



Ector County Independent School District

(Cilantro Lime Rice) Cilantro Lime Rice	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Brown Rice	1640.653	347.432	9.651	38.603
Water Municipal	0	0	0	0
Cilantro	3.26	0.52	0.397	0.302
Lime Juice	6.426	2.047	0.122	0.076
Olive Oil Blend 90/10	120	0	0	0
<b>Recipe Total</b>	<b>1770.3394</b>	<b>349.9996</b>	<b>10.1704</b>	<b>38.9819</b>
Serving (1 Cup)	252.906	50	1.453	5.569

\* Total includes one or more missing nutrient data.

(Chili) Chili	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Ground Beef	8809.243	0	0	752.01
Garlic Powder	107.023	23.516	2.91	5.351
Cumin	977.778	133.333	44.445	44.445
Chili Powder	456.84	80.514	56.376	21.805
Paprika	306.816	58.741	37.971	15.384
Salt	0	0	0	0
Black Pepper	11.546	2.942	1.164	0.478
Water Municipal	0	0	0	0
Tomato Paste	119.318	23.864	3.977	7.955
<b>Recipe Total</b>	<b>10788.5643</b>	<b>322.9098</b>	<b>146.8428</b>	<b>847.4281</b>
Serving (1/4 Cup)	103.736	3.105	1.412	8.148

\* Total includes one or more missing nutrient data.

(Chili Cheese Nachos) Chili Cheese Nachos	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
American Cheese Slices	9497.09	271.347	0	949.709
Water Municipal	0	0	0	0
Tostitos Scoops	12210.544	2238.599	203.51	203.51
Chili	6950.325	208.028	94.601	545.939
Diced Green Bell Pepper	0	13.7	0	0
Diced Red Pepper	137	13.7	13.7	0
<b>Recipe Total</b>	<b>28794.9596</b>	<b>2745.3743</b>	<b>311.8108</b>	<b>1699.1586</b>
Serving	429.776	40.976	4.654	25.361
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.



(Chicken Parmesan) Chicken Parmesan	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Breaded Chicken Patty	4800	215.999	71.999	455.999
Tomato Paste	477.273	95.454	15.909	31.818
Water Municipal	0	0	0	0
Garlic Powder	5.351	1.176	0.146	0.268
Spatini Mix	236.246	47.249	0	0
Shredded Mozzarella Cheese	809.986	10.125	0	80.998
Parmesan Cheese	396.893	0	0	34.019
Penne Pasta	2976.699	581.165	56.699	99.223
Water Municipal	0	0	0	0
<b>Recipe Total</b>	<b>9702.4477</b>	<b>951.1686</b>	<b>144.7529</b>	<b>702.3259</b>
Serving	404.269	39.632	6.031	29.264
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Lettuce & Sliced Tomatoes) Lettuce & Sliced Tomatoes	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Romaine Lettuce	154.221	29.846	19.051	11.158
Tomatoes	163.293	35.289	10.886	7.983
<b>Recipe Total</b>	<b>317.5147</b>	<b>65.1359</b>	<b>29.9371</b>	<b>19.1416</b>
Serving	2.54	0.521	0.239	0.153
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Double Cheeseburger) Double Cheeseburger	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Flame Broiled Beef Patty	22000.006	200.004	200.004	2800
Water Municipal	0	0	0	0
Hamburger Buns	13000.001	2400.002	200.002	300.002
Sliced Cheese	3500	100.001	0	350
<b>Recipe Total</b>	<b>38500.0074</b>	<b>2700.0067</b>	<b>400.0056</b>	<b>3450.0024</b>
Serving	385	27	4	34.5
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Beef Chorizo) Beef Chorizo	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Ground Beef	1957.61	0	0	167.113
Chili Powder	182.736	32.206	22.55	8.722

\* Total includes one or more missing nutrient data.



(Beef Chorizo) Beef Chorizo	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Salt	0	0	0	0
Black Pepper	8.659	2.206	0.873	0.358
Cumin	4.583	0.625	0.208	0.208
Vinegar	14.137	0.031	0	0
<b>Recipe Total</b>	<b>2167.7256</b>	<b>35.0683</b>	<b>23.6316</b>	<b>176.4023</b>
Serving	90.322	1.461	0.985	7.35

\* Total includes one or more missing nutrient data.

(Chorizo Burrito Bowl) Chorizo Burrito Bowl	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Beef Chorizo	90.322	1.461	0.985	7.35
Cilantro Lime Rice	252.906	50	1.453	5.569
Black Beans	55	10	2.5	3.5
Whole Kernel Corn	30	6.5	1	0.5
Shredded Mozzarella Cheese	40.499	0.506	0	4.05
Salsa	13.782	2.77	0.64	0.552
Chopped Lettuce	1.836	0.355	0.227	0.133
<b>Recipe Total</b>	<b>484.3451</b>	<b>71.5925</b>	<b>6.8039</b>	<b>21.6541</b>
Serving	484.345	71.592	6.804	21.654
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Wrangler Burger) Wrangler Burger	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Breaded Beef Patty	260	16	3	15
Hamburger Buns	130	24	2	3
<b>Recipe Total</b>	<b>390</b>	<b>40</b>	<b>5</b>	<b>18.0001</b>
Serving	390	40	5	18
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Ravioli Al Forno) Ravioli Al Forno	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Spatini Mix	472.492	94.498	0	0
Tomato Paste	1073.864	214.773	35.795	71.591
Water Municipal	0	0	0	0
Vegetable Oil	180	0	0	0
Shredded Mozzarella Cheese	1295.978	16.2	0	129.598
Parmesan Cheese	396.893	0	0	34.019

\* Total includes one or more missing nutrient data.



(Ravioli Al Forno) Ravioli Al Forno	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Mini Cheese Ravioli	8639.999	1080.002	71.998	576.002
<b>Recipe Total</b>	<b>12059.2262</b>	<b>1405.4721</b>	<b>107.7935</b>	<b>811.21</b>
Serving	334.979	39.041	2.994	22.534
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Tamale & Taquito Plate) Tamale & Taquito Plate	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Tamales	240	28	4	7
Buffalo Style Chicken and Cheese Crisпитos	210	20	2	12
<b>Recipe Total</b>	<b>450</b>	<b>48.0001</b>	<b>6</b>	<b>19</b>
Serving	450	48	6	19
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Crispy Beef Taco) Crispy Beef Taco	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Ground Beef	16639.681	0	0	1420.464
Taco Seasoning Mix	800.991	136.822	74.073	36.614
Taco Shell	7997.142	599.787	133.287	133.287
Shredded Cheese	7087.381	202.498	0	708.738
<b>Recipe Total</b>	<b>32525.1962</b>	<b>939.1064</b>	<b>207.3591</b>	<b>2299.1029</b>
Serving	325.252	9.391	2.074	22.991
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Infant Formula) Infant Formula	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Infant Formula- Member's Mark Advantage	270	28.2	0	6.6
Water Municipal	0	0	0	0
<b>Recipe Total</b>	<b>269.9998</b>	<b>28.2</b>	<b>0</b>	<b>6.6002</b>
2 oz. Serving	45	4.7	0	1.1
4 oz. Serving	90	9.4	0	2.2
6 oz. Serving	135	14.1	0	3.3

\* Total includes one or more missing nutrient data.



(Oatmeal Cereal) Oatmeal Cereal	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Infant Oatmeal Cereal	30	5	0	1
Infant Formula	90	9.4	0	2.2
<b>Recipe Total</b>	<b>119.9999</b>	<b>14.4</b>	<b>0</b>	<b>3.2</b>
Serving	120	14.4	0	3.2

\* Total includes one or more missing nutrient data.

(3189) Baby Foods 2nd Apple	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Apple	14.867	3.469	0.248	0
<b>Recipe Total</b>	<b>14.8672</b>	<b>3.4689</b>	<b>0.2478</b>	<b>0</b>
2 Tablespoon	14.867	3.469	0.248	0
Tablespoon	7.434	1.734	0.124	0

\* Total includes one or more missing nutrient data.

(3190) Baby Foods 2nd Banana Plum Grape	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Banana Plum Grape	29.735	5.947	0.248	0.248
<b>Recipe Total</b>	<b>29.7346</b>	<b>5.9469</b>	<b>0.2478</b>	<b>0.2478</b>
Tablespoon	14.867	2.973	0.124	0.124
2 Tablespoon	29.735	5.947	0.248	0.248

\* Total includes one or more missing nutrient data.

(3196) Baby Foods 2nd Green Bean	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Green Bean	9.911	1.487	0.496	0.248
<b>Recipe Total</b>	<b>9.9114</b>	<b>1.4868</b>	<b>0.4956</b>	<b>0.2478</b>
2 Tablespoon	9.911	1.487	0.496	0.248
Tablespoon	4.956	0.743	0.248	0.124

\* Total includes one or more missing nutrient data.

(3197) Baby Foods 2nd Pea	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Pea	12.389	1.735	0.496	0.496
<b>Recipe Total</b>	<b>12.3894</b>	<b>1.7346</b>	<b>0.4956</b>	<b>0.4956</b>
Tablespoon	6.195	0.867	0.248	0.248
2 Tablespoon	12.389	1.735	0.496	0.496

\* Total includes one or more missing nutrient data.



(Fruit Medley) Cantaloupe Fruit Medley	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cantaloupe	40.8	9.792	1.08	1.008
Oranges	63.45	15.862	3.24	1.269
Apples-Red Delicious	42.674	11.29	1.978	0.213
Chili Lime Seasoning	0.869	0.163	0.04	0.037
<b>Recipe Total</b>	<b>147.7923</b>	<b>37.1074</b>	<b>6.3385</b>	<b>2.5264</b>
Serving	147.792	37.107	6.338	2.526

\* Total includes one or more missing nutrient data.

(Grape Fruit Medley) Grapes Fruit Medley	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Red Grapes	46.23	11.833	0.621	0.435
Apples-Red Delicious	42.674	11.29	1.978	0.213
Oranges	63.45	15.862	3.24	1.269
Chili Lime Seasoning	0.869	0.163	0.04	0.037
<b>Recipe Total</b>	<b>153.2223</b>	<b>39.1489</b>	<b>5.8795</b>	<b>1.9531</b>
Serving	153.222	39.149	5.88	1.953

\* Total includes one or more missing nutrient data.

(Milk) Milk	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Skim Milk	156.358	20.848	0	13.899
Simple Syrup	60.469	15.622	0	0
<b>Recipe Total</b>	<b>216.8264</b>	<b>36.4704</b>	<b>0</b>	<b>13.899</b>
Serving	216.826	36.47	0	13.899

\* Total includes one or more missing nutrient data.

(Hot Milk Foam) Hot Milk Foam	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Skim Milk	80.086	10.678	0	7.119
Simple Syrup	30.234	7.811	0	0
<b>Recipe Total</b>	<b>110.32</b>	<b>18.4894</b>	<b>0</b>	<b>7.119</b>
Serving	110.32	18.489	0	7.119
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.



(Beef Fajita Burrito Bowl-HS) Beef Fajita Burrito Bowl-HS	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cilantro Lime Rice	252.906	50	1.453	5.569
Black Beans	82.5	15	3.75	5.25
Whole Kernel Corn	45	9.75	1.5	0.75
Shredded Mozzarella Cheese	40.499	0.506	0	4.05
Salsa	13.782	2.77	0.64	0.552
Chopped Lettuce	1.836	0.355	0.227	0.133
Beef Fajita	62.651	1.872	0.164	9.204
<b>Recipe Total</b>	<b>499.1746</b>	<b>80.2537</b>	<b>7.7329</b>	<b>25.5081</b>
Serving	499.175	80.254	7.733	25.508
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Bacon Cheeseburger) Bacon Cheeseburger	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Flame Broiled Beef Patty	11000.003	100.002	100.002	1400
Water Municipal	0	0	0	0
Hamburger Buns	13000.001	2400.002	200.002	300.002
Sliced Cheese	3500	100.001	0	350
Pre-Cooked Bacon Strips	4000	0	0	250
<b>Recipe Total</b>	<b>31500.0042</b>	<b>2600.0047</b>	<b>300.0036</b>	<b>2300.0022</b>
Serving	315	26	3	23
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Texas BBQ) Texas BBQ	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Texas Western Pork BBQ	6001.169	341.202	0	361.274
<b>Recipe Total</b>	<b>6001.1688</b>	<b>341.2025</b>	<b>0</b>	<b>361.2743</b>
Serving	150.029	8.53	0	9.032
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Texas BBQ Burrito Bowl-HS) Texas BBQ Burrito Bowl-HS	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Texas BBQ	150.029	8.53	0	9.032
Cilantro Lime Rice	252.906	50	1.453	5.569
Black Beans	82.5	15	3.75	5.25
Whole Kernel Corn	45	9.75	1.5	0.75

\* Total includes one or more missing nutrient data.



(Texas BBQ Burrito Bowl-HS) Texas BBQ Burrito Bowl-HS	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Shredded Mozzarella Cheese	40.499	0.506	0	4.05
Salsa	13.782	2.77	0.64	0.552
Chopped Lettuce	1.836	0.355	0.227	0.133
<b>Recipe Total</b>	<b>586.5524</b>	<b>86.9113</b>	<b>7.5693</b>	<b>25.3358</b>
Serving	586.552	86.911	7.569	25.336
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Chicken Fajita Nachos) Chicken Fajita Nachos	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chicken Fajita	4481.214	90.738	1.163	547.235
American Cheese Slices	9497.09	271.347	0	949.709
Tostitos Scoops	12210.544	2238.599	203.51	203.51
Water Municipal	0	0	0	0
Diced Green Bell Pepper	0	13.7	0	0
Diced Red Pepper	137	13.7	13.7	0
<b>Recipe Total</b>	<b>26325.8487</b>	<b>2628.084</b>	<b>218.3732</b>	<b>1700.4543</b>
Serving	392.923	39.225	3.259	25.38
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Nachos Supreme PK) Nachos Supreme PK	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
American Cheese Slices	9567.964	273.372	0	956.796
Water Municipal	0	0	0	0
Tostitos Scoops	10934.815	2004.715	182.248	182.248
<b>Recipe Total</b>	<b>20502.7792</b>	<b>2278.0875</b>	<b>182.248</b>	<b>1139.0444</b>
Serving	227.809	25.312	2.025	12.656
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Taco Seasoning Mix) Taco Seasoning Mix	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chili Powder	639.576	112.72	78.926	30.527
Paprika	134.232	25.699	16.612	6.731
Onion Powder	117.645	27.296	5.244	3.591
Cumin	390.133	53.2	17.733	17.733
<b>Recipe Total</b>	<b>1281.5864</b>	<b>218.9152</b>	<b>118.5162</b>	<b>58.5827</b>

\* Total includes one or more missing nutrient data.





(Taco Seasoning Mix) Taco Seasoning Mix	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Serving (1 Cup)	320.397	54.729	29.629	14.646

\* Total includes one or more missing nutrient data.

(Taco Nachos) Taco Nachos	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
American Cheese Slices	9497.09	271.347	0	949.709
Water Municipal	0	0	0	0
Tostitos Scoops	12210.544	2238.599	203.51	203.51
Diced Green Bell Pepper	0	13.7	0	0
Diced Red Pepper	137	13.7	13.7	0
Taco Meat	5760.159	50.419	27.296	480.017
<b>Recipe Total</b>	<b>27604.7931</b>	<b>2587.7648</b>	<b>244.5059</b>	<b>1633.2367</b>
Serving	412.012	38.623	3.649	24.377
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Beef Fajita Nachos) Beef Fajita Nachos	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
American Cheese Slices	9497.09	271.347	0	949.709
Water Municipal	0	0	0	0
Tostitos Scoops	12210.544	2238.599	203.51	203.51
Diced Red Pepper	137	13.7	13.7	0
Diced Green Bell Pepper	0	13.7	0	0
Beef Fajita	4197.643	125.454	10.965	616.68
<b>Recipe Total</b>	<b>26042.2777</b>	<b>2662.7997</b>	<b>228.1747</b>	<b>1769.8993</b>
Serving	388.691	39.743	3.406	26.416
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Tossed Spaghetti) Tossed Spaghetti	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Spatini Mix	1062.5	212.5	0	0
Tomato Paste	2147.727	429.545	71.591	143.182
Water Municipal	0	0	0	0
Ground Beef	10032.749	0	0	856.456
Spaghetti Noodles	7760.682	1515.181	147.823	258.689
Vegetable Oil	960	0	0	0
Water Municipal	0	0	0	0
<b>Recipe Total</b>	<b>21963.658</b>	<b>2157.2261</b>	<b>219.4142</b>	<b>1258.3273</b>

\* Total includes one or more missing nutrient data.



(Tossed Spaghetti) Tossed Spaghetti	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Serving	274.546	26.965	2.743	15.729
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Lettuce & Diced Tomatoes) Lettuce & Diced Tomatoes	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Romaine Lettuce	154.221	29.846	19.051	11.158
Tomatoes	336.792	72.785	22.453	16.465
<b>Recipe Total</b>	<b>491.0138</b>	<b>102.6309</b>	<b>41.5037</b>	<b>27.6238</b>
Serving	3.928	0.821	0.332	0.221
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(3193) Baby Foods 2nd Butternut Squash	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Butternut Squash	9.911	1.982	0.248	0.248
<b>Recipe Total</b>	<b>9.9114</b>	<b>1.9824</b>	<b>0.2478</b>	<b>0.2478</b>
Tablespoon	4.956	0.991	0.124	0.124
2 Tablespoon	9.911	1.982	0.248	0.248

\* Total includes one or more missing nutrient data.

(3194) Baby Foods 2nd Carrot	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Carrot	9.911	2.231	0.248	0
<b>Recipe Total</b>	<b>9.9114</b>	<b>2.231</b>	<b>0.2478</b>	<b>0</b>
Tablespoon	4.956	1.116	0.124	0
2 Tablespoon	9.911	2.231	0.248	0

\* Total includes one or more missing nutrient data.

(1112) Oven Roasted Turkey Stick	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Oven Roasted Turkey Stick	40	0	0	8
<b>Recipe Total</b>	<b>40</b>	<b>0</b>	<b>0</b>	<b>8</b>
Each	40	0	0	8

\* Total includes one or more missing nutrient data.



(1117) JonnyPops Triple Berry	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
JonnyPops Triple Berry	50	11	1	1
<b>Recipe Total</b>	<b>50</b>	<b>11</b>	<b>1</b>	<b>1</b>
Each	50	11	1	1

\* Total includes one or more missing nutrient data.

(Simple Syrup) Simple Syrup	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Granulated Sugar	1935	499.9	0	0
Water Municipal	0	0	0	0
<b>Recipe Total</b>	<b>1935</b>	<b>499.9</b>	<b>0</b>	<b>0</b>
Serving	15.117	3.905	0	0

\* Total includes one or more missing nutrient data.

(Iced Latte) Iced Latte	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Espresso Coffee Beans	0 *	0 *	0 *	0 *
Water Municipal	0 *	0 *	0 *	0 *
Skim Milk	114.408 *	15.255 *	0 *	10.17 *
Simple Syrup	45.352 *	11.716 *	0 *	0 *
<b>Recipe Total</b>	<b>159.7596 *</b>	<b>26.9714 *</b>	<b>0 *</b>	<b>10.17 *</b>
Serving	159.76 *	26.971 *	0 *	10.17 *
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(Americano) Americano	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Espresso Coffee Beans	0 *	0 *	0 *	0 *
Water Municipal	0 *	0 *	0 *	0 *
<b>Recipe Total</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>
Serving	0 *	0 *	0 *	0 *

\* Total includes one or more missing nutrient data.

(Macchiato) Macchiato	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Espresso Coffee Beans	0 *	0 *	0 *	0 *

\* Total includes one or more missing nutrient data.



(Macchiato) Macchiato	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Water Municipal	0 *	0 *	0 *	0 *
Skim Milk	102.967 *	13.73 *	0 *	9.153 *
Simple Syrup	30.234 *	7.811 *	0 *	0 *
<b>Recipe Total</b>	<b>133.2016 *</b>	<b>21.5404 *</b>	<b>0 *</b>	<b>9.153 *</b>
Serving	133.202 *	21.54 *	0 *	9.153 *
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(\$25) Cheesy Nachos Supreme	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
American Cheese Slices	9497.09	271.347	0	949.709
Water Municipal	0	0	0	0
Tostitos Scoops	12210.544	2238.599	203.51	203.51
<b>Recipe Total</b>	<b>21707.6346</b>	<b>2509.9462</b>	<b>203.5103</b>	<b>1153.2194</b>
Serving	323.995	37.462	3.037	17.212

\* Total includes one or more missing nutrient data.

(\$30) Munchable Snack Pack-B	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Go Big Yogurt	100	18	0	4
Co-Jack Cheese Cubes	90	1	0	7
Goldfish	100	14	1	2
Zee Zees Birthday Cake Grahamz	120	21	0	2
<b>Recipe Total</b>	<b>410</b>	<b>54</b>	<b>1</b>	<b>15</b>
Servings	410	54	1	15
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(\$31) Cheeseburger	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Flame Broiled Beef Patty	11000.003	100.002	100.002	1400
Water Municipal	0	0	0	0
Hamburger Buns	13000.001	2400.002	200.002	300.002
Sliced Cheese	3500	100.001	0	350
<b>Recipe Total</b>	<b>27500.0044</b>	<b>2600.0047</b>	<b>300.0036</b>	<b>2050.0024</b>
1/2 Serving	137.5	13	1.5	10.25
Serving	275	26	3	20.5

\* Total includes one or more missing nutrient data.



(31) Cheeseburger	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(1015) Cheeseburger Meatloaf	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cheeseburger Meatloaf	190	8	1	11
<b>Recipe Total</b>	<b>190</b>	<b>8</b>	<b>1</b>	<b>11</b>
Each	190	8	1	11

\* Total includes one or more missing nutrient data.

(1085) Steak Fingers	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Steak Fingers	40300.002	2480.003	464.995	2325.005
<b>Recipe Total</b>	<b>40300.0016</b>	<b>2480.0031</b>	<b>464.9954</b>	<b>2325.0046</b>
1/2 Serving (2 pieces)	130	8	1.5	7.5
Serving (4 pieces)	260	16	3	15
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(1078) Rojo Fiesta Pizza	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Rojo Fiesta Pizza	330	36	6	23
<b>Recipe Total</b>	<b>330</b>	<b>36</b>	<b>6</b>	<b>23.0001</b>
Each	330	36	6	23

\* Total includes one or more missing nutrient data.

(3008) Quaker Instant Oatmeal Express Apple & Cinnamon	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Quaker Instant Oatmeal Express Apple & Cinnamon	160	33	4	4
<b>Recipe Total</b>	<b>159.9999</b>	<b>33</b>	<b>4</b>	<b>4</b>
Container	160	33	4	4

\* Total includes one or more missing nutrient data.



(3009) Lay's 40% RF Applewood Smoked BBQ Kettle Cooked Potato Chips	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Lay's 40% RF Applewood Smoked BBQ Kettle Cooked Potato Chips	180	27	2	3
<b>Recipe Total</b>	<b>179.9998</b>	<b>27</b>	<b>2</b>	<b>3</b>
Each	180	27	2	3

\* Total includes one or more missing nutrient data.

(3010) Fantastix Chili Cheese Corn & Potato Snacks	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Fantastix Chili Cheese Corn & Potato Snacks	130	19	2	2
<b>Recipe Total</b>	<b>129.9999</b>	<b>19</b>	<b>2</b>	<b>2</b>
Each	130	19	2	2

\* Total includes one or more missing nutrient data.

(3011) Baked Lay's BBQ Potato Crisps	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baked Lay's BBQ Potato Crisps	110	19	1	2
<b>Recipe Total</b>	<b>109.9999</b>	<b>19</b>	<b>1</b>	<b>2</b>
Each	110	19	1	2

\* Total includes one or more missing nutrient data.

(3014) BBQ Sauce	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
BBQ Sauce	50	12	0	0
<b>Recipe Total</b>	<b>50</b>	<b>12</b>	<b>0</b>	<b>0</b>
Ounce	50	12	0	0

\* Total includes one or more missing nutrient data.

(3023) Capri Sun Apple	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Capri Sun Apple	80	21	0	0
<b>Recipe Total</b>	<b>79.9999</b>	<b>21</b>	<b>0</b>	<b>0</b>
Each	80	21	0	0

\* Total includes one or more missing nutrient data.



(3024) Capri Sun Berry	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Capri Sun Berry	90	21	0	0
<b>Recipe Total</b>	<b>90.0001</b>	<b>21</b>	<b>0</b>	<b>0</b>
Each	90	21	0	0

\* Total includes one or more missing nutrient data.

(3025) Capri Sun Fruit Punch	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Capri Sun Fruit Punch	80	21	0	0
<b>Recipe Total</b>	<b>79.9999</b>	<b>21</b>	<b>0</b>	<b>0</b>
Each	80	21	0	0

\* Total includes one or more missing nutrient data.

(3029) RF Cheetos Flamin' Hot Puffs	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
RF Cheetos Flamin' Hot Puffs	90	13	0 *	2
<b>Recipe Total</b>	<b>89.9999</b>	<b>13</b>	<b>0 *</b>	<b>2</b>
Each	90	13	0 *	2

\* Total includes one or more missing nutrient data.

(3030) Simply Chex Cheddar	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Simply Chex Cheddar	110	20	2	2
<b>Recipe Total</b>	<b>109.9999</b>	<b>20</b>	<b>2</b>	<b>2</b>
Each	110	20	2	2

\* Total includes one or more missing nutrient data.

(3031) Chex Mix Hot 'n Spicy	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chex Mix Hot 'n Spicy	110	20	1	2
<b>Recipe Total</b>	<b>109.9999</b>	<b>20</b>	<b>1</b>	<b>2</b>
Each	110	20	1	2

\* Total includes one or more missing nutrient data.

(3035) Baked Lay's Original Potato Crisps	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baked Lay's Original Potato Crisps	110	19	1	2

\* Total includes one or more missing nutrient data.



(3035) Baked Lay's Original Potato Crisps	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Recipe Total</b>	<b>109.9999</b>	<b>19</b>	<b>1</b>	<b>2</b>
Each	110	19	1	2

\* Total includes one or more missing nutrient data.

(3036) Baked Lay's Sour Cream & Onion Potato Crisps	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baked Lay's Sour Cream & Onion Potato Crisps	110	19	1	2
<b>Recipe Total</b>	<b>109.9999</b>	<b>19</b>	<b>1</b>	<b>2</b>
Each	110	19	1	2

\* Total includes one or more missing nutrient data.

(3037) Quaker Chewy Granola Bars Dark Chocolate Chunk	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Quaker Chewy Granola Bars Dark Chocolate Chunk	90	19	1	1
<b>Recipe Total</b>	<b>90</b>	<b>19</b>	<b>1</b>	<b>1</b>
Each	90	19	1	1

\* Total includes one or more missing nutrient data.

(3052) Baked Cheetos Whole Grain Rich	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baked Cheetos Whole Grain Rich	120	16	1	2
<b>Recipe Total</b>	<b>119.9999</b>	<b>16</b>	<b>1</b>	<b>2</b>
Each	120	16	1	2

\* Total includes one or more missing nutrient data.

(3057) Doritos Flamas Chips	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Doritos Flamas Chips	130	20	2	2
<b>Recipe Total</b>	<b>129.9999</b>	<b>20</b>	<b>2</b>	<b>2</b>
Each	130	20	2	2

\* Total includes one or more missing nutrient data.





(3067) Fudge Pop-Tart	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Fudge Pop-Tart	180	37	3	2
<b>Recipe Total</b>	<b>180</b>	<b>37</b>	<b>3</b>	<b>2</b>
Each	180	37	3	2

\* Total includes one or more missing nutrient data.

(3068) Funyuns	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Funyuns	100	14	0 *	2
<b>Recipe Total</b>	<b>99.9999</b>	<b>14</b>	<b>0 *</b>	<b>2</b>
Each	100	14	0 *	2

\* Total includes one or more missing nutrient data.

(3070) Goldfish	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Goldfish	100	14	1	2
<b>Recipe Total</b>	<b>100</b>	<b>14</b>	<b>1</b>	<b>2</b>
1/2 Each	50	7	0.5	1
Each	100	14	1	2

\* Total includes one or more missing nutrient data.

(3085) Izze Apple	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Izze Apple	90	24	0 *	0
<b>Recipe Total</b>	<b>89.9999</b>	<b>24</b>	<b>0 *</b>	<b>0</b>
Each	90	24	0 *	0

\* Total includes one or more missing nutrient data.

(3086) Izze Blackberry	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Izze Blackberry	90	22	0	0
<b>Recipe Total</b>	<b>89.9999</b>	<b>21.9999</b>	<b>0</b>	<b>0</b>
Each	90	22	0	0

\* Total includes one or more missing nutrient data.



(3087) Izze Clementine	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Izze Clementine	90	21	0	0
<b>Recipe Total</b>	<b>89.9999</b>	<b>21</b>	<b>0</b>	<b>0</b>
Each	90	21	0	0

\* Total includes one or more missing nutrient data.

(3088) Izze Grapefruit	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Izze Grapefruit	90	22	0 *	0
<b>Recipe Total</b>	<b>89.9999</b>	<b>21.9999</b>	<b>0 *</b>	<b>0</b>
Each	90	22	0 *	0

\* Total includes one or more missing nutrient data.

(3089) Izze Pomegranate	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Izze Pomegranate	90	22	0 *	0
<b>Recipe Total</b>	<b>89.9999</b>	<b>21.9999</b>	<b>0 *</b>	<b>0</b>
Each	90	22	0 *	0

\* Total includes one or more missing nutrient data.

(3090) Lay's 40% RF Kettle Cooked Potato Chips Jalapeno Cheddar	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Lay's 40% RF Kettle Cooked Potato Chips Jalapeno Cheddar	180	27	2	3
<b>Recipe Total</b>	<b>179.9998</b>	<b>27</b>	<b>2</b>	<b>3</b>
Each	180	27	2	3

\* Total includes one or more missing nutrient data.

(3091) Keebler Animal Crackers	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Keebler Animal Crackers	120	22	2	2
<b>Recipe Total</b>	<b>120</b>	<b>22</b>	<b>2</b>	<b>2</b>
1/2 Each	60	11	1	1
Each	120	22	2	2

\* Total includes one or more missing nutrient data.



(3092) Keebler Bug Bites	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Keebler Bug Bites	120	21	1	2
<b>Recipe Total</b>	<b>120</b>	<b>21</b>	<b>1</b>	<b>2</b>
1/2 Each	60	10.5	0.5	1
Each	120	21	1	2

\* Total includes one or more missing nutrient data.

(3094) Keebler Elf Grahams Fun Graham Snacks Cinnamon	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Keebler Elf Grahams Fun Graham Snacks Cinnamon	120	20	2	2
<b>Recipe Total</b>	<b>120</b>	<b>20</b>	<b>2</b>	<b>2</b>
1/2 Each	60	10	1	1
Each	120	20	2	2

\* Total includes one or more missing nutrient data.

(3095) Keebler Scooby Snacks	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Keebler Scooby Snacks	120	21	1	2
<b>Recipe Total</b>	<b>120</b>	<b>21</b>	<b>1</b>	<b>2</b>
1/2 Each	60	10.5	0.5	1
Each	120	21	1	2

\* Total includes one or more missing nutrient data.

(3097) Vic's Kettle Corn	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Vic's Kettle Corn	130	22	2	1
<b>Recipe Total</b>	<b>129.9999</b>	<b>22</b>	<b>2</b>	<b>1</b>
Each	130	22	2	1

\* Total includes one or more missing nutrient data.

(3106) Rice Krispies Treats Mini Squares WG	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Rice Krispies Treats Mini Squares WG	50	9	0	0
<b>Recipe Total</b>	<b>50</b>	<b>9</b>	<b>0</b>	<b>0</b>
Each	50	9	0	0

\* Total includes one or more missing nutrient data.



(3111) Lay's 40% RF Kettle Cooked Potato Chips Original	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Lay's 40% RF Kettle Cooked Potato Chips Original	180	27	2	3
<b>Recipe Total</b>	<b>179.9998</b>	<b>27</b>	<b>2</b>	<b>3</b>
Each	180	27	2	3

\* Total includes one or more missing nutrient data.

(3121) Water Bottles 16.9 fl oz.	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Water Bottles 16.9 fl oz.	0 *	0 *	0 *	0 *
<b>Recipe Total</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>
Each	0 *	0 *	0 *	0 *
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(3125) Pretzel Twist Heartzels	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Pretzel Twist Heartzels	80	16	2	2
<b>Recipe Total</b>	<b>79.9999</b>	<b>16</b>	<b>2</b>	<b>2</b>
Each	80	16	2	2

\* Total includes one or more missing nutrient data.

(3129) RF Doritos Cool Ranch Tortilla Chips	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
RF Doritos Cool Ranch Tortilla Chips	130	20	2	2
<b>Recipe Total</b>	<b>129.9999</b>	<b>20</b>	<b>2</b>	<b>2</b>
Each	130	20	2	2

\* Total includes one or more missing nutrient data.

(3130) RF Doritos Nacho Cheese Tortilla Chips	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
RF Doritos Nacho Cheese Tortilla Chips	130	20	2	2
<b>Recipe Total</b>	<b>129.9999</b>	<b>20</b>	<b>2</b>	<b>2</b>
Each	130	20	2	2

\* Total includes one or more missing nutrient data.



(3131) RF Doritos Spicy Sweet Chili Tortilla Chips	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
RF Doritos Spicy Sweet Chili Tortilla Chips	130	20	2	2
<b>Recipe Total</b>	<b>129.9999</b>	<b>20</b>	<b>2</b>	<b>2</b>
Each	130	20	2	2

\* Total includes one or more missing nutrient data.

(3133) Rice Krispies Treats WG 1.41oz	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Rice Krispies Treats WG 1.41oz	160	30	0 *	2
<b>Recipe Total</b>	<b>160</b>	<b>30</b>	<b>0 *</b>	<b>2</b>
Each	160	30	0 *	2

\* Total includes one or more missing nutrient data.

(3136) Baked Ruffles Cheddar & Sour Cream Ridged Potato Crisps	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baked Ruffles Cheddar & Sour Cream Ridged Potato Crisps	100	17	1	1
<b>Recipe Total</b>	<b>99.9999</b>	<b>17</b>	<b>1</b>	<b>1</b>
Each	100	17	1	1

\* Total includes one or more missing nutrient data.

(3138) Lay's 40% RF Kettle Cooked Sea Salt & Vinegar Potato Chips	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Lay's 40% RF Kettle Cooked Sea Salt & Vinegar Potato Chips	180	28	2	3
<b>Recipe Total</b>	<b>179.9998</b>	<b>28</b>	<b>2</b>	<b>3</b>
Each	180	28	2	3

\* Total includes one or more missing nutrient data.

(3149) Super Cookie Chocolate Chip Minis	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Super Cookie Chocolate Chip Minis	160	27	1	2
<b>Recipe Total</b>	<b>160</b>	<b>27</b>	<b>1</b>	<b>2</b>
Each	160	27	1	2

\* Total includes one or more missing nutrient data.



(3150) Super Cookie Oatmeal Minis	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Super Cookie Oatmeal Minis	150	27	2	3
<b>Recipe Total</b>	<b>150</b>	<b>27</b>	<b>2</b>	<b>3</b>
Each	150	27	2	3

\* Total includes one or more missing nutrient data.

(3160) Blueberry Pomegranate V8 Fusion	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Blueberry Pomegranate V8 Fusion	100	25	0	0
<b>Recipe Total</b>	<b>100</b>	<b>24.9999</b>	<b>0</b>	<b>0</b>
Each	100	25	0	0

\* Total includes one or more missing nutrient data.

(3161) Strawberry Banana V8 Fusion	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Strawberry Banana V8 Fusion	110	27	0	0
<b>Recipe Total</b>	<b>109.9999</b>	<b>27.0001</b>	<b>0</b>	<b>0</b>
Each	110	27	0	0

\* Total includes one or more missing nutrient data.

(3170) Smartfood Delight White Cheddar Popcorn	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Smartfood Delight White Cheddar Popcorn	70	9	2	2
<b>Recipe Total</b>	<b>69.9999</b>	<b>9</b>	<b>2</b>	<b>2</b>
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(3185) Ricos Butter Popcorn	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Ricos Butter Popcorn	90	11	2	2
<b>Recipe Total</b>	<b>90</b>	<b>11</b>	<b>2</b>	<b>2</b>
Each	90	11	2	2

\* Total includes one or more missing nutrient data.



(3186) Ricos White Cheddar Jalapeno Popcorn	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Ricos White Cheddar Jalapeno Popcorn	70	11	2	1
<b>Recipe Total</b>	<b>70</b>	<b>11</b>	<b>2</b>	<b>1</b>
Each	70	11	2	1

\* Total includes one or more missing nutrient data.

(1001) WG Delicious Essentials Otis Apple Cinnamon Muffin	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
WG Delicious Essentials Otis Apple Cinnamon Muffin	190	31	2	3
<b>Recipe Total</b>	<b>190</b>	<b>31</b>	<b>2</b>	<b>3</b>
Each	190	31	2	3

\* Total includes one or more missing nutrient data.

(1005) WG Delicious Essentials Otis Wild Blueberry Muffin	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
WG Delicious Essentials Otis Wild Blueberry Muffin	190	30	2	3
<b>Recipe Total</b>	<b>190</b>	<b>30</b>	<b>2</b>	<b>3</b>
Each	190	30	2	3

\* Total includes one or more missing nutrient data.

(1011) Candy BeneFIT RF Cookies WG ALC	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Candy BeneFIT RF Cookies WG ALC	191.97	34.3	3.66	2.96
<b>Recipe Total</b>	<b>191.9698</b>	<b>34.3</b>	<b>3.66</b>	<b>2.96</b>
Each	191.97	34.3	3.66	2.96

\* Total includes one or more missing nutrient data.

(1025) Chocolate Chip BeneFIT RF Cookies, a la carte	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chocolate Chip BeneFIT RF Cookies, a la carte	192.45	34.23	3.55	3.13
<b>Recipe Total</b>	<b>192.4498</b>	<b>34.23</b>	<b>3.55</b>	<b>3.13</b>
Each	192.45	34.23	3.55	3.13

\* Total includes one or more missing nutrient data.



(1036) Double Chocolate Brownie	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Double Chocolate Brownie	199.2	33.1	2.3	2.7
<b>Recipe Total</b>	<b>199.2</b>	<b>33.1</b>	<b>2.3</b>	<b>2.7</b>
Each	199.2	33.1	2.3	2.7

\* Total includes one or more missing nutrient data.

(1037) Double Chocolate BeneFIT RF Cookies WG	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Double Chocolate BeneFIT RF Cookies WG	190.33	33.15	3	3.26
<b>Recipe Total</b>	<b>190.3298</b>	<b>33.15</b>	<b>3</b>	<b>3.26</b>
Each	190.33	33.15	3	3.26

\* Total includes one or more missing nutrient data.

(1057) Hershey's Vanilla Ice Cream Sandwich	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Hershey's Vanilla Ice Cream Sandwich	180	33	0 *	4
<b>Recipe Total</b>	<b>180</b>	<b>33</b>	<b>0 *</b>	<b>4</b>
Each	180	33	0 *	4

\* Total includes one or more missing nutrient data.

(1060) Kolache	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Kolache	180	16	1	6
<b>Recipe Total</b>	<b>180</b>	<b>16</b>	<b>1</b>	<b>6</b>
1/2 Each	90	8	0.5	3
Each	180	16	1	6

\* Total includes one or more missing nutrient data.

(1092) Sugar BeneFIT RF Cookie, a la carte	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Sugar BeneFIT RF Cookie, a la carte	193.92	34.55	3.72	2.8
<b>Recipe Total</b>	<b>193.9198</b>	<b>34.55</b>	<b>3.72</b>	<b>2.8</b>
Each	193.92	34.55	3.72	2.8

\* Total includes one or more missing nutrient data.





(1098) Tony's French Bread Multi Cheese Garlic Pizza	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Tony's French Bread Multi Cheese Garlic Pizza	330	30	3	18
<b>Recipe Total</b>	<b>330</b>	<b>30</b>	<b>3</b>	<b>18</b>
Each	330	30	3	18

\* Total includes one or more missing nutrient data.

(1101) Uncrustables	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Uncrustables	320	32	3	13
<b>Recipe Total</b>	<b>320</b>	<b>32</b>	<b>3</b>	<b>13</b>
Each	320	32	3	13

\* Total includes one or more missing nutrient data.

(2009) Go Big Yogurt	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Go Big Yogurt	100	18	0	4
<b>Recipe Total</b>	<b>100</b>	<b>18</b>	<b>0</b>	<b>4</b>
Each	100	18	0	4

\* Total includes one or more missing nutrient data.

(2026) YoCrunch Strawberry	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
YoCrunch Strawberry	180	35	1	6
<b>Recipe Total</b>	<b>180.0001</b>	<b>34.9999</b>	<b>0.9999</b>	<b>6</b>
Each	180	35	1	6

\* Total includes one or more missing nutrient data.

(2038) Broccoli Florets	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Broccoli Florets	667.053	106.73	80.036	80.036
<b>Recipe Total</b>	<b>667.053</b>	<b>106.7303</b>	<b>80.0364</b>	<b>80.0364</b>
Serving (1/2 Cup)	12.586	2.014	1.51	1.51
Pre K Serving (1/4 Cup)	6.293	1.007	0.755	0.755

\* Total includes one or more missing nutrient data.



(2053) Jicama Sticks	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Jicama Sticks	854.847	191.904	104.676	17.445
<b>Recipe Total</b>	<b>854.847</b>	<b>191.9036</b>	<b>104.6755</b>	<b>17.4452</b>
Serving (1/2 Cup)	23.104	5.187	2.829	0.471

\* Total includes one or more missing nutrient data.

(3063) Fantastix Flamin' Hot Corn & Potato Crisps	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Fantastix Flamin' Hot Corn & Potato Crisps	130	20	2	2
<b>Recipe Total</b>	<b>129.9999</b>	<b>20</b>	<b>2</b>	<b>2</b>
Each	130	20	2	2

\* Total includes one or more missing nutrient data.

(1010) Buffalo Chicken Pizza	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Buffalo Chicken Pizza	280	27	3	19
<b>Recipe Total</b>	<b>280</b>	<b>27</b>	<b>3</b>	<b>19</b>
Each	280	27	3	19

\* Total includes one or more missing nutrient data.

(1014) Cheese Pizza	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cheese Pizza	310	29	3	21
<b>Recipe Total</b>	<b>310.0001</b>	<b>29</b>	<b>3</b>	<b>21</b>
Each	310	29	3	21

\* Total includes one or more missing nutrient data.

(1064) Meateaters Pizza	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Meateaters Pizza	350	29	4	21
<b>Recipe Total</b>	<b>350</b>	<b>29</b>	<b>4</b>	<b>21</b>
Each	350	29	4	21

\* Total includes one or more missing nutrient data.

(3102) Mandarin Oranges	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Mandarin Oranges	1928.571	428.571	21.429	0

\* Total includes one or more missing nutrient data.



(3102) Mandarin Oranges	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Recipe Total</b>	<b>1928.571</b>	<b>428.571</b>	<b>21.429</b>	<b>0</b>
1/4 Cup	43.831	9.74	0.487	0
1/8 Cup	21.916	4.87	0.244	0
1/2 Cup	87.662	19.481	0.974	0
Can#10	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(3141) Sliced Peaches	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Recipe Total</b>	<b>1714.287</b>	<b>407.142</b>	<b>21.429</b>	<b>0</b>
Sliced Peaches	1714.287	407.142	21.429	0
1/8 Cup	18.634	4.425	0.233	0
1/4 Cup	37.267	8.851	0.466	0
1/2 Cup	74.534	17.702	0.932	0
Can#10	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(3103) Mandarin Oranges Cup	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Recipe Total</b>	<b>70</b>	<b>17.0001</b>	<b>0</b>	<b>0</b>
Mandarin Oranges Cup	70	17	0	0
Each	70	17	0	0

\* Total includes one or more missing nutrient data.

(1009) Breakfast Pizza	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Recipe Total</b>	<b>6720.0013</b>	<b>863.9999</b>	<b>96.0003</b>	<b>288.001</b>
Breakfast Pizza	6720.001	864	96	288.001
1/2 Each Serving	105	13.5	1.5	4.5
Each	210	27	3	9

\* Total includes one or more missing nutrient data.

(1091) Stuffed Crust Pizza	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Recipe Total</b>	<b>370</b>	<b>40</b>	<b>4</b>	<b>16.9999</b>
Stuffed Crust Pizza	370	40	4	17
1/2 Each Serving	185	20	2	8.5
Each	370	40	4	17

\* Total includes one or more missing nutrient data.



(1097) Tony's Deep Dish Pepperoni Pizza	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Tony's Deep Dish Pepperoni Pizza	310	38	4	17
<b>Recipe Total</b>	<b>310</b>	<b>38</b>	<b>4.0001</b>	<b>16.9999</b>
Each	310	38	4	17

\* Total includes one or more missing nutrient data.

(1103) Wedge Pizza	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Wedge Pizza	300	35	4	15
<b>Recipe Total</b>	<b>300</b>	<b>35.0001</b>	<b>4</b>	<b>15</b>
Each	300	35	4	15

\* Total includes one or more missing nutrient data.

(3038) Chocolate Pudding	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chocolate Pudding	160	27	0	2
<b>Recipe Total</b>	<b>160</b>	<b>27.0001</b>	<b>0</b>	<b>2</b>
Serving	160	27	0	2
112oz.Bag	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(3127) Ranch Dressing Packets	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Ranch Dressing Packets	30	2	0	0
<b>Recipe Total</b>	<b>30</b>	<b>2</b>	<b>0</b>	<b>0</b>
Each	30	2	0	0

\* Total includes one or more missing nutrient data.

(3175) Crunch Mania - Cinnamon Bun	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Crunch Mania - Cinnamon Bun	220	37	2	4
<b>Recipe Total</b>	<b>220</b>	<b>37</b>	<b>2</b>	<b>4</b>
Each	220	37	2	4

\* Total includes one or more missing nutrient data.



(3179) Tropical Twist	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Tropical Twist	60	14	0	0
<b>Recipe Total</b>	<b>60</b>	<b>14</b>	<b>0</b>	<b>0</b>
Each	60	14	0	0

\* Total includes one or more missing nutrient data.

(3181) Buffalo Sauce Cup	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Buffalo Sauce Cup	60	5	0	0
<b>Recipe Total</b>	<b>60</b>	<b>5</b>	<b>0</b>	<b>0</b>
Each	60	5	0	0

\* Total includes one or more missing nutrient data.

(1018) Cherry Muffin	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cherry Muffin	230	39	0	4
<b>Recipe Total</b>	<b>230</b>	<b>39</b>	<b>0</b>	<b>4</b>
Each	230	39	0	4

\* Total includes one or more missing nutrient data.

(1007) Breaded Chicken Drumsticks	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Breaded Chicken Drumsticks	190	5	1	16
<b>Recipe Total</b>	<b>190</b>	<b>5</b>	<b>1</b>	<b>16</b>
Each	190	5	1	16

\* Total includes one or more missing nutrient data.

(1020) Chicken Nuggets	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chicken Nuggets	787.5	48.75	7.5	48.75
<b>Recipe Total</b>	<b>787.5001</b>	<b>48.7501</b>	<b>7.5</b>	<b>48.7501</b>
Daycare Serving (3 pieces)	157.5	9.75	1.5	9.75
Serving (5 pieces)	262.5	16.25	2.5	16.25

\* Total includes one or more missing nutrient data.

(1022) Chicken Strips	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chicken Strips	570	33	3	48

\* Total includes one or more missing nutrient data.



(1022) Chicken Strips	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Recipe Total</b>	<b>570.0001</b>	<b>32.9999</b>	<b>3.0001</b>	<b>48</b>
Serving (2 Strips)	190	11	1	16
Serving (3 Strips)	285	16.5	1.5	24
Each	570	33	3	48

\* Total includes one or more missing nutrient data.

(1055) Hot 'N Spicy Tenders	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Hot 'N Spicy Tenders	260	17	3	15
<b>Recipe Total</b>	<b>260</b>	<b>17</b>	<b>3</b>	<b>15</b>
Serving (3 pieces)	260	17	3	15

\* Total includes one or more missing nutrient data.

(1107) Whole Muscle Hot 'N Spicy Tenders	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Whole Muscle Hot 'N Spicy Tenders	225	9	1.5	19.5
<b>Recipe Total</b>	<b>225</b>	<b>9</b>	<b>1.5</b>	<b>19.5</b>
Serving (3 Each)	225	9	1.5	19.5

\* Total includes one or more missing nutrient data.

(3028) RF Cheetos Mellow Puffs	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
RF Cheetos Mellow Puffs	360	52	0 *	8
RF Cheetos Mellow Puffs	360	52	0 *	8
RF Cheetos Mellow Puffs	360	52	0 *	8
RF Cheetos Mellow Puffs	360	52	0 *	8
<b>Recipe Total</b>	<b>359.9997</b>	<b>52</b>	<b>0 *</b>	<b>8</b>
Each	360	52	0 *	8

\* Total includes one or more missing nutrient data.

(3040) Cinnamon Pop-Tart	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cinnamon Pop-Tart	180	37	3	2
<b>Recipe Total</b>	<b>180</b>	<b>37</b>	<b>3</b>	<b>2</b>
Each	180	37	3	2

\* Total includes one or more missing nutrient data.



(3093) Keebler Elf Grahams Fun Graham Snacks Chocolate WG	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Keebler Elf Grahams Fun Graham Snacks Chocolate WG	120	20	2	2
<b>Recipe Total</b>	<b>120</b>	<b>20</b>	<b>2</b>	<b>2</b>
1/2 Each	60	10	1	1
Each	120	20	2	2

\* Total includes one or more missing nutrient data.

(3003) Mixed Fruit	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Mixed Fruit	1911.112	430	23.89	23.89
<b>Recipe Total</b>	<b>1911.1122</b>	<b>429.9996</b>	<b>23.8904</b>	<b>23.8904</b>
1/4 Cup	41.546	9.348	0.519	0.519
1/8 Cup	20.773	4.674	0.26	0.26
1/2 Cup	83.092	18.696	1.039	1.039
Can #10	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(3016) Birthday Cake Applesauce Cup	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Birthday Cake Applesauce Cup	70	15	1	0
<b>Recipe Total</b>	<b>70</b>	<b>15.0001</b>	<b>1.0001</b>	<b>0</b>
Each	70	15	1	0

\* Total includes one or more missing nutrient data.

(3041) Cinnamon Toast Crunch Bowlpak Cereal 25% Less Sugar	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cinnamon Toast Crunch Bowlpak Cereal 25% Less Sugar	110	22	3	1
<b>Recipe Total</b>	<b>110</b>	<b>22</b>	<b>3</b>	<b>1</b>
1/2 Each	55	11	1.5	0.5
Each	110	22	3	1

\* Total includes one or more missing nutrient data.



(3077) Green Beans	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Green Beans	472.727 *	94.546 *	47.273 *	23.635 *
Butter Buds	0 *	0 *	0 *	0 *
<b>Recipe Total</b>	<b>472.7265 *</b>	<b>94.5459 *</b>	<b>47.2729 *</b>	<b>23.635 *</b>
1/4 Cup	10.744 *	2.149 *	1.074 *	0.537 *
1/8 Cup	5.372 *	1.074 *	0.537 *	0.269 *
1/2 Cup	21.488 *	4.298 *	2.149 *	1.074 *
Can #10	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(3096) Ketchup Packets	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Ketchup Packets	10	2	0	0
<b>Recipe Total</b>	<b>10</b>	<b>2</b>	<b>0</b>	<b>0</b>
Each	10	2	0	0

\* Total includes one or more missing nutrient data.

(3101) Lucky Charms Bowlpak Cereal	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Lucky Charms Bowlpak Cereal	110	23	2	2
<b>Recipe Total</b>	<b>110</b>	<b>23</b>	<b>2</b>	<b>2</b>
Each	110	23	2	2

\* Total includes one or more missing nutrient data.

(3107) Mustard Packets	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Mustard Packets	6.111	0	0	0
<b>Recipe Total</b>	<b>6.1111</b>	<b>0</b>	<b>0</b>	<b>0</b>
Each	6.111	0	0	0

\* Total includes one or more missing nutrient data.

(3118) Pineapple Tidbits	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Pineapple Tidbits	1727.048	419.425	24.673	0
<b>Recipe Total</b>	<b>1727.0477</b>	<b>419.4254</b>	<b>24.673</b>	<b>0</b>
1/8 Cup	17.99	4.369	0.257	0
1/4 Cup	35.98	8.738	0.514	0

\* Total includes one or more missing nutrient data.





(3118) Pineapple Tidbits	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
1/2 Cup	71.96	17.476	1.028	0
Can #10	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(3135) Rockin Blue Raspberry Applesauce Cup	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Rockin Blue Raspberry Applesauce Cup	70	17	1	0
<b>Recipe Total</b>	<b>70</b>	<b>17.0001</b>	<b>1.0001</b>	<b>0</b>
Each	70	17	1	0

\* Total includes one or more missing nutrient data.

(3151) Super Sour Apple Applesauce Cup	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Super Sour Apple Applesauce Cup	60	17	1	0
<b>Recipe Total</b>	<b>60</b>	<b>17.0001</b>	<b>1.0001</b>	<b>0</b>
Each	60	17	1	0

\* Total includes one or more missing nutrient data.

(3156) Trix Bowlpak Cereal	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Trix Bowlpak Cereal	110	24	1	1
<b>Recipe Total</b>	<b>110</b>	<b>24</b>	<b>1</b>	<b>1</b>
Each	110	24	1	1

\* Total includes one or more missing nutrient data.

(3174) Zee Zees S'Mores Bar	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Zee Zees S'Mores Bar	250	42	2	4
<b>Recipe Total</b>	<b>250</b>	<b>42</b>	<b>2</b>	<b>4</b>
Each	250	42	2	4

\* Total includes one or more missing nutrient data.

(1002) Apple Fruit Pocket	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Apple Fruit Pocket	160	27	3	2
<b>Recipe Total</b>	<b>160</b>	<b>27</b>	<b>3</b>	<b>2</b>

\* Total includes one or more missing nutrient data.



(1002) Apple Fruit Pocket	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(1003) Banana Bread Slice	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Banana Bread Slice	280	44	2	5
<b>Recipe Total</b>	<b>280</b>	<b>44</b>	<b>2</b>	<b>5</b>
Each	280	44	2	5

\* Total includes one or more missing nutrient data.

(1012) Candy Cookies (Reimbursable)	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Candy Cookies (Reimbursable)	103.77	18.54	1.98	1.6
<b>Recipe Total</b>	<b>103.77</b>	<b>18.54</b>	<b>1.98</b>	<b>1.6</b>
Each	103.77	18.54	1.98	1.6

\* Total includes one or more missing nutrient data.

(1026) Chocolate Filled Crescent	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chocolate Filled Crescent	230	37	2	6
<b>Recipe Total</b>	<b>230</b>	<b>37</b>	<b>2</b>	<b>6</b>
Each	230	37	2	6

\* Total includes one or more missing nutrient data.

(1032) Corn Dog	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Corn Dog	11519.999	1439.999	240.001	431.999
<b>Recipe Total</b>	<b>11519.9992</b>	<b>1439.9992</b>	<b>240.0008</b>	<b>431.9992</b>
Serving	240	30	5	9
1/2 Serving	120	15	2.5	4.5
HS Serving	480	60	10	18

\* Total includes one or more missing nutrient data.

(1038) Double Chocolate Cookies	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Double Chocolate Cookies	102.86	17.92	1.63	1.75

\* Total includes one or more missing nutrient data.



(1038) Double Chocolate Cookies	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Recipe Total</b>	<b>102.86</b>	<b>17.92</b>	<b>1.63</b>	<b>1.75</b>
Each	102.86	17.92	1.63	1.75
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(1065) Mexican Style Pizza	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Mexican Style Pizza	480	47	4	27
<b>Recipe Total</b>	<b>479.9999</b>	<b>46.9999</b>	<b>4</b>	<b>26.9999</b>
Each	480	47	4	27

\* Total includes one or more missing nutrient data.

(1073) Pig in a Pancake	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Pig in a Pancake	200	17	3	7
<b>Recipe Total</b>	<b>200</b>	<b>17</b>	<b>3</b>	<b>7</b>
1/2 Each	100	8.5	1.5	3.5
Each	200	17	3	7

\* Total includes one or more missing nutrient data.

(1094) Tater Tots	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Tater Tots	3833.24	447.211	31.945	31.945
<b>Recipe Total</b>	<b>3833.2398</b>	<b>447.211</b>	<b>31.9448</b>	<b>31.9448</b>
1/8 Cup	30.913	3.607	0.258	0.258
1/4 Cup	61.826	7.213	0.515	0.515
1/2 Cup	123.653	14.426	1.03	1.03
Pound	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(1100) Cocoa Bread Slice	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cocoa Bread Slice	270	44	2	7
<b>Recipe Total</b>	<b>270</b>	<b>44</b>	<b>2</b>	<b>7</b>
Each	270	44	2	7

\* Total includes one or more missing nutrient data.



(1106) Dinner Roll	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Dinner Roll	90	15	1	3
<b>Recipe Total</b>	<b>90</b>	<b>15</b>	<b>1</b>	<b>3</b>
Serving (1 roll)	90	15	1	3
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(2003) 1% Fat White Milk Carton	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
1% Fat White Milk Carton	0 *	0 *	0 *	0 *
<b>Recipe Total</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>
Each	0 *	0 *	0 *	0 *

\* Total includes one or more missing nutrient data.

(2008) Chocolate Milk Chug	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chocolate Milk Chug	130	23	0	8
<b>Recipe Total</b>	<b>129.9999</b>	<b>23.0001</b>	<b>0</b>	<b>7.9999</b>
Each	130	23	0	8

\* Total includes one or more missing nutrient data.

(2018) Strawberry Milk Chug	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Strawberry Milk Chug	130	26	0	8
<b>Recipe Total</b>	<b>129.9999</b>	<b>25.9999</b>	<b>0</b>	<b>7.9999</b>
Each	130	26	0	8

\* Total includes one or more missing nutrient data.

(2024) White Milk Chug	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
White Milk Chug	100	12	0	9
<b>Recipe Total</b>	<b>100</b>	<b>11.9999</b>	<b>0</b>	<b>9.0001</b>
Each	100	12	0	9

\* Total includes one or more missing nutrient data.



(2043) Co-Jack Cheese Cubes	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Co-Jack Cheese Cubes	90	1	0	7
<b>Recipe Total</b>	<b>90</b>	<b>1</b>	<b>0</b>	<b>7</b>
Package	90	1	0	7

\* Total includes one or more missing nutrient data.

(Beef Fajita) Beef Fajita	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Sliced Beef	2067.003	51.676	0	310.05
Chili Powder	22.842	4.026	2.819	1.09
Salt	0	0	0	0
Paprika	12.784	2.448	1.582	0.641
Onion Powder	7.843	1.82	0.35	0.239
Garlic Powder	10.702	2.352	0.291	0.535
Cayenne Pepper	2.862	0.51	0.245	0.108
Cumin	6.111	0.833	0.278	0.278
<b>Recipe Total</b>	<b>2130.1473</b>	<b>63.6631</b>	<b>5.5641</b>	<b>312.9421</b>
Serving	62.651	1.872	0.164	9.204
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Mandarin Orange Chicken over Chow Mein) Mandarin Orange Chicken over Chow Mein	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Mandarin Orange Chicken	150	19	0	11
Chow Mein	173	30	3	4
<b>Recipe Total</b>	<b>323</b>	<b>49</b>	<b>3</b>	<b>15</b>
Serving	323	49	3	15
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Cucumber Salad) Cucumber Salad	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cucumbers	68.039	16.465	2.268	2.948
Vinegar	14.137	0.031	0	0
Water Municipal	0	0	0	0
Granulated Sugar	96.75	24.995	0	0
Salt	0	0	0	0
Dried Dill	0.654	0.144	0.035	0.052
Black Pepper	0.722	0.184	0.073	0.03

\* Total includes one or more missing nutrient data.



(Cucumber Salad) Cucumber Salad	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Recipe Total</b>	<b>180.3013</b>	<b>41.8199</b>	<b>2.3758</b>	<b>3.0298</b>
Serving	30.05	6.97	0.396	0.505
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Texas BBQ Burrito Bowl) Texas BBQ Burrito Bowl	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Texas BBQ	150.029	8.53	0	9.032
Cilantro Lime Rice	252.906	50	1.453	5.569
Black Beans	55	10	2.5	3.5
Whole Kernel Corn	30	6.5	1	0.5
Shredded Mozzarella Cheese	40.499	0.506	0	4.05
Salsa	13.782	2.77	0.64	0.552
Chopped Lettuce	1.836	0.355	0.227	0.133
<b>Recipe Total</b>	<b>544.0524</b>	<b>78.6613</b>	<b>5.8193</b>	<b>23.3358</b>
Serving	544.052	78.661	5.819	23.336
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Chicken Fajita Burrito Bowl) Chicken Fajita Burrito Bowl	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chicken Fajita	66.884	1.354	0.017	8.168
Cilantro Lime Rice	252.906	50	1.453	5.569
Black Beans	55	10	2.5	3.5
Whole Kernel Corn	30	6.5	1	0.5
Shredded Mozzarella Cheese	40.499	0.506	0	4.05
Salsa	13.782	2.77	0.64	0.552
Chopped Lettuce	1.836	0.355	0.227	0.133
<b>Recipe Total</b>	<b>460.907</b>	<b>71.4856</b>	<b>5.8366</b>	<b>22.4716</b>
Serving	460.907	71.486	5.837	22.472
Each	460.907	71.486	5.837	22.472

\* Total includes one or more missing nutrient data.

(Chicken Fajita Burrito Bowl-HS) Chicken Fajita Burrito Bowl-HS	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chicken Fajita	66.884	1.354	0.017	8.168
Cilantro Lime Rice	252.906	50	1.453	5.569
Black Beans	82.5	15	3.75	5.25

\* Total includes one or more missing nutrient data.



(Chicken Fajita Burrito Bowl-HS) Chicken Fajita Burrito Bowl-HS	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Whole Kernel Corn	45	9.75	1.5	0.75
Shredded Mozzarella Cheese	40.499	0.506	0	4.05
Salsa	13.782	2.77	0.64	0.552
Chopped Lettuce	1.836	0.355	0.227	0.133
<b>Recipe Total</b>	<b>503.407</b>	<b>79.7356</b>	<b>7.5867</b>	<b>24.4716</b>
Serving	503.407	79.736	7.587	24.472
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Hot Cheetos Macaroni) Hot Cheetos Macaroni	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Elbow Macaroni	3401.943	664.189	64.799	113.398
1% Fat Milk 1 Gallon	800.001	96	0	72
Black Pepper	11.546	2.942	1.164	0.478
Shredded Cheese	2267.962	64.799	0	226.796
Butter Blends	800	0	0	0
Baked Cheetos Whole Grain Rich Flamin' Hot	0	0	0	0
<b>Recipe Total</b>	<b>7281.4516</b>	<b>827.93</b>	<b>65.9631</b>	<b>412.6722</b>
Serving	455.091	51.746	4.123	25.792
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Taco Meat) Taco Meat	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Ground Beef	1957.61	0	0	167.113
Taco Seasoning Mix	105.731	18.061	9.778	4.833
<b>Recipe Total</b>	<b>2063.3404</b>	<b>18.0605</b>	<b>9.7776</b>	<b>171.9465</b>
Serving	85.973	0.753	0.407	7.164

\* Total includes one or more missing nutrient data.

(Taco Burrito Bowl-HS) Taco Burrito Bowl-HS	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Taco Meat	85.973	0.753	0.407	7.164
Cilantro Lime Rice	252.906	50	1.453	5.569
Black Beans	82.5	15	3.75	5.25
Whole Kernel Corn	45	9.75	1.5	0.75
Shredded Mozzarella Cheese	40.499	0.506	0	4.05
Salsa	13.782	2.77	0.64	0.552

\* Total includes one or more missing nutrient data.



(Taco Burrito Bowl-HS) Taco Burrito Bowl-HS	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chopped Lettuce	1.836	0.355	0.227	0.133
<b>Recipe Total</b>	<b>522.4957</b>	<b>79.1338</b>	<b>7.9767</b>	<b>23.4684</b>
Serving	522.496	79.134	7.977	23.468
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Taco Burrito Bowl) Taco Burrito Bowl	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Black Beans	55	10	2.5	3.5
Whole Kernel Corn	30	6.5	1	0.5
Shredded Mozzarella Cheese	40.499	0.506	0	4.05
Salsa	13.782	2.77	0.64	0.552
Chopped Lettuce	1.836	0.355	0.227	0.133
Taco Meat	85.973	0.753	0.407	7.164
Cilantro Lime Rice	252.906	50	1.453	5.569
<b>Recipe Total</b>	<b>479.9957</b>	<b>70.8838</b>	<b>6.2267</b>	<b>21.4684</b>
Serving	479.996	70.884	6.227	21.468
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Spicy Chicken Sandwich) Spicy Chicken Sandwich	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Spicy Chicken Filet	4000	179.999	20	379.999
Hamburger Buns	2600	480	40	60
<b>Recipe Total</b>	<b>6600.0005</b>	<b>659.9998</b>	<b>60.0007</b>	<b>439.9997</b>
Serving	330	33	3	22
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Pickled Cucumber Slices) Pickled Cucumber Slices	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cucumbers	340.194	82.327	11.34	14.742
Vinegar	113.954	0.253	0	0
Water Municipal	0	0	0	0
Black Pepper	5.773	1.471	0.582	0.239
Dried Dill	1.307	0.288	0.07	0.103
Crushed Red Pepper	0	0	0	0
Onion, Yellow	2.664	0.622	0.113	0.073
<b>Recipe Total</b>	<b>463.8929</b>	<b>84.9615</b>	<b>12.1052</b>	<b>15.1571</b>

\* Total includes one or more missing nutrient data.





(Pickled Cucumber Slices) Pickled Cucumber Slices	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Serving	3.741	0.685	0.098	0.122

\* Total includes one or more missing nutrient data.

(Lasagna) Lasagna	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Lasagna Noodles	2126.214	415.118	40.5	70.874
Water Municipal	0	0	0	0
Tomato Paste	954.546	190.909	31.818	63.636
Water Municipal	0	0	0	0
Spatini Mix	472.492	94.498	0	0
Vegetable Oil	633.6	0	0	0
Ground Beef	1712.908	0	0	146.224
Parmesan Cheese	793.786	0	0	68.039
Shredded Mozzarella Cheese	1295.978	16.2	0	129.598
<b>Recipe Total</b>	<b>7989.5243</b>	<b>716.725</b>	<b>72.3177</b>	<b>478.3709</b>
Serving	399.476	35.836	3.616	23.919
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Lemongrass Chicken over Chow Mein) Lemongrass Chicken over Chow Mein	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Lemongrass Chicken	4800	608	0	352
Chow Mein	5535.999	960	96.001	128
<b>Recipe Total</b>	<b>10335.9989</b>	<b>1568.0004</b>	<b>96.0008</b>	<b>480.0002</b>
Serving	323	49	3	15
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Cucumber Slices) Cucumber Slices	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cucumbers	816.466	197.585	27.216	35.38
<b>Recipe Total</b>	<b>816.4663</b>	<b>197.5848</b>	<b>27.2155</b>	<b>35.3802</b>
Serving (1/2 Cup)	14.077	3.407	0.469	0.61
Serving (1/4 Cup)	7.039	1.703	0.235	0.305

\* Total includes one or more missing nutrient data.



(Hamburger) Hamburger	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Flame Broiled Beef Patty	11000.003	100.002	100.002	1400
Water Municipal	0	0	0	0
Hamburger Buns	13000.001	2400.002	200.002	300.002
<b>Recipe Total</b>	<b>24000.0044</b>	<b>2500.0041</b>	<b>300.0036</b>	<b>1700.0024</b>
Serving	240	25	3	17
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Rice Cereal) Rice Cereal	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Infant Rice Cereal	30	6	0	0.5
Infant Formula	90	9.4	0	2.2
<b>Recipe Total</b>	<b>119.9999</b>	<b>15.4</b>	<b>0</b>	<b>2.7001</b>
Serving	120	15.4	0	2.7

\* Total includes one or more missing nutrient data.

(3195) Baby Foods 2nd Chicken and Gravy	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Chicken and Gravy	78.873	1.578	0	5.521
<b>Recipe Total</b>	<b>78.8732</b>	<b>1.5775</b>	<b>0</b>	<b>5.521</b>
Tablespoon	19.718	0.394	0	1.38
4 Tablespoon	78.873	1.578	0	5.521

\* Total includes one or more missing nutrient data.

(3198) Baby Foods 2nd Peaches	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Peaches	17.345	3.717	0.496	0.248
<b>Recipe Total</b>	<b>17.3452</b>	<b>3.7167</b>	<b>0.4956</b>	<b>0.2478</b>
Tablespoon	8.673	1.858	0.248	0.124
2 Tablespoon	17.345	3.717	0.496	0.248

\* Total includes one or more missing nutrient data.

(3200) Baby Foods 2nd Sweet Potato	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Sweet Potato	17.345	3.965	0.248	0.248
<b>Recipe Total</b>	<b>17.3452</b>	<b>3.9645</b>	<b>0.2478</b>	<b>0.2478</b>
2 Tablespoon	17.345	3.964	0.248	0.248

\* Total includes one or more missing nutrient data.



(3200) Baby Foods 2nd Sweet Potato	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Tablespoon	8.673	1.982	0.124	0.124

\* Total includes one or more missing nutrient data.

(Beef Fajita Burrito Bowl) Beef Fajita Burrito Bowl	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Beef Fajita	62.651	1.872	0.164	9.204
Cilantro Lime Rice	252.906	50	1.453	5.569
Black Beans	55	10	2.5	3.5
Whole Kernel Corn	30	6.5	1	0.5
Shredded Mozzarella Cheese	40.499	0.506	0	4.05
Salsa	13.782	2.77	0.64	0.552
Chopped Lettuce	1.836	0.355	0.227	0.133

<b>Recipe Total</b>	<b>456.6746</b>	<b>72.0037</b>	<b>5.9829</b>	<b>23.5081</b>
Serving	456.675	72.004	5.983	23.508
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(1110) WG Delicious Essentials Chocolate Chip Muffins	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
WG Delicious Essentials Chocolate Chip Muffins	188.997	31.831	1.989	3.979

<b>Recipe Total</b>	<b>188.9966</b>	<b>31.831</b>	<b>1.9895</b>	<b>3.9789</b>
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Chili Lime Seasoning) Chili Lime Seasoning	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chipotle Chile Pepper	0	0	0	0
True Lime	0	0	0	0
Cumin	12.222	1.667	0.556	0.556
Cayenne Pepper	5.724	1.019	0.49	0.216
Garlic Powder	10.702	2.352	0.291	0.535
Onion Powder	7.843	1.82	0.35	0.239

<b>Recipe Total</b>	<b>36.4916</b>	<b>6.8574</b>	<b>1.6858</b>	<b>1.5463</b>
Serving	0.869	0.163	0.04	0.037

\* Total includes one or more missing nutrient data.



(Pineapple Fruit Medley) Pineapple Fruit Medley	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Pineapple	61.875	16.236	1.732	0.668
Apples-Red Delicious	42.674	11.29	1.978	0.213
Oranges	63.45	15.862	3.24	1.269
Chili Lime Seasoning	0.869	0.163	0.04	0.037
<b>Recipe Total</b>	<b>168.8673</b>	<b>43.5514</b>	<b>6.991</b>	<b>2.1866</b>
Serving	168.867	43.551	6.991	2.187

\* Total includes one or more missing nutrient data.

(1116) JonnyPops Strawberry & Banana	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
JonnyPops Strawberry & Banana	50	10	0	1
<b>Recipe Total</b>	<b>50</b>	<b>10</b>	<b>0</b>	<b>1</b>
Each	50	10	0	1

\* Total includes one or more missing nutrient data.

(Strawberry Fruit Medley) Strawberry Fruit Medley	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Fresh Strawberries	34.56	8.294	2.16	0.724
Apples-Red Delicious	42.674	11.29	1.978	0.213
Oranges	63.45	15.862	3.24	1.269
Chili Lime Seasoning	0.869	0.163	0.04	0.037
<b>Recipe Total</b>	<b>141.5523</b>	<b>35.6098</b>	<b>7.4185</b>	<b>2.242</b>
Serving	141.552	35.61	7.418	2.242

\* Total includes one or more missing nutrient data.

(Watermelon Fruit Medley) Watermelon Fruit Medley	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Watermelon	34.65	8.72	0.462	0.705
Apples-Red Delicious	42.674	11.29	1.978	0.213
Oranges	63.45	15.862	3.24	1.269
Chili Lime Seasoning	0.869	0.163	0.04	0.037
<b>Recipe Total</b>	<b>141.6423</b>	<b>36.0357</b>	<b>5.7205</b>	<b>2.2229</b>
Serving	141.642	36.036	5.72	2.223

\* Total includes one or more missing nutrient data.



(Latte) Latte	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Espresso Coffee Beans	0 *	0 *	0 *	0 *
Water Municipal	0 *	0 *	0 *	0 *
Skim Milk	110.594 *	14.746 *	0 *	9.831 *
Simple Syrup	45.352 *	11.716 *	0 *	0 *
<b>Recipe Total</b>	<b>155.946 *</b>	<b>26.4629 *</b>	<b>0 *</b>	<b>9.831 *</b>
Serving	155.946 *	26.463 *	0 *	9.831 *
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(Cafe Au Lait) Cafe Au Lait	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Flavored Coffee Beans	0 *	0 *	0 *	0 *
Water Municipal	0 *	0 *	0 *	0 *
Skim Milk	76.272 *	10.17 *	0 *	6.78 *
Simple Syrup	30.234 *	7.811 *	0 *	0 *
<b>Recipe Total</b>	<b>106.5064 *</b>	<b>17.9809 *</b>	<b>0 *</b>	<b>6.78 *</b>
Serving	106.506 *	17.981 *	0 *	6.78 *
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(Iced Cappuccino) Iced Cappuccino	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Espresso Coffee Beans	0 *	0 *	0 *	0 *
Water Municipal	0 *	0 *	0 *	0 *
Skim Milk	76.272 *	10.17 *	0 *	6.78 *
Simple Syrup	30.234 *	7.811 *	0 *	0 *
<b>Recipe Total</b>	<b>106.5064 *</b>	<b>17.9809 *</b>	<b>0 *</b>	<b>6.78 *</b>
Serving	106.506 *	17.981 *	0 *	6.78 *
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(Iced Coffee) Iced Coffee	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Flavored Coffee Beans	0 *	0 *	0 *	0 *
Water Municipal	0 *	0 *	0 *	0 *

\* Total includes one or more missing nutrient data.



(Iced Coffee) Iced Coffee	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Recipe Total</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>
Serving	0 *	0 *	0 *	0 *
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(Iced Macchiato) Iced Macchiato	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Espresso Coffee Beans	0 *	0 *	0 *	0 *
Water Municipal	0 *	0 *	0 *	0 *
Skim Milk	83.899 *	11.187 *	0 *	7.458 *
Simple Syrup	30.234 *	7.811 *	0 *	0 *
<b>Recipe Total</b>	<b>114.1336 *</b>	<b>18.9979 *</b>	<b>0 *</b>	<b>7.458 *</b>
Serving	114.134 *	18.998 *	0 *	7.458 *
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(Chopped Lettuce) Chopped Lettuce	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Romaine Lettuce	77.111	14.923	9.525	5.579
<b>Recipe Total</b>	<b>77.1107</b>	<b>14.9232</b>	<b>9.5254</b>	<b>5.5792</b>
Serving (1/4 Cup)	1.836	0.355	0.227	0.133

\* Total includes one or more missing nutrient data.

(Bread Stix) Bread Stix	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Hot Dog Buns	4160	831.999	96.001	127.999
Butter Blends	1619.971	0	0	0
<b>Recipe Total</b>	<b>5779.9718</b>	<b>831.9994</b>	<b>96.0008</b>	<b>127.9992</b>
Serving (2 Each)	90.312	13	1.5	2
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Texas BBQ Sandwich) Texas BBQ Sandwich	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Texas Western Pork BBQ	6001.169	341.202	0	361.274
Hamburger Buns	2600	480	40	60

\* Total includes one or more missing nutrient data.



(Texas BBQ Sandwich) Texas BBQ Sandwich	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Recipe Total</b>	<b>8601.1691</b>	<b>821.2029</b>	<b>40.0003</b>	<b>421.2747</b>
Serving	430.058	41.06	2	21.064
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Chicken Fajita) Chicken Fajita	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Fajita Strips	7019.882	108	0	863.985
Dried Chopped Onion	69.8	16.656	1.84	1.79
Diced Green Bell Pepper	0	18.899	0	0
<b>Recipe Total</b>	<b>7089.6822</b>	<b>143.5558</b>	<b>1.84</b>	<b>865.7747</b>
Serving	66.884	1.354	0.017	8.168

\* Total includes one or more missing nutrient data.

(Enchiladas) Enchiladas	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Ground Beef	7524.561	0	0	642.342
Water Municipal	0	0	0	0
Paprika	306.816	58.741	37.971	15.384
Tomato Paste	954.546	190.909	31.818	63.636
Salt	0	0	0	0
Garlic Powder	21.405	4.703	0.582	1.07
Cumin	586.667	80	26.667	26.667
Chili Powder	730.944	128.822	90.202	34.888
Granulated Sugar	193.5	49.99	0	0
Water Municipal	0	0	0	0
Cheese Enchiladas	27266.396	1983.596	0	1094.403
Shredded Cheese	6378.642	182.248	0	637.864
All Purpose Flour	3080	644	0	84
<b>Recipe Total</b>	<b>47043.4772</b>	<b>3323.01</b>	<b>187.2397</b>	<b>2600.2558</b>
Serving	522.705	36.922	2.08	28.892
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Chicken and Dutch Waffle- HS) Chicken and Dutch Waffle-HS	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chicken Strips	285	16.5	1.5	24
Dutch Waffle	300	43	3	4

\* Total includes one or more missing nutrient data.



(Chicken and Dutch Waffle-HS) Chicken and Dutch Waffle-HS	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Pancake Syrup	180	45.75	0	0
<b>Recipe Total</b>	<b>765.0001</b>	<b>105.25</b>	<b>4.5</b>	<b>28</b>
Serving	765	105.25	4.5	28
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Chorizo Nachos) Chorizo Nachos	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
American Cheese Slices	9497.09	271.347	0	949.709
Water Municipal	0	0	0	0
Tostitos Scoops	12210.544	2238.599	203.51	203.51
Beef Chorizo	6051.567	97.899	65.972	492.456
Diced Green Bell Pepper	0	13.7	0	0
Diced Red Pepper	137	13.7	13.7	0
<b>Recipe Total</b>	<b>27896.2017</b>	<b>2635.2449</b>	<b>283.1817</b>	<b>1645.6757</b>
Serving	416.361	39.332	4.227	24.562

\* Total includes one or more missing nutrient data.

(Chorizo Burrito Bowl-HS) Chorizo Burrito Bowl-HS	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Beef Chorizo	90.322	1.461	0.985	7.35
Cilantro Lime Rice	252.906	50	1.453	5.569
Black Beans	82.5	15	3.75	5.25
Whole Kernel Corn	45	9.75	1.5	0.75
Shredded Mozzarella Cheese	40.499	0.506	0	4.05
Salsa	13.782	2.77	0.64	0.552
Chopped Lettuce	1.836	0.355	0.227	0.133
<b>Recipe Total</b>	<b>526.8451</b>	<b>79.8424</b>	<b>8.5539</b>	<b>23.654</b>
Serving	526.845	79.842	8.554	23.654
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Tossed Spaghetti-S) Tossed Spaghetti-S	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Spatini Mix	1062.5	212.5	0	0
Tomato Paste	2147.727	429.545	71.591	143.182
Water Municipal	0	0	0	0
Ground Beef	9788.048	0	0	835.567

\* Total includes one or more missing nutrient data.





(Tossed Spaghetti-S) Tossed Spaghetti-S	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Spaghetti Noodles	7654.371	1494.425	145.798	255.146
Vegetable Oil	960	0	0	0
Water Municipal	0	0	0	0
<b>Recipe Total</b>	<b>21612.6461</b>	<b>2136.4702</b>	<b>217.3893</b>	<b>1233.8945</b>
Serving	469.84	46.445	4.726	26.824
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Sweet & Sour Chicken over Chow Mein) Sweet & Sour Chicken over Chow Mein	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Sweet & Sour Chicken	140	18	0	11
Chow Mein	173	30	3	4
<b>Recipe Total</b>	<b>313</b>	<b>48</b>	<b>3</b>	<b>15</b>
Serving	313	48	3	15
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Munchable Snack Pack) Munchable Snack Pack	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Go Big Yogurt	100	18	0	4
String Cheese	0	0	0	0
Goldfish	100	14	1	2
<b>Recipe Total</b>	<b>200</b>	<b>32</b>	<b>1</b>	<b>6</b>
Serving	200	32	1	6
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(3191) Baby Foods 2nd Bananas	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Bananas	24.779	5.947	0.248	0.248
<b>Recipe Total</b>	<b>24.7789</b>	<b>5.9469</b>	<b>0.2478</b>	<b>0.2478</b>
2 Tablespoon	24.779	5.947	0.248	0.248
Tablespoon	12.389	2.973	0.124	0.124

\* Total includes one or more missing nutrient data.



(3192) Baby Foods 2nd Beef and Gravy	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Beef and Gravy	55.212	1.578	0	6.31
<b>Recipe Total</b>	<b>55.2115</b>	<b>1.5775</b>	<b>0</b>	<b>6.3101</b>
4 Tablespoon	55.212	1.578	0	6.31

\* Total includes one or more missing nutrient data.

(3199) Baby Foods 2nd Pears	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Pears	17.345	4.212	0.743	0
<b>Recipe Total</b>	<b>17.3452</b>	<b>4.2123</b>	<b>0.7434</b>	<b>0</b>
Tablespoon	8.673	2.106	0.372	0
2 Tablespoon	17.345	4.212	0.743	0

\* Total includes one or more missing nutrient data.

(3201) Baby Foods 2nd Turkey and Gravy	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Foods 2nd Turkey and Gravy	63.099	1.578	0	5.521
<b>Recipe Total</b>	<b>63.0986</b>	<b>1.5775</b>	<b>0</b>	<b>5.521</b>
Tablespoon	15.775	0.394	0	1.38
4 Tablespoon	63.099	1.578	0	5.521

\* Total includes one or more missing nutrient data.

(3205) Strawberry Pop-Tart	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Strawberry Pop-Tart	180	38	3	2
<b>Recipe Total</b>	<b>180</b>	<b>38</b>	<b>3</b>	<b>2</b>
Each	180	38	3	2

\* Total includes one or more missing nutrient data.

(Iced Cafe Au Lait) Iced Cafe Au Lait	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Flavored Coffee Beans	0 *	0 *	0 *	0 *
Water Municipal	0 *	0 *	0 *	0 *
Skim Milk	76.272 *	10.17 *	0 *	6.78 *
Simple Syrup	30.234 *	7.811 *	0 *	0 *
<b>Recipe Total</b>	<b>106.5064 *</b>	<b>17.9809 *</b>	<b>0 *</b>	<b>6.78 *</b>
Serving	106.506 *	17.981 *	0 *	6.78 *

\* Total includes one or more missing nutrient data.



(Iced Cafe Au Lait) Iced Cafe Au Lait	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(Cappuccino) Cappuccino	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Espresso Coffee Beans	0 *	0 *	0 *	0 *
Water Municipal	0 *	0 *	0 *	0 *
Skim Milk	95.34 *	12.712 *	0 *	8.475 *
Simple Syrup	30.234 *	7.811 *	0 *	0 *
<b>Recipe Total</b>	<b>125.5744 *</b>	<b>20.5234 *</b>	<b>0 *</b>	<b>8.475 *</b>
Serving	125.574 *	20.523 *	0 *	8.475 *
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(Coffee) Coffee	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Flavored Coffee Beans	0 *	0 *	0 *	0 *
Water Municipal	0 *	0 *	0 *	0 *
<b>Recipe Total</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>
Serving	0 *	0 *	0 *	0 *
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(Cold Milk Foam) Cold Milk Foam	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Skim Milk	72.458	9.662	0	6.441
Simple Syrup	30.234	7.811	0	0
<b>Recipe Total</b>	<b>102.6928</b>	<b>17.4724</b>	<b>0</b>	<b>6.441</b>
Serving	102.693	17.472	0	6.441
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Hot Tea) Hot Tea	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Tea Bag	0 *	0 *	0 *	0 *

\* Total includes one or more missing nutrient data.



(Hot Tea) Hot Tea	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Water Municipal	0 *	0 *	0 *	0 *
<b>Recipe Total</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>	<b>0 *</b>
Serving	0 *	0 *	0 *	0 *
Each	NaN *	NaN *	NaN *	NaN *

\* Total includes one or more missing nutrient data.

(Southwest Salsa) Southwest Salsa	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Black Beans	440	80	20	28
Whole Kernel Corn	180	39	6	3
Tomatoes	45.926	9.925	3.062	2.245
Jalapeno Pepper	4.06	0.91	0.392	0.127
Lime Juice	6.426	2.047	0.122	0.076
Cayenne Pepper	5.724	1.019	0.49	0.216
Cumin	97.778	13.333	4.444	4.444
Salt	0	0	0	0
<b>Recipe Total</b>	<b>779.9141</b>	<b>146.2349</b>	<b>34.5104</b>	<b>38.1097</b>
1/8 Cup	24.372	4.57	1.078	1.191
1/4 Cup	48.745	9.14	2.157	2.382
1/2 Cup	97.489	18.279	4.314	4.764
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Chopped Greek Salad) Chopped Greek Salad	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Romaine Lettuce	77.111	14.923	9.525	5.579
Tomatoes	81.647	17.645	5.443	3.992
Cucumbers	25.515	6.175	0.85	1.106
Green Bell Peppers	39.689	9.208	3.374	1.707
Lemon Juice	23.333	7.713	0.961	0.618
Olive Oil Blend 90/10	1080	0	0	0
Salt	0	0	0	0
Black Pepper	17.319	4.413	1.746	0.717
<b>Recipe Total</b>	<b>1344.6127</b>	<b>60.0764</b>	<b>21.8991</b>	<b>13.7176</b>
Pre K Serving (3/8 Cup)	44.82	2.003	0.73	0.457
1/2 Pre K Serving	22.41	1.001	0.365	0.229
Serving (3/4 Cup)	89.641	4.005	1.46	0.915
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.



(\$26) Munchable Snack Pack-A	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Go Big Yogurt	100	18	0	4
String Cheese	0	0	0	0
Goldfish	100	14	1	2
Zee Zees Strawberry Grahamz	120	21	0	2
<b>Recipe Total</b>	<b>320</b>	<b>53</b>	<b>1</b>	<b>8</b>
Serving	320	53	1	8
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(\$27) Cheese Sandwich	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Sliced Cheese	140	4	0	14
WG White Sandwich Bread	140	28	2	6
<b>Recipe Total</b>	<b>280</b>	<b>32</b>	<b>2</b>	<b>20</b>
Serving	280	32	2	20
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(\$29) Tangy Broccoli Salad	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Broccoli Florets	133.411	21.346	16.007	16.007
Shredded Carrots	75.551	17.653	5.16	1.714
Craisins	105	25.5	0	0
Red Wine Vinegar	60	0	0	0
Olive Oil Blend 90/10	1440	0	0	0
Lime Juice	4.82	1.535	0.092	0.057
McCormick Garlic & Herb Seasoning	0	0	0	0
Chipotle Chile Pepper	0	0	0	0
Smoked Paprika	0	0	0	0
Onion Powder	5.882	1.365	0.262	0.18
Salt	0	0	0	0
Granulated Sugar	12.191	3.149	0	0
<b>Recipe Total</b>	<b>1836.8542</b>	<b>70.5488</b>	<b>21.5209</b>	<b>17.958</b>
1/8 Cup	28.701	1.102	0.336	0.281
1/4 Cup	57.402	2.205	0.673	0.561
1/2 Cup	114.803	4.409	1.345	1.122
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.



(Chicken and Dutch Waffle) Chicken and Dutch Waffle	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Chicken Strips	190	11	1	16
Dutch Waffle	300	43	3	4
Pancake Syrup	120	30.5	0	0
<b>Recipe Total</b>	<b>610.0001</b>	<b>84.5</b>	<b>4</b>	<b>20</b>
Serving	610	84.5	4	20

\* Total includes one or more missing nutrient data.

(Rib B Q Sandwich) Rib B Q Sandwich	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Pork Rib Patties	19199.998	960.002	120.002	1440.004
BBQ Sauce	3837.807	921.075	0	0
Hamburger Buns	15600.002	2880.003	240.002	360.003
<b>Recipe Total</b>	<b>38637.8061</b>	<b>4761.0796</b>	<b>360.0043</b>	<b>1800.0065</b>
Serving	321.982	39.676	3	15
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Chicken Fajita Taco) Chicken Fajita Taco	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Fajita Strips	7019.882	108	0	863.985
Dried Chopped Onion	69.8	16.656	1.84	1.79
Shredded Cheese	3756.312	107.324	0	375.631
6 " Flour Tortilla	13462.002	2151.798	227.899	334.962
Diced Green Bell Pepper	0	18.899	0	0
<b>Recipe Total</b>	<b>24307.996</b>	<b>2402.678</b>	<b>229.7394</b>	<b>1576.3675</b>
Serving	229.321	22.667	2.167	14.871
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(1046) Goodyman Mini Chocolate Donuts	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Goodyman Mini Chocolate Donuts	320	41	2	5
<b>Recipe Total</b>	<b>320</b>	<b>41</b>	<b>2</b>	<b>5</b>
Each	320	41	2	5

\* Total includes one or more missing nutrient data.



(1047) Goodyman Mini Powdered Sugar Donuts	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Goodyman Mini Powdered Sugar Donuts	270	41	2	4
<b>Recipe Total</b>	<b>270</b>	<b>41</b>	<b>2</b>	<b>4</b>
Each	270	41	2	4

\* Total includes one or more missing nutrient data.

(Italian Salad) Italian Salad	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Romaine Lettuce	28.916	5.596	3.572	2.092
Shredded Carrots	75.551	17.653	5.16	1.714
Broccoli Florets	37.522	6.004	4.502	4.502
Cucumbers	51.029	12.349	1.701	2.211
Olive Oil Blend 90/10	1800	0	0	0
Red Wine Vinegar	20	0	0	0
Granulated Sugar	97.524	25.195	0	0
McCormick Garlic & Herb Seasoning	0	0	0	0
<b>Recipe Total</b>	<b>2110.5427</b>	<b>66.797</b>	<b>14.9347</b>	<b>10.5192</b>
Pre K Serving (3/8 Cup)	65.954	2.087	0.467	0.329
Serving (3/4 Cup)	131.909	4.175	0.933	0.657
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(\$20) Ranch Dressing	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Buttermilk	1319.999	144	0	95.999
Parsley Flakes	149.504	25.928	13.67	13.635
Dried Chopped Onion	69.8	16.656	1.84	1.79
Dried Dill	31.372	6.922	1.686	2.475
Onion Powder	94.116	21.837	4.195	2.873
Garlic Powder	111.216	24.437	3.024	5.561
Mayonnaise	19200	192.001	0	0
<b>Recipe Total</b>	<b>20976.0067</b>	<b>431.7809</b>	<b>24.416</b>	<b>122.3326</b>
Serving (1 ounce)	109.25	2.249	0.127	0.637

\* Total includes one or more missing nutrient data.

(\$28) Refried Beans	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Pinto Beans	12240	2142	816.004	713.996
Vegetable Oil	960	0	0	0

\* Total includes one or more missing nutrient data.



(\$28) Refried Beans	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Dried Chopped Onion	23.267	5.552	0.613	0.597
Cayenne Pepper	5.724	1.019	0.49	0.216
Salt	0	0	0	0
<b>Recipe Total</b>	<b>13228.9907</b>	<b>2148.5713</b>	<b>817.107</b>	<b>714.8088</b>
1/2 Pre K Serving	55.121	8.952	3.405	2.978
Pre K Serving (1/3 Cup)	110.242	17.905	6.809	5.957
Serving (2/3 Cup)	220.483	35.81	13.618	11.913
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Whipped Potatoes) Whipped Potatoes	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Potato Granules	10252.941	2050.587	146.472	292.941
Butter Blends	1619.973	0	0	0
Salt	0	0	0	0
Water Municipal	0	0	0	0
<b>Recipe Total</b>	<b>11872.9139</b>	<b>2050.5872</b>	<b>146.4718</b>	<b>292.941</b>
1/8 Cup	21.509	3.715	0.265	0.531
1/4 Cup	43.018	7.43	0.531	1.061
1/2 Cup	86.036	14.859	1.061	2.123
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Gravy) Gravy	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Pepper Gravy Mix	2266.666	453.334	0	75.555
Water Municipal	0	0	0	0
Water Municipal	0	0	0	0
<b>Recipe Total</b>	<b>2266.6664</b>	<b>453.3336</b>	<b>0</b>	<b>75.5555</b>
Serving (1 ounce)	17.708	3.542	0	0.59

\* Total includes one or more missing nutrient data.

(Berry Blue Jello) Berry Blue Jello	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Blueberry Gelatin	7515.79	1825.263	0	107.369
Water Municipal	0	0	0	0
Whipped Topping	3600	480	0	0
<b>Recipe Total</b>	<b>11115.7904</b>	<b>2305.2637</b>	<b>0</b>	<b>107.3693</b>
Serving	111.158	23.053	0	1.074

\* Total includes one or more missing nutrient data.





(Berry Blue Jello) Berry Blue Jello	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(Salsa) Salsa	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Jalapeno Pepper	12.18	2.73	1.176	0.382
Onion, Yellow	11	2.568	0.468	0.303
Diced Tomatoes	200	40	8	8
Garlic Powder	10.702	2.352	0.291	0.535
Salt	0	0	0	0
Black Pepper	17.319	4.413	1.746	0.717
Cumin	24.444	3.333	1.111	1.111
Water Municipal	0	0	0	0
<b>Recipe Total</b>	<b>275.6462</b>	<b>55.3957</b>	<b>12.7909</b>	<b>11.0474</b>
Serving (2 oz.)	13.782	2.77	0.64	0.552

\* Total includes one or more missing nutrient data.

(\$21) Milk Assortment	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
1% Fat White Milk Carton	0 *	0 *	0 *	0 *
Buttermilk	110 *	12 *	0 *	8 *
<b>Recipe Total</b>	<b>109.9999 *</b>	<b>12 *</b>	<b>0 *</b>	<b>7.9999 *</b>
Servings	110 *	12 *	0 *	8 *

\* Total includes one or more missing nutrient data.

(\$22) Cheese Toast	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
WG White Sandwich Bread	7000	1400	99.999	300
Butter Blends	2429.957	0	0	0
Sliced Cheese	7000	200.001	0	700
<b>Recipe Total</b>	<b>16429.9571</b>	<b>1600.0012</b>	<b>99.9992</b>	<b>1000.0004</b>
1/2 Serving	82.15	8	0.5	5
Serving	164.3	16	1	10
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.



(\$23) Breakfast Sausage Biscuit	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Classic Split Biscuit	210	26	2	4
Chicken Sausage Patties	100	1	0	11
<b>Recipe Total</b>	<b>310</b>	<b>27</b>	<b>2</b>	<b>15</b>
1/2 Serving	155	13.5	1	7.5
Serving	310	27	2	15
Each	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.

(\$32) Fries, Sweet Potato, Straight Cut	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Fries, Sweet Potato, Straight Cut	131.04	25.618	4.104	1.555
<b>Recipe Total</b>	<b>131.04</b>	<b>25.6176</b>	<b>4.104</b>	<b>1.5552</b>
Serving	131.04	25.618	4.104	1.555

\* Total includes one or more missing nutrient data.

(100036) Cheese, American Blended, Yellow, Skim/Red Fat, Sliced	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Cheese, American Blended, Yellow, Skim/Red Fat, Sliced	79.999	1.999	0	5.998
<b>Recipe Total</b>	<b>79.9988</b>	<b>1.9992</b>	<b>0</b>	<b>5.9976</b>
1 oz	79.999	1.999	0	5.998

\* Total includes one or more missing nutrient data.

(2059) Red Grapes	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Red Grapes	30.82	7.889	0.414	0.29
<b>Recipe Total</b>	<b>30.82</b>	<b>7.889</b>	<b>0.414</b>	<b>0.2898</b>
1/2 Cup	30.82	7.889	0.414	0.29

\* Total includes one or more missing nutrient data.

(2057) Pears	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Pears	101.46	27.109	5.518	0.641
<b>Recipe Total</b>	<b>101.46</b>	<b>27.1094</b>	<b>5.518</b>	<b>0.6408</b>
1/2 Each	50.73	13.555	2.759	0.32
Each	101.46	27.109	5.518	0.641

\* Total includes one or more missing nutrient data.



(2055) Oranges	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Oranges	61.57	15.392	3.144	1.231
<b>Recipe Total</b>	<b>61.57</b>	<b>15.3925</b>	<b>3.144</b>	<b>1.2314</b>
1/2 Each	30.785	7.696	1.572	0.616
Each	61.57	15.392	3.144	1.231

\* Total includes one or more missing nutrient data.

(2049) Green Grapes	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Green Grapes	30.82	7.889	0.414	0.29
<b>Recipe Total</b>	<b>30.82</b>	<b>7.889</b>	<b>0.414</b>	<b>0.2898</b>
1/2 Cup	30.82	7.889	0.414	0.29

\* Total includes one or more missing nutrient data.

(2040) Celery Sticks	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Celery Sticks	362.874	67.358	36.287	15.649
<b>Recipe Total</b>	<b>362.8739</b>	<b>67.3585</b>	<b>36.2874</b>	<b>15.6489</b>
Serving (1/2 Cup)	11.34	2.105	1.134	0.489
Serving (1/4 Cup)	5.67	1.052	0.567	0.245

\* Total includes one or more missing nutrient data.

(2036) Bananas	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Bananas	105.02	26.951	3.068	1.286
<b>Recipe Total</b>	<b>105.02</b>	<b>26.9512</b>	<b>3.068</b>	<b>1.2862</b>
Each	105.02	26.951	3.068	1.286

\* Total includes one or more missing nutrient data.

(2033) Apples-Red Delicious	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Apples-Red Delicious	95.004	25.134	4.404	0.473
<b>Recipe Total</b>	<b>95.004</b>	<b>25.1342</b>	<b>4.4044</b>	<b>0.4732</b>
1/2 Each	47.502	12.567	2.202	0.237
1/4 Each	23.751	6.284	1.101	0.118
1 large (3-1/4" dia)	95.004	25.134	4.404	0.473
1 medium (3" dia)	95.004	25.134	4.404	0.473
Each	95.004	25.134	4.404	0.473

\* Total includes one or more missing nutrient data.



(2032) Apples-Granny Smith	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Apples-Granny Smith	95.004	25.134	4.404	0.473
<b>Recipe Total</b>	<b>95.004</b>	<b>25.1342</b>	<b>4.4044</b>	<b>0.4732</b>
1/2 Each	47.502	12.567	2.202	0.237
1/4 Each	23.751	6.284	1.101	0.118
Each	95.004	25.134	4.404	0.473

\* Total includes one or more missing nutrient data.

(2031) Apples-Golden Delicious	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Apples-Golden Delicious	94.64	25.134	4.368	0.473
<b>Recipe Total</b>	<b>94.64</b>	<b>25.1342</b>	<b>4.368</b>	<b>0.4732</b>
1/2 Each	47.32	12.567	2.184	0.237
1/4 Each	23.66	6.284	1.092	0.118
Each	94.64	25.134	4.368	0.473

\* Total includes one or more missing nutrient data.

(2030) Apples-Gala	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Apples-Gala	95.004	25.134	4.404	0.473
<b>Recipe Total</b>	<b>95.004</b>	<b>25.1342</b>	<b>4.4044</b>	<b>0.4732</b>
1/2 Each	47.502	12.567	2.202	0.237
1/4 Each	23.751	6.284	1.101	0.118
Each	95.004	25.134	4.404	0.473

\* Total includes one or more missing nutrient data.

(2034) Baby Carrots	Calories (kcal)	Total Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
Baby Carrots	1428.816	336.384	118.388	26.127
<b>Recipe Total</b>	<b>1428.8161</b>	<b>336.3841</b>	<b>118.3876</b>	<b>26.1269</b>
Serving (1/4 Cup)	12.317	2.9	1.021	0.225
Serving (1/8 Cup)	6.159	1.45	0.51	0.113
Serving (1/2 Cup)	24.635	5.8	2.041	0.45
Pound	NaN	NaN	NaN	NaN

\* Total includes one or more missing nutrient data.