

This Excel Spreadsheet contains the nutrition information for all milk and condiments. The items are listed alphabetically.



## RECIPE NUTRITIONAL SUMMARY - Milk & Condiments 18/19 SY

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)
<b>MILK</b>																	
M66635	Chocolate Skim Milk	1 carton (0 g)	120	0	0	0	0	<5	180	20	0	18	8	10	2	30	0
M66677	1% Milk	1 carton (0 g)	110	25	2.5	1.5	0	10	130	13	0	12	8	10	4	30	0
M66702	Skim Milk	1 carton (0 g)	90	0	0	0	0	<5	130	13	0	12	8	10	4	30	0
<b>CONDIMENTS</b>																	
M50287	BBQ Sauce	1 each (0 g)	15	0	0	0	0	0	160	4	0	1	0	2	0	0	0
M53389	Black Olives	1/8 cup (0 g)	30	25	2.5	0	0	0	115	1	<1	0	0	0	0	0	0
M50059	Cream Cheese	1 each (0 g)	70	60	7	4	0	20	115	1	0	1	1	6	0	4	0
M50176	Dill Pickle Slices	2 slice (0 g)	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0
M52107	French Dressing	1 each (0 g)	50	40	4.5	0.5	0	0	130	3	0	1	0	2	0	0	0
M53221	Grape Jelly	1 each (0 g)	35	0	0	0	0	0	5	9	0	8	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
M50855	Ketchup	1 each (0 g)	10	0	0	0	0	0	85	3	0	2	0	0	0	0	0
M50058	Maple Syrup	1 each (0 g)	110	0	0	0	0	0	25	29	0	21	0	0	0	0	0
M50055	Mayonnaise	1 each (0 g)	80	70	8	1.5	0	<5	75	1	0	1	0	0	0	0	0
M50284	Mustard	1 each (0 g)	0	0	0	0	0	0	65	1	0	0	0	0	0	0	0
M52379	Onions	1/8 cup (0 g)	10	0	0	0	0	0	0	2	0	<1	0	0	2	0	0
M50624	Ranch Dressing	1 each (0 g)	50	45	5	0	0	<5	100	1	0	1	0	0	0	0	0
M53142	Sliced Banana Peppers	1/8 cup (0 g)	0	0	0	0	0	0	410	<1	0	0	0	0	15	0	0
M50892	Sliced Jalapenos	1 tablespoon (0 g)	0	0	0	0	0	0	170	0	0	0	0	4	0	0	0



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M54019	Strawberry Cream Cheese	1 each (0 g)	70	50	6	3.5	0	15	95	4	0	4	1	6	0	2	0
M50056	Taco Sauce	1 each (0 g)	5	0	0	0	0	0	55	1	0	0	0	0	0	0	0
M50057	Tartar Sauce	1 each (0 g)	45	35	4	0.5	0	<5	85	2	0	2	0	0	0	0	0
M53907	Whipped Butter	1 each (0 g)	35	35	4	2.5	0	10	35	0	0	0	0	4	0	0	0