East Side Union High School District

990681 - Veggie Scramble

Number of Portions: 100.000

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Source: Kelley

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903956	1-Pepper, bell, green, raw	12 1/2 CUP, chopped	18.63	3.756	0.000	0.626	0.448	0.000	0.031	0.000
903955	1-Pepper, bell sweet, red, raw	12 1/2 CUP, chopped	18.63	5.792	0.000	0.795	0.782	0.000	0.056	0.000
900993	1-Onion, Yellow, fresh	12 1/2 CUP, chopped	20.00	8.000	0.000	0.750	0.848	0.000	0.020	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	100 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
R-2990	2-Eggs, Scrambled	300 oz	92.10	179.778	4.788	175.569	0.000	0.000	13.859	0.000
903838	1-Bread, Whole Wheat sandwich	100 (1 slice)	34.00	80.000	0.000	170.000	2.000	0.000	1.000	0.000
		Totals	212.00	388.701	9.850	529.990	4.078	0.000	24.079	0.000
		% of Calories			22.807%		4.197%	0.000%	55.752%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903956	1-Pepper, bell, green, raw	0.000	0.864	0.313	0.160	*N/A*	1.878	14.978	0.063	17.487	0.000
903955	1-Pepper, bell sweet, red, raw	0.000	1.123	0.386	0.184	*N/A*	0.114	23.781	0.005	17.174	0.000
900993	1-Onion, Yellow, fresh	0.000	1.868	0.338	0.220	*N/A*	4.625	1.475	0.043	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
R-2990	2-Eggs, Scrambled	314.310	0.000	0.000	11.094	*0.000*	48.072	0.000	1.848	0.000	0.000
903838	1-Bread, Whole Wheat sandwich	0.000	16.000	2.000	4.000	0.000	40.000	0.000	0.700	0.000	0.000
	Totals	344.685	19.855	3.037	21.733	*0.000*	297.189	40.234	2.658	34.661	0.000
	% of Calories		20.432%		22.365%						

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
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East Side Union High School District

1036 - .

Number of Portions: 1.000

Size of Portion: .

*Nutrients are based upon 1 Portion Size (.)

Source: current

Group Code: MISCELLANEOUS

Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
	Totals	0.00	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
	% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Totals	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
% of Calories		*N/A%*		*N/A%*						

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East Side Union High School District

990595 - 1-Cherries Dried Individual Portions

Number of Portions: 1.000

Size of Portion: 1/2 cup equ

*Nutrients are based upon 1 Portion Size (1/2 cup equ)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990704	1-Cherries Dried Individual Portions	1 Serving	38.56	128.000	0.000	5.000	2.000	0.000	0.000	0.000
		Totals	39.00	128.000	0.000	5.000	2.000	0.000	0.000	0.000
		% of Calories			0.000%		6.250%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990704	1-Cherries Dried Individual Portions	0.000	31.000	1.000	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	Totals	0.000	31.000	1.000	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	% of Calories		96.875%		*N/A%*						

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East Side Union High School District

990616 - 1-Cherries, Sweet , Frozen Cup-USDA

Number of Portions: 1.000

Source: Victor

Group Code: FRUIT

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990732	1-Cherries, Sweet , Frozen-USDA	1 (1/2 Cup)	70.00	45.000	0.000	0.000	11.000	9.000	0.000	0.000
		Totals	70.00	45.000	0.000	0.000	11.000	9.000	0.000	0.000
		% of Calories			0.000%		97.778%	80.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990732	1-Cherries, Sweet , Frozen-USDA	0.000	11.000	2.000	1.000	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	Totals	0.000	11.000	2.000	1.000	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	% of Calories		97.778%		8.889%						

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East Side Union High School District

990667 - 1-Peach Cup, Commodity-USDA

Number of Portions: 96.000

Group Code: FRUIT

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900550	1-Peach Cup, Commodity-USDA	1 ea	1.30	0.936	0.000	0.000	0.198	0.000	0.000	0.000
		Totals	1.00	0.936	0.000	0.000	0.198	0.000	0.000	0.000
		% of Calories			0.000%		84.615%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900550	1-Peach Cup, Commodity-USDA	0.000	0.218	0.021	0.010	*N/A*	0.042	1.225	0.005	0.000	0.000
	Totals	0.000	0.218	0.021	0.010	*N/A*	0.042	1.225	0.005	0.000	0.000
	% of Calories		93.291%		4.274%						

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East Side Union High School District

990670 - 1-Pears, HALVED, canned-USDA

Number of Portions: 23.000

Group Code: FRUIT

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990763	1-Pears, HALVED, canned-USDA	1 .5 CUP	5.39	2.488	0.000	0.415	0.498	0.000	0.000	0.000
		Totals	5.00	2.488	0.000	0.415	0.498	0.000	0.000	0.000
		% of Calories			0.000%		80.064%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990763	1-Pears, HALVED, canned-USDA	0.000	0.664	0.083	0.000	*N/A*	0.000	0.040	0.000	0.000	0.000
	Totals	0.000	0.664	0.083	0.000	*N/A*	0.000	0.040	0.000	0.000	0.000
	% of Calories		106.672%		0.000%						

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East Side Union High School District

990669 - 1-Pears, Sliced, canned-USDA

Number of Portions: 23.000

Group Code: FRUIT

Size of Portion: 1/2 CUP

*Nutrients are based upon 1 Portion Size (1/2 CUP)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990617	1-Pears, Sliced, canned-USDA	1 .5 CUP	5.39	2.488	0.000	0.415	0.498	0.000	0.000	0.000
		Totals	5.00	2.488	0.000	0.415	0.498	0.000	0.000	0.000
		% of Calories			0.000%		80.064%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990617	1-Pears, Sliced, canned-USDA	0.000	0.664	0.083	0.000	*N/A*	0.000	0.040	0.000	0.000	0.000
	Totals	0.000	0.664	0.083	0.000	*N/A*	0.000	0.040	0.000	0.000	0.000
	% of Calories		106.672%		0.000%						

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East Side Union High School District

990611 - 2- Salsa (Chunky)

Number of Portions: 57.000

Source: Victor

Group Code: CONDIMENTS

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903939	1-Salsa, low sodium,	1 #10 can	52.22	14.280	0.000	57.119	2.448	0.000	0.000	0.000
903782	1-Jalapeno Pepper, fresh	4 pepper	0.98	0.281	0.000	0.000	0.041	0.000	0.004	0.000
900993	1-Onion, Yellow, fresh	1 CUP, chopped	2.81	1.123	0.000	0.105	0.119	0.000	0.003	0.000
990009	1-Cilantro, Raw	1 CUP	0.81	0.202	0.000	0.404	0.006	0.000	0.004	0.000
903969	1-Juice, Lime	2 oz	0.99	0.160	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1 tbsp	0.32	0.000	0.000	188.904	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	2 teaspoon	0.11	0.351	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1/2 TSP	0.02	0.175	0.000	0.088	0.000	0.000	0.013	0.000
		Totals	58.00	16.572	0.000	246.619	2.614	0.000	0.024	0.000
		% of Calories			0.000%		63.094%	0.000%	1.276%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903939	1-Salsa, low sodium,	0.000	3.264	0.408	0.408	*N/A*	0.000	1.958	0.147	0.000	0.000
903782	1-Jalapeno Pepper, fresh	0.000	0.064	0.028	0.009	*N/A*	0.140	1.165	0.003	0.901	0.000
900993	1-Onion, Yellow, fresh	0.000	0.262	0.047	0.031	*N/A*	0.649	0.207	0.006	0.000	0.000
990009	1-Cilantro, Raw	0.000	0.030	0.020	0.018	*N/A*	0.605	0.222	0.014	0.000	0.000
903969	1-Juice, Lime	0.000	0.064	0.000	0.000	*N/A*	0.128	0.000	0.002	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.070	0.000	0.000	*N/A*	0.000	0.000	0.013	0.007	0.000
902244	1-Spice, Cumin Ground	0.000	0.026	0.009	0.009	*N/A*	0.526	0.000	0.032	0.001	0.000
	Totals	0.000	3.781	0.512	0.475	*N/A*	2.049	3.552	0.216	0.910	0.000
	% of Calories		91.258%		11.465%						

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East Side Union High School District

990347 - 2-Apple Slices, Unsweetened, Canned

Number of Portions: 23.750

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990613	1-Apple Slices, Unsweetened, Canned	1 #10 can	119.37	47.747	0.000	10.051	10.743	0.000	0.000	0.000
		Totals	119.00	47.747	0.000	10.051	10.743	0.000	0.000	0.000
		% of Calories			0.000%		89.999%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990613	1-Apple Slices, Unsweetened, Canned	0.000	11.304	1.253	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	11.304	1.253	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		94.699%		0.000%						

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East Side Union High School District

108 - 2-Apple, fresh, wh, 163 ct

Number of Portions: 1.000

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
217	1-Apple, Fresh, 163ct	1 each	101.21	53.109	0.000	1.002	10.512	0.000	0.170	0.000
		Totals	101.00	53.109	0.000	1.002	10.512	0.000	0.170	0.000
		% of Calories			0.000%		79.173%	0.000%	2.886%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
217	1-Apple, Fresh, 163ct	0.000	13.979	2.405	0.261	*N/A*	6.012	4.609	0.120	0.000	0.000
	Totals	0.000	13.979	2.405	0.261	*N/A*	6.012	4.609	0.120	0.000	0.000
	% of Calories		105.283%		1.966%						

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East Side Union High School District

478 - 2-Applesauce

Number of Portions: 23.800

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900292	1-Applesauce	1 #10 can	128.64	63.268	0.000	15.817	18.980	0.000	0.000	0.000
		Totals	129.00	63.268	0.000	15.817	18.980	0.000	0.000	0.000
		% of Calories			0.000%		119.997%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900292	1-Applesauce	0.000	15.817	1.054	0.000	*N/A*	0.000	0.000	1.898	0.000	0.000
	Totals	0.000	15.817	1.054	0.000	*N/A*	0.000	0.000	1.898	0.000	0.000
	% of Calories		100.000%		0.000%						

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East Side Union High School District

3187 - 2-Applesauce, cup

Number of Portions: 1.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904061	1-Applesauce, cup	1 Each	127.57	59.800	0.000	14.950	17.940	0.000	0.000	0.000
		Totals	128.00	59.800	0.000	14.950	17.940	0.000	0.000	0.000
		% of Calories			0.000%		120.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904061	1-Applesauce, cup	0.000	13.953	0.997	0.000	*N/A*	199.333	0.000	0.000	0.000	0.000
	Totals	0.000	13.953	0.997	0.000	*N/A*	199.332	0.000	0.000	0.000	0.000
	% of Calories		93.333%		0.000%						

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East Side Union High School District

1967 - 2-Apricot, canned, USDA

Number of Portions: 24.000

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903892	APRICOTS, CANNED, DICED, PEELED, LIGHT SYRUP	1/2 CUP	5.25	3.333	0.000	0.417	0.683	0.315	0.000	0.000
		Totals	5.00	3.333	0.000	0.417	0.682	0.315	0.000	0.000
		% of Calories			0.000%		81.848%	37.804%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903892	APRICOTS, CANNED, DICED, PEELED, LIGHT SYRUP	0.000	0.792	0.041	0.041	0.000	0.000	0.100	0.000	0.000	0.000
	Totals	0.000	0.792	0.041	0.041	0.000	0.000	0.100	0.000	0.000	0.000
	% of Calories		95.014%		4.920%						

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East Side Union High School District

3028 - 2-Apricots Cup

Number of Portions: 1.000

Source: Julie

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990550	1-Apricots, Diced, Frozen-cup-USDA	1 Each	127.57	124.583	0.000	4.983	26.910	0.000	0.000	0.000
		Totals	128.00	124.583	0.000	4.983	26.910	0.000	0.000	0.000
		% of Calories			0.000%		86.400%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990550	1-Apricots, Diced, Frozen-cup-USDA	0.000	31.893	1.993	0.997	*N/A*	11.960	4.784	0.000	0.000	0.000
	Totals	0.000	31.893	1.993	0.997	*N/A*	11.960	4.784	0.000	0.000	0.000
	% of Calories		102.400%		3.201%						

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East Side Union High School District

2483 - 2-Avocado

Number of Portions: 5.100

Size of Portion: 1/4 cup

*Nutrients are based upon 1 Portion Size (1/4 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904005	1-Avocado	1/4 cup	11.12	17.788	0.236	0.778	0.073	0.000	1.630	0.000
		Totals	11.00	17.788	0.236	0.778	0.073	0.000	1.630	0.000
		% of Calories			11.925%		1.642%	0.000%	82.461%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904005	1-Avocado	0.000	0.948	0.745	0.222	*N/A*	1.334	1.112	0.061	0.000	0.000
	Totals	0.000	0.948	0.745	0.222	*N/A*	1.334	1.112	0.061	0.000	0.000
	% of Calories		21.324%		4.992%						

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East Side Union High School District

990499 - 2-Avocado, Mashed

Number of Portions: 120.000

Group Code: CONDIMENTS

Size of Portion: .25 cup

*Nutrients are based upon 1 Portion Size (.25 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904005	1-Avocado	20 each	21.26	34.019	0.451	1.488	0.140	0.000	3.117	0.000
903946	1-Juice, Lemon	1 cup	1.89	0.333	0.000	0.500	0.033	0.000	0.000	0.000
		Totals	23.00	34.353	0.451	1.988	0.174	0.000	3.117	0.000
		% of Calories			11.810%		2.026%	0.000%	81.661%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904005	1-Avocado	0.000	1.814	1.425	0.425	*N/A*	2.551	2.126	0.117	0.000	0.000
903946	1-Juice, Lemon	0.000	0.117	0.017	0.008	*N/A*	0.167	0.300	0.000	0.000	0.000
	Totals	0.000	1.930	1.441	0.434	*N/A*	2.718	2.426	0.117	0.000	0.000
	% of Calories		22.476%		5.053%						

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East Side Union High School District

990519 - 2-Bag Breakfast

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: bag

*Nutrients are based upon 1 Portion Size (bag)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990571	1-Breakfast Bar Oat Chocolate Chip, Benefit	1 each	71.00	280.000	3.000	230.000	19.000	0.000	8.000	0.000
R-990183	2-UBR Ultimate Breakfast Round	1 each	70.87	249.556	1.996	199.645	15.972	0.000	6.988	0.000
R-1711	2-PB&J - Breakfast	1 (1 each)	154.38	576.344	5.291	581.875	26.023	0.000	26.188	0.000
R-1411	2-Juice, Orange Tangerine, 100% (4oz.)	1 (1/2 cup)	113.40	60.000	0.000	0.000	12.000	0.000	0.000	0.000
R-108	2-Apple, fresh, wh, 163 ct	1 (1/2 cup)	101.21	53.109	0.000	1.002	10.512	0.000	0.170	0.000
R-1879	2-Milk, Chocolate, Crystal Cream	1 (8 oz)	226.80	120.000	0.000	150.000	19.000	0.000	0.000	0.000
R-1876	2-Milk, White, Crystal Creamery	1 (8 oz)	226.80	130.000	1.500	160.000	15.000	0.000	2.500	0.000
		Totals	964.00	1469.009	11.787	1322.522	117.507	0.000	43.845	0.000
		% of Calories			7.222%		31.996%	0.000%	26.862%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990571	1-Breakfast Bar Oat Chocolate Chip, Benefit	15.000	47.000	3.000	5.000	*N/A*	30.000	0.000	2.000	0.000	0.000
R-990183	2-UBR Ultimate Breakfast Round	4.991	41.925	5.989	4.991	*N/A*	29.947	0.000	1.597	0.000	0.000
R-1711	2-PB&J - Breakfast	0.000	69.182	7.023	20.094	*0.000*	97.017	0.000	2.458	0.000	0.000
R-1411	2-Juice, Orange Tangerine, 100% (4oz.)	0.000	13.000	0.000	0.000	*N/A*	0.000	70.000	0.000	0.000	0.000
R-108	2-Apple, fresh, wh, 163 ct	0.000	13.979	2.405	0.261	*N/A*	6.012	4.609	0.120	0.000	0.000
R-1879	2-Milk, Chocolate, Crystal Cream	5.000	22.000	0.000	9.000	*N/A*	300.000	0.000	0.360	0.000	0.000
R-1876	2-Milk, White, Crystal Creamery	15.000	16.000	0.000	10.000	*N/A*	400.000	1.200	0.000	0.000	0.000
	Totals	39.991	223.086	18.417	49.346	*0.000*	862.976	75.809	6.535	0.000	0.000
	% of Calories		60.745%		13.437%						

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East Side Union High School District

3526 - 2-Bag Lunch

Number of Portions: 1.000

Source: julie-10-17-17

Group Code: ENTREE-LUNCH

Size of Portion: bag

*Nutrients are based upon 1 Portion Size (bag)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-1711	2-PB&J - Breakfast	1 (1 each)	154.38	576.344	5.291	581.875	26.023	0.000	26.188	0.000
903784	1-Raisins, seedless, ind pack	1 box (1.33 oz)	37.70	113.991	0.000	8.769	0.000	0.000	0.000	0.000
901144	1-Juice, Apple 4oz	1 EACH (4oz)	113.40	50.000	0.000	0.000	12.000	0.000	0.000	0.000
904076	1-Carrots, Baby	1 Each	73.71	25.798	0.000	57.493	3.509	0.000	0.096	0.000
903977	1-Broccoli, raw	1/2 CUP, flowerets	35.50	12.094	0.000	11.704	0.605	0.000	0.133	0.000
903944	1-Celery, fresh	1 (1/2 cup)	65.20	7.671	0.000	53.697	0.882	0.000	0.115	0.000
903837	1-Bean, Black Bean,	1/2 CUP	120.00	96.000	0.000	134.400	1.920	0.000	0.000	0.000
903790	1-milk, 1% white, Foster Farms	1 (1/2 pint)	226.80	130.000	1.500	160.000	15.000	0.000	2.500	0.000
903788	1-milk, fat free chocolate, Foster Farms	1 (1/2 pint)	226.80	120.000	0.000	150.000	19.000	0.000	0.000	0.000
		Totals	1053.00	1131.898	6.791	1157.937	78.938	0.000	29.031	0.000
		% of Calories			5.400%		27.896%	0.000%	23.083%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-1711	2-PB&J - Breakfast	0.000	69.182	7.023	20.094	*0.000*	97.017	0.000	2.458	0.000	0.000
903784	1-Raisins, seedless, ind pack	0.000	27.183	1.754	0.877	*N/A*	17.537	0.000	0.947	0.000	0.000
901144	1-Juice, Apple 4oz	0.000	13.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
904076	1-Carrots, Baby	0.000	6.074	2.138	0.472	*N/A*	0.000	0.000	0.000	0.000	0.000
903977	1-Broccoli, raw	0.000	2.356	0.936	1.003	*N/A*	16.775	31.678	0.257	31.701	0.000
903944	1-Celery, fresh	0.000	1.918	1.151	0.460	*N/A*	26.849	1.918	0.115	146.402	0.000
903837	1-Bean, Black Bean,	0.000	17.280	5.760	6.720	*N/A*	96.000	0.000	1.728	0.000	0.000
903790	1-milk, 1% white, Foster Farms	15.000	16.000	0.000	10.000	*N/A*	400.000	1.200	0.000	0.000	0.000
903788	1-milk, fat free chocolate, Foster Farms	5.000	22.000	0.000	9.000	*N/A*	300.000	0.000	0.360	0.000	0.000
	Totals	20.000	174.992	18.761	48.625	*0.000*	954.178	34.795	5.866	178.103	0.000
	% of Calories		61.840%		17.184%						

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East Side Union High School District

990488 - 2-Bagel w/ Cream Cheese & avocado

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990641	1-Bagel-3 oz	1 each	85.05	230.131	0.500	400.228	3.002	0.000	1.001	0.000
990413	1-Cheese Cream Cup Light 1/2 Fat	1 (1 oz portion)	28.35	50.624	3.037	141.748	0.000	0.000	4.556	0.000
R-990499	2-Avocado, Mashed	1 .25 cup	23.15	34.353	0.451	1.988	0.174	0.000	3.117	0.000
		Totals	137.00	315.108	3.989	543.964	3.176	0.000	8.674	0.000
		% of Calories			11.392%		4.032%	0.000%	24.774%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990641	1-Bagel-3 oz	0.000	47.027	2.001	8.005	*N/A*	0.000	0.000	2.601	0.000	0.000
990413	1-Cheese Cream Cup Light 1/2 Fat	15.187	2.025	0.000	2.025	*N/A*	28.350	0.000	0.000	0.000	0.000
R-990499	2-Avocado, Mashed	0.000	1.930	1.441	0.434	*N/A*	2.718	2.426	0.117	0.000	0.000
	Totals	15.187	50.982	3.442	10.464	*N/A*	31.068	2.426	2.718	0.000	0.000
	% of Calories		64.717%		13.283%						

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East Side Union High School District

990500 - 2-Bagel w/ Cream Cheese 3 oz

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: done-n

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990641	1-Bagel-3 oz	1 each	85.05	230.131	0.500	400.228	3.002	0.000	1.001	0.000
990413	1-Cheese Cream Cup Light 1/2 Fat	1 (1 oz portion)	28.35	50.624	3.037	141.748	0.000	0.000	4.556	0.000
		Totals	113.00	280.755	3.538	541.976	3.002	0.000	5.557	0.000
		% of Calories			11.341%		4.277%	0.000%	17.813%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990641	1-Bagel-3 oz	0.000	47.027	2.001	8.005	*N/A*	0.000	0.000	2.601	0.000	0.000
990413	1-Cheese Cream Cup Light 1/2 Fat	15.187	2.025	0.000	2.025	*N/A*	28.350	0.000	0.000	0.000	0.000
	Totals	15.187	49.052	2.001	10.030	*N/A*	28.350	0.000	2.601	0.000	0.000
	% of Calories		69.886%		14.290%						

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East Side Union High School District

990537 - 2-Bagel, Egg & Cheese

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Kelley 1.15.26

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990641	1-Bagel-3 oz	1 each	85.05	230.131	0.500	400.228	3.002	0.000	1.001	0.000
990395	1-Egg Patty	1 each	35.44	70.874	1.519	111.373	0.000	0.000	6.075	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	2 OZ	56.70	222.750	10.125	364.500	0.000	0.000	18.225	0.000
		Totals	177.00	523.755	12.144	876.101	3.002	0.000	25.301	0.000
		% of Calories			20.868%		2.293%	0.000%	43.475%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990641	1-Bagel-3 oz	0.000	47.027	2.001	8.005	*N/A*	0.000	0.000	2.601	0.000	0.000
990395	1-Egg Patty	126.560	1.012	0.000	3.037	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	60.750	0.000	0.000	12.150	0.000	405.000	0.000	0.000	0.000	0.000
	Totals	187.310	48.039	2.001	23.192	*0.000*	405.000	0.000	2.601	0.000	0.000
	% of Calories		36.688%		17.712%						

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East Side Union High School District

990511 - 2-Balsamic Glaze

Number of Portions: 40.000

Group Code: SAUCE

Size of Portion: .25 cup

*Nutrients are based upon 1 Portion Size (.25 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903896	1-Oil, Vegetable	1/2 cup	2.73	23.357	0.389	0.000	0.000	0.000	2.725	0.000
990646	1-Vinegar, Balsamic	1/2 cup	2.83	2.000	0.000	0.000	0.300	0.000	0.000	0.000
903966	1-Sugar, Brown	1 tbsp, packed	0.34	1.289	0.000	0.000	0.344	0.000	0.000	0.000
		Totals	6.00	26.646	0.389	0.000	0.644	0.000	2.725	0.000
		% of Calories			13.149%		9.667%	0.000%	92.040%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990646	1-Vinegar, Balsamic	0.000	0.400	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903966	1-Sugar, Brown	0.000	0.344	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	0.744	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		11.166%		0.000%						

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East Side Union High School District

990617 - 2-Banana Muffin-Batter WG

Number of Portions: 78.000

Source: Local

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990735	BANANA MUFFIN BATTER WG	18 1/3 LB	106.42	316.218	1.419	201.387	20.473	15.608	12.264	0.000
		Totals	106.00	316.218	1.419	201.387	20.473	15.608	12.264	0.000
		% of Calories			4.038%		25.897%	19.743%	34.904%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990735	BANANA MUFFIN BATTER WG	37.095	48.649	3.345	5.169	0.000	95.545	0.000	1.733	0.000	0.000
	Totals	37.095	48.649	3.345	5.169	0.000	95.545	0.000	1.733	0.000	0.000
	% of Calories		61.539%		6.539%						

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East Side Union High School District

990222 - 2-Banana, petite, 150 count

Number of Portions: 1.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901376	1-Banana, petite	1 small	101.00	39.212	0.000	0.000	5.941	0.000	0.000	0.000
		Totals	101.00	39.212	0.000	0.000	5.941	0.000	0.000	0.000
		% of Calories			0.000%		60.604%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901376	1-Banana, petite	0.000	10.694	1.188	0.000	*N/A*	0.000	4.278	0.000	0.000	0.000
	Totals	0.000	10.694	1.188	0.000	*N/A*	0.000	4.278	0.000	0.000	0.000
	% of Calories		109.091%		0.000%						

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East Side Union High School District

990498 - 2-Base, Beef

Number of Portions: 128.000

Group Code: CONDIMENTS

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990640	1-Base, Beef	1 LB	3.54	10.631	0.000	630.776	0.709	0.000	0.354	0.000
75005	1-Water, Hot	4 gal	120.00	0.000	0.000	3.600	0.000	0.000	0.000	0.000
		Totals	124.00	10.631	0.000	634.376	0.709	0.000	0.354	0.000
		% of Calories			0.000%		26.677%	0.000%	30.003%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990640	1-Base, Beef	0.000	1.417	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	2.400	0.000	0.012	119.881	0.120
	Totals	0.000	1.418	0.000	0.000	*N/A*	2.400	0.000	0.012	119.881	0.120
	% of Calories		53.335%		0.000%						

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East Side Union High School District

2426 - 2-Bean, Kidney

Number of Portions: 19.450

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903835	1-Bean, Kidney, Dark	1 #10 can	161.79	136.898	0.000	174.234	1.245	1.245	0.000	0.000
		Totals	162.00	136.898	0.000	174.234	1.245	1.245	0.000	0.000
		% of Calories			0.000%		3.638%	3.638%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903835	1-Bean, Kidney, Dark	0.000	24.891	9.956	9.956	0.000	74.672	0.000	3.236	0.000	0.000
	Totals	0.000	24.891	9.956	9.956	0.000	74.672	0.000	3.236	0.000	0.000
	% of Calories		72.727%		29.090%						

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East Side Union High School District

2795 - 2-Beans, Black

Number of Portions: 18.500

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903837	1-Bean, Black Bean,	1 #10 can	168.56	134.852	0.000	188.792	2.697	0.000	0.000	0.000
		Totals	169.00	134.852	0.000	188.792	2.697	0.000	0.000	0.000
		% of Calories			0.000%		8.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903837	1-Bean, Black Bean,	0.000	24.273	8.091	9.440	*N/A*	134.852	0.000	2.427	0.000	0.000
	Totals	0.000	24.273	8.091	9.440	*N/A*	134.852	0.000	2.427	0.000	0.000
	% of Calories		72.000%		28.001%						

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East Side Union High School District

990116 - 2-Beans, Black seasoned

Number of Portions: 18.500

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903837	1-Bean, Black Bean,	1 #10 can	168.56	134.852	0.000	188.792	2.697	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 teaspoon	0.17	0.541	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	1 teaspoon	0.13	0.470	0.000	0.113	0.000	0.000	0.000	0.000
		Totals	169.00	135.862	0.000	188.905	2.697	0.000	0.000	0.000
		% of Calories			0.000%		7.940%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903837	1-Bean, Black Bean,	0.000	24.273	8.091	9.440	*N/A*	134.852	0.000	2.427	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.108	0.000	0.000	*N/A*	0.000	0.000	0.019	0.011	0.000
903989	1-Spice, Onion Powder	0.000	0.094	0.019	0.019	*N/A*	0.376	0.023	0.007	0.007	0.000
	Totals	0.000	24.475	8.110	9.458	*N/A*	135.228	0.023	2.454	0.018	0.000
	% of Calories		72.060%		27.846%						

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East Side Union High School District

3561 - 2-Beans, Garbanzo

Number of Portions: 22.750

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
801	1-Bean, Garbanzo	1 #10 CAN	134.58	110.113	0.000	171.286	1.223	0.000	0.612	0.000
		Totals	135.00	110.113	0.000	171.286	1.223	0.000	0.612	0.000
		% of Calories			0.000%		4.443%	0.000%	5.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
801	1-Bean, Garbanzo	0.000	19.576	6.117	6.117	*N/A*	48.939	0.000	1.762	0.000	0.000
	Totals	0.000	19.576	6.117	6.117	*N/A*	48.939	0.000	1.762	0.000	0.000
	% of Calories		71.111%		22.221%						

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East Side Union High School District

1676 - 2-Beans, Green, canned

Number of Portions: 22.650

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903900	1-Bean, green-canned	1 #10 can	126.41	20.895	0.000	146.265	2.090	0.000	0.000	0.000
		Totals	126.00	20.895	0.000	146.265	2.090	0.000	0.000	0.000
		% of Calories			0.000%		40.010%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903900	1-Bean, green-canned	0.000	4.179	2.090	1.045	*N/A*	20.895	2.507	0.752	0.000	0.000
	Totals	0.000	4.179	2.090	1.045	*N/A*	20.895	2.507	0.752	0.000	0.000
	% of Calories		80.000%		20.005%						

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East Side Union High School District

990316 - 2-Beans, Kidney, Spicy

Number of Portions: 19.450

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903835	1-Bean, Kidney, Dark	1 #10 can	161.79	136.898	0.000	174.234	1.245	1.245	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.50	1.609	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.25	0.894	0.000	0.215	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 tbsp	0.32	3.085	0.000	1.542	0.000	0.000	0.231	0.000
903983	1-Spice, Chili Powder	1 tbsp	0.42	0.000	0.000	22.905	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	1 tbsp	0.18	0.034	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	163.00	142.520	0.000	198.896	1.245	1.245	0.231	0.000
		% of Calories			0.000%		3.494%	3.494%	1.461%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903835	1-Bean, Kidney, Dark	0.000	24.891	9.956	9.956	0.000	74.672	0.000	3.236	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.322	0.000	0.000	*N/A*	0.000	0.000	0.058	0.032	0.000
903989	1-Spice, Onion Powder	0.000	0.179	0.036	0.036	*N/A*	0.715	0.043	0.013	0.013	0.000
902244	1-Spice, Cumin Ground	0.000	0.463	0.154	0.154	*N/A*	9.254	0.000	0.555	0.026	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.102	0.034	0.034	*N/A*	2.716	0.122	0.012	0.015	0.000
	Totals	0.000	25.956	10.180	10.180	*0.000*	87.358	0.165	3.874	0.086	0.000
	% of Calories		72.848%		28.571%						

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East Side Union High School District

990305 - 2-Beans, Refried, seasoned

Number of Portions: 24.800

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903901	1-Bean, Refried	1 (1 #10 Can)	123.46	113.961	0.000	132.954	0.950	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.39	1.262	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.19	0.701	0.000	0.168	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 tbsp	0.25	2.419	0.000	1.210	0.000	0.000	0.181	0.000
903983	1-Spice, Chili Powder	1 tbsp	0.33	0.000	0.000	17.964	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	1 tbsp	0.14	0.027	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	125.00	118.370	0.000	152.296	0.950	0.000	0.182	0.000
		% of Calories			0.000%		3.210%	0.000%	1.380%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903901	1-Bean, Refried	0.000	20.893	6.648	6.648	*N/A*	18.993	2.279	1.709	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.252	0.000	0.000	*N/A*	0.000	0.000	0.045	0.025	0.000
903989	1-Spice, Onion Powder	0.000	0.140	0.028	0.028	*N/A*	0.561	0.034	0.010	0.010	0.000
902244	1-Spice, Cumin Ground	0.000	0.363	0.121	0.121	*N/A*	7.258	0.000	0.435	0.021	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.080	0.027	0.027	*N/A*	2.130	0.096	0.010	0.011	0.000
	Totals	0.000	21.728	6.823	6.823	*N/A*	28.943	2.409	2.210	0.068	0.000
	% of Calories		73.425%		23.057%						

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East Side Union High School District

875 - 2-Beans, Refried,cnd

Number of Portions: 24.800

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 CUP

*Nutrients are based upon 1 Portion Size (1/2 CUP)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903901	1-Bean, Refried	1 (1 #10 Can)	123.46	113.961	0.000	132.954	0.950	0.000	0.000	0.000
		Totals	123.00	113.961	0.000	132.954	0.950	0.000	0.000	0.000
		% of Calories			0.000%		3.334%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903901	1-Bean, Refried	0.000	20.893	6.648	6.648	*N/A*	18.993	2.279	1.709	0.000	0.000
	Totals	0.000	20.893	6.648	6.648	*N/A*	18.993	2.279	1.709	0.000	0.000
	% of Calories		73.333%		23.334%						

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East Side Union High School District

990136 - 2-Beans, Seasoned Pinto

Number of Portions: 20.000

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903981	1-Bean, Pinto, Canned-USDA	4 #10 CAN	612.35	532.478	0.000	745.469	0.000	0.000	2.662	0.000
903924	1-Spice, Garlic powder	4 tablespoon	1.94	6.258	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.24	0.870	0.000	0.209	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	2 tbsp	0.63	6.000	0.000	3.000	0.000	0.000	0.450	0.000
978	1-Spice, Pepper, Red Crushed	1 tbsp	0.17	0.033	0.000	0.000	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	1 tbsp	0.41	0.000	0.000	22.275	0.000	0.000	0.000	0.000
		Totals	616.00	545.638	0.000	770.952	0.000	0.000	3.112	0.000
		% of Calories			0.000%		0.000%	0.000%	5.134%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903981	1-Bean, Pinto, Canned-USDA	0.000	90.521	47.923	26.624	*N/A*	319.487	0.000	7.668	0.000	0.000
903924	1-Spice, Garlic powder	0.000	1.252	0.000	0.000	*N/A*	0.000	0.000	0.225	0.125	0.000
903989	1-Spice, Onion Powder	0.000	0.174	0.035	0.035	*N/A*	0.696	0.042	0.013	0.013	0.000
902244	1-Spice, Cumin Ground	0.000	0.900	0.300	0.300	*N/A*	18.000	0.000	1.080	0.051	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.099	0.033	0.033	*N/A*	2.641	0.119	0.012	0.014	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	92.946	48.291	26.992	*N/A*	340.824	0.161	8.997	0.203	0.000
	% of Calories		68.137%		19.787%						

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East Side Union High School District

294 - 2-Beans, Vegetarian

Number of Portions: 23.550

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 CUP

*Nutrients are based upon 1 Portion Size (1/2 CUP)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901401	1-Bean, Vegetarian	1 #10 CAN	130.01	160.013	0.000	140.011	7.001	0.000	1.000	0.000
		Totals	130.00	160.013	0.000	140.011	7.001	0.000	1.000	0.000
		% of Calories			0.000%		17.501%	0.000%	5.625%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901401	1-Bean, Vegetarian	0.000	29.002	5.000	5.000	*N/A*	80.006	2.400	1.800	0.000	0.000
	Totals	0.000	29.002	5.000	5.000	*N/A*	80.006	2.400	1.800	0.000	0.000
	% of Calories		72.500%		12.499%						

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East Side Union High School District

990142 - 2-Beans, Vegetarian, Spicy

Number of Portions: 23.550

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901401	1-Bean, Vegetarian	1 #10 CAN	130.01	160.013	0.000	140.011	7.001	0.000	1.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.41	1.329	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.20	0.738	0.000	0.177	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 tbsp	0.27	2.548	0.000	1.274	0.000	0.000	0.191	0.000
903983	1-Spice, Chili Powder	1 tbsp	0.34	0.000	0.000	18.917	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	1 tbsp	0.15	0.028	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	131.00	164.656	0.000	160.380	7.001	0.000	1.191	0.000
		% of Calories			0.000%		17.008%	0.000%	6.511%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901401	1-Bean, Vegetarian	0.000	29.002	5.000	5.000	*N/A*	80.006	2.400	1.800	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.266	0.000	0.000	*N/A*	0.000	0.000	0.048	0.027	0.000
903989	1-Spice, Onion Powder	0.000	0.148	0.030	0.030	*N/A*	0.591	0.035	0.011	0.011	0.000
902244	1-Spice, Cumin Ground	0.000	0.382	0.127	0.127	*N/A*	7.643	0.000	0.459	0.022	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.084	0.028	0.028	*N/A*	2.243	0.101	0.010	0.012	0.000
	Totals	0.000	29.882	5.185	5.185	*N/A*	90.484	2.537	2.327	0.071	0.000
	% of Calories		72.593%		12.596%						

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East Side Union High School District

3544 - 2-Beef Dunker only

Number of Portions: 1.000

Size of Portion: 6 each

*Nutrients are based upon 1 Portion Size (6 each)

Source: Julie

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903809	1-Beef Dunker, Pierre	6 each	119.07	244.242	5.343	671.667	6.106	0.000	12.212	0.763
		Totals	119.00	244.242	5.343	671.667	6.106	0.000	12.212	0.763
		% of Calories			19.688%		10.000%	0.000%	45.000%	2.813%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903809	1-Beef Dunker, Pierre	61.061	9.159	1.527	21.371	*N/A*	30.530	0.000	2.198	0.000	0.000
	Totals	61.061	9.159	1.527	21.371	*N/A*	30.530	0.000	2.198	0.000	0.000
	% of Calories		15.000%		35.000%						

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East Side Union High School District

990154 - 2-Beef Dunkers, Teriyaki w/brown rice & Broccoli

Number of Portions: 1.000

Source: done-y

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-3544	2-Beef Dunker only	1 (6 each)	119.07	244.242	5.343	671.667	6.106	0.000	12.212	0.763
R-3636	2-Rice,Brown Cooked w/ broth	1 cups	192.34	243.278	1.074	128.381	75.599	0.756	5.520	0.000
R-990155	2-Broccoli Steamed	1 (1/2 cup)	141.75	26.706	0.000	24.015	1.027	0.000	0.000	0.000
		Totals	453.00	514.226	6.417	824.063	82.732	0.756	17.732	0.763
		% of Calories			11.231%		64.355%	0.588%	31.034%	1.336%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-3544	2-Beef Dunker only	61.061	9.159	1.527	21.371	*N/A*	30.530	0.000	2.198	0.000	0.000
R-3636	2-Rice,Brown Cooked w/ broth	3.024	44.941	2.413	5.581	*0.000*	10.592	0.240	1.255	128.462	0.128
R-990155	2-Broccoli Steamed	0.000	5.136	3.081	3.081	*N/A*	37.923	0.000	0.662	47.202	0.047
	Totals	64.085	59.236	7.021	30.033	*0.000*	79.045	0.240	4.115	175.664	0.175
	% of Calories		46.078%		23.362%						

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East Side Union High School District

990577 - 2-Beef Dunkers, Teriyaki w/rice

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-3544	2-Beef Dunker only	1 (6 each)	119.07	244.242	5.343	671.667	6.106	0.000	12.212	0.763
R-3636	2-Rice,Brown Cooked w/ broth	1 cups	192.34	243.278	1.074	128.381	75.599	0.756	5.520	0.000
		Totals	311.00	487.520	6.417	800.048	81.705	0.756	17.732	0.763
		% of Calories			11.846%		67.037%	0.620%	32.734%	1.409%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-3544	2-Beef Dunker only	61.061	9.159	1.527	21.371	*N/A*	30.530	0.000	2.198	0.000	0.000
R-3636	2-Rice,Brown Cooked w/ broth	3.024	44.941	2.413	5.581	*0.000*	10.592	0.240	1.255	128.462	0.128
	Totals	64.085	54.100	3.940	26.952	*0.000*	41.122	0.240	3.453	128.462	0.128
	% of Calories		44.388%		22.114%						

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East Side Union High School District

2623 - 2-Beef Rib Grill Honey BBQ Sandwich-only

Number of Portions: 12.000

Source: done-n

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901458	1-Beef Rib Pattie, Honey BBQ-only	12 EACH	92.14	200.000	4.000	670.000	10.000	0.000	10.000	0.000
903710	1-Bun,Hamburger	12 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	153.00	360.000	4.000	870.000	14.000	0.000	12.000	0.000
		% of Calories			10.000%		15.556%	0.000%	30.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901458	1-Beef Rib Pattie, Honey BBQ-only	40.000	13.000	2.000	14.000	*N/A*	40.000	1.200	1.800	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	40.000	44.000	5.000	21.000	*N/A*	240.000	1.200	3.600	0.000	0.000
	% of Calories		48.889%		23.333%						

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East Side Union High School District

1864 - 2-Beefy Mac-w/ beef crumble

Number of Portions: 21.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 1/3 cup

*Nutrients are based upon 1 Portion Size (1 1/3 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	3 LB + 15 oz	85.05	151.872	4.556	258.183	0.000	0.000	9.112	0.000
903960	1-Spice, Onion, Dehydrated flakes	1 TBSP	0.24	0.000	0.000	0.000	0.089	0.000	0.001	0.000
903774	1-Salt, Table	1 tsp	0.29	0.000	0.000	170.912	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tbsp	0.30	0.000	0.000	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	2 gal	345.59	0.000	0.000	10.368	0.000	0.000	0.000	0.000
903992	1-Pasta, Elbow Macaroni	2 LB + 10 oz	56.70	198.944	0.000	0.000	0.000	0.000	0.995	0.000
900344	1-Sauce, Spaghetti	3 qt + 3/4 cup	156.04	87.380	0.000	699.040	0.000	0.000	2.497	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	6 1/4 OZ	8.44	33.147	1.507	54.241	0.000	0.000	2.712	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	6 1/4 oz	8.44	17.857	0.595	50.595	0.000	0.000	0.893	0.000
		Totals	661.00	489.201	6.658	1243.339	0.089	0.000	16.210	0.000
		% of Calories			12.249%		0.073%	0.000%	29.821%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	45.562	3.037	1.519	15.187	0.000	30.374	0.000	3.037	0.000	0.000
903960	1-Spice, Onion, Dehydrated flakes	0.000	0.000	0.000	0.021	*N/A*	0.612	0.179	0.004	0.009	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	6.912	0.000	0.035	345.248	0.346
903992	1-Pasta, Elbow Macaroni	0.000	41.778	1.989	6.963	*N/A*	0.000	0.000	1.691	0.000	0.000
900344	1-Sauce, Spaghetti	0.000	13.731	1.248	2.497	*N/A*	29.959	22.469	1.248	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	9.040	0.000	0.000	1.808	0.000	60.268	0.000	0.000	0.000	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	2.976	0.298	0.000	2.083	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	57.578	58.844	4.756	28.559	*0.000*	128.125	22.648	6.015	345.258	0.346
	% of Calories		48.115%		23.352%						

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East Side Union High School District

990403 - 2-Berry Cup Mixed Frozen USDA

Number of Portions: 1.000

Size of Portion: 1/2 cup equ

*Nutrients are based upon 1 Portion Size (1/2 cup equ)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990562	1-Berry Cup Mixed Frozen USDA	1 .5 cup	113.40	90.000	0.000	0.000	16.000	0.000	0.000	0.000
		Totals	113.00	90.000	0.000	0.000	16.000	0.000	0.000	0.000
		% of Calories			0.000%		71.111%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990562	1-Berry Cup Mixed Frozen USDA	0.000	20.000	2.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	20.000	2.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		88.889%		0.000%						

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East Side Union High School District

990539 - 2-Biscuit & Gravy

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990603	1-Biscuit Baked Whole Grain-2oz-Pillsbury	1 Each	57.00	190.000	6.000	310.000	0.000	0.000	9.000	0.000
990593	1-Pork Sausage Patty	1 each	34.02	70.040	1.501	240.137	0.000	0.000	4.503	0.000
R-990512	2-Gravy, Country	4 oz	93.20	83.884	2.796	505.536	1.864	0.000	4.660	0.000
		Totals	184.00	343.924	10.297	1055.673	1.864	0.000	18.163	0.000
		% of Calories			26.946%		2.168%	0.000%	47.529%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990603	1-Biscuit Baked Whole Grain-2oz-Pillsbury	0.000	24.000	2.000	4.000	*N/A*	160.000	0.000	1.400	0.000	0.000
990593	1-Pork Sausage Patty	20.011	1.001	0.000	6.003	*N/A*	0.000	0.057	0.000	0.000	0.000
R-990512	2-Gravy, Country	0.000	11.184	0.000	0.000	*N/A*	16.404	0.000	0.008	74.488	0.076
	Totals	20.011	36.185	2.000	10.003	*N/A*	176.404	0.057	1.408	74.488	0.076
	% of Calories		42.085%		11.634%						

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East Side Union High School District

990287 - 2-Biscuit & Sausage Breakfast Sandwich

Number of Portions: 1.000

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Source: Victor

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990603	1-Biscuit Baked Whole Grain-2oz-Pillsbury	1 Each	57.00	190.000	6.000	310.000	0.000	0.000	9.000	0.000
990593	1-Pork Sausage Patty	1 Pattie	34.00	70.000	1.500	240.000	0.000	0.000	4.500	0.000
		Totals	91.00	260.000	7.500	550.000	0.000	0.000	13.500	0.000
		% of Calories			25.962%		0.000%	0.000%	46.731%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990603	1-Biscuit Baked Whole Grain-2oz-Pillsbury	0.000	24.000	2.000	4.000	*N/A*	160.000	0.000	1.400	0.000	0.000
990593	1-Pork Sausage Patty	20.000	1.000	0.000	6.000	*N/A*	0.000	0.057	0.000	0.000	0.000
	Totals	20.000	25.000	2.000	10.000	*N/A*	160.000	0.057	1.400	0.000	0.000
	% of Calories		38.462%		15.385%						

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East Side Union High School District

296 - 2-Blueberries, Frozen, unsweetened

Number of Portions: 178.500

Source: done

Group Code: FRUIT

Size of Portion: 1/2 CUP

*Nutrients are based upon 1 Portion Size (1/2 CUP)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904095	1-Blueberry, frozen	30 LB	76.23	39.094	0.000	0.977	6.842	0.000	0.977	0.000
		Totals	76.00	39.094	0.000	0.977	6.842	0.000	0.977	0.000
		% of Calories			0.000%		70.006%	0.000%	22.501%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904095	1-Blueberry, frozen	0.000	9.774	1.955	0.000	*N/A*	5.864	9.480	0.274	0.000	0.000
	Totals	0.000	9.774	1.955	0.000	*N/A*	5.864	9.480	0.274	0.000	0.000
	% of Calories		100.001%		0.000%						

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East Side Union High School District

990604 - 2-Blueberry Chex -only

Number of Portions: 96.000

Group Code: BREAKFAST

Size of Portion: 1 oz

*Nutrients are based upon 1 Portion Size (1 oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990694	1-Cereal, Blueberry Chex	96 oz	28.35	121.498	0.000	161.997	6.075	0.000	2.531	0.000
		Totals	28.00	121.498	0.000	161.997	6.075	0.000	2.531	0.000
		% of Calories			0.000%		20.000%	0.000%	18.750%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990694	1-Cereal, Blueberry Chex	0.000	23.287	0.000	1.012	*N/A*	80.999	3.645	8.302	0.000	0.000
	Totals	0.000	23.287	0.000	1.012	*N/A*	80.999	3.645	8.302	0.000	0.000
	% of Calories		76.667%		3.332%						

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East Side Union High School District

990618 - 2-Blueberry Muffin-Batter WG

Number of Portions: 78.000

Source: Local

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990736	BLUEBERRY MUFFIN BATTER, WG	18 1/3 LB	106.42	328.381	2.128	200.474	26.352	19.358	13.784	0.000
		Totals	106.00	328.381	2.128	200.474	26.352	19.358	13.784	0.000
		% of Calories			5.833%		32.099%	23.580%	37.778%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990736	BLUEBERRY MUFFIN BATTER, WG	39.325	48.041	3.446	5.068	0.000	111.629	0.000	1.865	0.000	0.000
	Totals	39.325	48.041	3.446	5.068	0.000	111.629	0.000	1.865	0.000	0.000
	% of Calories		58.518%		6.173%						

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East Side Union High School District

990288 - 2-Bread Stick, Parmesan, homemade

Number of Portions: 24.000

Group Code: ENTREE-LUNCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904090	1-Pizza Skin rectangle	1 sheet	28.94	78.928	0.000	71.035	1.579	0.000	0.789	0.000
903896	1-Oil, Vegetable	1 tbsp	0.57	4.866	0.081	0.000	0.000	0.000	0.568	0.000
903924	1-Spice, Garlic powder	1 teaspoon	0.13	0.417	0.000	0.000	0.000	0.000	0.000	0.000
990439	1-Cheese, Parmesan	4 oz	4.72	23.625	0.945	75.599	0.000	0.000	1.417	0.000
902527	1-Spice, Italian seasoning	1 tbsp	0.35	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903972	1-Spice, Basil, Dry	1 tsp, ground	0.06	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	35.00	107.835	1.026	146.633	1.579	0.000	2.775	0.000
		% of Calories			8.564%		5.857%	0.000%	23.156%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904090	1-Pizza Skin rectangle	0.000	14.207	1.579	3.157	*N/A*	0.000	0.000	4.262	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.083	0.000	0.000	*N/A*	0.000	0.000	0.015	0.008	0.000
990439	1-Cheese, Parmesan	4.725	0.000	0.000	1.890	*N/A*	51.029	0.000	0.000	0.000	0.000
902527	1-Spice, Italian seasoning	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903972	1-Spice, Basil, Dry	0.000	0.000	0.000	0.000	*N/A*	0.233	0.000	0.009	0.000	0.000
	Totals	4.725	14.290	1.579	5.047	*N/A*	51.262	0.000	4.286	0.008	0.000
	% of Calories		53.008%		18.721%						

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East Side Union High School District

3585 - 2-Bread Sticks,Cinn-homemade

Number of Portions: 10.000

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904090	1-Pizza Skin rectangle	1 sheet	69.46	189.426	0.000	170.484	3.789	0.000	1.894	0.000
20	1-Margarine, Wholesome Farms-sysco	2 tbsp	2.82	20.143	0.806	22.157	0.000	0.000	2.216	0.000
903769	1-Sugar, Granulated	3 tbsp	3.78	14.175	0.000	0.000	3.780	0.000	0.000	0.000
903925	1-Spice, Cinnamon Ground	1 tablespoon	0.78	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	77.00	223.744	0.806	192.641	7.569	0.000	4.110	0.000
		% of Calories			3.241%		13.532%	0.000%	16.532%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904090	1-Pizza Skin rectangle	0.000	34.097	3.789	7.577	*N/A*	0.000	0.000	10.229	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903769	1-Sugar, Granulated	0.000	3.780	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903925	1-Spice, Cinnamon Ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	37.877	3.789	7.577	*N/A*	0.000	0.000	10.229	0.000	0.000
	% of Calories		67.714%		13.546%						

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East Side Union High School District

990346 - 2-Breaded Cheese Pocket

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: done-n

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990536	1-Breaded Cheese Pocket	1 Serving	117.00	289.912	3.106	476.283	2.071	1.035	10.354	0.000
		Totals	117.00	289.912	3.106	476.283	2.071	1.035	10.354	0.000
		% of Calories			9.643%		2.857%	1.428%	32.143%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990536	1-Breaded Cheese Pocket	36.239	28.991	0.000	19.673	*N/A*	469.035	0.000	2.071	0.000	0.000
	Totals	36.239	28.991	0.000	19.673	*N/A*	469.035	0.000	2.071	0.000	0.000
	% of Calories		40.000%		27.143%						

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East Side Union High School District

985 - 2-Breadsticks w/ Pizza Sauce

Number of Portions: 8.000

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904088	1-Pizza Skin, 16" round	1 (1 skin)	60.00	135.211	0.000	126.761	2.535	0.000	1.268	0.000
20	1-Margarine, Wholesome Farms-sysco	1 oz	3.54	25.312	1.012	27.843	0.000	0.000	2.784	0.000
903924	1-Spice, Garlic powder	1 teaspoon	0.39	1.250	0.000	0.000	0.000	0.000	0.000	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	16 oz	56.70	120.000	4.000	340.000	0.000	0.000	6.000	0.000
902527	1-Spice, Italian seasoning	1 TSP	0.35	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	16 ounce	61.17	49.754	0.195	112.828	4.496	0.000	1.362	0.000
		Totals	182.00	331.527	5.207	607.432	7.031	0.000	11.414	0.000
		% of Calories			14.136%		8.483%	0.000%	30.987%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904088	1-Pizza Skin, 16" round	0.000	25.352	2.535	5.915	*N/A*	8.451	0.000	1.437	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.250	0.000	0.000	*N/A*	0.000	0.000	0.045	0.025	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	20.000	2.000	0.000	14.000	*N/A*	0.000	0.000	0.000	0.000	0.000
902527	1-Spice, Italian seasoning	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	0.000	7.008	1.196	1.128	*N/A*	2.044	0.006	0.092	19.850	0.020
	Totals	20.000	34.611	3.731	21.043	*N/A*	10.495	0.006	1.574	19.875	0.020
	% of Calories		41.759%		25.389%						

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East Side Union High School District

990422 - 2-Breakfast Bar Oat Chocolate Chip, Benefit

Number of Portions: 1.000

Source: done-n

Group Code: ENTREE-BREAKFAST

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990571	1-Breakfast Bar Oat Chocolate Chip, Benefit	1 each	71.00	280.000	3.000	230.000	19.000	0.000	8.000	0.000
		Totals	71.00	280.000	3.000	230.000	19.000	0.000	8.000	0.000
		% of Calories			9.643%		27.143%	0.000%	25.714%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990571	1-Breakfast Bar Oat Chocolate Chip, Benefit	15.000	47.000	3.000	5.000	*N/A*	30.000	0.000	2.000	0.000	0.000
	Totals	15.000	47.000	3.000	5.000	*N/A*	30.000	0.000	2.000	0.000	0.000
	% of Calories		67.143%		7.143%						

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East Side Union High School District

990515 - 2-Breakfast Bowl

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990564	1-Potatoes, Diced, No Salt Added, Frozen	1/2 cup	113.40	92.878	0.000	24.840	1.080	0.000	1.080	0.000
R-2990	2-Eggs, Scrambled	2 oz	61.40	119.852	3.192	117.046	0.000	0.000	9.239	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
990593	1-Pork Sausage Patty	1 each	34.02	70.040	1.501	240.137	0.000	0.000	4.503	0.000
		Totals	237.00	394.145	9.755	564.273	1.080	0.000	23.934	0.000
		% of Calories			22.275%		1.096%	0.000%	54.652%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990564	1-Potatoes, Diced, No Salt Added, Frozen	0.000	20.520	1.080	2.160	*N/A*	0.000	0.000	0.000	0.000	0.000
R-2990	2-Eggs, Scrambled	209.540	0.000	0.000	7.396	*0.000*	32.048	0.000	1.232	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
990593	1-Pork Sausage Patty	20.011	1.001	0.000	6.003	*N/A*	0.000	0.057	0.000	0.000	0.000
	Totals	259.926	21.520	1.080	21.634	*0.000*	234.548	0.057	1.232	0.000	0.000
	% of Calories		21.840%		21.955%						

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East Side Union High School District

990410 - 2-Breakfast Casserole Frittata

Number of Portions: 12.000

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	8 oz	18.90	33.749	1.012	57.374	0.000	0.000	2.025	0.000
928	1-Eggs, whole, liquid, pasteurized	16 oz	37.80	57.521	1.233	53.412	0.000	0.000	3.698	0.000
903790	1-milk, 1% white, Foster Farms	8 oz	18.90	10.833	0.125	13.333	1.250	0.000	0.208	0.000
903924	1-Spice, Garlic powder	1 teaspoon	0.26	0.833	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/2 tsp	0.25	0.000	0.000	149.548	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tbsp	0.53	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	8 OZ	18.90	74.250	3.375	121.500	0.000	0.000	6.075	0.000
990564	1-Potatoes, Diced, No Salt Added, Frozen	16 oz	37.80	30.960	0.000	8.280	0.360	0.000	0.360	0.000
990305	1-Pepper, mild green chili, canned	8 oz	18.90	3.150	0.000	47.249	0.000	0.000	0.000	0.000
		Totals	152.00	211.297	5.745	450.696	1.610	0.000	12.366	0.000
		% of Calories			24.471%		3.048%	0.000%	52.672%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	10.125	0.675	0.337	3.375	0.000	6.750	0.000	0.675	0.000	0.000
928	1-Eggs, whole, liquid, pasteurized	139.693	0.000	0.000	4.930	0.000	21.365	0.000	0.822	0.000	0.000
903790	1-milk, 1% white, Foster Farms	1.250	1.333	0.000	0.833	*N/A*	33.333	0.100	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.167	0.000	0.000	*N/A*	0.000	0.000	0.030	0.017	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	20.250	0.000	0.000	4.050	0.000	135.000	0.000	0.000	0.000	0.000
990564	1-Potatoes, Diced, No Salt Added, Frozen	0.000	6.840	0.360	0.720	*N/A*	0.000	0.000	0.000	0.000	0.000
990305	1-Pepper, mild green chili, canned	0.000	0.630	0.000	0.000	*N/A*	1.260	0.000	0.000	0.000	0.000
	Totals	171.318	9.645	0.697	13.909	*0.000*	197.708	0.100	1.527	0.017	0.000
	% of Calories		18.259%		26.331%						

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East Side Union High School District

990517 - 2-Breakfast Frittata Burrito

Number of Portions: 12.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: done-y

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	8 oz	18.90	33.749	1.012	57.374	0.000	0.000	2.025	0.000
928	1-Eggs, whole, liquid, pasteurized	16 oz	37.80	57.521	1.233	53.412	0.000	0.000	3.698	0.000
903790	1-milk, 1% white, Foster Farms	8 oz	18.90	10.833	0.125	13.333	1.250	0.000	0.208	0.000
903924	1-Spice, Garlic powder	1 teaspoon	0.26	0.833	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/2 tsp	0.25	0.000	0.000	149.548	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tbsp	0.53	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990679	1-Potato Diced Cooked (SYSCO)	16 oz	37.80	30.927	0.000	29.209	0.000	*N/A*	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	8 OZ	18.90	74.250	3.375	121.500	0.000	0.000	6.075	0.000
990305	1-Pepper, mild green chili, canned	8 oz	18.90	3.150	0.000	47.249	0.000	0.000	0.000	0.000
404	1-Tortilla, Flour, 8"	12 EACH 8"	42.52	118.401	0.417	166.762	0.834	*N/A*	2.085	0.000
		Totals	195.00	329.664	6.162	638.387	2.084	0.000	14.091	0.000
		% of Calories			16.823%		2.529%	0.000%	38.468%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	10.125	0.675	0.337	3.375	0.000	6.750	0.000	0.675	0.000	0.000
928	1-Eggs, whole, liquid, pasteurized	139.693	0.000	0.000	4.930	0.000	21.365	0.000	0.822	0.000	0.000
903790	1-milk, 1% white, Foster Farms	1.250	1.333	0.000	0.833	*N/A*	33.333	0.100	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.167	0.000	0.000	*N/A*	0.000	0.000	0.030	0.017	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990679	1-Potato Diced Cooked (SYSCO)	0.000	7.216	0.687	0.687	*N/A*	0.000	*N/A*	0.103	*N/A*	*N/A*
903884	1-Cheese, Cheddar, Yellow, Shredded	20.250	0.000	0.000	4.050	0.000	135.000	0.000	0.000	0.000	0.000
990305	1-Pepper, mild green chili, canned	0.000	0.630	0.000	0.000	*N/A*	1.260	0.000	0.000	0.000	0.000
404	1-Tortilla, Flour, 8"	0.000	19.178	0.834	3.335	*N/A*	66.705	0.000	1.201	0.000	0.000
	Totals	171.318	29.199	1.859	17.211	*0.000*	264.413	*0.100*	2.830	*0.017*	*0.000*
	% of Calories		35.429%		20.883%						

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East Side Union High School District

990594 - 2-Breakfast Scone Dough Chocolate Chip

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done

Group Code: BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990705	1-Breakfast Scone Dough Chocolate Chip	1 Serving	127.57	465.100	10.400	345.000	36.500	0.000	16.900	0.000
		Totals	128.00	465.100	10.400	345.000	36.500	0.000	16.900	0.000
		% of Calories			20.125%		31.391%	0.000%	32.703%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990705	1-Breakfast Scone Dough Chocolate Chip	35.100	73.900	2.000	5.500	*N/A*	160.000	1.800	2.340	0.000	0.000
	Totals	35.100	73.900	2.000	5.500	*N/A*	160.000	1.800	2.340	0.000	0.000
	% of Calories		63.556%		4.730%						

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East Side Union High School District

990155 - 2-Broccoli Steamed

Number of Portions: 4.800

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
75010	1-Water, cold	1 Cup	47.25	0.000	0.000	1.417	0.000	0.000	0.000	0.000
990489	1-Broccoli, frozen	1 LB	94.50	26.706	0.000	22.597	1.027	0.000	0.000	0.000
		Totals	142.00	26.706	0.000	24.015	1.027	0.000	0.000	0.000
		% of Calories			0.000%		15.382%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.945	0.000	0.005	47.202	0.047
990489	1-Broccoli, frozen	0.000	5.136	3.081	3.081	*N/A*	36.978	0.000	0.657	0.000	0.000
	Totals	0.000	5.136	3.081	3.081	*N/A*	37.923	0.000	0.662	47.202	0.047
	% of Calories		76.924%		46.147%						

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East Side Union High School District

1589 - 2-Broccoli,Fresh,Raw

Number of Portions: 14.400

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903977	1-Broccoli, raw	1 LB	31.50	10.731	0.000	10.384	0.537	0.000	0.118	0.000
		Totals	31.00	10.731	0.000	10.384	0.537	0.000	0.118	0.000
		% of Calories			0.000%		20.017%	0.000%	9.871%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903977	1-Broccoli, raw	0.000	2.091	0.831	0.890	*N/A*	14.884	28.107	0.228	28.128	0.000
	Totals	0.000	2.091	0.831	0.890	*N/A*	14.884	28.107	0.228	28.128	0.000
	% of Calories		77.931%		33.175%						

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East Side Union High School District

990130 - 2-Buffalo Pizza Sauce

Number of Portions: 8.000

Group Code: CONDIMENTS

Size of Portion: 1oz

*Nutrients are based upon 1 Portion Size (1oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900261	1-Dressing, Buttermilk Ranch, bulk	5 ounce	17.72	76.780	1.181	141.748	0.000	0.000	8.269	0.000
900228	1-Sauce, Buffalo	3 oz	10.63	0.000	0.000	297.670	0.000	0.000	0.000	0.000
		Totals	28.00	76.780	1.181	439.417	0.000	0.000	8.269	0.000
		% of Calories			13.846%		0.000%	0.000%	96.923%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900261	1-Dressing, Buttermilk Ranch, bulk	2.953	0.591	0.000	0.591	*N/A*	0.000	0.000	0.000	0.000	0.000
900228	1-Sauce, Buffalo	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	2.953	0.591	0.000	0.591	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		3.077%		3.079%						

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East Side Union High School District

990610 - 2-Burrito Bowl, Chick w/Salsa

Number of Portions: 24.000

Source: Local

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-241	2-Rice, Spanish	24 (1 cup)	429.72	555.559	1.934	1272.488	7.187	0.000	9.898	0.000
901884	1-Chicken, diced,	3 lb	56.70	72.899	0.000	56.699	0.000	0.000	2.025	0.000
903981	1-Bean, Pinto, Canned-USDA	6 cup	57.50	50.000	0.000	70.000	0.000	0.000	0.250	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	24 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
R-990611	2- Salsa (Chunky)	24 servings	58.26	16.572	0.000	246.619	2.614	0.000	0.024	0.000
990233	1-Seasoning, Taco, Seasoning Mix	3 TSP	0.38	0.938	0.000	39.375	0.094	0.094	0.000	0.000
		Totals	631.00	807.342	6.996	1867.431	9.895	0.094	21.309	0.000
		% of Calories			7.799%		4.903%	0.047%	23.755%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-241	2-Rice, Spanish	0.000	105.033	7.424	12.572	*N/A*	46.386	0.000	4.354	235.729	0.235
901884	1-Chicken, diced,	42.524	0.000	0.000	12.150	*N/A*	0.000	0.000	0.000	0.000	0.000
903981	1-Bean, Pinto, Canned-USDA	0.000	8.500	4.500	2.500	*N/A*	30.000	0.000	0.720	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
R-990611	2- Salsa (Chunky)	0.000	3.781	0.512	0.475	*N/A*	2.049	3.552	0.216	0.910	0.000
990233	1-Seasoning, Taco, Seasoning Mix	0.000	0.281	0.000	0.000	0.000	0.000	0.000	0.034	0.000	0.000
	Totals	72.899	117.595	12.436	33.771	*0.000*	280.935	3.552	5.324	236.639	0.235
	% of Calories		58.263%		16.732%						

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East Side Union High School District

3507 - 2-Burrito Chorizo Egg & Potato

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Kelley 1.15.26

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-2990	2-Eggs, Scrambled	2 oz	61.40	119.852	3.192	117.046	0.000	0.000	9.239	0.000
904083	Beef, Chorizo Style Crumble	1 oz	28.35	54.981	1.176	67.422	0.609	*N/A*	2.985	0.000
990564	1-Potatoes, Diced, No Salt Added, Frozen	1 oz	28.35	23.220	0.000	6.210	0.270	0.000	0.270	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
903767	1-Tortilla, 10" - Flour	1 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
		Totals	214.00	519.518	10.445	758.599	1.894	0.000	23.637	0.000
		% of Calories			18.094%		1.458%	0.000%	40.948%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-2990	2-Eggs, Scrambled	209.540	0.000	0.000	7.396	*0.000*	32.048	0.000	1.232	0.000	0.000
904083	Beef, Chorizo Style Crumble	13.441	0.842	0.058	5.778	*N/A*	8.271	0.192	0.667	0.000	0.000
990564	1-Potatoes, Diced, No Salt Added, Frozen	0.000	5.130	0.270	0.540	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
	Totals	253.356	42.510	2.358	24.864	*0.000*	263.118	0.192	2.995	0.000	0.000
	% of Calories		32.730%		19.144%						

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East Side Union High School District

990432 - 2-Burrito Egg Potato & Cheese

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Kelley 1.15.26

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-2990	2-Eggs, Scrambled	2 oz	61.40	119.852	3.192	117.046	0.000	0.000	9.239	0.000
990679	1-Potato Diced Cooked (SYSCO)	1 oz	28.35	23.195	0.000	21.906	0.000	*N/A*	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
404	1-Tortilla, Flour, 8"	1 EACH 8"	42.52	118.401	0.417	166.762	0.834	*N/A*	2.085	0.000
		Totals	161.00	372.823	8.671	487.964	0.834	0.000	20.436	0.000
		% of Calories			20.932%		0.895%	0.000%	49.334%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-2990	2-Eggs, Scrambled	209.540	0.000	0.000	7.396	*0.000*	32.048	0.000	1.232	0.000	0.000
990679	1-Potato Diced Cooked (SYSCO)	0.000	5.412	0.515	0.515	*N/A*	0.000	*N/A*	0.077	*N/A*	*N/A*
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
404	1-Tortilla, Flour, 8"	0.000	19.178	0.834	3.335	*N/A*	66.705	0.000	1.201	0.000	0.000
	Totals	239.915	24.590	1.349	17.322	*0.000*	301.253	*0.000*	2.510	*0.000*	*0.000*
	% of Calories		26.382%		18.585%						

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East Side Union High School District

990678 - 2-Burrito Egg Tot & Cheese

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Kelley 1.15.26

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-2990	2-Eggs, Scrambled	2 oz	61.40	119.852	3.192	117.046	0.000	0.000	9.239	0.000
900923	1-Potato, Tater Tots	1 (1/2 cup)	113.40	179.777	1.383	497.845	0.000	0.000	9.680	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	2 OZ	56.70	222.750	10.125	364.500	0.000	0.000	18.225	0.000
404	1-Tortilla, Flour, 8"	1 EACH 8"	42.52	118.401	0.417	166.762	0.834	*N/A*	2.085	0.000
		Totals	274.00	640.780	15.117	1146.153	0.834	0.000	39.229	0.000
		% of Calories			21.232%		0.521%	0.000%	55.099%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-2990	2-Eggs, Scrambled	209.540	0.000	0.000	7.396	*0.000*	32.048	0.000	1.232	0.000	0.000
900923	1-Potato, Tater Tots	0.000	22.126	1.383	1.383	*N/A*	13.829	4.978	0.277	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	60.750	0.000	0.000	12.150	0.000	405.000	0.000	0.000	0.000	0.000
404	1-Tortilla, Flour, 8"	0.000	19.178	0.834	3.335	*N/A*	66.705	0.000	1.201	0.000	0.000
	Totals	270.290	41.304	2.217	24.264	*0.000*	517.582	4.978	2.709	0.000	0.000
	% of Calories		25.784%		15.147%						

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East Side Union High School District

990620 - 2-Burrito Ham Egg Potato & Cheese

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-2990	2-Eggs, Scrambled	2 oz	61.40	119.852	3.192	117.046	0.000	0.000	9.239	0.000
990679	1-Potato Diced Cooked (SYSCO)	1 oz	28.35	23.195	0.000	21.906	0.000	*N/A*	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
990607	1-Ham Pork, sliced-USDA 100187	1 (1 Slice)	34.59	37.638	1.017	236.001	1.017	0.000	2.034	0.000
404	1-Tortilla, Flour, 8"	1 EACH 8"	42.52	118.401	0.417	166.762	0.834	*N/A*	2.085	0.000
		Totals	195.00	410.461	9.689	723.966	1.851	0.000	22.471	0.000
		% of Calories			21.244%		1.804%	0.000%	49.271%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-2990	2-Eggs, Scrambled	209.540	0.000	0.000	7.396	*0.000*	32.048	0.000	1.232	0.000	0.000
990679	1-Potato Diced Cooked (SYSCO)	0.000	5.412	0.515	0.515	*N/A*	0.000	*N/A*	0.077	*N/A*	*N/A*
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
990607	1-Ham Pork, sliced-USDA 100187	18.310	2.034	0.000	5.086	*N/A*	0.000	0.000	0.000	0.000	0.000
404	1-Tortilla, Flour, 8"	0.000	19.178	0.834	3.335	*N/A*	66.705	0.000	1.201	0.000	0.000
	Totals	258.225	26.624	1.349	22.408	*0.000*	301.253	*0.000*	2.510	*0.000*	*0.000*
	% of Calories		25.946%		21.837%						

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East Side Union High School District

990339 - 2-Burrito, Bean & Cheese with spices

Number of Portions: 160.000

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903981	1-Bean, Pinto, Canned-USDA	4 #10 CAN	76.54	66.560	0.000	93.184	0.000	0.000	0.333	0.000
903837	1-Bean, Black Bean,	4 #10 can	77.96	62.369	0.000	87.316	1.247	0.000	0.000	0.000
903767	1-Tortilla, 10" - Flour	98 each, 10"	41.65	128.680	0.622	236.224	0.622	0.000	1.243	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	12 1/4 lb	34.73	136.434	6.202	223.256	0.000	0.000	11.163	0.000
978	1-Spice, Pepper, Red Crushed	1/2 tbsp	0.01	0.002	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.06	0.196	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 tbsp	0.04	0.375	0.000	0.188	0.000	0.000	0.028	0.000
903774	1-Salt, Table	1/2 tbsp	0.06	0.000	0.000	33.648	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.03	0.109	0.000	0.026	0.000	0.000	0.000	0.000
R-806	2-Salsa, commodity	196 oz	34.40	9.407	0.000	37.626	1.612	0.000	0.000	0.000
		Totals	265.00	404.131	6.823	711.468	3.481	0.000	12.767	0.000
		% of Calories			15.195%		3.445%	0.000%	28.432%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903981	1-Bean, Pinto, Canned-USDA	0.000	11.315	5.990	3.328	*N/A*	39.936	0.000	0.958	0.000	0.000
903837	1-Bean, Black Bean,	0.000	11.226	3.742	4.366	*N/A*	62.369	0.000	1.123	0.000	0.000
903767	1-Tortilla, 10" - Flour	0.000	22.379	1.243	3.108	*N/A*	12.433	0.000	0.671	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	37.209	0.000	0.000	7.442	0.000	248.063	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.006	0.002	0.002	*N/A*	0.165	0.007	0.001	0.001	0.000
903924	1-Spice, Garlic powder	0.000	0.039	0.000	0.000	*N/A*	0.000	0.000	0.007	0.004	0.000
902244	1-Spice, Cumin Ground	0.000	0.056	0.019	0.019	*N/A*	1.125	0.000	0.068	0.003	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.022	0.004	0.004	*N/A*	0.087	0.005	0.002	0.002	0.000
R-806	2-Salsa, commodity	0.000	2.150	0.268	0.268	*N/A*	0.000	1.290	0.097	0.000	0.000
	Totals	37.209	47.194	11.269	18.537	*0.000*	364.177	1.303	2.926	0.010	0.000
	% of Calories		46.711%		18.348%						

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East Side Union High School District

3634 - 2-Burrito, Big O Beef

Number of Portions: 57.000

Source: W.C.Overfelt

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	8 LB + 2 oz	64.66	115.458	3.464	196.279	0.000	0.000	6.928	0.000
70282	1-Jalapeno, sliced, canned	5 CUP	10.53	1.880	0.000	146.617	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 12 1/2 OZ	14.18	55.688	2.531	91.125	0.000	0.000	4.556	0.000
903901	1-Bean, Refried	14 cup + 1/4 cup	65.00	60.000	0.000	70.000	0.500	0.000	0.000	0.000
990590	1-Beans, Great Northern	14 cup + 1/4 cup	62.50	75.000	0.000	70.000	1.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tbsp	0.11	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.17	0.549	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/2 tbsp	0.16	0.000	0.000	94.452	0.000	0.000	0.000	0.000
990233	1-Seasoning, Taco, Seasoning Mix	1 tbsp	0.16	0.395	0.000	16.579	0.039	0.039	0.000	0.000
903924	1-Spice, Garlic powder	2 teaspoon	0.11	0.351	0.000	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tsp	0.04	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903767	1-Tortilla, 10" - Flour	57 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
R-241	2-Rice, Spanish	28 1/2 cups	214.86	277.779	0.967	636.244	3.593	0.000	4.949	0.000
		Totals	500.00	797.189	7.977	1706.967	6.148	0.039	18.463	0.000
		% of Calories			9.006%		3.085%	0.020%	20.844%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	34.638	2.309	1.155	11.546	0.000	23.092	0.000	2.309	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.376	0.376	0.000	*N/A*	0.000	1.579	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	15.188	0.000	0.000	3.038	0.000	101.250	0.000	0.000	0.000	0.000
903901	1-Bean, Refried	0.000	11.000	3.500	3.500	*N/A*	10.000	1.200	0.900	0.000	0.000
990590	1-Beans, Great Northern	0.000	13.500	2.500	3.500	*N/A*	25.000	0.000	1.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.110	0.000	0.000	*N/A*	0.000	0.000	0.020	0.011	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990233	1-Seasoning, Taco, Seasoning Mix	0.000	0.118	0.000	0.000	0.000	0.000	0.000	0.014	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.070	0.000	0.000	*N/A*	0.000	0.000	0.013	0.007	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
R-241	2-Rice, Spanish	0.000	52.516	3.712	6.286	*N/A*	23.193	0.000	2.177	117.865	0.118
	Totals	49.825	116.537	13.272	32.944	*0.000*	202.833	2.779	7.529	117.883	0.118
	% of Calories		58.474%		16.530%						

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East Side Union High School District

2636 - 2-Burrito, Chick w/Salsa

Number of Portions: 24.000

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-241	2-Rice, Spanish	24 (1/2 cup)	214.86	277.779	0.967	636.244	3.593	0.000	4.949	0.000
903918	1-Chicken, Fajita meat, bnless	5 1/8 LB	96.39	122.493	2.008	608.451	2.008	0.000	4.016	0.000
903981	1-Bean, Pinto, Canned-USDA	6 cup	57.50	50.000	0.000	70.000	0.000	0.000	0.250	0.000
R-200	2-Salsa - Homemade	24 (2 oz. servings)	35.67	7.329	0.000	214.457	8.069	0.000	0.000	0.000
903767	1-Tortilla, 10" - Flour	24 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
R-806	2-Salsa, commodity	48 oz	56.16	15.358	0.000	61.430	2.632	0.000	0.000	0.000
		Totals	529.00	683.049	3.990	1976.254	17.317	0.000	11.245	0.000
		% of Calories			5.257%		10.141%	0.000%	14.817%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-241	2-Rice, Spanish	0.000	52.516	3.712	6.286	*N/A*	23.193	0.000	2.177	117.865	0.118
903918	1-Chicken, Fajita meat, bnless	74.299	2.008	0.000	18.073	0.000	40.162	7.229	2.169	0.000	0.000
903981	1-Bean, Pinto, Canned-USDA	0.000	8.500	4.500	2.500	*N/A*	30.000	0.000	0.720	0.000	0.000
R-200	2-Salsa - Homemade	0.000	1.558	0.302	0.302	*N/A*	8.021	4.153	0.129	0.026	0.000
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
R-806	2-Salsa, commodity	0.000	3.510	0.438	0.438	*N/A*	0.000	2.106	0.158	0.000	0.000
	Totals	74.299	104.630	10.982	32.673	*0.000*	121.674	13.488	6.449	117.891	0.118
	% of Calories		61.272%		19.134%						

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East Side Union High School District

1833 - 2-Burrito, Chili Relleno

Number of Portions: 30.000

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

Source: current

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-1826	2-Casserole, Chili Relleno	30 servings	69.75	111.269	3.381	292.296	1.500	0.000	6.803	0.000
903878	1-Tortilla, 8", whole grain	30 each	40.00	104.762	1.429	209.524	0.952	0.000	2.857	0.000
		Totals	110.00	216.031	4.809	501.820	2.452	0.000	9.660	0.000
		% of Calories			20.035%		4.540%	0.000%	40.245%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-1826	2-Casserole, Chili Relleno	75.026	4.576	0.104	6.945	*0.000*	166.818	0.120	0.444	0.000	0.000
903878	1-Tortilla, 8", whole grain	0.000	17.143	1.905	2.857	*N/A*	38.095	0.000	0.686	0.000	0.000
	Totals	75.026	21.719	2.009	9.802	*0.000*	204.913	0.120	1.130	0.000	0.000
	% of Calories		40.215%		18.149%						

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East Side Union High School District

990557 - 2-Burrito, Los Cabos

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-n

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990391	1-Burrito, Los Cabos	1 each	154.50	296.290	4.050	498.830	1.090	0.000	8.940	0.000
		Totals	155.00	296.290	4.050	498.830	1.090	0.000	8.940	0.000
		% of Calories			12.302%		1.472%	0.000%	27.156%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990391	1-Burrito, Los Cabos	17.560	40.860	8.810	15.120	*N/A*	200.000	1.200	2.700	0.000	0.000
	Totals	17.560	40.860	8.810	15.120	*N/A*	200.000	1.200	2.700	0.000	0.000
	% of Calories		55.162%		20.412%						

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East Side Union High School District

990095 - 2-Burrito, Los Cabos-Lunch

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-n

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990391	1-Burrito, Los Cabos	1 each	154.50	296.290	4.050	498.830	1.090	0.000	8.940	0.000
		Totals	155.00	296.290	4.050	498.830	1.090	0.000	8.940	0.000
		% of Calories			12.302%		1.472%	0.000%	27.156%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990391	1-Burrito, Los Cabos	17.560	40.860	8.810	15.120	*N/A*	200.000	1.200	2.700	0.000	0.000
	Totals	17.560	40.860	8.810	15.120	*N/A*	200.000	1.200	2.700	0.000	0.000
	% of Calories		55.162%		20.412%						

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East Side Union High School District

3504 - 2-Burrito, Super

Number of Portions: 57.000

Source: W.C.Overfelt

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903918	1-Chicken, Fajita meat, bnless	7 1/2 LB	59.68	75.847	1.243	376.750	1.243	0.000	2.487	0.000
70282	1-Jalapeno, sliced, canned	5 CUP	10.53	1.880	0.000	146.617	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 12 1/2 OZ	14.18	55.688	2.531	91.125	0.000	0.000	4.556	0.000
903901	1-Bean, Refried	12 cup + 1/4 cup	55.88	51.579	0.000	60.175	0.430	0.000	0.000	0.000
903981	1-Bean, Pinto, Canned-USDA	12 cup + 1/4 cup	49.43	42.982	0.000	60.175	0.000	0.000	0.215	0.000
900768	1-Spice, Pepper, black	1 tbsp	0.11	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.17	0.549	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/2 tbsp	0.16	0.000	0.000	94.452	0.000	0.000	0.000	0.000
904077	1-Seasoning, Fajita	1 Tablespoon	0.21	0.000	0.000	48.421	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	2 teaspoon	0.11	0.351	0.000	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tsp	0.04	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903767	1-Tortilla, 10" - Flour	57 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
R-241	2-Rice, Spanish	57 (1/2 cup)	214.86	277.779	0.967	636.244	3.593	0.000	4.949	0.000
903956	1-Pepper, bell, green, raw	1 LB	7.96	1.605	0.000	0.267	0.191	0.000	0.013	0.000
903955	1-Pepper, bell sweet, red, raw	1 LB	7.96	2.475	0.000	0.340	0.334	0.000	0.024	0.000
900993	1-Onion, Yellow, fresh	1 LB	7.96	3.183	0.000	0.298	0.337	0.000	0.008	0.000
		Totals	497.00	724.007	5.756	1900.536	7.144	0.000	14.282	0.000
		% of Calories			7.156%		3.947%	0.000%	17.754%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903918	1-Chicken, Fajita meat, bnless	46.006	1.243	0.000	11.191	0.000	24.868	4.476	1.343	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.376	0.376	0.000	*N/A*	0.000	1.579	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	15.188	0.000	0.000	3.038	0.000	101.250	0.000	0.000	0.000	0.000
903901	1-Bean, Refried	0.000	9.456	3.009	3.009	*N/A*	8.596	1.032	0.774	0.000	0.000
903981	1-Bean, Pinto, Canned-USDA	0.000	7.307	3.868	2.149	*N/A*	25.789	0.000	0.619	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.110	0.000	0.000	*N/A*	0.000	0.000	0.020	0.011	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
904077	1-Seasoning, Fajita	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.070	0.000	0.000	*N/A*	0.000	0.000	0.013	0.007	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
R-241	2-Rice, Spanish	0.000	52.516	3.712	6.286	*N/A*	23.193	0.000	2.177	117.865	0.118

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¹ - denotes required nutrient values

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903956	1-Pepper, bell, green, raw	0.000	0.369	0.134	0.068	*N/A*	0.802	6.400	0.027	7.472	0.000
903955	1-Pepper, bell sweet, red, raw	0.000	0.480	0.165	0.079	*N/A*	0.049	10.161	0.002	7.338	0.000
900993	1-Onion, Yellow, fresh	0.000	0.743	0.134	0.088	*N/A*	1.840	0.587	0.017	0.000	0.000
	Totals	61.193	109.208	13.428	30.981	*0.000*	206.686	24.234	6.087	132.692	0.118
	% of Calories		60.335%		17.116%						

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East Side Union High School District

990554 - 2-Carrot Sticks

Number of Portions: 7.700

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990625	1-Carrots, Sticks	1 LB	58.91	24.152	0.019	40.647	2.792	0.589	0.141	0.000
		Totals	59.00	24.152	0.019	40.647	2.792	0.589	0.141	0.000
		% of Calories			0.704%		46.240%	9.755%	5.269%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990625	1-Carrots, Sticks	0.000	5.643	1.649	0.548	*N/A*	19.440	3.476	0.177	52.010	0.571
	Totals	0.000	5.643	1.649	0.548	*N/A*	19.440	3.476	0.177	52.010	0.571
	% of Calories		93.465%		9.076%						

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East Side Union High School District

3505 - 2-Carrots, Baby

Number of Portions: 1.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904076	1-Carrots, Baby	1 Each	73.71	25.798	0.000	57.493	3.509	0.000	0.096	0.000
		Totals	74.00	25.798	0.000	57.493	3.509	0.000	0.096	0.000
		% of Calories			0.000%		54.407%	0.000%	3.342%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904076	1-Carrots, Baby	0.000	6.074	2.138	0.472	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	6.074	2.138	0.472	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		94.172%		7.318%						

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East Side Union High School District

263 - 2-Carrots, Coins

Number of Portions: 5.580

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990717	1-Carrot Coins	1 LB	81.29	30.066	0.000	47.882	3.341	0.000	0.000	0.000
		Totals	81.00	30.066	0.000	47.882	3.341	0.000	0.000	0.000
		% of Calories			0.000%		44.449%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990717	1-Carrot Coins	0.000	6.681	2.227	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	6.681	2.227	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		88.888%		0.000%						

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East Side Union High School District

990196 - 2-Carrots, Diced

Number of Portions: 5.330

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900819	1-Carrots, Diced	1 LB	85.10	21.275	0.031	205.946	0.000	0.000	0.162	0.000
		Totals	85.00	21.275	0.031	205.946	0.000	0.000	0.162	0.000
		% of Calories			1.294%		0.000%	0.000%	6.840%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900819	1-Carrots, Diced	0.000	4.715	1.277	0.545	*N/A*	21.275	2.298	0.545	79.102	0.579
	Totals	0.000	4.715	1.277	0.545	*N/A*	21.275	2.298	0.545	79.102	0.579
	% of Calories		88.641%		10.247%						

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East Side Union High School District

990576 - 2-Carrots, Spicy Jalapeno

Number of Portions: 100.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900819	1-Carrots, Diced	19 LB	86.18	21.546	0.031	208.562	0.000	0.000	0.164	0.000
990689	1-Jalapeno, sliced, canned, drained	92 oz	26.08	4.658	0.000	363.285	0.000	0.000	0.000	0.000
990664	1-Jalapeno Juice	50 oz	14.17	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	126.00	26.203	0.031	571.847	0.000	0.000	0.164	0.000
		% of Calories			1.065%		0.000%	0.000%	5.623%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900819	1-Carrots, Diced	0.000	4.775	1.293	0.552	*N/A*	21.546	2.327	0.552	80.107	0.586
990689	1-Jalapeno, sliced, canned, drained	0.000	0.932	0.932	0.000	*N/A*	0.000	3.912	0.000	0.000	0.000
990664	1-Jalapeno Juice	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	5.706	2.224	0.552	*N/A*	21.546	6.239	0.552	80.107	0.586
	% of Calories		87.105%		8.427%						

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East Side Union High School District

1826 - 2-Casserole, Chili Relleno

Number of Portions: 40.000

Source: current

Group Code: ENTREE-BREAKFAST

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990305	1-Pepper, mild green chili, canned	1 LB	11.34	1.890	0.000	28.350	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb	11.34	44.550	2.025	72.900	0.000	0.000	3.645	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	8 oz	5.67	18.225	0.709	52.649	0.000	0.000	1.417	0.000
928	1-Eggs, whole, liquid, pasteurized	21 1/2 oz	15.24	23.188	0.497	21.532	0.000	0.000	1.491	0.000
903947	1-Flour, white, all purpose bleached	1 cup	3.13	10.417	0.000	0.000	0.000	0.000	0.000	0.000
903790	1-milk, 1% white, Foster Farms	32 oz	22.68	13.000	0.150	16.000	1.500	0.000	0.250	0.000
903774	1-Salt, Table	1 tsp	0.15	0.000	0.000	89.729	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	1 tbsp	0.20	0.000	0.000	11.138	0.000	0.000	0.000	0.000
		Totals	70.00	111.269	3.381	292.296	1.500	0.000	6.803	0.000
		% of Calories			27.344%		5.392%	0.000%	55.027%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990305	1-Pepper, mild green chili, canned	0.000	0.378	0.000	0.000	*N/A*	0.756	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	12.150	0.000	0.000	2.430	0.000	81.000	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	5.062	0.202	0.000	1.215	*N/A*	36.449	0.000	0.000	0.000	0.000
928	1-Eggs, whole, liquid, pasteurized	56.314	0.000	0.000	1.988	0.000	8.613	0.000	0.331	0.000	0.000
903947	1-Flour, white, all purpose bleached	0.000	2.396	0.104	0.313	*N/A*	0.000	0.000	0.113	0.000	0.000
903790	1-milk, 1% white, Foster Farms	1.500	1.600	0.000	1.000	*N/A*	40.000	0.120	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	75.026	4.576	0.104	6.945	*0.000*	166.818	0.120	0.444	0.000	0.000
	% of Calories		16.451%		24.967%						

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East Side Union High School District

990466 - 2-Casserole, Chili Relleno-catering

Number of Portions: 8.000

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Source: current

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
928	1-Eggs, whole, liquid, pasteurized	18 oz	63.79	97.066	2.080	90.133	0.000	0.000	6.240	0.000
990434	1-Bacon	11 1/2 oz	40.75	261.980	7.277	785.939	0.000	0.000	20.376	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 (1/2 cup)	14.17	55.687	2.531	91.123	0.000	0.000	4.556	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1 CUP, shredded	14.13	45.402	1.766	131.162	0.000	0.000	3.531	0.000
903947	1-Flour, white, all purpose bleached	3 tbsp	2.93	9.766	0.000	0.000	0.000	0.000	0.000	0.000
990305	1-Pepper, mild green chili, canned	1/2 cup	15.00	2.500	0.000	37.500	0.000	0.000	0.000	0.000
903790	1-milk, 1% white, Foster Farms	1 (1/2 pint)	28.35	16.250	0.188	20.000	1.875	0.000	0.313	0.000
903774	1-Salt, Table	1/2 tsp	0.38	0.000	0.000	224.322	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	1 TSP	0.34	0.000	0.000	18.563	0.000	0.000	0.000	0.000
		Totals	180.00	488.650	13.842	1398.742	1.875	0.000	35.016	0.000
		% of Calories			25.494%		1.535%	0.000%	64.493%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
928	1-Eggs, whole, liquid, pasteurized	235.732	0.000	0.000	8.320	0.000	36.053	0.000	1.387	0.000	0.000
990434	1-Bacon	43.663	0.000	0.000	14.554	*N/A*	5.822	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	15.187	0.000	0.000	3.037	0.000	101.248	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	12.612	0.504	0.000	3.027	*N/A*	90.804	0.000	0.000	0.000	0.000
903947	1-Flour, white, all purpose bleached	0.000	2.246	0.098	0.293	*N/A*	0.000	0.000	0.105	0.000	0.000
990305	1-Pepper, mild green chili, canned	0.000	0.500	0.000	0.000	*N/A*	1.000	0.000	0.000	0.000	0.000
903790	1-milk, 1% white, Foster Farms	1.875	2.000	0.000	1.250	*N/A*	50.000	0.150	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	309.070	5.251	0.098	30.482	*0.000*	284.928	0.150	1.492	0.000	0.000
	% of Calories		4.298%		24.952%						

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East Side Union High School District

990452 - 2-Celery & Carrot Sticks

Number of Portions: 1.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990486	1-Celery Sticks	1 3/8 oz	39.69	5.501	0.000	31.830	0.550	0.000	0.079	0.000
990625	1-Carrots, Sticks	1 3/8 oz	39.69	16.273	0.013	27.386	1.881	0.397	0.095	0.000
		Totals	79.00	21.774	0.013	59.216	2.431	0.397	0.174	0.000
		% of Calories			0.525%		44.659%	7.293%	7.184%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990486	1-Celery Sticks	0.000	1.179	0.629	0.275	*N/A*	15.719	0.000	0.079	0.000	0.000
990625	1-Carrots, Sticks	0.000	3.802	1.111	0.369	*N/A*	13.098	2.342	0.119	35.042	0.385
	Totals	0.000	4.981	1.740	0.644	*N/A*	28.816	2.342	0.198	35.042	0.385
	% of Calories		91.507%		11.831%						

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East Side Union High School District

2913 - 2-Celery Sticks

Number of Portions: 7.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903944	1-Celery, fresh	1 LB	64.80	7.623	0.000	53.364	0.877	0.000	0.114	0.000
		Totals	65.00	7.623	0.000	53.364	0.877	0.000	0.114	0.000
		% of Calories			0.000%		46.019%	0.000%	13.506%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903944	1-Celery, fresh	0.000	1.906	1.144	0.457	*N/A*	26.682	1.906	0.114	145.492	0.000
	Totals	0.000	1.906	1.144	0.457	*N/A*	26.682	1.906	0.114	145.492	0.000
	% of Calories		100.003%		23.980%						

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East Side Union High School District

990493 - 2-Cereal, Apple Cinnamon Cheerios/ Cracker

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990638	1-Cereal, Apple Cinnamon Cheerios	1 Bowl	28.35	110.000	0.000	130.000	6.000	0.000	2.000	0.000
R-990404	j-Cracker Graham	1 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	56.00	230.000	0.500	230.000	13.000	0.000	5.500	0.000
		% of Calories			1.957%		22.609%	0.000%	21.522%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990638	1-Cereal, Apple Cinnamon Cheerios	0.000	22.000	2.000	3.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	0.000	43.000	4.000	4.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	% of Calories		74.783%		6.957%						

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East Side Union High School District

990585 - 2-Cereal, Blueberry Chex w/ graham cracker

Number of Portions: 1.000

Source: done-n

Group Code: ENTREE-BREAKFAST

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990694	1-Cereal, Blueberry Chex	1 bowl	28.00	120.000	0.000	160.000	6.000	0.000	2.500	0.000
990701	1-Graham Cracker, Apple Cinnamon Bear	1 Each	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	56.00	240.000	0.500	260.000	13.000	0.000	6.000	0.000
		% of Calories			1.875%		21.667%	0.000%	22.500%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990694	1-Cereal, Blueberry Chex	0.000	23.000	0.000	1.000	*N/A*	80.000	3.600	8.200	0.000	0.000
990701	1-Graham Cracker, Apple Cinnamon Bear	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	0.000	44.000	2.000	2.000	*N/A*	96.000	3.600	10.200	0.000	0.000
	% of Calories		73.333%		3.333%						

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East Side Union High School District

990609 - 2-Cereal, Blueberry Chex-only

Number of Portions: 96.000

Group Code: ENTREE-BREAKFAST

Size of Portion: 1 oz

*Nutrients are based upon 1 Portion Size (1 oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990694	1-Cereal, Blueberry Chex	96 oz	28.35	121.498	0.000	161.997	6.075	0.000	2.531	0.000
		Totals	28.00	121.498	0.000	161.997	6.075	0.000	2.531	0.000
		% of Calories			0.000%		20.000%	0.000%	18.750%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990694	1-Cereal, Blueberry Chex	0.000	23.287	0.000	1.012	*N/A*	80.999	3.645	8.302	0.000	0.000
	Totals	0.000	23.287	0.000	1.012	*N/A*	80.999	3.645	8.302	0.000	0.000
	% of Calories		76.667%		3.332%						

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East Side Union High School District

990378 - 2-Cereal, Cheerios w/ graham cracker

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-n

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903880	1-Cereal, Cheerios, whole grain	1 each	28.00	100.000	0.000	140.000	1.000	0.000	2.000	0.000
R-990404	j-Cracker Graham	1 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	56.00	220.000	0.500	240.000	8.000	0.000	5.500	0.000
		% of Calories			2.045%		14.545%	0.000%	22.500%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903880	1-Cereal, Cheerios, whole grain	0.000	21.000	3.000	4.000	*N/A*	80.000	0.000	9.000	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	0.000	42.000	5.000	5.000	*N/A*	96.000	0.000	11.000	0.000	0.000
	% of Calories		76.364%		9.091%						

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East Side Union High School District

990077 - 2-Cereal, Cheerios-only

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903880	1-Cereal, Cheerios, whole grain	1 bowl	28.00	100.000	0.000	140.000	1.000	0.000	2.000	0.000
		Totals	28.00	100.000	0.000	140.000	1.000	0.000	2.000	0.000
		% of Calories			0.000%		4.000%	0.000%	18.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903880	1-Cereal, Cheerios, whole grain	0.000	21.000	3.000	4.000	*N/A*	80.000	0.000	9.000	0.000	0.000
	Totals	0.000	21.000	3.000	4.000	*N/A*	80.000	0.000	9.000	0.000	0.000
	% of Calories		84.000%		16.000%						

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East Side Union High School District

990402 - 2-Cereal, Cinn Chex w/ graham cracker

Number of Portions: 1.000

Source: done-n

Group Code: ENTREE-BREAKFAST

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990561	1-Cereal, Cinnamon Chex, Bowl	1 Bowl	28.00	110.000	0.000	160.000	6.000	0.000	2.500	0.000
R-990404	j-Cracker Graham	1 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	56.00	230.000	0.500	260.000	13.000	0.000	6.000	0.000
		% of Calories			1.957%		22.609%	0.000%	23.478%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990561	1-Cereal, Cinnamon Chex, Bowl	0.000	23.000	1.000	1.000	*N/A*	78.000	0.000	7.200	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	0.000	44.000	3.000	2.000	*N/A*	94.000	0.000	9.200	0.000	0.000
	% of Calories		76.522%		3.478%						

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East Side Union High School District

990501 - 2-Cereal, Cinn Chex-only

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990561	1-Cereal, Cinnamon Chex, Bowl	1 Bowl	28.00	110.000	0.000	160.000	6.000	0.000	2.500	0.000
		Totals	28.00	110.000	0.000	160.000	6.000	0.000	2.500	0.000
		% of Calories			0.000%		21.818%	0.000%	20.455%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990561	1-Cereal, Cinnamon Chex, Bowl	0.000	23.000	1.000	1.000	*N/A*	78.000	0.000	7.200	0.000	0.000
	Totals	0.000	23.000	1.000	1.000	*N/A*	78.000	0.000	7.200	0.000	0.000
	% of Calories		83.636%		3.636%						

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East Side Union High School District

990226 - 2-Cereal, Cinn Toast Crunch w/ graham cracker

Number of Portions: 1.000

Source: done-n

Group Code: ENTREE-BREAKFAST

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903828	1-Cereal, Cinnamon Toast Crunch,Bowl	1 Bowl	28.00	110.000	0.500	160.000	8.000	0.000	3.000	0.000
R-990404	j-Cracker Graham	1 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	56.00	230.000	1.000	260.000	15.000	0.000	6.500	0.000
		% of Calories			3.913%		26.087%	0.000%	25.435%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903828	1-Cereal, Cinnamon Toast Crunch,Bowl	0.000	22.000	2.000	1.000	*N/A*	80.000	4.800	3.600	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	0.000	43.000	4.000	2.000	*N/A*	96.000	4.800	5.600	0.000	0.000
	% of Calories		74.783%		3.478%						

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East Side Union High School District

3574 - 2-Cereal, Cinn Toast Crunch-only

Number of Portions: 1.000

Source: current

Group Code: ENTREE-BREAKFAST

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903828	1-Cereal, Cinnamon Toast Crunch,Bowl	1 Bowl	28.00	110.000	0.500	160.000	8.000	0.000	3.000	0.000
		Totals	28.00	110.000	0.500	160.000	8.000	0.000	3.000	0.000
		% of Calories			4.091%		29.091%	0.000%	24.545%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903828	1-Cereal, Cinnamon Toast Crunch,Bowl	0.000	22.000	2.000	1.000	*N/A*	80.000	4.800	3.600	0.000	0.000
	Totals	0.000	22.000	2.000	1.000	*N/A*	80.000	4.800	3.600	0.000	0.000
	% of Calories		80.000%		3.636%						

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East Side Union High School District

990291 - 2-Cereal, Cocoa Puffs w/ graham cracker

Number of Portions: 1.000

Source: done-n

Group Code: ENTREE-BREAKFAST

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990492	1-Cereal, Cocoa Puffs	1 Bowl	28.35	104.893	0.000	113.398	7.654	0.000	1.417	0.000
R-990404	j-Cracker Graham	1 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	56.00	224.893	0.500	213.398	14.654	0.000	4.918	0.000
		% of Calories			2.001%		26.064%	0.000%	19.679%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990492	1-Cereal, Cocoa Puffs	0.000	23.530	1.984	1.984	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	0.000	44.530	3.984	2.984	*N/A*	16.000	0.000	2.000	0.000	0.000
	% of Calories		79.202%		5.307%						

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East Side Union High School District

990297 - 2-Cereal, Cocoa Puffs-only

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990492	1-Cereal, Cocoa Puffs	1 Bowl	28.35	104.893	0.000	113.398	7.654	0.000	1.417	0.000
		Totals	28.00	104.893	0.000	113.398	7.654	0.000	1.418	0.000
		% of Calories			0.000%		29.188%	0.000%	12.162%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990492	1-Cereal, Cocoa Puffs	0.000	23.530	1.984	1.984	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	23.530	1.984	1.984	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		89.730%		7.566%						

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East Side Union High School District

990586 - 2-Cereal, Honey Cheerios w/ graham cracker

Number of Portions: 96.000

Group Code: ENTREE-BREAKFAST

Size of Portion: 1 oz

*Nutrients are based upon 1 Portion Size (1 oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990693	1-Cereal, Honey Cheerios	96 Bowl	28.00	110.000	0.000	170.000	6.000	0.000	1.500	0.000
990448	1-Graham Cracker Cinnamon Fish WG	96 Each	28.00	129.231	1.077	150.769	7.538	0.000	4.308	0.000
		Totals	56.00	239.231	1.077	320.769	13.538	0.000	5.808	0.000
		% of Calories			4.051%		22.636%	0.000%	21.849%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990693	1-Cereal, Honey Cheerios	0.000	22.000	2.000	3.000	*N/A*	80.000	3.600	2.400	0.000	0.000
990448	1-Graham Cracker Cinnamon Fish WG	0.000	20.462	1.077	1.077	*N/A*	107.692	0.000	2.154	0.000	0.000
	Totals	0.000	42.462	3.077	4.077	*N/A*	187.692	3.600	4.554	0.000	0.000
	% of Calories		70.997%		6.817%						

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East Side Union High School District

990605 - 2-Cereal, Honey Cheerios-only

Number of Portions: 96.000

Group Code: ENTREE-BREAKFAST

Size of Portion: 1 oz

*Nutrients are based upon 1 Portion Size (1 oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990693	1-Cereal, Honey Cheerios	96 Bowl	28.00	110.000	0.000	170.000	6.000	0.000	1.500	0.000
990448	1-Graham Cracker Cinnamon Fish WG	96 Each	28.00	129.231	1.077	150.769	7.538	0.000	4.308	0.000
		Totals	56.00	239.231	1.077	320.769	13.538	0.000	5.808	0.000
		% of Calories			4.051%		22.636%	0.000%	21.849%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990693	1-Cereal, Honey Cheerios	0.000	22.000	2.000	3.000	*N/A*	80.000	3.600	2.400	0.000	0.000
990448	1-Graham Cracker Cinnamon Fish WG	0.000	20.462	1.077	1.077	*N/A*	107.692	0.000	2.154	0.000	0.000
	Totals	0.000	42.462	3.077	4.077	*N/A*	187.692	3.600	4.554	0.000	0.000
	% of Calories		70.997%		6.817%						

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East Side Union High School District

990492 - 2-Cereal, Trix w/ graham cracker

Number of Portions: 1.000

Source: done-n

Group Code: ENTREE-BREAKFAST

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990491	1-Cereal, Trix	1 Bowl	28.00	110.000	0.000	140.000	7.000	0.000	1.500	0.000
R-990404	j-Cracker Graham	1 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	56.00	230.000	0.500	240.000	14.000	0.000	5.000	0.000
		% of Calories			1.957%		24.348%	0.000%	19.565%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990491	1-Cereal, Trix	0.000	24.000	1.000	1.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	0.000	45.000	3.000	2.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	% of Calories		78.261%		3.478%						

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East Side Union High School District

990296 - 2-Cereal, Trix-only

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990491	1-Cereal, Trix	1 Bowl	28.00	110.000	0.000	140.000	7.000	0.000	1.500	0.000
		Totals	28.00	110.000	0.000	140.000	7.000	0.000	1.500	0.000
		% of Calories			0.000%		25.455%	0.000%	12.273%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990491	1-Cereal, Trix	0.000	24.000	1.000	1.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	24.000	1.000	1.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		87.273%		3.636%						

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East Side Union High School District

990312 - 2-Cheese & Egg Breakfast Sandwich

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
990109	1-Cheese, American,sliced,Past Processed	2 (1 slice)	28.00	100.000	5.000	500.000	0.000	0.000	9.000	0.000
990395	1-Egg Patty	1 each	35.44	70.874	1.519	111.373	0.000	0.000	6.075	0.000
		Totals	124.00	330.874	6.519	811.373	4.000	0.000	17.075	0.000
		% of Calories			17.731%		4.836%	0.000%	46.445%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	25.000	2.000	0.000	5.000	0.000	130.000	0.000	0.100	0.000	0.000
990395	1-Egg Patty	126.560	1.012	0.000	3.037	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	151.560	34.013	3.000	15.037	*0.000*	330.000	0.000	1.900	0.000	0.000
	% of Calories		41.118%		18.179%						

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East Side Union High School District

990442 - 2-Cheese Sandwich

Number of Portions: 1.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
990109	1-Cheese, American,sliced,Past Processed	4 (1 slice)	56.00	200.000	10.000	1000.000	0.000	0.000	18.000	0.000
		Totals	124.00	360.000	10.000	1340.000	4.000	0.000	20.000	0.000
		% of Calories			25.000%		4.444%	0.000%	50.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	50.000	4.000	0.000	10.000	0.000	260.000	0.000	0.200	0.000	0.000
	Totals	50.000	36.000	4.000	18.000	0.000	340.000	0.000	1.600	0.000	0.000
	% of Calories		40.000%		20.000%						

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East Side Union High School District

2527 - 2-Cheese Stick, Mozzarella, 1oz

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Julie

Group Code: MILK

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903881	1-Cheese, String	1 (1 stick)	28.35	80.000	3.000	200.000	0.000	0.000	6.000	0.000
		Totals	28.00	80.000	3.000	200.000	0.000	0.000	6.000	0.000
		% of Calories			33.750%		0.000%	0.000%	67.500%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903881	1-Cheese, String	20.000	1.000	0.000	6.000	*N/A*	220.000	0.000	0.000	0.000	0.000
	Totals	20.000	1.000	0.000	6.000	*N/A*	220.000	0.000	0.000	0.000	0.000
	% of Calories		5.000%		30.000%						

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East Side Union High School District

990091 - 2-Cheese, Cheddar, Shredded,oz

Number of Portions: 1.000

Source: Julie Kasberger

Group Code: MILK

Size of Portion: oz

*Nutrients are based upon 1 Portion Size (oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
		Totals	28.00	111.375	5.063	182.250	0.000	0.000	9.113	0.000
		% of Calories			40.909%		0.000%	0.000%	73.636%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
	Totals	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
	% of Calories		0.000%		21.818%						

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East Side Union High School District

2658 - 2-Cheese, Cottage

Number of Portions: 1.000

Size of Portion: cup

*Nutrients are based upon 1 Portion Size (cup)

Source: Julie Kasberger

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904097	1-Cheese, Cottage, Low Fat	8 OZ	226.00	180.000	3.000	760.000	8.000	0.000	4.000	0.000
		Totals	226.00	180.000	3.000	760.000	8.000	0.000	4.000	0.000
		% of Calories			15.000%		17.778%	0.000%	20.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904097	1-Cheese, Cottage, Low Fat	10.000	8.000	0.000	28.000	*N/A*	182.000	0.000	0.300	161.380	2.720
	Totals	10.000	8.000	0.000	28.000	*N/A*	182.000	0.000	0.300	161.380	2.720
	% of Calories		17.778%		62.222%						

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East Side Union High School District

990388 - 2-Cheeseburger on a bun (Steak Burger Patty) Delux

Source: done-y

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990754	Beef Steak Burger 3 oz	1 (1 serving)	85.05	202.496	6.075	131.623	0.000	0.000	14.175	0.000
990109	1-Cheese, American,sliced,Past Processed	2 (1 slice)	28.00	100.000	5.000	500.000	0.000	0.000	9.000	0.000
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
R-990481	j-Lettuce, Pickle & Tomato Cup - Deluxe	1 serving	70.70	11.549	0.000	199.339	1.302	0.000	0.097	0.000
		Totals	245.00	474.045	11.075	1030.962	5.302	0.000	25.272	0.000
		% of Calories			21.026%		4.474%	0.000%	47.981%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990754	Beef Steak Burger 3 oz	60.749	0.000	0.000	18.225	0.000	10.125	0.000	2.025	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	25.000	2.000	0.000	5.000	0.000	130.000	0.000	0.100	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
R-990481	j-Lettuce, Pickle & Tomato Cup - Deluxe	0.000	2.442	0.694	0.503	*N/A*	7.739	4.691	0.176	26.796	0.000
	Totals	85.749	35.442	3.694	30.728	*0.000*	347.864	4.691	4.101	26.796	0.000
	% of Calories		29.906%		25.928%						

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East Side Union High School District

990496 - 2-Cheeseburger on a bun (Steak Burger Patty)-only

Source: Kelley 1.15.26

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990754	Beef Steak Burger 3 oz	1 (1 serving)	85.05	202.496	6.075	131.623	0.000	0.000	14.175	0.000
990109	1-Cheese, American,sliced,Past Processed	2 (1 slice)	28.00	100.000	5.000	500.000	0.000	0.000	9.000	0.000
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	174.00	462.496	11.075	831.623	4.000	0.000	25.175	0.000
		% of Calories			21.551%		3.459%	0.000%	48.989%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990754	Beef Steak Burger 3 oz	60.749	0.000	0.000	18.225	0.000	10.125	0.000	2.025	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	25.000	2.000	0.000	5.000	0.000	130.000	0.000	0.100	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	85.749	33.000	3.000	30.225	*0.000*	340.125	0.000	3.925	0.000	0.000
	% of Calories		28.541%		26.141%						

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East Side Union High School District

990282 - 2-Cheesy Breadsticks-only

Number of Portions: 10.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: 1 serving

*Nutrients are based upon 1 Portion Size (1 serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904090	1-Pizza Skin rectangle	1 sheet	69.46	189.426	0.000	170.484	3.789	0.000	1.894	0.000
20	1-Margarine, Wholesome Farms-sysco	5 oz	14.17	101.248	4.050	111.373	0.000	0.000	11.137	0.000
903924	1-Spice, Garlic powder	1 teaspoon	0.31	1.000	0.000	0.000	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	20 oz	56.70	182.247	7.087	526.491	0.000	0.000	14.175	0.000
902527	1-Spice, Italian seasoning	1 tbsp	0.84	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	141.00	473.921	11.137	808.347	3.789	0.000	27.206	0.000
		% of Calories			21.150%		3.198%	0.000%	51.666%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904090	1-Pizza Skin rectangle	0.000	34.097	3.789	7.577	*N/A*	0.000	0.000	10.229	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.200	0.000	0.000	*N/A*	0.000	0.000	0.036	0.020	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	50.624	2.025	0.000	12.150	*N/A*	364.494	0.000	0.000	0.000	0.000
902527	1-Spice, Italian seasoning	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	50.624	36.322	3.789	19.727	*N/A*	364.494	0.000	10.265	0.020	0.000
	% of Calories		30.656%		16.650%						

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East Side Union High School District

990265 - 2-Cheezit

Number of Portions: 1.000

Group Code: ALA CARTE

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990478	1-Cheezit	1 each	21.00	100.000	1.000	150.000	0.000	0.000	3.500	0.000
		Totals	21.00	100.000	1.000	150.000	0.000	0.000	3.500	0.000
		% of Calories			9.000%		0.000%	0.000%	31.500%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990478	1-Cheezit	5.000	14.000	1.000	2.000	*N/A*	20.000	0.000	0.900	0.000	0.000
	Totals	5.000	14.000	1.000	2.000	*N/A*	20.000	0.000	0.900	0.000	0.000
	% of Calories		56.000%		8.000%						

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East Side Union High School District

990423 - 2-Chicken (Nuggets), Buffalo w/ Rice

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900236	1-Chicken Nuggets	5 EACH (.5985 oz)	84.91	225.263	2.166	346.559	0.866	0.000	12.996	0.000
900228	1-Sauce, Buffalo	1 oz	28.35	0.000	0.000	793.786	0.000	0.000	0.000	0.000
R-3636	2-Rice,Brown Cooked w/ broth	1 cups	192.34	243.278	1.074	128.381	75.599	0.756	5.520	0.000
		Totals	306.00	468.541	3.240	1268.726	76.465	0.756	18.516	0.000
		% of Calories			6.224%		65.279%	0.645%	35.566%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900236	1-Chicken Nuggets	21.660	13.862	2.599	13.862	*N/A*	34.656	0.000	1.560	0.000	0.000
900228	1-Sauce, Buffalo	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-3636	2-Rice,Brown Cooked w/ broth	3.024	44.941	2.413	5.581	*0.000*	10.592	0.240	1.255	128.462	0.128
	Totals	24.684	58.803	5.012	19.443	*0.000*	45.248	0.240	2.815	128.462	0.128
	% of Calories		50.201%		16.599%						

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East Side Union High School District

990435 - 2-Chicken (Nuggets), Buffalo-only

Number of Portions: 83.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900236	1-Chicken Nuggets	83 SERVING (6 Nugg)	85.05	225.639	2.170	347.137	0.868	0.000	13.018	0.000
900228	1-Sauce, Buffalo	83 oz	28.35	0.000	0.000	793.786	0.000	0.000	0.000	0.000
		Totals	113.00	225.639	2.170	1140.923	0.868	0.000	13.018	0.000
		% of Calories			8.654%		1.539%	0.000%	51.923%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900236	1-Chicken Nuggets	21.696	13.885	2.604	13.885	*N/A*	34.714	0.000	1.562	0.000	0.000
900228	1-Sauce, Buffalo	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	21.696	13.886	2.604	13.885	*N/A*	34.714	0.000	1.562	0.000	0.000
	% of Calories		24.615%		24.615%						

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East Side Union High School District

990393 - 2-Chicken and Waffle

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: done-n

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990556	1-Waffle Envy Belgian Maple	1 EACH	65.00	240.000	2.500	200.000	12.000	0.000	9.000	0.000
904096	1-Chicken, Popcorn	1 (3.1 oz serving)	87.00	200.000	2.000	310.000	0.000	0.000	11.000	0.000
		Totals	152.00	440.000	4.500	510.000	12.000	0.000	20.000	0.000
		% of Calories			9.205%		10.909%	0.000%	40.909%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990556	1-Waffle Envy Belgian Maple	15.000	33.000	2.000	5.000	*N/A*	8.000	0.000	0.000	0.000	0.000
904096	1-Chicken, Popcorn	25.000	12.000	1.000	16.000	*N/A*	20.000	15.000	0.900	0.000	0.000
	Totals	40.000	45.000	3.000	21.000	*N/A*	28.000	15.000	0.900	0.000	0.000
	% of Calories		40.909%		19.091%						

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East Side Union High School District

1857 - 2-Chicken Broth

Number of Portions: 1.000

Group Code: CONDIMENTS

Size of Portion: quart

*Nutrients are based upon 1 Portion Size (quart)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903807	1-Chicken Base	1 oz	28.35	85.049	0.000	708.738	566.990	5.670	5.670	0.000
75005	1-Water, Hot	1 qt	960.00	0.000	0.000	28.800	0.000	0.000	0.000	0.000
		Totals	988.00	85.048	0.000	737.538	566.990	5.670	5.670	0.000
		% of Calories			0.000%		2666.682%	26.667%	60.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903807	1-Chicken Base	22.680	11.340	0.000	5.670	0.000	0.000	0.000	0.000	0.000	0.000
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	19.200	0.000	0.096	959.045	0.960
	Totals	22.680	11.340	0.000	5.670	*0.000*	19.200	0.000	0.096	959.045	0.960
	% of Calories		53.334%		26.667%						

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East Side Union High School District

990104 - 2-Chicken Buffalo,Grilled Sand

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990629	1-Chicken Patty, Grilled - USDA	1 each	69.46	100.661	0.000	221.455	0.000	0.000	2.517	0.000
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
900228	1-Sauce, Buffalo	1 TABLESPOON	56.70	0.000	0.000	1587.572	0.000	0.000	0.000	0.000
		Totals	187.00	260.661	0.000	2009.027	4.000	0.000	4.517	0.000
		% of Calories			0.000%		6.138%	0.000%	15.594%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990629	1-Chicken Patty, Grilled - USDA	65.430	0.000	0.000	20.132	*N/A*	0.000	0.000	0.000	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
900228	1-Sauce, Buffalo	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	65.430	31.000	3.000	27.132	*N/A*	200.000	0.000	1.800	0.000	0.000
	% of Calories		47.571%		41.636%						

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East Side Union High School District

1805 - 2-Chicken Chili Verde

Number of Portions: 50.000

Source: done-y

Group Code: ENTREE-LUNCH

Size of Portion: 1 serving

*Nutrients are based upon 1 Portion Size (1 serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901884	1-Chicken, diced,	10 lb	90.72	116.638	0.000	90.718	0.000	0.000	3.240	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.10	0.348	0.000	0.083	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 tablespoon + 5/8 teaspoon	0.62	2.002	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/4 CUP + 2 3/8 tsp	1.75	0.000	0.000	1031.884	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	3/4 CUP + 1/2 TBS	1.88	0.335	0.000	26.116	0.000	0.000	0.000	0.000
990220	1-Tomatillo Whole	2 # 10 CAN	111.60	22.320	0.000	0.000	0.000	0.000	0.000	0.000
R-241	2-Rice, Spanish	25 cups	214.86	277.779	0.967	636.244	3.593	0.000	4.949	0.000
404	1-Tortilla, Flour, 8"	50 EACH 8"	42.52	118.401	0.417	166.762	0.834	*N/A*	2.085	0.000
		Totals	464.00	537.823	1.384	1951.808	4.427	0.000	10.274	0.000
		% of Calories			2.316%		3.293%	0.000%	17.192%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901884	1-Chicken, diced,	68.039	0.000	0.000	19.440	*N/A*	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.070	0.014	0.014	*N/A*	0.278	0.017	0.005	0.005	0.000
903924	1-Spice, Garlic powder	0.000	0.400	0.000	0.000	*N/A*	0.000	0.000	0.072	0.040	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.067	0.067	0.000	*N/A*	0.000	0.281	0.000	0.000	0.000
990220	1-Tomatillo Whole	0.000	4.464	2.232	2.232	*N/A*	0.000	0.000	2.232	0.000	0.000
R-241	2-Rice, Spanish	0.000	52.516	3.712	6.286	*N/A*	23.193	0.000	2.177	117.865	0.118
404	1-Tortilla, Flour, 8"	0.000	19.178	0.834	3.335	*N/A*	66.705	0.000	1.201	0.000	0.000
	Totals	68.039	76.695	6.859	31.307	*N/A*	90.176	0.298	5.687	117.910	0.118
	% of Calories		57.041%		23.284%						

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East Side Union High School District

990551 - 2-Chicken Chili Verde-only

Number of Portions: 50.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 serving

*Nutrients are based upon 1 Portion Size (1 serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901884	1-Chicken, diced,	10 lb	90.72	116.638	0.000	90.718	0.000	0.000	3.240	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.10	0.348	0.000	0.083	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 tablespoon + 5/8 teaspoon	0.62	2.002	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/4 CUP + 2 3/8 tsp	1.75	0.000	0.000	1031.884	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	3/4 CUP + 1/2 TBS	1.88	0.335	0.000	26.116	0.000	0.000	0.000	0.000
990220	1-Tomatillo Whole	2 # 10 CAN	111.60	22.320	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	207.00	141.643	0.000	1148.802	0.000	0.000	3.240	0.000
		% of Calories			0.000%		0.000%	0.000%	20.586%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901884	1-Chicken, diced,	68.039	0.000	0.000	19.440	*N/A*	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.070	0.014	0.014	*N/A*	0.278	0.017	0.005	0.005	0.000
903924	1-Spice, Garlic powder	0.000	0.400	0.000	0.000	*N/A*	0.000	0.000	0.072	0.040	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.067	0.067	0.000	*N/A*	0.000	0.281	0.000	0.000	0.000
990220	1-Tomatillo Whole	0.000	4.464	2.232	2.232	*N/A*	0.000	0.000	2.232	0.000	0.000
	Totals	68.039	5.001	2.313	21.686	*N/A*	0.278	0.298	2.309	0.045	0.000
	% of Calories		14.123%		61.241%						

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East Side Union High School District

990135 - 2-Chicken Fajita from scratch

Number of Portions: 141.000

Group Code: ENTREE-LUNCH

Size of Portion: 1.7 oz serving

*Nutrients are based upon 1 Portion Size (1.7 oz serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	15 LB	48.25	57.905	1.379	121.326	0.000	0.000	2.757	0.000
904077	1-Seasoning, Fajita	1/2 cup	0.80	0.000	0.000	184.975	0.000	0.000	0.000	0.000
		Totals	49.00	57.905	1.379	306.301	0.000	0.000	2.757	0.000
		% of Calories			21.429%		0.000%	0.000%	42.857%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	31.710	0.000	0.000	8.272	*N/A*	0.000	0.000	0.000	0.000	0.000
904077	1-Seasoning, Fajita	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	31.710	0.000	0.000	8.272	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		0.000%		57.142%						

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East Side Union High School District

990333 - 2-Chicken Nuggets w/ Fries & Dinner Roll

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900236	1-Chicken Nuggets	5 EACH (.5985 oz)	84.91	225.263	2.166	346.559	0.866	0.000	12.996	0.000
R-763	2-Potatoes,French Fries- only	1 (1/2 cup)	56.00	93.333	0.667	173.333	0.000	0.000	4.000	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	1 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	203.00	458.314	2.833	637.779	4.359	0.000	19.616	0.000
		% of Calories			5.563%		3.804%	0.000%	38.520%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900236	1-Chicken Nuggets	21.660	13.862	2.599	13.862	*N/A*	34.656	0.000	1.560	0.000	0.000
R-763	2-Potatoes,French Fries- only	0.000	13.333	0.667	0.667	0.000	0.000	0.000	0.333	0.000	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	21.660	52.520	5.886	20.642	*0.000*	43.388	0.000	3.290	0.000	0.000
	% of Calories		45.837%		18.016%						

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East Side Union High School District

990437 - 2-Chicken Nuggets w/ Potato Wedges & Cracker

Number of Portions: 1.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900236	1-Chicken Nuggets	1 SERVING (6 Nugg)	85.05	225.639	2.170	347.137	0.868	0.000	13.018	0.000
904106	1-Potato Wedge	1/2 cup	113.40	146.750	1.334	60.034	0.000	0.000	5.336	0.000
990542	1-Cracker Graham Honey .5	2 (1 packet)	28.00	120.000	0.000	130.000	6.000	0.000	3.000	0.000
		Totals	226.00	492.389	3.504	537.171	6.868	0.000	21.354	0.000
		% of Calories			6.404%		5.579%	0.000%	39.031%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900236	1-Chicken Nuggets	21.696	13.885	2.604	13.885	*N/A*	34.714	0.000	1.562	0.000	0.000
904106	1-Potato Wedge	0.000	22.680	2.668	2.668	*N/A*	20.011	14.942	0.934	0.000	0.000
990542	1-Cracker Graham Honey .5	0.000	22.000	0.000	2.000	*N/A*	120.000	0.000	0.000	0.000	0.000
	Totals	21.696	58.565	5.272	18.554	*N/A*	174.725	14.942	2.496	0.000	0.000
	% of Calories		47.576%		15.073%						

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East Side Union High School District

990389 - 2-Chicken Nuggets w/ Potato Wedges & Roll

Number of Portions: 1.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900236	1-Chicken Nuggets	1 SERVING (6 Nugg)	85.05	225.639	2.170	347.137	0.868	0.000	13.018	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	1 each	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
904106	1-Potato Wedge	1/2 cup	113.40	146.750	1.334	60.034	0.000	0.000	5.336	0.000
		Totals	260.00	512.108	3.504	525.058	4.361	0.000	20.974	0.000
		% of Calories			6.158%		3.406%	0.000%	36.860%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900236	1-Chicken Nuggets	21.696	13.885	2.604	13.885	*N/A*	34.714	0.000	1.562	0.000	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
904106	1-Potato Wedge	0.000	22.680	2.668	2.668	*N/A*	20.011	14.942	0.934	0.000	0.000
	Totals	21.696	61.889	7.891	22.666	*N/A*	63.457	14.942	3.893	0.000	0.000
	% of Calories		48.341%		17.704%						

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East Side Union High School District

766 - 2-Chicken Nuggets w/ Tots & Roll

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Julie

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900236	1-Chicken Nuggets	5 EACH (.5985 oz)	84.91	225.263	2.166	346.559	0.866	0.000	12.996	0.000
900923	1-Potato, Tater Tots	1 (1/2 cup)	113.40	179.777	1.383	497.845	0.000	0.000	9.680	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	1 each	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	260.00	544.759	3.549	962.291	4.359	0.000	25.296	0.000
		% of Calories			5.863%		3.201%	0.000%	41.792%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900236	1-Chicken Nuggets	21.660	13.862	2.599	13.862	*N/A*	34.656	0.000	1.560	0.000	0.000
900923	1-Potato, Tater Tots	0.000	22.126	1.383	1.383	*N/A*	13.829	4.978	0.277	0.000	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	21.660	61.313	6.602	21.358	*N/A*	57.217	4.978	3.233	0.000	0.000
	% of Calories		45.020%		15.683%						

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East Side Union High School District

990283 - 2-Chicken Nuggets-only

Number of Portions: 1.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: 5 each

*Nutrients are based upon 1 Portion Size (5 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900236	1-Chicken Nuggets	1 SERVING (6 Nugg)	85.05	225.639	2.170	347.137	0.868	0.000	13.018	0.000
		Totals	85.00	225.639	2.170	347.137	0.868	0.000	13.018	0.000
		% of Calories			8.654%		1.539%	0.000%	51.923%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900236	1-Chicken Nuggets	21.696	13.885	2.604	13.885	*N/A*	34.714	0.000	1.562	0.000	0.000
	Totals	21.696	13.886	2.604	13.885	*N/A*	34.714	0.000	1.562	0.000	0.000
	% of Calories		24.615%		24.615%						

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East Side Union High School District

990123 - 2-Chicken Quesadilla w/Spanish Rice and Beans

Number of Portions: 4.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903878	1-Tortilla, 8", whole grain	4 each	40.00	104.762	1.429	209.524	0.952	0.000	2.857	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	4 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	4 oz	28.35	91.123	3.544	263.245	0.000	0.000	7.087	0.000
903918	1-Chicken, Fajita meat, bnless	4 oz	28.35	36.027	0.591	178.956	0.591	0.000	1.181	0.000
20	1-Margarine, Wholesome Farms-sysco	2 tsp	2.35	16.786	0.671	18.464	0.000	0.000	1.846	0.000
R-241	2-Rice, Spanish	2 cups	214.86	277.779	0.967	636.244	3.593	0.000	4.949	0.000
R-990142	2-Beans, Vegetarian, Spicy	4 (1/2 cup)	131.39	164.656	0.000	160.380	7.001	0.000	1.191	0.000
		Totals	474.00	802.509	12.264	1649.063	12.137	0.000	28.225	0.000
		% of Calories			13.753%		6.050%	0.000%	31.654%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903878	1-Tortilla, 8", whole grain	0.000	17.143	1.905	2.857	*N/A*	38.095	0.000	0.686	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	25.312	1.012	0.000	6.075	*N/A*	182.247	0.000	0.000	0.000	0.000
903918	1-Chicken, Fajita meat, bnless	21.853	0.591	0.000	5.316	0.000	11.812	2.126	0.638	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-241	2-Rice, Spanish	0.000	52.516	3.712	6.286	*N/A*	23.193	0.000	2.177	117.865	0.118
R-990142	2-Beans, Vegetarian, Spicy	0.000	29.882	5.185	5.185	*N/A*	90.484	2.537	2.327	0.071	0.000
	Totals	77.540	101.144	10.802	31.793	*0.000*	548.331	4.663	5.828	117.936	0.118
	% of Calories		50.414%		15.847%						

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East Side Union High School District

990144 - 2-Chicken Quesadilla-only

Number of Portions: 4.000

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
404	1-Tortilla, Flour, 8"	4 EACH 8"	42.52	118.401	0.417	166.762	0.834	*N/A*	2.085	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	4 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	4 oz	28.35	91.123	3.544	263.245	0.000	0.000	7.087	0.000
903918	1-Chicken, Fajita meat, bnless	4 oz	28.35	36.027	0.591	178.956	0.591	0.000	1.181	0.000
20	1-Margarine, Wholesome Farms-sysco	2 tsp	2.35	16.786	0.671	18.464	0.000	0.000	1.846	0.000
		Totals	130.00	373.713	10.285	809.678	1.424	0.000	21.312	0.000
		% of Calories			24.769%		1.524%	0.000%	51.325%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
404	1-Tortilla, Flour, 8"	0.000	19.178	0.834	3.335	*N/A*	66.705	0.000	1.201	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	25.312	1.012	0.000	6.075	*N/A*	182.247	0.000	0.000	0.000	0.000
903918	1-Chicken, Fajita meat, bnless	21.853	0.591	0.000	5.316	0.000	11.812	2.126	0.638	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	77.540	20.781	0.834	20.801	*0.000*	463.264	2.126	1.839	0.000	0.000
	% of Calories		22.242%		22.264%						

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East Side Union High School District

990368 - 2-Chicken Roll Up

Number of Portions: 1.000

Source: Sonia V.

Group Code: ENTREE-LUNCH

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	1 oz	28.35	34.019	0.810	71.279	0.000	0.000	1.620	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	1/2 oz	14.17	30.000	1.000	85.000	0.000	0.000	1.500	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1/2 OZ	14.18	55.688	2.531	91.125	0.000	0.000	4.556	0.000
903767	1-Tortilla, 10" - Flour	1 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
20	1-Margarine, Wholesome Farms-sysco	1 tsp	4.70	33.571	1.343	36.929	0.000	0.000	3.693	0.000
903939	1-Salsa, low sodium,	2 oz	56.70	15.504	0.000	62.015	2.658	0.000	0.000	0.000
		Totals	186.00	378.872	6.699	732.018	3.673	0.000	13.399	0.000
		% of Calories			15.913%		3.878%	0.000%	31.829%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	18.630	0.000	0.000	4.860	*N/A*	0.000	0.000	0.000	0.000	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	5.000	0.500	0.000	3.500	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	15.188	0.000	0.000	3.038	0.000	101.250	0.000	0.000	0.000	0.000
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903939	1-Salsa, low sodium,	0.000	3.544	0.443	0.443	*N/A*	0.000	2.126	0.159	0.000	0.000
	Totals	38.817	40.581	2.473	16.915	*0.000*	121.549	2.126	1.256	0.000	0.000
	% of Calories		42.844%		17.858%						

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East Side Union High School District

990573 - 2-Chicken Salad Mix

Number of Portions: 25.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 CUP

*Nutrients are based upon 1 Portion Size (1 CUP)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903918	1-Chicken, Fajita meat, bnless	10 LB + 10 oz	192.78	244.987	4.016	1216.902	4.016	0.000	8.032	0.000
11143	9-Celery, Raw	1 LB + 5 oz	23.81	3.334	0.010	19.051	0.319	0.000	0.040	0.000
903989	1-Spice, Onion Powder	1 1/2 oz	1.70	6.163	0.000	1.479	0.000	0.000	0.000	0.000
904108	1-Relish, sweet	15 oz	17.01	22.680	0.000	119.068	3.402	0.000	0.000	0.000
900768	1-Spice, Pepper, black	2 tbsp	0.51	0.000	0.000	0.000	0.000	0.000	0.000	0.000
116	1-Mustard, Yellow prepared, bulk	1/4 cup	2.40	0.000	0.000	26.400	0.000	0.000	0.000	0.000
903766	1-Mayonnaise, bulk	1 LB + 9 1/2 oz	28.92	206.546	4.131	134.255	0.000	0.000	22.720	0.000
990664	1-Jalapeno Juice	2 oz	2.27	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	269.00	483.710	8.157	1517.155	7.737	0.000	30.793	0.000
		% of Calories			15.177%		6.398%	0.000%	57.294%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903918	1-Chicken, Fajita meat, bnless	148.599	4.016	0.000	36.146	0.000	80.324	14.458	4.337	0.000	0.000
11143	9-Celery, Raw	0.000	0.707	0.381	0.164	5.239	9.525	0.738	0.048	22.725	0.179
903989	1-Spice, Onion Powder	0.000	1.233	0.247	0.247	*N/A*	4.930	0.296	0.089	0.091	0.000
904108	1-Relish, sweet	0.000	5.670	0.000	0.000	*N/A*	0.000	0.000	0.000	70.386	2.302
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
116	1-Mustard, Yellow prepared, bulk	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903766	1-Mayonnaise, bulk	10.327	2.065	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990664	1-Jalapeno Juice	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	158.926	13.691	0.628	36.556	*5.239*	94.779	15.492	4.474	93.203	2.481
	% of Calories		11.322%		30.230%						

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East Side Union High School District

990592 - 2-Chicken Salad Wrap

Number of Portions: 50.000

Source: Victor

Group Code: COLD SANDWICHES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990573	2-Chicken Salad Mix	50 (1 CUP)	269.40	483.710	8.157	1517.155	7.737	0.000	30.793	0.000
903767	1-Tortilla, 10" - Flour	50 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
		Totals	337.00	693.800	9.172	1902.827	8.752	0.000	32.823	0.000
		% of Calories			11.898%		5.046%	0.000%	42.578%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990573	2-Chicken Salad Mix	158.926	13.691	0.628	36.556	*5.239*	94.779	15.492	4.474	93.203	2.481
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
	Totals	158.926	50.229	2.658	41.631	*5.239*	115.078	15.492	5.570	93.203	2.481
	% of Calories		28.959%		24.002%						

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East Side Union High School District

990527 - 2-Chicken Shawarma Bowl

Number of Portions: 4.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	12 oz	85.05	102.058	2.430	213.836	0.000	0.000	4.860	0.000
990662	1-Spice, Shawarma	1 1/4 teaspoon	1.25	0.000	0.000	25.000	0.000	0.000	0.000	0.000
903946	1-Juice, Lemon	2 1/2 tbsp	8.86	1.563	0.000	2.344	0.156	0.000	0.000	0.000
903834	1-Oil, vegetable and olive oil blend	3 1/2 Tbls.	12.25	105.000	0.875	0.000	0.000	0.000	12.250	0.000
R-3636	2-Rice,Brown Cooked w/ broth	4 cups	192.34	243.278	1.074	128.381	75.599	0.756	5.520	0.000
990003	1-Onion, Red, fresh	1/2 cup	21.26	6.321	0.000	0.575	1.293	0.000	0.000	0.000
903955	1-Pepper, bell sweet, red, raw	1/2 cup	18.60	5.784	0.000	0.794	0.781	0.000	0.056	0.000
		Totals	340.00	464.004	4.379	370.930	77.830	0.756	22.685	0.000
		% of Calories			8.494%		67.094%	0.652%	44.001%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	55.889	0.000	0.000	14.580	*N/A*	0.000	0.000	0.000	0.000	0.000
990662	1-Spice, Shawarma	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903946	1-Juice, Lemon	0.000	0.547	0.078	0.039	*N/A*	0.781	1.406	0.000	0.000	0.000
903834	1-Oil, vegetable and olive oil blend	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-3636	2-Rice,Brown Cooked w/ broth	3.024	44.941	2.413	5.581	*0.000*	10.592	0.240	1.255	128.462	0.128
990003	1-Onion, Red, fresh	0.000	1.580	0.431	0.145	*N/A*	5.747	1.006	0.059	0.000	0.000
903955	1-Pepper, bell sweet, red, raw	0.000	1.122	0.386	0.184	*N/A*	0.113	23.749	0.005	17.151	0.000
	Totals	58.913	48.190	3.308	20.529	*0.000*	17.233	26.401	1.318	145.613	0.128
	% of Calories		41.543%		17.697%						

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East Side Union High School District

990433 - 2-Chicken Sweet and Sour Chicken-only

Number of Portions: 1.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-3551	2-Chicken, popcorn-only	1 (4oz serving)	113.40	260.685	2.607	404.062	0.000	0.000	14.338	0.000
990560	1-Sauce, Sweet and Sour	2 oz	56.70	80.999	0.000	291.595	19.440	0.000	0.000	0.000
		Totals	170.00	341.684	2.607	695.657	19.440	0.000	14.338	0.000
		% of Calories			6.867%		22.758%	0.000%	37.766%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-3551	2-Chicken, popcorn-only	32.586	15.641	1.303	20.855	*N/A*	26.069	19.551	1.173	0.000	0.000
990560	1-Sauce, Sweet and Sour	0.000	21.060	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	32.586	36.701	1.303	20.855	*N/A*	26.069	19.551	1.173	0.000	0.000
	% of Calories		42.964%		24.414%						

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East Side Union High School District

990401 - 2-Chicken Sweet and Sour over rice & diced carrots

Source: current

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-3551	2-Chicken, popcorn-only	1 (4oz serving)	113.40	260.685	2.607	404.062	0.000	0.000	14.338	0.000
990560	1-Sauce, Sweet and Sour	2 oz	56.70	80.999	0.000	291.595	19.440	0.000	0.000	0.000
R-990093	2-Rice,White Cooked	1 cups	199.98	225.638	0.424	15.802	0.000	0.000	1.166	0.000
R-990196	2-Carrots, Diced	1 (1/2 cup)	85.10	21.275	0.031	205.946	0.000	0.000	0.162	0.000
		Totals	455.00	588.597	3.062	917.405	19.440	0.000	15.666	0.000
		% of Calories			4.681%		13.211%	0.000%	23.954%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-3551	2-Chicken, popcorn-only	32.586	15.641	1.303	20.855	*N/A*	26.069	19.551	1.173	0.000	0.000
990560	1-Sauce, Sweet and Sour	0.000	21.060	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990093	2-Rice,White Cooked	0.000	48.383	1.344	4.032	*0.000*	20.232	0.000	2.702	137.879	0.138
R-990196	2-Carrots, Diced	0.000	4.715	1.277	0.545	*N/A*	21.275	2.298	0.545	79.102	0.579
	Totals	32.586	89.798	3.924	25.432	*0.000*	67.576	21.849	4.420	216.981	0.717
	% of Calories		61.025%		17.283%						

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East Side Union High School District

1210 - 2-Chicken w/Mashed Potato Bowl

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-164	2-Potatoes,Mashed-only	1 (1/2 cup)	99.15	75.926	0.447	115.698	0.000	0.000	1.229	0.000
R-990073	2-Corn (1/4 cup)	1 (1/4 cup)	2.05	1.496	0.000	0.249	0.050	0.000	0.012	0.000
R-92	2-Gravy, Brown	1 (2 oz serving)	85.05	25.000	0.500	330.850	0.000	0.000	1.000	0.000
R-3551	2-Chicken, popcorn-only	1 (4oz serving)	113.40	260.685	2.607	404.062	0.000	0.000	14.338	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	1 each	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	390.00	614.200	8.616	1150.997	3.543	0.000	28.311	0.000
		% of Calories			12.626%		2.307%	0.000%	41.485%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-164	2-Potatoes,Mashed-only	0.000	13.670	1.439	1.439	*N/A*	1.589	21.585	0.267	79.369	0.079
R-990073	2-Corn (1/4 cup)	0.000	0.224	0.025	0.025	*N/A*	0.499	0.000	0.000	0.000	0.000
R-92	2-Gravy, Brown	0.000	4.000	0.000	0.000	*0.000*	0.567	0.000	0.003	28.321	0.028
R-3551	2-Chicken, popcorn-only	32.586	15.641	1.303	20.855	*N/A*	26.069	19.551	1.173	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	62.961	58.860	5.387	34.507	*0.000*	239.956	41.136	2.840	107.690	0.107
	% of Calories		38.333%		22.473%						

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East Side Union High School District

990081 - 2-Chicken, Buffalo- only

Number of Portions: 83.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900005	1-Chicken whole raw 8 piece cut up	40 LB	218.60	524.337	8.482	177.349	0.000	0.000	30.072	0.000
903774	1-Salt, Table	1 tbsp + 1 tsp	0.29	0.000	0.000	172.972	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tbsp + 1 tsp	0.10	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.12	0.377	0.000	0.000	0.000	0.000	0.000	0.000
900228	1-Sauce, Buffalo	83 oz	28.35	0.000	0.000	793.786	0.000	0.000	0.000	0.000
		Totals	247.00	524.714	8.482	1144.107	0.000	0.000	30.072	0.000
		% of Calories			14.548%		0.000%	0.000%	51.581%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900005	1-Chicken whole raw 8 piece cut up	192.771	0.000	0.000	53.976	*N/A*	30.843	0.000	3.084	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.075	0.000	0.000	*N/A*	0.000	0.000	0.014	0.008	0.000
900228	1-Sauce, Buffalo	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	192.771	0.075	0.000	53.976	*N/A*	30.843	0.000	3.098	0.008	0.000
	% of Calories		0.057%		41.147%						

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East Side Union High School District

3635 - 2-Chicken, Buffalo w/ brown Rice

Number of Portions: 83.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900005	1-Chicken whole raw 8 piece cut up	40 LB	218.60	524.337	8.482	177.349	0.000	0.000	30.072	0.000
903774	1-Salt, Table	1 tbsp + 1 tsp	0.29	0.000	0.000	172.972	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tbsp + 1 tsp	0.10	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.12	0.377	0.000	0.000	0.000	0.000	0.000	0.000
900228	1-Sauce, Buffalo	83 oz	28.35	0.000	0.000	793.786	0.000	0.000	0.000	0.000
R-3636	2-Rice,Brown Cooked w/ broth	83 cups	192.34	243.278	1.074	128.381	75.599	0.756	5.520	0.000
		Totals	440.00	767.992	9.556	1272.488	75.599	0.756	35.592	0.000
		% of Calories			11.199%		39.375%	0.394%	41.710%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900005	1-Chicken whole raw 8 piece cut up	192.771	0.000	0.000	53.976	*N/A*	30.843	0.000	3.084	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.075	0.000	0.000	*N/A*	0.000	0.000	0.014	0.008	0.000
900228	1-Sauce, Buffalo	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-3636	2-Rice,Brown Cooked w/ broth	3.024	44.941	2.413	5.581	*0.000*	10.592	0.240	1.255	128.462	0.128
	Totals	195.795	45.016	2.413	59.557	*0.000*	41.435	0.240	4.353	128.470	0.128
	% of Calories		23.446%		31.020%						

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East Side Union High School District

1320 - 2-Chicken, Chili Verde Burrito

Number of Portions: 50.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903918	1-Chicken, Fajita meat, bnless	10 LB + 12 oz	97.52	123.935	2.032	615.609	2.032	0.000	4.063	0.000
990220	1-Tomatillo Whole	1 # 10 CAN	55.80	11.160	0.000	0.000	0.000	0.000	0.000	0.000
R-241	2-Rice, Spanish	50 (1/2 cup)	214.86	277.779	0.967	636.244	3.593	0.000	4.949	0.000
903767	1-Tortilla, 10" - Flour	50 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
903989	1-Spice, Onion Powder	2 tablespoon	0.28	1.000	0.000	0.240	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	2 tablespoon	0.39	1.252	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1/2 tbsp	0.06	0.600	0.000	0.300	0.000	0.000	0.045	0.000
978	1-Spice, Pepper, Red Crushed	3/4 tbsp	0.05	0.010	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	437.00	625.825	4.014	1638.065	6.640	0.000	11.087	0.000
		% of Calories			5.772%		4.244%	0.000%	15.945%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903918	1-Chicken, Fajita meat, bnless	75.173	2.032	0.000	18.285	0.000	40.634	7.314	2.194	0.000	0.000
990220	1-Tomatillo Whole	0.000	2.232	1.116	1.116	*N/A*	0.000	0.000	1.116	0.000	0.000
R-241	2-Rice, Spanish	0.000	52.516	3.712	6.286	*N/A*	23.193	0.000	2.177	117.865	0.118
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.200	0.040	0.040	*N/A*	0.800	0.048	0.014	0.015	0.000
903924	1-Spice, Garlic powder	0.000	0.250	0.000	0.000	*N/A*	0.000	0.000	0.045	0.025	0.000
902244	1-Spice, Cumin Ground	0.000	0.090	0.030	0.030	*N/A*	1.800	0.000	0.108	0.005	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.030	0.010	0.010	*N/A*	0.792	0.036	0.004	0.004	0.000
	Totals	75.173	93.887	6.938	30.842	*0.000*	87.518	7.398	6.755	117.914	0.118
	% of Calories		60.009%		19.713%						

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East Side Union High School District

990529 - 2-Chicken, General Tso w/Chow Mein

Number of Portions: 57.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990610	1-Chicken, General Tso	2 Bag Chicken + 2 Bag Sauce	111.41	163.409	3.008	463.158	14.035	0.000	3.008	0.000
R-3031	2-Chow Mein	57 Servings	132.34	322.137	0.973	588.283	15.108	0.000	7.836	0.000
		Totals	244.00	485.546	3.981	1051.441	29.143	0.000	10.844	0.000
		% of Calories			7.379%		24.008%	0.000%	20.100%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990610	1-Chicken, General Tso	55.138	22.055	1.003	14.035	*N/A*	0.000	0.000	1.083	0.000	0.000
R-3031	2-Chow Mein	0.000	58.256	2.780	7.835	*0.000*	13.945	2.178	1.956	28.358	0.000
	Totals	55.138	80.311	3.783	21.870	*0.000*	13.945	2.178	3.039	28.358	0.000
	% of Calories		66.161%		18.017%						

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East Side Union High School District

990474 - 2-Chicken, General Tso w/white Rice kit

Number of Portions: 57.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990610	1-Chicken, General Tso	2 Bag Chicken + 2 Bag Sauce	111.41	163.409	3.008	463.158	14.035	0.000	3.008	0.000
R-990093	2-Rice,White Cooked	57 cups	199.98	225.638	0.424	15.802	0.000	0.000	1.166	0.000
		Totals	311.00	389.047	3.432	478.960	14.035	0.000	4.174	0.000
		% of Calories			7.938%		14.430%	0.000%	9.655%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990610	1-Chicken, General Tso	55.138	22.055	1.003	14.035	*N/A*	0.000	0.000	1.083	0.000	0.000
R-990093	2-Rice,White Cooked	0.000	48.383	1.344	4.032	*0.000*	20.232	0.000	2.702	137.879	0.138
	Totals	55.138	70.438	2.347	18.067	*0.000*	20.232	0.000	3.785	137.879	0.138
	% of Calories		72.421%		18.576%						

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East Side Union High School District

990478 - 2-Chicken, General Tso-only

Number of Portions: 57.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990610	1-Chicken, General Tso	2 Bag Chicken + 2 Bag Sauce	111.41	163.409	3.008	463.158	14.035	0.000	3.008	0.000
		Totals	111.00	163.409	3.008	463.158	14.035	0.000	3.008	0.000
		% of Calories			16.564%		34.356%	0.000%	16.564%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990610	1-Chicken, General Tso	55.138	22.055	1.003	14.035	*N/A*	0.000	0.000	1.083	0.000	0.000
	Totals	55.138	22.055	1.003	14.035	*N/A*	0.000	0.000	1.083	0.000	0.000
	% of Calories		53.987%		34.356%						

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East Side Union High School District

990545 - 2-Chicken, Lemongrass w/Rice kit

Number of Portions: 57.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990677	1-Lemongrass Chicken	2 Bag Chicken	79.58	114.572	2.148	164.697	8.593	0.000	2.148	0.000
990677	1-Lemongrass Chicken	2 Bag Sauce	31.83	45.829	0.859	65.879	3.437	0.000	0.859	0.000
R-990093	2-Rice,White Cooked	57 cups	199.98	225.638	0.424	15.802	0.000	0.000	1.166	0.000
		Totals	311.00	386.039	3.432	246.378	12.030	0.000	4.174	0.000
		% of Calories			8.000%		12.465%	0.000%	9.730%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990677	1-Lemongrass Chicken	39.384	14.322	0.716	10.025	*N/A*	0.000	0.000	0.000	0.000	0.000
990677	1-Lemongrass Chicken	15.754	5.729	0.286	4.010	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990093	2-Rice,White Cooked	0.000	48.383	1.344	4.032	*0.000*	20.232	0.000	2.702	137.879	0.138
	Totals	55.138	68.433	2.347	18.067	*0.000*	20.232	0.000	2.702	137.879	0.138
	% of Calories		70.908%		18.720%						

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East Side Union High School District

2410 - 2-Chicken, Oven Baked w/ Roll

Number of Portions: 83.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900005	1-Chicken whole raw 8 piece cut up	40 LB	218.60	524.337	8.482	177.349	0.000	0.000	30.072	0.000
903774	1-Salt, Table	1 tbsp + 1 tsp	0.29	0.000	0.000	172.972	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tbsp + 1 tsp	0.10	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.12	0.377	0.000	0.000	0.000	0.000	0.000	0.000
902527	1-Spice, Italian seasoning	1 tbsp	0.10	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-164	2-Potatoes,Mashed-only	83 (1/2 cup)	99.15	75.926	0.447	115.698	0.000	0.000	1.229	0.000
R-191	2-Gravy, Turkey Flavor	83 (1/4 cup)	67.09	28.350	0.000	398.693	0.000	0.000	0.709	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	83 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	447.00	768.708	8.929	982.599	3.493	0.000	34.630	0.000
		% of Calories			10.454%		1.818%	0.000%	40.544%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900005	1-Chicken whole raw 8 piece cut up	192.771	0.000	0.000	53.976	*N/A*	30.843	0.000	3.084	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.075	0.000	0.000	*N/A*	0.000	0.000	0.014	0.008	0.000
902527	1-Spice, Italian seasoning	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-164	2-Potatoes,Mashed-only	0.000	13.670	1.439	1.439	*N/A*	1.589	21.585	0.267	79.369	0.079
R-191	2-Gravy, Turkey Flavor	0.000	4.252	0.000	0.000	*N/A*	1.200	0.000	0.000	59.940	0.060
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	192.771	43.322	4.059	61.528	*N/A*	42.364	21.585	4.762	139.317	0.139
	% of Calories		22.543%		32.016%						

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East Side Union High School District

3624 - 2-Chicken, Oven Baked-only

Number of Portions: 83.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900005	1-Chicken whole raw 8 piece cut up	40 LB	218.60	524.337	8.482	177.349	0.000	0.000	30.072	0.000
903774	1-Salt, Table	1 tbsp + 1 tsp	0.29	0.000	0.000	172.972	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tbsp + 1 tsp	0.10	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.12	0.377	0.000	0.000	0.000	0.000	0.000	0.000
902527	1-Spice, Italian seasoning	1 tbsp	0.10	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	219.00	524.714	8.482	350.321	0.000	0.000	30.072	0.000
		% of Calories			14.548%		0.000%	0.000%	51.581%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900005	1-Chicken whole raw 8 piece cut up	192.771	0.000	0.000	53.976	*N/A*	30.843	0.000	3.084	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.075	0.000	0.000	*N/A*	0.000	0.000	0.014	0.008	0.000
902527	1-Spice, Italian seasoning	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	192.771	0.075	0.000	53.976	*N/A*	30.843	0.000	3.098	0.008	0.000
	% of Calories		0.057%		41.147%						

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East Side Union High School District

3551 - 2-Chicken, popcorn-only

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

Size of Portion: 4oz serving

*Nutrients are based upon 1 Portion Size (4oz serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904096	1-Chicken, Popcorn	4 oz	113.40	260.685	2.607	404.062	0.000	0.000	14.338	0.000
		Totals	113.00	260.685	2.607	404.062	0.000	0.000	14.338	0.000
		% of Calories			9.000%		0.000%	0.000%	49.500%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904096	1-Chicken, Popcorn	32.586	15.641	1.303	20.855	*N/A*	26.069	19.551	1.173	0.000	0.000
	Totals	32.586	15.641	1.303	20.855	*N/A*	26.069	19.551	1.173	0.000	0.000
	% of Calories		24.000%		32.000%						

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East Side Union High School District

630 - 2-Chicken, Spicy Sand w/ fr

Number of Portions: 12.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990388	1-Chicken, Spicy Patty	12 each	99.00	270.000	3.000	400.000	1.000	0.000	15.000	0.000
903710	1-Bun,Hamburger	12 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
902349	1-Potato, French Fries	12 (1/2 cup)	56.00	93.333	0.667	173.333	0.000	0.000	4.000	0.000
		Totals	216.00	523.333	3.667	773.333	5.000	0.000	21.000	0.000
		% of Calories			6.306%		3.822%	0.000%	36.115%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990388	1-Chicken, Spicy Patty	25.000	17.000	3.000	15.000	*N/A*	40.000	0.000	2.700	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
902349	1-Potato, French Fries	0.000	13.333	0.667	0.667	0.000	0.000	0.000	0.333	0.000	0.000
	Totals	25.000	61.333	6.667	22.667	*0.000*	240.000	0.000	4.833	0.000	0.000
	% of Calories		46.879%		17.325%						

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East Side Union High School District

990191 - 2-Chicken, Spicy Sandwich- Ala Carte

Number of Portions: 1.000

Source: Local

Group Code: ENTREE-LUNCH

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
990629	1-Chicken Patty, Grilled - USDA	1 each	69.46	100.661	0.000	221.455	0.000	0.000	2.517	0.000
		Totals	130.00	260.661	0.000	421.455	4.000	0.000	4.517	0.000
		% of Calories			0.000%		6.138%	0.000%	15.594%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
990629	1-Chicken Patty, Grilled - USDA	65.430	0.000	0.000	20.132	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	65.430	31.000	3.000	27.132	*N/A*	200.000	0.000	1.800	0.000	0.000
	% of Calories		47.571%		41.636%						

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East Side Union High School District

2525 - 2-Chicken, Spicy Sandwich Deluxe

Number of Portions: 12.000

Source: done-y

Group Code: ENTREE-LUNCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990388	1-Chicken, Spicy Patty	12 each	99.00	270.000	3.000	400.000	1.000	0.000	15.000	0.000
903710	1-Bun,Hamburger	12 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
R-990481	j-Lettuce, Pickle & Tomato Cup - Deluxe	12 serving	70.70	11.549	0.000	199.339	1.302	0.000	0.097	0.000
		Totals	231.00	441.549	3.000	799.339	6.302	0.000	17.097	0.000
		% of Calories			6.115%		5.709%	0.000%	34.849%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990388	1-Chicken, Spicy Patty	25.000	17.000	3.000	15.000	*N/A*	40.000	0.000	2.700	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
R-990481	j-Lettuce, Pickle & Tomato Cup - Deluxe	0.000	2.442	0.694	0.503	*N/A*	7.739	4.691	0.176	26.796	0.000
	Totals	25.000	50.442	6.694	22.503	*N/A*	247.739	4.691	4.676	26.796	0.000
	% of Calories		45.696%		20.386%						

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East Side Union High School District

990497 - 2-Chicken, Spicy Sandwich-only

Number of Portions: 12.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990388	1-Chicken, Spicy Patty	12 each	99.00	270.000	3.000	400.000	1.000	0.000	15.000	0.000
903710	1-Bun,Hamburger	12 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	160.00	430.000	3.000	600.000	5.000	0.000	17.000	0.000
		% of Calories			6.279%		4.651%	0.000%	35.581%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990388	1-Chicken, Spicy Patty	25.000	17.000	3.000	15.000	*N/A*	40.000	0.000	2.700	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	25.000	48.000	6.000	22.000	*N/A*	240.000	0.000	4.500	0.000	0.000
	% of Calories		44.651%		20.465%						

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East Side Union High School District

990473 - 2-Chicken, Sweet Thai Chili w/ white Rice kit

Number of Portions: 57.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990609	1-Chicken Sweet Thai Chili	2 Bag Chicken + 2 Bag Sauce	111.41	174.436	3.008	442.105	16.040	0.000	3.008	0.000
R-990093	2-Rice,White Cooked	57 cups	199.98	225.638	0.424	15.802	0.000	0.000	1.166	0.000
		Totals	311.00	400.074	3.432	457.907	16.040	0.000	4.174	0.000
		% of Calories			7.720%		16.037%	0.000%	9.389%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990609	1-Chicken Sweet Thai Chili	55.138	23.058	1.003	14.035	*N/A*	0.000	0.000	1.083	0.000	0.000
R-990093	2-Rice,White Cooked	0.000	48.383	1.344	4.032	*0.000*	20.232	0.000	2.702	137.879	0.138
	Totals	55.138	71.441	2.347	18.067	*0.000*	20.232	0.000	3.785	137.879	0.138
	% of Calories		71.427%		18.064%						

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East Side Union High School District

990477 - 2-Chicken, Sweet Thai Chili-only

Number of Portions: 57.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990609	1-Chicken Sweet Thai Chili	2 Bag Chicken + 2 Bag Sauce	111.41	174.436	3.008	442.105	16.040	0.000	3.008	0.000
		Totals	111.00	174.436	3.008	442.105	16.040	0.000	3.008	0.000
		% of Calories			15.517%		36.781%	0.000%	15.517%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990609	1-Chicken Sweet Thai Chili	55.138	23.058	1.003	14.035	*N/A*	0.000	0.000	1.083	0.000	0.000
	Totals	55.138	23.058	1.003	14.035	*N/A*	0.000	0.000	1.083	0.000	0.000
	% of Calories		52.873%		32.184%						

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East Side Union High School District

990381 - 2-Chicken, Teriyaki w/ Rice

Number of Portions: 171.000

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	30 LB	79.58	95.493	2.274	200.081	0.000	0.000	4.547	0.000
R-990093	2-Rice,White Cooked	171 cups	199.98	225.638	0.424	15.802	0.000	0.000	1.166	0.000
900232	1-Teriyaki Glaze Kikkoman	5 LB + 4 Ounce	13.93	19.342	0.000	719.514	3.095	*N/A*	0.000	0.000
		Totals	293.00	340.473	2.698	935.396	3.095	0.000	5.714	0.000
		% of Calories			7.131%		3.636%	0.000%	15.103%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	52.294	0.000	0.000	13.642	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990093	2-Rice,White Cooked	0.000	48.383	1.344	4.032	*0.000*	20.232	0.000	2.702	137.879	0.138
900232	1-Teriyaki Glaze Kikkoman	0.000	4.642	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	52.294	53.025	1.344	17.674	*0.000*	20.232	0.000	2.702	137.879	0.138
	% of Calories		62.296%		20.764%						

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East Side Union High School District

2967 - 2-Chicken,Mand Orange w/Rice

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904040	1-Mandarin Orange Chicken Kit	4 oz	113.40	153.061	3.061	211.224	9.184	0.000	3.061	0.000
R-990093	2-Rice,White Cooked	1 cups	199.98	225.638	0.424	15.802	0.000	0.000	1.166	0.000
		Totals	313.00	378.699	3.485	227.026	9.184	0.000	4.227	0.000
		% of Calories			8.283%		9.701%	0.000%	10.047%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904040	1-Mandarin Orange Chicken Kit	56.122	17.347	1.020	15.306	*N/A*	0.000	0.000	1.102	0.000	0.000
R-990093	2-Rice,White Cooked	0.000	48.383	1.344	4.032	*0.000*	20.232	0.000	2.702	137.879	0.138
	Totals	56.122	65.730	2.364	19.338	*0.000*	20.232	0.000	3.804	137.879	0.138
	% of Calories		69.427%		20.426%						

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East Side Union High School District

3556 - 2-Chicken,Mandarin Orange-only

Number of Portions: 57.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904040	1-Mandarin Orange Chicken Kit	1 bag - chicken + 1 bag - sauce	111.41	150.376	3.008	207.519	9.023	0.000	3.008	0.000
		Totals	111.00	150.376	3.008	207.519	9.023	0.000	3.008	0.000
		% of Calories			18.000%		24.001%	0.000%	18.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904040	1-Mandarin Orange Chicken Kit	55.138	17.043	1.003	15.038	*N/A*	0.000	0.000	1.083	0.000	0.000
	Totals	55.138	17.043	1.003	15.038	*N/A*	0.000	0.000	1.083	0.000	0.000
	% of Calories		45.333%		40.001%						

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East Side Union High School District

990461 - 2-Chickpea Salad Sandwich

Number of Portions: 18.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
801	1-Bean, Garbanzo	1 #10 CAN	170.10	139.170	0.000	216.487	1.546	0.000	0.773	0.000
903766	1-Mayonnaise, bulk	1 (1 cup)	11.56	82.540	1.651	53.651	0.000	0.000	9.079	0.000
990401	1-Garlic, raw	1 clove	0.17	0.208	0.000	0.000	0.042	0.000	0.000	0.000
903971	1-Spice, Parsley, dry	2 tbsp	0.17	0.000	0.000	0.833	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1 tsp	0.34	0.000	0.000	199.397	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tsp	0.12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903957	1-Lettuce, green Leaf, raw	8 leaf(s)	4.44	0.667	0.000	1.247	0.035	0.000	0.007	0.000
903838	1-Bread, Whole Wheat sandwich	36 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
904108	1-Relish, sweet	3 tsp	0.83	1.111	0.000	5.833	0.167	0.000	0.000	0.000
903946	1-Juice, Lemon	2 teaspoon	0.54	0.094	0.000	0.142	0.009	0.000	0.000	0.000
		Totals	256.00	383.790	1.651	817.590	5.799	0.000	11.859	0.000
		% of Calories			3.871%		6.044%	0.000%	27.810%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
801	1-Bean, Garbanzo	0.000	24.741	7.732	7.732	*N/A*	61.853	0.000	2.227	0.000	0.000
903766	1-Mayonnaise, bulk	4.127	0.825	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990401	1-Garlic, raw	0.000	0.042	0.000	0.000	*N/A*	0.000	0.050	0.000	0.000	0.000
903971	1-Spice, Parsley, dry	0.000	0.000	0.000	0.000	*N/A*	3.333	0.400	0.060	0.982	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903957	1-Lettuce, green Leaf, raw	0.000	0.128	0.058	0.060	*N/A*	1.605	0.409	0.038	4.221	0.000
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
904108	1-Relish, sweet	0.000	0.278	0.000	0.000	*N/A*	0.000	0.000	0.000	3.448	0.113
903946	1-Juice, Lemon	0.000	0.033	0.005	0.002	*N/A*	0.047	0.085	0.000	0.000	0.000
	Totals	4.127	58.047	11.794	15.795	*0.000*	146.839	0.944	3.725	8.651	0.113
	% of Calories		60.499%		16.462%						

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East Side Union High School District

990350 - 2-Chickpeas Roasted, Italian Seasoning

Number of Portions: 22.750

Source: done

Group Code: VEGETABLES

Size of Portion: Serving-1/2 cup

*Nutrients are based upon 1 Portion Size (Serving-1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
801	1-Bean, Garbanzo	1 #10 CAN	134.58	110.113	0.000	171.286	1.223	0.000	0.612	0.000
903896	1-Oil, Vegetable	7 oz	8.72	74.768	1.246	0.000	0.000	0.000	8.723	0.000
902527	1-Spice, Italian seasoning	2 oz	2.49	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.43	1.375	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	146.00	186.256	1.246	171.286	1.223	0.000	9.335	0.000
		% of Calories			6.021%		2.626%	0.000%	45.106%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
801	1-Bean, Garbanzo	0.000	19.576	6.117	6.117	*N/A*	48.939	0.000	1.762	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
902527	1-Spice, Italian seasoning	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.275	0.000	0.000	*N/A*	0.000	0.000	0.050	0.028	0.000
	Totals	0.000	19.851	6.117	6.117	*N/A*	48.939	0.000	1.811	0.028	0.000
	% of Calories		42.631%		13.137%						

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East Side Union High School District

990598 - 2-Chili Cheese Bowl -only

Number of Portions: 20.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: serving (s)

*Nutrients are based upon 1 Portion Size (serving (s))

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903981	1-Bean, Pinto, Canned-USDA	1 #10 CAN + 3/4 (1/2 cup)	157.40	136.869	0.000	191.617	0.000	0.000	0.684	0.000
903835	1-Bean, Kidney, Dark	1 #10 can + 3/4 CUP	167.09	141.384	0.000	179.943	1.285	1.285	0.000	0.000
297	1-Beef Crumble, Tyson	5 LB	113.40	202.496	6.075	344.244	0.000	0.000	12.150	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.24	0.870	0.000	0.209	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 teaspoon	0.47	1.500	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 tbsp + 1 TSP	0.42	4.000	0.000	2.000	0.000	0.000	0.300	0.000
903962	1-Spice, Paprika	3 tbsp	1.04	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	2 tbsp	0.81	0.000	0.000	44.550	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.03	0.000	0.000	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	1 tsp	0.06	0.011	0.000	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	1 qt + 2 Cup	68.04	0.000	0.000	2.041	0.000	0.000	0.000	0.000
903952	1-Tomato Sauce, USDA	2 1/4 cup	25.51	8.297	0.000	29.041	1.452	0.000	0.000	0.000
903922	1-Cornstarch	1/4 cup	1.60	6.000	0.000	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 4 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	1 LB + 4 oz	28.35	60.000	2.000	170.000	0.000	0.000	3.000	0.000
		Totals	593.00	672.802	13.137	1145.895	2.737	1.285	25.247	0.000
		% of Calories			17.574%		1.627%	0.764%	33.772%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903981	1-Bean, Pinto, Canned-USDA	0.000	23.268	12.318	6.843	*N/A*	82.122	0.000	1.971	0.000	0.000
903835	1-Bean, Kidney, Dark	0.000	25.706	10.282	10.282	0.000	77.118	0.000	3.342	0.000	0.000
297	1-Beef Crumble, Tyson	60.749	4.050	2.025	20.250	0.000	40.499	0.000	4.050	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.174	0.035	0.035	*N/A*	0.696	0.042	0.013	0.013	0.000
903924	1-Spice, Garlic powder	0.000	0.300	0.000	0.000	*N/A*	0.000	0.000	0.054	0.030	0.000
902244	1-Spice, Cumin Ground	0.000	0.600	0.200	0.200	*N/A*	12.000	0.000	0.720	0.034	0.000
903962	1-Spice, Paprika	0.000	0.000	0.000	0.000	*N/A*	1.035	0.000	0.114	0.787	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.033	0.011	0.011	*N/A*	0.880	0.040	0.004	0.005	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	1.361	0.000	0.007	67.971	0.068
903952	1-Tomato Sauce, USDA	0.000	2.074	0.000	0.415	*N/A*	0.000	0.498	0.149	0.000	0.000
903922	1-Cornstarch	0.000	1.400	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000

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903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	10.000	1.000	0.000	7.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	101.124	58.605	24.871	51.111	*0.000*	418.211	0.579	10.423	68.839	0.068
	% of Calories		34.842%		30.387%						

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[1] - denotes required nutrient values

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2354 - 2-Chili Cheese Bowl w/Corn Muffin

Number of Portions: 40.000

Size of Portion: serving (s)

*Nutrients are based upon 1 Portion Size (serving (s))

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903981	1-Bean, Pinto, Canned-USDA	1 #10 CAN + 3/4 (1/2 cup)	78.70	68.435	0.000	95.809	0.000	0.000	0.342	0.000
903835	1-Bean, Kidney, Dark	1 #10 can + 3/4 CUP	83.54	70.692	0.000	89.971	0.643	0.643	0.000	0.000
297	1-Beef Crumble, Tyson	5 LB	56.70	101.248	3.037	172.122	0.000	0.000	6.075	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.12	0.435	0.000	0.104	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 teaspoon	0.23	0.750	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 tbsp + 1 TSP	0.21	2.000	0.000	1.000	0.000	0.000	0.150	0.000
903962	1-Spice, Paprika	3 tbsp	0.52	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	2 tbsp	0.41	0.000	0.000	22.275	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.01	0.000	0.000	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	1 tsp	0.03	0.006	0.000	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	1 qt + 2 Cup	34.02	0.000	0.000	1.021	0.000	0.000	0.000	0.000
903952	1-Tomato Sauce, USDA	2 1/4 cup	12.76	4.149	0.000	14.520	0.726	0.000	0.000	0.000
903922	1-Cornstarch	1/4 cup	0.80	3.000	0.000	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 4 OZ	14.18	55.688	2.531	91.125	0.000	0.000	4.556	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	1 LB + 4 oz	14.17	30.000	1.000	85.000	0.000	0.000	1.500	0.000
R-1641	2-Cornbread	40 (1 serving)	89.20	212.020	1.115	360.272	8.566	0.000	5.963	0.000
		Totals	386.00	548.421	7.684	933.219	9.935	0.643	18.587	0.000
		% of Calories			12.610%		7.246%	0.469%	30.502%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903981	1-Bean, Pinto, Canned-USDA	0.000	11.634	6.159	3.422	*N/A*	41.061	0.000	0.985	0.000	0.000
903835	1-Bean, Kidney, Dark	0.000	12.853	5.141	5.141	0.000	38.559	0.000	1.671	0.000	0.000
297	1-Beef Crumble, Tyson	30.374	2.025	1.012	10.125	0.000	20.250	0.000	2.025	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.087	0.017	0.017	*N/A*	0.348	0.021	0.006	0.006	0.000
903924	1-Spice, Garlic powder	0.000	0.150	0.000	0.000	*N/A*	0.000	0.000	0.027	0.015	0.000
902244	1-Spice, Cumin Ground	0.000	0.300	0.100	0.100	*N/A*	6.000	0.000	0.360	0.017	0.000
903962	1-Spice, Paprika	0.000	0.000	0.000	0.000	*N/A*	0.518	0.000	0.057	0.393	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.017	0.006	0.006	*N/A*	0.440	0.020	0.002	0.002	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.680	0.000	0.003	33.985	0.034
903952	1-Tomato Sauce, USDA	0.000	1.037	0.000	0.207	*N/A*	0.000	0.249	0.075	0.000	0.000
903922	1-Cornstarch	0.000	0.700	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000

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903884	1-Cheese, Cheddar, Yellow, Shredded	15.188	0.000	0.000	3.038	0.000	101.250	0.000	0.000	0.000	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	5.000	0.500	0.000	3.500	*N/A*	0.000	0.000	0.000	0.000	0.000
R-1641	2-Cornbread	27.395	35.771	1.337	5.909	*0.000*	112.912	0.180	1.555	0.000	0.000
	Totals	77.957	65.073	13.773	31.465	*0.000*	322.018	0.470	6.767	34.419	0.034
	% of Calories		47.462%		22.950%						

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990596 - 2-Chili Meatless w/Corn Muff

Number of Portions: 20.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: 1 serving

*Nutrients are based upon 1 Portion Size (1 serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903981	1-Bean, Pinto, Canned-USDA	1 #10 CAN + 3/4 cup	161.71	140.619	0.000	196.867	0.000	0.000	0.703	0.000
903835	1-Bean, Kidney, Dark	1 #10 can + 3/4 CUP	167.09	141.384	0.000	179.943	1.285	1.285	0.000	0.000
903989	1-Spice, Onion Powder	3 tablespoon	1.04	3.750	0.000	0.900	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 tablespoon	1.46	4.694	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 TBSP, whole + 1 tsp, whole	0.40	3.810	0.000	1.905	0.000	0.000	0.286	0.000
903962	1-Spice, Paprika	3 tbsp	1.04	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	2 tbsp	0.81	0.000	0.000	44.550	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.03	0.000	0.000	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	1 tsp	0.06	0.011	0.000	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	1 1/2 qt	68.04	0.000	0.000	2.041	0.000	0.000	0.000	0.000
903952	1-Tomato Sauce, USDA	2 1/4 cup	25.51	8.297	0.000	29.041	1.452	0.000	0.000	0.000
903922	1-Cornstarch	4 tbsp	1.60	6.000	0.000	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 4 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1 LB + 4 oz	28.35	91.123	3.544	263.245	0.000	0.000	7.087	0.000
R-1641	2-Cornbread	40 (1 serving)	178.40	424.040	2.230	720.544	17.132	0.000	11.927	0.000
		Totals	664.00	935.103	10.836	1621.286	19.869	1.285	29.116	0.000
		% of Calories			10.430%		8.499%	0.550%	28.023%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903981	1-Bean, Pinto, Canned-USDA	0.000	23.905	12.656	7.031	*N/A*	84.372	0.000	2.025	0.000	0.000
903835	1-Bean, Kidney, Dark	0.000	25.706	10.282	10.282	0.000	77.118	0.000	3.342	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.750	0.150	0.150	*N/A*	3.000	0.180	0.054	0.056	0.000
903924	1-Spice, Garlic powder	0.000	0.939	0.000	0.000	*N/A*	0.000	0.000	0.169	0.094	0.000
902244	1-Spice, Cumin Ground	0.000	0.571	0.190	0.190	*N/A*	11.429	0.000	0.686	0.032	0.000
903962	1-Spice, Paprika	0.000	0.000	0.000	0.000	*N/A*	1.035	0.000	0.114	0.787	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.033	0.011	0.011	*N/A*	0.880	0.040	0.004	0.005	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	1.361	0.000	0.007	67.971	0.068
903952	1-Tomato Sauce, USDA	0.000	2.074	0.000	0.415	*N/A*	0.000	0.498	0.149	0.000	0.000
903922	1-Cornstarch	0.000	1.400	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	25.312	1.012	0.000	6.075	*N/A*	182.247	0.000	0.000	0.000	0.000

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R-1641	2-Cornbread	54.790	71.541	2.674	11.818	*0.000*	225.824	0.360	3.110	0.000	0.000
	Totals	110.477	127.932	25.964	42.048	*0.000*	789.766	1.077	9.659	68.944	0.068
	% of Calories		54.724%		17.986%						

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3031 - 2-Chow Mein

Number of Portions: 8.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903907	1-Pasta, Spaghetti, whole grain	1 LB	56.70	198.944	0.000	0.000	0.000	0.000	0.995	0.000
903993	1-Sauce, Soy Light	3/8 cup	10.63	0.000	0.000	63.786	0.000	0.000	0.000	0.000
904052	1-Sauce, Teriyaki	1/4 Cup	8.25	24.750	0.000	511.500	4.950	0.000	0.000	0.000
904051	1-Honey	1/4 Cup	10.50	30.000	0.000	0.000	8.500	0.000	0.000	0.000
903990	1-Spice, Ginger, Ground	1/2 teaspoon	0.11	0.325	0.000	0.000	0.000	0.000	0.000	0.000
903896	1-Oil, Vegetable	1/4 cup	6.81	58.393	0.973	0.000	0.000	0.000	6.813	0.000
903944	1-Celery, fresh	1 cup chopped	12.63	1.485	0.000	10.397	0.171	0.000	0.022	0.000
903970	1-Carrot, matchstick	1/8 CUP,strips/slices	1.91	0.785	0.000	1.458	0.112	0.000	0.000	0.000
990003	1-Onion, Red, fresh	1 cup	21.26	6.321	0.000	0.575	1.293	0.000	0.000	0.000
70283	1-Onion, green	1 oz	3.54	1.134	0.000	0.567	0.083	0.000	0.007	0.000
		Totals	132.00	322.137	0.973	588.283	15.108	0.000	7.836	0.000
		% of Calories			2.719%		18.760%	0.000%	21.893%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903907	1-Pasta, Spaghetti, whole grain	0.000	41.778	1.989	6.963	0.000	0.000	0.000	1.790	0.000	0.000
903993	1-Sauce, Soy Light	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
904052	1-Sauce, Teriyaki	0.000	5.500	0.000	0.550	*N/A*	0.000	0.000	0.000	0.000	0.000
904051	1-Honey	0.000	8.500	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903990	1-Spice, Ginger, Ground	0.000	0.087	0.000	0.000	*N/A*	0.000	0.000	0.023	0.011	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903944	1-Celery, fresh	0.000	0.371	0.223	0.089	*N/A*	5.199	0.371	0.022	28.347	0.000
903970	1-Carrot, matchstick	0.000	0.179	0.045	0.022	*N/A*	0.449	0.135	0.008	0.000	0.000
990003	1-Onion, Red, fresh	0.000	1.580	0.431	0.145	*N/A*	5.747	1.006	0.059	0.000	0.000
70283	1-Onion, green	0.000	0.260	0.092	0.065	*N/A*	2.551	0.666	0.052	0.000	0.000
	Totals	0.000	58.256	2.780	7.835	*0.000*	13.945	2.178	1.956	28.358	0.000
	% of Calories		72.337%		9.729%						

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1491 - 2-Chow Mein Noodle

Number of Portions: 1.000

Group Code: None

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903840	1-Noodle, Chinese Chow Mein	1/4 CUP	11.25	52.232	0.603	100.446	0.000	0.000	2.009	0.000
		Totals	11.00	52.232	0.603	100.446	0.000	0.000	2.009	0.000
		% of Calories			10.385%		0.000%	0.000%	34.615%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903840	1-Noodle, Chinese Chow Mein	0.000	7.634	0.804	1.205	*N/A*	0.000	0.000	0.643	0.000	0.000
	Totals	0.000	7.634	0.804	1.205	*N/A*	0.000	0.000	0.643	0.000	0.000
	% of Calories		58.461%		9.228%						

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3613 - 2-Cinn Honey Nut Butter Sand

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-3612	2-Cinnamon Honey Nutbutter	1 servings	78.02	416.046	4.889	249.064	21.455	0.000	29.378	0.000
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
		Totals	146.00	576.046	4.889	589.064	25.455	0.000	31.378	0.000
		% of Calories			7.639%		17.676%	0.000%	49.024%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-3612	2-Cinnamon Honey Nutbutter	0.000	29.462	5.349	13.348	*0.000*	35.688	0.000	2.051	0.000	0.000
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
	Totals	0.000	61.462	9.349	21.348	*0.000*	115.688	0.000	3.451	0.000	0.000
	% of Calories		42.678%		14.824%						

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East Side Union High School District

3612 - 2-Cinnamon Honey Nutbutter

Number of Portions: 8.000

Group Code: ENTREE-BREAKFAST

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903777	1-Peanut Butter, Smooth	8 oz	28.35	177.184	3.101	141.748	1.772	0.000	14.175	0.000
901110	1-Sun Butter	8 oz	28.35	178.861	1.789	107.317	2.683	0.000	15.203	0.000
904051	1-Honey	1/2 Cup	21.00	60.000	0.000	0.000	17.000	0.000	0.000	0.000
903925	1-Spice, Cinnamon Ground	1 teaspoon	0.33	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	78.00	416.046	4.889	249.064	21.455	0.000	29.378	0.000
		% of Calories			10.577%		20.628%	0.000%	63.551%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903777	1-Peanut Butter, Smooth	0.000	6.201	1.772	7.087	*N/A*	8.859	0.000	0.620	0.000	0.000
901110	1-Sun Butter	0.000	6.260	3.577	6.260	*N/A*	26.829	0.000	1.431	0.000	0.000
904051	1-Honey	0.000	17.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903925	1-Spice, Cinnamon Ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	29.462	5.349	13.348	*0.000*	35.688	0.000	2.051	0.000	0.000
	% of Calories		28.325%		12.833%						

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East Side Union High School District

1281 - 2-Cinnamon Roll 2.5oz RICH'S

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-y

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
214	1-Cinnamon Roll	1 EACH 2.5oz	70.87	190.000	1.000	210.000	8.000	0.000	3.500	0.000
R-901168	2-Glaze, powder sugar	1 OZ	28.45	85.048	0.000	0.213	20.553	0.000	0.000	0.000
		Totals	99.00	275.048	1.000	210.213	28.553	0.000	3.500	0.000
		% of Calories			3.272%		41.524%	0.000%	11.453%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
214	1-Cinnamon Roll	0.000	36.000	1.000	5.000	*N/A*	10.000	0.000	1.800	0.000	0.000
R-901168	2-Glaze, powder sugar	0.000	21.262	0.000	0.000	*N/A*	0.142	0.000	0.001	7.243	0.014
	Totals	0.000	57.262	1.000	5.000	*N/A*	10.142	0.000	1.801	7.243	0.014
	% of Calories		83.276%		7.271%						

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East Side Union High School District

688 - 2-Coleslaw

Number of Portions: 40.000

Size of Portion: 1/2 cup serving
*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Source: done
Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
11109	1-Cabbage, raw shredded	6 LB	68.04	17.010	0.023	12.247	2.177	0.000	0.068	0.000
903970	1-Carrot, matchstick	10 CUP, shredded	27.50	11.323	0.000	21.029	1.618	0.000	0.000	0.000
903769	1-Sugar, Granulated	1 1/3 cup	6.72	25.194	0.000	0.000	6.718	0.000	0.000	0.000
903774	1-Salt, Table	2 1/2 tsp	0.38	0.000	0.000	224.322	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/2 tsp	0.03	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903790	1-milk, 1% white, Foster Farms	2 (1/2 pint)	11.34	6.500	0.075	8.000	0.750	0.000	0.125	0.000
903766	1-Mayonnaise, bulk	8 (1 cup)	41.60	297.143	5.943	193.143	0.000	0.000	32.686	0.000
990620	1-Vinegar, Distilled	2 tbsp	0.75	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	156.00	357.170	6.041	458.741	11.263	0.000	32.879	0.000
		% of Calories			15.222%		12.614%	0.000%	82.848%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
11109	1-Cabbage, raw shredded	0.000	3.946	1.701	0.871	3.402	27.216	24.902	0.320	62.718	0.435
903970	1-Carrot, matchstick	0.000	2.588	0.647	0.324	*N/A*	6.471	1.941	0.116	0.000	0.000
903769	1-Sugar, Granulated	0.000	6.718	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903790	1-milk, 1% white, Foster Farms	0.750	0.800	0.000	0.500	*N/A*	20.000	0.060	0.000	0.000	0.000
903766	1-Mayonnaise, bulk	14.857	2.971	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990620	1-Vinegar, Distilled	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	15.607	17.024	2.348	1.694	*3.402*	53.686	26.903	0.436	62.718	0.435
	% of Calories		19.066%		1.897%						

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East Side Union High School District

990269 - 2-Cookie, Chocolate Chip-Ala Carte

Number of Portions: 1.000

Group Code: ALA CARTE

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990482	1-Cookie, Chocolate Chip-Ala Carte	1 each	49.61	199.000	2.100	129.900	15.400	0.000	7.100	0.000
		Totals	50.00	199.000	2.100	129.900	15.400	0.000	7.100	0.000
		% of Calories			9.497%		30.955%	0.000%	32.111%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990482	1-Cookie, Chocolate Chip-Ala Carte	25.500	32.100	2.100	2.800	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	25.500	32.100	2.100	2.800	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		64.523%		5.628%						

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East Side Union High School District

1681 - 2-Corn

Number of Portions: 19.800

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903902	1-Corn, canned	1 #10 can	151.77	110.763	0.000	18.460	3.692	0.000	0.923	0.000
		Totals	152.00	110.763	0.000	18.460	3.692	0.000	0.923	0.000
		% of Calories			0.000%		13.333%	0.000%	7.500%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903902	1-Corn, canned	0.000	16.614	1.846	1.846	*N/A*	36.921	0.000	0.000	0.000	0.000
	Totals	0.000	16.614	1.846	1.846	*N/A*	36.921	0.000	0.000	0.000	0.000
	% of Calories		60.000%		6.666%						

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East Side Union High School District

2276 - 2-Corn Dog w/ french fries

Number of Portions: 1.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990611	1-Corn Dog, Foster Farms, Whole Grain	1 each	112.00	240.000	2.500	470.000	7.000	0.000	9.000	0.000
902349	1-Potato, French Fries	1 (1/2 cup)	56.00	93.333	0.667	173.333	0.000	0.000	4.000	0.000
		Totals	168.00	333.333	3.167	643.333	7.000	0.000	13.000	0.000
		% of Calories			8.550%		8.400%	0.000%	35.100%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990611	1-Corn Dog, Foster Farms, Whole Grain	40.000	30.000	2.000	9.000	*N/A*	100.000	0.000	1.500	0.000	0.000
902349	1-Potato, French Fries	0.000	13.333	0.667	0.667	0.000	0.000	0.000	0.333	0.000	0.000
	Totals	40.000	43.333	2.667	9.667	*0.000*	100.000	0.000	1.833	0.000	0.000
	% of Calories		52.000%		11.600%						

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East Side Union High School District

990476 - 2-Corn Dog, Foster Farms, Whole Grain

Number of Portions: 1.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990611	1-Corn Dog, Foster Farms, Whole Grain	1 each	112.00	240.000	2.500	470.000	7.000	0.000	9.000	0.000
		Totals	112.00	240.000	2.500	470.000	7.000	0.000	9.000	0.000
		% of Calories			9.375%		11.667%	0.000%	33.750%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990611	1-Corn Dog, Foster Farms, Whole Grain	40.000	30.000	2.000	9.000	*N/A*	100.000	0.000	1.500	0.000	0.000
	Totals	40.000	30.000	2.000	9.000	*N/A*	100.000	0.000	1.500	0.000	0.000
	% of Calories		50.000%		15.000%						

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East Side Union High School District

990327 - 2-Corn Dog-ala carte

Number of Portions: 1.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: current

Group Code: ALA CARTE

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990611	1-Corn Dog, Foster Farms, Whole Grain	1 each	112.00	240.000	2.500	470.000	7.000	0.000	9.000	0.000
		Totals	112.00	240.000	2.500	470.000	7.000	0.000	9.000	0.000
		% of Calories			9.375%		11.667%	0.000%	33.750%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990611	1-Corn Dog, Foster Farms, Whole Grain	40.000	30.000	2.000	9.000	*N/A*	100.000	0.000	1.500	0.000	0.000
	Totals	40.000	30.000	2.000	9.000	*N/A*	100.000	0.000	1.500	0.000	0.000
	% of Calories		50.000%		15.000%						

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East Side Union High School District

2524 - 2-Corn Dog-only

Number of Portions: 1.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: done-n

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990611	1-Corn Dog, Foster Farms, Whole Grain	1 each	112.00	240.000	2.500	470.000	7.000	0.000	9.000	0.000
		Totals	112.00	240.000	2.500	470.000	7.000	0.000	9.000	0.000
		% of Calories			9.375%		11.667%	0.000%	33.750%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990611	1-Corn Dog, Foster Farms, Whole Grain	40.000	30.000	2.000	9.000	*N/A*	100.000	0.000	1.500	0.000	0.000
	Totals	40.000	30.000	2.000	9.000	*N/A*	100.000	0.000	1.500	0.000	0.000
	% of Calories		50.000%		15.000%						

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East Side Union High School District

1641 - 2-Cornbread

Number of Portions: 25.000

Source: current

Group Code: GRAIN PRODUCTS

Size of Portion: 1 serving

*Nutrients are based upon 1 Portion Size (1 serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903947	1-Flour, white, all purpose bleached	8 oz	9.07	30.239	0.000	0.000	0.000	0.000	0.000	0.000
903771	1-Flour, Wheat,Whole-Grain	8 oz	9.07	31.751	0.045	0.000	0.363	0.000	0.227	0.000
903894	1-Cornmeal	1 LB	18.14	60.479	0.000	0.000	0.000	0.000	0.336	0.000
903769	1-Sugar, Granulated	5 1/4 oz	5.95	22.325	0.000	0.000	5.953	0.000	0.000	0.000
903926	1-Baking Powder	2 tablespoon + 2 teaspoon	1.47	0.000	0.000	147.200	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1 1/4 tsp	0.30	0.000	0.000	179.457	0.000	0.000	0.000	0.000
928	1-Eggs, whole, liquid, pasteurized	6 oz	6.80	10.354	0.222	9.614	0.000	0.000	0.666	0.000
903790	1-milk, 1% white, Foster Farms	30 oz	34.02	19.500	0.225	24.000	2.250	0.000	0.375	0.000
903896	1-Oil, Vegetable	1/2 cup	4.36	37.371	0.623	0.000	0.000	0.000	4.360	0.000
		Totals	89.00	212.020	1.115	360.272	8.566	0.000	5.963	0.000
		% of Calories			4.733%		16.161%	0.000%	25.314%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903947	1-Flour, white, all purpose bleached	0.000	6.955	0.302	0.907	*N/A*	0.000	0.000	0.327	0.000	0.000
903771	1-Flour, Wheat,Whole-Grain	0.000	6.350	0.363	1.270	*N/A*	0.000	0.000	0.408	0.000	0.000
903894	1-Cornmeal	0.000	14.112	0.672	1.344	*N/A*	0.000	0.000	0.672	0.000	0.000
903769	1-Sugar, Granulated	0.000	5.953	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903926	1-Baking Powder	0.000	0.000	0.000	0.000	*N/A*	49.067	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
928	1-Eggs, whole, liquid, pasteurized	25.145	0.000	0.000	0.887	0.000	3.846	0.000	0.148	0.000	0.000
903790	1-milk, 1% white, Foster Farms	2.250	2.400	0.000	1.500	*N/A*	60.000	0.180	0.000	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	27.395	35.771	1.337	5.909	*0.000*	112.912	0.180	1.555	0.000	0.000
	% of Calories		67.485%		11.148%						

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East Side Union High School District

990484 - 2-Cottage Cheese w/ Fruit

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904097	1-Cheese, Cottage, Low Fat	1/2 CUP, (not packed)	113.00	90.000	1.500	380.000	4.000	0.000	2.000	0.000
904098	1-Apricots, Canned, Peeled, Extra Light	1/2 CUP	124.00	61.000	0.000	2.000	11.000	0.000	0.000	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	1 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	299.00	290.718	1.500	499.887	18.493	0.000	4.620	0.000
		% of Calories			4.644%		25.445%	0.000%	14.302%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904097	1-Cheese, Cottage, Low Fat	5.000	4.000	0.000	14.000	*N/A*	91.000	0.000	0.150	80.690	1.360
904098	1-Apricots, Canned, Peeled, Extra Light	0.000	15.000	2.000	1.000	*N/A*	10.320	3.970	0.300	0.000	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	5.000	44.324	4.620	21.113	*N/A*	110.052	3.970	1.847	80.690	1.360
	% of Calories		60.985%		29.049%						

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East Side Union High School District

990494 - 2-Cottage Cheese w/ Fruit-only

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904097	1-Cheese, Cottage, Low Fat	1/2 CUP, (not packed)	113.00	90.000	1.500	380.000	4.000	0.000	2.000	0.000
904098	1-Apricots, Canned, Peeled, Extra Light	1/2 CUP	124.00	61.000	0.000	2.000	11.000	0.000	0.000	0.000
		Totals	237.00	151.000	1.500	382.000	15.000	0.000	2.000	0.000
		% of Calories			8.940%		39.735%	0.000%	11.921%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904097	1-Cheese, Cottage, Low Fat	5.000	4.000	0.000	14.000	*N/A*	91.000	0.000	0.150	80.690	1.360
904098	1-Apricots, Canned, Peeled, Extra Light	0.000	15.000	2.000	1.000	*N/A*	10.320	3.970	0.300	0.000	0.000
	Totals	5.000	19.000	2.000	15.000	*N/A*	101.320	3.970	0.450	80.690	1.360
	% of Calories		50.331%		39.735%						

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East Side Union High School District

990352 - 2-Cranberries, Dried, Individual Portion

Number of Portions: 1.000

Size of Portion: 1/2 cup equ

*Nutrients are based upon 1 Portion Size (1/2 cup equ)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990615	1-Cranberries, Dried, Individual Portion	1 package	33.00	110.383	0.000	0.000	24.084	0.000	0.000	0.000
		Totals	33.00	110.383	0.000	0.000	24.084	0.000	0.000	0.000
		% of Calories			0.000%		87.274%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990615	1-Cranberries, Dried, Individual Portion	0.000	28.098	3.010	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	28.098	3.010	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		101.819%		0.000%						

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East Side Union High School District

990386 - 2-Donut, WG, Chocolate BK 1939

Number of Portions: 1.000

Source: Victor

Group Code: ENTREE-BREAKFAST

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990552	1-Donut, WG, Chocolate BK 1939	1 Serving	91.00	330.000	11.000	240.000	22.000	0.000	18.000	0.000
		Totals	91.00	330.000	11.000	240.000	22.000	0.000	18.000	0.000
		% of Calories			30.000%		26.667%	0.000%	49.091%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990552	1-Donut, WG, Chocolate BK 1939	20.000	41.000	3.000	3.000	*N/A*	30.000	0.000	2.000	0.000	0.000
	Totals	20.000	41.000	3.000	3.000	*N/A*	30.000	0.000	2.000	0.000	0.000
	% of Calories		49.697%		3.636%						

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East Side Union High School District

990387 - 2-Donut, WG, Powdered, Sugar, IW, 1932

Number of Portions: 1.000

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

Source: done-n

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990553	1-Donut, WG, Powdered, Sugar, IW, 1932	1 Serving	91.00	320.000	5.000	260.000	24.000	0.000	12.000	0.000
		Totals	91.00	320.000	5.000	260.000	24.000	0.000	12.000	0.000
		% of Calories			14.062%		30.000%	0.000%	33.750%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990553	1-Donut, WG, Powdered, Sugar, IW, 1932	5.000	49.000	3.000	4.000	*N/A*	40.000	0.000	1.400	0.000	0.000
	Totals	5.000	49.000	3.000	4.000	*N/A*	40.000	0.000	1.400	0.000	0.000
	% of Calories		61.250%		5.000%						

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East Side Union High School District

990224 - 2-Egg & Cheese Sandwich w/Sausage

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
990395	1-Egg Patty	1 each	35.44	70.874	1.519	111.373	0.000	0.000	6.075	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
990593	1-Pork Sausage Patty	1 each	34.02	70.040	1.501	240.137	0.000	0.000	4.503	0.000
		Totals	144.00	350.914	5.520	801.510	4.000	0.000	17.078	0.000
		% of Calories			14.156%		4.560%	0.000%	43.799%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
990395	1-Egg Patty	126.560	1.012	0.000	3.037	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
990593	1-Pork Sausage Patty	20.011	1.001	0.000	6.003	*N/A*	0.000	0.057	0.000	0.000	0.000
	Totals	159.072	34.013	3.000	18.541	*0.000*	265.000	0.057	1.850	0.000	0.000
	% of Calories		38.771%		21.135%						

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East Side Union High School District

990485 - 2-Egg & Sausage Biscuit

Number of Portions: 1.000

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Source: Victor

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990603	1-Biscuit Baked Whole Grain-2oz-Pillsbury	1 Each	57.00	190.000	6.000	310.000	0.000	0.000	9.000	0.000
990593	1-Pork Sausage Patty	1 Pattie	34.00	70.000	1.500	240.000	0.000	0.000	4.500	0.000
990395	1-Egg Patty	1 each	35.44	70.874	1.519	111.373	0.000	0.000	6.075	0.000
		Totals	126.00	330.874	9.019	661.373	0.000	0.000	19.575	0.000
		% of Calories			24.531%		0.000%	0.000%	53.245%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990603	1-Biscuit Baked Whole Grain-2oz-Pillsbury	0.000	24.000	2.000	4.000	*N/A*	160.000	0.000	1.400	0.000	0.000
990593	1-Pork Sausage Patty	20.000	1.000	0.000	6.000	*N/A*	0.000	0.057	0.000	0.000	0.000
990395	1-Egg Patty	126.560	1.012	0.000	3.037	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	146.560	26.013	2.000	13.037	*N/A*	160.000	0.057	1.400	0.000	0.000
	% of Calories		31.447%		15.761%						

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East Side Union High School District

990593 - 2-Egg Bites

Number of Portions: 96.000

Group Code: ENTREE-BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
928	1-Eggs, whole, liquid, pasteurized	9 cup	25.00	38.043	0.815	35.326	0.000	0.000	2.446	0.000
903790	1-milk, 1% white, Foster Farms	16 oz	4.72	2.708	0.031	3.333	0.313	0.000	0.052	0.000
900768	1-Spice, Pepper, black	1 tbsp	0.07	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	24 OZ	7.09	27.844	1.266	45.563	0.000	0.000	2.278	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	24 oz	7.09	15.000	0.500	42.500	0.000	0.000	0.750	0.000
990701	1-Graham Cracker, Apple Cinnamon Bear	96 Each	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	72.00	203.596	3.112	226.722	7.312	0.000	9.026	0.000
		% of Calories			13.757%		14.366%	0.000%	39.899%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
928	1-Eggs, whole, liquid, pasteurized	92.391	0.000	0.000	3.261	0.000	14.130	0.000	0.543	0.000	0.000
903790	1-milk, 1% white, Foster Farms	0.313	0.333	0.000	0.208	*N/A*	8.333	0.025	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	7.594	0.000	0.000	1.519	0.000	50.625	0.000	0.000	0.000	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	2.500	0.250	0.000	1.750	*N/A*	0.000	0.000	0.000	0.000	0.000
990701	1-Graham Cracker, Apple Cinnamon Bear	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	102.798	21.583	2.000	7.738	*0.000*	89.089	0.025	2.543	0.000	0.000
	% of Calories		42.404%		15.203%						

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East Side Union High School District

1844 - 2-Egg patty, square

Number of Portions: 45.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Darlene

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
928	1-Eggs, whole, liquid, pasteurized	5 LB	50.40	76.694	1.643	71.216	0.000	0.000	4.930	0.000
903774	1-Salt, Table	1 tsp	0.14	0.000	0.000	79.759	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tsp	0.05	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	51.00	76.694	1.643	150.975	0.000	0.000	4.930	0.000
		% of Calories			19.285%		0.000%	0.000%	57.857%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
928	1-Eggs, whole, liquid, pasteurized	186.258	0.000	0.000	6.574	0.000	28.486	0.000	1.096	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	186.258	0.000	0.000	6.574	*0.000*	28.486	0.000	1.096	0.000	0.000
	% of Calories		0.000%		34.287%						

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East Side Union High School District

1548 - 2-Egg Salad Sandwich

Number of Portions: 75.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990639	1-Egg, Hard Cooked	75 each	45.00	60.000	1.500	65.000	0.000	0.000	4.000	0.000
903774	1-Salt, Table	1 1/2 tbsp	0.37	0.000	0.000	215.350	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 1/2 tbsp	0.13	0.000	0.000	0.000	0.000	0.000	0.000	0.000
116	1-Mustard, Yellow prepared, bulk	1 1/2 TBSP	0.30	0.000	0.000	3.300	0.000	0.000	0.000	0.000
903766	1-Mayonnaise, bulk	2 (1 cup)	5.55	39.619	0.792	25.752	0.000	0.000	4.358	0.000
903838	1-Bread, Whole Wheat sandwich	150 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
904108	1-Relish, sweet	12 3/4 oz	4.82	6.426	0.000	33.736	0.964	0.000	0.000	0.000
		Totals	124.00	266.045	2.292	683.138	4.964	0.000	10.358	0.000
		% of Calories			7.755%		7.463%	0.000%	35.040%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990639	1-Egg, Hard Cooked	180.000	0.000	0.000	6.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
116	1-Mustard, Yellow prepared, bulk	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903766	1-Mayonnaise, bulk	1.981	0.396	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
904108	1-Relish, sweet	0.000	1.606	0.000	0.000	*N/A*	0.000	0.000	0.000	19.943	0.652
	Totals	181.981	34.003	4.000	14.000	*0.000*	80.000	0.000	1.400	19.943	0.652
	% of Calories		51.123%		21.049%						

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East Side Union High School District

657 - 2-Egg, Hard Cooked

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904095	1-Blueberry, frozen	1/4 CUP	37.00	18.974	0.000	0.474	3.321	0.000	0.474	0.000
903957	1-Lettuce, green Leaf, raw	1 leaf(s)	10.00	1.500	0.000	2.805	0.078	0.000	0.015	0.000
990639	1-Egg, Hard Cooked	1 each	45.00	60.000	1.500	65.000	0.000	0.000	4.000	0.000
990701	1-Graham Cracker, Apple Cinnamon Bear	1 Each	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	120.00	200.474	2.000	168.280	10.399	0.000	7.989	0.000
		% of Calories			8.979%		20.749%	0.000%	35.867%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904095	1-Blueberry, frozen	0.000	4.744	0.949	0.000	*N/A*	2.846	4.601	0.133	0.000	0.000
903957	1-Lettuce, green Leaf, raw	0.000	0.287	0.131	0.136	*N/A*	3.611	0.919	0.086	9.497	0.000
990639	1-Egg, Hard Cooked	180.000	0.000	0.000	6.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990701	1-Graham Cracker, Apple Cinnamon Bear	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	180.000	26.031	3.079	7.136	*N/A*	22.457	5.521	2.219	9.497	0.000
	% of Calories		51.938%		14.238%						

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East Side Union High School District

990621 - 2-Egg, Sausage, & Cheese English Muffin

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-BREAKFAST

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990593	1-Pork Sausage Patty	1 Pattie	34.00	70.000	1.500	240.000	0.000	0.000	4.500	0.000
990395	1-Egg Patty	1 each	35.44	70.874	1.519	111.373	0.000	0.000	6.075	0.000
990718	1-Muffin, English	1 ea	57.00	110.323	0.460	183.871	0.919	0.919	0.919	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
		Totals	140.00	301.196	5.978	785.244	0.919	0.919	15.994	0.000
		% of Calories			17.864%		1.220%	1.220%	47.792%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990593	1-Pork Sausage Patty	20.000	1.000	0.000	6.000	*N/A*	0.000	0.057	0.000	0.000	0.000
990395	1-Egg Patty	126.560	1.012	0.000	3.037	*N/A*	0.000	0.000	0.000	0.000	0.000
990718	1-Muffin, English	0.000	21.145	1.839	3.677	*N/A*	91.016	0.000	0.919	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
	Totals	159.060	24.158	1.839	15.215	*0.000*	156.016	0.057	0.969	0.000	0.000
	% of Calories		32.082%		20.206%						

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East Side Union High School District

2990 - 2-Eggs, Scrambled

Number of Portions: 1.000

Size of Portion: oz

*Nutrients are based upon 1 Portion Size (oz)

Source: current

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
928	1-Eggs, whole, liquid, pasteurized	1 oz	28.35	43.141	0.924	40.059	0.000	0.000	2.773	0.000
20	1-Margarine, Wholesome Farms-sysco	1/2 tsp	2.35	16.786	0.671	18.464	0.000	0.000	1.846	0.000
		Totals	31.00	59.926	1.596	58.523	0.000	0.000	4.620	0.000
		% of Calories			23.968%		0.000%	0.000%	69.381%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
928	1-Eggs, whole, liquid, pasteurized	104.770	0.000	0.000	3.698	0.000	16.024	0.000	0.616	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	104.770	0.000	0.000	3.698	*0.000*	16.024	0.000	0.616	0.000	0.000
	% of Calories		0.000%		24.684%						

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East Side Union High School District

2733 - 2-Fish Filet on Bun w/Fries

Number of Portions: 1.000

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

Source: Julie

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904027	1-Fish, Breaded Pollock	1 Each	102.06	190.108	1.001	280.160	0.000	0.000	9.005	0.000
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
R-1952	2-Sauce, Tartar	1 (1 Tablespoon)	13.99	71.812	1.336	68.505	0.742	0.000	7.346	0.000
902349	1-Potato, French Fries	1 (1/2 cup)	56.00	93.333	0.667	173.333	0.000	0.000	4.000	0.000
		Totals	233.00	515.254	3.003	721.998	4.742	0.000	22.351	0.000
		% of Calories			5.245%		3.681%	0.000%	39.040%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904027	1-Fish, Breaded Pollock	40.023	14.008	2.001	14.008	*N/A*	10.006	0.000	1.101	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
R-1952	2-Sauce, Tartar	3.339	1.936	0.013	0.008	*0.000*	0.160	0.134	0.001	14.729	0.482
902349	1-Potato, French Fries	0.000	13.333	0.667	0.667	0.000	0.000	0.000	0.333	0.000	0.000
	Totals	43.362	60.277	5.681	21.683	*0.000*	210.166	0.134	3.235	14.729	0.482
	% of Calories		46.794%		16.833%						

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East Side Union High School District

990426 - 2-Fish Filet on Bun w/Tarter Sauce

Number of Portions: 1.000

Source: done-n

Group Code: ENTREE-LUNCH

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904027	1-Fish, Breaded Pollock	1 Each	102.06	190.108	1.001	280.160	0.000	0.000	9.005	0.000
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
R-1952	2-Sauce, Tartar	1 (1 Tablespoon)	13.99	71.812	1.336	68.505	0.742	0.000	7.346	0.000
		Totals	177.00	421.920	2.336	548.665	4.742	0.000	18.351	0.000
		% of Calories			4.983%		4.496%	0.000%	39.144%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904027	1-Fish, Breaded Pollock	40.023	14.008	2.001	14.008	*N/A*	10.006	0.000	1.101	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
R-1952	2-Sauce, Tartar	3.339	1.936	0.013	0.008	*0.000*	0.160	0.134	0.001	14.729	0.482
	Totals	43.362	46.944	5.014	21.016	*0.000*	210.166	0.134	2.902	14.729	0.482
	% of Calories		44.505%		19.924%						

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East Side Union High School District

2801 - 2-Fish Filet on Bun-only

Number of Portions: 1.000

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

Source: Julie

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904027	1-Fish, Breaded Pollock	1 Each	102.06	190.108	1.001	280.160	0.000	0.000	9.005	0.000
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	163.00	350.108	1.001	480.160	4.000	0.000	11.005	0.000
		% of Calories			2.572%		4.570%	0.000%	28.290%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904027	1-Fish, Breaded Pollock	40.023	14.008	2.001	14.008	*N/A*	10.006	0.000	1.101	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	40.023	45.008	5.001	21.008	*N/A*	210.006	0.000	2.901	0.000	0.000
	% of Calories		51.422%		24.002%						

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East Side Union High School District

990424 - 2-Fish Patty w/Rice & Broccoli

Number of Portions: 57.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990093	2-Rice,White Cooked	57 cups	199.98	225.638	0.424	15.802	0.000	0.000	1.166	0.000
904027	1-Fish, Breaded Pollock	57 Each	102.06	190.108	1.001	280.160	0.000	0.000	9.005	0.000
990489	1-Broccoli, frozen	28 1/2 cup	113.40	32.047	0.000	27.117	1.233	0.000	0.000	0.000
		Totals	415.00	447.794	1.425	323.079	1.233	0.000	10.171	0.000
		% of Calories			2.863%		1.101%	0.000%	20.443%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990093	2-Rice,White Cooked	0.000	48.383	1.344	4.032	*0.000*	20.232	0.000	2.702	137.879	0.138
904027	1-Fish, Breaded Pollock	40.023	14.008	2.001	14.008	*N/A*	10.006	0.000	1.101	0.000	0.000
990489	1-Broccoli, frozen	0.000	6.163	3.698	3.698	*N/A*	44.373	0.000	0.789	0.000	0.000
	Totals	40.023	68.554	7.043	21.738	*0.000*	74.611	0.000	4.591	137.879	0.138
	% of Calories		61.237%		19.418%						

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East Side Union High School District

990581 - 2-Fish Stick, Sandwich -only

Number of Portions: 10.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: 1 Sandwich

*Nutrients are based upon 1 Portion Size (1 Sandwich)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904093	1-Fish Stick, USDA Pollock	40 (4 pieces)	452.00	800.000	6.000	1240.000	0.000	*N/A*	36.000	0.000
903710	1-Bun,Hamburger	10 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	513.00	960.000	6.000	1440.000	4.000	0.000	38.000	0.000
		% of Calories			5.625%		1.667%	0.000%	35.625%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904093	1-Fish Stick, USDA Pollock	1604.000	68.000	4.000	56.000	*N/A*	80.000	9.600	2.880	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	1604.000	99.000	7.000	63.000	*N/A*	280.000	9.600	4.680	0.000	0.000
	% of Calories		41.250%		26.250%						

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East Side Union High School District

990570 - 2-Fish Stick, Sandwich w/ coleslaw

Number of Portions: 10.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: 1 Sandwich

*Nutrients are based upon 1 Portion Size (1 Sandwich)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904093	1-Fish Stick, USDA Pollock	40 (4 pieces)	452.00	800.000	6.000	1240.000	0.000	*N/A*	36.000	0.000
903710	1-Bun,Hamburger	10 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
R-688	2-Coleslaw	10 (1/2 cup serving)	156.35	357.170	6.041	458.741	11.263	0.000	32.879	0.000
R-1952	2-Sauce, Tartar	1 (1 Tablespoon)	1.40	7.181	0.134	6.851	0.074	0.000	0.735	0.000
		Totals	671.00	1324.351	12.175	1905.592	15.337	0.000	71.613	0.000
		% of Calories			8.274%		4.632%	0.000%	48.667%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904093	1-Fish Stick, USDA Pollock	1604.000	68.000	4.000	56.000	*N/A*	80.000	9.600	2.880	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
R-688	2-Coleslaw	15.607	17.024	2.348	1.694	*3.402*	53.686	26.903	0.436	62.718	0.435
R-1952	2-Sauce, Tartar	0.334	0.194	0.001	0.001	*0.000*	0.016	0.013	0.000	1.473	0.048
	Totals	1619.941	116.218	9.349	64.695	*3.402*	333.702	36.516	5.116	64.191	0.483
	% of Calories		35.102%		19.540%						

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East Side Union High School District

990454 - 2-French Toast Sticks, WG

Number of Portions: 1.000

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

Source: done-n

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990592	1-French Toast Sticks, WG	1 Serving	85.00	240.000	1.000	260.000	12.000	0.000	7.000	0.000
		Totals	85.00	240.000	1.000	260.000	12.000	0.000	7.000	0.000
		% of Calories			3.750%		20.000%	0.000%	26.250%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990592	1-French Toast Sticks, WG	10.000	38.000	2.000	6.000	*N/A*	21.000	0.000	0.000	0.000	0.000
	Totals	10.000	38.000	2.000	6.000	*N/A*	21.000	0.000	0.000	0.000	0.000
	% of Calories		63.333%		10.000%						

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East Side Union High School District

990546 - 2-Garlic Noodles w/ Tofu

Number of Portions: 4.000

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Source: done-y

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903907	1-Pasta, Spaghetti, whole grain	12 oz	85.05	298.416	0.000	0.000	0.000	0.000	1.492	0.000
903816	1-Tofu, Firm, Commercially Made	18 ounce	127.57	135.077	2.251	15.009	0.000	0.000	4.503	0.000
903896	1-Oil, Vegetable	1/2 tbsp	1.70	14.598	0.243	0.000	0.000	0.000	1.703	0.000
20	1-Margarine, Wholesome Farms-sysco	3 1/2 tbsp	12.34	88.125	3.525	96.938	0.000	0.000	9.694	0.000
990401	1-Garlic, raw	3 cloves	2.25	2.813	0.000	0.000	0.563	0.000	0.000	0.000
903993	1-Sauce, Soy Light	1/4 cup	14.17	0.000	0.000	85.049	0.000	0.000	0.000	0.000
990678	1-Sauce, Fish	1 oz	7.09	21.262	0.000	850.485	0.945	0.000	0.000	0.000
903966	1-Sugar, Brown	1 TSP	1.15	4.313	0.000	0.000	1.150	0.000	0.000	0.000
990439	1-Cheese, Parmesan	1/2 cup	11.23	56.132	2.245	179.622	0.000	0.000	3.368	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.13	0.000	0.000	0.000	0.000	0.000	0.000	0.000
70283	1-Onion, green	2 oz	14.17	4.536	0.000	2.268	0.330	0.000	0.027	0.000
		Totals	277.00	625.271	8.265	1229.370	2.988	0.000	20.786	0.000
		% of Calories			11.896%		1.911%	0.000%	29.919%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903907	1-Pasta, Spaghetti, whole grain	0.000	62.667	2.984	10.445	0.000	0.000	0.000	2.686	0.000	0.000
903816	1-Tofu, Firm, Commercially Made	0.000	13.508	1.501	10.506	*N/A*	150.086	0.000	1.621	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990401	1-Garlic, raw	0.000	0.563	0.000	0.000	*N/A*	0.000	0.675	0.000	0.000	0.000
903993	1-Sauce, Soy Light	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990678	1-Sauce, Fish	0.000	0.945	0.000	0.945	*N/A*	0.000	0.000	0.000	0.000	0.000
903966	1-Sugar, Brown	0.000	1.150	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990439	1-Cheese, Parmesan	11.226	0.000	0.000	4.491	*N/A*	121.245	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
70283	1-Onion, green	0.000	1.040	0.369	0.259	*N/A*	10.206	2.665	0.210	0.000	0.000
	Totals	11.226	79.873	4.854	26.645	*0.000*	281.537	3.340	4.516	0.000	0.000
	% of Calories		51.097%		17.045%						

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East Side Union High School District

761 - 2-Gelatin, Strawberry,no fruit

Number of Portions: 35.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: current

Group Code: None

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900266	1-Gelatin, Strawberry	1 LB + 8 oz	19.44	71.620	0.000	117.661	16.370	0.000	0.000	0.000
75005	1-Water, Hot	2 qt	54.86	0.000	0.000	1.646	0.000	0.000	0.000	0.000
75010	1-Water, cold	2 qt	51.84	0.000	0.000	1.555	0.000	0.000	0.000	0.000
		Totals	126.00	71.620	0.000	120.862	16.370	0.000	0.000	0.000
		% of Calories			0.000%		91.427%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900266	1-Gelatin, Strawberry	0.000	17.393	0.000	1.023	*N/A*	1.023	15.347	0.000	0.000	0.000
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	1.097	0.000	0.005	54.803	0.055
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	1.037	0.000	0.005	51.787	0.052
	Totals	0.000	17.393	0.000	1.023	*N/A*	3.157	15.347	0.011	106.590	0.107
	% of Calories		97.143%		5.713%						

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East Side Union High School District

990412 - 2-GF- Pasta w/Marinara Sauce & Cheese

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990565	1-GF-Pasta Penne	2 oz	56.70	200.000	0.000	0.000	0.000	0.000	1.000	0.000
75010	1-Water, cold	3 Cup	680.39	0.000	0.000	20.412	0.000	0.000	0.000	0.000
900344	1-Sauce, Spaghetti	4 oz	113.40	63.503	0.000	508.023	0.000	0.000	1.814	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1 oz	28.35	91.123	3.544	263.245	0.000	0.000	7.087	0.000
		Totals	907.00	466.001	8.606	973.930	0.000	0.000	19.014	0.000
		% of Calories			16.621%		0.000%	0.000%	36.723%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990565	1-GF-Pasta Penne	0.000	45.000	0.000	3.000	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	13.608	0.000	0.068	679.708	0.680
900344	1-Sauce, Spaghetti	0.000	9.979	0.907	1.814	*N/A*	21.772	16.329	0.907	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	25.312	1.012	0.000	6.075	*N/A*	182.247	0.000	0.000	0.000	0.000
	Totals	55.687	55.992	0.907	16.964	*0.000*	420.127	16.329	0.975	679.708	0.680
	% of Calories		48.061%		14.561%						

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East Side Union High School District

990413 - 2-GF-Cheeseburger on a bun-only

Number of Portions: 1.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990754	Beef Steak Burger 3 oz	3 oz	85.05	202.496	6.075	131.623	0.000	0.000	14.175	0.000
990566	1-GF-Hamburger Bun	1 each	90.00	240.000	0.500	440.000	6.000	0.000	7.000	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
		Totals	189.00	492.496	9.075	821.623	6.000	0.000	25.675	0.000
		% of Calories			16.584%		4.873%	0.000%	46.919%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990754	Beef Steak Burger 3 oz	60.749	0.000	0.000	18.225	0.000	10.125	0.000	2.025	0.000	0.000
990566	1-GF-Hamburger Bun	0.000	44.000	6.000	5.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
	Totals	73.249	45.000	6.000	25.725	*0.000*	75.125	0.000	2.075	0.000	0.000
	% of Calories		36.549%		20.894%						

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East Side Union High School District

990444 - 2-GF-Chicken, Buffalo w/ Rice

Number of Portions: 83.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901884	1-Chicken, diced,	166 oz	56.70	72.899	0.000	56.699	0.000	0.000	2.025	0.000
903774	1-Salt, Table	1 tbsp + 1 tsp	0.29	0.000	0.000	172.972	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tbsp + 1 tsp	0.10	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon	0.12	0.377	0.000	0.000	0.000	0.000	0.000	0.000
900228	1-Sauce, Buffalo	83 oz	28.35	0.000	0.000	793.786	0.000	0.000	0.000	0.000
R-3636	2-Rice,Brown Cooked w/ broth	83 cups	192.34	243.278	1.074	128.381	75.599	0.756	5.520	0.000
		Totals	278.00	316.554	1.074	1151.838	75.599	0.756	7.545	0.000
		% of Calories			3.054%		95.527%	0.955%	21.451%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901884	1-Chicken, diced,	42.524	0.000	0.000	12.150	*N/A*	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.075	0.000	0.000	*N/A*	0.000	0.000	0.014	0.008	0.000
900228	1-Sauce, Buffalo	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-3636	2-Rice,Brown Cooked w/ broth	3.024	44.941	2.413	5.581	*0.000*	10.592	0.240	1.255	128.462	0.128
	Totals	45.548	45.016	2.413	17.731	*0.000*	10.592	0.240	1.269	128.470	0.128
	% of Calories		56.883%		22.405%						

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East Side Union High School District

990419 - 2-GF-Grilled Cheese - breakfast

Number of Portions: 1.000

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Source: current

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990567	1-GF-Sandwich White Bread	2 (1 Slice)	86.00	240.000	0.000	480.000	6.000	0.000	8.000	0.000
990109	1-Cheese, American,sliced,Past Processed	2 (1 slice)	28.00	100.000	5.000	500.000	0.000	0.000	9.000	0.000
20	1-Margarine, Wholesome Farms-sysco	1 tbsp	14.10	100.714	4.029	110.786	0.000	0.000	11.079	0.000
		Totals	128.00	440.714	9.029	1090.786	6.000	0.000	28.079	0.000
		% of Calories			18.438%		5.446%	0.000%	57.340%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990567	1-GF-Sandwich White Bread	0.000	42.000	2.000	4.000	*N/A*	80.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	25.000	2.000	0.000	5.000	0.000	130.000	0.000	0.100	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	25.000	44.000	2.000	9.000	*0.000*	210.000	0.000	0.100	0.000	0.000
	% of Calories		39.935%		8.169%						

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East Side Union High School District

990411 - 2-GF-PB&J Sandwich Lunch

Number of Portions: 1.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990567	1-GF-Sandwich White Bread	2 (1 Slice)	86.00	240.000	0.000	480.000	6.000	0.000	8.000	0.000
903777	1-Peanut Butter, Smooth	1/4 CUP	64.50	403.125	7.055	322.500	4.031	0.000	32.250	0.000
204	1-Jelly, Grape	1 oz	28.35	85.049	0.000	0.000	14.175	0.000	0.000	0.000
		Totals	179.00	728.174	7.055	802.500	24.206	0.000	40.250	0.000
		% of Calories			8.719%		13.297%	0.000%	49.748%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990567	1-GF-Sandwich White Bread	0.000	42.000	2.000	4.000	*N/A*	80.000	0.000	0.000	0.000	0.000
903777	1-Peanut Butter, Smooth	0.000	14.109	4.031	16.125	*N/A*	20.156	0.000	1.411	0.000	0.000
204	1-Jelly, Grape	0.000	19.845	0.000	0.000	*N/A*	1.417	0.000	0.000	0.000	0.000
	Totals	0.000	75.954	6.031	20.125	*N/A*	101.574	0.000	1.411	0.000	0.000
	% of Calories		41.723%		11.055%						

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East Side Union High School District

990414 - 2-GF-Turkey & Cheese Sandwich

Number of Portions: 1.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990567	1-GF-Sandwich White Bread	2 (1 Slice)	86.00	240.000	0.000	480.000	6.000	0.000	8.000	0.000
900253	1-Turkey, Breast, Deli	2 1/4 oz	62.37	66.824	0.000	501.179	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
903957	1-Lettuce, green Leaf, raw	1 leaf(s)	10.00	1.500	0.000	2.805	0.078	0.000	0.015	0.000
		Totals	172.00	358.324	2.500	1233.984	6.078	0.000	12.515	0.000
		% of Calories			6.279%		6.785%	0.000%	31.434%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990567	1-GF-Sandwich White Bread	0.000	42.000	2.000	4.000	*N/A*	80.000	0.000	0.000	0.000	0.000
900253	1-Turkey, Breast, Deli	27.843	3.341	0.000	11.137	*N/A*	6.682	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
903957	1-Lettuce, green Leaf, raw	0.000	0.287	0.131	0.136	*N/A*	3.611	0.919	0.086	9.497	0.000
	Totals	40.343	46.628	2.131	17.773	*0.000*	155.293	0.919	0.136	9.497	0.000
	% of Calories		52.051%		19.840%						

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East Side Union High School District

990415 - 2-GF-Yogurt Fruit Cup

Number of Portions: 1.000

Source: Victor

Group Code: ENTREE-BREAKFAST

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	1/2 CUP	113.50	80.118	0.334	66.765	5.341	0.000	0.668	0.000
904103	1-Peaches, frozen	1/4 CUP	62.50	30.000	0.000	0.000	7.000	0.000	0.000	0.000
903881	1-Cheese, String	1 (1 stick)	28.35	80.000	3.000	200.000	0.000	0.000	6.000	0.000
		Totals	204.00	190.118	3.334	266.765	12.341	0.000	6.668	0.000
		% of Calories			15.782%		25.965%	0.000%	31.564%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	3.338	14.688	0.000	4.006	*N/A*	146.882	0.000	0.000	0.000	0.000
904103	1-Peaches, frozen	0.000	8.000	1.000	0.500	*N/A*	0.000	84.000	0.180	0.000	0.000
903881	1-Cheese, String	20.000	1.000	0.000	6.000	*N/A*	220.000	0.000	0.000	0.000	0.000
	Totals	23.338	23.688	1.000	10.506	*N/A*	366.882	84.000	0.180	0.000	0.000
	% of Calories		49.839%		22.104%						

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East Side Union High School District

901168 - 2-Glaze, powder sugar

Number of Portions: 32.000

Group Code: MISCELLANEOUS

Size of Portion: OZ

*Nutrients are based upon 1 Portion Size (OZ)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903787	1-Sugar,Powdered	1 1/2 LB	21.26	85.049	0.000	0.000	20.553	0.000	0.000	0.000
75010	1-Water, cold	1 Cup	7.09	0.000	0.000	0.213	0.000	0.000	0.000	0.000
903775	1-Vanilla Extract, imitation	3/4 tsp	0.10	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	28.00	85.048	0.000	0.213	20.553	0.000	0.000	0.000
		% of Calories			0.000%		96.665%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903787	1-Sugar,Powdered	0.000	21.262	0.000	0.000	*N/A*	0.000	0.000	0.000	0.163	0.007
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.142	0.000	0.001	7.080	0.007
903775	1-Vanilla Extract, imitation	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	21.262	0.000	0.000	*N/A*	0.142	0.000	0.001	7.243	0.014
	% of Calories		100.000%		0.000%						

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East Side Union High School District

990319 - 2-Goldfish Cheese Crackers WG

Number of Portions: 1.000

Source: Victor

Group Code: SNACKS

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990502	1-Goldfish Cheese Crackers WG	1 (1 Serving)	28.35	134.998	0.675	229.496	0.000	0.000	4.725	0.000
		Totals	28.00	134.998	0.675	229.496	0.000	0.000	4.725	0.000
		% of Calories			4.500%		0.000%	0.000%	31.500%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990502	1-Goldfish Cheese Crackers WG	0.000	18.900	1.350	2.700	*N/A*	47.249	0.000	1.485	0.000	0.000
	Totals	0.000	18.900	1.350	2.700	*N/A*	47.249	0.000	1.485	0.000	0.000
	% of Calories		56.000%		8.000%						

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East Side Union High School District

990122 - 2-Graham Cracker Packet, goldfish

Number of Portions: 1.000

Group Code: GRAIN PRODUCTS

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990448	1-Graham Cracker Cinnamon Fish WG	1 Each	28.00	129.231	1.077	150.769	7.538	0.000	4.308	0.000
		Totals	28.00	129.231	1.077	150.769	7.538	0.000	4.308	0.000
		% of Calories			7.500%		23.332%	0.000%	30.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990448	1-Graham Cracker Cinnamon Fish WG	0.000	20.462	1.077	1.077	*N/A*	107.692	0.000	2.154	0.000	0.000
	Totals	0.000	20.462	1.077	1.077	*N/A*	107.692	0.000	2.154	0.000	0.000
	% of Calories		63.333%		3.334%						

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East Side Union High School District

4028 - 2-Granola Bar. Chewy, 1.3oz

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: QUAKER #6114

Group Code: ALA CARTE

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903768	1-Granola Bar, Chewy	1 EACH (1.3oz)	37.00	133.200	0.000	81.400	5.920	0.000	2.220	0.000
		Totals	37.00	133.200	0.000	81.400	5.920	0.000	2.220	0.000
		% of Calories			0.000%		17.778%	0.000%	15.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903768	1-Granola Bar, Chewy	0.000	28.120	1.480	2.960	*N/A*	162.800	0.000	0.740	9.546	1.687
	Totals	0.000	28.120	1.480	2.960	*N/A*	162.800	0.000	0.740	9.546	1.687
	% of Calories		84.444%		8.889%						

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East Side Union High School District

990357 - 2-Grapes, fresh

Number of Portions: 5.250

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990539	1-Grapes, fresh-USDA	1 LB	86.40	57.887	0.098	1.728	14.040	0.000	0.302	0.000
		Totals	86.00	57.887	0.099	1.728	14.040	0.000	0.302	0.000
		% of Calories			1.531%		97.017%	0.000%	4.702%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990539	1-Grapes, fresh-USDA	0.000	14.817	0.778	0.544	*N/A*	12.096	3.456	0.251	70.242	0.492
	Totals	0.000	14.817	0.778	0.544	*N/A*	12.096	3.456	0.251	70.242	0.492
	% of Calories		102.388%		3.759%						

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East Side Union High School District

92 - 2-Gravy, Brown

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: SAUCE

Size of Portion: 2 oz serving

*Nutrients are based upon 1 Portion Size (2 oz serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900211	1-Gravy Mix, Brown	2 oz	56.70	25.000	0.500	330.000	0.000	0.000	1.000	0.000
75010	1-Water, cold	1 oz	28.35	0.000	0.000	0.850	0.000	0.000	0.000	0.000
		Totals	85.00	25.000	0.500	330.850	0.000	0.000	1.000	0.000
		% of Calories			18.000%		0.000%	0.000%	36.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900211	1-Gravy Mix, Brown	0.000	4.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.567	0.000	0.003	28.321	0.028
	Totals	0.000	4.000	0.000	0.000	*0.000*	0.567	0.000	0.003	28.321	0.028
	% of Calories		64.000%		0.000%						

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East Side Union High School District

990512 - 2-Gravy, Country

Number of Portions: 146.000

Group Code: SAUCE

Size of Portion: oz

*Nutrients are based upon 1 Portion Size (oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
75005	1-Water, Hot	96 oz	18.64	0.000	0.000	0.559	0.000	0.000	0.000	0.000
990490	1-Country Gravy	24 oz	4.66	20.971	0.699	125.825	0.466	0.000	1.165	0.000
		Totals	23.00	20.971	0.699	126.384	0.466	0.000	1.165	0.000
		% of Calories			29.999%		8.888%	0.000%	49.998%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	0.373	0.000	0.002	18.622	0.019
990490	1-Country Gravy	0.000	2.796	0.000	0.000	*N/A*	3.728	0.000	0.000	0.000	0.000
	Totals	0.000	2.796	0.000	0.000	*N/A*	4.101	0.000	0.002	18.622	0.019
	% of Calories		53.333%		0.000%						

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East Side Union High School District

191 - 2-Gravy, Turkey Flavor

Number of Portions: 64.000

Source: current

Group Code: SAUCE

Size of Portion: 1/4 cup

*Nutrients are based upon 1 Portion Size (1/4 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900234	1-Gravy Mix, Turkey	1 LB	7.09	28.350	0.000	396.893	0.000	0.000	0.709	0.000
2	1-Water, Warm	1 gal	60.00	0.000	0.000	1.800	0.000	0.000	0.000	0.000
		Totals	67.00	28.350	0.000	398.693	0.000	0.000	0.709	0.000
		% of Calories			0.000%		0.000%	0.000%	22.498%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900234	1-Gravy Mix, Turkey	0.000	4.252	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
2	1-Water, Warm	0.000	0.000	0.000	0.000	*N/A*	1.200	0.000	0.000	59.940	0.060
	Totals	0.000	4.252	0.000	0.000	*N/A*	1.200	0.000	0.000	59.940	0.060
	% of Calories		59.999%		0.000%						

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East Side Union High School District

1712 - 2-Grilled Cheese - breakfast

Number of Portions: 1.000

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Source: Kelley 1.15.26

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
20	1-Margarine, Wholesome Farms-sysco	1 tbsp	14.10	100.714	4.029	110.786	0.000	0.000	11.079	0.000
990109	1-Cheese, American,sliced,Past Processed	2 (1 slice)	28.00	100.000	5.000	500.000	0.000	0.000	9.000	0.000
		Totals	110.00	360.714	9.029	950.786	4.000	0.000	22.079	0.000
		% of Calories			22.527%		4.436%	0.000%	55.087%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	25.000	2.000	0.000	5.000	0.000	130.000	0.000	0.100	0.000	0.000
	Totals	25.000	34.000	4.000	13.000	*0.000*	210.000	0.000	1.500	0.000	0.000
	% of Calories		37.703%		14.416%						

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East Side Union High School District

2872 - 2-Grilled Cheese - lunch

Number of Portions: 1.000

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
20	1-Margarine, Wholesome Farms-sysco	1 tbsp	14.10	100.714	4.029	110.786	0.000	0.000	11.079	0.000
990109	1-Cheese, American,sliced,Past Processed	4 (1 slice)	56.00	200.000	10.000	1000.000	0.000	0.000	18.000	0.000
		Totals	138.00	460.714	14.029	1450.786	4.000	0.000	31.079	0.000
		% of Calories			27.405%		3.473%	0.000%	60.712%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	50.000	4.000	0.000	10.000	0.000	260.000	0.000	0.200	0.000	0.000
	Totals	50.000	36.000	4.000	18.000	*0.000*	340.000	0.000	1.600	0.000	0.000
	% of Calories		31.256%		15.628%						

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East Side Union High School District

990109 - 2-Grilled Ham & Cheese - lunch

Number of Portions: 1.000

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
20	1-Margarine, Wholesome Farms-sysco	1 tbsp	14.10	100.714	4.029	110.786	0.000	0.000	11.079	0.000
990005	1-Ham, Turkey, Sliced	2 oz	56.70	70.874	1.012	435.367	1.012	0.000	3.544	0.000
990109	1-Cheese, American,sliced,Past Processed	2 (1 slice)	28.00	100.000	5.000	500.000	0.000	0.000	9.000	0.000
		Totals	167.00	431.588	10.041	1386.153	5.012	0.000	25.622	0.000
		% of Calories			20.939%		4.645%	0.000%	53.431%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990005	1-Ham, Turkey, Sliced	35.437	1.012	0.000	9.112	*N/A*	0.000	0.000	1.093	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	25.000	2.000	0.000	5.000	0.000	130.000	0.000	0.100	0.000	0.000
	Totals	60.437	35.013	4.000	22.112	*0.000*	210.000	0.000	2.593	0.000	0.000
	% of Calories		32.450%		20.494%						

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East Side Union High School District

990472 - 2-Grilled Ham Pork & Cheese - lunch

Number of Portions: 1.000

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
20	1-Margarine, Wholesome Farms-sysco	1 tbsp	14.10	100.714	4.029	110.786	0.000	0.000	11.079	0.000
990607	1-Ham Pork, sliced-USDA 100187	1 7/8 oz	51.88	56.457	1.526	354.002	1.526	0.000	3.052	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
		Totals	148.00	367.171	8.054	1054.788	5.526	0.000	20.630	0.000
		% of Calories			19.743%		6.020%	0.000%	50.568%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990607	1-Ham Pork, sliced-USDA 100187	27.466	3.052	0.000	7.629	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
	Totals	39.966	36.052	4.000	18.129	*0.000*	145.000	0.000	1.450	0.000	0.000
	% of Calories		39.275%		19.750%						

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East Side Union High School District

1425 - 2-Grilled Mexi Cheese

Number of Portions: 24.000

Group Code: ENTREE-LUNCH

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	48 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
990233	1-Seasoning, Taco, Seasoning Mix	1 TSP	0.13	0.313	0.000	13.125	0.031	0.031	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	1 1/2 CUP	14.10	100.714	4.029	110.786	0.000	0.000	11.079	0.000
990109	1-Cheese, American,sliced,Past Processed	96 (1 slice)	56.00	200.000	10.000	1000.000	0.000	0.000	18.000	0.000
		Totals	138.00	461.027	14.029	1463.911	4.031	0.031	31.079	0.000
		% of Calories			27.386%		3.497%	0.027%	60.671%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
990233	1-Seasoning, Taco, Seasoning Mix	0.000	0.094	0.000	0.000	0.000	0.000	0.000	0.011	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	50.000	4.000	0.000	10.000	0.000	260.000	0.000	0.200	0.000	0.000
	Totals	50.000	36.094	4.000	18.000	*0.000*	340.000	0.000	1.611	0.000	0.000
	% of Calories		31.316%		15.617%						

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East Side Union High School District

990409 - 2-Grilled Turkey & Cheese - lunch

Number of Portions: 1.000

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
20	1-Margarine, Wholesome Farms-sysco	1 tbsp	14.10	100.714	4.029	110.786	0.000	0.000	11.079	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
900253	1-Turkey, Breast, Deli	2 1/4 oz	62.37	66.824	0.000	501.179	0.000	0.000	0.000	0.000
		Totals	158.00	377.538	6.529	1201.964	4.000	0.000	17.579	0.000
		% of Calories			15.563%		4.238%	0.000%	41.905%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
900253	1-Turkey, Breast, Deli	27.843	3.341	0.000	11.137	*N/A*	6.682	0.000	0.000	0.000	0.000
	Totals	40.343	36.341	4.000	21.637	*0.000*	151.682	0.000	1.450	0.000	0.000
	% of Calories		38.503%		22.924%						

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East Side Union High School District

3537 - 2-Grm CrackerSunButter,Back-up

Number of Portions: 1.000

Source: current

Group Code: SUPPER

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901110	1-Sun Butter	4 tbs	64.00	403.785	4.038	242.271	6.057	0.000	34.322	0.000
990542	1-Cracker Graham Honey .5	2 (1 packet)	28.00	120.000	0.000	130.000	6.000	0.000	3.000	0.000
		Totals	92.00	523.785	4.038	372.271	12.057	0.000	37.322	0.000
		% of Calories			6.938%		9.208%	0.000%	64.129%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901110	1-Sun Butter	0.000	14.132	8.076	14.132	*N/A*	60.568	0.000	3.230	0.000	0.000
990542	1-Cracker Graham Honey .5	0.000	22.000	0.000	2.000	*N/A*	120.000	0.000	0.000	0.000	0.000
	Totals	0.000	36.133	8.076	16.132	*N/A*	180.568	0.000	3.230	0.000	0.000
	% of Calories		27.593%		12.320%						

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East Side Union High School District

89 - 2-Ham & Cheese Sandwich

Number of Portions: 1.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
990005	1-Ham, Turkey, Sliced	3 oz	85.05	106.311	1.519	653.051	1.519	0.000	5.316	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
903957	1-Lettuce, green Leaf, raw	1 leaf(s)	10.00	1.500	0.000	2.805	0.078	0.000	0.015	0.000
		Totals	177.00	317.810	4.019	1245.856	5.597	0.000	11.831	0.000
		% of Calories			11.380%		7.044%	0.000%	33.503%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
990005	1-Ham, Turkey, Sliced	53.155	1.519	0.000	13.669	*N/A*	0.000	0.000	1.640	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
903957	1-Lettuce, green Leaf, raw	0.000	0.287	0.131	0.136	*N/A*	3.611	0.919	0.086	9.497	0.000
	Totals	65.655	34.806	4.131	24.305	*0.000*	148.611	0.919	3.176	9.497	0.000
	% of Calories		43.807%		30.591%						

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East Side Union High School District

990137 - 2-Ham, Cheese & Egg Breakfast Sandwich-egg square

Number of Portions: 45.000

Group Code: ENTREE-BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903710	1-Bun,Hamburger	45 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
990005	1-Ham, Turkey, Sliced	45 oz	28.35	35.437	0.506	217.684	0.506	0.000	1.772	0.000
990109	1-Cheese, American,sliced,Past Processed	45 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
R-1844	2-Egg patty, square	45 each	50.58	76.694	1.643	150.975	0.000	0.000	4.930	0.000
		Totals	154.00	322.131	4.650	818.659	4.506	0.000	13.202	0.000
		% of Calories			12.990%		5.595%	0.000%	36.885%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
990005	1-Ham, Turkey, Sliced	17.718	0.506	0.000	4.556	*N/A*	0.000	0.000	0.547	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
R-1844	2-Egg patty, square	186.258	0.000	0.000	6.574	*0.000*	28.486	0.000	1.096	0.000	0.000
	Totals	216.476	32.506	3.000	20.630	*0.000*	293.486	0.000	3.493	0.000	0.000
	% of Calories		40.364%		25.617%						

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East Side Union High School District

2018 - 2-Honey BBQ Pork Rib Sandwich

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-n

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900257	1-Pork, Rib Honey BBQ	1 each	92.14	253.121	6.075	647.989	9.112	0.000	17.212	0.000
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	153.00	413.121	6.075	847.989	13.112	0.000	19.212	0.000
		% of Calories			13.234%		12.696%	0.000%	41.855%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900257	1-Pork, Rib Honey BBQ	25.312	11.137	1.012	13.162	*N/A*	20.250	1.215	1.093	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	25.312	42.137	4.012	20.162	*N/A*	220.250	1.215	2.893	0.000	0.000
	% of Calories		40.799%		19.522%						

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East Side Union High School District

990588 - 2-Hot Ham & Cheese Breakfast (Pork Ham)

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Kelley 1.15.26

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
990607	1-Ham Pork, sliced-USDA 100187	1 (1 Slice)	34.59	37.638	1.017	236.001	1.017	0.000	2.034	0.000
990109	1-Cheese, American,sliced,Past Processed	2 (1 slice)	28.00	100.000	5.000	500.000	0.000	0.000	9.000	0.000
		Totals	124.00	297.638	6.017	936.001	5.017	0.000	13.035	0.000
		% of Calories			18.195%		6.742%	0.000%	39.414%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
990607	1-Ham Pork, sliced-USDA 100187	18.310	2.034	0.000	5.086	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	25.000	2.000	0.000	5.000	0.000	130.000	0.000	0.100	0.000	0.000
	Totals	43.310	35.035	3.000	17.086	*0.000*	330.000	0.000	1.900	0.000	0.000
	% of Calories		47.083%		22.962%						

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East Side Union High School District

990465 - 2-Hotdog

Number of Portions: 1.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: 1 Hotdog

*Nutrients are based upon 1 Portion Size (1 Hotdog)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990599	1-Hotdog Turkey Frank (Sysco 4609723)	1 Serving	57.00	130.000	3.000	520.000	0.000	0.000	12.000	0.000
990600	1-Hotdog Bun	1 (1 BUN)	43.00	112.787	0.000	140.984	2.820	0.000	1.410	0.000
		Totals	100.00	242.787	3.000	660.984	2.820	0.000	13.410	0.000
		% of Calories			11.121%		4.646%	0.000%	49.709%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990599	1-Hotdog Turkey Frank (Sysco 4609723)	55.000	4.000	0.000	7.000	*N/A*	1.000	0.000	1.000	0.000	0.000
990600	1-Hotdog Bun	0.000	21.148	2.115	4.934	*N/A*	119.836	0.000	1.057	0.000	0.000
	Totals	55.000	25.148	2.115	11.934	*N/A*	120.836	0.000	2.057	0.000	0.000
	% of Calories		41.431%		19.662%						

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East Side Union High School District

990475 - 2-Hotdog w/Veggie Beans

Number of Portions: 1.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: 1Hotdog 1/2Bean

*Nutrients are based upon 1 Portion Size (1Hotdog 1/2Bean)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990599	1-Hotdog Turkey Frank (Sysco 4609723)	1 Serving	57.00	130.000	3.000	520.000	0.000	0.000	12.000	0.000
990600	1-Hotdog Bun	1 (1 BUN)	43.00	112.787	0.000	140.984	2.820	0.000	1.410	0.000
R-294	2-Beans, Vegetarian	1 (1/2 CUP)	130.01	160.013	0.000	140.011	7.001	0.000	1.000	0.000
		Totals	230.00	402.800	3.000	800.995	9.821	0.000	14.410	0.000
		% of Calories			6.703%		9.753%	0.000%	32.197%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990599	1-Hotdog Turkey Frank (Sysco 4609723)	55.000	4.000	0.000	7.000	*N/A*	1.000	0.000	1.000	0.000	0.000
990600	1-Hotdog Bun	0.000	21.148	2.115	4.934	*N/A*	119.836	0.000	1.057	0.000	0.000
R-294	2-Beans, Vegetarian	0.000	29.002	5.000	5.000	*N/A*	80.006	2.400	1.800	0.000	0.000
	Totals	55.000	54.150	7.115	16.934	*N/A*	200.842	2.400	3.857	0.000	0.000
	% of Calories		53.773%		16.816%						

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East Side Union High School District

990276 - 2-Hummus w/ Veggies

Number of Portions: 10.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-1332	2-Vegetarian Hummus	10 Serving(s)	165.46	165.150	0.918	504.780	2.654	0.000	7.037	0.000
904076	1-Carrots, Baby	10 (3 Sticks)	36.85	12.899	0.000	28.746	1.754	0.000	0.048	0.000
990486	1-Celery Sticks	10 (3 Sticks)	28.35	3.930	0.000	22.736	0.393	0.000	0.056	0.000
R-1728	2-Applesauce Quickbread-2oz	10 (2oz)	149.49	476.646	3.062	190.740	37.862	0.000	19.425	0.000
		Totals	380.00	658.625	3.980	747.002	42.663	0.000	26.566	0.000
		% of Calories			5.439%		25.910%	0.000%	36.302%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-1332	2-Vegetarian Hummus	0.000	20.161	5.929	6.167	*N/A*	51.180	26.694	1.704	21.238	0.229
904076	1-Carrots, Baby	0.000	3.037	1.069	0.236	*N/A*	0.000	0.000	0.000	0.000	0.000
990486	1-Celery Sticks	0.000	0.842	0.449	0.196	*N/A*	11.228	0.000	0.056	0.000	0.000
R-1728	2-Applesauce Quickbread-2oz	49.275	72.459	2.096	7.817	*0.000*	25.982	0.000	2.783	2.266	0.002
	Totals	49.275	96.499	9.543	14.416	*0.000*	88.390	26.694	4.543	23.504	0.231
	% of Calories		58.606%		8.755%						

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East Side Union High School District

990266 - 2-Ice Cream, Fudge Bar

Number of Portions: 1.000

Group Code: ALA CARTE

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990479	1-Fudge Bar	1 each	92.00	131.429	1.095	65.714	14.238	0.000	1.643	0.000
		Totals	92.00	131.429	1.095	65.714	14.238	0.000	1.643	0.000
		% of Calories			7.500%		43.333%	0.000%	11.250%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990479	1-Fudge Bar	0.000	25.190	1.095	3.286	*N/A*	153.333	0.000	0.657	0.000	0.000
	Totals	0.000	25.191	1.095	3.286	*N/A*	153.333	0.000	0.657	0.000	0.000
	% of Calories		76.666%		10.001%						

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East Side Union High School District

2455 - 2-Jalapeno, sliced

Number of Portions: 1.000

Group Code: CONDIMENTS

Size of Portion: oz

*Nutrients are based upon 1 Portion Size (oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
70282	1-Jalapeno, sliced, canned	1 oz	28.35	5.062	0.000	394.868	0.000	0.000	0.000	0.000
		Totals	28.00	5.062	0.000	394.868	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
70282	1-Jalapeno, sliced, canned	0.000	1.012	1.012	0.000	*N/A*	0.000	4.252	0.000	0.000	0.000
	Totals	0.000	1.013	1.012	0.000	*N/A*	0.000	4.252	0.000	0.000	0.000
	% of Calories		80.008%		0.000%						

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East Side Union High School District

4515 - 2-Juice, Apple(4oz.)

Number of Portions: 1.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901144	1-Juice, Apple 4oz	1 EACH (4oz)	113.40	50.000	0.000	0.000	12.000	0.000	0.000	0.000
		Totals	113.00	50.000	0.000	0.000	12.000	0.000	0.000	0.000
		% of Calories			0.000%		96.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901144	1-Juice, Apple 4oz	0.000	13.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	13.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		104.000%		0.000%						

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East Side Union High School District

990187 - 2-Juice, Apple, 6oz

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990421	1-Juice, 6oz Apple	1 each	170.10	75.000	0.000	0.000	19.500	0.000	0.000	0.000
		Totals	170.00	75.000	0.000	0.000	19.500	0.000	0.000	0.000
		% of Calories			0.000%		104.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990421	1-Juice, 6oz Apple	0.000	19.500	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	19.500	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		104.000%		0.000%						

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East Side Union High School District

1411 - 2-Juice, Orange Tangerine, 100% (4oz.)

Number of Portions: 1.000

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
428	1-Juice, 4oz Orange-Tangerine,100%	1 each	113.40	60.000	0.000	0.000	12.000	0.000	0.000	0.000
		Totals	113.00	60.000	0.000	0.000	12.000	0.000	0.000	0.000
		% of Calories			0.000%		80.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
428	1-Juice, 4oz Orange-Tangerine,100%	0.000	13.000	0.000	0.000	*N/A*	0.000	70.000	0.000	0.000	0.000
	Totals	0.000	13.000	0.000	0.000	*N/A*	0.000	70.000	0.000	0.000	0.000
	% of Calories		86.667%		0.000%						

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East Side Union High School District

2590 - 2-Juice,Fruit Punch,4oz

Number of Portions: 1.000

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902576	1-Juice, fruit punch, 4oz	4 oz	113.40	60.000	0.000	15.000	15.000	0.000	0.000	0.000
		Totals	113.00	60.000	0.000	15.000	15.000	0.000	0.000	0.000
		% of Calories			0.000%		100.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902576	1-Juice, fruit punch, 4oz	0.000	14.000	0.000	0.000	*N/A*	0.000	1.200	0.000	0.000	0.000
	Totals	0.000	14.000	0.000	0.000	*N/A*	0.000	1.200	0.000	0.000	0.000
	% of Calories		93.333%		0.000%						

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East Side Union High School District

1661 - 2-Ketchup, packet, 9 gram

Number of Portions: 1.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: current

Group Code: CONDIMENTS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
840	1-Ketchup Packet,9g	1 PKT 7g	7.00	10.000	0.000	65.000	1.000	0.000	0.000	0.000
		Totals	7.00	10.000	0.000	65.000	1.000	0.000	0.000	0.000
		% of Calories			0.000%		40.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
840	1-Ketchup Packet,9g	0.000	2.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	2.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		80.000%		0.000%						

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East Side Union High School District

990119 - 2-Kung Pao Chicken w/Rice-Kit

Number of Portions: 57.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990394	1-Chicken, Kung Pao	1 bag - chicken + 1 bag - sauce	111.41	127.318	3.008	344.862	3.008	0.000	3.008	0.000
R-990093	2-Rice,White Cooked	57 cups	199.98	225.638	0.424	15.802	0.000	0.000	1.166	0.000
		Totals	311.00	352.956	3.432	360.664	3.008	0.000	4.174	0.000
		% of Calories			8.750%		3.409%	0.000%	10.642%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990394	1-Chicken, Kung Pao	55.138	11.028	1.003	15.038	*N/A*	0.000	15.038	1.083	0.000	0.000
R-990093	2-Rice,White Cooked	0.000	48.383	1.344	4.032	*0.000*	20.232	0.000	2.702	137.879	0.138
	Totals	55.138	59.411	2.347	19.070	*0.000*	20.232	15.038	3.785	137.879	0.138
	% of Calories		67.329%		21.612%						

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East Side Union High School District

990121 - 2-Kung Pao Chicken-only

Number of Portions: 57.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990394	1-Chicken, Kung Pao	1 bag - chicken + 1 bag - sauce	111.41	127.318	3.008	344.862	3.008	0.000	3.008	0.000
		Totals	111.00	127.318	3.008	344.862	3.008	0.000	3.008	0.000
		% of Calories			21.260%		9.450%	0.000%	21.260%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990394	1-Chicken, Kung Pao	55.138	11.028	1.003	15.038	*N/A*	0.000	15.038	1.083	0.000	0.000
	Totals	55.138	11.028	1.003	15.038	*N/A*	0.000	15.038	1.083	0.000	0.000
	% of Calories		34.646%		47.245%						

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East Side Union High School District

990526 - 2-Lettuce & Tomato Cup

Number of Portions: 1.000

Size of Portion: cup

*Nutrients are based upon 1 Portion Size (cup)

Source: freebe

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990648	1-Lettuce, pre-shredded	1/4 cup	56.70	7.958	0.000	5.968	1.114	0.000	0.080	0.000
903954	1-Tomato, red ripe	1/8 CUP	30.00	5.366	0.000	1.463	0.788	0.000	0.061	0.000
		Totals	87.00	13.324	0.000	7.432	1.902	0.000	0.141	0.000
		% of Calories			0.000%		57.100%	0.000%	9.497%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990648	1-Lettuce, pre-shredded	0.000	1.681	0.696	0.507	*N/A*	9.947	1.592	0.199	0.000	0.000
903954	1-Tomato, red ripe	0.000	1.166	0.366	0.263	*N/A*	2.927	4.122	0.080	28.356	0.000
	Totals	0.000	2.847	1.062	0.771	*N/A*	12.874	5.714	0.279	28.356	0.000
	% of Calories		85.467%		23.146%						

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East Side Union High School District

990463 - 2-Macaroni w/ Cheese & Buffalo Seasoned Nuggets

Source: Victor

Number of Portions: 49.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
75010	1-Water, cold	2 gal	148.11	0.000	0.000	4.443	0.000	0.000	0.000	0.000
903992	1-Pasta, Elbow Macaroni	3 LB + 12 3/4 oz	35.15	123.325	0.000	0.000	0.000	0.000	0.617	0.000
900236	1-Chicken Nuggets	147 EACH (.5985 oz)	50.94	135.158	1.300	207.936	0.520	0.000	7.798	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	3 lb + 1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
990594	1-Cheese Sauce (Chef's Mate) Cheddar Sharp	6 LB + 12 oz	62.48	70.547	2.520	272.110	0.000	0.000	5.039	0.000
900228	1-Sauce, Buffalo	25 oz	14.46	0.000	0.000	404.993	0.000	0.000	0.000	0.000
		Totals	340.00	440.405	8.882	1071.732	0.520	0.000	22.566	0.000
		% of Calories			18.150%		0.472%	0.000%	46.115%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	2.962	0.000	0.015	147.964	0.148
903992	1-Pasta, Elbow Macaroni	0.000	25.898	1.233	4.316	*N/A*	0.000	0.000	1.048	0.000	0.000
900236	1-Chicken Nuggets	12.996	8.317	1.560	8.317	*N/A*	20.794	0.000	0.936	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
990594	1-Cheese Sauce (Chef's Mate) Cheddar Sharp	0.000	6.047	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900228	1-Sauce, Buffalo	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	43.371	40.263	2.793	18.709	*0.000*	226.256	0.000	1.999	147.964	0.148
	% of Calories		36.569%		16.993%						

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East Side Union High School District

990464 - 2-Macaroni w/ Cheese & Buffalo Seasoned Nuggets

Source: Victor

Number of Portions: 40.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
75010	1-Water, cold	2 gal	181.44	0.000	0.000	5.443	0.000	0.000	0.000	0.000
903992	1-Pasta, Elbow Macaroni	3 1/8 LB	35.15	123.345	0.000	0.000	0.000	0.000	0.617	0.000
900236	1-Chicken Nuggets	120 EACH (.5985 oz)	50.94	135.158	1.300	207.936	0.520	0.000	7.798	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	2 1/2 lb	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
990594	1-Cheese Sauce (Chef's Mate) Cheddar Sharp	5 1/2 LB	62.37	70.417	2.515	271.607	0.000	0.000	5.030	0.000
900228	1-Sauce, Buffalo	20 oz	14.17	0.000	0.000	396.893	0.000	0.000	0.000	0.000
		Totals	372.00	440.295	8.877	1064.128	0.520	0.000	22.557	0.000
		% of Calories			18.145%		0.472%	0.000%	46.108%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	3.629	0.000	0.018	181.255	0.181
903992	1-Pasta, Elbow Macaroni	0.000	25.902	1.233	4.317	*N/A*	0.000	0.000	1.048	0.000	0.000
900236	1-Chicken Nuggets	12.996	8.317	1.560	8.317	*N/A*	20.794	0.000	0.936	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
990594	1-Cheese Sauce (Chef's Mate) Cheddar Sharp	0.000	6.036	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900228	1-Sauce, Buffalo	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	43.371	40.256	2.793	18.710	*0.000*	226.922	0.000	2.002	181.255	0.181
	% of Calories		36.571%		16.998%						

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East Side Union High School District

990460 - 2-Macaroni w/ Cheese and Nuggets

Number of Portions: 40.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
75010	1-Water, cold	2 gal	181.44	0.000	0.000	5.443	0.000	0.000	0.000	0.000
903992	1-Pasta, Elbow Macaroni	3 1/8 LB	35.15	123.345	0.000	0.000	0.000	0.000	0.617	0.000
900236	1-Chicken Nuggets	120 EACH (.5985 oz)	50.94	135.158	1.300	207.936	0.520	0.000	7.798	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	2 1/2 lb	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
990594	1-Cheese Sauce (Chef's Mate) Cheddar Sharp	5 1/2 LB	62.37	70.417	2.515	271.607	0.000	0.000	5.030	0.000
		Totals	358.00	440.295	8.877	667.235	0.520	0.000	22.557	0.000
		% of Calories			18.145%		0.472%	0.000%	46.108%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	3.629	0.000	0.018	181.255	0.181
903992	1-Pasta, Elbow Macaroni	0.000	25.902	1.233	4.317	*N/A*	0.000	0.000	1.048	0.000	0.000
900236	1-Chicken Nuggets	12.996	8.317	1.560	8.317	*N/A*	20.794	0.000	0.936	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
990594	1-Cheese Sauce (Chef's Mate) Cheddar Sharp	0.000	6.036	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	43.371	40.256	2.793	18.710	*0.000*	226.922	0.000	2.002	181.255	0.181
	% of Calories		36.571%		16.998%						

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East Side Union High School District

990467 - 2-Macaroni w/ Cheese- Vegetarian

Number of Portions: 40.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
75010	1-Water, cold	2 gal	181.44	0.000	0.000	5.443	0.000	0.000	0.000	0.000
903992	1-Pasta, Elbow Macaroni	3 1/8 LB	35.15	123.345	0.000	0.000	0.000	0.000	0.617	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	5 lb	56.70	222.750	10.125	364.500	0.000	0.000	18.225	0.000
990594	1-Cheese Sauce (Chef's Mate) Cheddar Sharp	5 1/2 LB	62.37	70.417	2.515	271.607	0.000	0.000	5.030	0.000
		Totals	336.00	416.512	12.640	641.550	0.000	0.000	23.872	0.000
		% of Calories			27.312%		0.000%	0.000%	51.582%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	3.629	0.000	0.018	181.255	0.181
903992	1-Pasta, Elbow Macaroni	0.000	25.902	1.233	4.317	*N/A*	0.000	0.000	1.048	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	60.750	0.000	0.000	12.150	0.000	405.000	0.000	0.000	0.000	0.000
990594	1-Cheese Sauce (Chef's Mate) Cheddar Sharp	0.000	6.036	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	60.750	31.938	1.233	16.467	*0.000*	408.629	0.000	1.067	181.255	0.181
	% of Calories		30.672%		15.814%						

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East Side Union High School District

2394 - 2-Macaroni w/ Meat Sauce

Number of Portions: 40.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	3 LB + 2 oz	35.44	63.280	1.898	107.576	0.000	0.000	3.797	0.000
R-991	2-Sauce,Spaghetti (Home Made)	40 (1/2 cups)	118.07	31.394	0.000	62.617	3.778	0.000	0.000	0.000
75010	1-Water, cold	2 gal	181.44	0.000	0.000	5.443	0.000	0.000	0.000	0.000
903992	1-Pasta, Elbow Macaroni	5 LB	56.70	198.944	0.000	0.000	0.000	0.000	0.995	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 4 OZ	14.18	55.688	2.531	91.125	0.000	0.000	4.556	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1 LB + 4 oz	14.17	45.562	1.772	131.623	0.000	0.000	3.544	0.000
		Totals	420.00	394.867	6.202	398.384	3.778	0.000	12.892	0.000
		% of Calories			14.135%		3.827%	0.000%	29.383%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	18.984	1.266	0.633	6.328	0.000	12.656	0.000	1.266	0.000	0.000
R-991	2-Sauce,Spaghetti (Home Made)	0.000	5.735	0.938	0.938	*N/A*	2.046	0.039	0.015	85.055	0.085
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	3.629	0.000	0.018	181.255	0.181
903992	1-Pasta, Elbow Macaroni	0.000	41.778	1.989	6.963	*N/A*	0.000	0.000	1.691	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	15.188	0.000	0.000	3.038	0.000	101.250	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	12.656	0.506	0.000	3.037	*N/A*	91.123	0.000	0.000	0.000	0.000
	Totals	46.828	49.285	3.560	20.304	*0.000*	210.704	0.039	2.990	266.310	0.266
	% of Calories		49.926%		20.568%						

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East Side Union High School District

990279 - 2-Macaroni w/ Meatballs

Number of Portions: 40.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-991	2-Sauce,Spaghetti (Home Made)	40 (1/2 cups)	118.07	31.394	0.000	62.617	3.778	0.000	0.000	0.000
75010	1-Water, cold	2 gal	181.44	0.000	0.000	5.443	0.000	0.000	0.000	0.000
904055	1-Pasta, Penne, Whole Grain-Rich Blend	5 LB	56.70	179.049	0.000	0.000	0.000	0.000	1.492	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 4 OZ	14.18	55.688	2.531	91.125	0.000	0.000	4.556	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1 LB + 4 oz	14.17	45.562	1.772	131.623	0.000	0.000	3.544	0.000
904079	1-Beef Meatball, Advance Pierre	80 Each	37.99	107.147	2.922	107.147	0.000	0.000	8.280	0.244
		Totals	423.00	418.839	7.225	397.955	3.778	0.000	17.872	0.244
		% of Calories			15.526%		3.608%	0.000%	38.402%	0.523%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-991	2-Sauce,Spaghetti (Home Made)	0.000	5.735	0.938	0.938	*N/A*	2.046	0.039	0.015	85.055	0.085
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	3.629	0.000	0.018	181.255	0.181
904055	1-Pasta, Penne, Whole Grain-Rich Blend	0.000	38.794	5.968	7.958	*N/A*	0.000	0.000	3.581	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	15.188	0.000	0.000	3.038	0.000	101.250	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	12.656	0.506	0.000	3.037	*N/A*	91.123	0.000	0.000	0.000	0.000
904079	1-Beef Meatball, Advance Pierre	19.481	1.948	0.000	5.844	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	47.325	46.984	6.906	20.815	*0.000*	198.048	0.039	3.614	266.310	0.266
	% of Calories		44.870%		19.879%						

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East Side Union High School District

990229 - 2-Marinara Sauce - scratch (Tomato Paste)

Number of Portions: 80.000

Source: Victor

Group Code: SAUCE

Size of Portion: 2 oz servings

*Nutrients are based upon 1 Portion Size (2 oz servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903896	1-Oil, Vegetable	1/2 cup	1.36	11.679	0.195	0.000	0.000	0.000	1.363	0.000
903577	1-Tomato Paste - USDA	1 # 10 Can	39.33	37.087	0.000	22.477	4.495	0.000	0.000	0.000
75010	1-Water, cold	7 Cup	19.84	0.000	0.000	0.595	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.06	0.217	0.000	0.052	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	2 1/4 tablespoon	0.27	0.880	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	2 tsp	0.15	0.000	0.000	89.729	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	2 tsp	0.05	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	3 tsp, ground	0.07	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903972	1-Spice, Basil, Dry	3 tsp, ground	0.05	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	61.00	49.863	0.195	112.853	4.495	0.000	1.363	0.000
		% of Calories			3.512%		36.059%	0.000%	24.592%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903577	1-Tomato Paste - USDA	0.000	6.743	1.124	1.124	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.397	0.000	0.002	19.825	0.020
903989	1-Spice, Onion Powder	0.000	0.043	0.009	0.009	*N/A*	0.174	0.010	0.003	0.003	0.000
903924	1-Spice, Garlic powder	0.000	0.176	0.000	0.000	*N/A*	0.000	0.000	0.032	0.018	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.068	0.068	0.000	*N/A*	1.350	0.000	0.049	0.007	0.000
903972	1-Spice, Basil, Dry	0.000	0.000	0.000	0.000	*N/A*	0.210	0.000	0.008	0.000	0.000
	Totals	0.000	7.030	1.200	1.133	*N/A*	2.131	0.010	0.094	19.852	0.020
	% of Calories		56.395%		9.089%						

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East Side Union High School District

802 - 2-Mayo, packet, 9g

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: current

Group Code: CONDIMENTS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
896	1-Mayonaise, Packet, 9 gram	1 PKT 9g	9.00	70.000	1.000	30.000	0.000	0.000	7.000	0.000
		Totals	9.00	70.000	1.000	30.000	0.000	0.000	7.000	0.000
		% of Calories			12.857%		0.000%	0.000%	90.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
896	1-Mayonaise, Packet, 9 gram	5.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	5.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		0.000%		0.000%						

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East Side Union High School District

990376 - 2-Meatless Pasta-spaghetti

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900344	1-Sauce, Spaghetti	1 (1/2 cup)	130.00	72.800	0.000	582.400	0.000	0.000	2.080	0.000
903907	1-Pasta, Spaghetti, whole grain	52 gram	52.00	182.456	0.000	0.000	0.000	0.000	0.912	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1 oz	28.35	91.123	3.544	263.245	0.000	0.000	7.087	0.000
		Totals	239.00	457.755	8.606	1027.895	0.000	0.000	19.192	0.000
		% of Calories			16.921%		0.000%	0.000%	37.734%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900344	1-Sauce, Spaghetti	0.000	11.440	1.040	2.080	*N/A*	24.960	18.720	1.040	0.000	0.000
903907	1-Pasta, Spaghetti, whole grain	0.000	38.316	1.825	6.386	0.000	0.000	0.000	1.642	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	25.312	1.012	0.000	6.075	*N/A*	182.247	0.000	0.000	0.000	0.000
	Totals	55.687	50.768	2.865	20.616	*0.000*	409.707	18.720	2.682	0.000	0.000
	% of Calories		44.363%		18.015%						

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East Side Union High School District

990518 - 2-Meatloaf-only

Number of Portions: 20.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: current

Group Code: Z-NOT USING RECIPE

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903965	1-Beef, Ground, 80x20 frozen	4 LB + 8 oz	102.06	98.400	2.400	30.000	0.000	0.000	7.200	1.200
903989	1-Spice, Onion Powder	2 teaspoon	0.24	0.870	0.000	0.209	0.000	0.000	0.000	0.000
903917	1-Egg, whole, fresh	3 each	7.50	10.500	0.225	10.500	0.000	0.000	0.750	0.000
903790	1-milk, 1% white, Foster Farms	3 (1/2 pint)	34.02	19.500	0.225	24.000	2.250	0.000	0.375	0.000
903949	1-Bread Crumbs, Italian	3 cup	18.00	70.714	0.000	115.714	1.929	0.000	0.964	0.000
903774	1-Salt, Table	1 1/2 tbsp	1.37	0.000	0.000	807.563	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/2 tsp	0.05	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903966	1-Sugar, Brown	1/3 CUP, packed + 2 tsp, packed	4.09	15.331	0.000	0.000	4.088	0.000	0.000	0.000
116	1-Mustard, Yellow prepared, bulk	1/3 cup + 2 tsp	4.46	0.000	0.000	49.059	0.000	0.000	0.000	0.000
903905	1-Ketchup, #10 can	1 cup	11.34	13.341	0.000	106.728	2.668	0.000	0.000	0.000
		Totals	183.00	228.656	2.850	1143.772	10.935	0.000	9.289	1.200
		% of Calories			11.218%		19.129%	0.000%	36.563%	4.723%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903965	1-Beef, Ground, 80x20 frozen	31.200	0.000	0.000	8.400	*N/A*	24.000	0.000	2.160	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.174	0.035	0.035	*N/A*	0.696	0.042	0.013	0.013	0.000
903917	1-Egg, whole, fresh	27.750	0.000	0.000	0.900	*N/A*	3.000	0.000	0.108	0.000	0.000
903790	1-milk, 1% white, Foster Farms	2.250	2.400	0.000	1.500	*N/A*	60.000	0.180	0.000	0.000	0.000
903949	1-Bread Crumbs, Italian	0.000	12.857	0.643	2.571	*N/A*	39.857	0.000	0.643	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903966	1-Sugar, Brown	0.000	4.088	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
116	1-Mustard, Yellow prepared, bulk	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903905	1-Ketchup, #10 can	0.000	3.335	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	61.200	22.855	0.678	13.406	*N/A*	127.553	0.222	2.923	0.013	0.000
	% of Calories		39.981%		23.452%						

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East Side Union High School District

1736 - 2-Meatloafw/Mashed Potato&roll

Number of Portions: 20.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: done-y

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903965	1-Beef, Ground, 80x20 frozen	4 LB + 8 oz	102.06	98.400	2.400	30.000	0.000	0.000	7.200	1.200
903989	1-Spice, Onion Powder	2 1/2 teaspoon	0.30	1.087	0.000	0.261	0.000	0.000	0.000	0.000
903917	1-Egg, whole, fresh	3 each	7.50	10.500	0.225	10.500	0.000	0.000	0.750	0.000
903790	1-milk, 1% white, Foster Farms	3 (1/2 pint)	34.02	19.500	0.225	24.000	2.250	0.000	0.375	0.000
903949	1-Bread Crumbs, Italian	3 cup	18.00	70.714	0.000	115.714	1.929	0.000	0.964	0.000
903774	1-Salt, Table	1 1/2 tbsp	1.37	0.000	0.000	807.563	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/2 tsp	0.05	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903966	1-Sugar, Brown	1/3 CUP, packed + 2 tsp, packed	4.09	15.331	0.000	0.000	4.088	0.000	0.000	0.000
116	1-Mustard, Yellow prepared, bulk	1/3 cup + 2 tsp	4.46	0.000	0.000	49.059	0.000	0.000	0.000	0.000
903905	1-Ketchup, #10 can	1 cup	11.34	13.341	0.000	106.728	2.668	0.000	0.000	0.000
R-164	2-Potatoes,Mashed-only	20 (1/2 cup)	99.15	75.926	0.447	115.698	0.000	0.000	1.229	0.000
R-92	2-Gravy, Brown	20 (2 oz serving)	85.05	25.000	0.500	330.850	0.000	0.000	1.000	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	20 each	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	429.00	469.518	3.797	1708.260	14.428	0.000	14.138	1.200
		% of Calories			7.278%		12.292%	0.000%	27.100%	2.300%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903965	1-Beef, Ground, 80x20 frozen	31.200	0.000	0.000	8.400	*N/A*	24.000	0.000	2.160	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.217	0.043	0.043	*N/A*	0.870	0.052	0.016	0.016	0.000
903917	1-Egg, whole, fresh	27.750	0.000	0.000	0.900	*N/A*	3.000	0.000	0.108	0.000	0.000
903790	1-milk, 1% white, Foster Farms	2.250	2.400	0.000	1.500	*N/A*	60.000	0.180	0.000	0.000	0.000
903949	1-Bread Crumbs, Italian	0.000	12.857	0.643	2.571	*N/A*	39.857	0.000	0.643	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903966	1-Sugar, Brown	0.000	4.088	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
116	1-Mustard, Yellow prepared, bulk	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903905	1-Ketchup, #10 can	0.000	3.335	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-164	2-Potatoes,Mashed-only	0.000	13.670	1.439	1.439	*N/A*	1.589	21.585	0.267	79.369	0.079
R-92	2-Gravy, Brown	0.000	4.000	0.000	0.000	*0.000*	0.567	0.000	0.003	28.321	0.028
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	61.200	65.892	4.745	20.967	*0.000*	138.615	21.817	4.594	107.706	0.107
	% of Calories		56.136%		17.863%						

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East Side Union High School District

1879 - 2-Milk, Chocolate, Crystal Cream

Number of Portions: 1.000

Size of Portion: 8 oz

*Nutrients are based upon 1 Portion Size (8 oz)

Source: done

Group Code: MILK

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903788	1-milk, fat free chocolate, Foster Farms	1 (1/2 pint)	226.80	120.000	0.000	150.000	19.000	0.000	0.000	0.000
		Totals	227.00	120.000	0.000	150.000	19.000	0.000	0.000	0.000
		% of Calories			0.000%		63.333%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903788	1-milk, fat free chocolate, Foster Farms	5.000	22.000	0.000	9.000	*N/A*	300.000	0.000	0.360	0.000	0.000
	Totals	5.000	22.000	0.000	9.000	*N/A*	300.000	0.000	0.360	0.000	0.000
	% of Calories		73.333%		30.000%						

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East Side Union High School District

1876 - 2-Milk, White, Crystal Creamery

Number of Portions: 1.000

Source: done

Group Code: MILK

Size of Portion: 8 oz

*Nutrients are based upon 1 Portion Size (8 oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903790	1-milk, 1% white, Foster Farms	1 (1/2 pint)	226.80	130.000	1.500	160.000	15.000	0.000	2.500	0.000
		Totals	227.00	130.000	1.500	160.000	15.000	0.000	2.500	0.000
		% of Calories			10.385%		46.154%	0.000%	17.308%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903790	1-milk, 1% white, Foster Farms	15.000	16.000	0.000	10.000	*N/A*	400.000	1.200	0.000	0.000	0.000
	Totals	15.000	16.000	0.000	10.000	*N/A*	400.000	1.200	0.000	0.000	0.000
	% of Calories		49.231%		30.769%						

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East Side Union High School District

2424 - 2-Mixed Fruit Cup

Number of Portions: 24.300

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900268	1-Mixed Fruit	1 #10 can	123.57	69.758	0.000	0.000	4.983	0.000	0.000	0.000
		Totals	124.00	69.758	0.000	0.000	4.983	0.000	0.000	0.000
		% of Calories			0.000%		28.573%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900268	1-Mixed Fruit	0.000	16.941	0.997	0.000	*N/A*	4.983	1.196	0.000	0.000	0.000
	Totals	0.000	16.941	0.997	0.000	*N/A*	4.983	1.196	0.000	0.000	0.000
	% of Calories		97.143%		0.000%						

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East Side Union High School District

990165 - 2-Mixed Vegetables, Bulk

Number of Portions: 5.100

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990414	1-Vegetables Mixed, frozen-USDA	1 LB	88.94	57.664	0.000	31.275	2.932	0.000	0.000	0.000
		Totals	89.00	57.664	0.000	31.275	2.932	0.000	0.000	0.000
		% of Calories			0.000%		20.339%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990414	1-Vegetables Mixed, frozen-USDA	0.000	11.728	3.909	2.932	*N/A*	19.547	3.518	0.352	0.000	0.000
	Totals	0.000	11.728	3.909	2.932	*N/A*	19.547	3.518	0.352	0.000	0.000
	% of Calories		81.356%		20.339%						

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East Side Union High School District

990541 - 2-Muffin, Blueberry

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-n

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990674	1-Muffin, Blueberry	1 each	89.30	221.268	0.893	114.107	16.372	0.000	5.953	0.000
		Totals	89.00	221.268	0.893	114.107	16.372	0.000	5.953	0.000
		% of Calories			3.632%		29.597%	0.000%	24.215%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990674	1-Muffin, Blueberry	29.767	38.201	3.274	3.870	*N/A*	8.434	1.191	1.091	0.000	0.000
	Totals	29.767	38.201	3.274	3.870	*N/A*	8.434	1.191	1.091	0.000	0.000
	% of Calories		69.058%		6.996%						

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East Side Union High School District

990542 - 2-Muffin, Double Chocolate Chip

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-n

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990675	1-Muffin, Double Chocolate Chip	1 each	89.30	227.221	0.893	124.029	18.356	0.000	5.953	0.000
		Totals	89.00	227.221	0.893	124.029	18.356	0.000	5.953	0.000
		% of Calories			3.537%		32.314%	0.000%	23.581%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990675	1-Muffin, Double Chocolate Chip	29.767	39.689	3.076	3.770	*N/A*	3.473	0.198	0.992	0.000	0.000
	Totals	29.767	39.689	3.076	3.770	*N/A*	3.473	0.198	0.992	0.000	0.000
	% of Calories		69.869%		6.637%						

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East Side Union High School District

990543 - 2-Muffin, English w/ PB

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990676	1-Muffin, English	1 ea	57.00	120.000	0.500	230.000	0.000	0.000	1.000	0.000
903777	1-Peanut Butter, Smooth	1 oz	28.35	177.184	3.101	141.748	1.772	0.000	14.175	0.000
990637	1-Margarine Patty	1 each	5.00	36.667	2.667	31.667	0.000	0.000	4.000	0.000
204	1-Jelly, Grape	1 oz	28.35	85.049	0.000	0.000	14.175	0.000	0.000	0.000
		Totals	119.00	418.900	6.267	403.414	15.947	0.000	19.175	0.000
		% of Calories			13.465%		15.228%	0.000%	41.197%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990676	1-Muffin, English	0.000	23.000	3.000	5.000	*N/A*	90.000	0.000	1.600	0.000	0.000
903777	1-Peanut Butter, Smooth	0.000	6.201	1.772	7.087	*N/A*	8.859	0.000	0.620	0.000	0.000
990637	1-Margarine Patty	10.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
204	1-Jelly, Grape	0.000	19.845	0.000	0.000	*N/A*	1.417	0.000	0.000	0.000	0.000
	Totals	10.000	49.046	4.772	12.087	*N/A*	100.277	0.000	2.220	0.000	0.000
	% of Calories		46.833%		11.542%						

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East Side Union High School District

990580 - 2-Muffin, English w/Sausage, Cheese

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Kelley 1.15.26

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990676	1-Muffin, English	1 ea	57.00	120.000	0.500	230.000	0.000	0.000	1.000	0.000
990593	1-Pork Sausage Patty	1 each	34.02	70.040	1.501	240.137	0.000	0.000	4.503	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
		Totals	105.00	240.040	4.501	720.137	0.000	0.000	10.003	0.000
		% of Calories			16.876%		0.000%	0.000%	37.503%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990676	1-Muffin, English	0.000	23.000	3.000	5.000	*N/A*	90.000	0.000	1.600	0.000	0.000
990593	1-Pork Sausage Patty	20.011	1.001	0.000	6.003	*N/A*	0.000	0.057	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
	Totals	32.511	25.001	3.000	13.503	*0.000*	155.000	0.057	1.650	0.000	0.000
	% of Calories		41.661%		22.501%						

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East Side Union High School District

804 - 2-Mustard, packet, 1/5 oz

Number of Portions: 1.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: current

Group Code: CONDIMENTS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
897	1-Mustard, Packets 5.5gr	1 packet 5.5gr	5.50	0.917	0.000	59.583	0.000	0.000	0.000	0.000
		Totals	6.00	0.917	0.000	59.583	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
897	1-Mustard, Packets 5.5gr	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		0.000%		0.000%						

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East Side Union High School District

990441 - 2-Nature Valley Granola Bar

Number of Portions: 1.000

Source: Victor

Group Code: SNACKS

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990579	1-Nature Valley Granola Bar	1 Serving	42.00	190.000	1.000	140.000	11.000	0.000	7.000	0.000
		Totals	42.00	190.000	1.000	140.000	11.000	0.000	7.000	0.000
		% of Calories			4.737%		23.158%	0.000%	33.158%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990579	1-Nature Valley Granola Bar	0.000	29.000	2.000	3.000	*N/A*	0.000	0.000	1.000	0.000	0.000
	Totals	0.000	29.000	2.000	3.000	*N/A*	0.000	0.000	1.000	0.000	0.000
	% of Calories		61.053%		6.316%						

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East Side Union High School District

990571 - 2-Nectarine, fresh

Number of Portions: 1.000

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990630	1-Nectarine, fresh	1 medium (2-1/2" dia)	142.00	62.480	0.036	0.000	11.204	0.000	0.454	0.000
		Totals	142.00	62.480	0.036	0.000	11.204	0.000	0.454	0.000
		% of Calories			0.511%		71.729%	0.000%	6.545%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990630	1-Nectarine, fresh	0.000	14.981	2.414	1.505	*N/A*	8.520	7.668	0.398	124.378	0.682
	Totals	0.000	14.981	2.414	1.505	*N/A*	8.520	7.668	0.398	124.378	0.682
	% of Calories		95.909%		9.635%						

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East Side Union High School District

990489 - 2-Oatmeal

Number of Portions: 50.000

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990636	1-Oatmeal, Steel Cut	1 1/2 gal + 1 cup	80.00	300.000	1.000	0.000	0.000	0.000	6.000	0.000
75010	1-Water, cold	3 gal + 2 Cup	226.80	0.000	0.000	6.804	0.000	0.000	0.000	0.000
903774	1-Salt, Table	2 tsp	0.24	0.000	0.000	143.566	0.000	0.000	0.000	0.000
903925	1-Spice, Cinnamon Ground	1/4 cup	0.62	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	308.00	300.000	1.000	150.370	0.000	0.000	6.000	0.000
		% of Calories			3.000%		0.000%	0.000%	18.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990636	1-Oatmeal, Steel Cut	0.000	54.000	8.000	10.000	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	4.536	0.000	0.023	226.569	0.227
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903925	1-Spice, Cinnamon Ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	54.000	8.000	10.000	*N/A*	4.536	0.000	0.023	226.569	0.227
	% of Calories		72.000%		13.333%						

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East Side Union High School District

990540 - 2-Oatmeal w/ Raisins

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990489	2-Oatmeal	1 serving	307.66	300.000	1.000	150.370	0.000	0.000	6.000	0.000
990637	1-Margarine Patty	1 each	5.00	36.667	2.667	31.667	0.000	0.000	4.000	0.000
237	1-Syrup, Pancake, Cup	1 Each	42.52	108.783	0.000	19.779	20.768	0.000	0.000	0.000
123761	Raisins	1 (1.33 oz)	37.00	109.890	0.000	0.000	22.015	0.000	0.000	0.000
		Totals	392.00	555.340	3.667	201.815	42.783	0.000	10.000	0.000
		% of Calories			5.942%		30.816%	0.000%	16.206%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990489	2-Oatmeal	0.000	54.000	8.000	10.000	*N/A*	4.536	0.000	0.023	226.569	0.227
990637	1-Margarine Patty	10.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
237	1-Syrup, Pancake, Cup	0.000	28.679	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
123761	Raisins	0.000	29.008	0.999	0.999	0.000	18.870	*N/A*	0.999	*N/A*	*N/A*
	Totals	10.000	111.687	8.999	10.999	*0.000*	23.406	*0.000*	1.022	*226.569*	*0.227*
	% of Calories		80.446%		7.922%						

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East Side Union High School District

990490 - 2-Oatmeal w/ Strawberries

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990489	2-Oatmeal	1 serving	307.66	300.000	1.000	150.370	0.000	0.000	6.000	0.000
990637	1-Margarine Patty	1 each	5.00	36.667	2.667	31.667	0.000	0.000	4.000	0.000
237	1-Syrup, Pancake, Cup	1 Each	42.52	108.783	0.000	19.779	20.768	0.000	0.000	0.000
904015	1-Strawberries, fresh	1/4 Cup(s)	50.00	15.972	0.000	0.347	2.444	0.000	0.149	0.000
		Totals	405.00	461.422	3.667	202.163	23.212	0.000	10.149	0.000
		% of Calories			7.152%		20.122%	0.000%	19.796%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990489	2-Oatmeal	0.000	54.000	8.000	10.000	*N/A*	4.536	0.000	0.023	226.569	0.227
990637	1-Margarine Patty	10.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
237	1-Syrup, Pancake, Cup	0.000	28.679	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
904015	1-Strawberries, fresh	0.000	3.840	1.007	0.333	*N/A*	7.986	29.410	0.205	0.000	0.000
	Totals	10.000	86.520	9.007	10.333	*N/A*	12.522	29.410	0.228	226.569	0.227
	% of Calories		75.002%		8.958%						

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East Side Union High School District

990318 - 2-Orange Juice 6oz.

Number of Portions: 1.000

Source: done

Group Code: FRUIT

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990501	1-Juice, 6oz Orange	6 oz	170.10	90.000	0.000	0.000	18.000	0.000	0.000	0.000
		Totals	170.00	90.000	0.000	0.000	18.000	0.000	0.000	0.000
		% of Calories			0.000%		80.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990501	1-Juice, 6oz Orange	0.000	19.000	0.000	0.000	*N/A*	0.000	0.000	0.300	0.000	0.000
	Totals	0.000	19.000	0.000	0.000	*N/A*	0.000	0.000	0.300	0.000	0.000
	% of Calories		84.444%		0.000%						

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East Side Union High School District

384 - 2-Oranges, Fresh Whole(138ct.)

Number of Portions: 1.000

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903783	1-Orange, fresh 138	1 each,2-5/8"dia-#113	96.00	45.435	0.000	0.000	8.977	0.000	0.901	0.000
		Totals	96.00	45.435	0.000	0.000	8.977	0.000	0.901	0.000
		% of Calories			0.000%		79.032%	0.000%	17.855%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903783	1-Orange, fresh 138	0.000	11.278	2.272	0.901	*N/A*	38.107	51.078	0.095	83.278	0.000
	Totals	0.000	11.278	2.272	0.901	*N/A*	38.107	51.078	0.095	83.278	0.000
	% of Calories		99.291%		7.932%						

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East Side Union High School District

840 - 2-Pancake on a Stick

Number of Portions: 1.000

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

Source: done-n

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900521	1-Pancake & Sausage on a Stick	1 Each	80.80	242.388	4.545	373.682	5.050	0.000	15.149	0.000
		Totals	81.00	242.388	4.545	373.682	5.050	0.000	15.149	0.000
		% of Calories			16.875%		8.334%	0.000%	56.250%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900521	1-Pancake & Sausage on a Stick	25.249	18.179	1.010	7.070	*N/A*	30.299	0.000	0.909	0.000	0.000
	Totals	25.249	18.179	1.010	7.070	*N/A*	30.299	0.000	0.909	0.000	0.000
	% of Calories		30.000%		11.667%						

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East Side Union High School District

990623 - 2-Pancake Sausage Cheese Sandwich

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-BREAKFAST

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990593	1-Pork Sausage Patty	1 Pattie	34.00	70.000	1.500	240.000	0.000	0.000	4.500	0.000
990397	1-Pancakes, Whole Grain-USDA	2 each	68.00	140.000	0.000	270.000	6.000	0.000	4.000	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
237	1-Syrup, Pancake, Cup	1 packet (1.5oz)	42.52	108.783	0.000	19.779	20.768	0.000	0.000	0.000
		Totals	159.00	368.783	4.000	779.779	26.768	0.000	13.000	0.000
		% of Calories			9.762%		29.034%	0.000%	31.726%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990593	1-Pork Sausage Patty	20.000	1.000	0.000	6.000	*N/A*	0.000	0.057	0.000	0.000	0.000
990397	1-Pancakes, Whole Grain-USDA	6.000	26.000	2.000	4.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
237	1-Syrup, Pancake, Cup	0.000	28.679	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	38.500	56.679	2.000	12.500	*0.000*	65.000	0.057	0.050	0.000	0.000
	% of Calories		61.477%		13.558%						

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East Side Union High School District

990455 - 2-Pancakes & Sausage Pattie

Number of Portions: 1.000

Source: done-n

Group Code: ENTREE-BREAKFAST

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990593	1-Pork Sausage Patty	1 Pattie	34.00	70.000	1.500	240.000	0.000	0.000	4.500	0.000
990397	1-Pancakes, Whole Grain-USDA	2 each	68.00	140.000	0.000	270.000	6.000	0.000	4.000	0.000
237	1-Syrup, Pancake, Cup	1 packet (1.5oz)	42.52	108.783	0.000	19.779	20.768	0.000	0.000	0.000
		Totals	145.00	318.783	1.500	529.779	26.768	0.000	8.500	0.000
		% of Calories			4.235%		33.588%	0.000%	23.998%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990593	1-Pork Sausage Patty	20.000	1.000	0.000	6.000	*N/A*	0.000	0.057	0.000	0.000	0.000
990397	1-Pancakes, Whole Grain-USDA	6.000	26.000	2.000	4.000	*N/A*	0.000	0.000	0.000	0.000	0.000
237	1-Syrup, Pancake, Cup	0.000	28.679	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	26.000	55.679	2.000	10.000	*N/A*	0.000	0.057	0.000	0.000	0.000
	% of Calories		69.865%		12.548%						

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East Side Union High School District

990237 - 2-Pancakes-only

Number of Portions: 1.000

Source: current

Group Code: ENTREE-BREAKFAST

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990397	1-Pancakes, Whole Grain-USDA	2 each	68.00	140.000	0.000	270.000	6.000	0.000	4.000	0.000
237	1-Syrup, Pancake, Cup	1 packet (1.5oz)	42.52	108.783	0.000	19.779	20.768	0.000	0.000	0.000
		Totals	111.00	248.783	0.000	289.779	26.768	0.000	4.000	0.000
		% of Calories			0.000%		43.038%	0.000%	14.470%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990397	1-Pancakes, Whole Grain-USDA	6.000	26.000	2.000	4.000	*N/A*	0.000	0.000	0.000	0.000	0.000
237	1-Syrup, Pancake, Cup	0.000	28.679	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	6.000	54.679	2.000	4.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		87.915%		6.431%						

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East Side Union High School District

1302 - 2-Pasta w/ Marinara Sauce-elbow

Number of Portions: 50.000

Source: Darlene

Group Code: ENTREE-LUNCH

Size of Portion: 1 1/3 cup

*Nutrients are based upon 1 Portion Size (1 1/3 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
75010	1-Water, cold	4 gal	290.30	0.000	0.000	8.709	0.000	0.000	0.000	0.000
903992	1-Pasta, Elbow Macaroni	7 LB	63.50	222.817	0.000	0.000	0.000	0.000	1.114	0.000
R-991	2-Sauce,Spaghetti (Home Made)	50 (1/2 cups)	118.07	31.394	0.000	62.617	3.778	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	3 LB + 2 oz	28.35	91.123	3.544	263.245	0.000	0.000	7.087	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	2 oz	1.13	3.645	0.142	10.530	0.000	0.000	0.283	0.000
		Totals	501.00	348.979	3.685	345.101	3.778	0.000	8.485	0.000
		% of Calories			9.504%		4.330%	0.000%	21.882%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	5.806	0.000	0.029	290.009	0.290
903992	1-Pasta, Elbow Macaroni	0.000	46.792	2.228	7.799	*N/A*	0.000	0.000	1.894	0.000	0.000
R-991	2-Sauce,Spaghetti (Home Made)	0.000	5.735	0.938	0.938	*N/A*	2.046	0.039	0.015	85.055	0.085
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	25.312	1.012	0.000	6.075	*N/A*	182.247	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1.012	0.040	0.000	0.243	*N/A*	7.290	0.000	0.000	0.000	0.000
	Totals	26.325	53.580	3.166	15.054	*N/A*	197.389	0.039	1.938	375.064	0.375
	% of Calories		61.413%		17.255%						

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East Side Union High School District

990613 - 2-Pasta w/Meat Sauce-elbow

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	3 oz	85.05	151.872	4.556	258.183	0.000	0.000	9.112	0.000
R-991	2-Sauce,Spaghetti (Home Made)	1 (1/2 cups)	118.07	31.394	0.000	62.617	3.778	0.000	0.000	0.000
903992	1-Pasta, Elbow Macaroni	4 oz	113.40	397.888	0.000	0.000	0.000	0.000	1.989	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1/2 OZ	14.18	55.688	2.531	91.125	0.000	0.000	4.556	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1/2 oz	14.17	45.562	1.772	131.623	0.000	0.000	3.544	0.000
		Totals	345.00	682.403	8.859	543.548	3.778	0.000	19.202	0.000
		% of Calories			11.684%		2.215%	0.000%	25.325%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	45.562	3.037	1.519	15.187	0.000	30.374	0.000	3.037	0.000	0.000
R-991	2-Sauce,Spaghetti (Home Made)	0.000	5.735	0.938	0.938	*N/A*	2.046	0.039	0.015	85.055	0.085
903992	1-Pasta, Elbow Macaroni	0.000	83.556	3.979	13.926	*N/A*	0.000	0.000	3.382	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	15.188	0.000	0.000	3.038	0.000	101.250	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	12.656	0.506	0.000	3.037	*N/A*	91.123	0.000	0.000	0.000	0.000
	Totals	73.405	92.835	6.436	36.126	*0.000*	224.794	0.039	6.434	85.055	0.085
	% of Calories		54.417%		21.176%						

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East Side Union High School District

990614 - 2-Pasta, Meatless-elbow

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-991	2-Sauce,Spaghetti (Home Made)	1 (1/2 cups)	118.07	31.394	0.000	62.617	3.778	0.000	0.000	0.000
903992	1-Pasta, Elbow Macaroni	57 gram	57.00	200.000	0.000	0.000	0.000	0.000	1.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1 oz	28.35	91.123	3.544	263.245	0.000	0.000	7.087	0.000
		Totals	232.00	433.892	8.606	508.112	3.778	0.000	17.200	0.000
		% of Calories			17.851%		3.483%	0.000%	35.677%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-991	2-Sauce,Spaghetti (Home Made)	0.000	5.735	0.938	0.938	*N/A*	2.046	0.039	0.015	85.055	0.085
903992	1-Pasta, Elbow Macaroni	0.000	42.000	2.000	7.000	*N/A*	0.000	0.000	1.700	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	25.312	1.012	0.000	6.075	*N/A*	182.247	0.000	0.000	0.000	0.000
	Totals	55.687	48.748	2.938	20.088	*0.000*	386.793	0.039	1.715	85.055	0.085
	% of Calories		44.940%		18.519%						

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East Side Union High School District

990523 - 2-Pastrami Sandwich, Hot

Number of Portions: 10.000

Group Code: ENTREE-LUNCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990652	1-Pastrami, Turkey	34 oz	96.39	189.334	3.442	929.459	0.000	0.000	13.770	0.000
990600	1-Hotdog Bun	10 (1 BUN)	43.00	112.787	0.000	140.984	2.820	0.000	1.410	0.000
		Totals	139.00	302.121	3.442	1070.442	2.820	0.000	15.180	0.000
		% of Calories			10.255%		3.734%	0.000%	45.219%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990652	1-Pastrami, Turkey	68.849	1.721	0.000	15.491	*N/A*	0.000	0.000	1.721	0.000	0.000
990600	1-Hotdog Bun	0.000	21.148	2.115	4.934	*N/A*	119.836	0.000	1.057	0.000	0.000
	Totals	68.849	22.869	2.115	20.425	*N/A*	119.836	0.000	2.779	0.000	0.000
	% of Calories		30.278%		27.042%						

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East Side Union High School District

1711 - 2-PB&J - Breakfast

Number of Portions: 1.000

Source: done-n

Group Code: ENTREE-BREAKFAST

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
903777	1-Peanut Butter, Smooth	3 tbsp	48.38	302.344	5.291	241.875	3.023	0.000	24.188	0.000
204	1-Jelly, Grape	2 TBSP	38.00	114.000	0.000	0.000	19.000	0.000	0.000	0.000
		Totals	154.00	576.344	5.291	581.875	26.023	0.000	26.188	0.000
		% of Calories			8.262%		18.061%	0.000%	40.894%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
903777	1-Peanut Butter, Smooth	0.000	10.582	3.023	12.094	*N/A*	15.117	0.000	1.058	0.000	0.000
204	1-Jelly, Grape	0.000	26.600	0.000	0.000	*N/A*	1.900	0.000	0.000	0.000	0.000
	Totals	0.000	69.182	7.023	20.094	*0.000*	97.017	0.000	2.458	0.000	0.000
	% of Calories		48.014%		13.946%						

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East Side Union High School District

13 - 2-PB&J Sandwich Lunch

Number of Portions: 1.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
903777	1-Peanut Butter, Smooth	1/4 CUP	64.50	403.125	7.055	322.500	4.031	0.000	32.250	0.000
204	1-Jelly, Grape	1 oz	28.35	85.049	0.000	0.000	14.175	0.000	0.000	0.000
		Totals	161.00	648.174	7.055	662.500	22.206	0.000	34.250	0.000
		% of Calories			9.796%		13.704%	0.000%	47.557%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
903777	1-Peanut Butter, Smooth	0.000	14.109	4.031	16.125	*N/A*	20.156	0.000	1.411	0.000	0.000
204	1-Jelly, Grape	0.000	19.845	0.000	0.000	*N/A*	1.417	0.000	0.000	0.000	0.000
	Totals	0.000	65.954	8.031	24.125	*0.000*	101.574	0.000	2.811	0.000	0.000
	% of Calories		40.701%		14.888%						

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East Side Union High School District

3190 - 2-Peach Cup

Number of Portions: 1.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900550	1-Peach Cup, Commodity-USDA	1 ea	124.74	89.811	0.000	0.000	18.960	0.000	0.000	0.000
		Totals	125.00	89.811	0.000	0.000	18.960	0.000	0.000	0.000
		% of Calories			0.000%		84.444%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900550	1-Peach Cup, Commodity-USDA	0.000	20.956	1.996	0.998	*N/A*	3.992	117.553	0.459	0.000	0.000
	Totals	0.000	20.956	1.996	0.998	*N/A*	3.992	117.553	0.459	0.000	0.000
	% of Calories		93.334%		4.445%						

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East Side Union High School District

477 - 2-Peaches, sliced, canned

Number of Portions: 24.300

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900267	1-Peaches, sliced	1 #10 can	123.66	54.527	0.000	0.000	10.905	0.000	0.000	0.000
		Totals	124.00	54.527	0.000	0.000	10.905	0.000	0.000	0.000
		% of Calories			0.000%		79.997%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900267	1-Peaches, sliced	0.000	13.086	1.091	1.091	*N/A*	0.000	1.309	0.000	0.000	0.000
	Totals	0.000	13.086	1.091	1.091	*N/A*	0.000	1.309	0.000	0.000	0.000
	% of Calories		95.999%		8.003%						

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East Side Union High School District

493 - 2-Pear, diced, canned

Number of Portions: 23.800

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903978	1-Pear diced-canned	1 #10 can	126.17	63.084	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	126.00	63.084	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903978	1-Pear diced-canned	0.000	17.123	2.704	0.000	*N/A*	11.716	1.081	0.000	0.000	0.000
	Totals	0.000	17.123	2.704	0.000	*N/A*	11.716	1.081	0.000	0.000	0.000
	% of Calories		108.571%		0.000%						

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East Side Union High School District

3026 - 2-Pear, fresh USDA

Number of Portions: 1.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904104	1-Pear fresh-USDA	1 medium	178.00	256.829	0.000	4.577	43.229	0.000	0.763	0.000
		Totals	178.00	256.829	0.000	4.577	43.229	0.000	0.763	0.000
		% of Calories			0.000%		67.327%	0.000%	2.673%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904104	1-Pear fresh-USDA	0.000	68.657	13.986	1.526	*N/A*	22.886	10.934	0.458	213.498	0.814
	Totals	0.000	68.657	13.986	1.526	*N/A*	22.886	10.934	0.458	213.498	0.814
	% of Calories		106.930%		2.377%						

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East Side Union High School District

275 - 2-Peas

Number of Portions: 4.795

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903904	1-Peas, canned	1/2 cup	26.07	18.095	0.000	42.937	1.227	0.000	0.000	0.000
990716	Pea, Green Frozen	1 LB	94.60	73.313	0.000	68.583	4.730	0.000	0.000	0.000
		Totals	121.00	91.407	0.000	111.520	5.957	0.000	0.000	0.000
		% of Calories			0.000%		26.068%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903904	1-Peas, canned	0.000	3.374	1.227	1.227	*N/A*	6.134	0.000	0.331	0.000	0.000
990716	Pea, Green Frozen	0.000	13.007	4.730	4.730	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	16.381	5.957	5.957	*N/A*	6.134	0.000	0.331	0.000	0.000
	% of Calories		71.682%		26.068%						

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East Side Union High School District

3516 - 2-Penne Pasta w/Meatballs

Number of Portions: 40.000

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Source: Current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904079	1-Beef Meatball, Advance Pierre	40 (5 meatballs)	70.87	199.900	5.452	199.900	0.000	0.000	15.447	0.454
904055	1-Pasta, Penne, Whole Grain-Rich Blend	4 LB	45.36	143.240	0.000	0.000	0.000	0.000	1.194	0.000
75010	1-Water, cold	2 gal	181.44	0.000	0.000	5.443	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	10 OZ	7.09	27.844	1.266	45.563	0.000	0.000	2.278	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	10 oz	7.09	22.781	0.886	65.811	0.000	0.000	1.772	0.000
900344	1-Sauce, Spaghetti	20 cup	128.50	71.960	0.000	575.680	0.000	0.000	2.056	0.000
		Totals	440.00	465.725	7.603	892.397	0.000	0.000	22.747	0.454
		% of Calories			14.693%		0.000%	0.000%	43.957%	0.878%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904079	1-Beef Meatball, Advance Pierre	36.346	3.635	0.000	10.904	*N/A*	0.000	0.000	0.000	0.000	0.000
904055	1-Pasta, Penne, Whole Grain-Rich Blend	0.000	31.035	4.775	6.366	*N/A*	0.000	0.000	2.865	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	3.629	0.000	0.018	181.255	0.181
903884	1-Cheese, Cheddar, Yellow, Shredded	7.594	0.000	0.000	1.519	0.000	50.625	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	6.328	0.253	0.000	1.519	*N/A*	45.562	0.000	0.000	0.000	0.000
900344	1-Sauce, Spaghetti	0.000	11.308	1.028	2.056	*N/A*	24.672	18.504	1.028	0.000	0.000
	Totals	50.267	46.231	5.803	22.363	*0.000*	124.487	18.504	3.911	181.255	0.181
	% of Calories		39.707%		19.207%						

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East Side Union High School District

3280 - 2-Penne Pasta w/MeatSauce

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	3 oz	85.05	151.872	4.556	258.183	0.000	0.000	9.112	0.000
R-991	2-Sauce,Spaghetti (Home Made)	1 (1/2 cups)	118.07	31.394	0.000	62.617	3.778	0.000	0.000	0.000
904055	1-Pasta, Penne, Whole Grain-Rich Blend	4 oz	113.40	358.099	0.000	0.000	0.000	0.000	2.984	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1/2 OZ	14.18	55.688	2.531	91.125	0.000	0.000	4.556	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1/2 oz	14.17	45.562	1.772	131.623	0.000	0.000	3.544	0.000
		Totals	345.00	642.614	8.859	543.548	3.778	0.000	20.196	0.000
		% of Calories			12.408%		2.352%	0.000%	28.286%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	45.562	3.037	1.519	15.187	0.000	30.374	0.000	3.037	0.000	0.000
R-991	2-Sauce,Spaghetti (Home Made)	0.000	5.735	0.938	0.938	*N/A*	2.046	0.039	0.015	85.055	0.085
904055	1-Pasta, Penne, Whole Grain-Rich Blend	0.000	77.588	11.937	15.916	*N/A*	0.000	0.000	7.162	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	15.188	0.000	0.000	3.038	0.000	101.250	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	12.656	0.506	0.000	3.037	*N/A*	91.123	0.000	0.000	0.000	0.000
	Totals	73.405	86.867	14.393	38.116	*0.000*	224.794	0.039	10.214	85.055	0.085
	% of Calories		54.071%		23.726%						

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East Side Union High School District

990578 - 2-Penne Pasta, Meatless

Number of Portions: 40.000

Source: done-y

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-991	2-Sauce,Spaghetti (Home Made)	40 (1/2 cups)	118.07	31.394	0.000	62.617	3.778	0.000	0.000	0.000
75010	1-Water, cold	3 gal + 1/2 gal	317.51	0.000	0.000	9.525	0.000	0.000	0.000	0.000
904055	1-Pasta, Penne, Whole Grain-Rich Blend	5 LB	56.70	179.049	0.000	0.000	0.000	0.000	1.492	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	2 lb + 8 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	2 LB + 8 oz	28.35	91.123	3.544	263.245	0.000	0.000	7.087	0.000
		Totals	549.00	412.942	8.606	517.638	3.778	0.000	17.692	0.000
		% of Calories			18.757%		3.660%	0.000%	38.559%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-991	2-Sauce,Spaghetti (Home Made)	0.000	5.735	0.938	0.938	*N/A*	2.046	0.039	0.015	85.055	0.085
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	6.350	0.000	0.032	317.197	0.318
904055	1-Pasta, Penne, Whole Grain-Rich Blend	0.000	38.794	5.968	7.958	*N/A*	0.000	0.000	3.581	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	25.312	1.012	0.000	6.075	*N/A*	182.247	0.000	0.000	0.000	0.000
	Totals	55.687	45.542	6.906	21.046	*0.000*	393.143	0.039	3.628	402.252	0.403
	% of Calories		44.114%		20.386%						

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East Side Union High School District

2637 - 2-Pico de Gallo

Number of Portions: 8.000

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Source: Julie

Group Code: CONDIMENTS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903954	1-Tomato, red ripe	5 oz	17.72	3.169	0.000	0.864	0.465	0.000	0.036	0.000
900993	1-Onion, Yellow, fresh	1 1/2 oz, a/p	4.88	1.950	0.000	0.183	0.207	0.000	0.005	0.000
990009	1-Cilantro, Raw	1/4 CUP	1.44	0.359	0.000	0.719	0.011	0.000	0.007	0.000
903969	1-Juice, Lime	1 TSP	0.75	0.121	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/4 tsp	0.19	0.000	0.000	112.161	0.000	0.000	0.000	0.000
903782	1-Jalapeno Pepper, fresh	1 ounce	3.41	0.974	0.000	0.000	0.141	0.000	0.012	0.000
		Totals	28.00	6.574	0.000	113.927	0.824	0.000	0.060	0.000
		% of Calories			0.000%		50.137%	0.000%	8.255%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903954	1-Tomato, red ripe	0.000	0.689	0.216	0.156	*N/A*	1.729	2.434	0.048	16.748	0.000
900993	1-Onion, Yellow, fresh	0.000	0.455	0.082	0.054	*N/A*	1.127	0.360	0.010	0.000	0.000
990009	1-Cilantro, Raw	0.000	0.054	0.036	0.032	*N/A*	1.078	0.395	0.025	0.000	0.000
903969	1-Juice, Lime	0.000	0.048	0.000	0.000	*N/A*	0.097	0.000	0.002	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903782	1-Jalapeno Pepper, fresh	0.000	0.222	0.097	0.032	*N/A*	0.487	4.043	0.010	3.127	0.000
	Totals	0.000	1.468	0.432	0.273	*N/A*	4.518	7.233	0.094	19.875	0.000
	% of Calories		89.303%		16.611%						

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East Side Union High School District

476 - 2-Pineapple

Number of Portions: 24.950

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903958	1-Pineapple Tidbits	1 #10 can	120.44	60.221	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	120.00	60.221	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903958	1-Pineapple Tidbits	0.000	14.625	1.721	0.860	*N/A*	0.000	7.743	8.603	0.000	0.000
	Totals	0.000	14.625	1.721	0.860	*N/A*	0.000	7.743	8.603	0.000	0.000
	% of Calories		97.144%		5.712%						

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East Side Union High School District

2914 - 2-Pizza, Breakfast Sausage-Piazza IW

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Julie

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904050	1-Pizza, Wild Mike's Breakfast I/W	1 each	179.00	407.332	4.526	610.999	6.789	0.000	13.578	0.000
		Totals	179.00	407.332	4.526	610.999	6.789	0.000	13.578	0.000
		% of Calories			10.000%		6.667%	0.000%	30.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904050	1-Pizza, Wild Mike's Breakfast I/W	22.630	38.470	4.526	20.367	*N/A*	339.444	8.147	2.444	0.000	0.000
	Totals	22.630	38.470	4.526	20.367	*N/A*	339.444	8.147	2.444	0.000	0.000
	% of Calories		37.778%		20.000%						

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East Side Union High School District

3025 - 2-Pizza, Breakfast, I/W-Piazza

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Julie

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904050	1-Pizza, Wild Mike's Breakfast I/W	1 each	179.00	407.332	4.526	610.999	6.789	0.000	13.578	0.000
		Totals	179.00	407.332	4.526	610.999	6.789	0.000	13.578	0.000
		% of Calories			10.000%		6.667%	0.000%	30.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904050	1-Pizza, Wild Mike's Breakfast I/W	22.630	38.470	4.526	20.367	*N/A*	339.444	8.147	2.444	0.000	0.000
	Totals	22.630	38.470	4.526	20.367	*N/A*	339.444	8.147	2.444	0.000	0.000
	% of Calories		37.778%		20.000%						

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East Side Union High School District

990513 - 2-Pizza, Breakfast-Homemade

Number of Portions: 10.000

Group Code: ENTREE-BREAKFAST

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904088	1-Pizza Skin, 16" round	1 (1 skin)	48.00	108.169	0.000	101.408	2.028	0.000	1.014	0.000
R-990512	2-Gravy, Country	10 oz	23.30	20.971	0.699	126.384	0.466	0.000	1.165	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	10 oz	28.35	60.000	2.000	170.000	0.000	0.000	3.000	0.000
R-2990	2-Eggs, Scrambled	10 oz	30.70	59.926	1.596	58.523	0.000	0.000	4.620	0.000
		Totals	130.00	249.066	4.295	456.315	2.494	0.000	9.799	0.000
		% of Calories			15.520%		4.005%	0.000%	35.408%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904088	1-Pizza Skin, 16" round	0.000	20.282	2.028	4.732	*N/A*	6.761	0.000	1.149	0.000	0.000
R-990512	2-Gravy, Country	0.000	2.796	0.000	0.000	*N/A*	4.101	0.000	0.002	18.622	0.019
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	10.000	1.000	0.000	7.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-2990	2-Eggs, Scrambled	104.770	0.000	0.000	3.698	*0.000*	16.024	0.000	0.616	0.000	0.000
	Totals	114.770	24.078	2.028	15.430	*0.000*	26.886	0.000	1.767	18.622	0.019
	% of Calories		38.669%		24.781%						

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East Side Union High School District

990510 - 2-Pizza, Caprese-Homemade

Number of Portions: 8.000

Group Code: ENTREE-LUNCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904088	1-Pizza Skin, 16" round	1 (1 skin)	60.00	135.211	0.000	126.761	2.535	0.000	1.268	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	5 ounce	19.12	15.548	0.061	35.259	1.405	0.000	0.426	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	20 oz	70.87	227.808	8.859	658.113	0.000	0.000	17.718	0.000
903954	1-Tomato, red ripe	20 slice	70.87	12.677	0.000	3.457	1.861	0.000	0.144	0.000
901393	1-Basil Leaf, Fresh	10 Leaf	2.50	0.472	0.000	0.000	0.000	0.000	0.000	0.000
R-990511	2-Balsamic Glaze	1 .25 cup	0.74	3.331	0.049	0.000	0.081	0.000	0.341	0.000
		Totals	224.00	395.047	8.969	823.590	5.882	0.000	19.897	0.000
		% of Calories			20.433%		5.956%	0.000%	45.328%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904088	1-Pizza Skin, 16" round	0.000	25.352	2.535	5.915	*N/A*	8.451	0.000	1.437	0.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	0.000	2.190	0.374	0.353	*N/A*	0.639	0.002	0.029	6.203	0.006
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	63.280	2.531	0.000	15.187	*N/A*	455.617	0.000	0.000	0.000	0.000
903954	1-Tomato, red ripe	0.000	2.754	0.864	0.622	*N/A*	6.915	9.738	0.190	66.990	0.000
901393	1-Basil Leaf, Fresh	0.000	0.047	0.047	0.094	*N/A*	0.000	0.472	0.472	0.000	0.000
R-990511	2-Balsamic Glaze	0.000	0.093	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	63.280	32.968	3.820	22.172	*N/A*	471.621	10.212	2.127	73.193	0.006
	% of Calories		33.381%		22.450%						

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East Side Union High School District

990530 - 2-Pizza, Cheese -Homemade

Number of Portions: 8.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-y

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904088	1-Pizza Skin, 16" round	1 (1 skin)	60.00	135.211	0.000	126.761	2.535	0.000	1.268	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	10 ounce	38.23	31.096	0.122	70.518	2.810	0.000	0.852	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	20 oz	70.87	150.000	5.000	425.000	0.000	0.000	7.500	0.000
		Totals	169.00	316.308	5.122	622.278	5.345	0.000	9.619	0.000
		% of Calories			14.573%		6.759%	0.000%	27.369%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904088	1-Pizza Skin, 16" round	0.000	25.352	2.535	5.915	*N/A*	8.451	0.000	1.437	0.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	0.000	4.380	0.748	0.705	*N/A*	1.278	0.004	0.058	12.406	0.013
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	25.000	2.500	0.000	17.500	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	25.000	32.232	3.283	24.120	*N/A*	9.728	0.004	1.494	12.406	0.012
	% of Calories		40.761%		30.502%						

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East Side Union High School District

990115 - 2-Pizza, Hawaiian-homemade

Number of Portions: 8.000

Group Code: ENTREE-LUNCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904088	1-Pizza Skin, 16" round	1 (1 skin)	60.00	135.211	0.000	126.761	2.535	0.000	1.268	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	16 oz	56.70	120.000	4.000	340.000	0.000	0.000	6.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	10 ounce	38.23	31.096	0.122	70.518	2.810	0.000	0.852	0.000
990005	1-Ham, Turkey, Sliced	2 oz	7.09	8.859	0.127	54.421	0.127	0.000	0.443	0.000
903958	1-Pineapple Tidbits	8 oz	28.35	14.175	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	190.00	309.341	4.248	591.699	5.472	0.000	8.562	0.000
		% of Calories			12.360%		7.076%	0.000%	24.911%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904088	1-Pizza Skin, 16" round	0.000	25.352	2.535	5.915	*N/A*	8.451	0.000	1.437	0.000	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	20.000	2.000	0.000	14.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	0.000	4.380	0.748	0.705	*N/A*	1.278	0.004	0.058	12.406	0.013
990005	1-Ham, Turkey, Sliced	4.430	0.127	0.000	1.139	*N/A*	0.000	0.000	0.137	0.000	0.000
903958	1-Pineapple Tidbits	0.000	3.442	0.405	0.202	*N/A*	0.000	1.822	2.025	0.000	0.000
	Totals	24.430	35.301	3.688	21.962	*N/A*	9.728	1.826	3.656	12.406	0.012
	% of Calories		45.647%		28.398%						

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East Side Union High School District

2976 - 2-Pizza, I/W Cheese Wedge-Piazza

Number of Portions: 1.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904044	1-Pizza, IW Cheese Cheesy Bottom	1 Each	156.00	400.000	7.000	610.000	6.000	0.000	17.000	0.000
		Totals	156.00	400.000	7.000	610.000	6.000	0.000	17.000	0.000
		% of Calories			15.750%		6.000%	0.000%	38.250%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904044	1-Pizza, IW Cheese Cheesy Bottom	40.000	36.000	1.000	19.000	*N/A*	353.000	9.000	2.000	0.000	0.000
	Totals	40.000	36.000	1.000	19.000	*N/A*	353.000	9.000	2.000	0.000	0.000
	% of Calories		36.000%		19.000%						

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East Side Union High School District

2993 - 2-Pizza, I/W Pepperoni Wedge-Piazza

Number of Portions: 1.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904045	1-Pizza, I/W Pepperoni Cheesy Bottom	1 Each	156.00	400.000	7.000	610.000	6.000	0.000	17.000	0.000
		Totals	156.00	400.000	7.000	610.000	6.000	0.000	17.000	0.000
		% of Calories			15.750%		6.000%	0.000%	38.250%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904045	1-Pizza, I/W Pepperoni Cheesy Bottom	40.000	36.000	1.000	19.000	*N/A*	353.000	9.000	2.000	0.000	0.000
	Totals	40.000	36.000	1.000	19.000	*N/A*	353.000	9.000	2.000	0.000	0.000
	% of Calories		36.000%		19.000%						

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East Side Union High School District

3579 - 2-Pizza, Neapolitan(Margarita)

Number of Portions: 8.000

Group Code: ENTREE-LUNCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904088	1-Pizza Skin, 16" round	1 (1 skin)	60.00	135.211	0.000	126.761	2.535	0.000	1.268	0.000
903896	1-Oil, Vegetable	1 tbsp	1.70	14.598	0.243	0.000	0.000	0.000	1.703	0.000
903924	1-Spice, Garlic powder	1 teaspoon	0.39	1.250	0.000	0.000	0.000	0.000	0.000	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	20 oz	70.87	150.000	5.000	425.000	0.000	0.000	7.500	0.000
902527	1-Spice, Italian seasoning	1 tbsp	1.05	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903972	1-Spice, Basil, Dry	1 tsp, ground	0.18	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	20 ounce	76.46	62.193	0.243	141.035	5.620	0.000	1.703	0.000
901393	1-Basil Leaf, Fresh	10 Leaf	2.50	0.472	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	213.00	363.724	5.487	692.796	8.155	0.000	12.174	0.000
		% of Calories			13.576%		8.968%	0.000%	30.123%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904088	1-Pizza Skin, 16" round	0.000	25.352	2.535	5.915	*N/A*	8.451	0.000	1.437	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.250	0.000	0.000	*N/A*	0.000	0.000	0.045	0.025	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	25.000	2.500	0.000	17.500	*N/A*	0.000	0.000	0.000	0.000	0.000
902527	1-Spice, Italian seasoning	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903972	1-Spice, Basil, Dry	0.000	0.000	0.000	0.000	*N/A*	0.700	0.000	0.028	0.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	0.000	8.761	1.495	1.410	*N/A*	2.555	0.008	0.115	24.813	0.025
901393	1-Basil Leaf, Fresh	0.000	0.047	0.047	0.094	*N/A*	0.000	0.472	0.472	0.000	0.000
	Totals	25.000	36.910	4.077	24.920	*N/A*	11.706	0.479	2.096	24.838	0.025
	% of Calories		40.591%		27.405%						

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East Side Union High School District

990182 - 2-Pizza, Pepperoni & Jalapeno

Number of Portions: 8.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-y

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904088	1-Pizza Skin, 16" round	1 (1 skin)	60.00	135.211	0.000	126.761	2.535	0.000	1.268	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	10 ounce	38.23	31.096	0.122	70.518	2.810	0.000	0.852	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	20 oz	70.87	150.000	5.000	425.000	0.000	0.000	7.500	0.000
990389	1-Pepperoni	24 slice	6.72	31.200	1.200	120.000	0.000	0.000	2.880	0.000
70282	1-Jalapeno, sliced, canned	6 oz	21.26	3.797	0.000	296.151	0.000	0.000	0.000	0.000
		Totals	197.00	351.304	6.322	1038.429	5.345	0.000	12.499	0.000
		% of Calories			16.195%		6.086%	0.000%	32.021%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904088	1-Pizza Skin, 16" round	0.000	25.352	2.535	5.915	*N/A*	8.451	0.000	1.437	0.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	0.000	4.380	0.748	0.705	*N/A*	1.278	0.004	0.058	12.406	0.013
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	25.000	2.500	0.000	17.500	*N/A*	0.000	0.000	0.000	0.000	0.000
990389	1-Pepperoni	7.200	0.000	0.000	1.200	*N/A*	0.000	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.759	0.759	0.000	*N/A*	0.000	3.189	0.000	0.000	0.000
	Totals	32.200	32.992	4.042	25.320	*N/A*	9.728	3.193	1.494	12.406	0.012
	% of Calories		37.565%		28.830%						

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East Side Union High School District

990547 - 2-Pizza, Pepperoni, Jalapeno & Pineapple

Number of Portions: 8.000

Group Code: ENTREE-LUNCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904088	1-Pizza Skin, 16" round	1 (1 skin)	60.00	135.211	0.000	126.761	2.535	0.000	1.268	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	10 ounce	38.23	31.096	0.122	70.518	2.810	0.000	0.852	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	20 oz	70.87	150.000	5.000	425.000	0.000	0.000	7.500	0.000
990389	1-Pepperoni	24 slice	6.72	31.200	1.200	120.000	0.000	0.000	2.880	0.000
70282	1-Jalapeno, sliced, canned	6 oz	21.26	3.797	0.000	296.151	0.000	0.000	0.000	0.000
903958	1-Pineapple Tidbits	8 oz	28.35	14.175	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	225.00	365.479	6.322	1038.429	5.345	0.000	12.499	0.000
		% of Calories			15.567%		5.850%	0.000%	30.779%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904088	1-Pizza Skin, 16" round	0.000	25.352	2.535	5.915	*N/A*	8.451	0.000	1.437	0.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	0.000	4.380	0.748	0.705	*N/A*	1.278	0.004	0.058	12.406	0.013
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	25.000	2.500	0.000	17.500	*N/A*	0.000	0.000	0.000	0.000	0.000
990389	1-Pepperoni	7.200	0.000	0.000	1.200	*N/A*	0.000	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.759	0.759	0.000	*N/A*	0.000	3.189	0.000	0.000	0.000
903958	1-Pineapple Tidbits	0.000	3.442	0.405	0.202	*N/A*	0.000	1.822	2.025	0.000	0.000
	Totals	32.200	36.434	4.447	25.523	*N/A*	9.728	5.016	3.519	12.406	0.012
	% of Calories		39.876%		27.934%						

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East Side Union High School District

990117 - 2-Pizza, Pepperoni-homemade

Number of Portions: 8.000

Group Code: ENTREE-LUNCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904088	1-Pizza Skin, 16" round	1 (1 skin)	60.00	135.211	0.000	126.761	2.535	0.000	1.268	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	10 ounce	38.23	31.096	0.122	70.518	2.810	0.000	0.852	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	20 oz	70.87	150.000	5.000	425.000	0.000	0.000	7.500	0.000
990389	1-Pepperoni	24 slice	6.72	31.200	1.200	120.000	0.000	0.000	2.880	0.000
		Totals	176.00	347.508	6.322	742.278	5.345	0.000	12.499	0.000
		% of Calories			16.372%		6.152%	0.000%	32.371%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904088	1-Pizza Skin, 16" round	0.000	25.352	2.535	5.915	*N/A*	8.451	0.000	1.437	0.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	0.000	4.380	0.748	0.705	*N/A*	1.278	0.004	0.058	12.406	0.013
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	25.000	2.500	0.000	17.500	*N/A*	0.000	0.000	0.000	0.000	0.000
990389	1-Pepperoni	7.200	0.000	0.000	1.200	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	32.200	32.232	3.283	25.320	*N/A*	9.728	0.004	1.494	12.406	0.012
	% of Calories		37.101%		29.145%						

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East Side Union High School District

1806 - 2-Pizza, Veggie

Number of Portions: 8.000

Source: done-y

Group Code: ENTREE-LUNCH

Size of Portion: Slice

*Nutrients are based upon 1 Portion Size (Slice)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904088	1-Pizza Skin, 16" round	1 (1 skin)	60.00	135.211	0.000	126.761	2.535	0.000	1.268	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	10 ounce	38.23	31.096	0.122	70.518	2.810	0.000	0.852	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	20 oz	70.87	150.000	5.000	425.000	0.000	0.000	7.500	0.000
900993	1-Onion, Yellow, fresh	1/2 CUP, sliced	7.19	2.875	0.000	0.270	0.305	0.000	0.007	0.000
903956	1-Pepper, bell, green, raw	1/2 medium (2-3/4" x 2-1/2")	7.44	1.500	0.000	0.250	0.179	0.000	0.013	0.000
903954	1-Tomato, red ripe	1 medium	15.38	2.750	0.000	0.750	0.404	0.000	0.031	0.000
		Totals	199.00	323.433	5.122	623.548	6.232	0.000	9.670	0.000
		% of Calories			14.252%		7.707%	0.000%	26.908%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904088	1-Pizza Skin, 16" round	0.000	25.352	2.535	5.915	*N/A*	8.451	0.000	1.437	0.000	0.000
R-990228	2-Sauce Pizza - scratch (Tomato Paste)	0.000	4.380	0.748	0.705	*N/A*	1.278	0.004	0.058	12.406	0.013
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	25.000	2.500	0.000	17.500	*N/A*	0.000	0.000	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.671	0.121	0.079	*N/A*	1.662	0.530	0.015	0.000	0.000
903956	1-Pepper, bell, green, raw	0.000	0.345	0.125	0.064	*N/A*	0.750	5.981	0.025	6.983	0.000
903954	1-Tomato, red ripe	0.000	0.598	0.188	0.135	*N/A*	1.500	2.113	0.041	14.533	0.000
	Totals	25.000	33.846	3.717	24.398	*N/A*	13.640	8.628	1.576	33.922	0.012
	% of Calories		41.858%		30.174%						

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East Side Union High School District

1836 - 2-Pizza,Brkfst w/sausage, jalepeno

Number of Portions: 1.000

Source: Julie

Group Code: None

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900249	1-Pizza, Breakfast Sausage-Piazza	1 EACH	79.00	190.000	3.000	300.000	2.000	0.000	8.000	0.000
70282	1-Jalapeno, sliced, canned	1 tbsp	7.50	1.339	0.000	104.464	0.000	0.000	0.000	0.000
		Totals	86.00	191.339	3.000	404.464	2.000	0.000	8.000	0.000
		% of Calories			14.111%		4.181%	0.000%	37.630%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900249	1-Pizza, Breakfast Sausage-Piazza	20.000	18.000	2.000	9.000	*N/A*	150.000	3.600	1.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.268	0.268	0.000	*N/A*	0.000	1.125	0.000	0.000	0.000
	Totals	20.000	18.268	2.268	9.000	*N/A*	150.000	4.725	1.000	0.000	0.000
	% of Calories		38.190%		18.815%						

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East Side Union High School District

990354 - 2-Plum, fresh

Number of Portions: 1.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
9279	1-Plum, fresh-USDA	2 each 2-1/8" dia	132.00	60.720	0.022	0.000	13.094	0.000	0.370	0.000
		Totals	132.00	60.720	0.022	0.000	13.094	0.000	0.370	0.000
		% of Calories			0.332%		86.258%	0.000%	5.478%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
9279	1-Plum, fresh-USDA	0.000	15.075	1.848	0.924	22.440	7.920	12.540	0.224	115.144	0.488
	Totals	0.000	15.075	1.848	0.924	22.440	7.920	12.540	0.224	115.144	0.488
	% of Calories		99.305%		6.087%						

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East Side Union High School District

4632 - 2-Poptart,Strawberry, 2 pk-bkfst only

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990105	1-Poptart, strawberry-2 pack-breakfast only	1 EACH (1.76oz)	49.90	2.599	0.000	119.540	14.553	0.000	0.780	0.000
		Totals	50.00	2.599	0.000	119.540	14.553	0.000	0.780	0.000
		% of Calories			0.000%		2239.785%	0.000%	269.965%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990105	1-Poptart, strawberry-2 pack-breakfast only	0.000	37.941	3.118	2.079	*N/A*	67.566	0.000	0.936	0.000	0.000
	Totals	0.000	37.941	3.118	2.079	*N/A*	67.566	0.000	0.936	0.000	0.000
	% of Calories		5839.338%		319.969%						

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East Side Union High School District

990568 - 2-Pork Chili Verde (Pulled Pork)

Number of Portions: 50.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 serving

*Nutrients are based upon 1 Portion Size (1 serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904059	1-Pork, Pulled, Cooked, Frozen	12 1/2 LB	113.40	175.358	4.092	491.002	0.000	0.000	10.521	0.000
903989	1-Spice, Onion Powder	1 3/4 tablespoon	0.24	0.875	0.000	0.210	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 tablespoon + 5/8 teaspoon	0.62	2.002	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/4 CUP + 2 3/8 tsp	1.75	0.000	0.000	1031.884	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	3/4 CUP + 1/2 TBS	1.88	0.335	0.000	26.116	0.000	0.000	0.000	0.000
990220	1-Tomatillo Whole	2 # 10 CAN	111.60	22.320	0.000	0.000	0.000	0.000	0.000	0.000
R-241	2-Rice, Spanish	25 cups	214.86	277.779	0.967	636.244	3.593	0.000	4.949	0.000
903878	1-Tortilla, 8", whole grain	50 each	40.00	104.762	1.429	209.524	0.952	0.000	2.857	0.000
		Totals	484.00	583.431	6.487	2394.980	4.546	0.000	18.328	0.000
		% of Calories			10.007%		3.117%	0.000%	28.272%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904059	1-Pork, Pulled, Cooked, Frozen	64.298	3.507	3.507	21.043	*N/A*	0.000	0.000	2.338	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.175	0.035	0.035	*N/A*	0.700	0.042	0.013	0.013	0.000
903924	1-Spice, Garlic powder	0.000	0.400	0.000	0.000	*N/A*	0.000	0.000	0.072	0.040	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.067	0.067	0.000	*N/A*	0.000	0.281	0.000	0.000	0.000
990220	1-Tomatillo Whole	0.000	4.464	2.232	2.232	*N/A*	0.000	0.000	2.232	0.000	0.000
R-241	2-Rice, Spanish	0.000	52.516	3.712	6.286	*N/A*	23.193	0.000	2.177	117.865	0.118
903878	1-Tortilla, 8", whole grain	0.000	17.143	1.905	2.857	*N/A*	38.095	0.000	0.686	0.000	0.000
	Totals	64.298	78.273	11.458	32.453	*N/A*	61.988	0.323	7.518	117.918	0.118
	% of Calories		53.664%		22.250%						

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East Side Union High School District

990582 - 2-Pork Chili Verde (Pulled Pork)-only

Number of Portions: 50.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 serving

*Nutrients are based upon 1 Portion Size (1 serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904059	1-Pork, Pulled, Cooked, Frozen	11 LB	99.79	154.315	3.601	432.081	0.000	0.000	9.259	0.000
903989	1-Spice, Onion Powder	1 3/4 tablespoon	0.24	0.875	0.000	0.210	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 tablespoon + 5/8 teaspoon	0.62	2.002	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/4 CUP + 2 3/8 tsp	1.75	0.000	0.000	1031.884	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	3/4 CUP + 1/2 TBS	1.88	0.335	0.000	26.116	0.000	0.000	0.000	0.000
990220	1-Tomatillo Whole	2 # 10 CAN	111.60	22.320	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	216.00	179.847	3.601	1490.292	0.000	0.000	9.259	0.000
		% of Calories			18.019%		0.000%	0.000%	46.334%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904059	1-Pork, Pulled, Cooked, Frozen	56.582	3.086	3.086	18.518	*N/A*	0.000	0.000	2.058	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.175	0.035	0.035	*N/A*	0.700	0.042	0.013	0.013	0.000
903924	1-Spice, Garlic powder	0.000	0.400	0.000	0.000	*N/A*	0.000	0.000	0.072	0.040	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.067	0.067	0.000	*N/A*	0.000	0.281	0.000	0.000	0.000
990220	1-Tomatillo Whole	0.000	4.464	2.232	2.232	*N/A*	0.000	0.000	2.232	0.000	0.000
	Totals	56.582	8.193	5.420	20.785	*N/A*	0.700	0.323	4.374	0.053	0.000
	% of Calories		18.221%		46.228%						

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East Side Union High School District

990133 - 2-Pork Pozole-only

Number of Portions: 25.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904105	1-Pork, fresh leg	7 lb	125.44	210.560	0.000	103.040	0.000	0.000	4.480	0.000
75010	1-Water, cold	3 gal	435.45	0.000	0.000	13.063	0.000	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	4 oz	4.54	1.814	0.000	0.170	0.192	0.000	0.005	0.000
990401	1-Garlic, raw	7 clove	0.84	1.050	0.000	0.000	0.210	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	1 tbsp, leaves	0.12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
901397	1-Bay Leaves	1 Leaf	0.07	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.19	0.696	0.000	0.167	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 teaspoon	0.12	0.400	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	3 tbsp	2.19	0.000	0.000	1292.100	0.000	0.000	0.000	0.000
903807	1-Chicken Base	1 tablespoon	0.48	1.440	0.000	12.000	9.600	0.096	0.096	0.000
903714	1-Sauce, Enchilada, red	2 qt	72.57	36.287	0.000	387.065	0.000	0.000	1.210	0.000
990400	1-Hominy, White, canned, drained & rinsed	2 #10 Can	163.29	113.049	0.000	361.757	0.000	0.000	0.628	0.000
900993	1-Onion, Yellow, fresh	15 oz	17.01	6.804	0.000	0.638	0.721	0.000	0.017	0.000
903973	1-Spice, Oregano Leaves, Dry	1 tbsp, leaves	0.12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
904004	1-Lime, raw	4 1/4 (8 cut per lime)	1.42	5.908	0.000	0.295	0.334	0.000	0.038	0.000
990626	1-Cabbage, raw shredded	6 1/4 CUP, shredded	17.50	4.375	0.006	3.150	0.560	0.000	0.018	0.000
990604	1-Chips, Tortilla Corn Blend	50 oz	56.70	283.500	1.013	232.875	0.000	0.000	12.150	0.000
		Totals	898.00	665.883	1.018	2406.321	11.617	0.096	18.641	0.000
		% of Calories			1.376%		6.978%	0.058%	25.195%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904105	1-Pork, fresh leg	107.520	0.000	0.000	35.840	*N/A*	53.760	0.000	2.778	307.507	4.704
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	8.709	0.000	0.044	435.013	0.435
900993	1-Onion, Yellow, fresh	0.000	0.424	0.077	0.050	*N/A*	1.049	0.335	0.010	0.000	0.000
990401	1-Garlic, raw	0.000	0.210	0.000	0.000	*N/A*	0.000	0.252	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.120	0.120	0.000	*N/A*	2.400	0.000	0.086	0.012	0.000
901397	1-Bay Leaves	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.017	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.139	0.028	0.028	*N/A*	0.557	0.033	0.010	0.010	0.000
903924	1-Spice, Garlic powder	0.000	0.080	0.000	0.000	*N/A*	0.000	0.000	0.014	0.008	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903807	1-Chicken Base	0.384	0.192	0.000	0.096	0.000	0.000	0.000	0.000	0.000	0.000
903714	1-Sauce, Enchilada, red	0.000	4.838	0.000	0.000	*N/A*	19.353	0.000	0.000	0.000	0.000
990400	1-Hominy, White, canned, drained & rinsed	0.000	20.098	1.256	1.256	0.000	0.000	0.000	0.502	103.666	1.080

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900993	1-Onion, Yellow, fresh	0.000	1.588	0.287	0.187	*N/A*	3.933	1.254	0.036	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.120	0.120	0.000	*N/A*	2.400	0.000	0.086	0.012	0.000
904004	1-Lime, raw	0.000	2.085	0.561	0.139	*N/A*	6.498	5.760	0.118	0.000	0.000
990626	1-Cabbage, raw shredded	0.000	1.015	0.438	0.224	*N/A*	7.000	6.405	0.082	16.132	0.112
990604	1-Chips, Tortilla Corn Blend	0.000	40.500	2.025	4.050	*N/A*	60.750	0.000	0.608	0.000	0.000
	Totals	107.904	71.409	4.911	41.870	*0.000*	166.410	14.039	4.392	862.360	6.332
	% of Calories		42.896%		25.152%						

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2734 - 2-Pork, Honey BBQ w/ Fries

Number of Portions: 12.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900257	1-Pork, Rib Honey BBQ	12 each	92.14	253.121	6.075	647.989	9.112	0.000	17.212	0.000
903710	1-Bun,Hamburger	12 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
R-763	2-Potatoes,French Fries- only	12 (1/2 cup)	56.00	93.333	0.667	173.333	0.000	0.000	4.000	0.000
		Totals	209.00	506.454	6.742	1021.322	13.112	0.000	23.212	0.000
		% of Calories			11.980%		10.356%	0.000%	41.250%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900257	1-Pork, Rib Honey BBQ	25.312	11.137	1.012	13.162	*N/A*	20.250	1.215	1.093	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
R-763	2-Potatoes,French Fries- only	0.000	13.333	0.667	0.667	0.000	0.000	0.000	0.333	0.000	0.000
	Totals	25.312	55.471	4.679	20.829	*0.000*	220.250	1.215	3.226	0.000	0.000
	% of Calories		43.811%		16.451%						

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2773 - 2-Pork,HoneyBBQ w/pot rounds

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900257	1-Pork, Rib Honey BBQ	1 each	92.14	253.121	6.075	647.989	9.112	0.000	17.212	0.000
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
900923	1-Potato, Tater Tots	4 oz	113.40	179.777	1.383	497.845	0.000	0.000	9.680	0.000
		Totals	267.00	592.898	7.458	1345.834	13.112	0.000	28.893	0.000
		% of Calories			11.321%		8.846%	0.000%	43.858%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900257	1-Pork, Rib Honey BBQ	25.312	11.137	1.012	13.162	*N/A*	20.250	1.215	1.093	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
900923	1-Potato, Tater Tots	0.000	22.126	1.383	1.383	*N/A*	13.829	4.978	0.277	0.000	0.000
	Totals	25.312	64.264	5.395	21.545	*N/A*	234.079	6.193	3.170	0.000	0.000
	% of Calories		43.356%		14.535%						

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3599 - 2-Pork,HoneyBBQ-only

Number of Portions: 12.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900257	1-Pork, Rib Honey BBQ	12 each	92.14	253.121	6.075	647.989	9.112	0.000	17.212	0.000
903710	1-Bun,Hamburger	12 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	153.00	413.121	6.075	847.989	13.112	0.000	19.212	0.000
		% of Calories			13.234%		12.696%	0.000%	41.855%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900257	1-Pork, Rib Honey BBQ	25.312	11.137	1.012	13.162	*N/A*	20.250	1.215	1.093	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	25.312	42.137	4.012	20.162	*N/A*	220.250	1.215	2.893	0.000	0.000
	% of Calories		40.799%		19.522%						

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1701 - 2-Potato, Oven Baked Wedge

Number of Portions: 5.950

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904106	1-Potato Wedge	1 LB	76.23	98.656	0.897	40.359	0.000	0.000	3.587	0.000
		Totals	76.00	98.656	0.897	40.359	0.000	0.000	3.588	0.000
		% of Calories			8.182%		0.000%	0.000%	32.727%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904106	1-Potato Wedge	0.000	15.247	1.794	1.794	*N/A*	13.453	10.045	0.628	0.000	0.000
	Totals	0.000	15.247	1.794	1.794	*N/A*	13.453	10.045	0.628	0.000	0.000
	% of Calories		61.818%		7.274%						

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East Side Union High School District

4199 - 2-Potato,Tater Tots

Number of Portions: 6.350

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900923	1-Potato, Tater Tots	1 LB	71.43	113.246	0.871	313.603	0.000	0.000	6.098	0.000
		Totals	71.00	113.246	0.871	313.603	0.000	0.000	6.098	0.000
		% of Calories			6.923%		0.000%	0.000%	48.461%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900923	1-Potato, Tater Tots	0.000	13.938	0.871	0.871	*N/A*	8.711	3.136	0.174	0.000	0.000
	Totals	0.000	13.938	0.871	0.871	*N/A*	8.711	3.136	0.174	0.000	0.000
	% of Calories		49.231%		3.076%						

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East Side Union High School District

2433 - 2-Potatoes, sweet, mashed

Number of Portions: 24.550

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903936	1-Potato, Sweet Potatoes, Yam canned	1 #10 can	122.41	99.454	0.000	3.825	8.415	8.415	0.000	0.000
		Totals	122.00	99.454	0.000	3.825	8.415	8.415	0.000	0.000
		% of Calories			0.000%		33.845%	33.845%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903936	1-Potato, Sweet Potatoes, Yam canned	0.000	26.011	3.060	0.000	*N/A*	12.241	0.000	0.000	0.000	0.000
	Totals	0.000	26.011	3.060	0.000	*N/A*	12.241	0.000	0.000	0.000	0.000
	% of Calories		104.616%		0.000%						

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East Side Union High School District

763 - 2-Potatoes,French Fries- only

Number of Portions: 1.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: Kelley 1.15.26

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
902349	1-Potato, French Fries	1/2 cup	56.00	93.333	0.667	173.333	0.000	0.000	4.000	0.000
		Totals	56.00	93.333	0.667	173.333	0.000	0.000	4.000	0.000
		% of Calories			6.429%		0.000%	0.000%	38.572%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902349	1-Potato, French Fries	0.000	13.333	0.667	0.667	0.000	0.000	0.000	0.333	0.000	0.000
	Totals	0.000	13.333	0.667	0.667	0.000	0.000	0.000	0.333	0.000	0.000
	% of Calories		57.143%		2.859%						

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East Side Union High School District

164 - 2-Potatoes,Mashed-only

Number of Portions: 145.000

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
75005	1-Water, Hot	3 gal	79.45	0.000	0.000	2.383	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1 tbsp + 1/2 tsp	0.15	0.000	0.000	86.635	0.000	0.000	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	8 oz	1.56	11.172	0.447	12.289	0.000	0.000	1.229	0.000
900215	1-Potatoes, mashed, instant	5 3/4 LB	17.99	64.754	0.000	14.390	0.000	0.000	0.000	0.000
		Totals	99.00	75.926	0.447	115.698	0.000	0.000	1.229	0.000
		% of Calories			5.297%		0.000%	0.000%	14.567%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	1.589	0.000	0.008	79.369	0.079
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900215	1-Potatoes, mashed, instant	0.000	13.670	1.439	1.439	*N/A*	0.000	21.585	0.259	0.000	0.000
	Totals	0.000	13.670	1.439	1.439	*N/A*	1.589	21.585	0.267	79.369	0.079
	% of Calories		72.019%		7.581%						

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990175 - 2-Pozole Chicken

Number of Portions: 25.000

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Source: Local

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903918	1-Chicken, Fajita meat, bnless	3 7/8 LB	69.85	88.772	1.455	440.948	1.455	0.000	2.911	0.000
75010	1-Water, cold	1 gal	145.15	0.000	0.000	4.354	0.000	0.000	0.000	0.000
990401	1-Garlic, raw	7 clove	0.84	1.050	0.000	0.000	0.210	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	1 tbsp, leaves	0.12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
901397	1-Bay Leaves	1 Leaf	0.07	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.19	0.696	0.000	0.167	0.000	0.000	0.000	0.000
903807	1-Chicken Base	4 oz	4.54	13.608	0.000	113.398	90.718	0.907	0.907	0.000
903714	1-Sauce, Enchilada, red	2 qt	72.57	36.287	0.000	387.065	0.000	0.000	1.210	0.000
990400	1-Hominy, White, canned, drained & rinsed	2 #10 Can	163.29	113.049	0.000	361.757	0.000	0.000	0.628	0.000
900993	1-Onion, Yellow, fresh	15 oz	17.01	6.804	0.000	0.638	0.721	0.000	0.017	0.000
903973	1-Spice, Oregano Leaves, Dry	1 tbsp, leaves	0.12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990626	1-Cabbage, raw shredded	25 oz, shredded	28.35	7.088	0.010	5.103	0.907	0.000	0.028	0.000
904004	1-Lime, raw	4 1/4 (8 cut per lime)	1.42	5.908	0.000	0.295	0.334	0.000	0.038	0.000
990604	1-Chips, Tortilla Corn Blend	50 oz	56.70	283.500	1.013	232.875	0.000	0.000	12.150	0.000
		Totals	560.00	556.761	2.477	1546.601	94.345	0.907	17.889	0.000
		% of Calories			4.005%		67.781%	0.652%	28.918%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903918	1-Chicken, Fajita meat, bnless	53.845	1.455	0.000	13.097	0.000	29.105	5.239	1.572	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	2.903	0.000	0.015	145.004	0.145
990401	1-Garlic, raw	0.000	0.210	0.000	0.000	*N/A*	0.000	0.252	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.120	0.120	0.000	*N/A*	2.400	0.000	0.086	0.012	0.000
901397	1-Bay Leaves	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.017	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.139	0.028	0.028	*N/A*	0.557	0.033	0.010	0.010	0.000
903807	1-Chicken Base	3.629	1.814	0.000	0.907	0.000	0.000	0.000	0.000	0.000	0.000
903714	1-Sauce, Enchilada, red	0.000	4.838	0.000	0.000	*N/A*	19.353	0.000	0.000	0.000	0.000
990400	1-Hominy, White, canned, drained & rinsed	0.000	20.098	1.256	1.256	0.000	0.000	0.000	0.502	103.666	1.080
900993	1-Onion, Yellow, fresh	0.000	1.588	0.287	0.187	*N/A*	3.933	1.254	0.036	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.120	0.120	0.000	*N/A*	2.400	0.000	0.086	0.012	0.000
990626	1-Cabbage, raw shredded	0.000	1.644	0.709	0.363	*N/A*	11.340	10.376	0.133	26.133	0.181
904004	1-Lime, raw	0.000	2.085	0.561	0.139	*N/A*	6.498	5.760	0.118	0.000	0.000
990604	1-Chips, Tortilla Corn Blend	0.000	40.500	2.025	4.050	*N/A*	60.750	0.000	0.608	0.000	0.000
	Totals	57.474	74.613	5.106	20.027	*0.000*	139.240	22.915	3.184	274.838	1.407

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	% of Calories		53.605%		14.388%						

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East Side Union High School District

990622 - 2-Pozole Chicken Verde

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903918	1-Chicken, Fajita meat, bnless	3 oz	85.05	108.082	1.772	536.869	1.772	0.000	3.544	0.000
75010	1-Water, cold	1 1/2 Cup	340.19	0.000	0.000	10.206	0.000	0.000	0.000	0.000
990401	1-Garlic, raw	1/2 tsp	1.40	1.750	0.000	0.000	0.350	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	1/4 tsp, ground	0.29	0.000	0.000	0.000	0.000	0.000	0.000	0.000
901397	1-Bay Leaves		0.07	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	1/4 teaspoon	0.38	1.391	0.000	0.334	0.000	0.000	0.000	0.000
903807	1-Chicken Base	1 teaspoon	4.00	12.000	0.000	100.000	80.000	0.800	0.800	0.000
990400	1-Hominy, White, canned, drained & rinsed	1/2 CUP	82.50	57.115	0.000	182.769	0.000	0.000	0.317	0.000
900993	1-Onion, Yellow, fresh	1 tsp, chopped	3.33	1.333	0.000	0.125	0.141	0.000	0.003	0.000
903973	1-Spice, Oregano Leaves, Dry		0.07	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990626	1-Cabbage, raw shredded	1 oz, shredded	28.35	7.088	0.010	5.103	0.907	0.000	0.028	0.000
904004	1-Lime, raw	1/8 (8 cut per lime)	1.05	4.344	0.000	0.217	0.245	0.000	0.028	0.000
990604	1-Chips, Tortilla Corn Blend	2 oz	56.70	283.500	1.013	232.875	0.000	0.000	12.150	0.000
990738	Verde Enchilada Sauce	1 oz	28.35	11.826	0.000	165.563	0.000	0.000	0.710	0.000
		Totals	632.00	488.430	2.794	1234.061	83.416	0.800	17.581	0.000
		% of Calories			5.148%		68.314%	0.655%	32.395%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903918	1-Chicken, Fajita meat, bnless	65.558	1.772	0.000	15.947	0.000	35.437	6.379	1.914	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	6.804	0.000	0.034	339.854	0.340
990401	1-Garlic, raw	0.000	0.350	0.000	0.000	*N/A*	0.000	0.420	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.288	0.288	0.000	*N/A*	5.760	0.000	0.207	0.029	0.000
901397	1-Bay Leaves	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.017	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.278	0.056	0.056	*N/A*	1.113	0.067	0.020	0.021	0.000
903807	1-Chicken Base	3.200	1.600	0.000	0.800	0.000	0.000	0.000	0.000	0.000	0.000
990400	1-Hominy, White, canned, drained & rinsed	0.000	10.154	0.635	0.635	0.000	0.000	0.000	0.254	52.375	0.546
900993	1-Onion, Yellow, fresh	0.000	0.311	0.056	0.037	*N/A*	0.771	0.246	0.007	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.072	0.072	0.000	*N/A*	1.440	0.000	0.052	0.007	0.000
990626	1-Cabbage, raw shredded	0.000	1.644	0.709	0.363	*N/A*	11.340	10.376	0.133	26.133	0.181
904004	1-Lime, raw	0.000	1.533	0.413	0.102	*N/A*	4.778	4.235	0.087	0.000	0.000
990604	1-Chips, Tortilla Corn Blend	0.000	40.500	2.025	4.050	*N/A*	60.750	0.000	0.608	0.000	0.000
990738	Verde Enchilada Sauce	0.000	1.419	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	68.758	59.922	4.253	21.988	*0.000*	128.193	21.723	3.333	418.418	1.067

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	% of Calories		49.073%		18.007%						

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East Side Union High School District

990468 - 2-Pozole Chicken-only

Number of Portions: 25.000

Source: Local

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903918	1-Chicken, Fajita meat, bnless	3 7/8 LB	69.85	88.772	1.455	440.948	1.455	0.000	2.911	0.000
75010	1-Water, cold	1 gal	145.15	0.000	0.000	4.354	0.000	0.000	0.000	0.000
990401	1-Garlic, raw	7 clove	0.84	1.050	0.000	0.000	0.210	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	1 tbsp, leaves	0.12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
901397	1-Bay Leaves	1 Leaf	0.07	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	2 teaspoon	0.19	0.696	0.000	0.167	0.000	0.000	0.000	0.000
903807	1-Chicken Base	4 oz	4.54	13.608	0.000	113.398	90.718	0.907	0.907	0.000
903714	1-Sauce, Enchilada, red	2 qt	72.57	36.287	0.000	387.065	0.000	0.000	1.210	0.000
990400	1-Hominy, White, canned, drained & rinsed	2 #10 Can	163.29	113.049	0.000	361.757	0.000	0.000	0.628	0.000
900993	1-Onion, Yellow, fresh	15 oz	17.01	6.804	0.000	0.638	0.721	0.000	0.017	0.000
903924	1-Spice, Garlic powder	1 teaspoon	0.12	0.400	0.000	0.000	0.000	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	15 oz	17.01	6.804	0.000	0.638	0.721	0.000	0.017	0.000
903973	1-Spice, Oregano Leaves, Dry	1 tbsp, leaves	0.12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990626	1-Cabbage, raw shredded	6 1/4 CUP, shredded	17.50	4.375	0.006	3.150	0.560	0.000	0.018	0.000
904004	1-Lime, raw	4 1/4 (8 cut per lime)	1.42	5.908	0.000	0.295	0.334	0.000	0.038	0.000
		Totals	510.00	277.752	1.461	1312.411	94.719	0.907	5.745	0.000
		% of Calories			4.735%		136.408%	1.306%	18.616%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903918	1-Chicken, Fajita meat, bnless	53.845	1.455	0.000	13.097	0.000	29.105	5.239	1.572	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	2.903	0.000	0.015	145.004	0.145
990401	1-Garlic, raw	0.000	0.210	0.000	0.000	*N/A*	0.000	0.252	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.120	0.120	0.000	*N/A*	2.400	0.000	0.086	0.012	0.000
901397	1-Bay Leaves	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.017	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.139	0.028	0.028	*N/A*	0.557	0.033	0.010	0.010	0.000
903807	1-Chicken Base	3.629	1.814	0.000	0.907	0.000	0.000	0.000	0.000	0.000	0.000
903714	1-Sauce, Enchilada, red	0.000	4.838	0.000	0.000	*N/A*	19.353	0.000	0.000	0.000	0.000
990400	1-Hominy, White, canned, drained & rinsed	0.000	20.098	1.256	1.256	0.000	0.000	0.000	0.502	103.666	1.080
900993	1-Onion, Yellow, fresh	0.000	1.588	0.287	0.187	*N/A*	3.933	1.254	0.036	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.080	0.000	0.000	*N/A*	0.000	0.000	0.014	0.008	0.000
900993	1-Onion, Yellow, fresh	0.000	1.588	0.287	0.187	*N/A*	3.933	1.254	0.036	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.120	0.120	0.000	*N/A*	2.400	0.000	0.086	0.012	0.000
990626	1-Cabbage, raw shredded	0.000	1.015	0.438	0.224	*N/A*	7.000	6.405	0.082	16.132	0.112

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East Side Union High School District

904004	1-Lime, raw	0.000	2.085	0.561	0.139	*N/A*	6.498	5.760	0.118	0.000	0.000
	Totals	57.474	35.152	3.097	16.026	*0.000*	78.084	20.198	2.576	264.844	1.337
	% of Calories		50.623%		23.080%						

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East Side Union High School District

1745 - 2-Pumpkin Custard

Number of Portions: 100.000

Source: Darlene

Group Code: None

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904107	1-Pumpkin, canned w/o salt	2 #10 CAN	60.10	22.168	0.000	2.463	0.000	0.000	0.246	0.000
903769	1-Sugar, Granulated	2 qt	16.13	60.480	0.000	0.000	16.128	0.000	0.000	0.000
903774	1-Salt, Table	2 tbsp	0.37	0.000	0.000	215.350	0.000	0.000	0.000	0.000
903925	1-Spice, Cinnamon Ground	2 tablespoon	0.16	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903987	1-Spice, Cloves, ground	1/2 teaspoon	0.01	0.008	0.000	0.008	0.000	0.000	0.000	0.000
903988	1-Spice, Nutmeg, ground	1/2 teaspoon	0.01	0.056	0.003	0.000	0.000	0.000	0.004	0.000
20	1-Margarine, Wholesome Farms-sysco	3/4 CUP	1.69	12.086	0.483	13.294	0.000	0.000	1.329	0.000
903775	1-Vanilla Extract, imitation	1/4 CUP	0.52	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903790	1-milk, 1% white, Foster Farms	18 (1/2 pint)	40.82	23.400	0.270	28.800	2.700	0.000	0.450	0.000
928	1-Eggs, whole, liquid, pasteurized	3 1/2 cup	9.33	14.203	0.304	13.188	0.000	0.000	0.913	0.000
R-2647	2-Whipped Topping, On Top	100 Serving (s)	4.00	13.333	1.000	0.000	0.667	0.000	1.000	0.000
		Totals	133.00	145.734	2.061	273.104	19.495	0.000	3.943	0.000
		% of Calories			12.728%		53.508%	0.000%	24.349%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904107	1-Pumpkin, canned w/o salt	0.000	4.926	1.478	0.493	*N/A*	12.808	2.069	0.685	44.322	0.276
903769	1-Sugar, Granulated	0.000	16.128	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903925	1-Spice, Cinnamon Ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903987	1-Spice, Cloves, ground	0.000	0.002	0.000	0.000	*N/A*	0.033	0.000	0.001	0.001	0.000
903988	1-Spice, Nutmeg, ground	0.000	0.005	0.002	0.000	*N/A*	0.032	0.000	0.001	0.001	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903775	1-Vanilla Extract, imitation	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903790	1-milk, 1% white, Foster Farms	2.700	2.880	0.000	1.800	*N/A*	72.000	0.216	0.000	0.000	0.000
928	1-Eggs, whole, liquid, pasteurized	34.493	0.000	0.000	1.217	0.000	5.275	0.000	0.203	0.000	0.000
R-2647	2-Whipped Topping, On Top	0.000	1.333	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	37.193	25.274	1.479	3.510	*0.000*	90.149	2.285	0.889	44.324	0.276
	% of Calories		69.370%		9.634%						

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East Side Union High School District

990619 - 2-Pumpkin Muffin-Batter WG

Number of Portions: 100.000

Source: Local

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990737	PUMPKIN MUFFIN BATTER, WG	3 3/4 oz	1.05	3.007	0.014	1.975	0.175	0.175	0.123	0.000
		Totals	1.00	3.007	0.014	1.975	0.175	0.175	0.123	0.000
		% of Calories			4.190%		23.279%	23.279%	36.784%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990737	PUMPKIN MUFFIN BATTER, WG	0.352	0.446	0.037	0.049	0.000	0.936	0.000	0.020	0.000	0.000
	Totals	0.352	0.446	0.037	0.049	0.000	0.936	0.000	0.020	0.000	0.000
	% of Calories		59.275%		6.518%						

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East Side Union High School District

813 - 2-Raisins,Individual-1.5oz box

Number of Portions: 1.000

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup equ

*Nutrients are based upon 1 Portion Size (1/2 cup equ)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903784	1-Raisins, seedless, ind pack	1 box (1.33 oz)	37.70	113.991	0.000	8.769	0.000	0.000	0.000	0.000
		Totals	38.00	113.991	0.000	8.769	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903784	1-Raisins, seedless, ind pack	0.000	27.183	1.754	0.877	*N/A*	17.537	0.000	0.947	0.000	0.000
	Totals	0.000	27.183	1.754	0.877	*N/A*	17.537	0.000	0.947	0.000	0.000
	% of Calories		95.385%		3.077%						

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East Side Union High School District

990637 - 2-Ramen, Beef, Egg Soup

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990702	1-Noodle, Ramen	1 each	84.00	360.000	0.000	285.000	0.000	0.000	15.000	0.000
75005	1-Water, Hot	2 CUP	480.00	0.000	0.000	14.400	0.000	0.000	0.000	0.000
990640	1-Base, Beef	2 tsp	9.47	28.406	0.000	1685.446	1.894	0.000	0.947	0.000
928	1-Eggs, whole, liquid, pasteurized	3 oz	85.05	129.422	2.773	120.177	0.000	0.000	8.320	0.000
903970	1-Carrot, matchstick	1/4 CUP,strips/slices	30.50	12.559	0.000	23.324	1.794	0.000	0.000	0.000
70283	1-Onion, green	1/2 oz	14.17	4.536	0.000	2.268	0.330	0.000	0.027	0.000
		Totals	703.00	534.923	2.773	2130.615	4.018	0.000	24.294	0.000
		% of Calories			4.666%		3.005%	0.000%	40.874%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990702	1-Noodle, Ramen	0.000	51.000	6.000	9.000	0.000	18.000	0.000	3.000	0.000	0.000
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	9.600	0.000	0.048	479.522	0.480
990640	1-Base, Beef	0.000	3.788	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
928	1-Eggs, whole, liquid, pasteurized	314.310	0.000	0.000	11.093	0.000	48.071	0.000	1.849	0.000	0.000
903970	1-Carrot, matchstick	0.000	2.871	0.718	0.359	*N/A*	7.176	2.153	0.129	0.000	0.000
70283	1-Onion, green	0.000	1.040	0.369	0.259	*N/A*	10.206	2.665	0.210	0.000	0.000
	Totals	314.310	58.699	7.086	20.712	*0.000*	93.053	4.818	5.236	479.522	0.480
	% of Calories		43.893%		15.488%						

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East Side Union High School District

990591 - 2-Ramen, Chicken

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990702	1-Noodle, Ramen	1 each	84.00	360.000	0.000	285.000	0.000	0.000	15.000	0.000
75005	1-Water, Hot	2 CUP	480.00	0.000	0.000	14.400	0.000	0.000	0.000	0.000
903807	1-Chicken Base	2 1/4 teaspoon	9.00	27.000	0.000	225.000	180.000	1.800	1.800	0.000
903970	1-Carrot, matchstick	1/4 CUP,strips/slices	30.50	12.559	0.000	23.324	1.794	0.000	0.000	0.000
70283	1-Onion, green	1/2 oz	14.17	4.536	0.000	2.268	0.330	0.000	0.027	0.000
901884	1-Chicken, diced,	2 1/4 oz	63.79	82.011	0.000	63.786	0.000	0.000	2.278	0.000
799974	1-Lemon, Fresh	1 Wedge	14.00	4.103	0.000	0.241	0.000	0.000	0.048	0.000
		Totals	695.00	490.209	0.000	614.019	182.124	1.800	19.153	0.000
		% of Calories			0.000%		148.609%	1.469%	35.165%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990702	1-Noodle, Ramen	0.000	51.000	6.000	9.000	0.000	18.000	0.000	3.000	0.000	0.000
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	9.600	0.000	0.048	479.522	0.480
903807	1-Chicken Base	7.200	3.600	0.000	1.800	0.000	0.000	0.000	0.000	0.000	0.000
903970	1-Carrot, matchstick	0.000	2.871	0.718	0.359	*N/A*	7.176	2.153	0.129	0.000	0.000
70283	1-Onion, green	0.000	1.040	0.369	0.259	*N/A*	10.206	2.665	0.210	0.000	0.000
901884	1-Chicken, diced,	47.840	0.000	0.000	13.669	*N/A*	0.000	0.000	0.000	0.000	0.000
799974	1-Lemon, Fresh	0.000	1.207	0.386	0.145	*N/A*	2.414	7.386	0.087	0.000	0.000
	Totals	55.040	59.718	7.472	25.232	*0.000*	47.396	12.204	3.474	479.522	0.480
	% of Calories		48.729%		20.589%						

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East Side Union High School District

990590 - 2-Ramen, Egg Soup

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990702	1-Noodle, Ramen	1 each	84.00	360.000	0.000	285.000	0.000	0.000	15.000	0.000
75005	1-Water, Hot	2 CUP	480.00	0.000	0.000	14.400	0.000	0.000	0.000	0.000
903807	1-Chicken Base	2 1/4 teaspoon	9.00	27.000	0.000	225.000	180.000	1.800	1.800	0.000
903970	1-Carrot, matchstick	1/4 CUP,strips/slices	30.50	12.559	0.000	23.324	1.794	0.000	0.000	0.000
70283	1-Onion, green	1/2 oz	14.17	4.536	0.000	2.268	0.330	0.000	0.027	0.000
990639	1-Egg, Hard Cooked	1 each	45.00	60.000	1.500	65.000	0.000	0.000	4.000	0.000
799974	1-Lemon, Fresh	1 Wedge	14.00	4.103	0.000	0.241	0.000	0.000	0.048	0.000
		Totals	677.00	468.198	1.500	615.233	182.124	1.800	20.875	0.000
		% of Calories			2.883%		155.596%	1.538%	40.128%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990702	1-Noodle, Ramen	0.000	51.000	6.000	9.000	0.000	18.000	0.000	3.000	0.000	0.000
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	9.600	0.000	0.048	479.522	0.480
903807	1-Chicken Base	7.200	3.600	0.000	1.800	0.000	0.000	0.000	0.000	0.000	0.000
903970	1-Carrot, matchstick	0.000	2.871	0.718	0.359	*N/A*	7.176	2.153	0.129	0.000	0.000
70283	1-Onion, green	0.000	1.040	0.369	0.259	*N/A*	10.206	2.665	0.210	0.000	0.000
990639	1-Egg, Hard Cooked	180.000	0.000	0.000	6.000	*N/A*	0.000	0.000	0.000	0.000	0.000
799974	1-Lemon, Fresh	0.000	1.207	0.386	0.145	*N/A*	2.414	7.386	0.087	0.000	0.000
	Totals	187.200	59.718	7.472	17.563	*0.000*	47.396	12.204	3.474	479.522	0.480
	% of Calories		51.019%		15.005%						

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East Side Union High School District

990589 - 2-Ramen, Tofu

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990702	1-Noodle, Ramen	1 each	84.00	360.000	0.000	285.000	0.000	0.000	15.000	0.000
75005	1-Water, Hot	2 CUP	480.00	0.000	0.000	14.400	0.000	0.000	0.000	0.000
903807	1-Chicken Base	2 1/4 teaspoon	9.00	27.000	0.000	225.000	180.000	1.800	1.800	0.000
903970	1-Carrot, matchstick	1/4 CUP,strips/slices	30.50	12.559	0.000	23.324	1.794	0.000	0.000	0.000
70283	1-Onion, green	1/2 oz	14.17	4.536	0.000	2.268	0.330	0.000	0.027	0.000
903816	1-Tofu, Firm, Commercially Made	2 1/2 ounce	70.87	75.043	1.251	8.338	0.000	0.000	2.501	0.000
799974	1-Lemon, Fresh	1 Wedge	14.00	4.103	0.000	0.241	0.000	0.000	0.048	0.000
		Totals	703.00	483.241	1.251	558.571	182.124	1.800	19.377	0.000
		% of Calories			2.329%		150.752%	1.490%	36.087%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990702	1-Noodle, Ramen	0.000	51.000	6.000	9.000	0.000	18.000	0.000	3.000	0.000	0.000
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	9.600	0.000	0.048	479.522	0.480
903807	1-Chicken Base	7.200	3.600	0.000	1.800	0.000	0.000	0.000	0.000	0.000	0.000
903970	1-Carrot, matchstick	0.000	2.871	0.718	0.359	*N/A*	7.176	2.153	0.129	0.000	0.000
70283	1-Onion, green	0.000	1.040	0.369	0.259	*N/A*	10.206	2.665	0.210	0.000	0.000
903816	1-Tofu, Firm, Commercially Made	0.000	7.504	0.834	5.837	*N/A*	83.381	0.000	0.901	0.000	0.000
799974	1-Lemon, Fresh	0.000	1.207	0.386	0.145	*N/A*	2.414	7.386	0.087	0.000	0.000
	Totals	7.200	67.222	8.306	17.400	*0.000*	130.777	12.204	4.374	479.522	0.480
	% of Calories		55.643%		14.403%						

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East Side Union High School District

1870 - 2-Ranch packet, 12 gram

Number of Portions: 1.000

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Source: current

Group Code: CONDIMENTS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903817	1-Dressing, Ranch, buttermilk, ind, 12g	1 packet	12.00	70.000	1.500	110.000	0.000	0.000	8.000	0.000
		Totals	12.00	70.000	1.500	110.000	0.000	0.000	8.000	0.000
		% of Calories			19.286%		0.000%	0.000%	102.857%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903817	1-Dressing, Ranch, buttermilk, ind, 12g	0.000	1.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	1.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		5.714%		0.000%						

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East Side Union High School District

990521 - 2-Red Bean Curry over Rice

Number of Portions: 10.000

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903896	1-Oil, Vegetable	3 tbsp	4.09	35.036	0.584	0.000	0.000	0.000	4.088	0.000
990649	1-Spice, Coriander, Dry	1 tbsp	0.18	0.502	0.000	0.380	0.013	0.000	0.009	0.000
902244	1-Spice, Cumin Ground	1 TSP	0.21	2.000	0.000	1.000	0.000	0.000	0.150	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	30 oz	85.05	16.355	0.000	13.084	19.627	0.000	0.000	0.000
990003	1-Onion, Red, fresh	1/2 cup	8.50	2.528	0.000	0.230	0.517	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 teaspoon	0.31	1.000	0.000	0.000	0.000	0.000	0.000	0.000
R-990522	2-Vegetable Broth	16 ounce(s)	11.49	0.258	0.000	20.490	0.026	0.000	0.000	0.000
903835	1-Bean, Kidney, Dark	5 CUP	130.00	110.000	0.000	140.000	1.000	1.000	0.000	0.000
903774	1-Salt, Table	1/2 tsp	0.30	0.000	0.000	179.457	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/2 tsp	0.11	0.000	0.000	0.000	0.000	0.000	0.000	0.000
R-3636	2-Rice,Brown Cooked w/ broth	10 cups	192.34	243.278	1.074	128.381	75.599	0.756	5.520	0.000
		Totals	433.00	410.958	1.658	483.022	96.782	1.756	9.766	0.000
		% of Calories			3.632%		94.201%	1.709%	21.387%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990649	1-Spice, Coriander, Dry	0.000	0.094	0.019	0.039	*N/A*	2.243	1.020	0.076	0.013	0.025
902244	1-Spice, Cumin Ground	0.000	0.300	0.100	0.100	*N/A*	6.000	0.000	0.360	0.017	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	0.000	3.271	0.654	0.654	*N/A*	13.084	9.813	0.236	0.000	0.000
990003	1-Onion, Red, fresh	0.000	0.632	0.172	0.058	*N/A*	2.299	0.402	0.024	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.200	0.000	0.000	*N/A*	0.000	0.000	0.036	0.020	0.000
R-990522	2-Vegetable Broth	0.000	0.026	0.000	0.000	*N/A*	0.227	0.000	0.001	11.328	0.011
903835	1-Bean, Kidney, Dark	0.000	20.000	8.000	8.000	0.000	60.000	0.000	2.600	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-3636	2-Rice,Brown Cooked w/ broth	3.024	44.941	2.413	5.581	*0.000*	10.592	0.240	1.255	128.462	0.128
	Totals	3.024	69.464	11.358	14.433	*0.000*	94.445	11.476	4.588	139.841	0.165
	% of Calories		67.612%		14.048%						

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East Side Union High School District

990514 - 2-Rice w/ Scrambled Egg

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990093	2-Rice,White Cooked	1/2 cups	99.99	112.819	0.212	7.901	0.000	0.000	0.583	0.000
R-2990	2-Eggs, Scrambled	2 oz	61.40	119.852	3.192	117.046	0.000	0.000	9.239	0.000
		Totals	161.00	232.671	3.404	124.947	0.000	0.000	9.823	0.000
		% of Calories			13.166%		0.000%	0.000%	37.995%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990093	2-Rice,White Cooked	0.000	24.192	0.672	2.016	*0.000*	10.116	0.000	1.351	68.940	0.069
R-2990	2-Eggs, Scrambled	209.540	0.000	0.000	7.396	*0.000*	32.048	0.000	1.232	0.000	0.000
	Totals	209.540	24.192	0.672	9.412	*0.000*	42.164	0.000	2.583	68.940	0.069
	% of Calories		41.589%		16.181%						

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East Side Union High School District

990575 - 2-Rice, Cilantro Lime

Number of Portions: 64.000

Source: done

Group Code: GRAIN PRODUCTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903967	1-Rice, White, Long-Grain	8 1/2 LB	60.24	214.196	0.000	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	2 1/2 gal	141.75	0.000	0.000	4.252	0.000	0.000	0.000	0.000
903774	1-Salt, Table	3 1/2 oz	1.55	0.000	0.000	914.714	0.000	0.000	0.000	0.000
903969	1-Juice, Lime	15 oz	6.64	1.072	0.000	0.000	0.000	0.000	0.000	0.000
990009	1-Cilantro, Raw	4 Bunch	5.32	1.329	0.000	2.658	0.040	0.000	0.027	0.000
		Totals	216.00	216.597	0.000	921.625	0.040	0.000	0.027	0.000
		% of Calories			0.000%		0.074%	0.000%	0.111%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903967	1-Rice, White, Long-Grain	0.000	48.194	1.339	4.016	0.000	17.403	0.000	2.677	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	2.835	0.000	0.014	141.606	0.142
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903969	1-Juice, Lime	0.000	0.429	0.000	0.000	*N/A*	0.857	0.000	0.015	0.000	0.000
990009	1-Cilantro, Raw	0.000	0.199	0.133	0.120	*N/A*	3.987	1.462	0.093	0.000	0.000
	Totals	0.000	48.822	1.472	4.136	*0.000*	25.082	1.462	2.800	141.606	0.142
	% of Calories		90.162%		7.638%						

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East Side Union High School District

241 - 2-Rice, Spanish

Number of Portions: 53.000

Group Code: GRAIN PRODUCTS

Size of Portion: cup

*Nutrients are based upon 1 Portion Size (cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903933	1-Rice, Brown, Long-Grain, Regular	6 LB + 2/3 LB	57.06	206.382	0.000	0.000	0.000	0.000	1.821	0.000
20	1-Margarine, Wholesome Farms-sysco	3/4 CUP	3.19	22.803	0.912	25.084	0.000	0.000	2.508	0.000
903577	1-Tomato Paste - USDA	1 qt + 2 CUP	29.66	27.965	0.000	16.949	3.390	0.000	0.000	0.000
75010	1-Water, cold	1 1/2 gal + 16 oz	111.26	0.000	0.000	3.338	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/4 CUP	0.94	0.000	0.000	552.596	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	2 teaspoon	0.12	0.377	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1/4 cup	0.48	4.528	0.000	2.264	0.000	0.000	0.340	0.000
		Totals	203.00	262.056	0.912	600.230	3.390	0.000	4.669	0.000
		% of Calories			3.132%		5.174%	0.000%	16.035%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903933	1-Rice, Brown, Long-Grain, Regular	0.000	43.704	2.428	4.856	*N/A*	6.070	0.000	1.214	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903577	1-Tomato Paste - USDA	0.000	5.085	0.847	0.847	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	2.225	0.000	0.011	111.147	0.111
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.075	0.000	0.000	*N/A*	0.000	0.000	0.014	0.008	0.000
902244	1-Spice, Cumin Ground	0.000	0.679	0.226	0.226	*N/A*	13.585	0.000	0.815	0.038	0.000
	Totals	0.000	49.544	3.502	5.930	*N/A*	21.880	0.000	2.054	111.193	0.111
	% of Calories		75.623%		9.052%						

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East Side Union High School District

1874 - 2-Rice,Brown Cooked

Number of Portions: 12.000

Source: current

Group Code: GRAIN PRODUCTS

Size of Portion: cups

*Nutrients are based upon 1 Portion Size (cups)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903933	1-Rice, Brown, Long-Grain, Regular	2 LB + 12 oz	103.95	375.983	0.000	0.000	0.000	0.000	3.317	0.000
75010	1-Water, cold	2 qt	151.20	0.000	0.000	4.536	0.000	0.000	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	1/4 CUP	4.70	33.571	1.343	36.929	0.000	0.000	3.693	0.000
		Totals	260.00	409.554	1.343	41.464	0.000	0.000	7.010	0.000
		% of Calories			2.951%		0.000%	0.000%	15.405%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903933	1-Rice, Brown, Long-Grain, Regular	0.000	79.620	4.423	8.847	*N/A*	11.058	0.000	2.212	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	3.024	0.000	0.015	151.046	0.151
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	79.620	4.423	8.847	*N/A*	14.082	0.000	2.227	151.046	0.151
	% of Calories		77.763%		8.641%						

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East Side Union High School District

3636 - 2-Rice,Brown Cooked w/ broth

Number of Portions: 15.000

Size of Portion: cups

*Nutrients are based upon 1 Portion Size (cups)

Source: current

Group Code: GRAIN PRODUCTS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903933	1-Rice, Brown, Long-Grain, Regular	1 LB + 14 oz	56.70	205.081	0.000	0.000	0.000	0.000	1.810	0.000
R-1857	2-Chicken Broth	2 quart	131.78	11.340	0.000	98.338	75.599	0.756	0.756	0.000
20	1-Margarine, Wholesome Farms-sysco	1/4 CUP	3.76	26.857	1.074	29.543	0.000	0.000	2.954	0.000
903971	1-Spice, Parsley, dry	1 tbsp	0.10	0.000	0.000	0.500	0.000	0.000	0.000	0.000
		Totals	192.00	243.278	1.074	128.381	75.599	0.756	5.520	0.000
		% of Calories			3.974%		124.301%	1.243%	20.420%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903933	1-Rice, Brown, Long-Grain, Regular	0.000	43.429	2.413	4.825	*N/A*	6.032	0.000	1.206	0.000	0.000
R-1857	2-Chicken Broth	3.024	1.512	0.000	0.756	*0.000*	2.560	0.000	0.013	127.873	0.128
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903971	1-Spice, Parsley, dry	0.000	0.000	0.000	0.000	*N/A*	2.000	0.240	0.036	0.589	0.000
	Totals	3.024	44.941	2.413	5.581	*0.000*	10.592	0.240	1.255	128.462	0.128
	% of Calories		73.892%		9.176%						

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East Side Union High School District

990093 - 2-Rice,White Cooked

Number of Portions: 114.000

Source: current

Group Code: GRAIN PRODUCTS

Size of Portion: cups

*Nutrients are based upon 1 Portion Size (cups)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903967	1-Rice, White, Long-Grain	15 1/4 LB	60.48	215.036	0.000	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	4 gal + 43 oz	138.02	0.000	0.000	4.141	0.000	0.000	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	3/4 CUP	1.48	10.601	0.424	11.662	0.000	0.000	1.166	0.000
		Totals	200.00	225.638	0.424	15.802	0.000	0.000	1.166	0.000
		% of Calories			1.692%		0.000%	0.000%	4.652%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903967	1-Rice, White, Long-Grain	0.000	48.383	1.344	4.032	0.000	17.472	0.000	2.688	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	2.760	0.000	0.014	137.879	0.138
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	48.383	1.344	4.032	*0.000*	20.232	0.000	2.702	137.879	0.138
	% of Calories		85.771%		7.148%						

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East Side Union High School District

990218 - 2-Roll, Dough, Dinner WG Proof & Bake

Number of Portions: 1.000

Group Code: GRAIN PRODUCTS

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	1 each	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		% of Calories			0.000%		10.000%	0.000%	16.875%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	% of Calories		72.500%		17.501%						

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East Side Union High School District

3291 - 2-Salad mix, kitchen cut

Number of Portions: 45.500

Size of Portion: 1 cup-1/2c equ

*Nutrients are based upon 1 Portion Size (1 cup-1/2c equ)

Source: HELP-YIELD

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904069	1-Lettuce, Iceburg	3 (1 head)	44.86	6.296	0.000	4.722	0.881	0.000	0.063	0.000
903957	1-Lettuce, green Leaf, raw	6 head	44.31	6.646	0.000	12.431	0.346	0.000	0.066	0.000
903970	1-Carrot, matchstick	4 oz	2.49	1.026	0.000	1.906	0.147	0.000	0.000	0.000
		Totals	92.00	13.969	0.000	19.059	1.374	0.000	0.129	0.000
		% of Calories			0.000%		39.344%	0.000%	8.337%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904069	1-Lettuce, Iceburg	0.000	1.330	0.551	0.401	*N/A*	7.870	1.259	0.157	0.000	0.000
903957	1-Lettuce, green Leaf, raw	0.000	1.271	0.578	0.603	*N/A*	16.000	4.074	0.382	42.084	0.000
903970	1-Carrot, matchstick	0.000	0.235	0.059	0.029	*N/A*	0.586	0.176	0.011	0.000	0.000
	Totals	0.000	2.836	1.188	1.034	*N/A*	24.457	5.509	0.550	42.084	0.000
	% of Calories		81.208%		29.608%						

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East Side Union High School District

1828 - 2-Salad, Chicken Caesar w/ roll

Number of Portions: 12.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-y

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990631	1-Lettuce, Romaine	12 CUP,chopped	55.99	9.518	0.022	4.479	0.666	0.000	0.168	0.000
901884	1-Chicken, diced,	1 lb + 8 oz	56.70	72.899	0.000	56.699	0.000	0.000	2.025	0.000
990440	1-Dressing, Caesar, bulk	3 1/4 oz	7.56	36.496	0.652	80.812	0.521	0.000	3.650	0.000
990438	1-Croutons	6 oz	14.17	60.749	0.000	192.372	0.000	0.000	2.025	0.000
990439	1-Cheese, Parmesan	3 oz	7.09	35.437	1.417	113.398	0.000	0.000	2.126	0.000
990440	1-Dressing, Caesar, bulk	12 oz	28.35	136.860	2.444	303.046	1.955	0.000	13.686	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	12 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	232.00	491.676	4.535	868.694	6.636	0.000	26.299	0.000
		% of Calories			8.301%		5.399%	0.000%	48.140%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990631	1-Lettuce, Romaine	0.000	1.842	1.176	0.689	*N/A*	18.477	2.240	0.543	52.972	0.325
901884	1-Chicken, diced,	42.524	0.000	0.000	12.150	*N/A*	0.000	0.000	0.000	0.000	0.000
990440	1-Dressing, Caesar, bulk	3.910	0.521	0.000	0.261	*N/A*	0.000	0.000	0.000	0.000	0.000
990438	1-Croutons	0.000	10.125	0.000	2.025	*N/A*	8.100	0.000	0.000	0.000	0.000
990439	1-Cheese, Parmesan	7.087	0.000	0.000	2.835	*N/A*	76.544	0.000	0.000	0.000	0.000
990440	1-Dressing, Caesar, bulk	14.664	1.955	0.000	0.978	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	68.185	39.767	3.796	25.050	*N/A*	111.852	2.240	1.940	52.972	0.325
	% of Calories		32.352%		20.379%						

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East Side Union High School District

990234 - 2-Salad, Chicken Caesar-only

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: Kelley 1.15.26

Group Code: ENTREES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901884	1-Chicken, diced,	3 oz	85.05	109.348	0.000	85.049	0.000	0.000	3.037	0.000
990631	1-Lettuce, Romaine	1 CUP,chopped	55.99	9.518	0.022	4.479	0.666	0.000	0.168	0.000
990440	1-Dressing, Caesar, bulk	1 oz	28.35	136.860	2.444	303.046	1.955	0.000	13.686	0.000
990438	1-Croutons	1/2 oz	14.17	60.749	0.000	192.372	0.000	0.000	2.025	0.000
990439	1-Cheese, Parmesan	1 tsp	1.87	9.356	0.374	29.938	0.000	0.000	0.561	0.000
990440	1-Dressing, Caesar, bulk	2 oz	56.70	273.719	4.888	606.093	3.910	0.000	27.372	0.000
		Totals	242.00	599.550	7.728	1220.976	6.532	0.000	46.850	0.000
		% of Calories			11.600%		4.358%	0.000%	70.327%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901884	1-Chicken, diced,	63.786	0.000	0.000	18.225	*N/A*	0.000	0.000	0.000	0.000	0.000
990631	1-Lettuce, Romaine	0.000	1.842	1.176	0.689	*N/A*	18.477	2.240	0.543	52.972	0.325
990440	1-Dressing, Caesar, bulk	14.664	1.955	0.000	0.978	*N/A*	0.000	0.000	0.000	0.000	0.000
990438	1-Croutons	0.000	10.125	0.000	2.025	*N/A*	8.100	0.000	0.000	0.000	0.000
990439	1-Cheese, Parmesan	1.871	0.000	0.000	0.748	*N/A*	20.208	0.000	0.000	0.000	0.000
990440	1-Dressing, Caesar, bulk	29.327	3.910	0.000	1.955	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	109.648	17.832	1.176	24.619	*N/A*	46.785	2.240	0.543	52.972	0.325
	% of Calories		11.897%		16.425%						

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East Side Union High School District

1660 - 2-Salad, Chicken Fajita w/chps

Number of Portions: 24.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903918	1-Chicken, Fajita meat, bnless	2 LB + 9 oz	48.43	61.547	1.009	305.717	1.009	0.000	2.018	0.000
903954	1-Tomato, red ripe	3 medium	15.38	2.750	0.000	0.750	0.404	0.000	0.031	0.000
R-3291	2-Salad mix, kitchen cut	24 (1 cup-1/2c equ)	91.66	13.969	0.000	19.059	1.374	0.000	0.129	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	48 packet	24.00	140.000	3.000	220.000	0.000	0.000	16.000	0.000
990604	1-Chips, Tortilla Corn Blend	3 LB	56.70	283.495	1.012	232.871	0.000	0.000	12.150	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 8 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
R-761	2-Gelatin, Strawberry,no fruit	24 (1/2 cup)	126.14	71.620	0.000	120.862	16.370	0.000	0.000	0.000
		Totals	391.00	684.756	10.084	1081.509	19.157	0.000	39.441	0.000
		% of Calories			13.254%		11.191%	0.000%	51.839%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903918	1-Chicken, Fajita meat, bnless	37.332	1.009	0.000	9.081	0.000	20.179	3.632	1.090	0.000	0.000
903954	1-Tomato, red ripe	0.000	0.598	0.188	0.135	*N/A*	1.500	2.113	0.041	14.533	0.000
R-3291	2-Salad mix, kitchen cut	0.000	2.836	1.188	1.034	*N/A*	24.457	5.509	0.550	42.084	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	0.000	2.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990604	1-Chips, Tortilla Corn Blend	0.000	40.499	2.025	4.050	*N/A*	60.749	0.000	0.607	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
R-761	2-Gelatin, Strawberry,no fruit	0.000	17.393	0.000	1.023	*N/A*	3.157	15.347	0.011	106.590	0.107
	Totals	67.707	64.335	3.400	21.398	*0.000*	312.542	26.601	2.299	163.206	0.107
	% of Calories		37.581%		12.500%						

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East Side Union High School District

3546 - 2-Salad, Chicken Fajita-only

Number of Portions: 24.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903918	1-Chicken, Fajita meat, bnless	2 LB + 9 oz	48.43	61.547	1.009	305.717	1.009	0.000	2.018	0.000
903954	1-Tomato, red ripe	3 medium	15.38	2.750	0.000	0.750	0.404	0.000	0.031	0.000
R-3291	2-Salad mix, kitchen cut	24 (1 cup-1/2c equ)	91.66	13.969	0.000	19.059	1.374	0.000	0.129	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	48 packet	24.00	140.000	3.000	220.000	0.000	0.000	16.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 8 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
		Totals	208.00	329.641	9.072	727.776	2.787	0.000	27.291	0.000
		% of Calories			24.767%		3.382%	0.000%	74.511%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903918	1-Chicken, Fajita meat, bnless	37.332	1.009	0.000	9.081	0.000	20.179	3.632	1.090	0.000	0.000
903954	1-Tomato, red ripe	0.000	0.598	0.188	0.135	*N/A*	1.500	2.113	0.041	14.533	0.000
R-3291	2-Salad mix, kitchen cut	0.000	2.836	1.188	1.034	*N/A*	24.457	5.509	0.550	42.084	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	0.000	2.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
	Totals	67.707	6.443	1.376	16.325	*0.000*	248.636	11.254	1.681	56.616	0.000
	% of Calories		7.818%		19.809%						

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East Side Union High School District

990533 - 2-Salad, Garbanzo Bean

Number of Portions: 16.000

Group Code: ENTREE-LUNCH

Size of Portion: 1/2 cup serving

*Nutrients are based upon 1 Portion Size (1/2 cup serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
801	1-Bean, Garbanzo	45 oz	79.73	65.236	0.000	101.478	0.725	0.000	0.362	0.000
903945	1-Cucumber, w/ peal	1 1/2 cup	9.75	1.463	0.000	0.195	0.163	0.000	0.008	0.000
990003	1-Onion, Red, fresh	1 cup	10.63	3.161	0.000	0.287	0.646	0.000	0.000	0.000
903954	1-Tomato, red ripe	1 1/2 CUP	22.50	4.024	0.000	1.098	0.591	0.000	0.046	0.000
990009	1-Cilantro, Raw	1 CUP	2.87	0.719	0.000	1.437	0.022	0.000	0.014	0.000
990620	1-Vinegar, Distilled	1/3 cup	4.95	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903769	1-Sugar, Granulated	1/3 cup	4.20	15.734	0.000	0.000	4.196	0.000	0.000	0.000
903896	1-Oil, Vegetable	4 tbsp	3.41	29.196	0.487	0.000	0.000	0.000	3.406	0.000
903774	1-Salt, Table	1 1/2 tsp	0.57	0.000	0.000	336.483	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.03	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	139.00	119.533	0.487	440.978	6.342	0.000	3.837	0.000
		% of Calories			3.664%		21.223%	0.000%	28.889%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
801	1-Bean, Garbanzo	0.000	11.598	3.624	3.624	*N/A*	28.994	0.000	1.044	0.000	0.000
903945	1-Cucumber, w/ peal	0.000	0.358	0.049	0.065	*N/A*	1.544	0.122	0.024	0.000	0.000
990003	1-Onion, Red, fresh	0.000	0.790	0.215	0.073	*N/A*	2.873	0.503	0.029	0.000	0.000
903954	1-Tomato, red ripe	0.000	0.874	0.274	0.198	*N/A*	2.195	3.091	0.060	21.267	0.000
990009	1-Cilantro, Raw	0.000	0.108	0.072	0.065	*N/A*	2.156	0.791	0.050	0.000	0.000
990620	1-Vinegar, Distilled	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903769	1-Sugar, Granulated	0.000	4.196	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	17.923	4.235	4.024	*N/A*	37.762	4.507	1.208	21.267	0.000
	% of Calories		59.977%		13.466%						

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East Side Union High School District

990520 - 2-Salad, Meatless Chef Salad

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: current

Group Code: ENTREES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-3291	2-Salad mix, kitchen cut	1 (1 cup-1/2c equ)	91.66	13.969	0.000	19.059	1.374	0.000	0.129	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
903954	1-Tomato, red ripe	1/4 each	63.79	11.409	0.000	3.112	1.675	0.000	0.130	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	2 packet	24.00	140.000	3.000	220.000	0.000	0.000	16.000	0.000
990639	1-Egg, Hard Cooked	1 each	45.00	60.000	1.500	65.000	0.000	0.000	4.000	0.000
990625	1-Carrots, Sticks	1 (3 sticks)	56.70	23.247	0.018	39.122	2.688	0.567	0.136	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	1 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	371.00	499.718	9.581	646.430	9.230	0.567	32.127	0.000
		% of Calories			17.255%		7.388%	0.454%	57.862%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-3291	2-Salad mix, kitchen cut	0.000	2.836	1.188	1.034	*N/A*	24.457	5.509	0.550	42.084	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
903954	1-Tomato, red ripe	0.000	2.479	0.778	0.560	*N/A*	6.223	8.764	0.171	60.291	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	0.000	2.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990639	1-Egg, Hard Cooked	180.000	0.000	0.000	6.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990625	1-Carrots, Sticks	0.000	5.432	1.588	0.527	*N/A*	18.711	3.345	0.170	50.060	0.550
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	210.375	38.071	6.173	20.309	*0.000*	260.623	17.618	2.288	152.435	0.550
	% of Calories		30.474%		16.256%						

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East Side Union High School District

990509 - 2-Salad, Pasta Chicken Caesar

Number of Portions: 12.000

Group Code: ENTREE-LUNCH

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904055	1-Pasta, Penne, Whole Grain-Rich Blend	12 oz	28.35	89.525	0.000	0.000	0.000	0.000	0.746	0.000
75005	1-Water, Hot	64 oz	151.20	0.000	0.000	4.536	0.000	0.000	0.000	0.000
990631	1-Lettuce, Romaine	12 CUP,chopped	55.99	9.518	0.022	4.479	0.666	0.000	0.168	0.000
901884	1-Chicken, diced,	1 lb + 8 oz	56.70	72.899	0.000	56.699	0.000	0.000	2.025	0.000
990438	1-Croutons	6 oz	14.17	60.749	0.000	192.372	0.000	0.000	2.025	0.000
990439	1-Cheese, Parmesan	3 oz	7.09	35.437	1.417	113.398	0.000	0.000	2.126	0.000
990440	1-Dressing, Caesar, bulk	8 oz	18.90	91.240	1.629	202.031	1.303	0.000	9.124	0.000
990440	1-Dressing, Caesar, bulk	8 oz	18.90	91.240	1.629	202.031	1.303	0.000	9.124	0.000
		Totals	351.00	450.607	4.698	775.546	3.273	0.000	25.338	0.000
		% of Calories			9.383%		2.905%	0.000%	50.608%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904055	1-Pasta, Penne, Whole Grain-Rich Blend	0.000	19.397	2.984	3.979	*N/A*	0.000	0.000	1.790	0.000	0.000
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	3.024	0.000	0.015	151.046	0.151
990631	1-Lettuce, Romaine	0.000	1.842	1.176	0.689	*N/A*	18.477	2.240	0.543	52.972	0.325
901884	1-Chicken, diced,	42.524	0.000	0.000	12.150	*N/A*	0.000	0.000	0.000	0.000	0.000
990438	1-Croutons	0.000	10.125	0.000	2.025	*N/A*	8.100	0.000	0.000	0.000	0.000
990439	1-Cheese, Parmesan	7.087	0.000	0.000	2.835	*N/A*	76.544	0.000	0.000	0.000	0.000
990440	1-Dressing, Caesar, bulk	9.776	1.303	0.000	0.652	*N/A*	0.000	0.000	0.000	0.000	0.000
990440	1-Dressing, Caesar, bulk	9.776	1.303	0.000	0.652	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	69.163	33.971	4.160	22.981	*N/A*	106.144	2.240	2.349	204.019	0.476
	% of Calories		30.156%		20.400%						

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East Side Union High School District

3659 - 2-Salad, Sesame Chick-only

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: current

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901884	1-Chicken, diced,	2 oz	56.70	72.899	0.000	56.699	0.000	0.000	2.025	0.000
990365	1-Dressing, Asian Sesame	1/2 oz	14.17	2.025	0.000	5.670	0.000	0.000	0.202	0.000
R-3291	2-Salad mix, kitchen cut	1 (1 cup-1/2c equ)	91.66	13.969	0.000	19.059	1.374	0.000	0.129	0.000
900335	1-Orange Mandarin, whole segments, lite syrup	1 tbsp	16.50	8.250	0.000	1.179	1.650	0.000	0.000	0.000
903997	1-Peanuts-Sysco	1 tablespoon	9.00	56.842	0.592	1.184	0.000	0.000	4.500	0.000
903840	1-Noodle, Chinese Chow Mein	1/4 CUP	11.25	52.232	0.603	100.446	0.000	0.000	2.009	0.000
		Totals	199.00	206.217	1.195	184.237	3.024	0.000	8.866	0.000
		% of Calories			5.215%		5.866%	0.000%	38.693%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901884	1-Chicken, diced,	42.524	0.000	0.000	12.150	*N/A*	0.000	0.000	0.000	0.000	0.000
990365	1-Dressing, Asian Sesame	153.897	0.000	4.860	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-3291	2-Salad mix, kitchen cut	0.000	2.836	1.188	1.034	*N/A*	24.457	5.509	0.550	42.084	0.000
900335	1-Orange Mandarin, whole segments, lite syrup	0.000	2.004	0.118	0.000	*N/A*	0.000	2.829	0.083	0.000	0.000
903997	1-Peanuts-Sysco	0.000	1.421	0.711	2.368	*N/A*	8.289	0.000	0.474	0.000	0.000
903840	1-Noodle, Chinese Chow Mein	0.000	7.634	0.804	1.205	*N/A*	0.000	0.000	0.643	0.000	0.000
	Totals	196.422	13.895	7.680	16.758	*N/A*	32.746	8.338	1.749	42.084	0.000
	% of Calories		26.951%		32.506%						

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East Side Union High School District

2924 - 2-Salad, Spicy Chicken w/ Applesauce Quick Bread

Number of Portions: 24.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990388	1-Chicken, Spicy Patty	24 each	99.00	270.000	3.000	400.000	1.000	0.000	15.000	0.000
903954	1-Tomato, red ripe	3 medium	15.38	2.750	0.000	0.750	0.404	0.000	0.031	0.000
R-3291	2-Salad mix, kitchen cut	24 (1 cup-1/2c equ)	91.66	13.969	0.000	19.059	1.374	0.000	0.129	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	48 packet	24.00	140.000	3.000	220.000	0.000	0.000	16.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 8 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
R-761	2-Gelatin, Strawberry,no fruit	24 (1/2 cup)	126.14	71.620	0.000	120.862	16.370	0.000	0.000	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	1 each	2.58	5.822	0.000	4.912	0.146	0.000	0.109	0.000
		Totals	387.00	615.536	11.063	947.833	19.293	0.000	40.382	0.000
		% of Calories			16.175%		12.537%	0.000%	59.045%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990388	1-Chicken, Spicy Patty	25.000	17.000	3.000	15.000	*N/A*	40.000	0.000	2.700	0.000	0.000
903954	1-Tomato, red ripe	0.000	0.598	0.188	0.135	*N/A*	1.500	2.113	0.041	14.533	0.000
R-3291	2-Salad mix, kitchen cut	0.000	2.836	1.188	1.034	*N/A*	24.457	5.509	0.550	42.084	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	0.000	2.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
R-761	2-Gelatin, Strawberry,no fruit	0.000	17.393	0.000	1.023	*N/A*	3.157	15.347	0.011	106.590	0.107
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	0.000	1.055	0.109	0.255	*N/A*	0.364	0.000	0.058	0.000	0.000
	Totals	55.375	40.882	4.485	23.522	*0.000*	271.978	22.968	3.360	163.206	0.107
	% of Calories		26.567%		15.286%						

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East Side Union High School District

3620 - 2-Salad, Spicy Chicken-only

Number of Portions: 24.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990388	1-Chicken, Spicy Patty	24 each	99.00	270.000	3.000	400.000	1.000	0.000	15.000	0.000
903954	1-Tomato, red ripe	3 medium	15.38	2.750	0.000	0.750	0.404	0.000	0.031	0.000
R-3291	2-Salad mix, kitchen cut	24 (1 cup-1/2c equ)	91.66	13.969	0.000	19.059	1.374	0.000	0.129	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	48 packet	24.00	140.000	3.000	220.000	0.000	0.000	16.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 8 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
		Totals	258.00	538.094	11.063	822.059	2.778	0.000	40.273	0.000
		% of Calories			18.503%		2.065%	0.000%	67.360%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990388	1-Chicken, Spicy Patty	25.000	17.000	3.000	15.000	*N/A*	40.000	0.000	2.700	0.000	0.000
903954	1-Tomato, red ripe	0.000	0.598	0.188	0.135	*N/A*	1.500	2.113	0.041	14.533	0.000
R-3291	2-Salad mix, kitchen cut	0.000	2.836	1.188	1.034	*N/A*	24.457	5.509	0.550	42.084	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	0.000	2.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
	Totals	55.375	22.434	4.376	22.244	*0.000*	268.457	7.622	3.291	56.616	0.000
	% of Calories		16.676%		16.535%						

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East Side Union High School District

9538 - 2-Salad, Taco, beef

Number of Portions: 28.000

Source: done-y

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	5 LB + 4 oz	85.05	151.872	4.556	258.183	0.000	0.000	9.112	0.000
990233	1-Seasoning, Taco, Seasoning Mix	1/4 cup + 1 tbsp	1.61	4.018	0.000	168.750	0.402	0.402	0.000	0.000
R-3291	2-Salad mix, kitchen cut	24 (1 cup-1/2c equ)	78.57	11.973	0.000	16.336	1.178	0.000	0.111	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	12 OZ	12.15	47.732	2.170	78.107	0.000	0.000	3.905	0.000
903954	1-Tomato, red ripe	3 medium	13.18	2.357	0.000	0.643	0.346	0.000	0.027	0.000
903939	1-Salsa, low sodium,	1 LB + 8 oz	24.30	6.644	0.000	26.578	1.139	0.000	0.000	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	48 packet	20.57	120.000	2.571	188.571	0.000	0.000	13.714	0.000
990604	1-Chips, Tortilla Corn Blend	3 LB	48.60	242.996	0.868	199.604	0.000	0.000	10.414	0.000
		Totals	284.00	587.593	10.165	936.772	3.065	0.402	37.284	0.000
		% of Calories			15.570%		2.086%	0.274%	57.107%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	45.562	3.037	1.519	15.187	0.000	30.374	0.000	3.037	0.000	0.000
990233	1-Seasoning, Taco, Seasoning Mix	0.000	1.205	0.000	0.000	0.000	0.000	0.000	0.145	0.000	0.000
R-3291	2-Salad mix, kitchen cut	0.000	2.431	1.018	0.886	*N/A*	20.963	4.722	0.471	36.072	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	13.018	0.000	0.000	2.604	0.000	86.786	0.000	0.000	0.000	0.000
903954	1-Tomato, red ripe	0.000	0.512	0.161	0.116	*N/A*	1.286	1.811	0.035	12.456	0.000
903939	1-Salsa, low sodium,	0.000	1.519	0.190	0.190	*N/A*	0.000	0.911	0.068	0.000	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	0.000	1.714	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990604	1-Chips, Tortilla Corn Blend	0.000	34.714	1.736	3.471	*N/A*	52.071	0.000	0.521	0.000	0.000
	Totals	58.580	45.133	4.623	22.454	*0.000*	191.480	7.444	4.278	48.528	0.000
	% of Calories		30.724%		15.285%						

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East Side Union High School District

3598 - 2-Salad, Taco-only

Number of Portions: 24.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	3 LB + 12 oz	70.87	126.560	3.797	215.152	0.000	0.000	7.594	0.000
R-3291	2-Salad mix, kitchen cut	24 (1 cup-1/2c equ)	91.66	13.969	0.000	19.059	1.374	0.000	0.129	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	12 OZ	14.18	55.688	2.531	91.125	0.000	0.000	4.556	0.000
903954	1-Tomato, red ripe	3 medium	15.38	2.750	0.000	0.750	0.404	0.000	0.031	0.000
903939	1-Salsa, low sodium,	1 LB + 8 oz	28.35	7.752	0.000	31.007	1.329	0.000	0.000	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	2 packet	1.00	5.833	0.125	9.167	0.000	0.000	0.667	0.000
990233	1-Seasoning, Taco, Seasoning Mix	3 1/2 tbsp	1.31	3.281	0.000	137.813	0.328	0.328	0.000	0.000
		Totals	223.00	215.833	6.453	504.073	3.435	0.328	12.977	0.000
		% of Calories			26.909%		6.366%	0.608%	54.114%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	37.968	2.531	1.266	12.656	0.000	25.312	0.000	2.531	0.000	0.000
R-3291	2-Salad mix, kitchen cut	0.000	2.836	1.188	1.034	*N/A*	24.457	5.509	0.550	42.084	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	15.188	0.000	0.000	3.038	0.000	101.250	0.000	0.000	0.000	0.000
903954	1-Tomato, red ripe	0.000	0.598	0.188	0.135	*N/A*	1.500	2.113	0.041	14.533	0.000
903939	1-Salsa, low sodium,	0.000	1.772	0.221	0.221	*N/A*	0.000	1.063	0.080	0.000	0.000
903817	1-Dressing, Ranch, buttermilk, ind, 12g	0.000	0.083	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990233	1-Seasoning, Taco, Seasoning Mix	0.000	0.984	0.000	0.000	0.000	0.000	0.000	0.118	0.000	0.000
	Totals	53.156	8.804	2.863	17.084	*0.000*	152.519	8.685	3.320	56.616	0.000
	% of Calories		16.317%		31.662%						

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East Side Union High School District

1541 - 2-Salad, Three Bean

Number of Portions: 15.000

Size of Portion: 1/2 cup serving
*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Source: Darlene

Group Code: MISCELLANEOUS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990590	1-Beans, Great Northern	15 oz	28.35	34.019	0.000	31.751	0.454	0.000	0.000	0.000
903835	1-Bean, Kidney, Dark	15 oz	28.35	23.988	0.000	30.530	0.218	0.218	0.000	0.000
801	1-Bean, Garbanzo	15 oz	28.35	23.195	0.000	36.081	0.258	0.000	0.129	0.000
903944	1-Celery, fresh	1 1/2 cup chopped	10.10	1.188	0.000	8.318	0.137	0.000	0.018	0.000
990003	1-Onion, Red, fresh	1 cup	11.34	3.371	0.000	0.306	0.690	0.000	0.000	0.000
990009	1-Cilantro, Raw	1 CUP	3.07	0.767	0.000	1.533	0.023	0.000	0.015	0.000
990620	1-Vinegar, Distilled	1/3 cup	5.28	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903769	1-Sugar, Granulated	1/3 cup	4.48	16.783	0.000	0.000	4.476	0.000	0.000	0.000
903896	1-Oil, Vegetable	4 tbsp	3.63	31.143	0.519	0.000	0.000	0.000	3.633	0.000
903774	1-Salt, Table	1 1/2 tsp	0.61	0.000	0.000	358.915	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.04	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	124.00	134.455	0.519	467.435	6.254	0.218	3.795	0.000
		% of Calories			3.474%		18.605%	0.649%	25.405%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990590	1-Beans, Great Northern	0.000	6.123	1.134	1.588	*N/A*	11.340	0.000	0.454	0.000	0.000
903835	1-Bean, Kidney, Dark	0.000	4.361	1.745	1.745	0.000	13.084	0.000	0.567	0.000	0.000
801	1-Bean, Garbanzo	0.000	4.124	1.289	1.289	*N/A*	10.309	0.000	0.371	0.000	0.000
903944	1-Celery, fresh	0.000	0.297	0.178	0.071	*N/A*	4.159	0.297	0.018	22.677	0.000
990003	1-Onion, Red, fresh	0.000	0.843	0.230	0.077	*N/A*	3.065	0.536	0.031	0.000	0.000
990009	1-Cilantro, Raw	0.000	0.115	0.077	0.069	*N/A*	2.300	0.843	0.054	0.000	0.000
990620	1-Vinegar, Distilled	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903769	1-Sugar, Granulated	0.000	4.476	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	20.339	4.652	4.838	*0.000*	44.257	1.677	1.495	22.677	0.000
	% of Calories		60.508%		14.393%						

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East Side Union High School District

200 - 2-Salsa - Homemade

Number of Portions: 80.000

Size of Portion: 2 oz. servings
*Nutrients are based upon 1 Portion Size (2 oz. servings)

Source: Julie
Group Code: CONDIMENTS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903935	1-Tomatoes, diced, no salt add, canned-USDA	1 #10 can	34.97	6.724	0.000	5.379	8.069	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	1/4 CUP	0.17	0.033	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1/2 oz	0.18	0.572	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1 oz	0.35	0.000	0.000	209.078	0.000	0.000	0.000	0.000
		Totals	36.00	7.329	0.000	214.457	8.069	0.000	0.000	0.000
		% of Calories			0.000%		440.388%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903935	1-Tomatoes, diced, no salt add, canned-USDA	0.000	1.345	0.269	0.269	*N/A*	5.379	4.034	0.097	0.000	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.099	0.033	0.033	*N/A*	2.641	0.119	0.012	0.014	0.000
903924	1-Spice, Garlic powder	0.000	0.114	0.000	0.000	*N/A*	0.000	0.000	0.021	0.011	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	1.558	0.302	0.302	*N/A*	8.021	4.153	0.129	0.026	0.000
	% of Calories		85.043%		16.482%						

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East Side Union High School District

806 - 2-Salsa, commodity

Number of Portions: 106.000

Size of Portion: oz

*Nutrients are based upon 1 Portion Size (oz)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903939	1-Salsa, low sodium,	1 #10 can	28.08	7.679	0.000	30.715	1.316	0.000	0.000	0.000
		Totals	28.00	7.679	0.000	30.715	1.316	0.000	0.000	0.000
		% of Calories			0.000%		68.551%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903939	1-Salsa, low sodium,	0.000	1.755	0.219	0.219	*N/A*	0.000	1.053	0.079	0.000	0.000
	Totals	0.000	1.755	0.219	0.219	*N/A*	0.000	1.053	0.079	0.000	0.000
	% of Calories		91.423%		11.408%						

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East Side Union High School District

990569 - 2-Sandwich, Chicken Salad

Number of Portions: 50.000

Source: Victor

Group Code: COLD SANDWICHES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990573	2-Chicken Salad Mix	50 (1 CUP)	269.40	483.710	8.157	1517.155	7.737	0.000	30.793	0.000
903838	1-Bread, Whole Wheat sandwich	100 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
903957	1-Lettuce, green Leaf, raw	50 leaf(s)	10.00	1.500	0.000	2.805	0.078	0.000	0.015	0.000
		Totals	347.00	645.210	8.157	1859.960	11.815	0.000	32.808	0.000
		% of Calories			11.378%		7.325%	0.000%	45.764%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990573	2-Chicken Salad Mix	158.926	13.691	0.628	36.556	*5.239*	94.779	15.492	4.474	93.203	2.481
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
903957	1-Lettuce, green Leaf, raw	0.000	0.287	0.131	0.136	*N/A*	3.611	0.919	0.086	9.497	0.000
	Totals	158.926	45.978	4.759	44.692	*5.239*	178.390	16.411	5.960	102.700	2.481
	% of Calories		28.504%		27.707%						

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East Side Union High School District

990228 - 2-Sauce Pizza - scratch (Tomato Paste)

Number of Portions: 160.000

Source: Victor

Group Code: SAUCE

Size of Portion: ounce

*Nutrients are based upon 1 Portion Size (ounce)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903896	1-Oil, Vegetable	1/2 cup	0.68	5.839	0.097	0.000	0.000	0.000	0.681	0.000
903577	1-Tomato Paste - USDA	1 # 10 Can	19.67	18.544	0.000	11.239	2.248	0.000	0.000	0.000
75010	1-Water, cold	7 Cup	9.92	0.000	0.000	0.298	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	1 teaspoon	0.02	0.054	0.000	0.013	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	2 1/4 tablespoon	0.14	0.440	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	2 tsp	0.08	0.000	0.000	44.864	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	2 tsp	0.03	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	3 tsp, ground	0.03	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903972	1-Spice, Basil, Dry	3 tsp, ground	0.03	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	31.00	24.877	0.097	56.414	2.248	0.000	0.681	0.000
		% of Calories			3.520%		36.146%	0.000%	24.644%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903577	1-Tomato Paste - USDA	0.000	3.372	0.562	0.562	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.198	0.000	0.001	9.912	0.010
903989	1-Spice, Onion Powder	0.000	0.011	0.002	0.002	*N/A*	0.043	0.003	0.001	0.001	0.000
903924	1-Spice, Garlic powder	0.000	0.088	0.000	0.000	*N/A*	0.000	0.000	0.016	0.009	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.034	0.034	0.000	*N/A*	0.675	0.000	0.024	0.003	0.000
903972	1-Spice, Basil, Dry	0.000	0.000	0.000	0.000	*N/A*	0.105	0.000	0.004	0.000	0.000
	Totals	0.000	3.504	0.598	0.564	*N/A*	1.022	0.003	0.046	9.925	0.010
	% of Calories		56.344%		9.069%						

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East Side Union High School District

990503 - 2-Sauce, Buffalo

Number of Portions: 1.000

Group Code: CONDIMENTS

Size of Portion: oz

*Nutrients are based upon 1 Portion Size (oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900228	1-Sauce, Buffalo	1 oz	28.35	0.000	0.000	793.786	0.000	0.000	0.000	0.000
		Totals	28.00	0.000	0.000	793.786	0.000	0.000	0.000	0.000
		% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900228	1-Sauce, Buffalo	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		*N/A%*		*N/A%*						

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East Side Union High School District

1666 - 2-Sauce, Taco, packet, 9 gram

Number of Portions: 1.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: current

Group Code: CONDIMENTS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903	1-Sauce, Taco Packet 9g	1 PKT 9g	9.00	5.000	0.000	95.000	0.000	0.000	0.000	0.000
		Totals	9.00	5.000	0.000	95.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903	1-Sauce, Taco Packet 9g	0.000	1.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	1.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		80.000%		0.000%						

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East Side Union High School District

1952 - 2-Sauce, Tartar

Number of Portions: 44.500

Group Code: CONDIMENTS

Size of Portion: 1 Tablespoon

*Nutrients are based upon 1 Portion Size (1 Tablespoon)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903766	1-Mayonnaise, bulk	2 (1 cup)	9.35	66.774	1.335	43.403	0.000	0.000	7.345	0.000
904108	1-Relish, sweet	2/3 cup	3.56	4.746	0.000	24.917	0.712	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	2 tbsp, chopped	0.45	0.180	0.000	0.017	0.019	0.000	0.000	0.000
903946	1-Juice, Lemon	1 oz	0.64	0.112	0.000	0.169	0.011	0.000	0.000	0.000
		Totals	14.00	71.812	1.336	68.505	0.742	0.000	7.346	0.000
		% of Calories			16.737%		4.133%	0.000%	92.060%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903766	1-Mayonnaise, bulk	3.339	0.668	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
904108	1-Relish, sweet	0.000	1.187	0.000	0.000	*N/A*	0.000	0.000	0.000	14.729	0.482
900993	1-Onion, Yellow, fresh	0.000	0.042	0.008	0.005	*N/A*	0.104	0.033	0.001	0.000	0.000
903946	1-Juice, Lemon	0.000	0.039	0.006	0.003	*N/A*	0.056	0.101	0.000	0.000	0.000
	Totals	3.339	1.936	0.013	0.008	*0.000*	0.160	0.134	0.001	14.729	0.482
	% of Calories		10.781%		0.045%						

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East Side Union High School District

991 - 2-Sauce,Spaghetti (Home Made)

Number of Portions: 96.000

Size of Portion: 1/2 cups

*Nutrients are based upon 1 Portion Size (1/2 cups)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903577	1-Tomato Paste - USDA	1 #10 CAN	32.78	30.906	0.000	18.731	3.746	0.000	0.000	0.000
75010	1-Water, cold	2 gal + 1 qt	85.05	0.000	0.000	2.551	0.000	0.000	0.000	0.000
R-987	2-Sauce,Spaghetti Mix(dry)	4 3/4 servings	0.24	0.488	0.000	41.335	0.032	0.000	0.000	0.000
		Totals	118.00	31.394	0.000	62.617	3.778	0.000	0.000	0.000
		% of Calories			0.000%		48.137%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903577	1-Tomato Paste - USDA	0.000	5.619	0.937	0.937	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	1.701	0.000	0.009	84.963	0.085
R-987	2-Sauce,Spaghetti Mix(dry)	0.000	0.116	0.002	0.002	*N/A*	0.345	0.039	0.007	0.091	0.000
	Totals	0.000	5.735	0.938	0.938	*N/A*	2.046	0.039	0.015	85.055	0.085
	% of Calories		73.074%		11.951%						

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East Side Union High School District

987 - 2-Sauce,Spaghetti Mix(dry)

Number of Portions: 155.000

Source: Julie

Group Code: None

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903989	1-Spice, Onion Powder	6 tablespoon	0.27	0.968	0.000	0.232	0.000	0.000	0.000	0.000
903971	1-Spice, Parsley, dry	2 cup	0.31	0.000	0.000	1.548	0.000	0.000	0.000	0.000
903922	1-Cornstarch	2 cup	1.65	6.194	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	3/4 CUP	1.41	0.000	0.000	833.613	0.000	0.000	0.000	0.000
903769	1-Sugar, Granulated	1/2 cup	0.65	2.439	0.000	0.000	0.650	0.000	0.000	0.000
902527	1-Spice, Italian seasoning	1/2 cup	0.43	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon + 1 teaspoon	0.08	0.266	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	5.00	9.866	0.000	835.394	0.650	0.000	0.000	0.000
		% of Calories			0.000%		26.353%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903989	1-Spice, Onion Powder	0.000	0.194	0.039	0.039	*N/A*	0.774	0.046	0.014	0.014	0.000
903971	1-Spice, Parsley, dry	0.000	0.000	0.000	0.000	*N/A*	6.194	0.743	0.111	1.824	0.000
903922	1-Cornstarch	0.000	1.445	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903769	1-Sugar, Granulated	0.000	0.650	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
902527	1-Spice, Italian seasoning	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.053	0.000	0.000	*N/A*	0.000	0.000	0.010	0.005	0.000
	Totals	0.000	2.342	0.039	0.039	*N/A*	6.968	0.790	0.135	1.844	0.000
	% of Calories		94.965%		1.581%						

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East Side Union High School District

990495 - 2-Sausage Patty-only

Number of Portions: 1.000

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Source: Julie

Group Code: None

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990593	1-Pork Sausage Patty	2 each	68.04	140.080	3.002	480.274	0.000	0.000	9.005	0.000
		Totals	68.00	140.080	3.002	480.274	0.000	0.000	9.005	0.000
		% of Calories			19.286%		0.000%	0.000%	57.857%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990593	1-Pork Sausage Patty	40.023	2.001	0.000	12.007	*N/A*	0.000	0.114	0.000	0.000	0.000
	Totals	40.023	2.001	0.000	12.007	*N/A*	0.000	0.114	0.000	0.000	0.000
	% of Calories		5.714%		34.286%						

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East Side Union High School District

733 - 2-Sesame Chicken Salad w/ roll

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: done-y

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	3 oz	85.05	102.058	2.430	213.836	0.000	0.000	4.860	0.000
990365	1-Dressing, Asian Sesame	1/2 oz	14.17	2.025	0.000	5.670	0.000	0.000	0.202	0.000
R-3291	2-Salad mix, kitchen cut	1 (1 cup-1/2c equ)	91.66	13.969	0.000	19.059	1.374	0.000	0.129	0.000
900335	1-Orange Mandarin, whole segments, lite syrup	1 tbsp	16.50	8.250	0.000	1.179	1.650	0.000	0.000	0.000
903997	1-Peanuts-Sysco	1 tablespoon	9.00	56.842	0.592	1.184	0.000	0.000	4.500	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	1 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
903840	1-Noodle, Chinese Chow Mein	1/4 CUP	11.25	52.232	0.603	100.446	0.000	0.000	2.009	0.000
990365	1-Dressing, Asian Sesame	1 oz	28.35	4.050	0.000	11.340	0.000	0.000	0.405	0.000
		Totals	318.00	379.144	3.625	470.601	6.517	0.000	14.725	0.000
		% of Calories			8.604%		6.875%	0.000%	34.955%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	55.889	0.000	0.000	14.580	*N/A*	0.000	0.000	0.000	0.000	0.000
990365	1-Dressing, Asian Sesame	153.897	0.000	4.860	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-3291	2-Salad mix, kitchen cut	0.000	2.836	1.188	1.034	*N/A*	24.457	5.509	0.550	42.084	0.000
900335	1-Orange Mandarin, whole segments, lite syrup	0.000	2.004	0.118	0.000	*N/A*	0.000	2.829	0.083	0.000	0.000
903997	1-Peanuts-Sysco	0.000	1.421	0.711	2.368	*N/A*	8.289	0.000	0.474	0.000	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
903840	1-Noodle, Chinese Chow Mein	0.000	7.634	0.804	1.205	*N/A*	0.000	0.000	0.643	0.000	0.000
990365	1-Dressing, Asian Sesame	307.795	0.000	9.720	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	517.581	39.219	20.020	25.301	*N/A*	41.478	8.338	3.146	42.084	0.000
	% of Calories		41.376%		26.693%						

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East Side Union High School District

990572 - 2-Smoothie, Berry Banana w/Graham Cracker

Number of Portions: 16.000

Source: Victor

Group Code: ENTREE-BREAKFAST

Size of Portion: 12 oz

*Nutrients are based upon 1 Portion Size (12 oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990687	1-Yogurt Strawberry-Parfait Yoplait	1 1/2 Bag	170.10	150.528	0.000	75.264	16.558	*N/A*	0.753	*N/A*
901144	1-Juice, Apple 4oz	12 EACH (4oz)	85.05	37.500	0.000	0.000	9.000	0.000	0.000	0.000
901376	1-Banana, petite	6 CUP, sliced	127.50	49.500	0.000	0.000	7.500	0.000	0.000	0.000
193	1-Whipped Topping-On Top	16 TBSP	4.00	13.333	1.000	0.000	0.667	0.000	1.000	0.000
R-990404	j-Cracker Graham	16 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	415.00	370.862	1.500	175.264	40.725	0.000	5.253	*0.000*
		% of Calories			3.640%		43.925%	0.000%	12.747%	*0.000%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990687	1-Yogurt Strawberry-Parfait Yoplait	7.526	30.106	0.000	4.516	*N/A*	180.634	*N/A*	0.000	*N/A*	*N/A*
901144	1-Juice, Apple 4oz	0.000	9.750	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
901376	1-Banana, petite	0.000	13.500	1.500	0.000	*N/A*	0.000	5.400	0.000	0.000	0.000
193	1-Whipped Topping-On Top	0.000	1.333	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	7.526	75.689	3.500	5.516	*N/A*	196.634	*5.400*	2.000	*0.000*	*0.000*
	% of Calories		81.636%		5.949%						

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East Side Union High School District

990307 - 2-Smoothie, Blueberry Banana w/Graham Cracker

Number of Portions: 16.000

Source: done-y

Group Code: ENTREE-BREAKFAST

Size of Portion: 12 oz

*Nutrients are based upon 1 Portion Size (12 oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904095	1-Blueberry, frozen	6 CUP	55.50	28.462	0.000	0.712	4.981	0.000	0.712	0.000
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	64 oz	113.40	80.046	0.334	66.705	5.336	0.000	0.667	0.000
904000	1-Milk, 1% white, Foster Farms 1/2 gallons	64 oz	113.40	65.000	0.750	80.000	7.500	0.000	1.250	0.000
903775	1-Vanilla Extract, imitation	1 tsp	0.27	0.000	0.000	0.000	0.000	0.000	0.000	0.000
193	1-Whipped Topping-On Top	16 TBSP	4.00	13.333	1.000	0.000	0.667	0.000	1.000	0.000
901376	1-Banana, petite	2 CUP, sliced	42.50	16.500	0.000	0.000	2.500	0.000	0.000	0.000
R-990404	j-Cracker Graham	16 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	357.00	323.341	2.584	247.416	27.984	0.000	7.129	0.000
		% of Calories			7.191%		34.619%	0.000%	19.842%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904095	1-Blueberry, frozen	0.000	7.115	1.423	0.000	*N/A*	4.269	6.902	0.199	0.000	0.000
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	3.335	14.675	0.000	4.002	*N/A*	146.750	0.000	0.000	0.000	0.000
904000	1-Milk, 1% white, Foster Farms 1/2 gallons	7.500	8.000	0.000	5.000	*N/A*	200.000	0.600	0.000	0.000	0.000
903775	1-Vanilla Extract, imitation	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
193	1-Whipped Topping-On Top	0.000	1.333	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
901376	1-Banana, petite	0.000	4.500	0.500	0.000	*N/A*	0.000	1.800	0.000	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	10.835	56.624	3.923	10.002	*N/A*	367.020	9.302	2.199	0.000	0.000
	% of Calories		70.048%		12.373%						

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East Side Union High School District

3191 - 2-Smoothie, Blueberry w/ Graham Cracker

Number of Portions: 16.000

Source: Julie

Group Code: ENTREE-BREAKFAST

Size of Portion: 12 oz

*Nutrients are based upon 1 Portion Size (12 oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904095	1-Blueberry, frozen	8 CUP	74.00	37.949	0.000	0.949	6.641	0.000	0.949	0.000
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	64 oz	113.40	80.046	0.334	66.705	5.336	0.000	0.667	0.000
904000	1-Milk, 1% white, Foster Farms 1/2 gallons	64 oz	113.40	65.000	0.750	80.000	7.500	0.000	1.250	0.000
903775	1-Vanilla Extract, imitation	1 tsp	0.27	0.000	0.000	0.000	0.000	0.000	0.000	0.000
193	1-Whipped Topping-On Top	16 TBSP	4.00	13.333	1.000	0.000	0.667	0.000	1.000	0.000
R-990404	j-Cracker Graham	16 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	333.00	316.328	2.584	247.653	27.144	0.000	7.366	0.000
		% of Calories			7.350%		34.324%	0.000%	20.957%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904095	1-Blueberry, frozen	0.000	9.487	1.897	0.000	*N/A*	5.692	9.203	0.266	0.000	0.000
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	3.335	14.675	0.000	4.002	*N/A*	146.750	0.000	0.000	0.000	0.000
904000	1-Milk, 1% white, Foster Farms 1/2 gallons	7.500	8.000	0.000	5.000	*N/A*	200.000	0.600	0.000	0.000	0.000
903775	1-Vanilla Extract, imitation	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
193	1-Whipped Topping-On Top	0.000	1.333	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	10.835	54.496	3.897	10.002	*N/A*	368.443	9.803	2.266	0.000	0.000
	% of Calories		68.910%		12.648%						

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East Side Union High School District

990516 - 2-Smoothie, Pumpkin Pie

Number of Portions: 4.000

Group Code: ALA CARTE

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903790	1-milk, 1% white, Foster Farms	16 oz	113.40	65.000	0.750	80.000	7.500	0.000	1.250	0.000
904107	1-Pumpkin, canned w/o salt	15 oz	106.31	39.213	0.000	4.357	0.000	0.000	0.436	0.000
903966	1-Sugar, Brown	1/3 CUP, packed	18.15	68.063	0.000	0.000	18.150	0.000	0.000	0.000
990644	1-Spice, Pumpklin	1 tsp	1.20	22.892	0.482	3.615	0.482	0.000	0.843	0.000
903775	1-Vanilla Extract, imitation	1/2 tsp	0.54	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990498	1-Ice	1 1/2 CUP	90.00	0.000	0.000	2.700	0.000	0.000	0.000	0.000
		Totals	330.00	195.168	1.232	90.672	26.132	0.000	2.529	0.000
		% of Calories			5.681%		53.558%	0.000%	11.663%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903790	1-milk, 1% white, Foster Farms	7.500	8.000	0.000	5.000	*N/A*	200.000	0.600	0.000	0.000	0.000
904107	1-Pumpkin, canned w/o salt	0.000	8.714	2.614	0.871	*N/A*	22.656	3.660	1.211	78.400	0.488
903966	1-Sugar, Brown	0.000	18.150	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990644	1-Spice, Pumpklin	0.000	4.699	0.964	0.361	*N/A*	0.000	0.000	0.000	0.000	0.000
903775	1-Vanilla Extract, imitation	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990498	1-Ice	0.000	0.000	0.000	0.000	*N/A*	1.800	0.000	0.009	89.913	0.090
	Totals	7.500	39.563	3.578	6.233	*N/A*	224.456	4.260	1.220	168.312	0.578
	% of Calories		81.085%		12.775%						

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990504 - 2-Smoothie, Pumpkin Spice

Number of Portions: 5.000

Group Code: ALA CARTE

Size of Portion: 40 oz

*Nutrients are based upon 1 Portion Size (40 oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990643	Milk, Whole	16 oz	90.72	64.000	2.000	52.000	4.400	0.000	3.200	0.000
904107	1-Pumpkin, canned w/o salt	15 oz	85.05	31.370	0.000	3.486	0.000	0.000	0.349	0.000
903966	1-Sugar, Brown	1/3 CUP, packed	14.52	54.450	0.000	0.000	14.520	0.000	0.000	0.000
903775	1-Vanilla Extract, imitation	1/2 tsp	0.43	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/8 tsp	0.15	0.000	0.000	89.729	0.000	0.000	0.000	0.000
		Totals	191.00	149.820	2.000	145.214	18.920	0.000	3.549	0.000
		% of Calories			12.014%		50.514%	0.000%	21.317%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990643	Milk, Whole	14.000	4.800	0.000	3.200	*N/A*	0.000	0.000	0.000	0.000	0.000
904107	1-Pumpkin, canned w/o salt	0.000	6.971	2.091	0.697	*N/A*	18.125	2.928	0.969	62.720	0.390
903966	1-Sugar, Brown	0.000	14.520	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903775	1-Vanilla Extract, imitation	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	14.000	26.291	2.091	3.897	*N/A*	18.125	2.928	0.969	62.720	0.390
	% of Calories		70.194%		10.404%						

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East Side Union High School District

990524 - 2-Soup Minestrone

Number of Portions: 7.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900993	1-Onion, Yellow, fresh	1 CUP, chopped	22.86	9.143	0.000	0.857	0.969	0.000	0.023	0.000
900819	1-Carrots, Diced	1 CUP,diced	29.52	7.381	0.011	71.448	0.000	0.000	0.056	0.000
903944	1-Celery, fresh	1 cup chopped	14.43	1.697	0.000	11.882	0.195	0.000	0.025	0.000
990655	1-Butternut Squash	1 1/2 cup	48.60	20.828	0.000	1.736	0.000	0.000	0.000	0.000
990564	1-Potatoes, Diced, No Salt Added, Frozen	1 1/2 cup	48.60	39.805	0.000	10.646	0.463	0.000	0.463	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	1 1/2 cup	50.66	9.743	0.000	7.795	11.692	0.000	0.000	0.000
990626	1-Cabbage, raw shredded	2 CUP, chopped	25.43	6.357	0.009	4.577	0.814	0.000	0.025	0.000
990590	1-Beans, Great Northern	2 cup	71.43	85.714	0.000	80.000	1.143	0.000	0.000	0.000
990658	1-Pasta, Ditalini (salad macaroni)	5 1/2 oz	22.27	2.806	0.000	0.000	0.000	0.000	0.014	0.000
903834	1-Oil, vegetable and olive oil blend	2 tbsp	4.05	34.714	0.289	0.000	0.000	0.000	4.050	0.000
901397	1-Bay Leaves	1 Leaf	0.26	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990659	1-Spice, Rosemary Sprig	1/8 oz	0.51	0.658	0.015	0.127	0.000	0.000	0.030	0.000
903924	1-Spice, Garlic powder	1/2 teaspoon	0.22	0.714	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	1/2 tsp	0.43	0.000	0.000	256.368	0.000	0.000	0.000	0.000
R-2872	2-Grilled Cheese - lunch	2 ea	39.46	131.633	4.008	414.510	1.143	0.000	8.880	0.000
990660	1-cheese, Parmesan grated, packet	4 packet	2.00	7.500	0.500	27.500	0.000	0.000	0.500	0.000
		Totals	381.00	358.694	4.832	887.445	16.418	0.000	14.067	0.000
		% of Calories			12.124%		18.309%	0.000%	35.295%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900993	1-Onion, Yellow, fresh	0.000	2.134	0.386	0.251	*N/A*	5.286	1.686	0.049	0.000	0.000
900819	1-Carrots, Diced	0.000	1.636	0.443	0.189	*N/A*	7.381	0.797	0.189	27.443	0.201
903944	1-Celery, fresh	0.000	0.424	0.255	0.102	*N/A*	5.941	0.424	0.025	32.396	0.000
990655	1-Butternut Squash	0.000	5.554	1.041	0.347	*N/A*	23.258	0.000	0.347	0.000	0.000
990564	1-Potatoes, Diced, No Salt Added, Frozen	0.000	8.794	0.463	0.926	*N/A*	0.000	0.000	0.000	0.000	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	0.000	1.949	0.390	0.390	*N/A*	7.795	5.846	0.140	0.000	0.000
990626	1-Cabbage, raw shredded	0.000	1.475	0.636	0.325	*N/A*	10.171	9.307	0.120	23.440	0.163
990590	1-Beans, Great Northern	0.000	15.429	2.857	4.000	*N/A*	28.571	0.000	1.143	0.000	0.000
990658	1-Pasta, Ditalini (salad macaroni)	0.000	0.589	0.028	0.098	*N/A*	0.000	0.000	0.025	0.000	0.000
903834	1-Oil, vegetable and olive oil blend	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
901397	1-Bay Leaves	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.062	0.000	0.000
990659	1-Spice, Rosemary Sprig	0.000	0.106	0.071	0.015	*N/A*	1.605	0.000	0.035	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.143	0.000	0.000	*N/A*	0.000	0.000	0.026	0.014	0.000

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903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-2872	2-Grilled Cheese - lunch	14.286	10.286	1.143	5.143	*0.000*	97.143	0.000	0.457	0.000	0.000
990660	1-cheese, Parmesan grated, packet	2.500	0.000	0.000	0.500	*N/A*	20.500	0.000	0.000	0.000	0.000
	Totals	16.786	48.519	7.712	12.287	*0.000*	207.651	18.060	2.618	83.293	0.364
	% of Calories		54.106%		13.702%						

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3614 - 2-Soup, chicken Tortilla -only

Number of Portions: 8.000

Group Code: None

Size of Portion: Serving (1 Cup)

*Nutrients are based upon 1 Portion Size (Serving (1 Cup))

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903834	1-Oil, vegetable and olive oil blend	1 tsp	0.59	5.062	0.042	0.000	0.000	0.000	0.591	0.000
900993	1-Onion, Yellow, fresh	1 CUP, chopped	20.00	8.000	0.000	0.750	0.848	0.000	0.020	0.000
903924	1-Spice, Garlic powder	1 tablespoon	1.21	3.911	0.000	0.000	0.000	0.000	0.000	0.000
903918	1-Chicken, Fajita meat, bnless	10 oz	35.44	45.034	0.738	223.695	0.738	0.000	1.477	0.000
903902	1-Corn, canned	1 cup	20.50	14.961	0.000	2.494	0.499	0.000	0.125	0.000
70282	1-Jalapeno, sliced, canned	1 TBS	0.94	0.167	0.000	13.058	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 TSP	0.26	2.500	0.000	1.250	0.000	0.000	0.188	0.000
61	1-Sauce, Worcestershire	1 tsp	0.59	0.000	0.000	6.497	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	1/2 TSP	0.17	0.000	0.000	9.281	0.000	0.000	0.000	0.000
R-1857	2-Chicken Broth	28 ounce(s)	108.10	9.302	0.000	80.668	62.015	0.620	0.620	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	1 1/2 cup	44.33	8.525	0.000	6.820	10.230	0.000	0.000	0.000
904003	1-Soup, tomato condensed, Campbells	10 3/4 oz	38.09	30.234	0.000	161.250	4.031	0.000	0.000	0.000
904004	1-Lime, raw	1 (8 cut per lime)	1.05	4.344	0.000	0.217	0.245	0.000	0.028	0.000
		Totals	271.00	132.042	0.781	505.980	78.606	0.620	3.048	0.000
		% of Calories			5.320%		238.124%	1.878%	20.773%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903834	1-Oil, vegetable and olive oil blend	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	1.868	0.338	0.220	*N/A*	4.625	1.475	0.043	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.782	0.000	0.000	*N/A*	0.000	0.000	0.141	0.078	0.000
903918	1-Chicken, Fajita meat, bnless	27.316	0.738	0.000	6.644	0.000	14.765	2.658	0.797	0.000	0.000
903902	1-Corn, canned	0.000	2.244	0.249	0.249	*N/A*	4.987	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.033	0.033	0.000	*N/A*	0.000	0.141	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	0.000	0.375	0.125	0.125	*N/A*	7.500	0.000	0.450	0.021	0.000
61	1-Sauce, Worcestershire	0.000	0.118	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-1857	2-Chicken Broth	2.481	1.240	0.000	0.620	*0.000*	2.100	0.000	0.011	104.896	0.105
903935	1-Tomatoes, diced, no salt add, canned-USDA	0.000	1.705	0.341	0.341	*N/A*	6.820	5.115	0.123	0.000	0.000
904003	1-Soup, tomato condensed, Campbells	0.000	6.719	0.336	0.672	*N/A*	0.000	2.016	0.242	0.000	0.000
904004	1-Lime, raw	0.000	1.533	0.413	0.102	*N/A*	4.778	4.235	0.087	0.000	0.000
	Totals	29.797	17.356	1.835	8.974	*0.000*	45.576	15.639	1.893	104.995	0.105
	% of Calories		52.578%		27.185%						

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East Side Union High School District

990391 - 2-Soup, Tomato w/ Toasted Cheese

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990390	Soup, Tomato	1 (1/2 cup)	113.40	41.152	0.000	221.181	5.487	0.000	0.000	0.000
R-2872	2-Grilled Cheese - lunch	1 ea	138.10	460.714	14.029	1450.786	4.000	0.000	31.079	0.000
		Totals	251.00	501.866	14.029	1671.967	9.487	0.000	31.079	0.000
		% of Calories			25.158%		7.561%	0.000%	55.733%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990390	Soup, Tomato	0.000	9.145	0.457	0.914	*N/A*	10.279	0.000	0.280	56.642	0.057
R-2872	2-Grilled Cheese - lunch	50.000	36.000	4.000	18.000	*0.000*	340.000	0.000	1.600	0.000	0.000
	Totals	50.000	45.145	4.457	18.914	*0.000*	350.279	0.000	1.880	56.642	0.057
	% of Calories		35.982%		15.075%						

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East Side Union High School District

1402 - 2-Soup,Chicken Tortilla w/mexi

Number of Portions: 8.000

Group Code: ENTREE-LUNCH

Size of Portion: Serving (1 Cup)

*Nutrients are based upon 1 Portion Size (Serving (1 Cup))

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903834	1-Oil, vegetable and olive oil blend	1 tsp	0.59	5.062	0.042	0.000	0.000	0.000	0.591	0.000
900993	1-Onion, Yellow, fresh	1 CUP, chopped	20.00	8.000	0.000	0.750	0.848	0.000	0.020	0.000
903924	1-Spice, Garlic powder	1 tablespoon	1.21	3.911	0.000	0.000	0.000	0.000	0.000	0.000
903918	1-Chicken, Fajita meat, bnless	14 oz	49.61	63.048	1.034	313.173	1.034	0.000	2.067	0.000
903902	1-Corn, canned	1 cup	20.50	14.961	0.000	2.494	0.499	0.000	0.125	0.000
70282	1-Jalapeno, sliced, canned	1 TBS	0.94	0.167	0.000	13.058	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 TSP	0.26	2.500	0.000	1.250	0.000	0.000	0.188	0.000
61	1-Sauce, Worcestershire	1 tsp	0.59	0.000	0.000	6.497	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	1/2 TSP	0.17	0.000	0.000	9.281	0.000	0.000	0.000	0.000
R-1857	2-Chicken Broth	28 ounce(s)	108.10	9.302	0.000	80.668	62.015	0.620	0.620	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	1 1/2 cup	44.33	8.525	0.000	6.820	10.230	0.000	0.000	0.000
904003	1-Soup, tomato condensed, Campbells	10 3/4 oz	38.09	30.234	0.000	161.250	4.031	0.000	0.000	0.000
904004	1-Lime, raw	1 (8 cut per lime)	1.05	4.344	0.000	0.217	0.245	0.000	0.028	0.000
990604	1-Chips, Tortilla Corn Blend	8 oz	28.35	141.750	0.506	116.438	0.000	0.000	6.075	0.000
R-1425	2-Grilled Mexi Cheese	8 (1/2 serving)	69.11	230.514	7.014	731.956	2.016	0.016	15.539	0.000
		Totals	383.00	522.319	8.596	1443.852	80.917	0.636	25.253	0.000
		% of Calories			14.812%		61.967%	0.487%	43.512%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903834	1-Oil, vegetable and olive oil blend	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	1.868	0.338	0.220	*N/A*	4.625	1.475	0.043	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.782	0.000	0.000	*N/A*	0.000	0.000	0.141	0.078	0.000
903918	1-Chicken, Fajita meat, bnless	38.242	1.034	0.000	9.302	0.000	20.672	3.721	1.116	0.000	0.000
903902	1-Corn, canned	0.000	2.244	0.249	0.249	*N/A*	4.987	0.000	0.000	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.033	0.033	0.000	*N/A*	0.000	0.141	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	0.000	0.375	0.125	0.125	*N/A*	7.500	0.000	0.450	0.021	0.000
61	1-Sauce, Worcestershire	0.000	0.118	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-1857	2-Chicken Broth	2.481	1.240	0.000	0.620	*0.000*	2.100	0.000	0.011	104.896	0.105
903935	1-Tomatoes, diced, no salt add, canned-USDA	0.000	1.705	0.341	0.341	*N/A*	6.820	5.115	0.123	0.000	0.000
904003	1-Soup, tomato condensed, Campbells	0.000	6.719	0.336	0.672	*N/A*	0.000	2.016	0.242	0.000	0.000
904004	1-Lime, raw	0.000	1.533	0.413	0.102	*N/A*	4.778	4.235	0.087	0.000	0.000

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East Side Union High School District

990604	1-Chips, Tortilla Corn Blend	0.000	20.250	1.013	2.025	*N/A*	30.375	0.000	0.304	0.000	0.000
R-1425	2-Grilled Mexi Cheese	25.000	18.047	2.000	9.000	*0.000*	170.000	0.000	0.806	0.000	0.000
	Totals	65.723	55.949	4.847	22.657	*0.000*	251.857	16.703	3.321	104.995	0.105
	% of Calories		42.846%		17.351%						

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East Side Union High School District

470 - 2-Soy Sauce packet

Number of Portions: 120.000

Size of Portion: .5 oz

*Nutrients are based upon 1 Portion Size (.5 oz)

Source: current

Group Code: CONDIMENTS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990007	1-Sauce, Soy packet	1 Packet (.5 oz)	0.12	0.060	0.000	6.490	0.000	0.000	0.001	0.000
		Totals	0.00	0.060	0.000	6.490	0.000	0.000	0.001	0.000
		% of Calories			0.000%		0.000%	0.000%	10.500%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990007	1-Sauce, Soy packet	0.000	0.006	0.001	0.010	*N/A*	0.039	0.000	0.002	0.000	0.000
	Totals	0.000	0.006	0.001	0.010	*N/A*	0.039	0.000	0.002	0.000	0.000
	% of Calories		40.000%		66.667%						

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East Side Union High School District

990425 - 2-Spaghetti w/Meatballs (All Natural)

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900344	1-Sauce, Spaghetti	1/2 cup	128.50	71.960	0.000	575.680	0.000	0.000	2.056	0.000
990572	1-Beef Meatball All Natural	1 SERVING (4 Meatball)	104.00	293.333	8.000	293.333	0.000	0.000	22.667	0.667
903907	1-Pasta, Spaghetti, whole grain	2 oz	56.70	198.944	0.000	0.000	0.000	0.000	0.995	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1/2 OZ	14.18	55.688	2.531	91.125	0.000	0.000	4.556	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1/2 oz	14.17	45.562	1.772	131.623	0.000	0.000	3.544	0.000
		Totals	318.00	665.486	12.303	1091.761	0.000	0.000	33.817	0.667
		% of Calories			16.639%		0.000%	0.000%	45.734%	0.902%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900344	1-Sauce, Spaghetti	0.000	11.308	1.028	2.056	*N/A*	24.672	18.504	1.028	0.000	0.000
990572	1-Beef Meatball All Natural	53.333	5.333	0.000	16.000	*N/A*	13.333	0.000	1.333	0.000	0.000
903907	1-Pasta, Spaghetti, whole grain	0.000	41.778	1.989	6.963	0.000	0.000	0.000	1.790	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	15.188	0.000	0.000	3.038	0.000	101.250	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	12.656	0.506	0.000	3.037	*N/A*	91.123	0.000	0.000	0.000	0.000
	Totals	81.177	58.926	3.017	31.094	*0.000*	230.379	18.504	4.152	0.000	0.000
	% of Calories		35.418%		18.689%						

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East Side Union High School District

154 - 2-Strawberries, fresh

Number of Portions: 3.950

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904015	1-Strawberries, fresh	1 LB	114.83	36.683	0.000	0.797	5.614	0.000	0.343	0.000
		Totals	115.00	36.683	0.000	0.797	5.614	0.000	0.343	0.000
		% of Calories			0.000%		61.216%	0.000%	8.413%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904015	1-Strawberries, fresh	0.000	8.820	2.313	0.766	*N/A*	18.341	67.544	0.470	0.000	0.000
	Totals	0.000	8.820	2.313	0.766	*N/A*	18.341	67.544	0.470	0.000	0.000
	% of Calories		96.173%		8.353%						

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East Side Union High School District

990469 - 2-Strawberries,frzn,cupped

Number of Portions: 1.000

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990618	1-Strawberries, Diced, Cupped, Frozen	1 each	127.57	79.733	0.000	0.997	15.947	0.000	0.000	0.000
		Totals	128.00	79.733	0.000	0.997	15.947	0.000	0.000	0.000
		% of Calories			0.000%		80.002%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990618	1-Strawberries, Diced, Cupped, Frozen	0.000	20.930	1.993	0.000	*N/A*	0.000	37.375	0.279	0.000	0.000
	Totals	0.000	20.930	1.993	0.000	*N/A*	0.000	37.375	0.279	0.000	0.000
	% of Calories		105.000%		0.000%						

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East Side Union High School District

990427 - 2-Street Corn-Lunch

Number of Portions: 1.000

Source: done

Group Code: VEGETABLES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990563	1-Corn, frozen	1/2 CUP	82.50	88.710	0.000	0.000	0.000	0.000	0.887	0.000
990439	1-Cheese, Parmesan	3/4 tbsp	3.93	19.646	0.786	62.868	0.000	0.000	1.179	0.000
903766	1-Mayonnaise, bulk	1/2 (1 TBS)	5.85	41.786	0.836	27.161	0.000	0.000	4.596	0.000
990573	1-Cholula Hot Sauce	1 (1 Packet)	7.00	0.000	0.000	110.000	0.000	0.000	0.000	0.000
		Totals	99.00	150.142	1.622	200.029	0.000	0.000	6.662	0.000
		% of Calories			9.720%		0.000%	0.000%	39.936%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990563	1-Corn, frozen	0.000	16.855	1.774	2.661	*N/A*	3.548	3.105	0.346	68.333	0.390
990439	1-Cheese, Parmesan	3.929	0.000	0.000	1.572	*N/A*	42.436	0.000	0.000	0.000	0.000
903766	1-Mayonnaise, bulk	2.089	0.418	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990573	1-Cholula Hot Sauce	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	6.019	17.273	1.774	4.233	*0.000*	45.984	3.105	0.346	68.333	0.390
	% of Calories		46.017%		11.277%						

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East Side Union High School District

1835 - 2-Sunbutter&Jelly Sand-Brkfst

Number of Portions: 1.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: current

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
901110	1-Sun Butter	2 tbs	32.00	201.893	2.019	121.136	3.028	0.000	17.161	0.000
204	1-Jelly, Grape	2 TBSP	38.00	114.000	0.000	0.000	19.000	0.000	0.000	0.000
		Totals	138.00	475.893	2.019	461.136	26.028	0.000	19.161	0.000
		% of Calories			3.818%		21.877%	0.000%	36.237%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
901110	1-Sun Butter	0.000	7.066	4.038	7.066	*N/A*	30.284	0.000	1.615	0.000	0.000
204	1-Jelly, Grape	0.000	26.600	0.000	0.000	*N/A*	1.900	0.000	0.000	0.000	0.000
	Totals	0.000	65.666	8.038	15.066	*0.000*	112.184	0.000	3.015	0.000	0.000
	% of Calories		55.194%		12.663%						

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East Side Union High School District

3498 - 2-SunButter&Jelly Sand-Lunch

Number of Portions: 1.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
901110	1-Sun Butter	4 tbs	64.00	403.785	4.038	242.271	6.057	0.000	34.322	0.000
204	1-Jelly, Grape	1 oz	28.35	85.049	0.000	0.000	14.175	0.000	0.000	0.000
		Totals	160.00	648.834	4.038	582.271	24.232	0.000	36.322	0.000
		% of Calories			5.601%		14.939%	0.000%	50.382%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
901110	1-Sun Butter	0.000	14.132	8.076	14.132	*N/A*	60.568	0.000	3.230	0.000	0.000
204	1-Jelly, Grape	0.000	19.845	0.000	0.000	*N/A*	1.417	0.000	0.000	0.000	0.000
	Totals	0.000	65.977	12.076	22.132	*0.000*	141.985	0.000	4.630	0.000	0.000
	% of Calories		40.674%		13.644%						

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East Side Union High School District

990406 - 2-Sweet & Sour Sauce

Number of Portions: 1.000

Group Code: SAUCE

Size of Portion: ounces

*Nutrients are based upon 1 Portion Size (ounces)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990560	1-Sauce, Sweet and Sour	2 oz	56.70	80.999	0.000	291.595	19.440	0.000	0.000	0.000
		Totals	57.00	80.999	0.000	291.595	19.440	0.000	0.000	0.000
		% of Calories			0.000%		96.001%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990560	1-Sauce, Sweet and Sour	0.000	21.060	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	21.060	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		103.999%		0.000%						

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East Side Union High School District

990206 - 2-Syrup-only

Number of Portions: 1.000

Group Code: CONDIMENTS

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
237	1-Syrup, Pancake, Cup	1 packet (1.5oz)	42.52	108.783	0.000	19.779	20.768	0.000	0.000	0.000
		Totals	43.00	108.783	0.000	19.779	20.768	0.000	0.000	0.000
		% of Calories			0.000%		76.365%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
237	1-Syrup, Pancake, Cup	0.000	28.679	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	28.679	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		105.455%		0.000%						

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East Side Union High School District

2396 - 2-Tamale Pie

Number of Portions: 10.000

Source: Darlene

Group Code: None

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990604	1-Chips, Tortilla Corn Blend	20 oz	56.70	283.500	1.013	232.875	0.000	0.000	12.150	0.000
297	1-Beef Crumble, Tyson	25 oz	70.87	126.560	3.797	215.152	0.000	0.000	7.594	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	10 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
903902	1-Corn, canned	2 1/2 cup	41.00	29.922	0.000	4.987	0.997	0.000	0.249	0.000
903714	1-Sauce, Enchilada, red	5 Cup	113.40	56.699	0.000	604.789	0.000	0.000	1.890	0.000
		Totals	310.00	608.056	9.872	1240.054	0.997	0.000	30.995	0.000
		% of Calories			14.612%		0.656%	0.000%	45.877%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990604	1-Chips, Tortilla Corn Blend	0.000	40.500	2.025	4.050	*N/A*	60.750	0.000	0.608	0.000	0.000
297	1-Beef Crumble, Tyson	37.968	2.531	1.266	12.656	0.000	25.312	0.000	2.531	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
903902	1-Corn, canned	0.000	4.488	0.499	0.499	*N/A*	9.974	0.000	0.000	0.000	0.000
903714	1-Sauce, Enchilada, red	0.000	7.560	0.000	0.000	*N/A*	30.239	0.000	0.000	0.000	0.000
	Totals	68.343	55.079	3.789	23.280	*0.000*	328.776	0.000	3.139	0.000	0.000
	% of Calories		36.233%		15.314%						

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East Side Union High School District

990567 - 2-Tangerine

Number of Portions: 1.000

Source: done

Group Code: FRUIT

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990497	1-Tangerine-USDA	1 each	100.00	53.000	0.000	2.000	10.600	0.000	0.310	0.000
		Totals	100.00	53.000	0.000	2.000	10.600	0.000	0.310	0.000
		% of Calories			0.000%		80.000%	0.000%	5.264%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990497	1-Tangerine-USDA	0.000	13.300	1.800	0.810	*N/A*	37.000	26.700	0.150	85.200	0.380
	Totals	0.000	13.300	1.800	0.810	*N/A*	37.000	26.700	0.150	85.200	0.380
	% of Calories		100.377%		6.113%						

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East Side Union High School District

990431 - 2-Teriyaki Chicken w/rice Kit

Number of Portions: 40.000

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Source: done-y

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990576	1-Teriyaki Chicken Kit	1 BAG-CHICKEN + 1 BAG-SAUCE	79.38	112.000	1.000	419.000	6.000	0.000	3.000	0.000
R-990093	2-Rice,White Cooked	40 cups	199.98	225.638	0.424	15.802	0.000	0.000	1.166	0.000
		Totals	279.00	337.638	1.424	434.802	6.000	0.000	4.166	0.000
		% of Calories			3.796%		7.108%	0.000%	11.105%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990576	1-Teriyaki Chicken Kit	54.000	8.000	0.000	12.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990093	2-Rice,White Cooked	0.000	48.383	1.344	4.032	*0.000*	20.232	0.000	2.702	137.879	0.138
	Totals	54.000	56.383	1.344	16.032	*0.000*	20.232	0.000	2.702	137.879	0.138
	% of Calories		66.797%		18.993%						

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East Side Union High School District

990602 - 2-Teriyaki Chicken-Kit-only

Number of Portions: 40.000

Source: Victor

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990576	1-Teriyaki Chicken Kit	1 BAG-CHICKEN + 1 BAG-SAUCE	79.38	112.000	1.000	419.000	6.000	0.000	3.000	0.000
		Totals	79.00	112.000	1.000	419.000	6.000	0.000	3.000	0.000
		% of Calories			8.036%		21.429%	0.000%	24.107%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990576	1-Teriyaki Chicken Kit	54.000	8.000	0.000	12.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	54.000	8.000	0.000	12.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		28.571%		42.857%						

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East Side Union High School District

990548 - 2-Tofu & Mixed Vegetables Over Rice

Number of Portions: 4.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903816	1-Tofu, Firm, Commercially Made	18 ounce	127.57	135.077	2.251	15.009	0.000	0.000	4.503	0.000
903896	1-Oil, Vegetable	1/2 tbsp	1.70	14.598	0.243	0.000	0.000	0.000	1.703	0.000
990401	1-Garlic, raw	1 cloves	0.75	0.938	0.000	0.000	0.188	0.000	0.000	0.000
903993	1-Sauce, Soy Light	1/2 tbsp	1.77	0.000	0.000	10.631	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.13	0.000	0.000	0.000	0.000	0.000	0.000	0.000
70283	1-Onion, green	1/2 oz	3.54	1.134	0.000	0.567	0.083	0.000	0.007	0.000
900993	1-Onion, Yellow, fresh	1 CUP, chopped + 1/2 tbsp, chopped	41.25	16.500	0.000	1.547	1.748	0.000	0.041	0.000
900819	1-Carrots, Diced	1 CUP, slices	36.50	9.125	0.013	88.330	0.000	0.000	0.069	0.000
900768	1-Spice, Pepper, black	1/2 tsp	0.27	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903977	1-Broccoli, raw	1 CUP, chopped	22.75	7.750	0.000	7.500	0.388	0.000	0.085	0.000
903900	1-Bean, green-canned	1 cup	60.50	10.000	0.000	70.000	1.000	0.000	0.000	0.000
990650	1-Broth, Vegetable	1 cup	37.20	62.000	0.000	4836.000	6.200	0.000	0.000	0.000
903967	1-Rice, White, Long-Grain	4 cup	60.00	213.333	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	394.00	470.455	2.508	5029.583	9.606	0.000	6.408	0.000
		% of Calories			4.797%		8.167%	0.000%	12.259%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903816	1-Tofu, Firm, Commercially Made	0.000	13.508	1.501	10.506	*N/A*	150.086	0.000	1.621	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990401	1-Garlic, raw	0.000	0.188	0.000	0.000	*N/A*	0.000	0.225	0.000	0.000	0.000
903993	1-Sauce, Soy Light	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
70283	1-Onion, green	0.000	0.260	0.092	0.065	*N/A*	2.551	0.666	0.052	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	3.852	0.696	0.454	*N/A*	9.539	3.042	0.088	0.000	0.000
900819	1-Carrots, Diced	0.000	2.022	0.547	0.234	*N/A*	9.125	0.985	0.234	33.927	0.248
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903977	1-Broccoli, raw	0.000	1.510	0.600	0.643	*N/A*	10.750	20.300	0.165	20.315	0.000
903900	1-Bean, green-canned	0.000	2.000	1.000	0.500	*N/A*	10.000	1.200	0.360	0.000	0.000
990650	1-Broth, Vegetable	0.000	6.200	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903967	1-Rice, White, Long-Grain	0.000	48.000	1.333	4.000	0.000	17.333	0.000	2.667	0.000	0.000
	Totals	0.000	77.539	5.770	16.401	*0.000*	209.384	26.419	5.186	54.242	0.248
	% of Calories		65.927%		13.945%						

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East Side Union High School District

990552 - 2-Tofu in Tomato Sauce over Rice

Number of Portions: 4.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903816	1-Tofu, Firm, Commercially Made	18 ounce	127.57	135.077	2.251	15.009	0.000	0.000	4.503	0.000
903896	1-Oil, Vegetable	1/2 tbsp	1.70	14.598	0.243	0.000	0.000	0.000	1.703	0.000
990401	1-Garlic, raw	1 cloves	0.75	0.938	0.000	0.000	0.188	0.000	0.000	0.000
70283	1-Onion, green	1/2 oz	3.54	1.134	0.000	0.567	0.083	0.000	0.007	0.000
900993	1-Onion, Yellow, fresh	1/4 CUP, chopped	10.00	4.000	0.000	0.375	0.424	0.000	0.010	0.000
900768	1-Spice, Pepper, black	1/2 tsp	0.27	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903769	1-Sugar, Granulated	1/2 tbsp	1.58	5.906	0.000	0.000	1.575	0.000	0.000	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	1 cup	59.11	11.367	0.000	9.094	13.640	0.000	0.000	0.000
990650	1-Broth, Vegetable	1/2 tbsp	1.16	1.938	0.000	151.125	0.194	0.000	0.000	0.000
903967	1-Rice, White, Long-Grain	4 cup	60.00	213.333	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	266.00	388.291	2.495	176.169	16.103	0.000	6.222	0.000
		% of Calories			5.782%		16.589%	0.000%	14.423%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903816	1-Tofu, Firm, Commercially Made	0.000	13.508	1.501	10.506	*N/A*	150.086	0.000	1.621	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990401	1-Garlic, raw	0.000	0.188	0.000	0.000	*N/A*	0.000	0.225	0.000	0.000	0.000
70283	1-Onion, green	0.000	0.260	0.092	0.065	*N/A*	2.551	0.666	0.052	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.934	0.169	0.110	*N/A*	2.313	0.738	0.021	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903769	1-Sugar, Granulated	0.000	1.575	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	0.000	2.273	0.455	0.455	*N/A*	9.094	6.820	0.164	0.000	0.000
990650	1-Broth, Vegetable	0.000	0.194	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903967	1-Rice, White, Long-Grain	0.000	48.000	1.333	4.000	0.000	17.333	0.000	2.667	0.000	0.000
	Totals	0.000	66.931	3.550	15.136	*0.000*	181.377	8.449	4.525	0.000	0.000
	% of Calories		68.950%		15.592%						

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East Side Union High School District

990606 - 2-Tortilla 8" whole grain

Number of Portions: 50.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 serving

*Nutrients are based upon 1 Portion Size (1 serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903878	1-Tortilla, 8", whole grain	50 each	40.00	104.762	1.429	209.524	0.952	0.000	2.857	0.000
		Totals	40.00	104.762	1.429	209.524	0.952	0.000	2.857	0.000
		% of Calories			12.273%		3.635%	0.000%	24.545%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903878	1-Tortilla, 8", whole grain	0.000	17.143	1.905	2.857	*N/A*	38.095	0.000	0.686	0.000	0.000
	Totals	0.000	17.143	1.905	2.857	*N/A*	38.095	0.000	0.686	0.000	0.000
	% of Calories		65.455%		10.909%						

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East Side Union High School District

3597 - 2-Tortilla chips-only

Number of Portions: 1.000

Group Code: GRAIN PRODUCTS

Size of Portion: 2 oz

*Nutrients are based upon 1 Portion Size (2 oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990604	1-Chips, Tortilla Corn Blend	2 oz	56.70	283.500	1.013	232.875	0.000	0.000	12.150	0.000
		Totals	57.00	283.500	1.013	232.875	0.000	0.000	12.150	0.000
		% of Calories			3.214%		0.000%	0.000%	38.571%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990604	1-Chips, Tortilla Corn Blend	0.000	40.500	2.025	4.050	*N/A*	60.750	0.000	0.608	0.000	0.000
	Totals	0.000	40.500	2.025	4.050	*N/A*	60.750	0.000	0.608	0.000	0.000
	% of Calories		57.143%		5.714%						

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East Side Union High School District

990550 - 2-Tortilla, 8"-only

Number of Portions: 50.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 serving

*Nutrients are based upon 1 Portion Size (1 serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903878	1-Tortilla, 8", whole grain	50 each	40.00	104.762	1.429	209.524	0.952	0.000	2.857	0.000
		Totals	40.00	104.762	1.429	209.524	0.952	0.000	2.857	0.000
		% of Calories			12.273%		3.635%	0.000%	24.545%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903878	1-Tortilla, 8", whole grain	0.000	17.143	1.905	2.857	*N/A*	38.095	0.000	0.686	0.000	0.000
	Totals	0.000	17.143	1.905	2.857	*N/A*	38.095	0.000	0.686	0.000	0.000
	% of Calories		65.455%		10.909%						

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East Side Union High School District

990483 - 2-Tri Tip

Number of Portions: 640.000

Source: done-y

Group Code: ENTREE-LUNCH

Size of Portion: oz

*Nutrients are based upon 1 Portion Size (oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990632	1-TriTip	40 LB	28.35	59.667	0.000	15.000	0.000	0.000	3.133	0.000
903924	1-Spice, Garlic powder	9 teaspoon	0.04	0.141	0.000	0.000	0.000	0.000	0.000	0.000
903896	1-Oil, Vegetable	9 tbsp	0.19	1.642	0.027	0.000	0.000	0.000	0.192	0.000
990633	1-Spice, Montreal Seasoning	9 tbsp	0.17	0.000	0.000	3.038	0.000	0.000	0.000	0.000
		Totals	29.00	61.450	0.027	18.038	0.000	0.000	3.325	0.000
		% of Calories			0.401%		0.000%	0.000%	48.697%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990632	1-TriTip	23.667	0.000	0.000	7.333	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.028	0.000	0.000	*N/A*	0.000	0.000	0.005	0.003	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990633	1-Spice, Montreal Seasoning	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	23.667	0.028	0.000	7.333	*N/A*	0.000	0.000	0.005	0.003	0.000
	% of Calories		0.183%		47.733%						

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East Side Union High School District

990507 - 2-Tri Tip Dinner

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990483	2-Tri Tip	2 1/2 oz	71.88	153.625	0.069	45.095	0.000	0.000	8.312	0.000
R-164	2-Potatoes,Mashed-only	1 (1/2 cup)	99.15	75.926	0.447	115.698	0.000	0.000	1.229	0.000
900211	1-Gravy Mix, Brown	1/4 cup	56.70	25.000	0.500	330.000	0.000	0.000	1.000	0.000
903902	1-Corn, canned	1/4 cup	41.00	29.922	0.000	4.987	0.997	0.000	0.249	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	1 each	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	331.00	424.191	1.015	613.667	4.490	0.000	13.410	0.000
		% of Calories			2.154%		4.234%	0.000%	28.452%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990483	2-Tri Tip	59.168	0.070	0.000	18.333	*N/A*	0.000	0.000	0.013	0.008	0.000
R-164	2-Potatoes,Mashed-only	0.000	13.670	1.439	1.439	*N/A*	1.589	21.585	0.267	79.369	0.079
900211	1-Gravy Mix, Brown	0.000	4.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903902	1-Corn, canned	0.000	4.488	0.499	0.499	*N/A*	9.974	0.000	0.000	0.000	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	59.168	47.553	4.557	26.383	*0.000*	20.295	21.585	1.677	79.376	0.079
	% of Calories		44.841%		24.878%						

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East Side Union High School District

990482 - 2-Tri Tip Sandwich

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990483	2-Tri Tip	3 oz	86.26	184.350	0.082	54.114	0.000	0.000	9.975	0.000
R-990498	2-Base, Beef	1/2 servings	61.77	5.316	0.000	317.188	0.355	0.000	0.177	0.000
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	209.00	349.666	0.082	571.302	4.354	0.000	12.152	0.000
		% of Calories			0.212%		4.981%	0.000%	31.278%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990483	2-Tri Tip	71.001	0.084	0.000	21.999	*N/A*	0.000	0.000	0.015	0.009	0.000
R-990498	2-Base, Beef	0.000	0.709	0.000	0.000	*N/A*	1.200	0.000	0.006	59.941	0.060
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	71.001	31.793	3.000	28.999	*N/A*	201.200	0.000	1.821	59.950	0.060
	% of Calories		36.370%		33.173%						

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East Side Union High School District

990579 - 2-Tri Tip w/ Cilantro Rice

Number of Portions: 9.000

Source: done-y

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990483	2-Tri Tip	27 oz	86.26	184.350	0.082	54.114	0.000	0.000	9.975	0.000
R-990575	2-Rice, Cilantro Lime	9 Servings	215.50	216.597	0.000	921.625	0.040	0.000	0.027	0.000
		Totals	302.00	400.947	0.082	975.739	0.040	0.000	10.001	0.000
		% of Calories			0.185%		0.040%	0.000%	22.450%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990483	2-Tri Tip	71.001	0.084	0.000	21.999	*N/A*	0.000	0.000	0.015	0.009	0.000
R-990575	2-Rice, Cilantro Lime	0.000	48.822	1.472	4.136	*0.000*	25.082	1.462	2.800	141.606	0.142
	Totals	71.001	48.907	1.472	26.135	*0.000*	25.082	1.462	2.815	141.615	0.142
	% of Calories		48.791%		26.073%						

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East Side Union High School District

244 - 2-Tuna Salad Sandwich

Number of Portions: 25.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904124	1-Tuna, chunk light in water-USDA	1 can	75.41	80.796	0.000	312.411	0.000	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	1/2 LB	9.07	3.629	0.000	0.340	0.384	0.000	0.009	0.000
903944	1-Celery, fresh	1 LB	18.14	2.135	0.000	14.942	0.245	0.000	0.032	0.000
904108	1-Relish, sweet	1/2 cup	4.80	6.400	0.000	33.600	0.960	0.000	0.000	0.000
116	1-Mustard, Yellow prepared, bulk	1 TBSP	0.60	0.000	0.000	6.600	0.000	0.000	0.000	0.000
903766	1-Mayonnaise, bulk	1 LB + 5 1/2 oz	24.38	174.147	3.483	113.196	0.000	0.000	19.156	0.000
903838	1-Bread, Whole Wheat sandwich	50 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
		Totals	200.00	427.106	3.483	821.089	5.590	0.000	21.197	0.000
		% of Calories			7.339%		5.235%	0.000%	44.667%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904124	1-Tuna, chunk light in water-USDA	40.398	0.000	0.000	18.852	*N/A*	0.000	0.000	0.970	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.847	0.153	0.100	*N/A*	2.098	0.669	0.019	0.000	0.000
903944	1-Celery, fresh	0.000	0.534	0.320	0.128	*N/A*	7.471	0.534	0.032	40.738	0.000
904108	1-Relish, sweet	0.000	1.600	0.000	0.000	*N/A*	0.000	0.000	0.000	19.862	0.650
116	1-Mustard, Yellow prepared, bulk	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903766	1-Mayonnaise, bulk	8.707	1.741	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
	Totals	49.105	36.722	4.473	27.080	*0.000*	89.569	1.203	2.421	60.600	0.650
	% of Calories		34.392%		25.361%						

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East Side Union High School District

990479 - 2-Turkey & Basil Sandwich

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-1325	2-Breadstick/Sub Roll	1 Each	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
900253	1-Turkey, Breast, Deli	1 oz	28.35	30.374	0.000	227.808	0.000	0.000	0.000	0.000
901393	1-Basil Leaf, Fresh	1 Leaf	2.00	0.377	0.000	0.000	0.000	0.000	0.000	0.000
903954	1-Tomato, red ripe	2 slice	56.70	10.141	0.000	2.766	1.489	0.000	0.115	0.000
		Totals	149.00	180.611	0.000	348.461	4.982	0.000	2.735	0.000
		% of Calories			0.000%		11.034%	0.000%	13.628%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-1325	2-Breadstick/Sub Roll	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
900253	1-Turkey, Breast, Deli	12.656	1.519	0.000	5.062	*N/A*	3.037	0.000	0.000	0.000	0.000
901393	1-Basil Leaf, Fresh	0.000	0.038	0.038	0.075	*N/A*	0.000	0.377	0.377	0.000	0.000
903954	1-Tomato, red ripe	0.000	2.203	0.691	0.498	*N/A*	5.532	7.790	0.152	53.592	0.000
	Totals	12.656	29.084	3.349	11.749	*N/A*	17.301	8.168	1.926	53.592	0.000
	% of Calories		64.412%		26.021%						

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East Side Union High School District

2174 - 2-Turkey & Cheese Sandwich

Number of Portions: 1.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
900253	1-Turkey, Breast, Deli	4 oz	113.40	121.498	0.000	911.234	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
903957	1-Lettuce, green Leaf, raw	1 leaf(s)	10.00	1.500	0.000	2.805	0.078	0.000	0.015	0.000
		Totals	205.00	332.998	2.500	1504.039	4.078	0.000	6.515	0.000
		% of Calories			6.757%		4.899%	0.000%	17.608%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
900253	1-Turkey, Breast, Deli	50.624	6.075	0.000	20.250	*N/A*	12.150	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
903957	1-Lettuce, green Leaf, raw	0.000	0.287	0.131	0.136	*N/A*	3.611	0.919	0.086	9.497	0.000
	Totals	63.124	39.362	4.131	30.886	*0.000*	160.760	0.919	1.536	9.497	0.000
	% of Calories		47.282%		37.101%						

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East Side Union High School District

1102 - 2-Turkey Dinner- Holiday

Number of Portions: 1.000

Source: Julie

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903920	1-Turkey, Roast, Frozen-USDA	3 oz	85.05	112.739	1.978	383.707	0.000	0.000	5.934	0.000
R-191	2-Gravy, Turkey Flavor	1 (1/4 cup)	67.09	28.350	0.000	398.693	0.000	0.000	0.709	0.000
R-164	2-Potatoes,Mashed-only	1 (1/2 cup)	99.15	75.926	0.447	115.698	0.000	0.000	1.229	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	1 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
R-1745	2-Pumpkin Custard	1 Servings	133.14	145.734	2.061	273.104	19.495	0.000	3.943	0.000
R-990627	Green Bean Casserole	1 serving	156.14	120.030	0.427	259.698	2.624	0.000	7.261	0.000
		Totals	603.00	622.497	4.913	1548.787	25.612	0.000	21.695	0.000
		% of Calories			7.103%		16.458%	0.000%	31.366%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903920	1-Turkey, Roast, Frozen-USDA	45.491	0.000	0.000	15.823	*N/A*	0.000	0.000	0.000	0.000	0.000
R-191	2-Gravy, Turkey Flavor	0.000	4.252	0.000	0.000	*N/A*	1.200	0.000	0.000	59.940	0.060
R-164	2-Potatoes,Mashed-only	0.000	13.670	1.439	1.439	*N/A*	1.589	21.585	0.267	79.369	0.079
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
R-1745	2-Pumpkin Custard	37.193	25.274	1.479	3.510	*0.000*	90.149	2.285	0.889	44.324	0.276
R-990627	Green Bean Casserole	2.188	13.576	1.874	1.551	*0.000*	38.637	2.324	1.305	0.000	0.000
	Totals	84.872	82.096	7.412	28.436	*0.000*	140.307	26.194	3.858	183.633	0.415
	% of Calories		52.753%		18.272%						

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East Side Union High School District

990183 - 2-UBR Ultimate Breakfast Round

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-y

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990419	1-UBR Ultimate Breakfast Round	1 each	70.87	249.556	1.996	199.645	15.972	0.000	6.988	0.000
		Totals	71.00	249.556	1.996	199.645	15.972	0.000	6.988	0.000
		% of Calories			7.200%		25.601%	0.000%	25.200%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990419	1-UBR Ultimate Breakfast Round	4.991	41.925	5.989	4.991	*N/A*	29.947	0.000	1.597	0.000	0.000
	Totals	4.991	41.925	5.989	4.991	*N/A*	29.947	0.000	1.597	0.000	0.000
	% of Calories		67.200%		8.000%						

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East Side Union High School District

990522 - 2-Vegetable Broth

Number of Portions: 8.000

Group Code: CONDIMENTS

Size of Portion: oz

*Nutrients are based upon 1 Portion Size (oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
75005	1-Water, Hot	8 oz	28.35	0.000	0.000	0.850	0.000	0.000	0.000	0.000
990650	1-Broth, Vegetable	1 tsp	0.39	0.646	0.000	50.375	0.065	0.000	0.000	0.000
		Totals	29.00	0.646	0.000	51.225	0.065	0.000	0.000	0.000
		% of Calories			0.000%		40.248%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	0.567	0.000	0.003	28.321	0.028
990650	1-Broth, Vegetable	0.000	0.065	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	0.065	0.000	0.000	*N/A*	0.567	0.000	0.003	28.321	0.028
	% of Calories		40.000%		0.000%						

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East Side Union High School District

1332 - 2-Vegetarian Hummus

Number of Portions: 10.000

Group Code: ENTREES

Size of Portion: Serving(s)

*Nutrients are based upon 1 Portion Size (Serving(s))

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
801	1-Bean, Garbanzo	5 CUP	110.00	90.000	0.000	140.000	1.000	0.000	0.500	0.000
990401	1-Garlic, raw	3 clove	0.90	1.125	0.000	0.000	0.225	0.000	0.000	0.000
903946	1-Juice, Lemon	1/2 cup	11.34	2.000	0.000	3.000	0.200	0.000	0.000	0.000
990612	1-Sesame Butter, Tahini	3 TBSP	4.50	26.640	0.334	1.575	0.000	0.000	2.385	0.000
903774	1-Salt, Table	1 tsp	0.61	0.000	0.000	358.915	0.000	0.000	0.000	0.000
903896	1-Oil, Vegetable	3 tbsp	4.09	35.036	0.584	0.000	0.000	0.000	4.088	0.000
903956	1-Pepper, bell, green, raw	4 oz	11.34	2.287	0.000	0.381	0.273	0.000	0.019	0.000
903955	1-Pepper, bell sweet, red, raw	4 oz	11.34	3.526	0.000	0.484	0.476	0.000	0.034	0.000
900993	1-Onion, Yellow, fresh	4 oz	11.34	4.536	0.000	0.425	0.481	0.000	0.011	0.000
		Totals	165.00	165.150	0.918	504.780	2.654	0.000	7.037	0.000
		% of Calories			5.003%		6.428%	0.000%	38.350%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
801	1-Bean, Garbanzo	0.000	16.000	5.000	5.000	*N/A*	40.000	0.000	1.440	0.000	0.000
990401	1-Garlic, raw	0.000	0.225	0.000	0.000	*N/A*	0.000	0.270	0.000	0.000	0.000
903946	1-Juice, Lemon	0.000	0.700	0.100	0.050	*N/A*	1.000	1.800	0.000	0.000	0.000
990612	1-Sesame Butter, Tahini	0.000	0.968	0.212	0.783	*N/A*	6.345	0.189	0.199	0.135	0.229
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903956	1-Pepper, bell, green, raw	0.000	0.526	0.191	0.097	*N/A*	1.144	9.119	0.038	10.647	0.000
903955	1-Pepper, bell sweet, red, raw	0.000	0.684	0.235	0.112	*N/A*	0.069	14.479	0.003	10.456	0.000
900993	1-Onion, Yellow, fresh	0.000	1.059	0.191	0.125	*N/A*	2.622	0.836	0.024	0.000	0.000
	Totals	0.000	20.161	5.929	6.167	*N/A*	51.180	26.694	1.704	21.238	0.229
	% of Calories		48.831%		14.937%						

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East Side Union High School District

990506 - 2-Vegetarian Pasta Salad

Number of Portions: 10.000

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900883	1-Pasta, Rotini, Spiral	20 oz	56.70	89.248	0.000	3.150	0.000	0.000	1.050	0.000
75005	1-Water, Hot	1 gal	384.00	0.000	0.000	11.520	0.000	0.000	0.000	0.000
990590	1-Beans, Great Northern	5 cup	125.00	150.000	0.000	140.000	2.000	0.000	0.000	0.000
904102	1-Olive, black	2 cup	26.88	50.400	0.840	218.400	0.000	0.000	4.200	0.000
903954	1-Tomato, red ripe	3 medium	36.90	6.600	0.000	1.800	0.969	0.000	0.075	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	5 oz	14.17	30.000	1.000	85.000	0.000	0.000	1.500	0.000
901393	1-Basil Leaf, Fresh	5 Leaf	1.00	0.189	0.000	0.000	0.000	0.000	0.000	0.000
904126	1-Dressing, Italian	1 1/2 cup	36.00	23.226	0.000	522.581	2.323	0.000	1.161	0.000
904126	1-Dressing, Italian	1 1/2 cup	36.00	23.226	0.000	522.581	2.323	0.000	1.161	0.000
		Totals	717.00	372.889	1.840	1505.031	7.614	0.000	9.148	0.000
		% of Calories			4.441%		8.168%	0.000%	22.079%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900883	1-Pasta, Rotini, Spiral	0.000	17.850	2.100	3.150	*N/A*	7.350	0.000	1.470	0.000	0.000
75005	1-Water, Hot	0.000	0.000	0.000	0.000	*N/A*	7.680	0.000	0.038	383.618	0.384
990590	1-Beans, Great Northern	0.000	27.000	5.000	7.000	*N/A*	50.000	0.000	2.000	0.000	0.000
904102	1-Olive, black	0.000	1.680	1.680	0.000	*N/A*	16.800	0.000	2.016	134.383	3.746
903954	1-Tomato, red ripe	0.000	1.434	0.450	0.324	*N/A*	3.600	5.070	0.099	34.878	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	5.000	0.500	0.000	3.500	*N/A*	0.000	0.000	0.000	0.000	0.000
901393	1-Basil Leaf, Fresh	0.000	0.019	0.019	0.038	*N/A*	0.000	0.189	0.189	0.000	0.000
904126	1-Dressing, Italian	0.000	3.484	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
904126	1-Dressing, Italian	0.000	3.484	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	5.000	55.450	9.249	14.012	*N/A*	85.430	5.259	5.812	552.879	4.130
	% of Calories		59.482%		15.031%						

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East Side Union High School District

1231 - 2-Vegetarian Wrap

Number of Portions: 1.000

Source: done-y

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903767	1-Tortilla, 10" - Flour	1 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
900993	1-Onion, Yellow, fresh	1 thin slice	9.00	3.600	0.000	0.338	0.381	0.000	0.009	0.000
903954	1-Tomato, red ripe	2 slice	56.70	10.141	0.000	2.766	1.489	0.000	0.115	0.000
903957	1-Lettuce, green Leaf, raw	1 leaf(s)	10.00	1.500	0.000	2.805	0.078	0.000	0.015	0.000
990109	1-Cheese, American,sliced,Past Processed	4 (1 slice)	56.00	200.000	10.000	1000.000	0.000	0.000	18.000	0.000
900261	1-Dressing, Buttermilk Ranch, bulk	1 oz	28.35	122.848	1.890	226.796	0.000	0.000	13.230	0.000
990009	1-Cilantro, Raw	1/8 oz	1.42	0.354	0.000	0.709	0.011	0.000	0.007	0.000
904005	1-Avocado	2 tbsp	28.35	45.359	0.601	1.984	0.187	0.000	4.156	0.000
		Totals	258.00	593.892	13.506	1621.069	3.161	0.000	37.562	0.000
		% of Calories			20.467%		2.129%	0.000%	56.922%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.840	0.152	0.099	*N/A*	2.081	0.664	0.019	0.000	0.000
903954	1-Tomato, red ripe	0.000	2.203	0.691	0.498	*N/A*	5.532	7.790	0.152	53.592	0.000
903957	1-Lettuce, green Leaf, raw	0.000	0.287	0.131	0.136	*N/A*	3.611	0.919	0.086	9.497	0.000
990109	1-Cheese, American,sliced,Past Processed	50.000	4.000	0.000	10.000	0.000	260.000	0.000	0.200	0.000	0.000
900261	1-Dressing, Buttermilk Ranch, bulk	4.725	0.945	0.000	0.945	*N/A*	0.000	0.000	0.000	0.000	0.000
990009	1-Cilantro, Raw	0.000	0.053	0.035	0.032	*N/A*	1.063	0.390	0.025	0.000	0.000
904005	1-Avocado	0.000	2.418	1.899	0.567	*N/A*	3.402	2.835	0.156	0.000	0.000
	Totals	54.725	47.284	4.939	17.351	*0.000*	295.987	12.598	1.734	63.089	0.000
	% of Calories		31.847%		11.686%						

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East Side Union High School District

990584 - 2-Vegetarian Wrap- no Avocado

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903767	1-Tortilla, 10" - Flour	1 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
900993	1-Onion, Yellow, fresh	1 thin slice	9.00	3.600	0.000	0.338	0.381	0.000	0.009	0.000
903954	1-Tomato, red ripe	2 slice	56.70	10.141	0.000	2.766	1.489	0.000	0.115	0.000
903957	1-Lettuce, green Leaf, raw	1 leaf(s)	10.00	1.500	0.000	2.805	0.078	0.000	0.015	0.000
990109	1-Cheese, American,sliced,Past Processed	4 (1 slice)	56.00	200.000	10.000	1000.000	0.000	0.000	18.000	0.000
900261	1-Dressing, Buttermilk Ranch, bulk	1 oz	28.35	122.848	1.890	226.796	0.000	0.000	13.230	0.000
990009	1-Cilantro, Raw	1/8 oz	1.42	0.354	0.000	0.709	0.011	0.000	0.007	0.000
		Totals	229.00	548.533	12.905	1619.085	2.974	0.000	33.406	0.000
		% of Calories			21.174%		2.169%	0.000%	54.810%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.840	0.152	0.099	*N/A*	2.081	0.664	0.019	0.000	0.000
903954	1-Tomato, red ripe	0.000	2.203	0.691	0.498	*N/A*	5.532	7.790	0.152	53.592	0.000
903957	1-Lettuce, green Leaf, raw	0.000	0.287	0.131	0.136	*N/A*	3.611	0.919	0.086	9.497	0.000
990109	1-Cheese, American,sliced,Past Processed	50.000	4.000	0.000	10.000	0.000	260.000	0.000	0.200	0.000	0.000
900261	1-Dressing, Buttermilk Ranch, bulk	4.725	0.945	0.000	0.945	*N/A*	0.000	0.000	0.000	0.000	0.000
990009	1-Cilantro, Raw	0.000	0.053	0.035	0.032	*N/A*	1.063	0.390	0.025	0.000	0.000
	Totals	54.725	44.866	3.039	16.784	*0.000*	292.585	9.763	1.578	63.089	0.000
	% of Calories		32.717%		12.239%						

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East Side Union High School District

990457 - 2-Veggies Sticks-only

Number of Portions: 10.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990486	1-Celery Sticks	10 (3 Sticks)	28.35	3.930	0.000	22.736	0.393	0.000	0.056	0.000
990625	1-Carrots, Sticks	10 (3 sticks)	56.70	23.247	0.018	39.122	2.688	0.567	0.136	0.000
		Totals	85.00	27.176	0.018	61.858	3.080	0.567	0.192	0.000
		% of Calories			0.599%		45.334%	8.346%	6.365%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990486	1-Celery Sticks	0.000	0.842	0.449	0.196	*N/A*	11.228	0.000	0.056	0.000	0.000
990625	1-Carrots, Sticks	0.000	5.432	1.588	0.527	*N/A*	18.711	3.345	0.170	50.060	0.550
	Totals	0.000	6.274	2.037	0.724	*N/A*	29.938	3.345	0.226	50.060	0.550
	% of Calories		92.343%		10.656%						

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East Side Union High School District

990385 - 2-Waffle Buttery Maple

Number of Portions: 1.000

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

Source: done-n

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990715	1-Waffles, Buttery Maple	1 (1 each)	68.00	250.000	4.000	290.000	15.000	14.000	9.000	0.000
		Totals	68.00	250.000	4.000	290.000	15.000	14.000	9.000	0.000
		% of Calories			14.400%		24.000%	22.400%	32.400%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990715	1-Waffles, Buttery Maple	35.000	37.000	2.000	6.000	*N/A*	40.000	0.000	1.500	0.000	0.000
	Totals	35.000	37.000	2.000	6.000	*N/A*	40.000	0.000	1.500	0.000	0.000
	% of Calories		59.200%		9.600%						

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East Side Union High School District

2647 - 2-Whipped Topping, On Top

Number of Portions: 112.000

Source: Julie

Group Code: None

Size of Portion: Serving (s)

*Nutrients are based upon 1 Portion Size (Serving (s))

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
193	1-Whipped Topping-On Top	1 Bag	4.00	13.333	1.000	0.000	0.667	0.000	1.000	0.000
		Totals	4.00	13.333	1.000	0.000	0.667	0.000	1.000	0.000
		% of Calories			67.502%		20.011%	0.000%	67.502%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
193	1-Whipped Topping-On Top	0.000	1.333	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	1.333	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		40.000%		0.000%						

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East Side Union High School District

990574 - 2-Wrap, Chicken Caesar

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done-y

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990234	2-Salad, Chicken Caesar-only	1 EACH	242.13	599.550	7.728	1220.976	6.532	0.000	46.850	0.000
990688	1-Tortilla, Spinach 12"	1 each	99.00	291.176	2.426	660.000	0.000	0.000	7.765	0.000
		Totals	341.00	890.726	10.154	1880.976	6.532	0.000	54.614	0.000
		% of Calories			10.260%		2.933%	0.000%	55.183%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990234	2-Salad, Chicken Caesar-only	109.648	17.832	1.176	24.619	*N/A*	46.785	2.240	0.543	52.972	0.325
990688	1-Tortilla, Spinach 12"	0.000	47.559	1.941	7.765	*N/A*	198.971	0.000	3.882	0.000	0.000
	Totals	109.648	65.391	3.117	32.384	*N/A*	245.756	2.240	4.425	52.972	0.325
	% of Calories		29.365%		14.543%						

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East Side Union High School District

1104 - 2-Wrap,Spicy Chicken

Number of Portions: 1.000

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

Source: done-n

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990388	1-Chicken, Spicy Patty	1 each	99.00	270.000	3.000	400.000	1.000	0.000	15.000	0.000
903767	1-Tortilla, 10" - Flour	1 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
900261	1-Dressing, Buttermilk Ranch, bulk	1 tablespoon	15.00	65.000	1.000	120.000	0.000	0.000	7.000	0.000
903957	1-Lettuce, green Leaf, raw	1 leaf(s)	10.00	1.500	0.000	2.805	0.078	0.000	0.015	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
		Totals	206.00	596.589	7.515	1158.477	2.093	0.000	28.545	0.000
		% of Calories			11.337%		1.403%	0.000%	43.062%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990388	1-Chicken, Spicy Patty	25.000	17.000	3.000	15.000	*N/A*	40.000	0.000	2.700	0.000	0.000
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
900261	1-Dressing, Buttermilk Ranch, bulk	2.500	0.500	0.000	0.500	*N/A*	0.000	0.000	0.000	0.000	0.000
903957	1-Lettuce, green Leaf, raw	0.000	0.287	0.131	0.136	*N/A*	3.611	0.919	0.086	9.497	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
	Totals	40.000	55.324	5.160	23.211	*0.000*	128.909	0.919	3.932	9.497	0.000
	% of Calories		37.094%		15.562%						

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East Side Union High School District

990471 - 2-Yogurt Cup Strawberry State-Breakfast

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: 1ea

*Nutrients are based upon 1 Portion Size (1ea)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990605	1-Yogurt Strawberry 4 oz-State-USDA	1 each	113.40	100.352	0.000	45.158	13.046	0.000	0.000	0.000
R-990404	j-Cracker Graham	1 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	141.00	220.352	0.500	145.158	20.046	0.000	3.500	0.000
		% of Calories			2.042%		36.389%	0.000%	14.295%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990605	1-Yogurt Strawberry 4 oz-State-USDA	6.021	16.056	0.000	9.032	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	6.021	37.056	2.000	10.032	*N/A*	16.000	0.000	2.000	0.000	0.000
	% of Calories		67.268%		18.211%						

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East Side Union High School District

990470 - 2-Yogurt Cup Vanilla State-Breakfast

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: 1ea

*Nutrients are based upon 1 Portion Size (1ea)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990606	1-Yogurt Vanilla 4 oz-State-USDA	1 each	113.40	100.352	0.000	45.158	13.046	0.000	0.000	0.000
R-990404	j-Cracker Graham	1 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	141.00	220.352	0.500	145.158	20.046	0.000	3.500	0.000
		% of Calories			2.042%		36.389%	0.000%	14.295%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990606	1-Yogurt Vanilla 4 oz-State-USDA	6.021	16.056	0.000	9.032	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	6.021	37.056	2.000	10.032	*N/A*	16.000	0.000	2.000	0.000	0.000
	% of Calories		67.268%		18.211%						

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East Side Union High School District

990583 - 2-Yogurt Fruit Cup-blueberries

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990383	2-Yogurt Fruit Cup-only	1 servings	354.30	242.056	0.667	134.320	26.155	0.000	1.334	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	1 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
904095	1-Blueberry, frozen	1/2 CUP	74.00	37.949	0.000	0.949	6.641	0.000	0.949	0.000
		Totals	490.00	419.723	0.667	253.156	36.289	0.000	4.903	0.000
		% of Calories			1.430%		34.584%	0.000%	10.512%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990383	2-Yogurt Fruit Cup-only	6.670	50.297	1.821	8.005	*N/A*	303.519	37.704	0.537	66.646	0.219
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
904095	1-Blueberry, frozen	0.000	9.487	1.897	0.000	*N/A*	5.692	9.203	0.266	0.000	0.000
	Totals	6.670	85.108	6.338	14.118	*N/A*	317.943	46.907	2.200	66.646	0.219
	% of Calories		81.108%		13.455%						

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East Side Union High School District

990383 - 2-Yogurt Fruit Cup-only

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	8 oz	226.80	160.091	0.667	133.409	10.673	0.000	1.334	0.000
904100	1-Strawberries, sliced, frozen	1/2 CUP	127.50	81.965	0.000	0.911	15.482	0.000	0.000	0.000
		Totals	354.00	242.056	0.667	134.320	26.155	0.000	1.334	0.000
		% of Calories			2.480%		43.221%	0.000%	4.960%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	6.670	29.350	0.000	8.005	*N/A*	293.501	0.000	0.000	0.000	0.000
904100	1-Strawberries, sliced, frozen	0.000	20.947	1.821	0.000	*N/A*	10.018	37.704	0.537	66.646	0.219
	Totals	6.670	50.297	1.821	8.005	*N/A*	303.519	37.704	0.537	66.646	0.219
	% of Calories		83.116%		13.228%						

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East Side Union High School District

990615 - 2-Yogurt Fruit Cup-Peaches

Number of Portions: 1.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	1 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	8 oz	226.80	160.091	0.667	133.409	10.673	0.000	1.334	0.000
900267	1-Peaches, sliced	1 (1/2 cup)	124.00	54.675	0.000	0.000	10.935	0.000	0.000	0.000
		Totals	413.00	354.484	0.667	251.296	25.101	0.000	3.954	0.000
		% of Calories			1.693%		28.324%	0.000%	10.038%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	6.670	29.350	0.000	8.005	*N/A*	293.501	0.000	0.000	0.000	0.000
900267	1-Peaches, sliced	0.000	13.122	1.093	1.093	*N/A*	0.000	1.312	0.000	0.000	0.000
	Totals	6.670	67.796	3.713	15.211	*N/A*	302.233	1.312	1.397	0.000	0.000
	% of Calories		76.501%		17.164%						

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East Side Union High School District

990377 - 2-Yogurt Fruit Cup-strawberries

Number of Portions: 1.000

Source: done-y

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	1 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	8 oz	226.80	160.091	0.667	133.409	10.673	0.000	1.334	0.000
904100	1-Strawberries, sliced, frozen	1/2 CUP	127.50	81.965	0.000	0.911	15.482	0.000	0.000	0.000
		Totals	416.00	381.774	0.667	252.207	29.648	0.000	3.954	0.000
		% of Calories			1.572%		31.063%	0.000%	9.321%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	6.670	29.350	0.000	8.005	*N/A*	293.501	0.000	0.000	0.000	0.000
904100	1-Strawberries, sliced, frozen	0.000	20.947	1.821	0.000	*N/A*	10.018	37.704	0.537	66.646	0.219
	Totals	6.670	75.621	4.441	14.118	*N/A*	312.251	37.704	1.934	66.646	0.219
	% of Calories		79.231%		14.792%						

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East Side Union High School District

1189 - 2-Yogurt Parfait, Blueberry

Number of Portions: 16.000

Source: Darlene

Group Code: None

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	4 LB	113.40	80.046	0.334	66.705	5.336	0.000	0.667	0.000
904095	1-Blueberry, frozen	4 CUP	37.00	18.974	0.000	0.474	3.321	0.000	0.474	0.000
901464	1-Granola, Lowfat	16 (1/4 cup)	56.70	224.434	0.591	94.498	15.356	0.000	4.134	0.000
		Totals	207.00	323.454	0.924	161.677	24.013	0.000	5.276	0.000
		% of Calories			2.571%		29.696%	0.000%	14.679%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	3.335	14.675	0.000	4.002	*N/A*	146.750	0.000	0.000	0.000	0.000
904095	1-Blueberry, frozen	0.000	4.744	0.949	0.000	*N/A*	2.846	4.601	0.133	0.000	0.000
901464	1-Granola, Lowfat	0.000	43.705	3.544	4.725	*N/A*	0.000	0.000	1.536	0.000	0.000
	Totals	3.335	63.124	4.492	8.727	*N/A*	149.597	4.601	1.668	0.000	0.000
	% of Calories		78.063%		10.792%						

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East Side Union High School District

1969 - 2-Yogurt Parfait, Peach

Number of Portions: 16.000

Source: Victor

Group Code: ENTREE-BREAKFAST

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	8 CUP	113.50	80.118	0.334	66.765	5.341	0.000	0.668	0.000
901464	1-Granola, Lowfat	4 oz	7.09	28.054	0.074	11.812	1.919	0.000	0.517	0.000
904103	1-Peaches, frozen	8 CUP	125.00	60.000	0.000	0.000	14.000	0.000	0.000	0.000
R-990404	j-Cracker Graham	16 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	274.00	288.172	0.908	178.577	28.261	0.000	4.684	0.000
		% of Calories			2.835%		39.228%	0.000%	14.630%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	3.338	14.688	0.000	4.006	*N/A*	146.882	0.000	0.000	0.000	0.000
901464	1-Granola, Lowfat	0.000	5.463	0.443	0.591	*N/A*	0.000	0.000	0.192	0.000	0.000
904103	1-Peaches, frozen	0.000	16.000	2.000	1.000	*N/A*	0.000	168.000	0.360	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	3.338	57.151	4.443	6.596	*N/A*	162.882	168.000	2.552	0.000	0.000
	% of Calories		79.330%		9.156%						

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East Side Union High School District

990405 - 2-Yogurt Parfait, Peach-only

Number of Portions: 16.000

Source: Victor

Group Code: ENTREE-BREAKFAST

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	8 CUP	113.50	80.118	0.334	66.765	5.341	0.000	0.668	0.000
901464	1-Granola, Lowfat	1/2 oz	0.89	3.507	0.009	1.477	0.240	0.000	0.065	0.000
904103	1-Peaches, frozen	8 CUP	125.00	60.000	0.000	0.000	14.000	0.000	0.000	0.000
		Totals	239.00	143.624	0.343	68.241	19.581	0.000	0.732	0.000
		% of Calories			2.150%		54.534%	0.000%	4.588%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	3.338	14.688	0.000	4.006	*N/A*	146.882	0.000	0.000	0.000	0.000
901464	1-Granola, Lowfat	0.000	0.683	0.055	0.074	*N/A*	0.000	0.000	0.024	0.000	0.000
904103	1-Peaches, frozen	0.000	16.000	2.000	1.000	*N/A*	0.000	168.000	0.360	0.000	0.000
	Totals	3.338	31.371	2.055	5.080	*N/A*	146.882	168.000	0.384	0.000	0.000
	% of Calories		87.370%		14.148%						

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East Side Union High School District

990528 - 2-Yogurt Sauce

Number of Portions: 4.000

Group Code: CONDIMENTS

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990663	1-Yogurt, Greek non-fat	8 oz	56.70	33.352	0.000	16.676	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 teaspoon	0.78	2.500	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 TSP	0.53	5.000	0.000	2.500	0.000	0.000	0.375	0.000
903946	1-Juice, Lemon	1 ounce	7.09	1.250	0.000	1.875	0.125	0.000	0.000	0.000
903774	1-Salt, Table	1/2 tsp	0.76	0.000	0.000	448.643	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/2 tsp	0.27	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	66.00	42.102	0.000	469.695	0.125	0.000	0.375	0.000
		% of Calories			0.000%		1.188%	0.000%	8.016%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990663	1-Yogurt, Greek non-fat	1.668	2.335	0.000	5.670	*N/A*	70.373	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.500	0.000	0.000	*N/A*	0.000	0.000	0.090	0.050	0.000
902244	1-Spice, Cumin Ground	0.000	0.750	0.250	0.250	*N/A*	15.000	0.000	0.900	0.043	0.000
903946	1-Juice, Lemon	0.000	0.438	0.063	0.031	*N/A*	0.625	1.125	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	1.668	4.022	0.312	5.951	*N/A*	85.998	1.125	0.990	0.092	0.000
	% of Calories		38.214%		56.539%						

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East Side Union High School District

990544 - 2-Yogurt w/ Blueberries

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: done-y

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	6 oz	170.10	120.068	0.500	100.057	8.005	0.000	1.001	0.000
904095	1-Blueberry, frozen	1/4 CUP	37.00	18.974	0.000	0.474	3.321	0.000	0.474	0.000
R-990404	j-Cracker Graham	1 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	235.00	259.043	1.000	200.531	18.325	0.000	4.975	0.000
		% of Calories			3.475%		28.296%	0.000%	17.284%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	5.003	22.013	0.000	6.003	*N/A*	220.126	0.000	0.000	0.000	0.000
904095	1-Blueberry, frozen	0.000	4.744	0.949	0.000	*N/A*	2.846	4.601	0.133	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	5.003	47.756	2.949	7.003	*N/A*	238.972	4.601	2.133	0.000	0.000
	% of Calories		73.742%		10.814%						

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East Side Union High School District

990538 - 2-Yogurt w/ Chia Seeds

Number of Portions: 1.000

Source: done-y

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	8 oz	226.80	160.091	0.667	133.409	10.673	0.000	1.334	0.000
990673	1-Chia Seeds	1/2 tsp	2.36	11.025	0.000	0.000	0.000	0.000	0.709	0.000
990701	1-Graham Cracker, Apple Cinnamon Bear	1 Each	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	257.00	291.116	1.167	233.409	17.673	0.000	5.543	0.000
		% of Calories			3.608%		24.283%	0.000%	17.136%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	6.670	29.350	0.000	8.005	*N/A*	293.501	0.000	0.000	0.000	0.000
990673	1-Chia Seeds	0.000	0.945	0.787	0.315	*N/A*	14.175	0.000	0.189	0.000	0.000
990701	1-Graham Cracker, Apple Cinnamon Bear	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	6.670	51.295	2.787	9.320	*N/A*	323.675	0.000	2.189	0.000	0.000
	% of Calories		70.481%		12.806%						

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East Side Union High School District

990491 - 2-Yogurt w/ Fresh Fruit

Number of Portions: 1.000

Group Code: ENTREE-BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	6 oz	170.10	120.068	0.500	100.057	8.005	0.000	1.001	0.000
904015	1-Strawberries, fresh	1/4 Cup(s)	50.00	15.972	0.000	0.347	2.444	0.000	0.149	0.000
R-990404	j-Cracker Graham	1 Serving	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	248.00	256.041	1.000	200.404	17.449	0.000	4.650	0.000
		% of Calories			3.516%		27.260%	0.000%	16.345%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900970	1-Yogurt, Vanilla, Yoplait, Reduced Sugar	5.003	22.013	0.000	6.003	*N/A*	220.126	0.000	0.000	0.000	0.000
904015	1-Strawberries, fresh	0.000	3.840	1.007	0.333	*N/A*	7.986	29.410	0.205	0.000	0.000
R-990404	j-Cracker Graham	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	5.003	46.853	3.007	7.337	*N/A*	244.112	29.410	2.205	0.000	0.000
	% of Calories		73.196%		11.462%						

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East Side Union High School District

990108 - 2-Zesty Meatball Sand

Number of Portions: 1.000

Group Code: ENTREE-LUNCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990600	1-Hotdog Bun	1 (1 BUN)	43.00	112.787	0.000	140.984	2.820	0.000	1.410	0.000
904079	1-Beef Meatball, Advance Pierre	3 Each	56.98	160.720	4.383	160.720	0.000	0.000	12.419	0.365
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1/2 oz	14.17	45.562	1.772	131.623	0.000	0.000	3.544	0.000
R-990229	2-Marinara Sauce - scratch (Tomato Paste)	1/4 CUP	16.32	13.297	0.052	30.094	1.199	0.000	0.363	0.000
		Totals	130.00	332.366	6.207	463.421	4.018	0.000	17.736	0.365
		% of Calories			16.808%		4.836%	0.000%	48.027%	0.989%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990600	1-Hotdog Bun	0.000	21.148	2.115	4.934	*N/A*	119.836	0.000	1.057	0.000	0.000
904079	1-Beef Meatball, Advance Pierre	29.222	2.922	0.000	8.767	*N/A*	0.000	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	12.656	0.506	0.000	3.037	*N/A*	91.123	0.000	0.000	0.000	0.000
R-990229	2-Marinara Sauce - scratch (Tomato Paste)	0.000	1.875	0.320	0.302	*N/A*	0.568	0.003	0.025	5.294	0.005
	Totals	41.878	26.451	2.435	17.041	*N/A*	211.528	0.003	1.082	5.294	0.005
	% of Calories		31.833%		20.509%						

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East Side Union High School District

990555 - Alfredo Sauce, Cauliflower

Number of Portions: 10.000

Group Code: SAUCE

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901676	CAULIFLOWER	2 1/2 LB	113.40	26.671	0.000	33.350	*N/A*	*N/A*	0.000	*N/A*
990401	1-Garlic, raw	4 tbsp	3.40	4.250	0.000	0.000	0.850	0.000	0.000	0.000
990439	1-Cheese, Parmesan	20 oz	56.70	283.495	11.340	907.184	0.000	0.000	17.010	0.000
903774	1-Salt, Table	1/2 tsp	0.30	0.000	0.000	179.457	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/2 tsp	0.11	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	174.00	314.416	11.340	1119.992	*0.850*	*0.000*	17.010	*0.000*
		% of Calories			32.460%		*1.081%*	*0.000%*	48.689%	*0.000%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901676	CAULIFLOWER	0.000	3.992	2.665	2.665	*N/A*	16.352	30.799	0.181	*N/A*	*N/A*
990401	1-Garlic, raw	0.000	0.850	0.000	0.000	*N/A*	0.000	1.020	0.000	0.000	0.000
990439	1-Cheese, Parmesan	56.699	0.000	0.000	22.680	*N/A*	612.349	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	56.699	4.842	2.665	25.344	*N/A*	628.701	31.819	0.181	*0.000*	*0.000*
	% of Calories		6.159%		32.243%						

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East Side Union High School District

990668 - Applesauce Cup

Number of Portions: 96.000

Group Code: FRUIT

Size of Portion: SERVING

*Nutrients are based upon 1 Portion Size (SERVING)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904061	1-Applesauce, cup	1 Each	1.33	0.623	0.000	0.156	0.187	0.000	0.000	0.000
		Totals	1.00	0.623	0.000	0.156	0.187	0.000	0.000	0.000
		% of Calories			0.000%		120.064%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904061	1-Applesauce, cup	0.000	0.145	0.010	0.000	*N/A*	2.076	0.000	0.000	0.000	0.000
	Totals	0.000	0.145	0.010	0.000	*N/A*	2.076	0.000	0.000	0.000	0.000
	% of Calories		93.291%		0.000%						

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East Side Union High School District

990677 - Banana Chocolate Chip Muffin

Number of Portions: 36.000

Source: Kelley

Group Code: ENTREE-BREAKFAST

Size of Portion: Muffins

*Nutrients are based upon 1 Portion Size (Muffins)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990768	Banana Chocolate Chip Batter	9 LB	113.40	351.534	2.577	202.261	24.638	15.257	14.123	0.000
		Totals	113.00	351.534	2.577	202.261	24.638	15.257	14.123	0.000
		% of Calories			6.598%		28.035%	17.360%	36.158%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990768	Banana Chocolate Chip Batter	30.514	53.709	3.711	4.948	0.000	93.533	0.000	1.763	0.000	0.000
	Totals	30.514	53.709	3.711	4.948	0.000	93.533	0.000	1.763	0.000	0.000
	% of Calories		61.114%		5.630%						

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East Side Union High School District

990642 - BBQ Beef Pizza

Number of Portions: 8.000

Source: Kelley 1.21.26

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904088	1-Pizza Skin, 16" round	1 (1 skin)	60.00	135.211	0.000	126.761	2.535	0.000	1.268	0.000
903888	1-Sauce, BBQ, Sweet & Tangy	10 oz	35.44	76.620	0.000	287.326	15.324	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	8 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	8 oz	28.35	60.000	2.000	170.000	0.000	0.000	3.000	0.000
297	1-Beef Crumble, Tyson	14 oz	49.61	88.592	2.658	150.607	0.000	0.000	5.316	0.000
		Totals	202.00	471.799	9.720	916.943	17.859	0.000	18.696	0.000
		% of Calories			18.542%		15.141%	0.000%	35.664%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904088	1-Pizza Skin, 16" round	0.000	25.352	2.535	5.915	*N/A*	8.451	0.000	1.437	0.000	0.000
903888	1-Sauce, BBQ, Sweet & Tangy	0.000	18.197	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	10.000	1.000	0.000	7.000	*N/A*	0.000	0.000	0.000	0.000	0.000
297	1-Beef Crumble, Tyson	26.578	1.772	0.886	8.859	0.000	17.718	0.000	1.772	0.000	0.000
	Totals	66.953	46.321	3.421	27.850	*0.000*	228.669	0.000	3.208	0.000	0.000
	% of Calories		39.272%		23.612%						

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East Side Union High School District

990270 - BBQ Beef Rib w/Mashed Potatoes

Number of Portions: 1.000

Source: Victor

Group Code: ENTREES

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990298	2-Beef Rib Grill Honey BBQ-patty only	1 (1 each)	92.14	200.000	4.000	670.000	10.000	0.000	10.000	0.000
R-164	2-Potatoes,Mashed-only	1 (1/2 cup)	99.15	75.926	0.447	115.698	0.000	0.000	1.229	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	1 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
900211	1-Gravy Mix, Brown	1 SERVING	6.00	2.646	0.053	34.921	0.000	0.000	0.106	0.000
		Totals	259.00	418.290	4.500	938.506	13.493	0.000	13.954	0.000
		% of Calories			9.682%		12.903%	0.000%	30.025%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990298	2-Beef Rib Grill Honey BBQ-patty only	40.000	13.000	2.000	14.000	*N/A*	40.000	1.200	1.800	0.000	0.000
R-164	2-Potatoes,Mashed-only	0.000	13.670	1.439	1.439	*N/A*	1.589	21.585	0.267	79.369	0.079
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
900211	1-Gravy Mix, Brown	0.000	0.423	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	40.000	52.418	6.059	21.552	*0.000*	50.321	22.785	3.464	79.369	0.079
	% of Calories		50.126%		20.610%						

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East Side Union High School District

990654 - BBQ Pulled Chicken Sandwich

Number of Portions: 120.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 2.23.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990755	Chicken, Pulled, Cooked, Frozen	30 LB	113.40	145.797	2.025	435.367	0.000	0.000	4.050	0.000
903888	1-Sauce, BBQ, Sweet & Tangy	2 (1 gallon)	60.48	130.765	0.000	490.370	26.153	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	120 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
903710	1-Bun,Hamburger	120 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	249.00	486.563	4.525	1375.737	30.153	0.000	10.550	0.000
		% of Calories			8.370%		24.789%	0.000%	19.514%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990755	Chicken, Pulled, Cooked, Frozen	78.974	0.000	0.000	24.300	0.000	0.000	0.000	4.050	0.000	0.000
903888	1-Sauce, BBQ, Sweet & Tangy	0.000	31.057	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	91.474	63.057	3.000	33.800	*0.000*	265.000	0.000	5.900	0.000	0.000
	% of Calories		51.838%		27.787%						

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East Side Union High School District

990665 - BBQ Pulled Pork Sandwich

Number of Portions: 120.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 2.23.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990755	Chicken, Pulled, Cooked, Frozen	30 LB	113.40	145.797	2.025	435.367	0.000	0.000	4.050	0.000
903888	1-Sauce, BBQ, Sweet & Tangy	2 (1 gallon)	60.48	130.765	0.000	490.370	26.153	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	120 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
903710	1-Bun,Hamburger	120 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	249.00	486.563	4.525	1375.737	30.153	0.000	10.550	0.000
		% of Calories			8.370%		24.789%	0.000%	19.514%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990755	Chicken, Pulled, Cooked, Frozen	78.974	0.000	0.000	24.300	0.000	0.000	0.000	4.050	0.000	0.000
903888	1-Sauce, BBQ, Sweet & Tangy	0.000	31.057	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	91.474	63.057	3.000	33.800	*0.000*	265.000	0.000	5.900	0.000	0.000
	% of Calories		51.838%		27.787%						

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East Side Union High School District

299 - BEEF QUESIDILLA

Number of Portions: 100.000

Source: EASTSIDE

Group Code: SALSA

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
18364	x-TORTILLAS,RTB OR -FRY,FLR	100 tortilla 10"dia	56.70	173.499	1.658	417.305	2.104	*N/A*	4.530	0.029
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	6 1/4 LB + 4 oz	29.48	94.768	3.685	273.775	0.000	0.000	7.371	0.000
901426	BEEF CRUMBLES	6 1/4 LB + 4 oz	29.48	50.752	1.206	158.413	*N/A*	*N/A*	3.078	0.000
902682	acc-MARGARINE,REG,HARD,CORN (HYDR&REG)	4 oz	1.13	8.153	0.159	10.693	*N/A*	*N/A*	0.913	0.000
990527	Salsa, USDA	1 oz	0.28	0.102	0.000	1.219	*N/A*	*N/A*	0.001	*N/A*
		Totals	117.00	327.275	6.709	861.405	*2.104*	*0.000*	15.893	*0.030*
		% of Calories			18.449%		*2.572%*	*0.000%*	43.705%	*0.081%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
18364	x-TORTILLAS,RTB OR -FRY,FLR	0.000	27.998	1.984	4.649	0.000	82.781	0.000	2.058	18.132	1.389
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	26.325	1.053	0.000	6.318	*N/A*	189.537	0.000	0.000	0.000	0.000
901426	BEEF CRUMBLES	13.104	0.832	0.445	5.200	*N/A*	9.485	0.000	0.603	0.000	0.000
902682	acc-MARGARINE,REG,HARD,CORN (HYDR&REG)	0.000	0.010	0.000	0.010	*N/A*	0.340	0.002	0.000	0.178	0.023
990527	Salsa, USDA	0.000	0.020	0.004	0.004	*N/A*	0.034	0.011	0.006	0.254	0.005
	Totals	39.429	29.913	2.434	16.182	*0.000*	282.176	0.014	2.668	18.565	1.416
	% of Calories		36.560%		19.778%						

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East Side Union High School District

990687 - Birria Burrito

Number of Portions: 48.000

Source: Kelley

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990745	Chuck Steak	10 LB	94.50	120.833	1.250	60.417	0.000	0.000	4.792	0.000
75010	1-Water, cold	7 1/2 gal	566.99	0.000	0.000	17.010	0.000	0.000	0.000	0.000
990640	1-Base, Beef	1 cup	4.73	14.203	0.000	842.717	0.947	0.000	0.473	0.000
990746	Chili De Arbol	1 1/2 oz	0.89	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990747	Guajillo Pepper Paste	7 oz	4.13	8.269	0.000	41.343	0.000	0.000	0.000	0.000
990748	Ancho Pepper Spice	3 oz	1.77	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	3 1/2 oz	2.07	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990620	1-Vinegar, Distilled	3 oz	1.77	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 oz	1.77	5.716	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	3 oz	1.77	6.420	0.000	1.541	0.000	0.000	0.000	0.000
901397	1-Bay Leaves	8 Leaf	0.30	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990009	1-Cilantro, Raw	1 oz	0.59	0.148	0.000	0.295	0.004	0.000	0.003	0.000
900993	1-Onion, Yellow, fresh	1 oz	0.59	0.236	0.000	0.022	0.025	0.000	0.001	0.000
904004	1-Lime, raw	1 (8 cut per lime)	0.17	0.724	0.000	0.036	0.041	0.000	0.005	0.000
903933	1-Rice, Brown, Long-Grain, Regular	4 LB	37.80	136.721	0.000	0.000	0.000	0.000	1.206	0.000
903767	1-Tortilla, 10" - Flour	48 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
		Totals	788.00	503.359	2.265	1349.053	2.032	0.000	8.510	0.000
		% of Calories			4.050%		1.615%	0.000%	15.215%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990745	Chuck Steak	56.250	0.000	0.000	18.542	0.000	5.625	0.000	2.221	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	11.340	0.000	0.057	566.423	0.567
990640	1-Base, Beef	0.000	1.894	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990746	Chili De Arbol	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990747	Guajillo Pepper Paste	0.000	0.827	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990748	Ancho Pepper Spice	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	2.067	2.067	0.000	*N/A*	41.343	0.000	1.488	0.207	0.000
990620	1-Vinegar, Distilled	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	1.143	0.000	0.000	*N/A*	0.000	0.000	0.206	0.114	0.000
903989	1-Spice, Onion Powder	0.000	1.284	0.257	0.257	*N/A*	5.136	0.308	0.092	0.095	0.000
901397	1-Bay Leaves	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.072	0.000	0.000
990009	1-Cilantro, Raw	0.000	0.022	0.015	0.013	*N/A*	0.443	0.162	0.010	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.055	0.010	0.006	*N/A*	0.137	0.044	0.001	0.000	0.000

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East Side Union High School District

904004	1-Lime, raw	0.000	0.256	0.069	0.017	*N/A*	0.796	0.706	0.014	0.000	0.000
903933	1-Rice, Brown, Long-Grain, Regular	0.000	28.953	1.608	3.217	*N/A*	4.021	0.000	0.804	0.000	0.000
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
	Totals	56.250	73.038	6.056	27.127	*0.000*	89.139	1.220	6.063	566.839	0.567
	% of Calories		58.040%		21.557%						

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East Side Union High School District

990639 - Birria Ramen

Number of Portions: 48.000

Source: Kelley

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990745	Chuck Steak	10 LB	94.50	120.833	1.250	60.417	0.000	0.000	4.792	0.000
75010	1-Water, cold	7 1/2 gal	566.99	0.000	0.000	17.010	0.000	0.000	0.000	0.000
990640	1-Base, Beef	2 cup	9.47	28.406	0.000	1685.435	1.894	0.000	0.947	0.000
990746	Chili De Arbol	1 1/2 oz	0.89	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990747	Guajillo Pepper Paste	7 oz	4.13	8.269	0.000	41.343	0.000	0.000	0.000	0.000
990748	Ancho Pepper Spice	3 oz	1.77	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	3 1/2 oz	2.07	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990620	1-Vinegar, Distilled	3 oz	1.77	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 oz	1.77	5.716	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	3 oz	1.77	6.420	0.000	1.541	0.000	0.000	0.000	0.000
901397	1-Bay Leaves	8 Leaf	0.30	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990702	1-Noodle, Ramen	48 (1 Cake)	84.00	360.000	0.000	285.000	0.000	0.000	15.000	0.000
990009	1-Cilantro, Raw	1 oz	0.59	0.148	0.000	0.295	0.004	0.000	0.003	0.000
900993	1-Onion, Yellow, fresh	1 oz	0.59	0.236	0.000	0.022	0.025	0.000	0.001	0.000
904004	1-Lime, raw	1 (8 cut per lime)	0.17	0.724	0.000	0.036	0.041	0.000	0.005	0.000
		Totals	771.00	530.751	1.250	2091.098	1.964	0.000	20.747	0.000
		% of Calories			2.120%		1.480%	0.000%	35.181%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990745	Chuck Steak	56.250	0.000	0.000	18.542	0.000	5.625	0.000	2.221	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	11.340	0.000	0.057	566.423	0.567
990640	1-Base, Beef	0.000	3.787	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990746	Chili De Arbol	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990747	Guajillo Pepper Paste	0.000	0.827	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990748	Ancho Pepper Spice	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	2.067	2.067	0.000	*N/A*	41.343	0.000	1.488	0.207	0.000
990620	1-Vinegar, Distilled	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	1.143	0.000	0.000	*N/A*	0.000	0.000	0.206	0.114	0.000
903989	1-Spice, Onion Powder	0.000	1.284	0.257	0.257	*N/A*	5.136	0.308	0.092	0.095	0.000
901397	1-Bay Leaves	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.072	0.000	0.000
990702	1-Noodle, Ramen	0.000	51.000	6.000	9.000	0.000	18.000	0.000	3.000	0.000	0.000
990009	1-Cilantro, Raw	0.000	0.022	0.015	0.013	*N/A*	0.443	0.162	0.010	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.055	0.010	0.006	*N/A*	0.137	0.044	0.001	0.000	0.000

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**** - denotes combined nutrient totals with either missing or incomplete nutrient data***
¹ - denotes required nutrient values

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904004	1-Lime, raw	0.000	0.256	0.069	0.017	*N/A*	0.796	0.706	0.014	0.000	0.000
	Totals	56.250	60.441	8.417	27.835	*0.000*	82.820	1.220	7.162	566.839	0.567
	% of Calories		45.552%		20.978%						

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990659 - Birria w/Brown Rice

Number of Portions: 48.000

Source: Kelley

Group Code: ENTREE-LUNCH

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990745	Chuck Steak	10 LB	94.50	120.833	1.250	60.417	0.000	0.000	4.792	0.000
75010	1-Water, cold	7 1/2 gal	566.99	0.000	0.000	17.010	0.000	0.000	0.000	0.000
990640	1-Base, Beef	1 cup	4.73	14.203	0.000	842.717	0.947	0.000	0.473	0.000
990746	Chili De Arbol	1 1/2 oz	0.89	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990747	Guajillo Pepper Paste	7 oz	4.13	8.269	0.000	41.343	0.000	0.000	0.000	0.000
990748	Ancho Pepper Spice	3 oz	1.77	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	3 1/2 oz	2.07	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990620	1-Vinegar, Distilled	3 oz	1.77	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 oz	1.77	5.716	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	3 oz	1.77	6.420	0.000	1.541	0.000	0.000	0.000	0.000
901397	1-Bay Leaves	8 Leaf	0.30	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990009	1-Cilantro, Raw	1 oz	0.59	0.148	0.000	0.295	0.004	0.000	0.003	0.000
900993	1-Onion, Yellow, fresh	1 oz	0.59	0.236	0.000	0.022	0.025	0.000	0.001	0.000
904004	1-Lime, raw	1 (8 cut per lime)	0.17	0.724	0.000	0.036	0.041	0.000	0.005	0.000
903933	1-Rice, Brown, Long-Grain, Regular	8 LB	75.60	273.442	0.000	0.000	0.000	0.000	2.413	0.000
		Totals	758.00	429.990	1.250	963.381	1.017	0.000	7.686	0.000
		% of Calories			2.616%		0.946%	0.000%	16.088%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990745	Chuck Steak	56.250	0.000	0.000	18.542	0.000	5.625	0.000	2.221	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	11.340	0.000	0.057	566.423	0.567
990640	1-Base, Beef	0.000	1.894	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990746	Chili De Arbol	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990747	Guajillo Pepper Paste	0.000	0.827	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990748	Ancho Pepper Spice	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	2.067	2.067	0.000	*N/A*	41.343	0.000	1.488	0.207	0.000
990620	1-Vinegar, Distilled	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	1.143	0.000	0.000	*N/A*	0.000	0.000	0.206	0.114	0.000
903989	1-Spice, Onion Powder	0.000	1.284	0.257	0.257	*N/A*	5.136	0.308	0.092	0.095	0.000
901397	1-Bay Leaves	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.072	0.000	0.000
990009	1-Cilantro, Raw	0.000	0.022	0.015	0.013	*N/A*	0.443	0.162	0.010	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.055	0.010	0.006	*N/A*	0.137	0.044	0.001	0.000	0.000
904004	1-Lime, raw	0.000	0.256	0.069	0.017	*N/A*	0.796	0.706	0.014	0.000	0.000

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903933	1-Rice, Brown, Long-Grain, Regular	0.000	57.905	3.217	6.434	*N/A*	8.042	0.000	1.608	0.000	0.000
	Totals	56.250	65.453	5.634	25.269	*0.000*	72.862	1.220	5.771	566.839	0.567
	% of Calories		60.888%		23.507%						

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East Side Union High School District

990682 - Black Bean Burger Delux

Number of Portions: 137.000

Source: Kelley

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990769	Chipotle Black Bean Patty	479 1/2 oz	99.22	190.428	1.002	270.609	3.007	1.002	7.016	0.000
903710	1-Bun,Hamburger	137 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
R-990481	j-Lettuce, Pickle & Tomato Cup - Deluxe	137 serving	70.70	11.549	0.000	199.339	1.302	0.000	0.097	0.000
990109	1-Cheese, American,sliced,Past Processed	137 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
		Totals	245.00	411.977	3.502	919.948	8.309	1.002	13.613	0.000
		% of Calories			7.651%		8.067%	0.973%	29.739%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990769	Chipotle Black Bean Patty	0.000	25.056	6.014	10.023	0.000	69.156	0.000	2.005	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
R-990481	j-Lettuce, Pickle & Tomato Cup - Deluxe	0.000	2.442	0.694	0.503	*N/A*	7.739	4.691	0.176	26.796	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
	Totals	12.500	59.499	9.708	20.026	*0.000*	341.895	4.691	4.031	26.796	0.000
	% of Calories		57.769%		19.444%						

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East Side Union High School District

990680 - Breakfast Totchos

Number of Portions: 26.000

Source: Kelley

Group Code: ENTREE-BREAKFAST

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900923	1-Potato, Tater Tots	5 LB	87.23	138.290	1.064	382.958	0.000	0.000	7.446	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	52 OZ	56.70	222.750	10.125	364.500	0.000	0.000	18.225	0.000
R-2990	2-Eggs, Scrambled	78 oz	92.10	179.778	4.788	175.569	0.000	0.000	13.859	0.000
		Totals	236.00	540.818	15.977	923.027	0.000	0.000	39.531	0.000
		% of Calories			26.587%		0.000%	0.000%	65.785%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900923	1-Potato, Tater Tots	0.000	17.020	1.064	1.064	*N/A*	10.638	3.830	0.213	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	60.750	0.000	0.000	12.150	0.000	405.000	0.000	0.000	0.000	0.000
R-2990	2-Eggs, Scrambled	314.310	0.000	0.000	11.094	*0.000*	48.072	0.000	1.848	0.000	0.000
	Totals	375.060	17.020	1.064	24.308	*0.000*	463.710	3.830	2.061	0.000	0.000
	% of Calories		12.589%		17.979%						

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East Side Union High School District

990675 - Bulgogi Burger w/Kimchi Slaw

Number of Portions: 100.000

Source: kelley

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990754	Beef Steak Burger 3 oz	100 (1 serving)	85.05	202.496	6.075	131.623	0.000	0.000	14.175	0.000
900232	1-Teriyaki Glaze Kikkoman	4 Cups	11.52	16.000	0.000	595.200	2.560	*N/A*	0.000	0.000
990766	Korean BBQ Gochujang	16 oz	4.54	0.000	0.000	323.994	0.000	0.000	0.000	0.000
75010	1-Water, cold	1 pint	4.54	0.000	0.000	0.136	0.000	0.000	0.000	0.000
R-990674	Kimchi Coleslaw R#990674	100 servings	35.79	10.090	0.006	12.187	1.345	0.000	0.041	0.000
903710	1-Bun,Hamburger	100 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	202.00	388.586	6.081	1263.140	7.905	0.000	16.215	0.000
		% of Calories			14.084%		8.137%	0.000%	37.556%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990754	Beef Steak Burger 3 oz	60.749	0.000	0.000	18.225	0.000	10.125	0.000	2.025	0.000	0.000
900232	1-Teriyaki Glaze Kikkoman	0.000	3.840	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990766	Korean BBQ Gochujang	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.091	0.000	0.000	4.531	0.005
R-990674	Kimchi Coleslaw R#990674	0.000	2.241	0.779	0.398	*0.907*	9.668	16.084	0.134	23.000	0.116
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	60.749	37.081	3.779	25.623	*0.907*	219.884	16.084	3.959	27.531	0.121
	% of Calories		38.170%		26.376%						

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990635 - Bussin' Quesadilla

Number of Portions: 1.000

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Source: Kelley 1.15.26

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	1 1/2 oz	42.52	75.936	2.278	129.091	0.000	0.000	4.556	0.000
990233	1-Seasoning, Taco, Seasoning Mix	1/4 TSP	0.75	1.875	0.000	78.750	0.188	0.188	0.000	0.000
404	1-Tortilla, Flour, 8"	1 EACH 8"	42.52	118.401	0.417	166.762	0.834	*N/A*	2.085	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
928	1-Eggs, whole, liquid, pasteurized	1 oz	28.35	43.141	0.924	40.059	0.000	0.000	2.773	0.000
903939	1-Salsa, low sodium,	1 1/2 oz	42.52	11.628	0.000	46.511	1.993	0.000	0.000	0.000
		Totals	185.00	362.355	8.682	643.423	3.015	0.188	18.527	0.000
		% of Calories			21.564%		3.328%	0.208%	46.015%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	22.781	1.519	0.759	7.594	0.000	15.187	0.000	1.519	0.000	0.000
990233	1-Seasoning, Taco, Seasoning Mix	0.000	0.563	0.000	0.000	0.000	0.000	0.000	0.068	0.000	0.000
404	1-Tortilla, Flour, 8"	0.000	19.178	0.834	3.335	*N/A*	66.705	0.000	1.201	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
928	1-Eggs, whole, liquid, pasteurized	104.770	0.000	0.000	3.698	0.000	16.024	0.000	0.616	0.000	0.000
903939	1-Salsa, low sodium,	0.000	2.658	0.332	0.332	*N/A*	0.000	1.595	0.120	0.000	0.000
	Totals	157.926	23.917	1.925	21.034	*0.000*	300.416	1.595	3.523	0.000	0.000
	% of Calories		26.401%		23.219%						

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East Side Union High School District

990647 - Cajun Chicken w/red beans&rice

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 1.21.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990750	Cajun Seasoning	4 gram	4.00	0.000	0.000	240.000	0.000	0.000	0.000	0.000
904096	1-Chicken, Popcorn	3 oz	85.05	195.514	1.955	303.046	0.000	0.000	10.753	0.000
R-990646	Red Beans & Rice	1 serving	432.20	216.379	0.000	466.845	159.757	2.588	2.290	0.000
		Totals	521.00	411.893	1.955	1009.891	159.757	2.588	13.043	0.000
		% of Calories			4.272%		155.144%	2.513%	28.499%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990750	Cajun Seasoning	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
904096	1-Chicken, Popcorn	24.439	11.731	0.978	15.641	*N/A*	19.551	14.664	0.880	0.000	0.000
R-990646	Red Beans & Rice	6.350	40.625	8.992	11.516	*0.000*	68.829	0.067	3.203	268.585	0.269
	Totals	30.789	52.355	9.970	27.157	*0.000*	88.380	14.731	4.083	268.585	0.269
	% of Calories		50.844%		26.373%						

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East Side Union High School District

990651 - Cajun Dipping Sauce

Number of Portions: 12.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 2.3.26

Group Code: CONDIMENTS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903766	1-Mayonnaise, bulk	1 1/2 (1 cup)	26.00	185.714	3.714	120.714	0.000	0.000	20.429	0.000
990750	Cajun Seasoning	1 tbsp	1.18	0.000	0.000	70.874	0.000	0.000	0.000	0.000
903962	1-Spice, Paprika	1 TSP	0.19	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 1/2 teaspoon	0.39	1.250	0.000	0.000	0.000	0.000	0.000	0.000
903577	1-Tomato Paste - USDA	1 tbsp	1.36	1.287	0.000	0.780	0.156	0.000	0.000	0.000
990670	1-Spice, Cayenne Pepper	1/4 TSP	0.04	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	29.00	188.251	3.714	192.368	0.156	0.000	20.429	0.000
		% of Calories			17.758%		0.331%	0.000%	97.666%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903766	1-Mayonnaise, bulk	9.286	1.857	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990750	Cajun Seasoning	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903962	1-Spice, Paprika	0.000	0.000	0.000	0.000	*N/A*	0.192	0.000	0.021	0.146	0.000
903924	1-Spice, Garlic powder	0.000	0.250	0.000	0.000	*N/A*	0.000	0.000	0.045	0.025	0.000
903577	1-Tomato Paste - USDA	0.000	0.234	0.039	0.039	*N/A*	0.000	0.000	0.000	0.000	0.000
990670	1-Spice, Cayenne Pepper	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	9.286	2.341	0.039	0.039	*0.000*	0.192	0.000	0.066	0.171	0.000
	% of Calories		4.974%		0.083%						

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East Side Union High School District

990686 - Carnitas

Number of Portions: 11.000

Source: Kelley

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990773	Pork Butt	4 LB	164.94	323.994	6.627	139.907	0.000	0.000	20.618	0.000
903774	1-Salt, Table	1 1/2 tsp	0.83	0.000	0.000	489.429	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tsp	0.19	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	1 large slice	3.45	1.382	0.000	0.130	0.146	0.000	0.003	0.000
903782	1-Jalapeno Pepper, fresh	1 pepper	1.27	0.364	0.000	0.000	0.053	0.000	0.005	0.000
990401	1-Garlic, raw	4 cloves	1.09	1.364	0.000	0.000	0.273	0.000	0.000	0.000
903783	1-Orange, fresh 138	2 each,2-5/8"dia-#113	17.45	8.261	0.000	0.000	1.632	0.000	0.164	0.000
990772	Mexican Oregano	1/2 oz	1.29	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	2 TSP	0.38	3.636	0.000	1.818	0.000	0.000	0.273	0.000
903896	1-Oil, Vegetable	1 tbsp	1.24	10.617	0.177	0.000	0.000	0.000	1.239	0.000
75010	1-Water, cold	2 Cup	41.24	0.000	0.000	1.237	0.000	0.000	0.000	0.000
		Totals	233.00	349.618	6.804	632.521	2.104	0.000	22.301	0.000
		% of Calories			17.515%		2.407%	0.000%	57.408%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990773	Pork Butt	103.089	0.000	0.000	30.927	0.000	19.145	0.000	1.473	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.323	0.058	0.038	*N/A*	0.799	0.255	0.007	0.000	0.000
903782	1-Jalapeno Pepper, fresh	0.000	0.083	0.036	0.012	*N/A*	0.182	1.509	0.004	1.167	0.000
990401	1-Garlic, raw	0.000	0.273	0.000	0.000	*N/A*	0.000	0.327	0.000	0.000	0.000
903783	1-Orange, fresh 138	0.000	2.051	0.413	0.164	*N/A*	6.929	9.287	0.017	15.141	0.000
990772	Mexican Oregano	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	0.000	0.545	0.182	0.182	*N/A*	10.909	0.000	0.655	0.031	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.825	0.000	0.004	41.194	0.041
	Totals	103.089	3.274	0.690	31.322	*0.000*	38.788	11.378	2.160	57.534	0.041
	% of Calories		3.746%		35.836%						

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East Side Union High School District

990652 - Chicken Fries & Fries

Number of Portions: 1.000

Source: Kelley 2.11.26

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990753	Chicken Fries	3 1/2 oz	97.52	267.025	3.483	394.733	1.161	0.000	15.093	0.000
902349	1-Potato, French Fries	4 OZ	112.00	186.667	1.333	346.667	0.000	0.000	8.000	0.000
R-990649	SRIRACHA GLAZE	1 (2 oz SERVINGS)	49.61	151.872	4.050	678.363	17.887	0.000	11.137	0.000
		Totals	259.00	605.564	8.866	1419.763	19.048	0.000	34.230	0.000
		% of Calories			13.177%		12.582%	0.000%	50.873%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990753	Chicken Fries	23.220	16.254	2.322	15.093	0.000	34.829	0.000	2.322	0.000	0.000
902349	1-Potato, French Fries	0.000	26.667	1.333	1.333	0.000	0.000	0.000	0.667	0.000	0.000
R-990649	SRIRACHA GLAZE	0.000	17.887	0.000	0.000	*0.000*	0.000	0.000	2.126	0.000	0.000
	Totals	23.220	60.808	3.655	16.426	*0.000*	34.829	0.000	5.115	0.000	0.000
	% of Calories		40.166%		10.850%						

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East Side Union High School District

990382 - Chicken, Teriyaki- only

Number of Portions: 171.000

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	30 LB	79.58	95.493	2.274	200.081	0.000	0.000	4.547	0.000
904052	1-Sauce, Teriyaki	10 LB	26.53	79.578	0.000	1644.603	15.916	0.000	0.000	0.000
		Totals	106.00	175.071	2.274	1844.683	15.916	0.000	4.547	0.000
		% of Calories			11.688%		36.365%	0.000%	23.377%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	52.294	0.000	0.000	13.642	*N/A*	0.000	0.000	0.000	0.000	0.000
904052	1-Sauce, Teriyaki	0.000	17.684	0.000	1.768	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	52.294	17.684	0.000	15.410	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		40.404%		35.209%						

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East Side Union High School District

990662 - Chickpeas Chili Roasted

Number of Portions: 22.750

Size of Portion: Serving-1/2 cup

*Nutrients are based upon 1 Portion Size (Serving-1/2 cup)

Source: done

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
801	1-Bean, Garbanzo	1 #10 CAN	134.58	110.113	0.000	171.286	1.223	0.000	0.612	0.000
903924	1-Spice, Garlic powder	1 1/4 teaspoon	0.17	0.549	0.000	0.000	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	2 tbsp + 1 1/4 TSP	0.86	0.000	0.000	47.324	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	2 1/2 TSP	0.23	2.198	0.000	1.099	0.000	0.000	0.165	0.000
903896	1-Oil, Vegetable	7 oz	8.72	74.768	1.246	0.000	0.000	0.000	8.723	0.000
		Totals	145.00	187.628	1.246	219.710	1.223	0.000	9.500	0.000
		% of Calories			5.977%		2.607%	0.000%	45.566%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
801	1-Bean, Garbanzo	0.000	19.576	6.117	6.117	*N/A*	48.939	0.000	1.762	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.110	0.000	0.000	*N/A*	0.000	0.000	0.020	0.011	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	0.000	0.330	0.110	0.110	*N/A*	6.593	0.000	0.396	0.019	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	20.015	6.227	6.227	*N/A*	55.532	0.000	2.177	0.030	0.000
	% of Calories		42.670%		13.275%						

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East Side Union High School District

990657 - Chili Cheese Bean Tots w/Roll

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 2.23.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	1 each	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
R-990656	Chili Meatless for tots-only	1 (1 serving)	194.19	204.425	3.443	360.297	1.095	0.514	6.876	0.000
900923	1-Potato, Tater Tots	1 1/4 (1/2 cup)	141.75	224.722	1.729	622.306	0.000	0.000	12.100	0.000
		Totals	398.00	568.865	5.171	1100.490	4.588	0.514	21.596	0.000
		% of Calories			8.181%		3.226%	0.361%	34.166%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
R-990656	Chili Meatless for tots-only	22.275	22.557	9.316	12.092	*0.000*	225.577	0.287	2.620	27.578	0.027
900923	1-Potato, Tater Tots	0.000	27.658	1.729	1.729	*N/A*	17.286	6.223	0.346	0.000	0.000
	Totals	22.275	75.539	13.664	19.933	*0.000*	251.596	6.510	4.363	27.578	0.027
	% of Calories		53.115%		14.016%						

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East Side Union High School District

990631 - Chili Cheese Fries w/Roll

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990630	Chili NO BEANS	1 serving	132.50	178.768	4.556	553.688	7.917	0.000	9.479	0.000
902349	1-Potato, French Fries	3/4 cup	84.00	140.000	1.000	260.000	0.000	0.000	6.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	2 OZ	56.70	222.750	10.125	364.500	0.000	0.000	18.225	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	1 each	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	335.00	681.236	15.681	1296.075	11.410	0.000	36.324	0.000
		% of Calories			20.717%		6.700%	0.000%	47.989%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990630	Chili NO BEANS	45.562	8.045	2.263	15.887	*0.000*	46.901	6.215	3.828	3.274	0.000
902349	1-Potato, French Fries	0.000	20.000	1.000	1.000	0.000	0.000	0.000	0.500	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	60.750	0.000	0.000	12.150	0.000	405.000	0.000	0.000	0.000	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	106.312	53.369	5.883	35.150	*0.000*	460.633	6.215	5.725	3.274	0.000
	% of Calories		31.337%		20.639%						

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East Side Union High School District

990658 - Chili Cheese Fritos

Number of Portions: 100.000

Source: Kelley 2.25.26

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990597	Chili Meatless R#990597	100 (1 serving)	485.48	511.063	8.606	900.742	2.737	1.285	17.189	0.000
990765	Fritos Corn Chips 16 oz	200 oz	56.70	323.994	3.037	303.745	0.000	0.000	20.250	0.000
		Totals	542.00	835.057	11.644	1204.487	2.737	1.285	37.438	0.000
		% of Calories			12.549%		1.311%	0.616%	40.350%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990597	Chili Meatless R#990597	55.687	56.391	23.290	30.230	*0.000*	563.942	0.717	6.549	68.944	0.068
990765	Fritos Corn Chips 16 oz	0.000	32.399	2.025	4.050	0.000	80.999	0.000	0.405	0.000	0.000
	Totals	55.687	88.791	25.315	34.280	*0.000*	644.941	0.717	6.954	68.944	0.068
	% of Calories		42.532%		16.420%						

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East Side Union High School District

990656 - Chili Meatless for tots-only

Number of Portions: 50.000

Source: Kelley 2.23.26

Group Code: ENTREE-LUNCH

Size of Portion: 1 serving

*Nutrients are based upon 1 Portion Size (1 serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903981	1-Bean, Pinto, Canned-USDA	1 #10 CAN + 3/4 cup	64.68	56.248	0.000	78.747	0.000	0.000	0.281	0.000
903835	1-Bean, Kidney, Dark	1 #10 can + 3/4 CUP	66.84	56.553	0.000	71.977	0.514	0.514	0.000	0.000
903989	1-Spice, Onion Powder	3 tablespoon	0.41	1.500	0.000	0.360	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 tablespoon	0.58	1.877	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 TBSP, whole + 1 tsp, whole	0.16	1.524	0.000	0.762	0.000	0.000	0.114	0.000
903962	1-Spice, Paprika	3 tbsp	0.41	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	2 tbsp	0.32	0.000	0.000	17.820	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.01	0.000	0.000	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	1 tsp	0.02	0.004	0.000	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	1 1/2 qt	27.22	0.000	0.000	0.816	0.000	0.000	0.000	0.000
903952	1-Tomato Sauce, USDA	2 1/4 cup	10.21	3.319	0.000	11.616	0.581	0.000	0.000	0.000
903922	1-Cornstarch	4 tbsp	0.64	2.400	0.000	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 4 OZ	11.34	44.550	2.025	72.900	0.000	0.000	3.645	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1 LB + 4 oz	11.34	36.449	1.417	105.298	0.000	0.000	2.835	0.000
		Totals	194.00	204.425	3.443	360.297	1.095	0.514	6.876	0.000
		% of Calories			15.156%		2.143%	1.006%	30.270%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903981	1-Bean, Pinto, Canned-USDA	0.000	9.562	5.062	2.812	*N/A*	33.749	0.000	0.810	0.000	0.000
903835	1-Bean, Kidney, Dark	0.000	10.282	4.113	4.113	0.000	30.847	0.000	1.337	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.300	0.060	0.060	*N/A*	1.200	0.072	0.022	0.022	0.000
903924	1-Spice, Garlic powder	0.000	0.375	0.000	0.000	*N/A*	0.000	0.000	0.068	0.038	0.000
902244	1-Spice, Cumin Ground	0.000	0.229	0.076	0.076	*N/A*	4.571	0.000	0.274	0.013	0.000
903962	1-Spice, Paprika	0.000	0.000	0.000	0.000	*N/A*	0.414	0.000	0.046	0.315	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.013	0.004	0.004	*N/A*	0.352	0.016	0.002	0.002	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.544	0.000	0.003	27.188	0.027
903952	1-Tomato Sauce, USDA	0.000	0.830	0.000	0.166	*N/A*	0.000	0.199	0.060	0.000	0.000
903922	1-Cornstarch	0.000	0.560	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	12.150	0.000	0.000	2.430	0.000	81.000	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	10.125	0.405	0.000	2.430	*N/A*	72.899	0.000	0.000	0.000	0.000
	Totals	22.275	22.557	9.316	12.092	*0.000*	225.577	0.287	2.620	27.578	0.027

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¹ - denotes required nutrient values

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	% of Calories		44.137%		23.661%						

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East Side Union High School District

990597 - Chili Meatless R#990597

Number of Portions: 20.000

Source: current

Group Code: ENTREE-LUNCH

Size of Portion: 1 serving

*Nutrients are based upon 1 Portion Size (1 serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903981	1-Bean, Pinto, Canned-USDA	1 #10 CAN + 3/4 cup	161.71	140.619	0.000	196.867	0.000	0.000	0.703	0.000
903835	1-Bean, Kidney, Dark	1 #10 can + 3/4 CUP	167.09	141.384	0.000	179.943	1.285	1.285	0.000	0.000
903989	1-Spice, Onion Powder	3 tablespoon	1.04	3.750	0.000	0.900	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	3 tablespoon	1.46	4.694	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1 TBSP, whole + 1 tsp, whole	0.40	3.810	0.000	1.905	0.000	0.000	0.286	0.000
903962	1-Spice, Paprika	3 tbsp	1.04	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903983	1-Spice, Chili Powder	2 tbsp	0.81	0.000	0.000	44.550	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.03	0.000	0.000	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	1 tsp	0.06	0.011	0.000	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	1 1/2 qt	68.04	0.000	0.000	2.041	0.000	0.000	0.000	0.000
903952	1-Tomato Sauce, USDA	2 1/4 cup	25.51	8.297	0.000	29.041	1.452	0.000	0.000	0.000
903922	1-Cornstarch	4 tbsp	1.60	6.000	0.000	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 lb + 4 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	1 LB + 4 oz	28.35	91.123	3.544	263.245	0.000	0.000	7.087	0.000
		Totals	485.00	511.063	8.606	900.742	2.737	1.285	17.189	0.000
		% of Calories			15.156%		2.142%	1.006%	30.270%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903981	1-Bean, Pinto, Canned-USDA	0.000	23.905	12.656	7.031	*N/A*	84.372	0.000	2.025	0.000	0.000
903835	1-Bean, Kidney, Dark	0.000	25.706	10.282	10.282	0.000	77.118	0.000	3.342	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.750	0.150	0.150	*N/A*	3.000	0.180	0.054	0.056	0.000
903924	1-Spice, Garlic powder	0.000	0.939	0.000	0.000	*N/A*	0.000	0.000	0.169	0.094	0.000
902244	1-Spice, Cumin Ground	0.000	0.571	0.190	0.190	*N/A*	11.429	0.000	0.686	0.032	0.000
903962	1-Spice, Paprika	0.000	0.000	0.000	0.000	*N/A*	1.035	0.000	0.114	0.787	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.033	0.011	0.011	*N/A*	0.880	0.040	0.004	0.005	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	1.361	0.000	0.007	67.971	0.068
903952	1-Tomato Sauce, USDA	0.000	2.074	0.000	0.415	*N/A*	0.000	0.498	0.149	0.000	0.000
903922	1-Cornstarch	0.000	1.400	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
926	1-Cheese, mozz, Skim,Low Moisture, whole milk	25.312	1.012	0.000	6.075	*N/A*	182.247	0.000	0.000	0.000	0.000
	Totals	55.687	56.391	23.290	30.230	*0.000*	563.942	0.717	6.549	68.944	0.068

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**** - denotes combined nutrient totals with either missing or incomplete nutrient data***
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	% of Calories		44.137%		23.660%						

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East Side Union High School District

990630 - Chili NO BEANS

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	3 oz	85.05	151.872	4.556	258.183	0.000	0.000	9.112	0.000
903956	1-Pepper, bell, green, raw	1 tsp, chopped	3.10	0.626	0.000	0.104	0.075	0.000	0.005	0.000
900993	1-Onion, Yellow, fresh	1 tsp, chopped	3.33	1.333	0.000	0.125	0.141	0.000	0.003	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	1 oz	28.35	5.452	0.000	4.361	6.542	0.000	0.000	0.000
903577	1-Tomato Paste - USDA	1/4 oz	7.09	6.682	0.000	4.050	0.810	0.000	0.000	0.000
990640	1-Base, Beef	1/4 tsp	1.18	3.551	0.000	210.681	0.237	0.000	0.118	0.000
990401	1-Garlic, raw	1/4 tsp	0.45	0.560	0.000	0.000	0.112	0.000	0.000	0.000
903983	1-Spice, Chili Powder	1/2 TSP	1.35	0.000	0.000	74.250	0.000	0.000	0.000	0.000
903962	1-Spice, Paprika	1/4 TSP	0.37	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	1/4 teaspoon	0.38	1.391	0.000	0.334	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1/4 teaspoon	0.50	1.600	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1/4 TSP	0.34	3.200	0.000	1.600	0.000	0.000	0.240	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.34	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903922	1-Cornstarch	1/4 tsp	0.67	2.500	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	132.00	178.768	4.556	553.688	7.917	0.000	9.479	0.000
		% of Calories			22.938%		17.715%	0.000%	47.723%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	45.562	3.037	1.519	15.187	0.000	30.374	0.000	3.037	0.000	0.000
903956	1-Pepper, bell, green, raw	0.000	0.144	0.052	0.027	*N/A*	0.313	2.496	0.010	2.915	0.000
900993	1-Onion, Yellow, fresh	0.000	0.311	0.056	0.037	*N/A*	0.771	0.246	0.007	0.000	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	0.000	1.090	0.218	0.218	*N/A*	4.361	3.271	0.079	0.000	0.000
903577	1-Tomato Paste - USDA	0.000	1.215	0.202	0.202	*N/A*	0.000	0.000	0.000	0.000	0.000
990640	1-Base, Beef	0.000	0.473	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990401	1-Garlic, raw	0.000	0.112	0.000	0.000	*N/A*	0.000	0.134	0.000	0.000	0.000
903983	1-Spice, Chili Powder	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903962	1-Spice, Paprika	0.000	0.000	0.000	0.000	*N/A*	0.368	0.000	0.040	0.280	0.000
903989	1-Spice, Onion Powder	0.000	0.278	0.056	0.056	*N/A*	1.113	0.067	0.020	0.021	0.000
903924	1-Spice, Garlic powder	0.000	0.320	0.000	0.000	*N/A*	0.000	0.000	0.058	0.032	0.000
902244	1-Spice, Cumin Ground	0.000	0.480	0.160	0.160	*N/A*	9.600	0.000	0.576	0.027	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903922	1-Cornstarch	0.000	0.583	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	45.562	8.045	2.263	15.887	*0.000*	46.901	6.215	3.828	3.274	0.000

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	% of Calories		18.001%		35.548%						

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East Side Union High School District

990663 - Chopped Ramen Asian Chicken

Number of Portions: 100.000

Source: Kel

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990755	Chicken, Pulled, Cooked, Frozen	18 LB + 12 oz	85.05	109.348	1.519	326.526	0.000	0.000	3.037	0.000
990702	1-Noodle, Ramen	66 3/4 (1 Cake)	56.07	240.300	0.000	190.238	0.000	0.000	10.013	0.000
990626	1-Cabbage, raw shredded	3 qt, chopped + 1/2 CUP, chopped	11.13	2.781	0.004	2.003	0.356	0.000	0.011	0.000
903970	1-Carrot, matchstick	1 gal, grated + 2 qt, grated	26.40	10.871	0.000	20.188	1.553	0.000	0.000	0.000
70283	1-Onion, green	1 qt + 1 pint	10.21	3.266	0.000	1.633	0.238	0.000	0.019	0.000
2048	a-VINEGAR,CIDER	1 1/4 CUP	2.98	0.626	0.000	0.149	0.012	0.000	0.000	0.000
903896	1-Oil, Vegetable	1 3/4 cup + 2 tbsp	4.09	35.036	0.584	0.000	0.000	0.000	4.088	0.000
903993	1-Sauce, Soy Light	1 pint + 3 tbsp	4.96	0.000	0.000	29.767	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1 tbsp + 2 tsp	0.11	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1 tablespoon + 2 teaspoon	0.16	0.513	0.000	0.000	0.000	0.000	0.000	0.000
903990	1-Spice, Ginger, Ground	1 tablespoon + 2 teaspoon	0.09	0.254	0.000	0.000	0.000	0.000	0.000	0.000
903769	1-Sugar, Granulated	1/2 cup + 2 tbsp	1.26	4.725	0.000	0.000	1.260	0.000	0.000	0.000
990760	Red Cabbage, raw shredded	3 qt, shredded + 1/2 CUP, shredded	8.75	2.188	0.003	1.575	0.280	0.000	0.009	0.000
		Totals	211.00	409.907	2.109	572.078	3.699	0.000	17.177	0.000
		% of Calories			4.631%		3.610%	0.000%	37.714%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990755	Chicken, Pulled, Cooked, Frozen	59.230	0.000	0.000	18.225	0.000	0.000	0.000	3.037	0.000	0.000
990702	1-Noodle, Ramen	0.000	34.043	4.005	6.007	0.000	12.015	0.000	2.003	0.000	0.000
990626	1-Cabbage, raw shredded	0.000	0.645	0.278	0.142	*N/A*	4.450	4.072	0.052	10.255	0.071
903970	1-Carrot, matchstick	0.000	2.485	0.621	0.311	*N/A*	6.212	1.864	0.112	0.000	0.000
70283	1-Onion, green	0.000	0.749	0.265	0.187	*N/A*	7.348	1.919	0.151	0.000	0.000
2048	a-VINEGAR,CIDER	0.000	0.028	0.000	0.000	0.000	0.209	0.000	0.006	2.796	0.005
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903993	1-Sauce, Soy Light	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.103	0.000	0.000	*N/A*	0.000	0.000	0.018	0.010	0.000
903990	1-Spice, Ginger, Ground	0.000	0.068	0.000	0.000	*N/A*	0.000	0.000	0.018	0.009	0.000
903769	1-Sugar, Granulated	0.000	1.260	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990760	Red Cabbage, raw shredded	0.000	0.508	0.219	0.112	*N/A*	3.500	3.203	0.041	8.066	0.056
	Totals	59.230	39.887	5.388	24.984	*0.000*	33.734	11.056	5.439	21.135	0.132

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	% of Calories		38.923%		24.380%						

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East Side Union High School District

990599 - Christmas-Chicken-Pollo en Salsa

Number of Portions: 4.000

Group Code: TEST RECIPE

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
900005	1-Chicken whole raw 8 piece cut up	2 LB	226.80	544.000	8.800	184.000	0.000	0.000	31.200	0.000
900993	1-Onion, Yellow, fresh	2 small	35.00	14.000	0.000	1.313	1.483	0.000	0.035	0.000
903782	1-Jalapeno Pepper, fresh	2 pepper	7.00	2.000	0.000	0.000	0.290	0.000	0.025	0.000
903834	1-Oil, vegetable and olive oil blend	3 tbsp	10.63	91.124	0.759	0.000	0.000	0.000	10.631	0.000
990220	1-Tomatillo Whole	1/2 LB	56.70	11.340	0.000	0.000	0.000	0.000	0.000	0.000
990009	1-Cilantro, Raw	1 Bunch	21.26	5.316	0.000	10.631	0.159	0.000	0.106	0.000
990401	1-Garlic, raw	2 clove	1.50	1.875	0.000	0.000	0.375	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	1/4 TSP	0.13	1.250	0.000	0.625	0.000	0.000	0.094	0.000
903973	1-Spice, Oregano Leaves, Dry	1 tsp, ground	0.45	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900992	ZUCCHINI,RAW	1 LB	113.40	15.876	0.033	3.402	*N/A*	*N/A*	0.159	*N/A*
11977	PEPPERS,SERRANO,RAW	3 pepper	4.58	1.464	0.003	0.458	0.175	0.000	0.020	0.000
		Totals	477.00	688.244	9.595	200.428	*2.483*	*0.000*	42.270	*0.000*
		% of Calories			12.547%		*1.443%*	*0.000%*	55.275%	*0.000%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900005	1-Chicken whole raw 8 piece cut up	200.000	0.000	0.000	56.000	*N/A*	32.000	0.000	3.200	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	3.268	0.591	0.385	*N/A*	8.094	2.581	0.074	0.000	0.000
903782	1-Jalapeno Pepper, fresh	0.000	0.455	0.200	0.065	*N/A*	1.000	8.300	0.020	6.420	0.000
903834	1-Oil, vegetable and olive oil blend	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990220	1-Tomatillo Whole	0.000	2.268	1.134	1.134	*N/A*	0.000	0.000	1.134	0.000	0.000
990009	1-Cilantro, Raw	0.000	0.797	0.532	0.478	*N/A*	15.947	5.847	0.372	0.000	0.000
990401	1-Garlic, raw	0.000	0.375	0.000	0.000	*N/A*	0.000	0.450	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	0.000	0.188	0.063	0.063	*N/A*	3.750	0.000	0.225	0.011	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.450	0.450	0.000	*N/A*	9.000	0.000	0.324	0.045	0.000
900992	ZUCCHINI,RAW	0.000	3.289	1.361	1.315	*N/A*	17.010	10.206	0.476	108.046	0.590
11977	PEPPERS,SERRANO,RAW	0.000	0.307	0.169	0.080	2.150	0.503	2.054	0.039	4.129	0.040
	Totals	200.000	11.396	4.499	59.520	*2.150*	87.303	29.438	5.865	118.650	0.629
	% of Calories		6.623%		34.592%						

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East Side Union High School District

990632 - Cinna Cereal Bites - ONLY

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Kelley

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990743	Cinnamon Mega O's Cereal Bites	2 1/3 oz	65.77	250.004	2.000	0.000	6.000	2.000	13.000	0.000
		Totals	66.00	250.004	2.000	0.000	6.000	2.000	13.000	0.000
		% of Calories			7.200%		9.600%	3.200%	46.800%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990743	Cinnamon Mega O's Cereal Bites	5.000	26.000	10.000	14.000	0.000	104.002	0.000	2.700	0.000	0.000
	Totals	5.000	26.001	10.000	14.000	0.000	104.002	0.000	2.700	0.000	0.000
	% of Calories		41.600%		22.400%						

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East Side Union High School District

990634 - Cocoa Cereal Bites - ONLY

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Kelley

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990742	Cocoa Mega O's Cereal Bites	2 1/3 oz	65.77	270.000	2.000	0.000	7.000	3.000	15.000	0.000
		Totals	66.00	270.000	2.000	0.000	7.000	3.000	15.000	0.000
		% of Calories			6.667%		10.370%	4.444%	50.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990742	Cocoa Mega O's Cereal Bites	5.000	28.000	9.000	14.000	0.000	104.000	0.000	2.700	0.000	0.000
	Totals	5.000	28.000	9.000	14.000	0.000	104.000	0.000	2.700	0.000	0.000
	% of Calories		41.481%		20.741%						

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East Side Union High School District

990601 - Coconut Chickpea Curry

Number of Portions: 8.000

Group Code: TEST RECIPE

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
801	1-Bean, Garbanzo	30 oz	106.31	86.981	0.000	135.304	0.966	0.000	0.483	0.000
900993	1-Onion, Yellow, fresh	1 CUP, chopped	20.00	8.000	0.000	0.750	0.848	0.000	0.020	0.000
12118	COCONUT MILK,CND (LIQ EXPRESSED FROM GRATED M	30 oz	106.31	209.432	20.109	13.820	*N/A*	*N/A*	22.676	*N/A*
903955	1-Pepper, bell sweet, red, raw	1 medium (2-3/4" x 2-1/2")	14.88	4.626	0.000	0.635	0.625	0.000	0.044	0.000
990401	1-Garlic, raw	3 clove	1.13	1.406	0.000	0.000	0.281	0.000	0.000	0.000
11216	GINGER ROOT,RAW	2 TSP	0.50	0.400	0.001	0.065	0.009	0.000	0.004	0.000
990420	Spice, Gram Masala	1 tsp	0.15	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
799942	SWEET POTATO,RAW,UNPREP	1 sweetpotato, 5" long	16.25	13.975	0.003	8.938	*N/A*	*N/A*	0.008	*N/A*
990649	1-Spice, Coriander, Dry	1 1/2 tsp	0.11	0.314	0.000	0.237	0.008	0.000	0.005	0.000
903774	1-Salt, Table	1 tsp	0.76	0.000	0.000	448.643	0.000	0.000	0.000	0.000
2043	TURMERIC,GROUND	3/4 TSP	0.28	0.878	0.005	0.076	0.009	0.000	0.009	0.000
902244	1-Spice, Cumin Ground	3/4 TSP	0.20	1.875	0.000	0.938	0.000	0.000	0.141	0.000
900768	1-Spice, Pepper, black	1 tsp	0.27	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990670	1-Spice, Cayenne Pepper	1/3 TSP	0.12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
2019	FENUGREEK SEED	1/8 TSP	0.06	0.187	0.001	0.039	*N/A*	0.000	0.004	0.000
		Totals	267.00	328.073	20.119	609.445	*2.746*	*0.000*	23.395	*0.000*
		% of Calories			55.191%		*3.348%*	*0.000%*	64.178%	*0.001%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
801	1-Bean, Garbanzo	0.000	15.463	4.832	4.832	*N/A*	38.658	0.000	1.392	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	1.868	0.338	0.220	*N/A*	4.625	1.475	0.043	0.000	0.000
12118	COCONUT MILK,CND (LIQ EXPRESSED FROM GRATED M	0.000	2.987	*N/A*	2.147	0.000	19.136	1.063	3.508	77.479	1.031
903955	1-Pepper, bell sweet, red, raw	0.000	0.897	0.308	0.147	*N/A*	0.091	18.993	0.004	13.716	0.000
990401	1-Garlic, raw	0.000	0.281	0.000	0.000	*N/A*	0.000	0.338	0.000	0.000	0.000
11216	GINGER ROOT,RAW	0.000	0.089	0.010	0.009	0.000	0.080	0.025	0.003	0.394	0.004
990420	Spice, Gram Masala	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
799942	SWEET POTATO,RAW,UNPREP	0.000	3.270	0.488	0.255	*N/A*	4.875	0.390	0.099	12.558	0.161
990649	1-Spice, Coriander, Dry	0.000	0.059	0.012	0.025	*N/A*	1.402	0.638	0.048	0.008	0.016
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
2043	TURMERIC,GROUND	0.000	0.189	0.064	0.027	0.000	0.473	0.002	0.155	0.036	0.020
902244	1-Spice, Cumin Ground	0.000	0.281	0.094	0.094	*N/A*	5.625	0.000	0.338	0.016	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000

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990670	1-Spice, Cayenne Pepper	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
2019	FENUGREEK SEED	0.000	0.034	0.014	0.013	0.002	0.102	0.002	0.019	0.005	0.002
	Totals	0.000	25.417	*6.159*	7.770	*0.002*	75.066	22.925	5.608	104.213	1.234
	% of Calories		30.990%		9.474%						

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East Side Union High School District

990628 - Cranberry Sauce for Holiday Dinner

Number of Portions: 1.000

Source: Kelley

Group Code: SIDES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990741	Cranberry Sauce	2 oz	56.70	80.999	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	57.00	80.999	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			0.000%		0.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990741	Cranberry Sauce	0.000	21.060	0.810	0.000	0.000	1.620	0.000	0.000	0.000	0.000
	Totals	0.000	21.060	0.810	0.000	0.000	1.620	0.000	0.000	0.000	0.000
	% of Calories		103.999%		0.000%						

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East Side Union High School District

990648 - Creamy Mac & Cheese

Number of Portions: 4.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 1.22.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903992	1-Pasta, Elbow Macaroni	8 oz	56.70	198.944	0.000	0.000	0.000	0.000	0.995	0.000
20	1-Margarine, Wholesome Farms-sysco	1/4 CUP	14.10	100.714	4.029	110.786	0.000	0.000	11.079	0.000
903947	1-Flour, white, all purpose bleached	1/4 cup	7.81	26.042	0.000	0.000	0.000	0.000	0.000	0.000
903790	1-milk, 1% white, Foster Farms	2 (1/2 pint)	113.40	65.000	0.750	80.000	7.500	0.000	1.250	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	2 cup	113.40	445.492	20.250	728.987	0.000	0.000	36.449	0.000
900768	1-Spice, Pepper, black	1/2 tsp	0.27	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	306.00	836.192	25.028	919.773	7.500	0.000	49.773	0.000
		% of Calories			26.938%		3.588%	0.000%	53.571%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903992	1-Pasta, Elbow Macaroni	0.000	41.778	1.989	6.963	*N/A*	0.000	0.000	1.691	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903947	1-Flour, white, all purpose bleached	0.000	5.990	0.260	0.781	*N/A*	0.000	0.000	0.281	0.000	0.000
903790	1-milk, 1% white, Foster Farms	7.500	8.000	0.000	5.000	*N/A*	200.000	0.600	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	121.498	0.000	0.000	24.300	0.000	809.986	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	128.998	55.768	2.250	37.044	*0.000*	1009.986	0.600	1.972	0.000	0.000
	% of Calories		26.677%		17.720%						

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East Side Union High School District

990636 - Creamy Vegan Soup

Number of Portions: 1.000

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Source: Kelley

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990590	1-Beans, Great Northern	4 oz	113.40	136.078	0.000	127.006	1.814	0.000	0.000	0.000
900883	1-Pasta, Rotini, Spiral	1/2 CUP	70.00	110.186	0.000	3.889	0.000	0.000	1.296	0.000
903924	1-Spice, Garlic powder	1/4 teaspoon	0.78	2.500	0.000	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.53	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	1/4 teaspoon	0.60	2.174	0.000	0.522	0.000	0.000	0.000	0.000
903971	1-Spice, Parsley, dry	1/4 TSP	0.13	0.000	0.000	0.625	0.000	0.000	0.000	0.000
70283	1-Onion, green	1/2 oz	14.17	4.536	0.000	2.268	0.330	0.000	0.027	0.000
		Totals	200.00	255.474	0.000	134.309	2.145	0.000	1.323	0.000
		% of Calories			0.000%		3.358%	0.000%	4.661%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990590	1-Beans, Great Northern	0.000	24.494	4.536	6.350	*N/A*	45.359	0.000	1.814	0.000	0.000
900883	1-Pasta, Rotini, Spiral	0.000	22.037	2.593	3.889	*N/A*	9.074	0.000	1.815	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.500	0.000	0.000	*N/A*	0.000	0.000	0.090	0.050	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.435	0.087	0.087	*N/A*	1.739	0.104	0.031	0.032	0.000
903971	1-Spice, Parsley, dry	0.000	0.000	0.000	0.000	*N/A*	2.500	0.300	0.045	0.736	0.000
70283	1-Onion, green	0.000	1.040	0.369	0.259	*N/A*	10.206	2.665	0.210	0.000	0.000
	Totals	0.000	48.506	7.584	10.586	*N/A*	68.878	3.069	4.005	0.818	0.000
	% of Calories		75.947%		16.575%						

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East Side Union High School District

990638 - Enchirito Verde

Number of Portions: 1.000

Source: Sam

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990391	1-Burrito, Los Cabos	1 each	154.50	296.290	4.050	498.830	1.090	0.000	8.940	0.000
990738	Verde Enchilada Sauce	5 oz	141.75	59.130	0.000	827.815	0.000	0.000	3.548	0.000
900993	1-Onion, Yellow, fresh	1 oz	28.35	11.340	0.000	1.063	1.201	0.000	0.028	0.000
		Totals	325.00	366.759	4.050	1327.708	2.291	0.000	12.516	0.000
		% of Calories			9.938%		2.499%	0.000%	30.714%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990391	1-Burrito, Los Cabos	17.560	40.860	8.810	15.120	*N/A*	200.000	1.200	2.700	0.000	0.000
990738	Verde Enchilada Sauce	0.000	7.096	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	2.647	0.478	0.312	*N/A*	6.556	2.091	0.060	0.000	0.000
	Totals	17.560	50.603	9.288	15.432	*0.000*	206.556	3.291	2.760	0.000	0.000
	% of Calories		55.189%		16.831%						

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East Side Union High School District

990556 - Fettuccini Alfredo Sauce, Cauliflower

Number of Portions: 10.000

Group Code: SAUCE

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
901676	CAULIFLOWER	2 1/2 LB	113.40	26.671	0.000	33.350	*N/A*	*N/A*	0.000	*N/A*
990401	1-Garlic, raw	4 tbsp	3.40	4.250	0.000	0.000	0.850	0.000	0.000	0.000
990439	1-Cheese, Parmesan	10 oz	28.35	141.748	5.670	453.592	0.000	0.000	8.505	0.000
903774	1-Salt, Table	1/2 tsp	0.30	0.000	0.000	179.457	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/2 tsp	0.11	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	10 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
903907	1-Pasta, Spaghetti, whole grain	20 oz	56.70	198.944	0.000	0.000	0.000	0.000	0.995	0.000
		Totals	231.00	482.988	10.732	848.650	*0.850*	*0.000*	18.612	*0.000*
		% of Calories			19.999%		*0.704%*	*0.000%*	34.682%	*0.000%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901676	CAULIFLOWER	0.000	3.992	2.665	2.665	*N/A*	16.352	30.799	0.181	*N/A*	*N/A*
990401	1-Garlic, raw	0.000	0.850	0.000	0.000	*N/A*	0.000	1.020	0.000	0.000	0.000
990439	1-Cheese, Parmesan	28.350	0.000	0.000	11.340	*N/A*	306.175	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
903907	1-Pasta, Spaghetti, whole grain	0.000	41.778	1.989	6.963	0.000	0.000	0.000	1.790	0.000	0.000
	Totals	58.724	46.620	4.654	27.043	*0.000*	525.027	31.819	1.972	*0.000*	*0.000*
	% of Calories		38.609%		22.396%						

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East Side Union High School District

990679 - Fresh Blueberries

Number of Portions: 100.000

Group Code: BREAKFAST

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904099	1-Blueberry, fresh	50 CUP	74.00	42.000	0.000	0.750	7.500	0.000	0.250	0.000
		Totals	74.00	42.000	0.000	0.750	7.500	0.000	0.250	0.000
		% of Calories			0.000%		71.429%	0.000%	5.357%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904099	1-Blueberry, fresh	0.000	10.500	1.800	0.550	*N/A*	5.000	7.200	0.180	0.000	0.000
	Totals	0.000	10.500	1.800	0.550	*N/A*	5.000	7.200	0.180	0.000	0.000
	% of Calories		100.000%		5.238%						

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East Side Union High School District

990664 - GC Jalapeno Popper Sand

Number of Portions: 100.000

Source: Kel

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	200 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
70282	1-Jalapeno, sliced, canned	1 pint	2.40	0.429	0.000	33.429	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	2 (1 slice)	0.28	1.000	0.050	5.000	0.000	0.000	0.090	0.000
990762	Cream Cheese Loaf	6 LB + 4 oz	28.35	91.123	6.075	96.186	0.000	0.000	9.112	0.000
990761	Bacon Bits	1 LB	4.54	19.440	0.000	110.158	0.000	0.000	0.648	0.000
20	1-Margarine, Wholesome Farms-sysco	100 tbsp	14.10	100.714	4.029	110.786	0.000	0.000	11.079	0.000
		Totals	118.00	372.706	10.154	695.558	4.000	0.000	22.929	0.000
		% of Calories			24.518%		4.293%	0.000%	55.368%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
70282	1-Jalapeno, sliced, canned	0.000	0.086	0.086	0.000	*N/A*	0.000	0.360	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	0.250	0.020	0.000	0.050	0.000	1.300	0.000	0.001	0.000	0.000
990762	Cream Cheese Loaf	30.374	2.025	0.000	2.025	0.000	27.337	0.000	0.000	0.000	0.000
990761	Bacon Bits	0.000	1.296	0.648	1.944	0.000	0.000	0.000	0.259	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	30.624	35.427	4.734	12.019	*0.000*	108.637	0.360	1.660	0.000	0.000
	% of Calories		38.021%		12.899%						

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East Side Union High School District

1819 - GRAHAMS,BEAR APPLE CINNAMON

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: PACKET

*Nutrients are based upon 1 Portion Size (PACKET)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990701	1-Graham Cracker, Apple Cinnamon Bear	1 Each	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		% of Calories			3.750%		23.333%	0.000%	26.250%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990701	1-Graham Cracker, Apple Cinnamon Bear	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	% of Calories		70.000%		3.333%						

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East Side Union High School District

990627 - Green Bean Casserole

Number of Portions: 1.000

Source: Kelley/Donia

Group Code: SIDES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903900	1-Bean, green-canned	4 oz	113.40	18.743	0.000	131.204	1.874	0.000	0.000	0.000
990739	Cream of Mushroom Soup Condensed	1/2 oz	14.17	10.288	0.114	90.307	0.000	0.000	0.686	0.000
903950	1-Milk, whole 1/2 gallon	1/2 oz	14.17	10.000	0.313	7.813	0.750	0.000	0.500	0.000
990740	Crispy Onion Topping	1/2 oz	14.17	80.999	0.000	30.374	0.000	0.000	6.075	0.000
900768	1-Spice, Pepper, black	1/8 tsp	0.21	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	156.00	120.030	0.427	259.698	2.624	0.000	7.261	0.000
		% of Calories			3.200%		8.744%	0.000%	54.442%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903900	1-Bean, green-canned	0.000	3.749	1.874	0.937	*N/A*	18.743	2.249	0.675	0.000	0.000
990739	Cream of Mushroom Soup Condensed	0.000	0.915	0.000	0.114	0.000	1.143	0.000	0.023	0.000	0.000
903950	1-Milk, whole 1/2 gallon	2.188	0.813	0.000	0.500	*N/A*	18.750	0.075	0.000	0.000	0.000
990740	Crispy Onion Topping	0.000	8.100	0.000	0.000	0.000	0.000	0.000	0.607	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	2.188	13.576	1.874	1.551	*0.000*	38.637	2.324	1.305	0.000	0.000
	% of Calories		45.241%		5.169%						

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East Side Union High School District

990641 - Grilled Cheese & Tomato Soup

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903838	1-Bread, Whole Wheat sandwich	2 (1 slice)	68.00	160.000	0.000	340.000	4.000	0.000	2.000	0.000
20	1-Margarine, Wholesome Farms-sysco	1 tbsp	14.10	100.714	4.029	110.786	0.000	0.000	11.079	0.000
990109	1-Cheese, American,sliced,Past Processed	4 (1 slice)	56.00	200.000	10.000	1000.000	0.000	0.000	18.000	0.000
990555	1-Tomato Soup	1/2 Cup	113.40	82.305	0.000	438.960	10.974	0.000	0.000	0.000
		Totals	251.00	543.019	14.029	1889.746	14.974	0.000	31.079	0.000
		% of Calories			23.251%		11.030%	0.000%	51.510%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903838	1-Bread, Whole Wheat sandwich	0.000	32.000	4.000	8.000	0.000	80.000	0.000	1.400	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990109	1-Cheese, American,sliced,Past Processed	50.000	4.000	0.000	10.000	0.000	260.000	0.000	0.200	0.000	0.000
990555	1-Tomato Soup	0.000	18.290	0.915	1.829	*N/A*	18.290	0.000	0.549	0.000	0.000
	Totals	50.000	54.290	4.914	19.829	*0.000*	358.290	0.000	2.149	0.000	0.000
	% of Calories		39.991%		14.606%						

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East Side Union High School District

990683 - Grilled Chicken Buffalo Fillet

Number of Portions: 168.000

Source: Kelley

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990770	Grilled Chicken Fillet	30 LB	81.00	121.498	1.012	273.370	0.000	0.000	4.050	0.000
900228	1-Sauce, Buffalo	168 oz	28.35	0.000	0.000	793.786	0.000	0.000	0.000	0.000
903710	1-Bun,Hamburger	168 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
		Totals	170.00	281.498	1.013	1267.156	4.000	0.000	6.050	0.000
		% of Calories			3.237%		5.684%	0.000%	19.343%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990770	Grilled Chicken Fillet	60.749	0.000	0.000	19.237	0.000	10.125	0.000	0.506	0.000	0.000
900228	1-Sauce, Buffalo	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
	Totals	60.749	31.000	3.000	26.237	*0.000*	210.125	0.000	2.306	0.000	0.000
	% of Calories		44.050%		37.282%						

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East Side Union High School District

990603 - Gumbo Vegetarian over Rice

Number of Portions: 6.000

Source: Local

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990093	2-Rice,White Cooked	6 cups	199.98	225.638	0.424	15.802	0.000	0.000	1.166	0.000
903947	1-Flour, white, all purpose bleached	1/2 cup	10.42	34.722	0.000	0.000	0.000	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	1/2 CUP, chopped	13.33	5.333	0.000	0.500	0.565	0.000	0.013	0.000
903944	1-Celery, fresh	3/4 cup chopped	12.63	1.485	0.000	10.397	0.171	0.000	0.022	0.000
903955	1-Pepper, bell sweet, red, raw	1/2 CUP, chopped	12.42	3.861	0.000	0.530	0.522	0.000	0.037	0.000
903956	1-Pepper, bell, green, raw	1/2 CUP, chopped	12.42	2.504	0.000	0.417	0.298	0.000	0.021	0.000
900819	1-Carrots, Diced	3/4 CUP,diced	25.83	6.458	0.009	62.517	0.000	0.000	0.049	0.000
75010	1-Water, cold	3 2/3 Cup	138.35	0.000	0.000	4.150	0.000	0.000	0.000	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	7 1/4 oz	34.26	6.588	0.000	5.270	7.905	0.000	0.000	0.000
903774	1-Salt, Table	1/2 tsp	0.51	0.000	0.000	299.096	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.09	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903896	1-Oil, Vegetable	2 tbsp	4.54	38.929	0.649	0.000	0.000	0.000	4.542	0.000
903835	1-Bean, Kidney, Dark	1 1/2 CUP	65.00	55.000	0.000	70.000	0.500	0.500	0.000	0.000
990706	1-Eggplant	1 cup	13.67	3.333	0.000	0.333	0.483	*N/A*	0.017	*N/A*
990707	1-Zucchini	3/4 Cup, Chopped	24.50	2.625	0.013	1.250	0.388	*N/A*	0.050	0.000
990708	Yellow Squash	1 (1 small)	19.67	3.167	0.017	0.333	0.433	*N/A*	0.033	*N/A*
990710	1-Gumbo File Spice Ground	1 1/2 Teaspoon	0.25	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990711	1-Vegetable Base	1 oz	4.72	0.000	0.000	94.498	*N/A*	*N/A*	0.000	0.000
990714	Seasoning, Cajun	1 (1 Tablespoon)	2.00	0.000	0.000	120.000	*N/A*	*N/A*	0.000	0.000
		Totals	595.00	389.644	1.111	685.094	*11.265*	*0.500*	5.951	*0.000*
		% of Calories			2.567%		*11.564%*	*0.513%*	13.744%	*0.000%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990093	2-Rice,White Cooked	0.000	48.383	1.344	4.032	*0.000*	20.232	0.000	2.702	137.879	0.138
903947	1-Flour, white, all purpose bleached	0.000	7.986	0.347	1.042	*N/A*	0.000	0.000	0.375	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	1.245	0.225	0.147	*N/A*	3.083	0.983	0.028	0.000	0.000
903944	1-Celery, fresh	0.000	0.371	0.223	0.089	*N/A*	5.199	0.371	0.022	28.347	0.000
903955	1-Pepper, bell sweet, red, raw	0.000	0.749	0.257	0.123	*N/A*	0.076	15.854	0.003	11.449	0.000
903956	1-Pepper, bell, green, raw	0.000	0.576	0.209	0.106	*N/A*	1.252	9.986	0.042	11.658	0.000
900819	1-Carrots, Diced	0.000	1.431	0.388	0.165	*N/A*	6.458	0.698	0.165	24.012	0.176
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	2.767	0.000	0.014	138.207	0.138
903935	1-Tomatoes, diced, no salt add, canned-USDA	0.000	1.318	0.264	0.264	*N/A*	5.270	3.953	0.095	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000

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East Side Union High School District

900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903835	1-Bean, Kidney, Dark	0.000	10.000	4.000	4.000	0.000	30.000	0.000	1.300	0.000	0.000
990706	1-Eggplant	0.000	0.800	0.417	0.133	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990707	1-Zucchini	0.000	0.488	0.150	0.188	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990708	Yellow Squash	0.000	0.667	0.217	0.233	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990710	1-Gumbo File Spice Ground	0.000	0.000	0.000	0.000	*N/A*	25.000	*N/A*	0.750	*N/A*	*N/A*
990711	1-Vegetable Base	0.000	1.890	*N/A*	0.000	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990714	Seasoning, Cajun	0.000	0.000	0.000	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
	Totals	0.000	75.903	*8.039*	*10.522*	*0.000*	*99.337*	*31.844*	*5.496*	*351.552*	*0.452*
	% of Calories		77.920%		*10.802%*						

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East Side Union High School District

990404 - j-Cracker Graham

Number of Portions: 1.000

Source: done

Group Code: BREAD/ROLLS/STARCH

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990701	1-Graham Cracker, Apple Cinnamon Bear	1 Each	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		Totals	28.00	120.000	0.500	100.000	7.000	0.000	3.500	0.000
		% of Calories			3.750%		23.333%	0.000%	26.250%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990701	1-Graham Cracker, Apple Cinnamon Bear	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	Totals	0.000	21.000	2.000	1.000	*N/A*	16.000	0.000	2.000	0.000	0.000
	% of Calories		70.000%		3.333%						

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East Side Union High School District

990481 - j-Lettuce, Pickle & Tomato Cup - Deluxe

Number of Portions: 1.000

Source: freebe

Group Code: VEGETABLES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990648	1-Lettuce, pre-shredded	1/8 cup	28.35	3.979	0.000	2.984	0.557	0.000	0.040	0.000
903954	1-Tomato, red ripe	1 slice	28.35	5.071	0.000	1.383	0.744	0.000	0.058	0.000
990634	1-Pickle Chips	1 (3 chips)	14.00	2.500	0.000	194.972	0.000	0.000	0.000	0.000
		Totals	71.00	11.549	0.000	199.339	1.302	0.000	0.097	0.000
		% of Calories			0.000%		45.095%	0.000%	7.590%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990648	1-Lettuce, pre-shredded	0.000	0.841	0.348	0.254	*N/A*	4.974	0.796	0.099	0.000	0.000
903954	1-Tomato, red ripe	0.000	1.102	0.346	0.249	*N/A*	2.766	3.895	0.076	26.796	0.000
990634	1-Pickle Chips	0.000	0.500	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	2.442	0.694	0.503	*N/A*	7.739	4.691	0.176	26.796	0.000
	% of Calories		84.586%		17.421%						

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East Side Union High School District

990561 - Juice, Apple 6oz

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990680	1-Juice, Apple 6oz	1 each	170.10	80.000	0.000	15.000	17.000	0.000	0.000	0.000
		Totals	170.00	80.000	0.000	15.000	17.000	0.000	0.000	0.000
		% of Calories			0.000%		85.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990680	1-Juice, Apple 6oz	0.000	20.000	0.000	0.000	*N/A*	20.000	1.200	0.000	0.000	0.000
	Totals	0.000	20.000	0.000	0.000	*N/A*	20.000	1.200	0.000	0.000	0.000
	% of Calories		100.000%		0.000%						

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East Side Union High School District

990562 - Juice, Apple Cherry 6oz

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990681	1-Juice, Apple Cherry 6oz	1 each	170.10	60.000	0.000	5.000	12.000	0.000	0.000	0.000
		Totals	170.00	60.000	0.000	5.000	12.000	0.000	0.000	0.000
		% of Calories			0.000%		80.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990681	1-Juice, Apple Cherry 6oz	0.000	15.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	15.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		100.000%		0.000%						

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East Side Union High School District

990563 - Juice, Fruit Punch 6oz

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990683	1-Juice, Fruit Punch 6oz	1 each	170.10	90.000	0.000	25.000	22.000	0.000	0.000	0.000
		Totals	170.00	90.000	0.000	25.000	22.000	0.000	0.000	0.000
		% of Calories			0.000%		97.778%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990683	1-Juice, Fruit Punch 6oz	0.000	22.000	0.000	0.000	*N/A*	20.000	1.200	0.360	0.000	0.000
	Totals	0.000	22.000	0.000	0.000	*N/A*	20.000	1.200	0.360	0.000	0.000
	% of Calories		97.778%		0.000%						

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East Side Union High School District

990564 - Juice, Grape 6oz

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: done

Group Code: FRUIT

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990684	1-Juice, Grape 6oz	1 each	170.10	120.000	0.000	30.000	27.000	0.000	0.000	0.000
		Totals	170.00	120.000	0.000	30.000	27.000	0.000	0.000	0.000
		% of Calories			0.000%		90.000%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990684	1-Juice, Grape 6oz	0.000	29.000	0.000	0.000	*N/A*	40.000	1.200	0.720	0.000	0.000
	Totals	0.000	29.000	0.000	0.000	*N/A*	40.000	1.200	0.720	0.000	0.000
	% of Calories		96.667%		0.000%						

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East Side Union High School District

990674 - Kimchi Coleslaw R#990674

Number of Portions: 100.000

Source: done

Group Code: VEGETABLES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
11109	1-Cabbage, raw shredded	4 LB	18.14	4.536	0.006	3.266	0.581	0.000	0.018	0.000
903970	1-Carrot, matchstick	6 CUP, shredded	6.60	2.718	0.000	5.047	0.388	0.000	0.000	0.000
903993	1-Sauce, Soy Light	1/4 cup	0.57	0.000	0.000	3.402	0.000	0.000	0.000	0.000
903955	1-Pepper, bell sweet, red, raw	1 LB + 8 oz	6.80	2.116	0.000	0.290	0.286	0.000	0.020	0.000
70283	1-Onion, green	4 oz	1.13	0.363	0.000	0.181	0.026	0.000	0.002	0.000
990767	Rice Vinegar	8 oz	2.27	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990401	1-Garlic, raw	3 tbsp	0.26	0.319	0.000	0.000	0.064	0.000	0.000	0.000
903990	1-Spice, Ginger, Ground	3/4 teaspoon	0.01	0.039	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	36.00	10.090	0.006	12.187	1.345	0.000	0.041	0.000
		% of Calories			0.553%		53.320%	0.000%	3.621%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
11109	1-Cabbage, raw shredded	0.000	1.052	0.454	0.232	0.907	7.257	6.641	0.085	16.725	0.116
903970	1-Carrot, matchstick	0.000	0.621	0.155	0.078	*N/A*	1.553	0.466	0.028	0.000	0.000
903993	1-Sauce, Soy Light	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903955	1-Pepper, bell sweet, red, raw	0.000	0.410	0.141	0.067	*N/A*	0.041	8.687	0.002	6.274	0.000
70283	1-Onion, green	0.000	0.083	0.029	0.021	*N/A*	0.816	0.213	0.017	0.000	0.000
990767	Rice Vinegar	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990401	1-Garlic, raw	0.000	0.064	0.000	0.000	*N/A*	0.000	0.077	0.000	0.000	0.000
903990	1-Spice, Ginger, Ground	0.000	0.010	0.000	0.000	*N/A*	0.000	0.000	0.003	0.001	0.000
	Totals	0.000	2.241	0.779	0.398	*0.907*	9.668	16.084	0.134	23.000	0.116
	% of Calories		88.848%		15.778%						

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East Side Union High School District

990660 - Korean BBQ Meatballs & Rice

Number of Portions: 100.000

Source: Kel

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990572	1-Beef Meatball All Natural	16 LB + 4 oz	73.71	207.896	5.670	207.896	0.000	0.000	16.065	0.472
903977	1-Broccoli, raw	1 gal, chopped + 2 qt, chopped	21.84	7.440	0.000	7.200	0.372	0.000	0.082	0.000
903933	1-Rice, Brown, Long-Grain, Regular	12 LB + 8 oz	56.70	205.081	0.000	0.000	0.000	0.000	1.810	0.000
990758	SAUCE, BBQ, KOREAN	12 LB + 8 oz	56.70	110.248	0.000	1007.983	18.900	0.000	1.575	0.000
		Totals	209.00	530.666	5.670	1223.079	19.272	0.000	19.531	0.473
		% of Calories			9.616%		14.527%	0.000%	33.124%	0.801%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990572	1-Beef Meatball All Natural	37.799	3.780	0.000	11.340	*N/A*	9.450	0.000	0.945	0.000	0.000
903977	1-Broccoli, raw	0.000	1.450	0.576	0.617	*N/A*	10.320	19.488	0.158	19.502	0.000
903933	1-Rice, Brown, Long-Grain, Regular	0.000	43.429	2.413	4.825	*N/A*	6.032	0.000	1.206	0.000	0.000
990758	SAUCE, BBQ, KOREAN	0.000	22.050	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	37.799	70.708	2.989	16.782	*0.000*	25.802	19.488	2.310	19.502	0.000
	% of Calories		53.298%		12.650%						

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East Side Union High School District

990624 - Mac Wrap Sauce

Number of Portions: 16.000

Group Code: SAUCE

Size of Portion: 1 oz

*Nutrients are based upon 1 Portion Size (1 oz)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903766	1-Mayonnaise, bulk	1 1/2 (1 cup)	19.50	139.286	2.786	90.536	0.000	0.000	15.321	0.000
900993	1-Onion, Yellow, fresh	3/4 CUP, chopped	7.50	3.000	0.000	0.281	0.318	0.000	0.008	0.000
903905	1-Ketchup, #10 can	3 tbsp	2.66	3.127	0.000	25.014	0.625	0.000	0.000	0.000
904108	1-Relish, sweet	3 TBSP	2.81	3.750	0.000	19.688	0.563	0.000	0.000	0.000
903946	1-Juice, Lemon	1 teaspoon	0.30	0.053	0.000	0.080	0.005	0.000	0.000	0.000
903962	1-Spice, Paprika	2 TSP	0.29	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	33.00	149.216	2.786	135.599	1.511	0.000	15.329	0.000
		% of Calories			16.802%		4.051%	0.000%	92.457%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903766	1-Mayonnaise, bulk	6.964	1.393	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.700	0.127	0.083	*N/A*	1.734	0.553	0.016	0.000	0.000
903905	1-Ketchup, #10 can	0.000	0.782	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
904108	1-Relish, sweet	0.000	0.938	0.000	0.000	*N/A*	0.000	0.000	0.000	11.638	0.381
903946	1-Juice, Lemon	0.000	0.019	0.003	0.001	*N/A*	0.027	0.048	0.000	0.000	0.000
903962	1-Spice, Paprika	0.000	0.000	0.000	0.000	*N/A*	0.288	0.000	0.032	0.219	0.000
	Totals	6.964	3.831	0.129	0.084	*0.000*	2.048	0.601	0.048	11.857	0.381
	% of Calories		10.270%		0.225%						

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East Side Union High School District

990653 - Nashville Hot Tenders

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 2.11.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990752	Nashville Hot Glazed Tenders	4 2/3 oz	131.83	257.589	3.030	621.245	3.030	1.515	12.122	0.000
900923	1-Potato, Tater Tots	4 oz	113.40	179.777	1.383	497.845	0.000	0.000	9.680	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	1 each	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	307.00	577.085	4.413	1236.977	6.523	1.515	24.422	0.000
		% of Calories			6.883%		4.521%	1.050%	38.087%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990752	Nashville Hot Glazed Tenders	60.609	16.668	1.515	19.698	0.000	0.000	0.000	1.515	0.000	0.000
900923	1-Potato, Tater Tots	0.000	22.126	1.383	1.383	*N/A*	13.829	4.978	0.277	0.000	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	60.609	64.118	5.518	27.194	*0.000*	22.561	4.978	3.189	0.000	0.000
	% of Calories		44.443%		18.849%						

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East Side Union High School District

990566 - No School Today

Number of Portions: 1.000

Group Code: No School

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990686	No School Today	1 oz	28.35	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	28.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990686	No School Today	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		*N/A%*		*N/A%*						

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East Side Union High School District

990392 - Other

Number of Portions: 1.000

Source: Victor

Group Code: ENTREE-LUNCH

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
	Totals	0.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Totals	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
% of Calories		*N/A%*		*N/A%*						

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East Side Union High School District

990673 - PepperJack Chicken Quesadilla

Number of Portions: 100.000

Source: Kelley

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990672	Roboku Chicken R#990672	100 servings	87.02	102.058	2.430	1075.236	0.000	0.000	4.860	0.000
990764	Cheese Pepper Jack .75 Oz	75 oz	21.26	80.999	4.050	136.685	0.000	0.000	6.075	0.000
903767	1-Tortilla, 10" - Flour	100 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
903939	1-Salsa, low sodium,	200 oz	56.70	15.504	0.000	62.015	2.658	0.000	0.000	0.000
		Totals	233.00	408.650	7.495	1659.607	3.673	0.000	12.965	0.000
		% of Calories			16.507%		3.595%	0.000%	28.553%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990672	Roboku Chicken R#990672	55.889	0.000	0.000	14.580	*N/A*	0.000	0.000	0.000	0.000	0.000
990764	Cheese Pepper Jack .75 Oz	20.250	1.012	0.000	5.062	0.000	151.872	0.000	0.000	0.000	0.000
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
903939	1-Salsa, low sodium,	0.000	3.544	0.443	0.443	*N/A*	0.000	2.126	0.159	0.000	0.000
	Totals	76.139	41.094	2.473	25.160	*0.000*	172.171	2.126	1.256	0.000	0.000
	% of Calories		40.224%		24.627%						

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East Side Union High School District

990655 - Popcorn Chicken w/ Fries & Dinner Roll

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904096	1-Chicken, Popcorn	3 oz	85.05	195.514	1.955	303.046	0.000	0.000	10.753	0.000
R-763	2-Potatoes,French Fries- only	1 (1/2 cup)	56.00	93.333	0.667	173.333	0.000	0.000	4.000	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	1 ea	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	203.00	428.565	2.622	594.266	3.493	0.000	17.373	0.000
		% of Calories			5.506%		3.260%	0.000%	36.484%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904096	1-Chicken, Popcorn	24.439	11.731	0.978	15.641	*N/A*	19.551	14.664	0.880	0.000	0.000
R-763	2-Potatoes,French Fries- only	0.000	13.333	0.667	0.667	0.000	0.000	0.000	0.333	0.000	0.000
R-990218	2-Roll, Dough, Dinner WG Proof & Bake	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	24.439	50.388	4.265	22.421	*0.000*	28.283	14.664	2.610	0.000	0.000
	% of Calories		47.030%		20.927%						

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East Side Union High School District

2852 - Pork, Sandwich BBQ Pulled

Number of Portions: 34.000

Source: Julie

Group Code: ENTREES

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-3010	z-Roll, Whole Grain(2.5 oz.)		0.00	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
903919	x-Pork, Leg Roast, frzn-36-40#-USDA	8 1/2 LB	113.40	279.445	7.509	52.649	0.000	*N/A*	21.667	0.000
900993	1-Onion, Yellow, fresh	1/2 large	2.21	0.882	0.000	0.083	0.093	0.000	0.002	0.000
903924	1-Spice, Garlic powder	1 1/2 teaspoon	0.14	0.441	0.000	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	2 tbsp	1.07	0.000	0.000	633.382	0.000	0.000	0.000	0.000
75010	1-Water, cold	3 gal	320.18	0.000	0.000	9.605	0.000	0.000	0.000	0.000
903888	1-Sauce, BBQ, Sweet & Tangy	4 LB	53.36	115.381	0.000	432.679	23.076	0.000	0.000	0.000
R-2870	2-Beans, Baked	34 (1/2 cup srvgs)	156.55	208.040	0.156	219.053	17.512	0.000	2.047	0.000
		Totals	647.00	604.190	7.664	1347.452	40.682	0.000	23.716	0.000
		% of Calories			11.417%		26.933%	0.000%	35.327%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-3010	z-Roll, Whole Grain(2.5 oz.)	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903919	x-Pork, Leg Roast, frzn-36-40#-USDA	109.348	0.000	0.000	20.007	*N/A*	12.150	0.810	0.972	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.206	0.037	0.024	*N/A*	0.510	0.163	0.005	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.088	0.000	0.000	*N/A*	0.000	0.000	0.016	0.009	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	6.404	0.000	0.032	319.862	0.320
903888	1-Sauce, BBQ, Sweet & Tangy	0.000	27.403	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-2870	2-Beans, Baked	0.000	39.416	4.902	4.824	*N/A*	77.372	6.576	1.726	4.469	0.000
	Totals	109.348	67.113	4.939	24.855	*N/A*	96.436	7.549	2.751	324.340	0.320
	% of Calories		44.432%		16.455%						

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East Side Union High School District

990646 - Red Beans & Rice

Number of Portions: 1.000

Source: Kelley 1.21.26

Group Code: SIDES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903933	1-Rice, Brown, Long-Grain, Regular	1/2 (1 cup)	22.00	79.574	0.000	0.000	0.000	0.000	0.702	0.000
R-1857	2-Chicken Broth	1/3 quart	276.74	23.813	0.000	206.511	158.757	1.588	1.588	0.000
903835	1-Bean, Kidney, Dark	1 (1/2 cup)	130.00	110.000	0.000	140.000	1.000	1.000	0.000	0.000
990670	1-Spice, Cayenne Pepper	1/4 TSP	0.45	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1/4 teaspoon	0.50	1.600	0.000	0.000	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	1/4 teaspoon	0.38	1.391	0.000	0.334	0.000	0.000	0.000	0.000
901397	1-Bay Leaves	1/8 TSP	0.13	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990750	Cajun Seasoning	2 gram	2.00	0.000	0.000	120.000	0.000	0.000	0.000	0.000
		Totals	432.00	216.379	0.000	466.845	159.757	2.588	2.290	0.000
		% of Calories			0.000%		295.328%	4.784%	9.524%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903933	1-Rice, Brown, Long-Grain, Regular	0.000	16.851	0.936	1.872	*N/A*	2.340	0.000	0.468	0.000	0.000
R-1857	2-Chicken Broth	6.350	3.175	0.000	1.588	*0.000*	5.376	0.000	0.027	268.533	0.269
903835	1-Bean, Kidney, Dark	0.000	20.000	8.000	8.000	0.000	60.000	0.000	2.600	0.000	0.000
990670	1-Spice, Cayenne Pepper	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.320	0.000	0.000	*N/A*	0.000	0.000	0.058	0.032	0.000
903989	1-Spice, Onion Powder	0.000	0.278	0.056	0.056	*N/A*	1.113	0.067	0.020	0.021	0.000
901397	1-Bay Leaves	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.031	0.000	0.000
990750	Cajun Seasoning	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	6.350	40.625	8.992	11.516	*0.000*	68.829	0.067	3.203	268.585	0.269
	% of Calories		75.099%		21.289%						

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East Side Union High School District

990645 - Rice,Brown Cooked w/beef broth

Number of Portions: 150.000

Source: Kelley 1.21.26

Group Code: SIDES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903933	1-Rice, Brown, Long-Grain, Regular	25 LB	75.60	273.442	0.000	0.000	0.000	0.000	2.413	0.000
990640	1-Base, Beef	4 tsp	0.13	0.379	0.000	22.473	0.025	0.000	0.013	0.000
		Totals	76.00	273.821	0.000	22.473	0.025	0.000	2.425	0.000
		% of Calories			0.000%		0.037%	0.000%	7.972%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903933	1-Rice, Brown, Long-Grain, Regular	0.000	57.905	3.217	6.434	*N/A*	8.042	0.000	1.608	0.000	0.000
990640	1-Base, Beef	0.000	0.051	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	57.956	3.217	6.434	*N/A*	8.042	0.000	1.608	0.000	0.000
	% of Calories		84.662%		9.399%						

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East Side Union High School District

990672 - Roboku Chicken R#990672

Number of Portions: 100.000

Source: Kelley

Group Code: MISCELLANEOUS

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	300 oz	85.05	102.058	2.430	213.836	0.000	0.000	4.860	0.000
903774	1-Salt, Table	1/2 CUP	1.46	0.000	0.000	861.400	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/2 CUP	0.51	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	87.00	102.058	2.430	1075.236	0.000	0.000	4.860	0.000
		% of Calories			21.429%		0.000%	0.000%	42.857%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	55.889	0.000	0.000	14.580	*N/A*	0.000	0.000	0.000	0.000	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	55.889	0.000	0.000	14.580	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		0.000%		57.144%						

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East Side Union High School District

727 - SAUCE, PEANUT

Number of Portions: 6.000

Group Code: SAUCE

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
19335	a-SUGARS,GRANULATED	1/4 CUP	8.40	32.508	0.000	0.084	8.383	8.383	0.000	*N/A*
16098	a-PEANUT BUTTER,SMOOTH STYLE,W/SALT	1/4 CUP	10.75	64.285	1.110	45.795	1.128	*N/A*	5.521	0.008
990007	1-Sauce, Soy packet	3 tbsp	9.00	4.588	0.000	494.471	0.000	0.000	0.053	0.000
75010	1-Water, cold	3 tbsp	7.09	0.000	0.000	0.213	0.000	0.000	0.000	0.000
902777	a-OIL,VEG,TYPE A-COMMOD	2 tbsp	4.54	40.148	0.599	0.000	*N/A*	*N/A*	4.542	0.000
75001	GARLIC,GRANULATED	1 tsp	0.47	1.551	0.001	0.123	*N/A*	*N/A*	0.004	*N/A*
		Totals	40.00	143.080	1.709	540.685	*9.511*	*8.383*	10.119	*0.008*
		% of Calories			10.751%		*26.589%*	*23.436%*	63.653%	*0.051%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
19335	a-SUGARS,GRANULATED	0.000	8.398	0.000	0.000	0.000	0.084	0.000	0.004	0.002	0.001
16098	a-PEANUT BUTTER,SMOOTH STYLE,W/SALT	0.000	2.398	0.538	2.388	0.000	5.268	0.000	0.187	0.132	0.311
990007	1-Sauce, Soy packet	0.000	0.459	0.071	0.741	*N/A*	2.965	0.000	0.131	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.142	0.000	0.001	7.080	0.007
902777	a-OIL,VEG,TYPE A-COMMOD	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
75001	GARLIC,GRANULATED	0.000	0.339	0.046	0.078	*N/A*	0.371	0.084	0.013	0.030	0.015
	Totals	0.000	11.595	0.654	3.207	*0.000*	8.829	0.084	0.335	7.244	0.334
	% of Calories		32.415%		8.966%						

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East Side Union High School District

990626 - Shepherd's Pie

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903965	1-Beef, Ground, 80x20 frozen	3 3/4 oz	106.31	102.500	2.500	31.250	0.000	0.000	7.500	1.250
990414	1-Vegetables Mixed, frozen-USDA	1 oz	28.35	18.380	0.000	9.969	0.935	0.000	0.000	0.000
900211	1-Gravy Mix, Brown	2 oz	56.70	25.000	0.500	330.000	0.000	0.000	1.000	0.000
900215	1-Potatoes, mashed, instant	3 oz	85.05	306.175	0.000	68.039	0.000	0.000	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	1 OZ	28.35	111.375	5.063	182.250	0.000	0.000	9.113	0.000
903989	1-Spice, Onion Powder	1/4 teaspoon	0.60	2.174	0.000	0.522	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1/4 teaspoon	0.78	2.500	0.000	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.53	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	1 each	62.00	139.718	0.000	117.887	3.493	0.000	2.620	0.000
		Totals	369.00	707.822	8.063	739.917	4.428	0.000	20.232	1.250
		% of Calories			10.252%		2.502%	0.000%	25.725%	1.589%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903965	1-Beef, Ground, 80x20 frozen	32.500	0.000	0.000	8.750	*N/A*	25.000	0.000	2.250	0.000	0.000
990414	1-Vegetables Mixed, frozen-USDA	0.000	3.738	1.246	0.935	*N/A*	6.231	1.122	0.112	0.000	0.000
900211	1-Gravy Mix, Brown	0.000	4.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900215	1-Potatoes, mashed, instant	0.000	64.637	6.804	6.804	*N/A*	0.000	102.058	1.225	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	30.375	0.000	0.000	6.075	0.000	202.500	0.000	0.000	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.435	0.087	0.087	*N/A*	1.739	0.104	0.031	0.032	0.000
903924	1-Spice, Garlic powder	0.000	0.500	0.000	0.000	*N/A*	0.000	0.000	0.090	0.050	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
990447	1-Roll, Dough, Dinner WG Proof & Bake 2.5oz	0.000	25.324	2.620	6.113	*N/A*	8.732	0.000	1.397	0.000	0.000
	Totals	62.875	98.634	10.757	28.763	*0.000*	244.202	103.284	5.105	0.082	0.000
	% of Calories		55.739%		16.254%						

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East Side Union High School District

1965 - Sloppy Joe

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	3 oz	85.05	151.872	4.556	258.183	0.000	0.000	9.112	0.000
900993	1-Onion, Yellow, fresh	1 tsp, chopped	3.33	1.333	0.000	0.125	0.141	0.000	0.003	0.000
2020	z-Spice, Garlic Powder	1/4 TSP	0.78	2.565	0.002	0.465	0.019	0.000	0.006	0.000
903577	1-Tomato Paste - USDA	1/4 tsp	0.87	0.823	0.000	0.499	0.100	0.000	0.000	0.000
11935	Ketchup	1/4 tsp	0.91	0.916	0.000	8.224	0.193	*N/A*	0.001	0.000
990620	1-Vinegar, Distilled	1/4 TSP	1.25	0.000	0.000	0.000	0.000	0.000	0.000	0.000
116	1-Mustard, Yellow prepared, bulk	1/4 tsp	0.80	0.000	0.000	8.800	0.000	0.000	0.000	0.000
2030	a-PEPPER,BLACK	1/4 tsp	0.34	0.857	0.005	0.068	0.002	0.000	0.011	0.000
903710	1-Bun,Hamburger	1 Hamburger Bun(s)	61.00	160.000	0.000	200.000	4.000	0.000	2.000	0.000
75010	1-Water, cold	1 oz	28.35	0.000	0.000	0.850	0.000	0.000	0.000	0.000
		Totals	183.00	318.367	4.563	477.214	4.455	0.000	11.133	0.000
		% of Calories			12.899%		5.597%	0.000%	31.473%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	45.562	3.037	1.519	15.187	0.000	30.374	0.000	3.037	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	0.311	0.056	0.037	*N/A*	0.771	0.246	0.007	0.000	0.000
2020	z-Spice, Garlic Powder	0.000	0.564	0.070	0.128	0.000	0.612	0.009	0.044	0.050	0.027
903577	1-Tomato Paste - USDA	0.000	0.150	0.025	0.025	*N/A*	0.000	0.000	0.000	0.000	0.000
11935	Ketchup	0.000	0.248	0.003	0.009	0.236	0.136	0.037	0.003	0.621	0.027
990620	1-Vinegar, Distilled	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
116	1-Mustard, Yellow prepared, bulk	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
2030	a-PEPPER,BLACK	0.000	0.218	0.086	0.035	0.092	1.512	0.000	0.033	0.043	0.015
903710	1-Bun,Hamburger	0.000	31.000	3.000	7.000	*N/A*	200.000	0.000	1.800	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.567	0.000	0.003	28.321	0.028
	Totals	45.562	35.529	4.759	22.422	*0.328*	233.973	0.292	4.927	29.035	0.098
	% of Calories		44.639%		28.171%						

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East Side Union High School District

990390 - Soup, Tomato

Number of Portions: 25.000

Source: Kelley 1.15.26

Group Code: ENTREES

Size of Portion: 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 cup)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990555	1-Tomato Soup	6 1/4 Cup	56.70	41.153	0.000	219.480	5.487	0.000	0.000	0.000
75010	1-Water, cold	6 1/4 Cup	56.70	0.000	0.000	1.701	0.000	0.000	0.000	0.000
		Totals	113.00	41.152	0.000	221.181	5.487	0.000	0.000	0.000
		% of Calories			0.000%		53.334%	0.000%	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990555	1-Tomato Soup	0.000	9.145	0.457	0.915	*N/A*	9.145	0.000	0.274	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	1.134	0.000	0.006	56.642	0.057
	Totals	0.000	9.145	0.457	0.914	*N/A*	10.279	0.000	0.280	56.642	0.057
	% of Calories		88.890%		8.884%						

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East Side Union High School District

990649 - SRIRACHA GLAZE

Number of Portions: 4.000

Size of Portion: 2 oz SERVINGS
*Nutrients are based upon 1 Portion Size (2 oz SERVINGS)

Source: KELLEY 2.2.26
Group Code: CONDIMENTS

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990661	1-Sauce, Sriracha	2 1/2 oz	17.72	0.000	0.000	566.990	3.544	0.000	0.000	0.000
904051	1-Honey	2 1/2 oz	17.72	50.624	0.000	0.000	14.343	0.000	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	2 oz	14.17	101.248	4.050	111.373	0.000	0.000	11.137	0.000
		Totals	50.00	151.872	4.050	678.363	17.887	0.000	11.137	0.000
		% of Calories			24.000%		47.111%	0.000%	66.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990661	1-Sauce, Sriracha	0.000	3.544	0.000	0.000	*N/A*	0.000	0.000	2.126	0.000	0.000
904051	1-Honey	0.000	14.343	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20	1-Margarine, Wholesome Farms-sysco	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	17.887	0.000	0.000	*0.000*	0.000	0.000	2.126	0.000	0.000
	% of Calories		47.111%		0.000%						

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East Side Union High School District

990650 - Sriracha Meatballs w/Rice

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: KELLEY 2.2.26

Group Code: ENTREE-LUNCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
R-990649	SRIRACHA GLAZE	2 (2 oz SERVINGS)	99.22	303.744	8.100	1356.726	35.774	0.000	22.275	0.000
990572	1-Beef Meatball All Natural	1 SERVING (4 Meatball)	104.00	293.333	8.000	293.333	0.000	0.000	22.667	0.667
903967	1-Rice, White, Long-Grain	1 cup	60.00	213.333	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	263.00	810.411	16.100	1650.059	35.774	0.000	44.941	0.667
		% of Calories			17.880%		17.657%	0.000%	49.909%	0.740%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990649	SRIRACHA GLAZE	0.000	35.774	0.000	0.000	*0.000*	0.000	0.000	4.252	0.000	0.000
990572	1-Beef Meatball All Natural	53.333	5.333	0.000	16.000	*N/A*	13.333	0.000	1.333	0.000	0.000
903967	1-Rice, White, Long-Grain	0.000	48.000	1.333	4.000	0.000	17.333	0.000	2.667	0.000	0.000
	Totals	53.333	89.108	1.333	20.000	*0.000*	30.667	0.000	8.252	0.000	0.000
	% of Calories		43.981%		9.872%						

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East Side Union High School District

990666 - STRAWBERRY CUP #5963

Number of Portions: 96.000

Group Code: FRUIT

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
707	STRAWBERRY CUP #5963	1 EACH	1.18	0.760	0.000	0.026	*N/A*	*N/A*	0.001	*N/A*
		Totals	1.00	0.760	0.000	0.026	*N/A*	*N/A*	0.001	*N/A*
		% of Calories			0.000%		*N/A%*	*N/A%*	1.184%	*N/A%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
707	STRAWBERRY CUP #5963	0.000	0.198	0.031	0.005	*N/A*	0.193	0.493	0.009	*N/A*	*N/A*
	Totals	0.000	0.198	0.031	0.005	*N/A*	0.193	0.493	0.009	*N/A*	*N/A*
	% of Calories		104.158%		2.632%						

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East Side Union High School District

990629 - Sweet Potato Bread

Number of Portions: 1.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: Kelley

Group Code: BREAD/ROLLS/STARCH

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903769	1-Sugar, Granulated	1 oz	28.35	106.311	0.000	0.000	28.350	0.000	0.000	0.000
903936	1-Potato, Sweet Potatoes, Yam canned	1 oz	28.35	23.034	0.000	0.886	1.949	1.949	0.000	0.000
903896	1-Oil, Vegetable	1/3 oz	9.36	80.189	1.336	0.000	0.000	0.000	9.355	0.000
928	1-Eggs, whole, liquid, pasteurized	1/3 oz	9.36	14.236	0.305	13.219	0.000	0.000	0.915	0.000
903771	1-Flour, Wheat,Whole-Grain	2/3 oz	18.71	65.487	0.094	0.000	0.748	0.000	0.468	0.000
903773	1-Baking Soda	1/4 TSP	0.74	0.000	0.000	6.923	0.000	0.000	0.000	0.000
903925	1-Spice, Cinnamon Ground	1/4 teaspoon	0.42	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903988	1-Spice, Nutmeg, ground	1/4 teaspoon	0.33	1.674	0.096	0.000	0.000	0.000	0.120	0.000
903774	1-Salt, Table	1/8 tsp	0.61	0.000	0.000	358.915	0.000	0.000	0.000	0.000
75010	1-Water, cold	1/4 oz	4.54	0.000	0.000	0.136	0.000	0.000	0.000	0.000
		Totals	101.00	290.931	1.831	380.079	31.047	1.949	10.858	0.000
		% of Calories			5.663%		42.686%	2.680%	33.589%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903769	1-Sugar, Granulated	0.000	28.350	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903936	1-Potato, Sweet Potatoes, Yam canned	0.000	6.024	0.709	0.000	*N/A*	2.835	0.000	0.000	0.000	0.000
903896	1-Oil, Vegetable	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
928	1-Eggs, whole, liquid, pasteurized	34.574	0.000	0.000	1.220	0.000	5.288	0.000	0.203	0.000	0.000
903771	1-Flour, Wheat,Whole-Grain	0.000	13.097	0.748	2.619	*N/A*	0.000	0.000	0.842	0.000	0.000
903773	1-Baking Soda	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903925	1-Spice, Cinnamon Ground	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903988	1-Spice, Nutmeg, ground	0.000	0.143	0.048	0.000	*N/A*	0.957	0.000	0.017	0.021	0.000
903774	1-Salt, Table	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	0.091	0.000	0.000	4.531	0.005
	Totals	34.574	47.615	1.505	3.840	*0.000*	9.170	0.000	1.063	4.552	0.005
	% of Calories		65.465%		5.280%						

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East Side Union High School District

990644 - Sweet/Sour Beef w/Veggie Rice

Number of Portions: 1.000

Source: Kelley 1.21.26

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903809	1-Beef Dunker, Pierre	6 each	119.07	244.242	5.343	671.667	6.106	0.000	12.212	0.763
990560	1-Sauce, Sweet and Sour	1 oz	28.35	40.499	0.000	145.797	9.720	0.000	0.000	0.000
R-990643	Veggie Rice	1 servings	358.53	347.532	0.000	78.665	3.776	0.000	2.432	0.000
		Totals	506.00	632.274	5.343	896.129	19.602	0.000	14.644	0.763
		% of Calories			7.605%		12.401%	0.000%	20.844%	1.087%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903809	1-Beef Dunker, Pierre	61.061	9.159	1.527	21.371	*N/A*	30.530	0.000	2.198	0.000	0.000
990560	1-Sauce, Sweet and Sour	0.000	10.530	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
R-990643	Veggie Rice	0.000	72.935	8.201	10.172	*N/A*	36.352	4.486	2.074	169.172	0.169
	Totals	61.061	92.624	9.728	31.543	*N/A*	66.882	4.486	4.272	169.172	0.169
	% of Calories		58.597%		19.955%						

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East Side Union High School District

990676 - Taco Loco Wrap

Number of Portions: 100.000

Source: Kelley

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
297	1-Beef Crumble, Tyson	18 3/4 LB	85.05	151.872	4.556	258.183	0.000	0.000	9.112	0.000
990233	1-Seasoning, Taco, Seasoning Mix	1 cup	1.44	3.600	0.000	151.200	0.360	0.360	0.000	0.000
903767	1-Tortilla, 10" - Flour	100 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
904069	1-Lettuce, Iceburg	6 1/4 LB	28.35	3.979	0.000	2.984	0.557	0.000	0.040	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	3 lb + 3 1/4 OZ	14.53	57.080	2.595	93.403	0.000	0.000	4.670	0.000
903939	1-Salsa, low sodium,	6 LB + 15 1/4 oz	31.54	8.624	0.000	34.496	1.478	0.000	0.000	0.000
900261	1-Dressing, Buttermilk Ranch, bulk	6 LB + 4 oz	28.35	122.848	1.890	226.796	0.000	0.000	13.230	0.000
990460	1-Chips, Doritos, Flamas	3 LB + 7 1/2 oz	15.73	72.150	0.278	111.000	0.555	0.000	2.775	0.000
		Totals	273.00	630.242	10.333	1263.733	3.965	0.360	31.857	0.000
		% of Calories			14.756%		2.516%	0.228%	45.492%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
297	1-Beef Crumble, Tyson	45.562	3.037	1.519	15.187	0.000	30.374	0.000	3.037	0.000	0.000
990233	1-Seasoning, Taco, Seasoning Mix	0.000	1.080	0.000	0.000	0.000	0.000	0.000	0.130	0.000	0.000
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
904069	1-Lettuce, Iceburg	0.000	0.841	0.348	0.254	*N/A*	4.974	0.796	0.099	0.000	0.000
903884	1-Cheese, Cheddar, Yellow, Shredded	15.567	0.000	0.000	3.113	0.000	103.781	0.000	0.000	0.000	0.000
903939	1-Salsa, low sodium,	0.000	1.971	0.246	0.246	*N/A*	0.000	1.183	0.089	0.000	0.000
900261	1-Dressing, Buttermilk Ranch, bulk	4.725	0.945	0.000	0.945	*N/A*	0.000	0.000	0.000	0.000	0.000
990460	1-Chips, Doritos, Flamas	0.000	11.100	1.110	1.110	*N/A*	15.540	0.000	0.000	0.000	0.000
	Totals	65.854	55.512	5.253	25.930	*0.000*	174.968	1.978	4.451	0.000	0.000
	% of Calories		35.232%		16.457%						

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East Side Union High School District

990671 - Teriyaki Ramen

Number of Portions: 100.000

Source: Kelley

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990702	1-Noodle, Ramen	100 (1 Cake)	84.00	360.000	0.000	285.000	0.000	0.000	15.000	0.000
903977	1-Broccoli, raw	100 oz	28.35	9.658	0.000	9.346	0.483	0.000	0.106	0.000
R-1857	2-Chicken Broth	400 quart	3953.42	340.192	0.000	2950.152	2267.960	22.680	22.680	0.000
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	300 oz	85.05	102.058	2.430	213.836	0.000	0.000	4.860	0.000
900232	1-Teriyaki Glaze Kikkoman	5 Cups	14.40	20.000	0.000	744.000	3.200	*N/A*	0.000	0.000
		Totals	4165.00	831.908	2.430	4202.334	2271.643	22.680	42.645	0.000
		% of Calories			2.629%		1092.257%	10.905%	46.136%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990702	1-Noodle, Ramen	0.000	51.000	6.000	9.000	0.000	18.000	0.000	3.000	0.000	0.000
903977	1-Broccoli, raw	0.000	1.882	0.748	0.801	*N/A*	13.396	25.296	0.206	25.315	0.000
R-1857	2-Chicken Broth	90.720	45.359	0.000	22.680	*0.000*	76.800	0.000	0.384	3836.180	3.840
904020	1-Chicken, Unseasoned Strips, Cooked, Frozen	55.889	0.000	0.000	14.580	*N/A*	0.000	0.000	0.000	0.000	0.000
900232	1-Teriyaki Glaze Kikkoman	0.000	4.800	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	146.609	103.041	6.748	47.060	*0.000*	108.196	25.296	3.590	3861.495	3.840
	% of Calories		49.544%		22.628%						

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East Side Union High School District

728 - Thai Chicken Wrap

Number of Portions: 6.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904096	1-Chicken, Popcorn	24 oz	113.40	260.685	2.607	404.062	0.000	0.000	14.338	0.000
11206	CUCUMBER,PEELED,RAW	6 tbsp, sliced	7.44	0.744	0.006	0.149	0.103	0.000	0.012	0.000
990009	1-Cilantro, Raw	2 tbsp	0.96	0.240	0.000	0.479	0.007	0.000	0.005	0.000
2021	GINGER,GROUND	1 TSP	0.30	1.005	0.008	0.081	0.010	0.000	0.013	0.000
R-727	SAUCE, PEANUT	6 SERVINGS	40.25	143.080	1.709	540.685	*9.511*	*8.383*	10.119	*0.008*
903767	1-Tortilla, 10" - Flour	6 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
		Totals	230.00	615.843	5.345	1331.127	*10.646*	*8.383*	26.516	*0.008*
		% of Calories			7.811%		*6.915%*	*5.445%*	38.751%	*0.012%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904096	1-Chicken, Popcorn	32.586	15.641	1.303	20.855	*N/A*	26.069	19.551	1.173	0.000	0.000
11206	CUCUMBER,PEELED,RAW	0.000	0.161	0.052	0.044	0.298	1.041	0.238	0.016	7.194	0.027
990009	1-Cilantro, Raw	0.000	0.036	0.024	0.022	*N/A*	0.719	0.264	0.017	0.000	0.000
2021	GINGER,GROUND	0.000	0.215	0.042	0.027	0.006	0.342	0.002	0.059	0.030	0.016
R-727	SAUCE, PEANUT	0.000	11.595	0.654	3.207	*0.000*	8.829	0.084	0.335	7.244	0.334
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
	Totals	32.586	64.185	4.106	29.229	*0.304*	57.298	20.139	2.697	14.468	0.376
	% of Calories		41.689%		18.985%						

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East Side Union High School District

990684 - Tinga Chicken w/Spanish Rice

Number of Portions: 36.000

Source: Kelley

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990755	Chicken, Pulled, Cooked, Frozen	9 LB	113.40	145.797	2.025	435.367	0.000	0.000	4.050	0.000
990771	Chipotle Adobo Sauce	130 oz	102.37	102.373	0.000	443.617	3.412	3.412	0.000	0.000
R-241	2-Rice, Spanish	36 (1/2 cup)	214.86	277.779	0.967	636.244	3.593	0.000	4.949	0.000
990401	1-Garlic, raw	18 clove(s)	1.50	1.875	0.000	0.000	0.375	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	6 CUP, chopped	26.67	10.667	0.000	1.000	1.130	0.000	0.027	0.000
990772	Mexican Oregano	1 1/2 oz	1.18	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	6 TSP	0.35	3.333	0.000	1.667	0.000	0.000	0.250	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	4 1/2 cup	29.55	5.684	0.000	4.547	6.820	0.000	0.000	0.000
R-1857	2-Chicken Broth	12 ounce(s)	10.30	0.886	0.000	7.683	5.906	0.059	0.059	0.000
903834	1-Oil, vegetable and olive oil blend	9 tbsp	3.54	30.375	0.253	0.000	0.000	0.000	3.544	0.000
903969	1-Juice, Lime	1 1/2 tbsp	0.75	0.121	0.000	0.000	0.000	0.000	0.000	0.000
R-990685	Tinga Side	36 servings	121.77	143.897	1.202	20.944	3.752	0.000	8.708	0.000
		Totals	626.00	722.787	4.447	1551.068	24.989	3.472	21.587	0.000
		% of Calories			5.537%		13.829%	1.921%	26.879%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990755	Chicken, Pulled, Cooked, Frozen	78.974	0.000	0.000	24.300	0.000	0.000	0.000	4.050	0.000	0.000
990771	Chipotle Adobo Sauce	0.000	13.650	6.825	6.825	0.000	0.000	0.000	6.825	0.000	0.000
R-241	2-Rice, Spanish	0.000	52.516	3.712	6.286	*N/A*	23.193	0.000	2.177	117.865	0.118
990401	1-Garlic, raw	0.000	0.375	0.000	0.000	*N/A*	0.000	0.450	0.000	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	2.490	0.450	0.293	*N/A*	6.167	1.967	0.057	0.000	0.000
990772	Mexican Oregano	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902244	1-Spice, Cumin Ground	0.000	0.500	0.167	0.167	*N/A*	10.000	0.000	0.600	0.028	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	0.000	1.137	0.227	0.227	*N/A*	4.547	3.410	0.082	0.000	0.000
R-1857	2-Chicken Broth	0.236	0.118	0.000	0.059	*0.000*	0.200	0.000	0.001	9.990	0.010
903834	1-Oil, vegetable and olive oil blend	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903969	1-Juice, Lime	0.000	0.048	0.000	0.000	*N/A*	0.097	0.000	0.002	0.000	0.000
R-990685	Tinga Side	0.000	20.814	8.287	2.900	*N/A*	72.848	49.439	1.563	0.000	0.000
	Totals	79.210	91.648	19.668	41.057	*0.000*	117.051	55.266	15.356	127.883	0.128
	% of Calories		50.719%		22.721%						

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East Side Union High School District

990685 - Tinga Side

Number of Portions: 36.000

Source: Kelley

Group Code: SIDES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
904005	1-Avocado	72 oz	56.70	90.718	1.202	3.969	0.374	0.000	8.312	0.000
990009	1-Cilantro, Raw	36 oz	28.35	7.087	0.000	14.175	0.213	0.000	0.142	0.000
900993	1-Onion, Yellow, fresh	36 oz	28.35	11.340	0.000	1.063	1.201	0.000	0.028	0.000
904004	1-Lime, raw	4 1/2 fruit (2" dia)	8.38	34.751	0.000	1.738	1.963	0.000	0.226	0.000
		Totals	122.00	143.897	1.202	20.944	3.752	0.000	8.708	0.000
		% of Calories			7.518%		10.430%	0.000%	54.465%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904005	1-Avocado	0.000	4.836	3.799	1.134	*N/A*	6.804	5.670	0.312	0.000	0.000
990009	1-Cilantro, Raw	0.000	1.063	0.709	0.638	*N/A*	21.262	7.796	0.496	0.000	0.000
900993	1-Onion, Yellow, fresh	0.000	2.647	0.478	0.312	*N/A*	6.556	2.091	0.060	0.000	0.000
904004	1-Lime, raw	0.000	12.267	3.301	0.817	*N/A*	38.226	33.882	0.695	0.000	0.000
	Totals	0.000	20.814	8.287	2.900	*N/A*	72.848	49.439	1.563	0.000	0.000
	% of Calories		57.857%		8.061%						

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East Side Union High School District

1039 - TOTAL

Number of Portions: 1.000

Source: current

Group Code: MISCELLANEOUS

Size of Portion: .

*Nutrients are based upon 1 Portion Size (.)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
		Totals	0.00	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
		% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
	Totals	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	% of Calories		*N/A%*		*N/A%*						

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
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¹ - denotes required nutrient values

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East Side Union High School District

990633 - Vanilla Bean Cereal Bites - ONLY

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: Kelley

Group Code: ENTREE-BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990744	Vanilla Bean Mega O's Cereal Bites	2 1/3 oz	65.77	250.004	2.000	0.000	6.000	2.000	13.000	0.000
		Totals	66.00	250.004	2.000	0.000	6.000	2.000	13.000	0.000
		% of Calories			7.200%		9.600%	3.200%	46.800%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990744	Vanilla Bean Mega O's Cereal Bites	5.000	26.000	10.000	14.000	0.000	104.002	0.000	2.700	0.000	0.000
	Totals	5.000	26.001	10.000	14.000	0.000	104.002	0.000	2.700	0.000	0.000
	% of Calories		41.600%		22.400%						

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East Side Union High School District

990643 - Veggie Rice

Number of Portions: 150.000

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Source: Kelley 1.21.26

Group Code: SIDES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990414	1-Vegetables Mixed, frozen-USDA	37 1/2 LB	113.40	73.522	0.000	39.876	3.738	0.000	0.000	0.000
903933	1-Rice, Brown, Long-Grain, Regular	25 LB	75.60	273.442	0.000	0.000	0.000	0.000	2.413	0.000
990640	1-Base, Beef	6 tsp	0.19	0.568	0.000	33.709	0.038	0.000	0.019	0.000
75010	1-Water, cold	7 gal	169.34	0.000	0.000	5.080	0.000	0.000	0.000	0.000
		Totals	359.00	347.532	0.000	78.665	3.776	0.000	2.432	0.000
		% of Calories			0.000%		4.346%	0.000%	6.297%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990414	1-Vegetables Mixed, frozen-USDA	0.000	14.954	4.985	3.738	*N/A*	24.923	4.486	0.449	0.000	0.000
903933	1-Rice, Brown, Long-Grain, Regular	0.000	57.905	3.217	6.434	*N/A*	8.042	0.000	1.608	0.000	0.000
990640	1-Base, Beef	0.000	0.076	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
75010	1-Water, cold	0.000	0.000	0.000	0.000	*N/A*	3.387	0.000	0.017	169.172	0.169
	Totals	0.000	72.935	8.201	10.172	*N/A*	36.352	4.486	2.074	169.172	0.169
	% of Calories		83.946%		11.708%						

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East Side Union High School District

990661 - Veggie Taco Grain Bowl

Number of Portions: 100.000

Source: Kel

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903884	1-Cheese, Cheddar, Yellow, Shredded	3 lb + 2 OZ	14.18	55.688	2.531	91.125	0.000	0.000	4.556	0.000
903954	1-Tomato, red ripe	1 gal + 2 qt	57.60	10.302	0.000	2.810	1.513	0.000	0.117	0.000
904005	1-Avocado	3 qt + 1/2 cup	28.35	45.359	0.601	1.984	0.187	0.000	4.156	0.000
990009	1-Cilantro, Raw	1 qt + 1 pint	2.76	0.690	0.000	1.380	0.021	0.000	0.014	0.000
904004	1-Lime, raw	12 1/2 fruit (2" dia) 8 cut	8.38	34.751	0.000	1.738	1.963	0.000	0.226	0.000
R-990575	2-Rice, Cilantro Lime	100 Servings	215.50	216.597	0.000	921.625	0.040	0.000	0.027	0.000
990631	1-Lettuce, Romaine	3 gal, shredded + 1 pint, shredded	23.50	3.995	0.009	1.880	0.280	0.000	0.071	0.000
R-990662	Chickpeas Chili Roasted	100 Serving-1/2 cup	144.57	187.628	1.246	219.710	1.223	0.000	9.500	0.000
		Totals	495.00	555.010	4.388	1242.252	5.226	0.000	18.666	0.000
		% of Calories			7.115%		3.766%	0.000%	30.268%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903884	1-Cheese, Cheddar, Yellow, Shredded	15.188	0.000	0.000	3.038	0.000	101.250	0.000	0.000	0.000	0.000
903954	1-Tomato, red ripe	0.000	2.238	0.702	0.506	*N/A*	5.620	7.914	0.155	54.444	0.000
904005	1-Avocado	0.000	2.418	1.899	0.567	*N/A*	3.402	2.835	0.156	0.000	0.000
990009	1-Cilantro, Raw	0.000	0.103	0.069	0.062	*N/A*	2.070	0.759	0.048	0.000	0.000
904004	1-Lime, raw	0.000	12.267	3.301	0.817	*N/A*	38.226	33.882	0.695	0.000	0.000
R-990575	2-Rice, Cilantro Lime	0.000	48.822	1.472	4.136	*0.000*	25.082	1.462	2.800	141.606	0.142
990631	1-Lettuce, Romaine	0.000	0.773	0.494	0.289	*N/A*	7.755	0.940	0.228	22.233	0.136
R-990662	Chickpeas Chili Roasted	0.000	20.015	6.227	6.227	*N/A*	55.532	0.000	2.177	0.030	0.000
	Totals	15.188	86.638	14.165	15.641	*0.000*	238.937	47.792	6.259	218.313	0.278
	% of Calories		62.441%		11.273%						

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East Side Union High School District

990167 - Week 1

Number of Portions: 1.000

Group Code: None

Size of Portion: .

*Nutrients are based upon 1 Portion Size (.)

Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
	Totals	0.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Totals	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
% of Calories		*N/A%*		*N/A%*						

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East Side Union High School District

990168 - Week 2

Number of Portions: 1.000

Group Code: None

Size of Portion: .

*Nutrients are based upon 1 Portion Size (.)

Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
	Totals	0.00	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Totals	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
% of Calories		*N/A%*		*N/A%*						

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East Side Union High School District

990640 - White Bean/Quinoa Pizza Casserole

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990590	1-Beans, Great Northern	1/2 cup	125.00	150.000	0.000	140.000	2.000	0.000	0.000	0.000
990749	Quinoa, Tri Color	2 oz	56.70	200.809	0.000	0.000	0.000	0.000	1.772	0.000
903952	1-Tomato Sauce, USDA	1/2 cup	113.40	36.877	0.000	129.071	6.454	0.000	0.000	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	1 oz	28.35	5.452	0.000	4.361	6.542	0.000	0.000	0.000
903955	1-Pepper, bell sweet, red, raw	1 tsp, chopped	3.10	0.965	0.000	0.132	0.130	0.000	0.009	0.000
900993	1-Onion, Yellow, fresh	1 tsp, chopped	3.33	1.333	0.000	0.125	0.141	0.000	0.003	0.000
903924	1-Spice, Garlic powder	1/4 teaspoon	0.78	2.500	0.000	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.34	0.000	0.000	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	1/4 tsp	0.19	0.035	0.000	0.000	0.000	0.000	0.000	0.000
903973	1-Spice, Oregano Leaves, Dry	1/4 tsp, leaves	0.16	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903972	1-Spice, Basil, Dry	1/4 tsp, ground	0.22	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	1 oz	28.35	60.000	2.000	170.000	0.000	0.000	3.000	0.000
799941	1-Spinach, fresh	1 oz	28.35	6.520	0.018	22.396	0.000	0.000	0.111	0.000
		Totals	388.00	464.492	2.018	466.086	15.267	0.000	4.895	0.000
		% of Calories			3.910%		13.147%	0.000%	9.485%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990590	1-Beans, Great Northern	0.000	27.000	5.000	7.000	*N/A*	50.000	0.000	2.000	0.000	0.000
990749	Quinoa, Tri Color	0.000	38.981	7.087	8.269	0.000	11.812	0.000	2.953	0.000	0.000
903952	1-Tomato Sauce, USDA	0.000	9.219	0.000	1.844	*N/A*	0.000	2.213	0.664	0.000	0.000
903935	1-Tomatoes, diced, no salt add, canned-USDA	0.000	1.090	0.218	0.218	*N/A*	4.361	3.271	0.079	0.000	0.000
903955	1-Pepper, bell sweet, red, raw	0.000	0.187	0.064	0.031	*N/A*	0.019	3.964	0.001	2.862	0.000
900993	1-Onion, Yellow, fresh	0.000	0.311	0.056	0.037	*N/A*	0.771	0.246	0.007	0.000	0.000
903924	1-Spice, Garlic powder	0.000	0.500	0.000	0.000	*N/A*	0.000	0.000	0.090	0.050	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
978	1-Spice, Pepper, Red Crushed	0.000	0.106	0.035	0.035	*N/A*	2.817	0.127	0.013	0.015	0.000
903973	1-Spice, Oregano Leaves, Dry	0.000	0.160	0.160	0.000	*N/A*	3.200	0.000	0.115	0.016	0.000
903972	1-Spice, Basil, Dry	0.000	0.000	0.000	0.000	*N/A*	0.896	0.000	0.035	0.000	0.000
903915	1-Cheese, Mozzarella, Lite, Shredded-USDA	10.000	1.000	0.000	7.000	*N/A*	0.000	0.000	0.000	0.000	0.000
799941	1-Spinach, fresh	0.000	1.029	0.624	0.811	*N/A*	28.066	7.966	0.768	25.911	0.488
	Totals	10.000	79.584	13.245	25.244	*0.000*	101.943	17.786	6.725	28.855	0.488
	% of Calories		68.534%		21.739%						

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East Side Union High School District

990688 - Wings & Rings

Number of Portions: 175.000

Source: Kelley

Group Code: ENTREE-LUNCH

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
990775	Chicken Wings	525 oz	85.05	218.696	4.252	364.494	0.000	0.000	15.795	0.000
990776	Onion Rings	30 LB	77.76	201.970	1.010	201.970	6.059	4.039	7.069	0.000
990766	Korean BBQ Gochujang	218 3/4 gram	1.25	0.000	0.000	89.286	0.000	0.000	0.000	0.000
990777	Ranch Cup 1oz	175 each	28.35	131.623	2.025	232.871	0.000	0.000	13.162	0.000
		Totals	192.00	552.289	7.287	888.621	6.059	4.039	36.026	0.000
		% of Calories			11.875%		4.388%	2.925%	58.707%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990775	Chicken Wings	103.273	2.430	0.000	17.010	0.000	0.000	0.000	1.701	0.000	0.000
990776	Onion Rings	0.000	30.296	2.020	3.030	0.000	50.493	0.000	1.010	0.000	0.000
990766	Korean BBQ Gochujang	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990777	Ranch Cup 1oz	5.062	1.012	0.000	1.012	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	108.336	33.738	2.020	21.052	0.000	50.493	0.000	2.711	0.000	0.000
	% of Calories		24.435%		15.247%						

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East Side Union High School District

990625 - Wrap, Mac Burger

Number of Portions: 1.000

Source: Kelley 1.15.26

Group Code: ENTREE-LUNCH

Size of Portion: 1 each

*Nutrients are based upon 1 Portion Size (1 each)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903767	1-Tortilla, 10" - Flour	1 each, 10"	68.00	210.090	1.015	385.672	1.015	0.000	2.030	0.000
990648	1-Lettuce, pre-shredded	2 oz	56.70	7.958	0.000	5.968	1.114	0.000	0.080	0.000
R-990624	Mac Wrap Sauce	1 (1 oz)	33.06	149.216	2.786	135.599	1.511	0.000	15.329	0.000
297	1-Beef Crumble, Tyson	3 oz	85.05	151.872	4.556	258.183	0.000	0.000	9.112	0.000
990634	1-Pickle Chips	1 (3 chips)	14.00	2.500	0.000	194.972	0.000	0.000	0.000	0.000
903954	1-Tomato, red ripe	1 oz	28.35	5.071	0.000	1.383	0.744	0.000	0.058	0.000
990109	1-Cheese, American,sliced,Past Processed	1 (1 slice)	14.00	50.000	2.500	250.000	0.000	0.000	4.500	0.000
903989	1-Spice, Onion Powder	1/4 teaspoon	0.60	2.174	0.000	0.522	0.000	0.000	0.000	0.000
903924	1-Spice, Garlic powder	1/4 teaspoon	0.78	2.500	0.000	0.000	0.000	0.000	0.000	0.000
900768	1-Spice, Pepper, black	1/4 tsp	0.53	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	301.00	581.380	10.857	1232.299	4.384	0.000	31.108	0.000
		% of Calories			16.807%		3.016%	0.000%	48.157%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903767	1-Tortilla, 10" - Flour	0.000	36.537	2.030	5.075	*N/A*	20.299	0.000	1.096	0.000	0.000
990648	1-Lettuce, pre-shredded	0.000	1.681	0.696	0.507	*N/A*	9.947	1.592	0.199	0.000	0.000
R-990624	Mac Wrap Sauce	6.964	3.831	0.129	0.084	*0.000*	2.048	0.601	0.048	11.857	0.381
297	1-Beef Crumble, Tyson	45.562	3.037	1.519	15.187	0.000	30.374	0.000	3.037	0.000	0.000
990634	1-Pickle Chips	0.000	0.500	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
903954	1-Tomato, red ripe	0.000	1.102	0.346	0.249	*N/A*	2.766	3.895	0.076	26.796	0.000
990109	1-Cheese, American,sliced,Past Processed	12.500	1.000	0.000	2.500	0.000	65.000	0.000	0.050	0.000	0.000
903989	1-Spice, Onion Powder	0.000	0.435	0.087	0.087	*N/A*	1.739	0.104	0.031	0.032	0.000
903924	1-Spice, Garlic powder	0.000	0.500	0.000	0.000	*N/A*	0.000	0.000	0.090	0.050	0.000
900768	1-Spice, Pepper, black	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000	0.000	0.000	0.000
	Totals	65.026	48.623	4.807	23.689	*0.000*	132.173	6.192	4.628	38.735	0.381
	% of Calories		33.454%		16.298%						

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
**** - denotes combined nutrient totals with either missing or incomplete nutrient data***
¹ - denotes required nutrient values

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East Side Union High School District

1877 - z-Milk,Strawberry,Crystal Cream

Number of Portions: 1.000

Size of Portion: 8 oz

*Nutrients are based upon 1 Portion Size (8 oz)

Source: current

Group Code: MILK

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat (g)
903789	milk, fat free strawberry, Foster Farms	1 (1/ 2 pint)	226.80	120.000	0.000	135.000	20.000	*N/A*	0.000	0.000
		Totals	227.00	120.000	0.000	135.000	20.000	*N/A*	0.000	0.000
		% of Calories			0.000%		66.667%	*N/A%*	0.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903789	milk, fat free strawberry, Foster Farms	5.000	22.000	0.000	9.000	*N/A*	300.000	0.000	0.000	0.000	0.000
	Totals	5.000	22.000	0.000	9.000	*N/A*	300.000	0.000	0.000	0.000	0.000
	% of Calories		73.333%		30.000%						

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
**** - denotes combined nutrient totals with either missing or incomplete nutrient data***
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