g	47.74g	5.60g	27.43g	1116.44mg	57.46mg
Italian Noodle Bake	214	303.04	14.98g	10.78g	25.81g	2.41g	16.28g	491.03mg	66.65mg
Italian Pesto Club Sandwich	250	799.07	54.01g	16.90g	44.36g	3.44g	50.75g	1713.51mg	63.00mg
Italian Rotini Casserole	197	284.25	13.21g	5.96g	25.26g	2.63g	16.03g	733.10mg	32.25mg
Italian Sub	306	626.51	34.40g	13.79g	46.57g	1.68g	35.11g	2012.14mg	80.82mg
Jalapeno Ranch Chicken Hoagie	141	537.13	28.42g	4.91g	47.68g	2.20g	21.05g	913.12mg	49.40mg
Lasagna Roll Up	304	480.31	19.90g	11.56g	48.04g	3.85g	23.25g	893.23mg	96.85mg
Macaroni & Cheese	159	306.45	17.67g	8.04g	22.32g	0.71g	13.76g	747.04mg	37.27mg
Macaroni & Cheese Variations	187	402.68	24.51g	10.43g	23.29g	0.71g	22.72g	1118.02mg	55.74mg
Mashed Potatoes & Gravy	23	82.5	1.50g	0.00g	17.00g	1.00g	1.00g	540.00mg	0.00mg
Mayo Basil	30	192.03	21.37g	3.04g	0.33g	0.03g	0.31g	188.93mg	11.62mg
Mayo Creole	29	164.23	18.07g	2.57g	0.96g	0.45g	0.32g	161.52mg	9.80mg
Mayo Mexican	21	109.64	11.92g	1.92g	0.75g	0.13g	0.36g	174.82mg	7.69mg
Mayo Salsa	30	141.05	14.24g	2.02g	3.52g	0.00g	0.17g	232.57mg	7.75mg
Meatballs Beef 0.5 Oz (Quest)	18	45.62	2.49g	0.93g	1.37g	0.11g	4.16g	46.29mg	12.62mg
Meatloaf (Sandra's)	231	315.26	16.82g	6.19g	10.91g	0.72g	27.73g	462.89mg	84.11mg
Mexican Cassarole	215	318.81	17.83g	7.13g	21.81g	3.06g	16.24g	960.34mg	48.99mg
Mini Corn Dogs 6pc	29	315	18.00g	3.75g	27.00g	1.50g	10.50g	735.00mg	67.50mg
Mini Corn Dogs 8pc	152	420	24.00g	5.00g	36.00g	2.00g	14.00g	980.00mg	90.00mg
Mixed Vegetables	68	60	0.00g	0.00g	9.00g	2.25g	1.50g	18.75mg	0.00mg
Mushroom Swiss Burger	347	810.4	45.03g	19.92g	61.18g	4.06g	44.80g	1118.34mg	113.92mg
New Dehli Salad	383	404.21	20.55g	4.00g	24.92g	5.10g	30.96g	361.07mg	72.13mg
Olive Burger	186	468.16	27.34g	10.80g	30.49g	2.84g	24.77g	903.81mg	73.25mg
Oven Fried Chicken	212	509.09	22.95g	3.93g	31.43g	1.52g	42.13g	1271.86mg	101.71mg
Pacific Rim Noodle Bowl	444	924.62	7.70g	1.29g	174.90g	7.65g	35.63g	199.44mg	34.11mg
Paella	495	512.51	19.85g	4.94g	32.86g	3.27g	50.67g	1282.13mg	137.30mg
Pancakes & Syrup	129	309.51	6.00g	1.00g	61.14g	4.00g	4.00g	354.87mg	10.00mg
Panko Feta Crusted Tilapia	141	337.09	24.33g	11.75g	9.13g	0.44g	21.56g	275.11mg	96.39mg
Pasta Primevera	300	291.93	7.15g	1.44g	48.18g	4.49g	10.36g	422.45mg	3.05mg
Penne with Meat Sauce	156	300.28	5.72g	2.22g	47.97g	3.26g	13.29g	257.30mg	16.95mg
Pepper Jack BBQ Burger	180	467.76	23.56g	10.16g	38.39g	2.01g	25.38g	570.43mg	74.22mg
Pesto Gnocchi	222	434.61	19.48g	10.09g	53.01g	3.64g	14.92g	650.79mg	89.33mg
Philly Steak Sandwich	337	618.97	23.66g	5.77g	65.11g	3.10g	37.09g	1462.65mg	73.48mg
Pho Bowl	364	208.03	9.99g	1.87g	17.56g	0.42g	20.77g	702.89mg	56.25mg

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Pico De Gallo	50	12.22	0.08g	0.01g	2.87g	0.62g	0.55g	47.43mg	0.00mg
Pizza Bagel Cheese	125	281.7	5.86g	2.00g	46.17g	2.02g	11.69g	597.85mg	10.32mg
Pizza Bagel Pepperoni	137	334.2	10.73g	3.50g	46.17g	2.02g	13.94g	770.35mg	21.57mg
Pizza Bagel Vegetarian	210	300.97	6.11g	2.04g	49.69g	2.65g	13.66g	608.34mg	10.32mg
Pizza Cheese 6 Cut	173	459.29	17.20g	8.79g	48.62g	2.16g	26.59g	986.60mg	49.14mg
Pizza Cheese 8 Cut	129	344.47	12.90g	6.59g	36.46g	1.62g	19.94g	739.95mg	36.86mg
Pizza Margarita 6 cut	232	402.71	10.07g	2.87g	62.44g	5.88g	15.73g	855.99mg	12.29mg
Pizza Margarita 8 cut	174	302.04	7.55g	2.16g	46.83g	4.41g	11.80g	641.99mg	9.21mg
Pizza Mediterranean 6 cut	212	438.76	19.25g	8.44g	50.79g	6.27g	16.61g	1176.29mg	44.50mg
Pizza Mediterranean 8 cut	159	329.07	14.44g	6.33g	38.09g	4.70g	12.45g	882.22mg	33.38mg
Pizza New York White Garlic 6 cut	148	331.22	9.90g	3.85g	45.04g	1.93g	14.97g	627.26mg	20.15mg
Pizza New York White Garlic 8 cut	111	248.41	7.42g	2.89g	33.78g	1.45g	11.22g	470.45mg	15.11mg
Pizza Pepperoni 6 Cut	179	488.46	19.90g	9.62g	48.62g	2.16g	27.84g	1082.44mg	55.39mg
Pizza Pepperoni 8 Cut	134	366.34	14.93g	7.22g	36.46g	1.62g	20.88g	811.83mg	41.54mg
Pizza Personal Cheese	283	742.66	27.04g	14.74g	972.46g	4.97g	32.22g	1541.47mg	53.63mg
Pizza Personal Pepperoni	293	786.76	31.13g	16.00g	972.46g	4.97g	34.11g	1686.37mg	63.08mg
Pizza Personal Sausage	304	794.87	31.34g	16.28g	972.46g	4.97g	35.54g	1701.17mg	67.96mg
Pizza Primavera 6 cut	212	436.87	19.45g	6.08g	47.95g	3.11g	17.84g	746.60mg	25.99mg
Pizza Primavera 8 cut	159	327.65	14.59g	4.56g	35.96g	2.33g	13.38g	559.95mg	19.49mg
Pizza Sauce (Quest Recipe)	227	261.07	9.46g	1.39g	39.77g	7.89g	6.09g	612.68mg	0.00mg
Pizza Sausage 6 Cut	229	603.88	29.10g	13.04g	48.62g	2.16g	35.78g	1428.86mg	88.83mg
Pizza Sausage 8 Cut	172	452.91	21.83g	9.78g	36.46g	1.62g	26.83g	1071.65mg	66.62mg
Pizza Sub	231	720.22	42.66g	18.25g	50.22g	2.10g	33.43g	2177.32mg	95.39mg
Pizza Vegetarian 6 cut	287	556.57	23.93g	9.72g	58.10g	5.57g	28.36g	1634.18mg	49.14mg
Pizza Vegetarian 8 cut	215	417.42	17.95g	7.29g	43.57g	4.18g	21.27g	1225.64mg	36.86mg
Polynesian Hamburger	236	469.62	23.05g	10.01g	41.21g	2.50g	24.76g	645.68mg	70.00mg
Polynesian Pork Sandwich	118	320.75	3.58g	1.38g	41.01g	2.38g	30.98g	486.50mg	63.47mg
Popcorn Chicken Bowl	223	442.09	13.08g	2.06g	67.27g	5.64g	16.60g	1445.70mg	33.35mg
Quesadilla - Chicken	249	470.73	23.42g	12.58g	38.19g	2.82g	27.06g	888.64mg	70.45mg
Quesadilla - Chicken - Whole Grain	224	390.73	21.42g	12.58g	26.19g	3.82g	25.06g	633.64mg	70.45mg
Quesadilla - Vegetable	213	440.73	23.41g	13.01g	38.48g	2.71g	19.38g	696.29mg	53.87mg
Quesadilla - Vegetable - Whole Grain	188	360.73	21.41g	13.01g	26.48g	3.71g	17.38g	441.29mg	53.87mg
Quesadilla Cheese	120	413.4	23.21g	12.96g	32.46g	1.00g	18.47g	692.47mg	53.87mg
Ranch Dressing	28	151.88	15.19g	2.53g	1.01g	0.00g	1.01g	182.25mg	15.19mg

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Ranch Dressing 1oz	28	151.88	15.19g	2.53g	1.01g	0.00g	1.01g	182.25mg	15.19mg
Ratatouille with Rice	175	160.28	3.74g	0.55g	28.10g	2.14g	3.54g	4.97mg	0.00mg
Red Pepper Artichoke Mix	214	57.85	0.39g	0.06g	13.06g	2.11g	2.30g	95.31mg	0.00mg
Refried Beans	82	50.14	0.33g	0.01g	9.59g	2.10g	2.44g	435.45mg	0.00mg
Reuben Sandwich	177	519.38	28.79g	13.56g	44.20g	4.21g	22.27g	1287.54mg	73.35mg
Roasted Vegetables	119	78.18	5.61g	0.79g	6.78g	1.94g	1.13g	154.39mg	0.00mg
Route 66 BBQ Sandwich	241	328.03	5.74g	1.28g	53.16g	4.04g	17.88g	482.76mg	37.80mg
Salsa Roja	41	13.15	0.04g	0.00g	2.60g	0.20g	0.57g	223.96mg	0.00mg
Salsa Verde	78	20.39	0.96g	0.54g	2.52g	1.96g	0.18g	352.77mg	2.39mg
Samosa	45	100	4.00g	0.00g	14.00g	1.00g	2.00g	200.00mg	0.00mg
SantaFe Chicken Wrap	373	500.94	17.86g	8.33g	57.29g	5.42g	27.43g	1155.41mg	63.64mg
Sausage & Gravy Biscuits	242	391.5	20.30g	10.40g	34.85g	1.22g	17.47g	1158.92mg	39.68mg
Sausage Patty Pork	42	180	17.00g	6.00g	1.00g	0.00g	6.00g	280.00mg	30.00mg
Sausage Patty Turkey	41	105	8.00g	2.50g	0.50g	0.00g	7.50g	310.00mg	42.50mg
Scrambled Eggs Side Item	45	49.14	2.65g	0.76g	1.13g	0.00g	4.54g	158.76mg	79.38mg
Seafood & Sausage Jambalaya	260	241.45	5.72g	1.56g	24.75g	3.77g	16.18g	1065.98mg	87.37mg
Seasoned Shredded Beef	308	300.04	17.76g	4.96g	8.73g	1.08g	25.64g	404.89mg	77.11mg
Seasoned Shredded Chicken	119	159.66	3.74g	0.93g	1.57g	0.23g	28.78g	427.41mg	79.00mg
Seasoned Shredded Pork	174	308	22.22g	7.98g	4.24g	0.67g	22.11g	549.63mg	87.17mg
Shepherd's Pie	216	307.61	16.69g	7.68g	26.67g	3.24g	14.36g	541.57mg	50.67mg
Side Salad w Ranch	146	104.06	7.90g	1.31g	6.48g	2.32g	1.76g	116.43mg	7.59mg
Sizzlin' Thai Skillet	217	356.14	21.79g	7.01g	17.15g	1.50g	23.62g	787.11mg	76.75mg
Sloppy Joe	100	126.91	6.92g	2.93g	8.03g	1.04g	7.72g	211.85mg	24.30mg
Smokin' Blues Burger	315	714.31	35.90g	13.76g	63.08g	3.50g	37.15g	1018.64mg	96.45mg
Sopero Bowl - Beef	312	491.21	32.14g	10.24g	35.87g	1.39g	18.49g	888.71mg	58.20mg
Sopero Bowl - Beef - Whole Grain	312	490.96	32.26g	10.25g	35.64g	1.50g	18.52g	889.03mg	58.20mg
Sopero Bowl - Chicken	312	512.11	30.65g	9.77g	35.01g	1.30g	27.51g	1018.08mg	81.69mg
Sopero Bowl - Chicken - Whole Grain	312	511.86	30.77g	9.78g	34.78g	1.41g	27.53g	1018.40mg	81.69mg
Sopero Bowl - Pinto Beans	312	479.5	29.08g	9.32g	42.55g	2.93g	15.95g	966.64mg	43.98mg
Sopero Bowl - Pinto Beans - Whole Grain	312	479.24	29.20g	9.34g	42.31g	3.04g	15.97g	966.96mg	43.98mg
Sopero Bowl - Pork	312	536.15	36.09g	11.92g	35.64g	1.41g	20.96g	992.97mg	72.35mg
Sopero Bowl - Pork - Whole Grain	312	535.9	36.21g	11.94g	35.41g	1.52g	20.99g	993.29mg	72.35mg
Sopero Bowl - Vegan Black Beans	312	478.58	30.82g	9.58g	39.25g	2.47g	15.08g	995.26mg	43.98mg
Sopero Bowl - Vegan Black Beans - Whole Grain	312	478.32	30.94g	9.59g	39.02g	2.58g	15.11g	995.58mg	43.98mg

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Southwestern Lime Chicken	199	471.88	23.73g	6.24g	21.50g	1.84g	41.14g	540.33mg	119.50mg
Spaghetti with (Beef Pork Cheese) Meatballs	351	428.37	17.46g	6.34g	46.86g	7.14g	23.61g	1514.13mg	42.21mg
Spaghetti with Meatballs	477	607.54	11.21g	3.46g	96.36g	9.51g	29.67g	3382.81mg	39.03mg
Spicy Bean Wrap	200	347.34	15.29g	6.24g	235.66g	13.64g	10.96g	754.53mg	25.52mg
Spicy Thai Pork Wrap	238	352.75	9.00g	3.39g	48.64g	2.27g	18.23g	207.68mg	34.47mg
Strawberry Spinach Salad W Pecans	116	257.81	20.79g	2.73g	15.97g	2.84g	3.05g	205.06mg	0.00mg
Strawberry Spinach Salad W/O Pecans	102	157.17	10.26g	1.84g	14.05g	1.51g	1.71g	204.92mg	0.00mg
Stromboli	230	613.46	35.48g	12.51g	43.52g	3.17g	30.27g	1622.43mg	80.56mg
Stromboli Vegetarian	231	388.31	14.34g	5.37g	47.03g	4.45g	18.67g	980.56mg	26.54mg
Stuffed Focaccia Bread	137	311.06	10.15g	3.74g	38.36g	1.74g	15.85g	849.68mg	29.20mg
Stuffed Focaccia Bread Cordon Bleu	142	335.8	11.24g	3.88g	41.34g	3.34g	16.48g	774.69mg	28.13mg
Sunbutter & Jelly Wheat	73	225.2	7.34g	0.67g	32.92g	3.41g	6.36g	312.13mg	0.00mg
Sweet Potato & Broccoli Stir Fry Over Brown Rice	237	220.95	4.42g	0.67g	40.84g	5.10g	5.46g	276.00mg	0.00mg
Taco Beef	73	174.06	10.79g	4.00g	2.64g	0.64g	16.77g	161.07mg	53.83mg
Tacos el Pastor	150	140.55	5.93g	1.97g	16.28g	1.95g	6.91g	175.39mg	21.28mg
Tex-Mex Chicken Breast Sandwich	363	449.49	7.09g	1.43g	47.07g	3.81g	48.37g	757.80mg	115.67mg
Thai Chicken & Vegetable Salad	281	288.57	13.85g	1.76g	16.39g	4.94g	25.25g	963.16mg	61.69mg
Thai Chicken w/ Peanut Sauce	460	522.3	27.31g	10.89g	28.22g	3.71g	43.60g	328.34mg	98.06mg
Thai Chicken w/ Sunbutter Sauce - no Peanuts	456	503.59	24.84g	9.73g	27.42g	5.04g	42.39g	315.98mg	98.06mg
Thai Noodle Bowl	592	1120.8	7.36g	0.88g	170.24g	62.82g	83.31g	1554.27mg	0.00mg
Thai Turkey Salad	278	179.48	5.42g	0.86g	20.23g	3.24g	16.55g	131.22mg	0.47mg
Tomato & Veggie Wrap	230	382.81	14.61g	2.74g	54.57g	4.38g	8.30g	865.14mg	0.00mg
Tortilla Soup	329	288.72	15.99g	1.59g	33.06g	3.03g	5.26g	1483.98mg	0.95mg
Turkey & American on Wheat	124	230.62	6.01g	2.00g	28.01g	2.00g	17.14g	450.00mg	10.00mg
Turkey & Bacon Pretzel Roll	303	553.5	4018.40g	6.26g	65.58g	2.77g	34.30g	889.07mg	22.21mg
Turkey & Swiss	239	517.4	20.10g	6.82g	52.25g	6.35g	36.66g	409.16mg	29.02mg
Turkey Fruit Pesto	190	420.22	12.21g	2.05g	53.19g	6.19g	29.48g	394.58mg	0.87mg
Vegan Black Beans	137	102.89	4.72g	0.61g	12.03g	3.09g	3.17g	436.93mg	0.00mg
Vegetable Hash	582	316.62	4.94g	0.65g	62.94g	8.46g	10.46g	871.64mg	0.00mg
Vegetable Jamabalya	475	298.07	8.78g	1.30g	50.45g	11.09g	8.42g	393.47mg	0.00mg
Vegetable Lasagna	746	454.47	18.45g	8.68g	57.50g	12.05g	20.18g	496.59mg	51.97mg
Vegetable Mix (m-39)	113	28.68	0.49g	0.03g	5.02g	1.38g	1.38g	230.70mg	0.00mg
Vegetable Quesadillas	213	440.73	23.41g	13.01g	38.48g	2.71g	19.38g	696.29mg	53.87mg
Vegetarian Tostada	298	379.81	23.21g	9.40g	32.87g	5.66g	13.44g	748.56mg	44.53mg

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Veggie Curry over Couscous	279	211.12	3.01g	0.42g	40.30g	5.45g	6.57g	262.71mg	0.00mg
Wasabi Noodles WG With Chilled Pork Loin Salad	165	424.89	20.43g	4.78g	39.16g	6.71g	21.22g	514.76mg	30.63mg
Wasabi Noodles With Chilled Pork Loin Salad	165	433.18	20.32g	4.90g	41.03g	3.36g	21.54g	517.48mg	30.63mg
Wedge Salad	243	379.42	28.15g	6.86g	25.89g	3.28g	9.68g	496.69mg	84.59mg
White Wheat Roll	37	99.24	1.73g	0.55g	17.50g	1.00g	3.51g	188.80mg	1.27mg
Yogurt Cup	142	106.08	0.09g	0.01g	4.11g	0.68g	1.71g	19.27mg	7.49mg
Yogurt Marinade	30	19.73	0.01g	0.00g	3.00g	0.02g	1.89g	25.14mg	0.83mg
Yogurt Parfait 12oz	330	399.08	1.88g	0.01g	55.50g	4.41g	6.72g	104.53mg	13.62mg
Yogurt Parfait 9oz	227	274.37	1.30g	0.00g	38.16g	3.03g	4.62g	71.87mg	9.37mg

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Recipe Description	Portion Size	Calories	Total Fat g	Saturated Fat g	Carbohydrates g	Dietary Fiber g	Protein g	Sodium mg	Cholesterol mg
APPLE CRISP	1/2 cup	187	7.74	1.55	28.19	1.37	1.79	114	0
asian-sw7 sr chick broc	1 serving	539	17.01	2.92	78.49	5.74	20.73	587	21
bosco stick w/meat sauce k-8	2 sticks & 1/2 cup sauce	337	12.43	3.9	34.86	2.75	20.73	548	42
bosco sticks & baked beans	2 sticks & 1/2 cup sauce	418	6.07	2	72.5	8.23	19.34	811	10
bread graham crackers	1 EACH	120	4	0	22	0	2	160	0
bread wheat dinner roll	1 roll	100	0	0	18	1	4	170	0
break-blueberry pancake	1 bag	210	6	1	25	4	4	310	10
breakfast - peach muffin square	1 each	375	9.07	1.8	68.48	1.65	5.44	280	59
breakfast apple muffin square	1 EACH	357	9.15	1.87	64.16	1.1	4.67	285	76
breakfast blueber muffin square	1 EACH	396	9.47	1.92	71.93	2.52	5.49	290	76
breakfast french toast sticks	3 sticks	269	3.5	1	52.66	2	8	270	105
breakfast mini pancakes	1 each	210	6	1	35	4	4	320	10
breakfast- apple frudel 838340	1 each	210	6	1.5	36	2	5	280	0
breakfast- cherry frudel	1 each	210	6	1.5	37	2	5	290	0
breakfast- cinnamon cream bage	1 package	240	6	2.5	41	2	6	180	10
breakfast- cinnamon stick	1 each	150	2.5	1	30	3	4	115	0
breakfast- cinni mini	1 package	240	8	2	40	2	5	300	0
breakfast- mini french toast 4	1 package	210	5	1.5	7	3	4	240	0
breakfast- mini waffle	1 package	200	5	1.5	35	4	4	220	1
breakfast- pancakes	1 serving	378	6.36	1.03	78.56	4.53	5.24	331	10
breakfast- turkey sausage bage	1 each	160	4	1.5	22	2	10	430	10
breakfast-scramb egg cheese	1/4 cup	104	7	2.8	1.59	0	8.26	270	193
cereal bar apple cinn krispie	1 each	140	3	0.5	27	3	2	105	0
cereal bar cinnamon tst crunch	1 bar	150	3	1	30	3	3	115	0
cereal bar- cocopuff gfs 26590	1 each	150	3	1	30	3	3	110	0
cereal frosted flakes red sug	1 serving	100	0	0	24	2	2	160	0
cereal fruit loops red sug	1 serving	110	1	0.5	24	3	2	170	0
cereal lucky charms wg pc	1 serving	110	1	0	23	2	2	180	0
cereal- cheerios wg bar	1 each	150	3	0.5	30	3	2	90	0
entree - chicken bowl-nug	1 serving	516	16.45	2.5	66.37	5.34	18.78	905	30
entree corn dog 4oz	1 serving	280	14	5	30	1	10	930	35
entree- chicken nuggets	1 serving	230	13	2.5	15	3	12	440	20
entree- turkey dinner	1 serving	436	7.87	0	56.94	2.33	28.76	1361	70
entree-chicken & waffle	3 chicken tenders/2 waffles	525	19.37	3.57	73.07	3.06	17.38	896	46
fiesta turkey soft shell	2 taco	441	23.04	12.55	36.31	5.15	22.67	604	76
gelatin cherry sugar free	1/2 cup	13	0	0	2.06	0.19	0.86	6	0
pasta baked penne w meat & chs	1 cup	399	12.59	2.53	47.61	7.09	22.76	612	51
pasta- cheese ravioli	1 serving	377	15.26	5.81	37.56	2.85	24.46	490	161
pasta- cheese tortellini	1 serving	486	14.29	6.62	61.72	4.06	24.5	782	71
pasta- ww rotini meatsauce	1 cup	409	11.97	3.28	52.11	3.18	22.04	580	56
pizza calzone pproni 6-8	1 each	348	15.82	7.73	28.71	0.84	20.31	804	35
pizza thin crust bonici 6-8gr	1 slice	267	10.05	6	24.01	0.78	16.4	193	30
pizza thin crust sausage 6-8gr	1 slice	308	13.63	7.02	24.76	1.28	18.65	279	38
pizza thin pepperoni 6-8gr	1 slice	294	15.08	0.47	25.01	0.78	20.11	493	34
pizza wg cheese stuffed max	1 slice	330	14	5	35	3	16	820	15
pizza wg pepper stuffed crust	1 slice	383	14.07	5.95	42	4	21.42	689	32
salad chicken ceasar w/o bread	1 serving	333	15.43	2.78	30.49	1.34	22.84	1023	51
salad ham & cheese chopped	1 serving	180	10.5	5.37	8.08	1.35	13.65	788	45
salad southwest chicken	1 serving	478	21.93	7.31	51.32	8.29	21.04	713	52
salad- chef chopped	1 serving	312	18.53	5.5	17.05	1.41	20.05	982	70

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salad- turkey&cheese chop	1 serving	187	10.5	4.99	5.8	1.35	16.69	545	53
sand-chicken patty	1 sandwich	407	16.94	2.82	42.47	5.65	22.24	648	25
sandwich - patty melt	1 sandwich	474	30.27	9.26	29.87	2.4	22.26	707	62
sandwich - turkey & cheese ww	1 sandwich	302	11.43	5.44	9.82	12	21.01	759	51
sandwich all american cold	1 sandwich	299	12.31	5.6	30.05	2.7	17.89	1166	39
sandwich ham and cheese ww	1 sandwich	292	11.43	5.95	30.2	12	16.96	1083	40
sandwich hamburger	1 sandwich	334	16.94	6.32	26.47	2.65	19.24	299	54
sandwich ribette	1 sandwich	357	12.18	3.41	46.19	3.7	17.73	1018	29
sandwich spicy chicken	1 sandwich	409	16.96	2.82	42.94	5.67	22.26	678	25
sandwich- all beef hot dog 8-1	1 sandwich	309	17.1	7.37	28.15	2.7	11.7	850	35
sandwich- cheeseburger	1 sandwich	379	20.59	8.75	26.87	2.65	21.26	441	64
sandwich- chicken patty	1 sandwich	407	16.94	2.82	42.47	5.65	22.24	648	25
sandwich- grilled cheese	1 sandwich	384	23.8	11.7	26.96	12	13.92	577	40
sandwich- hot italian grinder	1 sandwich	422	22.78	6.81	31.32	3.24	22.48	983	42
sandwich-sunbutr jelly & combo	1 sandwich	473	24.19	6.63	46.35	17.01	19.91	332	15
sandwich-sunbutter & jelly	1 half sandwich	321	17.06	2.29	32.67	10	9.91	125	0
sauce pizza sauce with basil	1 ounce	20	0.53	0.04	3.42	0.02	0.5	71	0
sauce spaghetti w turkey	6 ounce	234	12.53	3.62	11.12	1.71	16.92	601	61
soup- tomato	3/4 cup	136	0	0	30.24	1.51	3.02	726	0
yogurt- dannon straw banana	4 oz cup	80	0	0	16.06	0	4.01	65	5