

This Excel spreadsheet contains the nutrition information for all Central breakfast and lunch entrees, fruits, and vegetables. Please refer to the Cycle Dates Calendar (right) to determine which calendar date corresponds with a cycle date.

All milk and condiments are listed in a separate Excel spreadsheet.

Cycle Dates 2017-2018

September 2017					October 2017					November 2017				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
					² 21	³ 22	⁴ 23	⁵ 24	⁶ 25			¹ 18	² 19	³ 20
	⁵ 2	⁶ 3	⁷ 4	⁸ 5	⁹ 1	¹⁰ 2	^{LS} 3	¹² 4	¹³ 5	⁶ 21	⁷ 22	^{LS} 23	⁹ 24	¹⁰ 25
¹¹ 6	¹² 7	^{LS} 8	¹⁴ 9	¹⁵ 10	¹⁶ 6	¹⁷ 7	¹⁸ 8	¹⁹ 9	²⁰ 10	¹³ 1	¹⁴ 2	¹⁵ 3	¹⁶ 4	¹⁷ 5
¹⁸ 11	¹⁹ 12	²⁰ 13	²¹ 14	²² 15	²³ 11	²⁴ 12	²⁵ 13			²⁰ 6	²¹ 7			
²⁵ 16	²⁶ 17	²⁷ 18	²⁸ 19	²⁹ 20	³⁰ 16	³¹ 17				²⁷ 11	²⁸ 12	²⁹ 13	³⁰ 14	

December 2017					January 2018					February 2018				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
				¹ 15		² 12	³ 13	⁴ 14	⁵ 15				¹ 9	² 10
⁴ 16	⁵ 17	⁶ 18	⁷ 19	⁸ 20	⁸ 16	⁹ 17	^{LS} 18	¹¹ 19	¹² 20	⁵ 11	⁶ 12	⁷ 13	⁸ 14	⁹ 15
¹¹ 21	¹² 22	^{LS} 23	¹⁴ 24	¹⁵ 25	¹⁵ 21	¹⁶ 22	¹⁷ 23	¹⁸ 24	¹⁹ 25	¹² 16	¹³ 17	^{LS} 18	¹⁵ 19	
¹⁸ 1	¹⁹ 2	²⁰ 3	²¹ 4	²² 5		²³ 2	²⁴ 3	²⁵ 4	²⁶ 5		²⁰ 22	²¹ 23	²² 24	²³ 25
					²⁹ 6	³⁰ 7	³¹ 8			²⁶ 1	²⁷ 2	²⁸ 3		

March 2018					April 2018					May/June 2018				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
			¹ 4	² 5		³ 2	⁴ 3	⁵ 4	⁶ 5		¹ 22	² 23	³ 24	⁴ 25
⁵ 6	⁶ 7	⁷ 8	⁸ 9	⁹ 10	⁹ 6	¹⁰ 7	^{LS} 8	¹² 9	¹³ 10	⁷ 1	⁸ 2	^{LS} 3	¹⁰ 4	¹¹ 5
¹² 11	¹³ 12	^{LS} 13	¹⁵ 14	¹⁶ 15	¹⁶ 11	¹⁷ 12	¹⁸ 13	¹⁹ 14	²⁰ 15	¹⁴ 6	¹⁵ 7	¹⁶ 8	¹⁷ 9	¹⁸ 10
¹⁹ 16	²⁰ 17	²¹ 18	²² 19		²³ 16	²⁴ 17	²⁵ 18	²⁶ 19	²⁷ 20	²¹ 11	²² 12	²³ 13	²⁴ 14	²⁵ 15
					³⁰ 21						²⁹ 17	³⁰ 18	³¹ 19	¹ 20
										⁴ 21	⁵ 22	⁶ 23	⁷ 24	⁸ 25





RECIPE NUTRITIONAL SUMMARY - Breakfast Feature Entrees 17/18 SY

2018-01-17 16:33

Menu Cycle Date	Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
1	M50436	Oatmeal w/ Brown Sugar	1/2 cup (0 g)	130	20	2	0	*0	0	0	25	3	6	4	0	0	0	8
2	M50762	Bacon, Egg & Cheese English Muffin	1 sandwich (0 g)	260	110	12	4.5	*0	115	620	25	2	2	12	4	0	25	4
3	M52161	Ham, Egg and Cheese Bagel	1 sandwich (0 g)	210	50	5	2	0	100	400	21	4	6	12	4	0	10	15
4	M50756	Egg & Cheese Bagel	1 sandwich (0 g)	260	90	11	4	*0	110	490	22	4	6	12	4	0	15	10
5	M53527	Blueberry Muffin Square	1 each (0 g)	440	110	12	6	0	35	560	75	4	37	5	0	0	0	6
6	M52161	Ham, Egg and Cheese Bagel	1 sandwich (0 g)	210	50	5	2	0	100	400	21	4	6	12	4	0	10	15
7	M50436	Oatmeal w/ Brown Sugar	1/2 cup (0 g)	130	20	2	0	*0	0	0	25	3	6	4	0	0	0	8
8	M50756	Egg & Cheese Bagel	1 sandwich (0 g)	260	90	11	4	*0	110	490	22	4	6	12	4	0	15	10
9	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	10
10	M54037	Egg, Bacon & Cheddar Flatbread Sandwich	1 each (0 g)	160	70	8	3	0	100	260	15	1	2	8	4	0	8	4
11	M52981	Apple Cinnamon Muffin Square	1 each (0 g)	440	110	12	6	0	35	560	75	3	37	5	0	0	0	6
12	M50436	Oatmeal w/ Brown Sugar	1/2 cup (0 g)	130	20	2	0	*0	0	0	25	3	6	4	0	0	0	8
13	M50760	Egg & Cheese English Muffin	1 sandwich (0 g)	240	90	11	4	*0	110	550	25	2	2	11	4	0	25	4
14	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	10
15	M53368	Grilled Ham & Cheese	1 sandwich (0 g)	360	150	17	8	0	55	900	32	2	4	20	0	0	30	15
16	M52983	Cinnamon Raisin Bagel	1 each (0 g)	170	15	1.5	0	0	0	150	33	5	8	7	0	6	2	10
17	M66497	Cheese & Chicken Sausage Quesadilla	1 each (0 g)	450	240	26	14	0	80	760	31	2	2	26	10	0	50	10
18	M53309	Sausage & Cheese Biscuit	1 sandwich (0 g)	360	180	20	13	0	55	910	29	2	3	18	2	0	25	10
19	M53527	Blueberry Muffin Square	1 each (0 g)	440	110	12	6	0	35	560	75	4	37	5	0	0	0	6
20	M53296	Cheesy Egg Biscuit	1 sandwich (0 g)	330	180	20	13	*0	110	770	29	2	3	10	4	0	25	8



RECIPE NUTRITIONAL SUMMARY - Breakfast Feature Entrees 17/18 SY

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21	M52227	Glazed Cinnamon Roll	1 each (0 g)	200	10	1	0.5	*0	<5	135	43	3	16	5	6	0	2	10
22	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	10
23	M50436	Oatmeal w/ Brown Sugar	1/2 cup (0 g)	130	20	2	0	*0	0	0	25	3	6	4	0	0	0	8
24	M53772	Cheese & Chicken Ham Breakfast Roll	1 each (0 g)	180	80	8	4.5	0	60	350	17	2	2	9	6	4	20	6
25	M53154	Cheesy Ham Biscuit	1 sandwich (0 g)	310	140	16	12	0	30	1130	28	2	3	14	2	0	25	8



RECIPE NUTRITIONAL SUMMARY - Breakfast Daily Serve Entrees 17/18 SY

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Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
CEREAL & GRAINS																	
M53786	Bagel	1/2 each (0 g)	70	0	0.5	0	0	0	90	10	2	3	3	0	0	2	6
M51434	Frosted Mini Wheats	1 bowl (0 g)	100	0	0	0	0	0	0	24	3	6	3	0	0	0	45
M50441	Honey Nut Cheerios	1 bowl (0 g)	110	15	1.5	0	0	0	160	22	2	9	2	10	10	10	25
M51320	Rice Krispies	1 bowl (0 g)	100	0	0.5	0	0	0	170	23	1	1	2	20	20	0	45
M51073	Sliced Toast	1 slice (0 g)	80	10	1	0	0	0	160	15	1	2	3	0	0	0	6
PROTEIN																	
M50670	Hard Boiled Egg	1 each (0 g)	80	45	5	1.5	0	185	60	1	0	1	6	6	0	2	4
M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0



RECIPE NUTRITIONAL SUMMARY - Lunch Feature Entrees 17/18 SY

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Menu Cycle Date	Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
1	M54325	Breaded Chicken Drumstick	1 each (0 g)	190	100	11	2.5	0	50	450	5	1	0	16	2	0	2	6
1	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
2	M51114	Rotini	1 cup (0 g)	200	25	2.5	0	0	0	15	40	5	2	7	0	0	4	15
2	M52406	Italian Sauce with Chicken	3/4 cup (0 g)	180	40	4.5	1.5	0	60	150	14	3	7	18	25	6	10	8
3	M53290	Broccoli & Cheese Baked Potato	1 each (0 g)	400	180	20	13	0	60	810	37	4	2	19	20	50	50	15
3	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
4	M52345	Buffalo Chicken Artisan Flatbread Pizza	1 each (0 g)	380	160	17	6	0	50	800	31	3	3	22	4	0	25	6
5	M51454	Chicken Breast Sandwich	1 sandwich (0 g)	250	40	4.5	0.5	0	55	480	27	2	4	26	0	0	4	10
5	M53537	Chicken Noodle Soup	8 fl oz (0 g)	110	25	3	1	0	30	170	9	1	2	10	45	2	2	4
6	M66540	Chicken Soft Tacos	2 each (0 g)	350	130	14	5	*0	60	470	31	2	3	25	30	4	25	15
6	M52224	Mexican Spiced Rice	1/2 cup (0 g)	110	10	1	0	*0	0	65	22	1	0	3	4	0	0	4
7	M51578	Cheese Pizza	1/8 cut (0 g)	350	140	16	8	0	30	810	31	3	3	19	6	0	40	6
7	M53000	Pepperoni Pizza	1/8 cut (0 g)	390	170	19	9	0	40	940	31	3	3	21	6	0	40	6
7	M51559	Vegetable Pesto Pizza	1/8 cut (0 g)	420	200	23	8	0	30	770	32	3	3	20	10	20	60	6
8	M52231	Macaroni & Cheese	12 fl oz (0 g)	480	190	21	13	*0	60	880	50	6	2	23	15	0	60	20
9	M52872	Chicken Enchiladas	2 each (0 g)	290	100	12	6	*0	55	450	27	3	5	19	20	25	20	10
9	M53570	Rice & Corn Salad	3/4 cup (0 g)	180	40	4.5	1	*0	0	280	32	2	4	4	4	15	0	4
10	M51183	Breaded Fish Melt	1 sandwich (0 g)	360	100	12	3.5	0	70	780	44	4	6	23	2	0	15	15
11	M66178	White Cheese, Sausage & Herb Artisan FB Pizza	1 each (0 g)	410	170	18	7	*0	55	870	33	3	*3	26	4	6	30	10
12	M52005	Chicken Burger	1 each (0 g)	330	140	15	3.5	0	85	790	28	2	4	23	2	0	6	15



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12	M50111	Veggie Burger	1 each (0 g)	220	45	5	0	0	0	710	33	6	4	16	0	0	8	20
13	M53554	Ham & Cheese Sub	1 sandwich (0 g)	290	90	10	4	0	45	1190	32	4	6	22	50	8	15	10
13	M53543	Roasted Veg Submarine Sandwich	1 each (0 g)	390	180	20	11	0	65	1310	35	4	9	20	70	30	45	10
14	M52169	Spaghetti Carbonara with Peas, Bacon and Chicken	8 fl oz (0 g)	330	110	12	6	*0	60	560	31	4	2	24	8	4	25	15
14	M51831	Fresh Baked Breadstick	1 each (0 g)	80	10	1	0	0	0	100	14	2	2	3	0	0	0	4
15	M50513	Chicken Sandwich with Ginger Teriyaki Vegetable	1 sandwich (0 g)	390	110	12	2	0	50	770	45	3	8	27	6	30	6	15
16	M50842	Vegetable Bean Chili	8 fl oz (0 g)	180	15	2	0	*0	0	220	31	8	6	9	60	40	10	15
16	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
17	M52346	Chipotle BBQ Chicken Artisan Pizza	1 each (0 g)	400	150	17	8	0	60	660	38	3	9	22	6	4	25	8
18	M51578	Cheese Pizza	1/8 cut (0 g)	350	140	16	8	0	30	810	31	3	3	19	6	0	40	6
18	M53000	Pepperoni Pizza	1/8 cut (0 g)	390	170	19	9	0	40	940	31	3	3	21	6	0	40	6
18	M51559	Vegetable Pesto Pizza	1/8 cut (0 g)	420	200	23	8	0	30	770	32	3	3	20	10	20	60	6
19	M50081	Diced Roast Turkey Breast in Gravy	4 fl oz (0 g)	140	35	4	2	0	60	580	5	0	2	20	0	0	0	6
19	M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
20	M55592	French Toast Sticks	4 stick (0 g)	260	90	10	2	0	0	300	38	3	9	6	0	0	4	10
20	M53475	Cheese Frittata	1/24 cut (0 g)	90	60	7	3	0	175	125	1	0	1	7	6	0	10	4
21	M52452	Vegetable Pizza	1/8 cut (0 g)	350	130	14	6	0	35	560	37	4	7	18	8	8	30	15
21	M51578	Cheese Pizza	1/8 cut (0 g)	350	140	16	8	0	30	810	31	3	3	19	6	0	40	6
21	M53000	Pepperoni Pizza	1/8 cut (0 g)	390	170	19	9	0	40	940	31	3	3	21	6	0	40	6
22	M52005	Chicken Burger	1 each (0 g)	330	140	15	3.5	0	85	790	28	2	4	23	2	0	6	15
22	M50111	Veggie Burger	1 each (0 g)	220	45	5	0	0	0	710	33	6	4	16	0	0	8	20
23	M51979	Chicken Pot Pie	1 serving (0 g)	390	140	16	11	0	60	680	38	4	4	24	50	6	15	10



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24	M66653	Chicken Fajita	1 each (0 g)	360	120	13	6	*0	55	460	36	4	4	23	8	35	20	15
25	M53876	Sweet & Sour Chicken w/ Vegetables	6 fl oz (0 g)	200	50	6	1.5	*0	55	210	18	2	10	19	140	45	2	6
25	M51356	Vegetarian Fried Rice	6 fl oz (0 g)	160	35	4	1	0	95	240	25	1	1	6	10	6	4	4



RECIPE NUTRITIONAL SUMMARY - Salad Bar MTO 17/18 SY

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Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
LETTUCE																	
M52604	Romaine Salad	1 cup (0 g)	5	0	0	0	0	0	0	1	<1	0	0	70	2	0	2
M52831	Spinach Salad	1 cup (0 g)	15	0	0	0	0	0	55	3	2	0	2	130	35	8	10
MEAT & CHEESE																	
M53569	Black Forest Deli Chicken Ham Slices	1 serving (0 g)	80	40	4.5	1.5	0	40	330	2	0	1	8	0	0	0	2
M53961	Cheddar Cheese Cubes	12 piece (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	6	0	20	2
M51824	Chicken	2 fl oz (0 g)	70	25	3	1	0	30	55	<1	0	0	10	0	0	0	0
M51721	Cottage Cheese	2 fl oz (0 g)	40	0	0.5	0	0	<5	220	3	0	2	7	2	0	6	0
M52365	Diced Turkey	3 fl oz (0 g)	60	20	2	0.5	0	25	230	2	0	0	10	0	0	2	2
M50670	Hard Boiled Egg	1 each (0 g)	80	45	5	1.5	0	185	60	1	0	1	6	6	0	2	4
M51720	Mozzarella Cheese Shreds	2 fl oz (0 g)	90	50	6	3.5	0	15	210	1	0	0	7	2	0	20	0
VEGETABLES																	
M51541	Black Beans	1/4 cup (0 g)	60	0	0	0	0	0	45	10	4	0	4	0	0	4	6
M50891	Black Olives	1 tablespoon (0 g)	15	10	1.5	0	0	0	60	<1	0	0	0	0	0	0	0
M51714	Celery Sticks	1/4 cup (0 g)	5	0	0	0	0	0	25	<1	<1	0	0	2	0	0	0
M51546	Fresh Broccoli	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	10	0	0
M51549	Fresh Cauliflower	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	10	0	0
M52661	Fresh Cucumber Slices	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
M51007	Fresh Diced Tomato	1/8 cup (0 g)	0	0	0	0	0	0	0	1	0	<1	0	4	6	0	0
M52338	Fresh Green Pepper	1/8 cup (0 g)	0	0	0	0	0	0	0	<1	0	0	0	0	25	0	0



RECIPE NUTRITIONAL SUMMARY - Salad Bar MTO 17/18 SY

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M52390	Garbanzo Beans	1/4 cup (0 g)	60	10	1	0	0	0	50	9	2	0	3	0	0	2	2
M53083	Green Peas	1/4 cup (0 g)	35	0	0	0	0	0	35	7	2	2	2	20	8	0	4
M51671	Kidney Beans	1/4 cup (0 g)	60	0	0	0	0	0	50	11	3	<1	4	0	0	4	4
M52337	Shredded Carrot	1/8 cup (0 g)	0	0	0	0	0	0	10	1	0	<1	0	40	0	0	0
M50892	Sliced Jalapenos	1 tablespoon (0 g)	0	0	0	0	0	0	170	0	0	0	0	4	0	0	0
CONDIMENTS & EXTRAS																	
M53113	Buttermilk Ranch Dressing	1 each (0 g)	10	0	0	0	0	0	125	2	0	0	0	0	0	0	0
M51680	Dinner Roll	1 each (0 g)	170	25	3	0.5	0	0	135	28	3	3	7	0	0	0	4
M53114	French Dressing	1 each (0 g)	10	0	0	0	0	0	95	3	0	2	0	0	0	0	0
M53115	Italian Dressing	1 each (0 g)	5	0	0	0	0	0	120	1	0	0	0	0	0	0	0
M50185	Sliced Bread	1 slice (0 g)	80	10	1	0	0	0	160	15	1	2	3	0	0	0	6



RECIPE NUTRITIONAL SUMMARY - Central Fruits & Vegetables 17/18 SY

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Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
FRUITS																	
M53549	Applesauce	1/2 cup (0 g)	50	0	0	0	0	0	10	14	2	9	0	0	0	0	0
M50423	Blueberries	1/2 cup (0 g)	35	0	0	0	0	0	0	8	2	6	0	0	2	0	0
M50745	Cinnamon Apples	1/2 cup (0 g)	110	0	0	0	*0	0	10	26	2	23	0	0	0	0	0
M52268	Diced Peaches	1/2 cup (0 g)	50	0	0	0	0	0	10	12	0	10	0	6	2	0	0
M52271	Diced Pears	1/2 cup (0 g)	60	0	0	0	0	0	10	14	2	12	0	0	0	0	0
M52217	Fresh Apple	1 each (0 g)	60	0	0	0	0	0	0	17	3	12	0	0	10	0	0
M51458	Fresh Banana	1 each (0 g)	70	0	0	0	0	0	0	18	2	9	<1	0	10	0	0
M50429	Fresh Cantaloupe	1/2 cup (0 g)	25	0	0	0	0	0	10	6	<1	6	<1	50	45	0	0
M50534	Fresh Orange Wedges	8 wedge (0 g)	45	0	0	0	0	0	0	11	2	9	<1	4	90	4	0
M50528	Grapefruit	1/2 each (0 g)	40	0	0	0	0	0	0	11	1	9	<1	25	80	0	0
M52794	Mandarin Oranges	1/2 cup (0 g)	80	0	0	0	0	0	10	17	<1	15	<1	4	20	0	0
M50427	Mixed Fruit	1/2 cup (0 g)	60	0	0	0	0	0	5	13	1	13	1	4	2	0	0
M50722	Raisins	1 each (0 g)	130	0	0	0	0	0	0	34	2	25	1	0	0	2	4
JUICE																	
M50979	Apple Juice	1 each (0 g)	60	0	0	0	0	0	15	14	0	13	0	0	0	0	0
M51389	Dragon Punch Juice	1 each (0 g)	50	0	0	0	0	0	35	13	0	12	0	10	50	0	0
M50980	Fruit Juice	1 each (0 g)	60	0	0	0	0	0	10	14	0	13	0	0	6	0	0
M53365	Grape Juice	1 each (0 g)	80	0	0	0	0	0	15	18	0	18	0	0	0	0	0
M50982	Orange Juice	1 each (0 g)	50	0	0	0	0	0	15	12	0	10	<1	0	70	0	0
M50495	Wango Mango Juice	1 each (0 g)	50	0	0	0	0	0	30	13	0	12	0	10	10	0	0



RECIPE NUTRITIONAL SUMMARY - Central Fruits & Vegetables 17/18 SY

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FRESH VEGETABLES																	
M50186	Fresh Broccoli	1/2 cup (0 g)	10	0	0	0	0	0	10	2	<1	<1	<1	4	45	0	0
M50823	Fresh Grape Tomatoes	1/2 cup (0 g)	15	0	0	0	0	0	0	3	1	2	<1	15	20	0	0
M51297	Garden Salad	1 cup (0 g)	15	0	0	0	0	0	15	4	1	2	<1	100	15	2	2
M52109	Jicama Sticks	1/2 cup (0 g)	25	0	0	0	0	0	0	6	3	1	0	0	25	0	2
M52815	Red Peppers Fresh	1/2 cup (0 g)	15	0	0	0	0	0	0	3	1	2	0	30	110	0	0
HOT VEGETABLES																	
M53965	Campfire Chipotle Beans	1/2 cup (0 g)	170	10	1	0	*0	0	280	34	5	9	7	4	6	6	10
M53964	Chipotle BBQ Black Beans	1/2 cup (0 g)	160	10	1	0	*0	0	270	31	8	9	8	4	6	10	15
M54834	Green Beans	1/2 cup (0 g)	20	0	0	0	0	0	0	4	2	1	1	0	0	0	0
M52278	Green Peas	1/2 cup (0 g)	70	0	0	0	0	0	70	13	4	4	5	40	15	2	8
M50815	Kickin' Pintos	1/2 cup (0 g)	130	5	1	0	0	0	200	25	5	<1	6	2	4	6	10
M51045	Mashed Potatoes	1/2 cup (0 g)	80	10	1	0	0	0	100	15	<1	<1	2	0	15	0	0
M51467	Mixed Vegetables	1/2 cup (0 g)	70	0	0	0	0	0	40	15	5	4	3	100	6	2	6
M53553	Potato Wedges	1/2 cup (0 g)	100	25	2.5	1	0	0	25	18	2	<1	2	0	10	0	4
M50187	Steamed Broccoli	1/2 cup (0 g)	25	0	0	0	0	0	10	5	3	1	3	15	60	2	2
M54841	Steamed Broccoli (USDA)	1/2 cup (0 g)	25	0	0	0	0	0	20	5	3	1	3	0	0	0	0
M50195	Steamed Carrots	1/2 cup (0 g)	30	5	0.5	0	0	0	50	7	3	4	<1	300	4	4	2
M52265	Sweet Golden Corn	1/2 cup (0 g)	70	0	0.5	0	0	0	0	16	2	3	2	4	4	0	2
M51715	Sweet Potato Fries	3/4 cup (0 g)	220	60	7	0	0	0	170	35	5	11	2	100	15	4	4
M53153	Vegetarian Baked Beans	1/2 cup (0 g)	130	0	0	0	0	0	550	29	5	10	7	0	0	4	10