

Lawrence Public Schools
USD 497

990230 - Apple & Yogurt Nachos

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900475	Apples, Red Delicious	1 CUP, sliced	110.00	36.363	0.000	0.000	7.273	*N/A*	0.000	0.000
990389	Yogurt, Vanilla Parfait Pouch	4 oz	113.40	100.352	0.000	50.176	11.039	*N/A*	0.502	0.000
990390	Granola, Bulk	1 oz	28.35	107.533	0.000	46.435	0.000	*N/A*	0.000	0.000
Totals			252.00	244.248	0.000	96.611	18.311	*N/A*	0.502	0.000
% of Calories					0.000%		29.988%	*N/A%*	1.849%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900475	Apples, Red Delicious	0.000	10.000	2.273	0.000	45.454	9.091	2.182	0.164	38.150	0.118
990389	Yogurt, Vanilla Parfait Pouch	0.000	20.070	0.000	3.011	0.000	120.423	0.000	0.000	*N/A*	*N/A*
990390	Granola, Bulk	0.000	23.462	1.955	2.444	0.000	0.000	0.000	0.704	*N/A*	*N/A*
Totals		0.000	53.532	4.228	5.454	45.454	129.513	2.182	0.867	*38.150*	*N/A*
% of Calories			87.668%		8.932%						

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Lawrence Public Schools
USD 497

990229 - Apple & Yogurt Nachos - CACFP

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900475	Apples, Red Delicious	1/2 CUP, sliced	55.00	18.182	0.000	0.000	3.636	*N/A*	0.000	0.000
990389	Yogurt, Vanilla Parfait Pouch	2 oz	56.70	50.176	0.000	25.088	5.519	*N/A*	0.251	0.000
Totals			112.00	68.358	0.000	25.088	9.156	*N/A*	0.251	0.000
% of Calories					0.000%		53.577%	*N/A%*	3.303%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900475	Apples, Red Delicious	0.000	5.000	1.136	0.000	22.727	4.545	1.091	0.082	19.075	0.059
990389	Yogurt, Vanilla Parfait Pouch	0.000	10.035	0.000	1.505	0.000	60.211	0.000	0.000	*N/A*	*N/A*
Totals		0.000	15.035	1.136	1.505	22.727	64.757	1.091	0.082	*19.075*	*N/A*
% of Calories			87.979%		8.807%						

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Lawrence Public Schools
USD 497

990245 - Apple Slices, Raw 1/4 cup

Number of Portions: 4.000

Size of Portion: 1/4 cup

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

Source: USD 497
Group Code: FRUIT

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900475	Apples, Red Delicious	1 small 4/lb	26.50	8.760	0.000	0.000	1.752	*N/A*	0.000	0.000
		Totals	26.00	8.760	0.000	0.000	1.752	*N/A*	0.000	0.000
		% of Calories			0.000%		80.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900475	Apples, Red Delicious	0.000	2.409	0.548	0.000	10.950	2.190	0.526	0.039	9.191	0.028
		Totals	0.000	2.409	0.548	0.000	10.950	0.526	0.039	9.191	0.028
		% of Calories		110.005%		0.000%					

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Lawrence Public Schools
USD 497

990140 - Apple Strudel Stick

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990403	Apple Strudel Stick	1 each	64.92	179.385	0.854	213.554	7.688	0.000	5.125	0.000
		Totals	65.00	179.385	0.854	213.554	7.688	0.000	5.125	0.000
		% of Calories			4.286%		17.143%	0.000%	25.714%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990403	Apple Strudel Stick	0.000	30.752	1.708	3.417	*N/A*	*N/A*	*N/A*	1.281	*N/A*	*N/A*
		Totals	0.000	30.752	1.708	3.417	*N/A*	*N/A*	1.281	*N/A*	*N/A*
		% of Calories		68.572%		7.619%					

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Lawrence Public Schools
USD 497

492 - Apples, Raw

Number of Portions: 1.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: USD 497
Group Code: FRUIT

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900475	Apples, Red Delicious	1 small 4/lb	106.00	35.041	0.000	0.000	7.008	*N/A*	0.000	0.000
		Totals	106.00	35.041	0.000	0.000	7.008	*N/A*	0.000	0.000
		% of Calories			0.000%		79.998%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900475	Apples, Red Delicious	0.000	9.636	2.190	0.000	43.801	8.760	2.102	0.158	36.762	0.114
		Totals	0.000	9.636	2.190	0.000	43.801	8.760	2.102	0.158	0.114
		% of Calories		110.000%		0.000%					

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Lawrence Public Schools
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990295 - Applesauce Cup

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990512	Applesauce Unsweetened Cup	1 each	127.57	49.833	0.000	0.000	0.000	0.000	0.000	0.000
Totals			128.00	49.833	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990512	Applesauce Unsweetened Cup	0.000	13.953	0.997	0.000	0.000	4.983	0.000	0.000	0.000	0.000
Totals		0.000	13.953	0.997	0.000	0.000	4.983	0.000	0.000	0.000	0.000
% of Calories			112.000%		0.000%						

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Lawrence Public Schools
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990212 - APPLESAUCE, UNSWTND

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900648	APPLESAUCE, UNSWTND	1 #10 CAN	127.57	52.284	0.000	10.457	9.411	*N/A*	0.000	0.000
		Totals	128.00	52.284	0.000	10.457	9.411	*N/A*	0.000	0.000
		% of Calories			0.000%		71.999%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900648	APPLESAUCE, UNSWTND	0.000	13.594	2.091	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	0.000	13.594	2.091	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories		104.000%		0.000%					

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Lawrence Public Schools
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990066 - APPLESAUCE, UNSWTND *RESIZED*

Number of Portions: 100.000

Size of Portion: 1/4 cup

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

Source: Mosaic
Group Code: FRUIT

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900648	APPLESAUCE, UNSWTND	50 (1/2 cup)	61.00	25.000	0.000	5.000	4.500	*N/A*	0.000	0.000
		Totals	61.00	25.000	0.000	5.000	4.500	*N/A*	0.000	0.000
		% of Calories			0.000%		72.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900648	APPLESAUCE, UNSWTND	0.000	6.500	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	0.000	6.500	1.000	0.000	0.000	0.000	0.000	0.000	0.000
		% of Calories		104.000%		0.000%					

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Lawrence Public Schools

USD 497

70 - Asian Vegetables

Number of Portions: 192.000

Size of Portion: 1/2 cup

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

Source: USD 497

Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
901587 ASIAN VEGETABLES	1 case	28.35	8.338	0.000	3.335	0.000	0.000	0.000	0.000
	Totals	28.00	8.338	0.000	3.335	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901587 ASIAN VEGETABLES	0.000	1.668	0.667	0.667	0.000	12.007	0.000	0.334	*N/A*	*N/A*
	Totals	0.000	1.668	0.667	0.667	0.000	12.007	0.000	0.334	*N/A*
	% of Calories		80.000%		31.998%					

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Lawrence Public Schools
USD 497

491 - Baby Carrots

Number of Portions: 1.000

Size of Portion: 1/4 cup

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

Source: USD 497
Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900446	Carrots - Baby	1 (1/4 cup)	35.00	12.500	0.000	27.500	1.500	*N/A*	0.000	0.000
		Totals	35.00	12.500	0.000	27.500	1.500	*N/A*	0.000	0.000
		% of Calories			0.000%		48.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900446	Carrots - Baby	0.000	3.000	1.000	0.000	4750.000	10.000	1.200	0.360	*N/A*	*N/A*
		Totals	0.000	3.000	1.000	0.000	4750.000	1.200	0.360	*N/A*	*N/A*
		% of Calories		96.000%		0.000%					

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Lawrence Public Schools
USD 497

990035 - Baby Carrots 1/2 cup

Number of Portions: 1.000

Size of Portion: 1/2 cup

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

Source: Mosaic
Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900446	Carrots - Baby	1 (1/2 cup)	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
		Totals	70.00	25.000	0.000	55.000	3.000	*N/A*	0.000	0.000
		% of Calories			0.000%		48.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900446	Carrots - Baby	0.000	6.000	2.000	0.000	9500.000	20.000	2.400	0.720	*N/A*	*N/A*
		Totals	0.000	6.000	2.000	0.000	9500.000	2.400	0.720	*N/A*	*N/A*
		% of Calories		96.000%		0.000%					

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Lawrence Public Schools

USD 497

990329 - Bagel Bistro Box

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990555	Mini Bagel, Plain	2 each	56.70	161.997	0.000	303.745	4.050	0.000	0.000
990561	Cream Cheese Plain, Cup	1 each	28.35	70.874	4.050	111.373	0.000	0.000	0.000
903333	Egg, Hard Boiled whole peeled	1 each	45.00	60.000	1.500	65.000	0.000	0.000	0.000
990524	Ham Sliced Lower Sodium Fully Cooked	2 slice	28.35	27.950	0.200	187.666	0.399	0.000	0.000
900451	Cucumber	2 oz	56.70	5.727	0.000	0.000	0.000	*N/A*	0.000
		Totals	215.00	326.548	5.750	667.784	4.449	0.000	0.000
		% of Calories			15.846%		5.450%	0.000%	33.309%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990555	Mini Bagel, Plain	0.000	32.399	0.000	6.075	0.000	0.000	3.402	0.000	0.000
990561	Cream Cheese Plain, Cup	20.250	2.025	0.000	1.012	0.000	32.399	0.000	0.000	0.000
903333	Egg, Hard Boiled whole peeled	180.000	0.000	0.000	6.000	0.000	20.000	0.000	0.700	*N/A*
990524	Ham Sliced Lower Sodium Fully Cooked	15.972	0.399	0.000	4.392	0.000	4.791	0.000	0.000	0.000
900451	Cucumber	0.000	1.145	0.000	0.000	57.272	11.454	0.687	0.206	*N/A*
		Totals	216.221	35.969	0.000	17.480	57.272	68.645	0.687	4.308
		% of Calories		44.060%		21.412%			*0.000*	*0.000*

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990099 - Bagel, WG *RESIZED*

Number of Portions: 1.000

Size of Portion: 1/2 each

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

Source: Mosaic

Group Code: BREAKFAST

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900203 Bagel, Sliced WG	1/2 Sliced Bagel	32.60	80.500	0.000	103.500	2.875	*N/A*	0.575	0.000
	Totals	33.00	80.500	0.000	103.500	2.875	*N/A*	0.575	0.000
	% of Calories			0.000%		14.286%	*N/A%*	6.429%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900203 Bagel, Sliced WG	0.000	16.675	2.300	3.450	0.000	23.000	0.000	1.035	*N/A*	*N/A*
	Totals	0.000	16.675	2.300	3.450	0.000	23.000	0.000	1.035	*N/A*
	% of Calories		82.857%		17.143%					

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Lawrence Public Schools
USD 497

1288 - Bagels, Mini Cream Cheese

Number of Portions: 2.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903350	Bagels, Mini Cinnamon Cream Cheese	1 each	34.44	93.203	0.810	76.994	4.863	*N/A*	2.431	0.000
990391	Bagel, Mini Straw Cream Cheese	1 each	34.44	93.203	0.810	76.994	4.863	*N/A*	2.431	0.000
Totals			69.00	186.406	1.621	153.988	9.726	*N/A*	4.863	0.000
% of Calories					7.826%		20.871%	*N/A%*	23.478%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903350	Bagels, Mini Cinnamon Cream Cheese	4.052	17.020	0.810	2.431	0.000	8.105	0.000	0.584	*N/A*	*N/A*
990391	Bagel, Mini Straw Cream Cheese	4.052	17.020	0.810	2.431	*N/A*	12.157	*N/A*	0.648	*N/A*	*N/A*
Totals		8.105	34.039	1.621	4.863	*0.000*	20.262	*0.000*	1.232	*N/A*	*N/A*
% of Calories			73.044%		10.435%						

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Lawrence Public Schools

USD 497

213 - Baked Beans HHFKA

Number of Portions: 100.000

Size of Portion: 1/2 Cup

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

Source: Healthier KS
Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902980	bean vegetarian	4 #10 can	127.01	146.545	0.000	361.478	10.747	0.000	0.000	0.000
990489	Sauce BBQ Smokey	9 cup	20.41	17.010	0.000	176.901	2.722	2.722	1.021	0.000
Totals			147.00	163.555	0.000	538.379	13.468	2.722	1.021	0.000
% of Calories					0.000%		32.938%	6.657%	5.616%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902980	bean vegetarian	0.000	29.309	4.885	6.839	0.000	48.848	0.000	1.856	0.000	0.000
990489	Sauce BBQ Smokey	0.000	4.082	0.680	0.680	0.000	0.000	0.000	0.000	0.000	0.000
Totals		0.000	33.391	5.565	7.519	0.000	48.848	0.000	1.856	0.000	0.000
% of Calories			81.664%		18.389%						

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Lawrence Public Schools

USD 497

990152 - Baked Ziti w/ breadstick

Number of Portions: 60.000

Group Code: ENTREES

Size of Portion: #8 scoop

*Nutrients are based upon 1 Portion Size (#8 scoop)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990417 Sauce, Marinara	1 1/2 #10 can	75.00	36.000	0.000	294.000	0.600	0.000	0.900	0.000
51560 Cheese, Mozzarella, Low Moisture Part Skim, S	3 1/2 lb	26.13	83.998	4.667	158.666	0.933	*N/A*	6.533	0.000
990430 Cheese, Cottage 2%	5 LB	37.80	30.106	0.502	113.733	0.335	0.000	0.836	0.000
990418 Penne Pasta	5 LB	37.80	132.629	0.000	0.000	0.000	0.000	0.663	0.000
990417 Sauce, Marinara	1/2 #10 can	25.00	12.000	0.000	98.000	0.200	0.000	0.300	0.000
51560 Cheese, Mozzarella, Low Moisture Part Skim, S	1 1/2 lb	11.20	35.999	2.000	68.000	0.400	*N/A*	2.800	0.000
903320 Breadstick, Garlic	60 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
	Totals	268.00	500.732	8.168	902.398	4.467	0.000	18.033	0.000
	% of Calories			14.682%		3.568%	0.000%	32.411%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990417 Sauce, Marinara	0.000	6.000	0.600	0.600	0.000	12.600	0.000	0.600	*N/A*	*N/A*
51560 Cheese, Mozzarella, Low Moisture Part Skim, S	23.332	0.933	0.000	5.598	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990430 Cheese, Cottage 2%	5.018	1.673	0.000	4.349	0.000	33.451	0.000	0.000	*N/A*	*N/A*
990418 Penne Pasta	0.000	27.852	1.326	4.642	0.000	0.000	0.000	1.194	*N/A*	*N/A*
990417 Sauce, Marinara	0.000	2.000	0.200	0.200	0.000	4.200	0.000	0.200	*N/A*	*N/A*
51560 Cheese, Mozzarella, Low Moisture Part Skim, S	9.999	0.400	0.000	2.399	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
903320 Breadstick, Garlic	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
	Totals	38.349	63.858	4.126	19.787	*0.000*	*60.251*	*0.000*	*3.434*	*N/A*
	% of Calories		51.011%		15.806%					

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Lawrence Public Schools
USD 497

1281 - Banana Bread, WG, Super Bakery

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: slice

*Nutrients are based upon 1 Portion Size (slice)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903344	Banana Bread, WG, Super Bakery	1 slice	96.39	261.052	1.506	240.971	24.097	*N/A*	8.032	0.000
		Totals	96.00	261.052	1.506	240.971	24.097	*N/A*	8.032	0.000
		% of Calories			5.192%		36.923%	*N/A%*	27.692%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903344	Banana Bread, WG, Super Bakery	0.000	45.182	2.008	5.020	0.000	100.404	0.000	1.084	*N/A*	*N/A*
		Totals	0.000	45.182	2.008	5.020	100.404	0.000	1.084	*N/A*	*N/A*
		% of Calories		69.231%		7.692%					

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Lawrence Public Schools
USD 497

990236 - Banana, fresh 1/4 cup

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900477	Bananas, Gr Tip	1 med(7"to7-7/8")	59.00	54.280	0.109	0.590	*N/A*	*N/A*	0.283	0.000
		Totals	59.00	54.280	0.109	0.590	*N/A*	*N/A*	0.283	0.000
		% of Calories			1.809%		*N/A%*	*N/A%*	4.696%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900477	Bananas, Gr Tip	0.000	13.824	1.416	0.608	47.790	3.540	5.369	0.183	43.813	0.472
		Totals	0.000	13.824	1.416	0.608	47.790	5.369	0.183	43.813	0.472
		% of Calories		101.869%		4.480%					

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Lawrence Public Schools

USD 497

990208 - Bananas, Gr Tip

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900477 Bananas, Gr Tip	1 med(7"to7-7/8")	118.00	108.559	0.218	1.180	*N/A*	*N/A*	0.566	0.000
	Totals	118.00	108.559	0.218	1.180	*N/A*	*N/A*	0.566	0.000
	% of Calories			1.810%		*N/A%*	*N/A%*	4.696%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900477 Bananas, Gr Tip	0.000	27.647	2.832	1.215	95.579	7.080	10.738	0.366	87.626	0.944
	Totals	0.000	27.647	2.832	1.215	95.579	10.738	0.366	87.626	0.944
	% of Calories		101.870%		4.477%					

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Lawrence Public Schools
USD 497

990303 - Bean & Cheese Burrito

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990515	Bean & Cheese Burrito WG	1 burrito	127.57	289.032	3.987	398.665	0.000	0.000	8.970	0.000
		Totals	128.00	289.032	3.987	398.665	0.000	0.000	8.970	0.000
		% of Calories			12.414%		0.000%	0.000%	27.931%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990515	Bean & Cheese Burrito WG	9.967	39.867	7.973	15.947	0.000	199.333	0.000	2.691	0.000	0.000
		Totals	9.967	39.867	7.973	15.947	199.332	0.000	2.691	0.000	0.000
		% of Calories		55.172%		22.070%					

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Lawrence Public Schools
USD 497

1069 - BEANS GARBANZO

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
801	BEANS GARBANZO ,CANNED	1/2 CUP	120.00	120.001	0.000	369.233	3.692	*N/A*	1.846	0.000
		Totals	120.00	120.001	0.000	369.233	3.692	*N/A*	1.846	0.000
		% of Calories			0.000%		12.307%	*N/A%*	13.846%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
801	BEANS GARBANZO ,CANNED	0.000	20.308	5.538	6.462	0.000	36.923	0.000	1.662	0.000	0.000
		Totals	0.000	20.308	6.462	0.000	36.923	0.000	1.662	0.000	0.000
		% of Calories		67.692%		21.540%					

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Lawrence Public Schools
USD 497

990194 - BEANS, GREAT NORTHERN, CANNED

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902997	BEANS, GREAT NORTHERN, CANNED	1 (1/2 cup)	130.00	80.000	0.000	140.000	0.000	*N/A*	0.000	0.000
		Totals	130.00	80.000	0.000	140.000	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902997	BEANS, GREAT NORTHERN, CANNED	0.000	15.000	5.000	6.000	0.000	0.000	0.000	1.800	*N/A*	*N/A*
		Totals	0.000	15.000	5.000	6.000	0.000	0.000	1.800	*N/A*	*N/A*
		% of Calories		75.000%		30.000%					

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Lawrence Public Schools
USD 497

1059 - BEANS,KIDNEY-NS

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990165	BEANS,KIDNEY,RED,MATURE,CND,DRND	1 (1/2 cup)	130.00	110.000	0.000	310.000	2.000	*N/A*	0.000	0.000
		Totals	130.00	110.000	0.000	310.000	2.000	*N/A*	0.000	0.000
		% of Calories			0.000%		7.273%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990165	BEANS,KIDNEY,RED,MATURE,CND,DRND	0.000	19.000	6.000	7.000	0.000	40.000	0.000	1.800	*N/A*	*N/A*
		Totals	0.000	19.000	6.000	7.000	40.000	0.000	1.800	*N/A*	*N/A*
		% of Calories		69.091%		25.455%					

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Lawrence Public Schools
USD 497

990302 - Beef Pizza Pocket

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990518	Beef Pizza Pocket IW	1 each	126.44	321.114	7.024	602.090	1.003	0.000	14.049	0.000
		Totals	126.00	321.114	7.024	602.090	1.003	0.000	14.049	0.000
		% of Calories			19.688%		1.249%	0.000%	39.375%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990518	Beef Pizza Pocket IW	40.139	31.108	3.010	18.063	0.000	291.010	0.000	2.509	0.000	0.000
		Totals	40.139	31.108	3.010	18.063	0.000	291.010	0.000	2.509	0.000
		% of Calories		38.750%		22.500%					

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Lawrence Public Schools
USD 497

990308 - Biscuit Baked WG

Number of Portions: 144.000

Group Code: BREAKFAST

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990521	Biscuit Baked WG	144 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
		Totals	64.00	209.299	4.983	398.665	2.990	1.993	9.967	0.000
		% of Calories			21.429%		5.714%	3.809%	42.857%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990521	Biscuit Baked WG	0.000	26.910	1.993	3.987	0.000	99.666	0.000	1.694	0.000	0.000
		Totals	0.000	26.910	1.993	3.987	99.666	0.000	1.694	0.000	0.000
		% of Calories		51.429%		7.620%					

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Lawrence Public Schools

USD 497

799 - Biscuits & Gravy-breakfast

Number of Portions: 100.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: USD 497

Group Code: BREAKFAST

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
R-710	Gravy, Pepper Low Na+	100 (1/4 cup)	52.56	35.162	0.879	124.407	0.000	*N/A*	1.758	0.000
990387	Sausage, Chicken Patty	100 patty	42.52	80.999	1.519	303.745	0.000	*N/A*	6.075	0.000
902983	Biscuit Dough WG Frozen	100 biscuit	71.00	210.000	4.500	290.000	2.000	*N/A*	9.000	0.000
		Totals	166.00	326.161	6.898	718.152	2.000	*N/A*	16.833	0.000
		% of Calories			19.034%		2.453%	*N/A%*	46.449%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-710	Gravy, Pepper Low Na+	0.000	5.274	0.000	0.000	0.893	0.000	0.004	*44.607*	*N/A*
990387	Sausage, Chicken Patty	40.499	0.000	0.000	6.075	0.000	0.000	0.000	*N/A*	*N/A*
902983	Biscuit Dough WG Frozen	0.000	28.000	2.000	5.000	120.000	0.000	1.600	*N/A*	*N/A*
		Totals	40.499	33.274	2.000	11.075	0.000	1.604	*44.607*	*N/A*
		% of Calories		40.807%		13.582%				

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Lawrence Public Schools

USD 497

276 - Black Bean and Corn Salsa

Number of Portions: 100.000

Size of Portion: 1/4 cup

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

Source: Healthier KS

Group Code: VEGETABLES

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
902970	Black Beans, Fancy Canned	1 1/3 #10 can	40.81	37.674	0.000	43.953	0.314	*N/A*	0.157	0.000
900151	CORN FROZEN	3 LB + 12 oz	17.01	14.632	0.000	0.000	0.000	0.000	0.091	0.000
900464	Green Bell Pepper	15 oz	4.25	0.718	0.000	1.149	0.115	*N/A*	0.000	0.000
901575	ONIONS,RED,RAW	5 oz, chopped	1.42	0.567	0.001	0.057	*N/A*	*N/A*	0.001	0.000
902965	Lemon Juice	1/2 cup	1.22	0.245	0.000	0.000	0.000	*N/A*	0.000	0.000
901196	Cumin, Ground	1 tbsp	0.06	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
903119	Garlic Powder	2 tsp	0.06	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
990484	Sauce Picante Mild	3 cup + 1/4 cup	3.90	1.219	0.000	30.469	0.000	0.000	0.000	0.000
902131	VEGETABLE OIL	1/4 cup	0.56	4.800	0.040	0.000	0.000	*N/A*	0.560	0.000
		Totals	69.00	59.854	0.041	75.627	*0.429*	*0.000*	0.810	0.000
		% of Calories			0.610%		*2.867%*	*0.000%*	12.177%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902970	Black Beans, Fancy Canned	0.000	7.221	1.884	2.198	0.000	18.837	0.000	0.565	*N/A*	*N/A*
900151	CORN FROZEN	0.000	3.475	0.366	0.549	0.000	0.000	0.000	0.073	*N/A*	*N/A*
900464	Green Bell Pepper	0.000	0.172	0.057	0.029	5.747	0.575	3.276	0.021	*N/A*	*N/A*
901575	ONIONS,RED,RAW	0.000	0.132	0.024	0.016	0.028	0.326	0.105	0.003	1.263	0.005
902965	Lemon Juice	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
901196	Cumin, Ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903119	Garlic Powder	0.000	0.081	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
990484	Sauce Picante Mild	0.000	0.244	0.122	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902131	VEGETABLE OIL	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	0.000	11.325	2.453	2.791	5.775	19.737	3.380	0.662	*1.263*	*0.005*
	% of Calories		75.686%		18.652%						

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Lawrence Public Schools

USD 497

990300 - Black Bean Burger w/ WG Bun

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903155	Bun, Hamburger	1 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
990517	Black Bean Burger	1 patty	82.21	150.391	1.003	320.834	1.003	0.000	5.013	0.000
Totals			139.00	280.391	1.003	570.834	4.003	0.000	6.513	0.000
% of Calories					3.218%		5.711%	0.000%	20.905%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903155	Bun, Hamburger	0.000	24.000	2.000	3.000	0.000	40.000	1.200	1.080	*N/A*	*N/A*
990517	Black Bean Burger	5.013	16.042	5.013	14.036	0.000	60.156	0.000	1.303	0.000	0.000
Totals		5.013	40.042	7.013	17.036	0.000	100.156	1.200	2.383	*0.000*	*0.000*
% of Calories			57.123%		24.303%						

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Lawrence Public Schools

USD 497

879 - Black Beans

Number of Portions: 24.000

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 Fat² (g)
902970	Black Beans, Fancy Canned	1 #10 can	127.57	117.759	0.000	137.386	0.981	*N/A*	0.491	0.000
R-207	Mexican Seasoning Mix	4 tsp	0.40	0.214	0.000	4.600	0.000	*N/A*	0.000	0.000
75010	WATER,COLD	2 CUP	20.00	0.000	0.000	0.600	0.000	*N/A*	0.000	0.000
		Totals	148.00	117.974	0.000	142.586	0.981	*N/A*	0.491	0.000
		% of Calories			0.000%		3.326%	*N/A%*	3.743%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902970	Black Beans, Fancy Canned	0.000	22.571	5.888	6.869	0.000	58.880	0.000	1.766	*N/A*	*N/A*
R-207	Mexican Seasoning Mix	0.000	0.043	0.000	0.000	0.000	0.000	0.000	0.000	*0.000*	*N/A*
75010	WATER,COLD	0.000	0.000	0.000	0.000	0.000	0.400	0.000	0.002	19.980	0.020
	Totals	0.000	22.613	5.888	6.869	0.000	59.280	0.000	1.768	*19.980*	*N/A*
	% of Calories		76.672%		23.290%						

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Lawrence Public Schools

USD 497

990355 - Black Beans for SW Shaker

Number of Portions: 25.000

Group Code: ENTREES

Size of Portion: 1/2 cup serving

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

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
902970	Black Beans, Fancy Canned	1 #10 can	122.47	113.049	0.000	131.891	0.942	*N/A*	0.471	0.000
900464	Green Bell Pepper	15 oz	17.01	2.873	0.000	4.597	0.460	*N/A*	0.000	0.000
903106	onion, red jumbo, fresh	5 oz	5.67	3.402	0.000	0.283	0.397	*N/A*	0.000	0.000
990568	JUICE LEMON CONC	1/4 cup	2.45	0.000	0.000	0.000	0.000	0.000	0.000	0.000
901196	Cumin, Ground	1 tbsp	0.25	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
990487	Spice Garlic Powder	2 tsp	0.26	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990484	Sauce Picante Mild	1 3/4 cup	8.40	2.625	0.000	65.625	0.000	0.000	0.000	0.000
902131	VEGETABLE OIL	2 TBSP	1.12	9.600	0.080	0.000	0.000	*N/A*	1.120	0.000
		Totals	158.00	131.549	0.080	202.396	1.799	0.000	1.591	0.000
		% of Calories			0.547%		5.470%	0.000%	10.885%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902970	Black Beans, Fancy Canned	0.000	21.668	5.652	6.595	0.000	56.525	0.000	1.696	*N/A*	*N/A*
900464	Green Bell Pepper	0.000	0.690	0.230	0.115	22.986	2.299	13.102	0.083	*N/A*	*N/A*
903106	onion, red jumbo, fresh	0.000	0.850	0.170	0.113	0.000	2.268	0.680	0.020	*N/A*	*N/A*
990568	JUICE LEMON CONC	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
901196	Cumin, Ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990484	Sauce Picante Mild	0.000	0.525	0.263	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902131	VEGETABLE OIL	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	0.000	23.733	6.315	6.823	22.986	61.091	13.782	1.799	*0.000*	*0.000*
	% of Calories		72.164%		20.747%						

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Lawrence Public Schools
USD 497

990215 - BLUEBERRY IQF

Number of Portions: 194.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990464	BLUEBERRY IQF	1 case	70.00	35.000	0.000	0.000	0.000	0.000	0.500	0.000
		Totals	70.00	35.000	0.000	0.000	0.000	0.000	0.500	0.000
		% of Calories			0.000%		0.000%	0.000%	12.857%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990464	BLUEBERRY IQF	0.000	8.500	2.000	0.000	0.000	5.000	0.000	0.150	0.000	0.000
		Totals	0.000	8.500	2.000	0.000	5.000	0.000	0.150	0.000	0.000
		% of Calories		97.143%		0.000%					

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Lawrence Public Schools

USD 497

990249 - Blueberry Muffin + Yogurt

Number of Portions: 3.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903331 Muffin, Blueberry, WG 2 oz (1g/b)	3 each	56.70	188.997	1.989	129.314	15.916	*N/A*	8.952	0.000
990424 Yogurt, Cherry	1 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
990425 Yogurt, Raspberry	1 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
903272 Yogurt, Strawberry & Banana	1 each	37.80	26.667	0.000	21.667	1.667	0.000	0.167	0.000
	Totals	170.00	269.185	1.989	194.466	20.927	0.000	9.454	0.000
	% of Calories			6.651%		31.097%	0.000%	31.607%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903331 Muffin, Blueberry, WG 2 oz (1g/b)	29.842	29.842	1.989	2.984	0.000	19.894	0.000	1.074	*N/A*	*N/A*
990424 Yogurt, Cherry	0.000	5.018	0.000	1.338	0.000	46.831	0.000	0.000	*N/A*	*N/A*
990425 Yogurt, Raspberry	0.000	5.018	0.000	1.338	0.000	46.831	0.000	0.000	*N/A*	*N/A*
903272 Yogurt, Strawberry & Banana	0.000	5.000	0.000	1.333	0.000	46.667	0.000	0.000	*N/A*	*N/A*
	Totals	29.842	44.877	1.989	6.994	160.223	0.000	1.074	*N/A*	*N/A*
	% of Calories		66.685%		10.393%					

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Lawrence Public Schools
USD 497

990288 - Boneless Chicken Wings SFSP 24

Number of Portions: 29.000

Group Code: ENTREES

Size of Portion: serving (6 per)

*Nutrients are based upon 1 Portion Size (serving (6 per))

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990434	Chicken, Boneless Chicken Breast Chunk	1 case	156.41	294.421	2.760	1214.486	1.840	1.840	12.881	0.000
		Totals	156.00	294.421	2.760	1214.486	1.840	1.840	12.881	0.000
		% of Calories			8.438%		2.500%	2.500%	39.375%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990434	Chicken, Boneless Chicken Breast Chunk	55.204	25.762	0.000	22.082	0.000	16.561	0.000	0.000	*N/A*	*N/A*
		Totals	55.204	25.762	0.000	22.082	16.561	0.000	0.000	*N/A*	*N/A*
		% of Calories		35.000%		30.001%					

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Lawrence Public Schools

USD 497

1280 - Bosco StickWG (2) w/ sauce

Number of Portions: 1.000

Group Code: Meat/Meat Alt

Size of Portion: 2 each,1sauce

*Nutrients are based upon 1 Portion Size (2 each,1sauce)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903284	BOSCO STICK, WG	1 (2 STICKS)	170.00	446.250	6.375	573.750	2.125	*N/A*	12.750	0.000
990417	Sauce, Marinara	1 (1/2 cup)	125.00	60.000	0.000	490.000	1.000	0.000	1.500	0.000
		Totals	295.00	506.250	6.375	1063.750	3.125	0.000	14.250	0.000
		% of Calories			11.333%		2.469%	0.000%	25.333%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903284	BOSCO STICK, WG	31.875	53.125	4.250	25.500	0.000	448.375	0.000	4.250	*N/A*	*N/A*
990417	Sauce, Marinara	0.000	10.000	1.000	1.000	0.000	21.000	0.000	1.000	*N/A*	*N/A*
	Totals	31.875	63.125	5.250	26.500	0.000	469.375	0.000	5.250	*N/A*	*N/A*
	% of Calories		49.877%		20.938%						

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Lawrence Public Schools

USD 497

990261 - Breaded Beef Fingers w/ Roll

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990478	Breaded Beef Fingers	1 serving (4 each)	110.00	302.742	4.541	494.478	2.018	0.000	18.164	0.000
990433	Roll, WG (2.5 oz)	1 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
		Totals	181.00	462.457	4.541	629.238	6.011	0.000	21.159	0.000
		% of Calories			8.838%		5.199%	0.000%	41.178%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990478	Breaded Beef Fingers	35.320	19.174	2.018	15.137	0.000	40.366	0.000	2.725	0.000	0.000
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
		Totals	35.320	48.122	5.013	22.125	50.348	0.000	4.322	0.000	0.000
		% of Calories		41.623%		19.137%					

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Lawrence Public Schools

USD 497

990289 - Breaded Beef Fingers w/ WG Biscuit

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990478	Breaded Beef Fingers	1 serving (4 each)	110.00	302.742	4.541	494.478	2.018	0.000	18.164	0.000
902983	Biscuit Dough WG Frozen	1 biscuit	71.00	210.000	4.500	290.000	2.000	*N/A*	9.000	0.000
Totals			181.00	512.742	9.041	784.478	4.018	0.000	27.165	0.000
% of Calories					15.870%		3.135%	0.000%	47.681%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990478	Breaded Beef Fingers	35.320	19.174	2.018	15.137	0.000	40.366	0.000	2.725	0.000	0.000
902983	Biscuit Dough WG Frozen	0.000	28.000	2.000	5.000	0.000	120.000	0.000	1.600	*N/A*	*N/A*
Totals		35.320	47.174	4.018	20.137	0.000	160.366	0.000	4.325	*0.000*	*N/A*
% of Calories			36.801%		15.709%						

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Lawrence Public Schools

USD 497

990318 - Breakfast Bowl w/ WG Tortilla

Number of Portions: 1.000

Group Code: 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 Fat² (g)
990572	Diced Breakfast Potatoes	4 oz	113.40	146.750	0.667	587.001	0.000	0.000	5.336	0.000
990570	Egg Scramble Mix	2 oz	56.70	64.015	1.372	68.587	0.000	0.000	4.115	0.000
990560	Chicken Sausage Link	1 link	21.26	32.434	0.541	126.131	0.000	0.000	1.802	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 oz	28.35	111.373	5.062	172.122	6.075	0.000	9.112	0.000
990571	Tortilla Whole Wheat 6"	1 tortilla	29.00	90.000	1.000	130.000	0.000	0.000	2.500	0.000
		Totals	249.00	444.572	8.642	1083.842	6.075	0.000	22.866	0.000
		% of Calories			17.495%		5.466%	0.000%	46.290%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990572	Diced Breakfast Potatoes	0.000	26.682	1.334	2.668	0.000	13.341	0.000	0.534	0.000
990570	Egg Scramble Mix	157.751	1.372	0.000	5.487	0.000	33.379	0.000	0.915	0.000
990560	Chicken Sausage Link	19.821	0.000	0.000	3.604	0.000	0.000	0.721	0.324	0.000
990564	Cheese Cheddar Jack Fancy Shredded	25.312	1.012	0.000	6.075	0.000	200.471	0.000	0.101	0.000
990571	Tortilla Whole Wheat 6"	0.000	14.000	2.000	2.000	0.000	36.000	0.000	1.000	0.000
	Totals	202.884	43.066	3.334	19.834	0.000	283.192	0.721	2.874	0.000
	% of Calories		38.748%		17.845%					

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Lawrence Public Schools
USD 497

990349 - Breakfast Pizza Turkey Sausage WG

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990527	Breakfast Pizza Turkey Sausage WG IW	1 each	90.72	200.627	1.745	270.411	1.745	0.000	6.106	0.000
		Totals	91.00	200.627	1.745	270.411	1.745	0.000	6.106	0.000
		% of Calories			7.826%		3.479%	0.000%	27.391%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990527	Breakfast Pizza Turkey Sausage WG IW	17.446	27.041	2.617	9.595	0.000	165.736	0.000	1.134	0.000	0.000
		Totals	17.446	27.041	2.617	9.595	165.736	0.000	1.134	0.000	0.000
		% of Calories		53.913%		19.130%					

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Lawrence Public Schools
USD 497

990351 - Breakfast Pizza Turkey Sausage WG IW

Number of Portions: 100.000

Group Code: BREAKFAST

Size of Portion: 1 serving

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990527	Breakfast Pizza Turkey Sausage WG IW	1 case	90.72	200.627	1.745	270.411	1.745	0.000	6.106	0.000
		Totals	91.00	200.627	1.745	270.411	1.745	0.000	6.106	0.000
		% of Calories			7.826%		3.479%	0.000%	27.391%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990527	Breakfast Pizza Turkey Sausage WG IW	17.446	27.041	2.617	9.595	0.000	165.736	0.000	1.134	0.000	0.000
		Totals	17.446	27.041	2.617	9.595	165.736	0.000	1.134	0.000	0.000
		% of Calories		53.913%		19.130%					

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Lawrence Public Schools
USD 497

990313 - Breakfast Pizza, Turkey Bacon Scramble

Number of Portions: 128.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990556	Breakfast Pizza Bacon & Egg WG	1 case (128)	83.63	209.078	3.485	328.550	1.991	0.000	8.960	0.000
		Totals	84.00	209.078	3.485	328.550	1.991	0.000	8.961	0.000
		% of Calories			15.000%		3.809%	0.000%	38.571%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990556	Breakfast Pizza Bacon & Egg WG	59.736	22.899	1.991	9.956	0.000	159.297	0.000	1.493	0.000	0.000
		Totals	59.736	22.899	1.991	9.956	159.297	0.000	1.493	0.000	0.000
		% of Calories		43.809%		19.047%					

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Lawrence Public Schools

USD 497

507 - Breakfast Pizza, WG Tonys 2023

Number of Portions: 100.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990015	Pizza-Brkfst Sausage	100 each	94.00	200.000	2.000	320.000	6.000	*N/A*	7.000	0.000
		Totals	94.00	200.000	2.000	320.000	6.000	*N/A*	7.000	0.000
		% of Calories			9.000%		12.000%	*N/A%*	31.500%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990015	Pizza-Brkfst Sausage	15.000	26.000	3.000	9.000	0.000	10.000	0.000	10.000	0.000	0.000
		Totals	15.000	26.000	3.000	9.000	10.000	0.000	10.000	0.000	0.000
		% of Calories		52.000%		18.000%					

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Lawrence Public Schools

USD 497

990320 - Breakfast Taco

Number of Portions: 35.000

Group Code: 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 Fat² (g)	
990435	Tortilla, Flour, 6 inch	35 tortilla	61.80	182.366	1.520	476.179	2.026	2.026	4.559	0.000
990570	Egg Scramble Mix	1 bag	64.80	73.160	1.568	78.386	0.000	0.000	4.703	0.000
990564	Cheese Cheddar Jack Fancy Shredded	2 1/2 LB	32.40	127.283	5.786	196.711	6.943	0.000	10.414	0.000
990560	Chicken Sausage Link	35 link	21.26	32.434	0.541	126.131	0.000	0.000	1.802	0.000
		Totals	180.00	415.243	9.414	877.406	8.969	2.026	21.478	0.000
		% of Calories			20.403%		8.640%	1.952%	46.552%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990435	Tortilla, Flour, 6 inch	0.000	30.394	1.013	4.053	0.000	115.499	0.000	2.026	*N/A*	*N/A*
990570	Egg Scramble Mix	180.287	1.568	0.000	6.271	0.000	38.148	0.000	1.045	0.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	28.928	1.157	0.000	6.943	0.000	229.110	0.000	0.116	0.000	0.000
990560	Chicken Sausage Link	19.821	0.000	0.000	3.604	0.000	0.000	0.721	0.324	0.000	0.000
	Totals	229.036	33.119	1.013	20.870	0.000	382.757	0.721	3.511	*0.000*	*0.000*
	% of Calories		31.903%		20.104%						

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Lawrence Public Schools
USD 497

990344 - Broccoli & Cauliflower

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900442	BROCCOLI FLORETS	1/8 CUP, flowerets	8.88	3.026	0.000	3.026	0.000	*N/A*	0.000	0.000
900448	Cauliflower Florets	1/8 CUP	12.50	2.939	0.000	3.674	0.294	*N/A*	0.000	0.000
		Totals	21.00	5.965	0.000	6.700	0.294	*N/A*	0.000	0.000
		% of Calories			0.000%		19.715%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900442	BROCCOLI FLORETS	0.000	0.605	0.202	0.000	60.512	4.236	26.625	0.065	*N/A*	*N/A*
900448	Cauliflower Florets	0.000	0.588	0.294	0.294	0.000	2.939	6.173	0.053	*N/A*	*N/A*
		Totals	0.000	1.193	0.496	60.512	7.175	32.798	0.117	*N/A*	*N/A*
		% of Calories		80.000%		19.715%					

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Lawrence Public Schools

USD 497

990244 - Broccoli & Celery 1/4 cup

Number of Portions: 2.000

Size of Portion: 1/4 cup

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

Source: Mosaic
Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900442	BROCCOLI FLORETS	1/8 CUP, flowerets	4.44	1.513	0.000	1.513	0.000	*N/A*	0.000	0.000
900441	Celery	1/8 CUP, strips	7.75	1.057	0.000	8.102	0.000	*N/A*	0.000	0.000
Totals			12.00	2.570	0.000	9.615	0.000	*N/A*	0.000	0.000
% of Calories					0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900442	BROCCOLI FLORETS	0.000	0.303	0.101	0.000	30.256	2.118	13.313	0.032	*N/A*	*N/A*
900441	Celery	0.000	0.282	0.141	0.000	35.227	2.818	0.634	0.025	*N/A*	*N/A*
Totals		0.000	0.584	0.242	0.000	65.484	4.936	13.947	0.058	*N/A*	*N/A*
% of Calories			90.957%		0.000%						

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Lawrence Public Schools
USD 497

990096 - Broccoli Florets 1/2 cup

Number of Portions: 1.000

Size of Portion: 1/2 cup

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

Source: Mosaic
Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900442	BROCCOLI FLORETS	1/2 CUP, flowerets	35.50	12.102	0.000	12.102	0.000	*N/A*	0.000	0.000
		Totals	36.00	12.102	0.000	12.102	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900442	BROCCOLI FLORETS	0.000	2.420	0.807	0.000	242.050	16.943	106.502	0.258	*N/A*	*N/A*
		Totals	0.000	2.421	0.807	0.000	242.050	106.502	0.258	*N/A*	*N/A*
		% of Calories		80.003%		0.000%					

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Lawrence Public Schools
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990268 - Buffalo Chicken Bites w/ Roll

Number of Portions: 72.000

Group Code: ENTREES

Size of Portion: 4 each

*Nutrients are based upon 1 Portion Size (4 each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990480	Chicken, Buffalo Bites	1 case	126.00	231.836	1.008	705.588	0.000	0.000	7.056	0.000
990433	Roll, WG (2.5 oz)	72 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
		Totals	197.00	391.552	1.008	840.348	3.993	0.000	10.051	0.000
		% of Calories			2.317%		4.079%	0.000%	23.102%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990480	Chicken, Buffalo Bites	45.359	21.168	0.000	19.152	0.000	18.144	0.000	2.016	0.000	0.000
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
		Totals	45.359	50.116	2.995	26.139	*0.000*	0.000	3.613	0.000	0.000
		% of Calories		51.197%		26.703%					

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Lawrence Public Schools

USD 497

990333 - Buffalo Chicken Bites w/ WG Corn Muffin

Number of Portions: 72.000

Group Code: ENTREES

Size of Portion: 4 ea & 1 muffin

*Nutrients are based upon 1 Portion Size (4 ea & 1 muffin)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
990480	Chicken, Buffalo Bites	1 case	126.00	231.836	1.008	705.588	0.000	0.000	7.056	0.000
990526	WG Corn Muffin 2.5 oz IW	72 each	70.87	220.000	1.000	115.000	18.000	0.000	8.000	0.000
		Totals	197.00	451.836	2.008	820.588	18.000	0.000	15.056	0.000
		% of Calories			4.000%		15.935%	0.000%	29.989%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990480	45.359	21.168	0.000	19.152	0.000	18.144	0.000	2.016	0.000	0.000
990526	20.000	36.000	1.000	3.000	0.000	27.000	0.000	1.000	0.000	0.000
	Totals	65.359	57.168	1.000	22.152	0.000	45.144	0.000	3.016	0.000
	% of Calories		50.609%		19.611%					

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Lawrence Public Schools

USD 497

137 - California Blend Veggies

Number of Portions: 212.000

Size of Portion: 1/2 cup

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

Source: USD 947

Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900014 Vegetables, California Blend	1 case	51.35	16.672	0.000	13.338	0.000	0.000	0.000	0.000
	Totals	51.00	16.672	0.000	13.338	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900014 Vegetables, California Blend	0.000	3.334	1.334	0.667	0.000	13.338	0.000	0.200	0.000	0.000
	Totals	0.000	3.334	1.334	0.667	0.000	13.338	0.000	0.200	0.000
	% of Calories		80.000%		16.003%					

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Lawrence Public Schools

USD 497

990285 - California Turkey Club Wrap

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Wrap

*Nutrients are based upon 1 Portion Size (Wrap)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990499	Wrap Tortilla Spinach 12	1 each	103.19	300.000	2.500	820.000	*N/A*	9.000	*N/A*
990415	Romaine, Whole Head	11 3/4 gram	11.75	2.115	0.000	0.000	0.139	0.000	0.000
900471	Tomatoes 5x6 Layer	1 oz	28.35	4.789	0.000	3.831	0.575	*N/A*	0.192
990447	Avocado, IW	1/4 each (.5 avo)	10.63	22.251	0.371	0.000	0.000	2.225	0.000
900009	Turkey, Breast Extra Lean Roasted, Sliced	2 slice	28.35	24.025	0.000	312.326	0.481	*N/A*	0.240
990524	Ham Sliced Lower Sodium Fully Cooked	1 1/4 slice	17.72	17.469	0.125	117.291	0.250	0.624	0.000
900002	CHEESE BLEND, AMERICAN SHRD	1 oz	28.35	70.000	3.000	410.000	1.000	*N/A*	0.000
990504	Miracle Whip	1 tbsp	14.40	38.400	0.480	91.200	0.960	3.360	0.000
		Totals	243.00	479.049	6.476	1754.649	*3.403*	19.641	*0.000*
		% of Calories			12.166%		*2.841%*	36.900%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990499	Wrap Tortilla Spinach 12	*N/A*	47.000	1.000	9.000	*N/A*	188.000	*N/A*	3.000	*N/A*
990415	Romaine, Whole Head	0.000	0.276	0.141	0.139	898.523	2.820	0.494	0.149	*N/A*
900471	Tomatoes 5x6 Layer	0.000	0.958	0.192	0.192	191.551	3.831	4.597	0.138	*N/A*
990447	Avocado, IW	0.000	0.742	0.494	0.247	0.000	1.236	0.000	0.099	*N/A*
900009	Turkey, Breast Extra Lean Roasted, Sliced	12.013	0.481	0.000	5.286	0.000	0.000	0.192	0.000	0.000
990524	Ham Sliced Lower Sodium Fully Cooked	9.982	0.250	0.000	2.745	0.000	2.995	0.000	0.000	0.000
900002	CHEESE BLEND, AMERICAN SHRD	15.000	2.000	0.000	7.000	750.000	200.000	0.000	0.000	0.000
990504	Miracle Whip	0.000	1.920	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	*36.995*	53.626	1.827	24.608	*1840.073*	398.882	*5.091*	3.578	*0.000*
	% of Calories		44.777%		20.547%					

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Lawrence Public Schools
USD 497

990348 - California Vegetable Blend

Number of Portions: 240.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900014	Vegetables, California Blend	1 case	45.36	14.727	0.000	11.782	0.000	0.000	0.000	0.000
		Totals	45.00	14.727	0.000	11.782	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900014	Vegetables, California Blend	0.000	2.945	1.178	0.589	0.000	11.782	0.000	0.177	0.000	0.000
		Totals	0.000	2.945	0.589	0.000	11.782	0.000	0.177	0.000	0.000
		% of Calories		80.000%	15.998%						

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Lawrence Public Schools
USD 497

990203 - Cantaloupe, Fresh, Local

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990395	Cantaloupe, Fresh, Local	1/2 cup	170.10	57.315	0.092	27.117	13.250	0.000	0.308	0.000
		Totals	170.00	57.315	0.092	27.117	13.250	0.000	0.308	0.000
		% of Calories			1.451%		92.471%	0.000%	4.838%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990395	Cantaloupe, Fresh, Local	0.000	13.867	1.541	1.417	*N/A*	15.407	62.307	0.333	*N/A*	*N/A*
		Totals	0.000	13.867	1.541	*N/A*	15.407	62.307	0.333	*N/A*	*N/A*
		% of Calories		96.775%		9.889%					

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Lawrence Public Schools
USD 497

990235 - Carrots & Celery - 1/4 cup

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900446	Carrots - Baby	1/2 (1/4 cup)	17.50	6.250	0.000	13.750	0.750	*N/A*	0.000	0.000
900441	Celery	1/8 CUP, strips	15.50	2.114	0.000	16.205	0.000	*N/A*	0.000	0.000
Totals			33.00	8.364	0.000	29.955	0.750	*N/A*	0.000	0.000
% of Calories					0.000%		35.868%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900446	Carrots - Baby	0.000	1.500	0.500	0.000	2375.000	5.000	0.600	0.180	*N/A*	*N/A*
900441	Celery	0.000	0.564	0.282	0.000	70.455	5.636	1.268	0.051	*N/A*	*N/A*
Totals		0.000	2.064	0.782	0.000	2445.455	10.636	1.868	0.231	*N/A*	*N/A*
% of Calories			98.690%		0.000%						

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Lawrence Public Schools
USD 497

990343 - Cauliflower

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900448	Cauliflower Florets	1/4 CUP	25.00	5.879	0.000	7.349	0.588	*N/A*	0.000	0.000
		Totals	25.00	5.879	0.000	7.349	0.588	*N/A*	0.000	0.000
		% of Calories			0.000%		40.007%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900448	Cauliflower Florets	0.000	1.176	0.588	0.588	0.000	5.879	12.346	0.106	*N/A*	*N/A*
		Totals	0.000	1.176	0.588	0.000	5.879	12.346	0.106	*N/A*	*N/A*
		% of Calories		80.000%		40.007%					

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Lawrence Public Schools
USD 497

990192 - Cauliflower Florets

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900448	Cauliflower Florets	1/2 CUP	50.00	11.758	0.000	14.697	1.176	*N/A*	0.000	0.000
		Totals	50.00	11.758	0.000	14.697	1.176	*N/A*	0.000	0.000
		% of Calories			0.000%		40.007%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900448	Cauliflower Florets	0.000	2.352	1.176	1.176	0.000	11.758	24.692	0.212	*N/A*	*N/A*
		Totals	0.000	2.352	1.176	0.000	11.758	24.692	0.212	*N/A*	*N/A*
		% of Calories		80.000%		40.007%					

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Lawrence Public Schools

USD 497

990290 - Cavatappi w/ Meat Sauce

Number of Portions: 75.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
R-990184 Meat Sauce	1 recipe	210.40	340.099	6.457	530.936	0.960	0.000	18.390	0.000
990417 Sauce, Marinara	1 #10 can	40.00	19.200	0.000	156.800	0.320	0.000	0.480	0.000
990475 Pasta, Cavatappi, Dry	1 bag (10 lbs)	60.48	215.996	0.000	0.000	0.000	0.000	1.080	0.000
	Totals	311.00	575.295	6.457	687.736	1.280	0.000	19.950	0.000
	% of Calories			10.102%		0.890%	0.000%	31.210%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990184 Meat Sauce	68.606	9.600	0.960	14.682	0.000	40.339	0.000	2.574	*N/A*	*N/A*
990417 Sauce, Marinara	0.000	3.200	0.320	0.320	0.000	6.720	0.000	0.320	*N/A*	*N/A*
990475 Pasta, Cavatappi, Dry	0.000	45.359	2.160	7.560	0.000	0.000	0.000	1.944	0.000	0.000
	Totals	68.606	58.159	3.440	22.561	47.059	0.000	4.838	*0.000*	*0.000*
	% of Calories		40.438%		15.687%					

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Lawrence Public Schools
USD 497

990193 - Celery

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900441	Celery	1/2 CUP, strips	62.00	8.455	0.000	64.819	0.000	*N/A*	0.000	0.000
		Totals	62.00	8.455	0.000	64.819	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900441	Celery	0.000	2.255	1.127	0.000	281.820	22.546	5.073	0.203	*N/A*	*N/A*
		Totals	0.000	2.255	0.000	281.820	22.546	5.073	0.203	*N/A*	*N/A*
		% of Calories		106.664%	0.000%						

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Lawrence Public Schools
USD 497

990242 - Celery 1/4 cup

Number of Portions: 2.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900441	Celery	1/2 CUP, strips	31.00	4.227	0.000	32.409	0.000	*N/A*	0.000	0.000
		Totals	31.00	4.227	0.000	32.409	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900441	Celery	0.000	1.127	0.564	0.000	140.910	11.273	2.536	0.101	*N/A*	*N/A*
		Totals	0.000	1.127	0.000	140.910	11.273	2.536	0.101	*N/A*	*N/A*
		% of Calories		106.676%	0.000%						

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Lawrence Public Schools
USD 497

1013 - Cereal- Cheerios

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903160	Cereal Cheerios WG Bowl	1 bowl	28.00	100.000	0.500	140.000	1.000	*N/A*	2.000	0.000
		Totals	28.00	100.000	0.500	140.000	1.000	*N/A*	2.000	0.000
		% of Calories			4.500%		4.000%	*N/A%*	18.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903160	Cereal Cheerios WG Bowl	0.000	20.000	3.000	3.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
		Totals	0.000	20.000	3.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
		% of Calories		80.000%		12.000%					

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Lawrence Public Schools

USD 497

1290 - Cereal, Bar, 2 oz, WG, Variety

Number of Portions: 3.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903352	Cereal, Bar, 2 oz, WG, Peach Cheerios	1 each	23.62	94.498	0.169	57.374	4.725	*N/A*	2.025	0.000
903353	Cereal, Bar, 2 oz, WG, Cinnamon Toast Crunch	1 each	23.33	86.667	0.167	66.667	5.000	*N/A*	1.667	0.000
903354	Cereal, Bar, 2 oz, WG, Lucky Charms	1 each	23.33	90.000	0.167	56.667	5.333	*N/A*	2.000	0.000
Totals			70.00	271.165	0.502	180.707	15.058	*N/A*	5.692	0.000
% of Calories					1.666%		22.212%	*N/A%*	18.890%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903352	Cereal, Bar, 2 oz, WG, Peach Cheerios	0.000	17.212	1.687	1.350	0.000	118.123	0.405	2.126	0.000	0.000
903353	Cereal, Bar, 2 oz, WG, Cinnamon Toast Crunch	0.000	17.333	1.667	1.333	0.000	100.000	0.000	0.900	0.000	0.000
903354	Cereal, Bar, 2 oz, WG, Lucky Charms	0.000	17.000	1.667	1.667	0.000	116.667	0.000	0.900	0.000	0.000
Totals		0.000	51.546	5.021	4.350	0.000	334.790	0.405	3.926	0.000	0.000
% of Calories			76.036%		6.417%						

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Lawrence Public Schools
USD 497

990129 - Cereal, CACFP

Number of Portions: 2.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903124	Cereal mini wheats frosted bowl	1 bowl	14.00	50.000	0.000	0.000	3.000	*N/A*	0.000	0.000
903160	Cereal Cheerios WG Bowl	1 bowl	14.00	50.000	0.250	70.000	0.500	*N/A*	1.000	0.000
		Totals	28.00	100.000	0.250	70.000	3.500	*N/A*	1.000	0.000
		% of Calories			2.250%		14.000%	*N/A%*	9.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903124	Cereal mini wheats frosted bowl	0.000	12.000	1.500	1.500	0.000	0.000	0.000	4.050	*N/A*	*N/A*
903160	Cereal Cheerios WG Bowl	0.000	10.000	1.500	1.500	0.000	0.000	0.000	0.000	*N/A*	*N/A*
		Totals	0.000	22.000	3.000	3.000	0.000	0.000	4.050	*N/A*	*N/A*
		% of Calories		88.000%		12.000%					

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Lawrence Public Schools

USD 497

1291 - Cereal, Cup, 2 oz, WG Variety

Number of Portions: 5.000

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 Fat² (g)
903359	Cereal, Cup, 2 oz, WG, Lucky Charms (gf)	1 each	11.34	42.524	0.000	72.899	3.847	*N/A*	0.506	0.000
903355	Cereal, Cup, 2 oz WGR, Cinn Toast Crunch	1 each	11.34	42.524	0.101	64.799	2.227	*N/A*	1.012	0.000
903357	Cereal, Cup, 2 oz, WG, Cinnamon Chex (gf)	1 each	11.34	46.574	0.101	64.799	2.430	*N/A*	1.012	0.000
903356	Cereal, Cup, 2 oz, WGR, Cocoa Puffs	1 each	11.34	44.549	0.000	46.574	3.037	*N/A*	0.506	0.000
903358	Cereal, Cup, 2 oz, WGR, Honey Cheerios (gf)	1 each	11.34	42.524	0.101	68.849	2.430	*N/A*	0.607	0.000
		Totals	57.00	218.696	0.304	317.919	13.972	*N/A*	3.645	0.000
		% of Calories			1.250%		25.555%	*N/A%*	15.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903359	Cereal, Cup, 2 oz, WG, Lucky Charms (gf)	0.000	9.315	0.810	1.012	151.872	30.374	1.822	1.093	0.000	0.000
903355	Cereal, Cup, 2 oz WGR, Cinn Toast Crunch	0.000	8.910	1.417	0.607	101.248	20.250	1.215	0.911	0.000	0.000
903357	Cereal, Cup, 2 oz, WG, Cinnamon Chex (gf)	0.000	9.315	0.607	0.607	101.248	20.250	1.215	2.916	0.000	0.000
903356	Cereal, Cup, 2 oz, WGR, Cocoa Puffs	0.000	9.517	0.607	0.607	151.872	30.374	1.822	1.093	0.000	0.000
903358	Cereal, Cup, 2 oz, WGR, Honey Cheerios (gf)	0.000	8.910	1.012	1.215	151.872	30.374	1.822	1.093	0.000	0.000
	Totals	0.000	45.967	4.455	4.050	658.113	131.623	7.897	7.108	0.000	0.000
	% of Calories		84.074%		7.408%						

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Lawrence Public Schools

USD 497

1305 - Cereal, Rice Chex

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: bowl

*Nutrients are based upon 1 Portion Size (bowl)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990460 Cereal, Rice Chex (1 oz)	1 each	28.35	111.373	0.000	232.871	2.025	0.000	0.506	0.000
	Totals	28.00	111.373	0.000	232.871	2.025	0.000	0.506	0.000
	% of Calories			0.000%		7.273%	0.000%	4.091%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990460 Cereal, Rice Chex (1 oz)	0.000	24.300	1.012	2.025	0.000	78.974	0.000	8.201	*N/A*	*N/A*
	Totals	0.000	24.300	1.012	2.025	0.000	78.974	0.000	8.201	*N/A*
	% of Calories		87.273%		7.273%					

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Lawrence Public Schools
USD 497

990228 - Cheese Cheddar Cubes

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: ounce

*Nutrients are based upon 1 Portion Size (ounce)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990420	Cheese Cheddar Cubes	1 serving - 4 cubes	28.35	113.398	5.670	188.997	0.000	0.000	9.450	0.000
		Totals	28.00	113.398	5.670	188.997	0.000	0.000	9.450	0.000
		% of Calories			45.000%		0.000%	0.000%	75.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990420	Cheese Cheddar Cubes	28.350	0.000	0.000	6.615	0.000	201.281	0.000	0.000	*N/A*	*N/A*
		Totals	28.350	0.000	0.000	6.615	201.281	0.000	0.000	*N/A*	*N/A*
		% of Calories		0.000%		23.334%					

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Lawrence Public Schools
USD 497

990301 - Cheese Pizza IW

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990514	IW Cheese Pizza WG	1 pizza	126.44	280.975	6.021	411.428	2.007	0.000	12.042	0.000
		Totals	126.00	280.975	6.021	411.428	2.007	0.000	12.042	0.000
		% of Calories			19.286%		2.857%	0.000%	38.571%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990514	IW Cheese Pizza WG	30.104	28.098	3.010	15.052	0.000	280.975	0.000	1.706	0.000	0.000
		Totals	30.104	28.098	3.010	15.052	280.975	0.000	1.706	0.000	0.000
		% of Calories		40.000%		21.428%					

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Lawrence Public Schools
USD 497

990305 - Cheese Quesadilla SFSP 24

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990435	Tortilla, Flour, 6 inch	2 tortilla	123.60	364.733	3.039	952.357	4.053	4.053	9.118	0.000
900006	Cheese, American Shred	6 oz	170.10	607.489	30.374	2976.698	0.000	*N/A*	48.599	0.000
		Totals	294.00	972.222	33.414	3929.055	4.053	4.053	57.718	0.000
		% of Calories			30.932%		1.668%	1.668%	53.430%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990435	Tortilla, Flour, 6 inch	0.000	60.789	2.026	8.105	0.000	230.997	0.000	4.053	*N/A*	*N/A*
900006	Cheese, American Shred	151.872	12.150	0.000	30.374	0.000	850.485	0.000	0.607	*N/A*	*N/A*
		Totals	151.872	72.939	38.480	0.000	1081.482	0.000	4.660	*N/A*	*N/A*
		% of Calories		30.009%	15.832%						

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Lawrence Public Schools
USD 497

1266 - Cheese, String Mozzarella

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900016	Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
		Totals	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
		% of Calories			39.375%		0.000%	*N/A%*	67.500%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900016	Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	200.000	200.000	0.000	0.000	0.000	0.000
		Totals	15.000	0.000	6.000	200.000	200.000	0.000	0.000	0.000	0.000
		% of Calories		0.000%	30.000%						

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Lawrence Public Schools

USD 497

149 - CHEESEBURGER

Number of Portions: 100.000

Size of Portion: 1pattie,1 bun

*Nutrients are based upon 1 Portion Size (1pattie,1 bun)

Source: USD 497

Group Code: ENTREES

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
Ingredient	Quantity									
900372	Cheese, Sliced, American Yellow Style	100 slice	14.17	50.624	2.531	253.121	0.000	*N/A*	4.556	0.000
903155	Bun, Hamburger	100 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
990388	Beef Patty Charbroiled	100 patty	70.87	177.185	5.537	232.555	0.000	*N/A*	13.289	0.000
		Totals	142.00	357.809	8.068	735.676	3.000	*N/A*	19.345	0.000
		% of Calories			20.294%		3.354%	*N/A%*	48.659%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
900372	Cheese, Sliced, American Yellow Style		12.656	1.012	0.000	2.531	0.000	65.812	0.000	0.051	*N/A*	*N/A*
903155	Bun, Hamburger		0.000	24.000	2.000	3.000	0.000	40.000	1.200	1.080	*N/A*	*N/A*
990388	Beef Patty Charbroiled		33.222	1.107	1.107	12.181	0.000	33.222	0.000	2.215	*N/A*	*N/A*
		Totals	45.878	26.120	3.107	17.713	0.000	139.034	1.200	3.345	*N/A*	*N/A*
		% of Calories		29.200%		19.802%						

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Lawrence Public Schools
USD 497

882 - CHEEZ-IT WHOLE GRAIN CRACKER

Number of Portions: 1.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: pkg

*Nutrients are based upon 1 Portion Size (pkg)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903237	CHEEZ-IT WHOLE GRAIN CRACKER	1 each	21.26	101.248	1.012	151.872	0.000	*N/A*	4.050	0.000
		Totals	21.00	101.248	1.013	151.872	0.000	*N/A*	4.050	0.000
		% of Calories			9.000%		0.000%	*N/A%*	36.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903237	CHEEZ-IT WHOLE GRAIN CRACKER	0.000	14.175	1.012	2.025	506.240	101.248	0.000	0.729	*N/A*	*N/A*
		Totals	0.000	14.175	2.025	506.240	101.248	0.000	0.729	*N/A*	*N/A*
		% of Calories		56.000%		8.000%					

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Lawrence Public Schools

USD 497

990142 - Chef Salad Kit

Number of Portions: 1.000

Group Code: SALADS

Size of Portion: salads

*Nutrients are based upon 1 Portion Size (salads)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990415	Romaine, Whole Head	2 cup	115.67	20.820	0.000	0.000	1.365	0.000	0.000	0.000
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	2 OZ	56.00	179.995	10.000	339.998	1.999	*N/A*	14.000	0.000
900431	Ham, sliced, smoked	2 1/2 slice	35.44	37.500	0.625	387.501	1.250	*N/A*	1.250	0.000
903333	Egg, Hard Boiled whole peeled	1 each	45.00	60.000	1.500	65.000	0.000	0.000	4.000	0.000
903320	Breadstick, Garlic	1 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
Totals			308.00	468.315	13.125	962.500	6.614	0.000	25.250	0.000
% of Calories					25.223%		5.649%	0.000%	48.525%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	Romaine, Whole Head	0.000	2.718	1.388	1.365	8844.979	27.760	4.858	1.469	*N/A*	*N/A*
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	49.997	1.999	0.000	11.995	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
900431	Ham, sliced, smoked	18.750	1.250	0.000	5.625	0.000	0.000	0.000	0.250	*N/A*	*N/A*
903333	Egg, Hard Boiled whole peeled	180.000	0.000	0.000	6.000	0.000	20.000	0.000	0.700	*N/A*	*N/A*
903320	Breadstick, Garlic	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
Totals		248.747	30.967	3.388	26.985	*8844.979*	*57.760*	*4.858*	*3.859*	*N/A*	*N/A*
% of Calories			26.450%		23.049%						

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Lawrence Public Schools

USD 497

1225 - Chicken & Waffles

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: 3 ch + 1 waffle

*Nutrients are based upon 1 Portion Size (3 ch + 1 waffle)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903203	chicken tender (strip) WG	3 (1 strip)	127.57	283.495	2.531	475.867	1.012	*N/A*	13.162	0.000
902210	Waffle, WG	1 (1 waffle)	37.00	80.000	0.000	105.000	2.000	*N/A*	3.000	0.000
		Totals	165.00	363.495	2.531	580.867	3.012	*N/A*	16.162	0.000
		% of Calories			6.267%		3.314%	*N/A%*	40.017%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903203	chicken tender (strip) WG	60.749	16.200	2.025	25.312	0.000	17.212	0.000	2.025	*N/A*	*N/A*
902210	Waffle, WG	4.000	12.000	1.000	2.000	0.000	20.000	0.000	0.720	0.000	0.000
		Totals	64.749	28.200	3.025	0.000	37.212	0.000	2.745	*0.000*	*N/A*
		% of Calories		31.032%		30.055%					

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Lawrence Public Schools

USD 497

990314 - Chicken Biscuit Sandwich

Number of Portions: 25.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990521 Biscuit Baked WG	25 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
990548 Breakfast Chicken Patty 1.6 oz	25 each	45.36	95.758	1.008	216.716	0.000	0.000	4.536	0.000
	Totals	109.00	305.057	5.991	615.381	2.990	1.993	14.503	0.000
	% of Calories			17.676%		3.921%	2.613%	42.786%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990521 Biscuit Baked WG	0.000	26.910	1.993	3.987	0.000	99.666	0.000	1.694	0.000	0.000
990548 Breakfast Chicken Patty 1.6 oz	12.600	6.048	7.056	7.056	0.000	0.000	0.000	1.008	0.000	0.000
	Totals	12.600	32.958	9.049	11.043	99.666	0.000	2.702	0.000	0.000
	% of Calories		43.215%		14.480%					

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Lawrence Public Schools

USD 497

990334 - Chicken Burrito Bowl

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
R-990185	Rice	1 #6 scoop	110.99	120.535	0.215	418.125	*0.000*	*0.000*	1.423	*0.002*
R-879	Black Beans	1 (1/2 cup)	147.97	117.974	0.000	142.586	0.981	*N/A*	0.491	0.000
990554	Chicken Carnitas Shredded	2 oz	56.70	94.498	1.687	323.994	1.350	0.000	5.400	0.000
990564	Cheese Cheddar Jack Fancy Shredded	1 oz	28.35	111.373	5.062	172.122	6.075	0.000	9.112	0.000
Totals			344.00	444.380	6.965	1056.827	*8.406*	*0.000*	16.426	*0.002*
% of Calories					14.106%		*7.566%*	*0.000%*	33.266%	*0.004%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990185	Rice	0.000	24.876	1.025	2.657	0.000	8.575	0.000	0.443	*76.724*	*0.077*
R-879	Black Beans	0.000	22.613	5.888	6.869	0.000	59.280	0.000	1.768	*19.980*	*N/A*
990554	Chicken Carnitas Shredded	47.249	1.350	0.000	9.450	0.000	0.000	0.000	0.472	0.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	25.312	1.012	0.000	6.075	0.000	200.471	0.000	0.101	0.000	0.000
Totals		72.561	49.852	6.913	25.051	0.000	268.326	0.000	2.785	*96.704*	*0.077*
% of Calories			44.873%		22.549%						

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Lawrence Public Schools

USD 497

990283 - Chicken Caesar Wrap

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Wrap

*Nutrients are based upon 1 Portion Size (Wrap)

			Weight	Calories¹	Sat Fat¹	Sodium¹	Total	Added	Total	Trans Fat²
	Ingredient	Quantity	(g)	(kcal)	(g)	(mg)	Sugars	Sugars	Fat	(g)
990499	Wrap Tortilla Spinach 12	1 each	103.19	300.000	2.500	820.000	*N/A*	*N/A*	9.000	*N/A*
990415	Romaine, Whole Head	11 3/4 gram	11.75	2.115	0.000	0.000	0.139	0.000	0.000	0.000
990503	Chicken Fajita Strips	2 oz	56.70	60.000	0.000	400.000	0.667	0.000	0.667	0.000
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	1 OZ	28.00	89.998	5.000	169.999	1.000	*N/A*	7.000	0.000
990501	Dressing Caesar Creamy	1 oz	28.35	146.635	2.444	273.719	*N/A*	*N/A*	15.641	*N/A*
		Totals	228.00	598.748	9.944	1663.719	*1.805*	*0.000*	32.308	*0.000*
		% of Calories			14.947%		*1.206%*	*0.000%*	48.563%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990499	Wrap Tortilla Spinach 12	*N/A*	47.000	1.000	9.000	*N/A*	188.000	*N/A*	3.000	*N/A*
990415	Romaine, Whole Head	0.000	0.276	0.141	0.139	898.523	2.820	0.494	0.149	*N/A*
990503	Chicken Fajita Strips	33.333	2.667	0.000	10.000	0.000	0.000	0.667	0.000	0.000
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	24.998	1.000	0.000	5.998	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990501	Dressing Caesar Creamy	*N/A*	0.978	*N/A*	0.978	0.000	0.000	0.000	0.000	0.000
	Totals	*58.332*	51.920	*1.141*	26.114	*898.522*	*190.820*	*0.494*	*3.816*	*0.000*
	% of Calories		34.686%		17.446%					

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Lawrence Public Schools

USD 497

990254 - Chicken Drumstick w/ Cornbread Poppers - Elem

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 Fat² (g)
990438	Chicken, Drumstick Glazed Cooked	1 each	143.17	233.421	3.112	544.649	1.556	1.556	12.449	0.000
990473	Cornbread Poppers	1 (3 each (1.25 eq. grain))	43.37	151.307	3.530	201.743	5.044	4.035	8.070	0.000
		Totals	187.00	384.728	6.643	746.392	6.600	5.591	20.519	0.000
		% of Calories			15.540%		6.862%	5.813%	48.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990438	Chicken, Drumstick Glazed Cooked	140.053	3.112	0.000	26.454	0.000	0.000	0.000	0.934	*N/A*	*N/A*
990473	Cornbread Poppers	10.087	19.166	1.009	2.017	0.000	10.087	0.000	0.908	0.000	0.000
	Totals	150.140	22.278	1.009	28.472	0.000	10.087	0.000	1.842	*0.000*	*N/A*
	% of Calories		23.162%		29.602%						

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Lawrence Public Schools

USD 497

990263 - Chicken Drumstick w/ Cornbread Poppers - MS/HS

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990438	Chicken, Drumstick Glazed Cooked	1 each	143.17	233.421	3.112	544.649	1.556	1.556	12.449	0.000
990473	Cornbread Poppers	1 (6 each (2.5 eq grain))	86.75	302.615	7.061	403.486	10.087	8.070	16.139	0.000
Totals			230.00	536.036	10.173	948.136	11.643	9.626	28.589	0.000
% of Calories					17.081%		8.688%	7.183%	48.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990438	Chicken, Drumstick Glazed Cooked	140.053	3.112	0.000	26.454	0.000	0.000	0.000	0.934	*N/A*	*N/A*
990473	Cornbread Poppers	20.174	38.331	2.017	4.035	0.000	20.174	0.000	1.816	0.000	0.000
Totals		160.227	41.444	2.017	30.489	0.000	20.174	0.000	2.749	*0.000*	*N/A*
% of Calories			30.926%		22.751%						

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Lawrence Public Schools
USD 497

990157 - Chicken Drumstick w/ Hushpuppies

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990438	Chicken, Drumstick Glazed Cooked	1 each	143.17	233.421	3.112	544.649	1.556	1.556	12.449	0.000
990439	Hushpuppy	1 (3 pieces)	52.00	130.000	0.500	370.000	1.000	0.000	4.500	0.000
		Totals	195.00	363.421	3.612	914.649	2.556	1.556	16.949	0.000
		% of Calories			8.946%		2.813%	1.713%	41.974%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990438	Chicken, Drumstick Glazed Cooked	140.053	3.112	0.000	26.454	0.000	0.000	0.000	0.934	*N/A*	*N/A*
990439	Hushpuppy	0.000	20.000	1.000	2.000	0.000	22.000	0.000	1.000	*N/A*	*N/A*
		Totals	140.053	23.112	1.000	28.454	22.000	0.000	1.934	*N/A*	*N/A*
		% of Calories		25.439%		31.318%					

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Lawrence Public Schools

USD 497

990291 - Chicken Drumstick w/ WG Biscuit SFSP 24

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 Fat² (g)
990438	Chicken, Drumstick Glazed Cooked	1 each	143.17	233.421	3.112	544.649	1.556	1.556	12.449	0.000
902983	Biscuit Dough WG Frozen	1 biscuit	71.00	210.000	4.500	290.000	2.000	*N/A*	9.000	0.000
		Totals	214.00	443.421	7.612	834.649	3.556	1.556	21.449	0.000
		% of Calories			15.450%		3.208%	1.404%	43.535%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990438	Chicken, Drumstick Glazed Cooked	140.053	3.112	0.000	26.454	0.000	0.000	0.000	0.934	*N/A*	*N/A*
902983	Biscuit Dough WG Frozen	0.000	28.000	2.000	5.000	0.000	120.000	0.000	1.600	*N/A*	*N/A*
	Totals	140.053	31.112	2.000	31.454	0.000	120.000	0.000	2.534	*N/A*	*N/A*
	% of Calories		28.066%		28.374%						

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Lawrence Public Schools
USD 497

990310 - Chicken Drumstick w/ WG Corn Muffin

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990438	Chicken, Drumstick Glazed Cooked	1 each	143.17	233.421	3.112	544.649	1.556	1.556	12.449	0.000
990526	WG Corn Muffin 2.5 oz IW	1 each	70.87	220.000	1.000	115.000	18.000	0.000	8.000	0.000
Totals			214.00	453.421	4.112	659.650	19.556	1.556	20.449	0.000
% of Calories					8.163%		17.252%	1.373%	40.590%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990438	Chicken, Drumstick Glazed Cooked	140.053	3.112	0.000	26.454	0.000	0.000	0.000	0.934	*N/A*	*N/A*
990526	WG Corn Muffin 2.5 oz IW	20.000	36.000	1.000	3.000	0.000	27.000	0.000	1.000	0.000	0.000
Totals		160.053	39.112	1.000	29.454	0.000	27.000	0.000	1.934	*0.000*	*0.000*
% of Calories			34.504%		25.984%						

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Lawrence Public Schools

USD 497

990325 - Chicken Enchilada Bake w/ Cinnamon Breadstick

Number of Portions: 36.000

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 Fat² (g)	
990553	White Corn Tortilla	36 tortilla	26.02	55.052	0.000	7.507	0.000	0.000	0.500	0.000
990554	Chicken Carnitas Shredded	4 LB	50.40	83.999	1.500	287.995	1.200	0.000	4.800	0.000
990564	Cheese Cheddar Jack Fancy Shredded	3 LB	37.80	148.497	6.750	229.496	8.100	0.000	12.150	0.000
990446	Gravy, Poultry Mix Low Sodium	1 pouch (dry)	5.12	21.328	0.000	119.435	0.000	0.000	0.853	0.000
990565	Green Chile Diced, Roasted & Peeled	1 can	22.05	3.675	0.000	55.124	0.000	0.000	0.000	0.000
902938	Margarine, Liquid	2/3 cup	4.20	30.014	0.600	33.016	0.000	*N/A*	3.302	0.000
990566	Breadstick, WG	36 breadstick	34.02	80.046	0.000	95.054	2.001	0.000	1.001	0.000
R-990222	Cinnamon Sugar	1 cup	5.32	19.111	0.000	0.049	*N/A*	*N/A*	0.000	*0.000*
		Totals	185.00	441.722	8.850	827.677	*11.301*	*0.000*	22.606	*0.000*
		% of Calories			18.032%		*10.234%*	*0.000%*	46.058%	*0.000%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990553	White Corn Tortilla	0.000	11.511	1.501	1.001	0.000	10.010	0.000	0.500	0.000	0.000
990554	Chicken Carnitas Shredded	41.999	1.200	0.000	8.400	0.000	0.000	0.000	0.420	0.000	0.000
990564	Cheese Cheddar Jack Fancy Shredded	33.749	1.350	0.000	8.100	0.000	267.295	0.000	0.135	0.000	0.000
990446	Gravy, Poultry Mix Low Sodium	0.000	3.412	0.000	0.000	0.000	8.531	0.000	0.000	*N/A*	*N/A*
990565	Green Chile Diced, Roasted & Peeled	0.000	0.735	0.000	0.000	0.000	1.470	0.000	0.000	0.000	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	150.072	0.000	0.000	0.000	0.000	0.000
990566	Breadstick, WG	0.000	14.008	2.001	3.002	0.000	10.006	0.000	0.800	0.000	0.000
R-990222	Cinnamon Sugar	0.000	4.933	0.000	0.000	0.000	0.049	0.000	0.003	*0.000*	*0.000*
	Totals	75.749	37.150	3.503	20.502	150.072	297.361	0.000	1.859	*0.000*	*0.000*
	% of Calories		33.641%		18.566%						

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Lawrence Public Schools

USD 497

990293 - Chicken Fry Stix w/ WG Biscuit

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving (4 per)

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

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990422	Chicken, Fry Stix	1 serving (4 stix)	98.00	220.000	3.000	570.000	0.000	0.000	13.000	0.000
902983	Biscuit Dough WG Frozen	1 biscuit	71.00	210.000	4.500	290.000	2.000	*N/A*	9.000	0.000
		Totals	169.00	430.000	7.500	860.000	2.000	0.000	22.000	0.000
		% of Calories			15.698%		1.860%	0.000%	46.047%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990422	Chicken, Fry Stix	45.000	11.000	0.000	14.000	0.000	15.000	0.000	2.000	*N/A*	*N/A*
902983	Biscuit Dough WG Frozen	0.000	28.000	2.000	5.000	0.000	120.000	0.000	1.600	*N/A*	*N/A*
	Totals	45.000	39.000	2.000	19.000	0.000	135.000	0.000	3.600	*N/A*	*N/A*
	% of Calories		36.279%		17.674%						

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Lawrence Public Schools

USD 497

990311 - Chicken Fry Stix w/ WG Corn Muffin

Number of Portions: 40.000

Group Code: ENTREES

Size of Portion: serving (4 per)

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

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
990422	Chicken, Fry Stix	1 case	113.40	254.567	3.471	659.560	0.000	0.000	15.043	0.000
990526	WG Corn Muffin 2.5 oz IW	40 each	70.87	220.000	1.000	115.000	18.000	0.000	8.000	0.000
		Totals	184.00	474.567	4.471	774.560	18.000	0.000	23.043	0.000
		% of Calories			8.480%		15.172%	0.000%	43.699%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990422	Chicken, Fry Stix	52.071	12.728	0.000	16.200	0.000	17.357	0.000	2.314	*N/A*	*N/A*
990526	WG Corn Muffin 2.5 oz IW	20.000	36.000	1.000	3.000	0.000	27.000	0.000	1.000	0.000	0.000
	Totals	72.071	48.728	1.000	19.200	0.000	44.357	0.000	3.314	*0.000*	*0.000*
	% of Calories		41.072%		16.183%						

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Lawrence Public Schools

USD 497

900006 - CHICKEN GRAVY

Number of Portions: 68.000

Group Code: SAUCE

Size of Portion: fl oz

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990446	Gravy, Poultry Mix Low Sodium	1 pouch (made)	28.35	118.123	0.000	661.488	0.000	0.000	4.725	0.000
75012	WATER,HOT	2 qt	28.24	0.000	0.000	0.847	0.000	*N/A*	0.000	0.000
		Totals	57.00	118.123	0.000	662.335	0.000	0.000	4.725	0.000
		% of Calories			0.000%		0.000%	0.000%	36.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990446	Gravy, Poultry Mix Low Sodium	0.000	18.900	0.000	0.000	0.000	47.249	0.000	0.000	*N/A*	*N/A*
75012	WATER,HOT	0.000	0.000	0.000	0.000	0.000	0.565	0.000	0.003	28.207	0.028
	Totals	0.000	18.900	0.000	0.000	0.000	47.814	0.000	0.003	*28.207*	*N/A*
	% of Calories		64.000%		0.000%						

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Lawrence Public Schools
USD 497

1095 - Chicken Nuggets

Number of Portions: 100.000

Group Code: Meat/Meat Alt

Size of Portion: 5 nuggets

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903271	Chicken Nugget WG	500 Nugget	125.00	295.000	3.275	530.000	1.350	1.175	15.563	0.200
		Totals	125.00	295.000	3.275	530.000	1.350	1.175	15.563	0.200
		% of Calories			9.992%		1.831%	1.593%	47.479%	0.610%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903271	Chicken Nugget WG	51.788	16.713	2.438	22.338	0.000	28.625	0.000	2.175	*N/A*	*N/A*
		Totals	51.788	16.713	2.438	22.338	0.000	28.625	0.000	2.175	*N/A*
		% of Calories		22.661%		30.289%					

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Lawrence Public Schools

USD 497

990296 - Chicken Nuggets w/ WG Biscuit

Number of Portions: 48.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903271	Chicken Nugget WG	48 (5 nuggets)	105.00	247.800	2.751	445.200	1.134	0.987	13.073	0.168
990521	Biscuit Baked WG	48 biscuit	63.79	209.299	4.983	398.665	2.990	1.993	9.967	0.000
Totals			169.00	457.099	7.734	843.865	4.124	2.980	23.039	0.168
% of Calories					15.228%		3.609%	2.608%	45.363%	0.331%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903271	Chicken Nugget WG	43.502	14.039	2.048	18.764	0.000	24.045	0.000	1.827	*N/A*	*N/A*
990521	Biscuit Baked WG	0.000	26.910	1.993	3.987	0.000	99.666	0.000	1.694	0.000	0.000
Totals		43.502	40.948	4.041	22.750	0.000	123.711	0.000	3.521	*0.000*	*N/A*
% of Calories			35.833%		19.908%						

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Lawrence Public Schools
USD 497

1004 - Chicken Nuggets w/roll

Number of Portions: 100.000

Group Code: Meat/Meat Alt

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903271	Chicken Nugget WG	100 (5 nuggets)	105.00	247.800	2.751	445.200	1.134	0.987	13.073	0.168
990433	Roll, WG (2.5 oz)	100 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
		Totals	176.00	407.516	2.751	579.960	5.127	0.987	16.067	0.168
		% of Calories			6.076%		5.032%	0.969%	35.484%	0.371%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903271	Chicken Nugget WG	43.502	14.039	2.048	18.764	0.000	24.045	0.000	1.827	*N/A*	*N/A*
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
		Totals	43.502	42.987	5.042	25.751	*0.000*	34.027	0.000	3.424	*0.000*
		% of Calories		42.194%		25.276%					

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Lawrence Public Schools

USD 497

1274 - Chicken Penne Alfredo

Number of Portions: 150.000

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 Fat² (g)
903338	Sauce, Alfredo, CN	1 case	90.72	160.874	5.596	342.732	5.246	*N/A*	10.492	0.000
51520	Chicken, Diced, Cooked, Frozen	10 lb	29.87	38.400	0.000	29.867	0.000	*N/A*	1.066	0.000
990418	Penne Pasta	32 LB + 3/4 LB	99.03	347.489	0.000	0.000	0.000	0.000	1.737	0.000
		Totals	220.00	546.762	5.596	372.599	5.246	0.000	13.296	0.000
		% of Calories			9.211%		3.838%	0.000%	21.885%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903338	Sauce, Alfredo, CN	31.475	6.995	0.000	10.492	0.000	330.492	0.000	0.000	*N/A*	*N/A*
51520	Chicken, Diced, Cooked, Frozen	22.400	0.000	0.000	6.397	0.000	0.000	0.639	0.191	*N/A*	*N/A*
990418	Penne Pasta	0.000	72.973	3.475	12.162	0.000	0.000	0.000	3.127	*N/A*	*N/A*
	Totals	53.875	79.967	3.475	29.051	0.000	330.492	0.639	3.319	*N/A*	*N/A*
	% of Calories		58.502%		21.253%						

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Lawrence Public Schools

USD 497

990297 - Chicken Tenders w/ WG Corn Muffin

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903203	chicken tender (strip) WG	3 (1 strip)	127.57	283.495	2.531	475.867	1.012	*N/A*	13.162	0.000
990526	WG Corn Muffin 2.5 oz IW	1 each	70.87	220.000	1.000	115.000	18.000	0.000	8.000	0.000
		Totals	198.00	503.495	3.531	590.867	19.012	0.000	21.162	0.000
		% of Calories			6.312%		15.104%	0.000%	37.828%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903203	chicken tender (strip) WG	60.749	16.200	2.025	25.312	0.000	17.212	0.000	2.025	*N/A*	*N/A*
990526	WG Corn Muffin 2.5 oz IW	20.000	36.000	1.000	3.000	0.000	27.000	0.000	1.000	0.000	0.000
		Totals	80.749	52.200	3.025	28.312	44.212	0.000	3.025	*0.000*	*N/A*
		% of Calories		41.470%		22.492%					

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Lawrence Public Schools

USD 497

990165 - Chicken Wings w/ Roll

Number of Portions: 10.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	10 serving (4 wings)	153.09	417.511	8.947	497.037	0.000	0.000	33.798	0.000
990433	Roll, WG (2.5 oz)	10 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
990444	Sauce, Teriyaki Glaze	2 (2 TBSP)	7.20	9.000	0.000	186.000	1.800	0.000	0.000	0.000
990489	Sauce BBQ Smokey	2 tbsp	2.83	2.362	0.000	24.570	0.378	0.378	0.142	0.000
990508	Frank's Hot Sauce	2 tbsp	2.83	0.000	0.000	107.728	0.000	0.000	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	2 (2 TBS)	6.40	14.000	0.100	70.000	0.200	*N/A*	0.900	0.000
		Totals	243.00	602.589	9.047	1020.095	6.371	0.378	37.835	0.000
		% of Calories			13.512%		4.229%	0.251%	56.509%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	188.874	1.988	0.000	27.834	0.000	19.881	0.000	0.000	*N/A*	*N/A*
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
990444	Sauce, Teriyaki Glaze	0.000	2.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
990489	Sauce BBQ Smokey	0.000	0.567	0.094	0.094	0.000	0.000	0.000	0.000	0.000	0.000
990508	Frank's Hot Sauce	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	2.000	1.400	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	190.874	34.904	3.089	34.916	*0.000*	29.864	0.000	1.597	*0.000*	*N/A*
	% of Calories		23.169%		23.177%						

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USD 497

990181 - Chicken Wings w/ Sweet Corn Hushpuppies

Number of Portions: 10.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	10 serving (4 wings)	153.09	417.511	8.947	497.037	0.000	0.000	33.798	0.000
990444	Sauce, Teriyaki Glaze	2 (2 TBSP)	7.20	9.000	0.000	186.000	1.800	0.000	0.000	0.000
990508	Frank's Hot Sauce	2 tbsp	2.83	0.000	0.000	107.728	0.000	0.000	0.000	0.000
990489	Sauce BBQ Smokey	2 tbsp	2.83	2.362	0.000	24.570	0.378	0.378	0.142	0.000
990439	Hushpuppy	10 (3 pieces)	52.00	130.000	0.500	370.000	1.000	0.000	4.500	0.000
900605	Ranch Dressing Kraft Light Done Right	2 (2 TBS)	6.40	14.000	0.100	70.000	0.200	*N/A*	0.900	0.000
		Totals	224.00	572.873	9.547	1255.335	3.378	0.378	39.340	0.000
		% of Calories			14.998%		2.359%	0.264%	61.805%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	188.874	1.988	0.000	27.834	0.000	19.881	0.000	0.000	*N/A*	*N/A*
990444	Sauce, Teriyaki Glaze	0.000	2.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
990508	Frank's Hot Sauce	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990489	Sauce BBQ Smokey	0.000	0.567	0.094	0.094	0.000	0.000	0.000	0.000	0.000	0.000
990439	Hushpuppy	0.000	20.000	1.000	2.000	0.000	22.000	0.000	1.000	*N/A*	*N/A*
900605	Ranch Dressing Kraft Light Done Right	2.000	1.400	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	190.874	25.955	1.094	29.929	0.000	41.881	0.000	1.000	*0.000*	*N/A*
	% of Calories		18.123%		20.897%						

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Lawrence Public Schools

USD 497

990336 - Chicken Wings w/ WG Corn Muffin

Number of Portions: 10.000

Group Code: ENTREES

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	10 serving (4 wings)	153.09	417.511	8.947	497.037	0.000	0.000	33.798	0.000
990526	WG Corn Muffin 2.5 oz IW	10 each	70.87	220.000	1.000	115.000	18.000	0.000	8.000	0.000
990444	Sauce, Teriyaki Glaze	2 (2 TBSP)	7.20	9.000	0.000	186.000	1.800	0.000	0.000	0.000
990489	Sauce BBQ Smokey	4 tbsp	5.67	4.725	0.000	49.139	0.756	0.756	0.283	0.000
990508	Frank's Hot Sauce	4 tbsp	5.67	0.000	0.000	215.457	0.000	0.000	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	4 tbsp	5.67	12.403	0.089	62.015	0.177	*N/A*	0.797	0.000
		Totals	248.00	663.639	10.035	1124.648	20.733	0.756	42.879	0.000
		% of Calories			13.609%		12.497%	0.456%	58.151%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990445	Chicken Wings, Fully Cooked, Oven Roasted Glazed	188.874	1.988	0.000	27.834	0.000	19.881	0.000	0.000	*N/A*	*N/A*
990526	WG Corn Muffin 2.5 oz IW	20.000	36.000	1.000	3.000	0.000	27.000	0.000	1.000	0.000	0.000
990444	Sauce, Teriyaki Glaze	0.000	2.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
990489	Sauce BBQ Smokey	0.000	1.134	0.189	0.189	0.000	0.000	0.000	0.000	0.000	0.000
990508	Frank's Hot Sauce	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	1.772	1.240	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	210.646	42.363	1.189	31.023	0.000	46.881	0.000	1.000	*0.000*	*0.000*
	% of Calories		25.533%		18.699%						

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Lawrence Public Schools
USD 497

990155 - Chicken, Boneless Wings

Number of Portions: 47.000

Source: Brakebush
Group Code: ENTREES

Size of Portion: serving (4 per)

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990434	Chicken, Boneless Chicken Breast Chunk	1 case	96.51	181.664	1.703	749.364	1.135	1.135	7.948	0.000
		Totals	97.00	181.664	1.703	749.364	1.135	1.135	7.948	0.000
		% of Calories			8.438%		2.499%	2.499%	39.375%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990434	Chicken, Boneless Chicken Breast Chunk	34.062	15.896	0.000	13.625	0.000	10.219	0.000	0.000	*N/A*	*N/A*
		Totals	34.062	15.896	0.000	13.625	10.219	0.000	0.000	*N/A*	*N/A*
		% of Calories		35.000%		30.000%					

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Lawrence Public Schools

USD 497

990163 - Chicken, Boneless Wings w/ Roll

Number of Portions: 47.000

Source: Brakebush

Group Code: ENTREES

Size of Portion: serving (4 per)

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990434	Chicken, Boneless Chicken Breast Chunk	1 case	96.51	181.664	1.703	749.364	1.135	1.135	7.948	0.000
990433	Roll, WG (2.5 oz)	47 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
		Totals	167.00	341.379	1.703	884.124	5.128	1.135	10.943	0.000
		% of Calories			4.490%		6.009%	1.330%	28.848%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990434	Chicken, Boneless Chicken Breast Chunk	34.062	15.896	0.000	13.625	0.000	10.219	0.000	0.000	*N/A*	*N/A*
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
	Totals	34.062	44.844	2.995	20.612	*0.000*	20.201	0.000	1.597	*0.000*	*N/A*
	% of Calories		52.545%		24.151%						

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Lawrence Public Schools
USD 497

990265 - Chicken, Buffalo Bites

Number of Portions: 72.000

Group Code: ENTREES

Size of Portion: 4 each

*Nutrients are based upon 1 Portion Size (4 each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990480	Chicken, Buffalo Bites	1 case	126.00	231.836	1.008	705.588	0.000	0.000	7.056	0.000
		Totals	126.00	231.836	1.008	705.588	0.000	0.000	7.056	0.000
		% of Calories			3.913%		0.000%	0.000%	27.391%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990480	Chicken, Buffalo Bites	45.359	21.168	0.000	19.152	0.000	18.144	0.000	2.016	0.000	0.000
		Totals	45.359	21.168	0.000	19.152	0.000	18.144	0.000	2.016	0.000
		% of Calories		36.522%		33.044%					

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Lawrence Public Schools

USD 497

990178 - Chicken, Drumstick Gochujang Glazed w/ Rice

Number of Portions: 88.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990457	Chicken, Drumstick Gochujang Glazed	1 case	154.63	300.259	3.753	675.584	7.506	7.506	16.514	0.000
R-990185	Rice	88 #6 scoop	110.99	120.535	0.215	418.125	*0.000*	*0.000*	1.423	*0.002*
		Totals	266.00	420.794	3.968	1093.709	*7.506*	*7.506*	17.937	*0.002*
		% of Calories			8.487%		*7.135%*	*7.135%*	38.364%	*0.005%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990457	Chicken, Drumstick Gochujang Glazed	135.117	10.509	0.000	27.023	0.000	15.013	0.000	1.201	*N/A*	*N/A*
R-990185	Rice	0.000	24.876	1.025	2.657	0.000	8.575	0.000	0.443	*76.724*	*0.077*
	Totals	135.117	35.385	1.025	29.680	0.000	23.588	0.000	1.644	*76.724*	*0.077*
	% of Calories		33.637%		28.213%						

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Lawrence Public Schools

USD 497

990180 - Chicken, Drumstick w/ Rice

Number of Portions: 88.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990438	Chicken, Drumstick Glazed Cooked	88 each	143.17	233.421	3.112	544.649	1.556	1.556	12.449	0.000
R-990185	Rice	88 #6 scoop	110.99	120.535	0.215	418.125	*0.000*	*0.000*	1.423	*0.002*
		Totals	254.00	353.956	3.327	962.774	*1.556*	*1.556*	13.872	*0.002*
		% of Calories			8.460%		*1.758%*	*1.758%*	35.271%	*0.006%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990438	Chicken, Drumstick Glazed Cooked	140.053	3.112	0.000	26.454	0.000	0.000	0.000	0.934	*N/A*	*N/A*
R-990185	Rice	0.000	24.876	1.025	2.657	0.000	8.575	0.000	0.443	*76.724*	*0.077*
	Totals	140.053	27.989	1.025	29.111	0.000	8.575	0.000	1.377	*76.724*	*0.077*
	% of Calories		31.629%		32.898%						

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Lawrence Public Schools

USD 497

990146 - Chicken, Fry Stix

Number of Portions: 40.000

Group Code: ENTREES

Size of Portion: serving (4 per)

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990422	Chicken, Fry Stix	1 case	113.40	254.567	3.471	659.560	0.000	0.000	15.043	0.000
		Totals	113.00	254.567	3.471	659.560	0.000	0.000	15.043	0.000
		% of Calories			12.273%		0.000%	0.000%	53.182%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990422	Chicken, Fry Stix	52.071	12.728	0.000	16.200	0.000	17.357	0.000	2.314	*N/A*	*N/A*
		Totals	52.071	12.728	0.000	16.200	17.357	0.000	2.314	*N/A*	*N/A*
		% of Calories		20.000%		25.455%					

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Lawrence Public Schools

USD 497

990177 - Chicken, Fry Stix w/ Roll

Number of Portions: 40.000

Group Code: ENTREES

Size of Portion: serving (4 per)

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

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
990422	Chicken, Fry Stix	1 case	113.40	254.567	3.471	659.560	0.000	0.000	15.043	0.000
990433	Roll, WG (2.5 oz)	40 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
		Totals	184.00	414.283	3.471	794.320	3.993	0.000	18.037	0.000
		% of Calories			7.541%		3.855%	0.000%	39.185%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990422	Chicken, Fry Stix	52.071	12.728	0.000	16.200	0.000	17.357	0.000	2.314	*N/A*	*N/A*
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
	Totals	52.071	41.677	2.995	23.187	*0.000*	27.339	0.000	3.911	*0.000*	*N/A*
	% of Calories		40.240%		22.388%						

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Lawrence Public Schools

USD 497

1030 - Chicken, Strip (WG), EC

Number of Portions: 1.000

Group Code: Meat/Meat Alt

Size of Portion: 2 tenders

*Nutrients are based upon 1 Portion Size (2 tenders)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903203	chicken tender (strip) WG	1 (2 strips)	85.05	188.997	1.687	317.244	0.675	*N/A*	8.775	0.000
		Totals	85.00	188.997	1.688	317.244	0.675	*N/A*	8.775	0.000
		% of Calories			8.036%		1.429%	*N/A%*	41.785%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903203	chicken tender (strip) WG	40.499	10.800	1.350	16.875	0.000	11.475	0.000	1.350	*N/A*
		Totals	40.499	10.800	1.350	16.875	0.000	11.475	0.000	1.350
		% of Calories		22.857%		35.715%				

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Lawrence Public Schools

USD 497

863 - Chickenwich

Number of Portions: 100.000

Group Code: Meat/Meat Alt

Size of Portion: 1pattie, 1bun

*Nutrients are based upon 1 Portion Size (1pattie, 1bun)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903155 Bun, Hamburger	100 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
903204 chicken patty breaded whole grain	100 (1 pattie)	85.00	240.000	2.500	440.000	1.000	*N/A*	14.000	0.000
	Totals	142.00	370.000	2.500	690.000	4.000	*N/A*	15.500	0.000
	% of Calories			6.081%		4.324%	*N/A%*	37.703%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903155 Bun, Hamburger	0.000	24.000	2.000	3.000	0.000	40.000	1.200	1.080	*N/A*	*N/A*
903204 chicken patty breaded whole grain	25.000	16.000	3.000	14.000	0.000	30.000	0.000	1.900	*N/A*	*N/A*
	Totals	25.000	40.000	5.000	17.000	70.000	1.200	2.980	*N/A*	*N/A*
	% of Calories		43.243%		18.378%					

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Lawrence Public Schools

USD 497

904 - Chili Lime Corn

Number of Portions: 50.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900151 CORN FROZEN	9 LB + 4 oz	83.91	72.185	0.000	0.000	0.000	0.000	0.451	0.000
R-716 Red Pepper, Fresh 1/4 cup	3 (1/4 cup)	3.40	0.933	0.000	0.104	0.000	0.000	0.000	0.000
902131 VEGETABLE OIL	1/4 cup	1.12	9.600	0.080	0.000	0.000	*N/A*	1.120	0.000
901501 LIME JUICE	2 tbsp + 2 TSP	16.00	4.736	0.000	5.413	0.000	*N/A*	0.000	0.000
900359 Salt 25#	1 tsp	0.12	0.000	0.000	50.551	0.000	*N/A*	0.000	0.000
903122 Pepper, black ground	1/2 tsp	0.02	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
903125 Chili Powder	2 TBSP	0.30	0.000	0.000	7.500	0.000	*N/A*	0.000	0.000
	Totals	105.00	87.454	0.080	63.568	0.000	0.000	1.571	0.000
	% of Calories			0.823%		0.000%	0.000%	16.169%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900151 CORN FROZEN	0.000	17.144	1.805	2.707	0.000	0.000	0.000	0.361	*N/A*	*N/A*
R-716 Red Pepper, Fresh 1/4 cup	0.000	0.207	0.062	0.041	0.000	0.228	0.000	0.015	*N/A*	*N/A*
902131 VEGETABLE OIL	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
901501 LIME JUICE	0.000	1.120	0.000	0.064	0.000	1.776	3.067	0.101	14.784	0.032
900359 Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903122 Pepper, black ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
903125 Chili Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	0.000	18.471	1.867	2.812	0.000	2.004	3.067	*14.784*	*N/A*
	% of Calories		84.485%		12.862%					

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Lawrence Public Schools

USD 497

990326 - Chili w/ Cinnamon Roll

Number of Portions: 50.000

Group Code: ENTREES

Size of Portion: 8 oz spoodle

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

			Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
990477	Cinnamon Roll, WGR	50 each	74.00	170.000	0.500	135.000	10.000	0.000	1.000	0.000
900429	Ground Beef 81/19, raw	8 3/4 LB	79.10	247.187	5.650	52.969	0.000	*N/A*	14.831	0.000
903120	onion chopped, dehydrated	1/2 cup	0.80	4.000	0.000	1.143	0.057	*N/A*	0.000	0.000
903125	Chili Powder	3 oz	1.70	0.000	0.000	42.524	0.000	*N/A*	0.000	0.000
901196	Cumin, Ground	1 2/3 tbsp	0.21	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
990487	Spice Garlic Powder	1 tbsp	0.19	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990569	Tomato Puree	6 cup	27.22	12.960	0.000	6.480	0.000	0.000	0.000	0.000
990488	SAUCE TABASCO HOT	1 tbsp	0.28	0.000	0.000	0.070	0.000	0.000	0.000	0.000
901478	Kidney Beans	4 #10 can	244.94	204.108	0.000	775.626	*N/A*	*N/A*	0.000	0.000
990576	Tomato Juice	2 1/8 qt	38.56	30.982	0.000	433.747	0.000	0.000	0.000	0.000
75010	WATER,COLD	1 AS NEEDED	0.02	0.000	0.000	0.001	0.000	*N/A*	0.000	0.000
		Totals	467.00	669.237	6.150	1447.560	*10.057*	*0.000*	15.831	0.000
		% of Calories			8.271%		*6.011%*	*0.000%*	21.290%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990477	Cinnamon Roll, WGR	5.000	36.000	3.000	5.000	0.000	20.000	0.000	1.500	0.000	0.000
900429	Ground Beef 81/19, raw	60.031	0.000	0.000	12.006	0.000	17.656	0.000	1.412	*N/A*	*N/A*
903120	onion chopped, dehydrated	0.000	1.143	0.229	0.114	0.000	4.571	0.343	0.041	*N/A*	*N/A*
903125	Chili Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
901196	Cumin, Ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990569	Tomato Puree	0.000	3.024	0.864	0.432	0.000	5.616	0.000	0.432	0.000	0.000
990488	SAUCE TABASCO HOT	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
901478	Kidney Beans	0.000	32.650	10.189	14.280	0.000	122.470	0.000	3.037	*N/A*	*N/A*
990576	Tomato Juice	0.000	6.885	0.000	1.377	0.000	16.524	0.000	0.688	0.000	0.000
75010	WATER,COLD	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.020	0.000
	Totals	65.031	79.702	14.282	33.209	0.000	186.837	0.343	7.111	*0.020*	*0.000*
	% of Calories		47.638%		19.849%						

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Lawrence Public Schools
USD 497

990186 - Chip, Sunchip, Harvest Cheddar

Number of Portions: 104.000

Group Code: MISCELLANEOUS

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990461	Chip, Sunchip, Harvest Cheddar	1 case	28.35	141.748	0.506	172.122	2.025	2.025	6.075	0.000
		Totals	28.00	141.748	0.506	172.122	2.025	2.025	6.075	0.000
		% of Calories			3.214%		5.714%	5.714%	38.571%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990461	Chip, Sunchip, Harvest Cheddar	0.000	19.237	2.025	0.000	0.000	10.125	0.000	0.607	*N/A*	*N/A*
		Totals	0.000	19.237	2.025	0.000	10.125	0.000	0.607	*N/A*	*N/A*
		% of Calories		54.286%		0.000%					

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Lawrence Public Schools

USD 497

1188 - Chips and Salsa

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: 1 chip,1salsa

*Nutrients are based upon 1 Portion Size (1 chip,1salsa)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903288 tortilla chips 2 oz package		0.00	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
903304 salsa cup		0.00	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
R-319 Juic 6 oz, assortBEV 03(P1)	1 (6 oz cup)	170.10	89.000	0.000	14.499	19.100	*N/A*	0.000	0.000
	Totals	170.00	89.000	0.000	14.499	19.100	*N/A*	0.000	0.000
	% of Calories			0.000%		85.843%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903288 tortilla chips 2 oz package	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
903304 salsa cup	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	0.000
R-319 Juic 6 oz, assortBEV 03(P1)	0.000	21.500	0.000	0.000	30.000	0.000	48.600	0.252	*N/A*	*N/A*
	Totals	0.000	21.500	0.000	0.000	30.000	48.600	0.252	*N/A*	*N/A*
	% of Calories		96.629%		0.000%					

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Lawrence Public Schools

USD 497

1277 - Cinnamon Apples

Number of Portions: 50.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

		Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
Ingredient	Quantity								
903339	Apples, Canned, Sliced in Water	2 #10 can	120.00	57.600	0.000	0.000	*N/A*	0.000	0.000
900381	Margarine Solid	4 oz	2.27	16.200	0.324	17.820	*N/A*	1.782	0.000
902043	SUGARS,BROWN,LIGHT	1/2 CUP, packed	2.20	8.360	0.000	0.616	*N/A*	0.000	*N/A*
900365	Vanilla, Imitation	4 oz	2.27	0.000	0.000	0.000	*N/A*	0.000	0.000
903133	Cinnamon Spice	1 tsp	0.05	0.000	0.000	0.000	*N/A*	0.000	0.000
	Totals		127.00	82.160	0.324	18.436	*0.000*	1.782	*0.000*
	% of Calories				3.549%		*0.000%*	19.520%	*0.000%*

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient											
903339	Apples, Canned, Sliced in Water	0.000	14.400	2.880	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
900381	Margarine Solid	0.000	0.000	0.000	0.130	80.999	0.000	0.000	0.000	*N/A*	*N/A*
902043	SUGARS,BROWN,LIGHT	0.000	2.158	0.000	0.003	0.000	1.826	0.000	0.016	0.029	0.010
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
903133	Cinnamon Spice	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	0.000	16.558	2.880	0.132	80.999	1.826	0.000	0.016	*0.029*	*N/A*
	% of Calories		80.613%		0.643%						

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Lawrence Public Schools

USD 497

990160 - Cinnamon Puff

Number of Portions: 48.000

Group Code: BREAD/ROLLS/STARCH

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 Fat² (g)
990433	Roll, WG (2.5 oz)	48 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
902938	Margarine, Liquid	2/3 cup	3.15	22.511	0.450	24.762	0.000	*N/A*	2.476	0.000
R-990222	Cinnamon Sugar	1 cup	3.99	14.333	0.000	0.037	*N/A*	*N/A*	0.000	*0.000*
		Totals	78.00	196.560	0.450	159.559	*3.993*	*0.000*	5.471	*0.000*
		% of Calories			2.061%		*8.126%*	*0.000%*	25.050%	*0.000%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	112.554	0.000	0.000	0.000	0.000	0.000
R-990222	Cinnamon Sugar	0.000	3.700	0.000	0.000	0.000	0.037	0.000	0.002	*0.000*	*0.000*
	Totals	0.000	32.649	2.995	6.988	*112.554*	10.019	0.000	1.599	*0.000*	*0.000*
	% of Calories		66.440%		14.221%						

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Lawrence Public Schools

USD 497

990259 - Cinnamon Roll, WGR

Number of Portions: 30.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990477	Cinnamon Roll, WGR	30 each	74.00	170.000	0.500	135.000	10.000	0.000	1.000	0.000
902938	Margarine, Liquid	5 tbsp	2.36	16.875	0.337	18.562	0.000	*N/A*	1.856	0.000
990507	Powdered Sugar	15 oz	14.17	56.699	0.000	0.000	13.702	0.000	0.000	0.000
902949	Milk 1% Lowfat	1 AS NEEDED	0.03	0.015	0.000	0.018	0.002	*N/A*	0.000	0.000
900365	Vanilla, Imitation	3 tsp	0.43	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
		Totals	91.00	243.588	0.838	153.580	*23.704*	*0.000*	2.857	0.000
		% of Calories			3.095%		*38.925%*	*0.000%*	10.554%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990477	Cinnamon Roll, WGR	5.000	36.000	3.000	5.000	0.000	20.000	0.000	1.500	0.000	0.000
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	84.374	0.000	0.000	0.000	0.000	0.000
990507	Powdered Sugar	0.000	14.175	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902949	Milk 1% Lowfat	0.002	0.002	0.000	0.001	0.073	0.044	0.000	0.000	*N/A*	*N/A*
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	5.002	50.176	3.000	5.001	84.447	20.044	0.000	1.500	*0.000*	*0.000*
	% of Calories		82.396%		8.212%						

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Lawrence Public Schools
USD 497

990222 - Cinnamon Sugar

Number of Portions: 13.500

Group Code: MISCELLANEOUS

Size of Portion: cup

*Nutrients are based upon 1 Portion Size (cup)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900195	Sugar Granulated	12 CUP	177.78	688.000	0.000	1.778	*N/A*	*N/A*	0.000	*N/A*
903133	Cinnamon Spice	1 1/2 cup	13.87	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
		Totals	192.00	688.000	0.000	1.778	*N/A*	*N/A*	0.000	*0.000*
		% of Calories			0.000%		*N/A%*	*N/A%*	0.000%	*0.000%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900195	Sugar Granulated	0.000	177.600	0.000	0.000	0.000	1.778	0.000	0.107	0.000	0.000
903133	Cinnamon Spice	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
		Totals	0.000	177.600	0.000	0.000	1.778	0.000	0.107	*0.000*	*0.000*
		% of Calories		103.256%		0.000%					

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Lawrence Public Schools

USD 497

990278 - Coffee, Iced, HS only

Number of Portions: 21.000

Group Code: MISCELLANEOUS

Size of Portion: 12 oz

*Nutrients are based upon 1 Portion Size (12 oz)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990492	Coffee Cold Brew Concentrate	32 oz	43.20	0.000	0.000	0.000	0.000	0.000	0.000
990496	Syrup Caramel Sugar Free	4 oz	5.40	0.000	0.000	0.000	0.000	0.000	0.000
990495	Syrup Vanilla Sugar Free	4 oz	5.40	0.000	0.000	0.000	0.000	0.000	0.000
902949	Milk 1% Lowfat	1 gal	185.90	81.970	1.230	98.364	9.017	*N/A*	0.000
		Totals	240.00	81.970	1.230	98.364	9.017	0.000	0.000
		% of Calories			13.501%		44.001%	0.000%	22.501%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990492	Coffee Cold Brew Concentrate	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990496	Syrup Caramel Sugar Free	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990495	Syrup Vanilla Sugar Free	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902949	Milk 1% Lowfat	12.296	9.017	0.000	6.558	409.850	245.910	0.984	*N/A*	*N/A*
	Totals	12.296	9.017	0.000	6.558	409.850	245.910	0.984	0.000	*0.000*
	% of Calories		44.000%		32.002%					

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Lawrence Public Schools

USD 497

990282 - Coffee, Iced, Sugar, HS only

Number of Portions: 21.000

Group Code: MISCELLANEOUS

Size of Portion: 12 oz

*Nutrients are based upon 1 Portion Size (12 oz)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990492	Coffee Cold Brew Concentrate	32 oz	43.20	0.000	0.000	0.000	0.000	0.000	0.000
902949	Milk 1% Lowfat	1 gal	185.90	81.970	1.230	98.364	9.017	*N/A*	2.049
990498	Syrup, Vanilla, Sugar	8 oz	10.80	38.571	0.000	0.000	8.871	0.000	0.000
	Totals		240.00	120.541	1.230	98.364	17.888	0.000	2.049
	% of Calories				9.181%		59.359%	0.000%	15.301%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990492	Coffee Cold Brew Concentrate	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902949	Milk 1% Lowfat	12.296	9.017	0.000	6.558	409.850	245.910	0.984	0.000	*N/A*
990498	Syrup, Vanilla, Sugar	0.000	9.257	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	12.296	18.274	0.000	6.558	409.850	245.910	0.984	0.000	*0.000*
	% of Calories		60.639%		21.762%					

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Lawrence Public Schools
USD 497

990156 - Cookie, Chocolate Chip

Number of Portions: 192.000

Group Code: DESSERTS

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990436	Cookie Dough, Chocolate Chip	1 case	52.45	194.000	2.000	169.000	17.100	*N/A*	6.000	0.000
		Totals	52.00	194.000	2.000	169.000	17.100	*N/A*	6.000	0.000
		% of Calories			9.278%		35.258%	*N/A%*	27.835%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990436	Cookie Dough, Chocolate Chip	15.000	33.500	2.800	3.000	50.000	19.000	0.004	1.190	*N/A*	*N/A*
		Totals	15.000	33.500	2.800	50.000	19.000	0.004	1.190	*N/A*	*N/A*
		% of Calories		69.072%		6.186%					

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Lawrence Public Schools
USD 497

876 - Corn

Number of Portions: 48.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900151	CORN FROZEN	24 cup	69.75	60.000	0.000	0.000	0.000	0.000	0.375	0.000
		Totals	70.00	60.000	0.000	0.000	0.000	0.000	0.375	0.000
		% of Calories			0.000%		0.000%	0.000%	5.625%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900151	CORN FROZEN	0.000	14.250	1.500	2.250	0.000	0.000	0.000	0.300	*N/A*	*N/A*
		Totals	0.000	14.250	1.500	2.250	0.000	0.000	0.300	*N/A*	*N/A*
		% of Calories		95.000%		15.000%					

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Lawrence Public Schools
USD 497

990045 - Corn *RESIZED*

Number of Portions: 48.000

Size of Portion: 1/4 cup

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

Source: Mosaic
Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900151	CORN FROZEN	12 cup	34.88	30.000	0.000	0.000	0.000	0.000	0.188	0.000
		Totals	35.00	30.000	0.000	0.000	0.000	0.000	0.188	0.000
		% of Calories			0.000%		0.000%	0.000%	5.625%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900151	CORN FROZEN	0.000	7.125	0.750	1.125	0.000	0.000	0.000	0.150	*N/A*	*N/A*
		Totals	0.000	7.125	0.750	1.125	0.000	0.000	0.150	*N/A*	*N/A*
		% of Calories		95.000%		15.000%					

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Lawrence Public Schools

USD 497

385 - Corn Dog 2024

Number of Portions: 100.000

Size of Portion: 1 Each

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

Source: USD 497

Group Code: ENTREES

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990392	Corn Dog, WG, Chicken	100 each	113.40	240.000	2.500	390.000	5.000	*N/A*	8.000	0.000
		Totals	113.00	240.000	2.500	390.000	5.000	*N/A*	8.000	0.000
		% of Calories			9.375%		8.333%	*N/A%*	30.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990392	Corn Dog, WG, Chicken	40.000	30.000	5.000	9.000	0.000	80.000	0.000	1.800	*N/A*	*N/A*
		Totals	40.000	30.000	5.000	9.000	80.000	0.000	1.800	*N/A*	*N/A*
		% of Calories		50.000%		15.000%					

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Lawrence Public Schools

USD 497

990255 - Corn on the Cob

Number of Portions: 96.000

Group Code: VEGETABLES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990474 Corn on the Cob, Petite	1 case	141.75	150.086	0.000	0.000	0.000	0.000	4.169	0.000
902938 Margarine, Liquid	2 cup	4.72	33.749	0.675	37.124	0.000	*N/A*	3.712	0.000
900359 Salt 25#	1/8 CUP	0.38	0.000	0.000	157.974	0.000	*N/A*	0.000	0.000
	Totals	147.00	183.835	0.675	195.098	0.000	0.000	7.882	0.000
	% of Calories			3.305%		0.000%	0.000%	38.585%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990474 Corn on the Cob, Petite	0.000	28.350	3.335	6.670	0.000	0.000	0.000	0.000	0.000	0.000
902938 Margarine, Liquid	0.000	0.000	0.000	0.000	168.747	0.000	0.000	0.000	0.000	0.000
900359 Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	0.000	28.350	3.335	6.670	168.747	0.000	0.000	0.000	0.000
	% of Calories		61.685%		14.513%					

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Lawrence Public Schools
USD 497

990342 - Country Breaded Beef Sticks

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990478	Breaded Beef Fingers	1 serving (4 each)	110.00	302.742	4.541	494.478	2.018	0.000	18.164	0.000
		Totals	110.00	302.742	4.541	494.478	2.018	0.000	18.165	0.000
		% of Calories			13.500%		2.666%	0.000%	54.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990478	Breaded Beef Fingers	35.320	19.174	2.018	15.137	0.000	40.366	0.000	2.725	0.000	0.000
		Totals	35.320	19.174	2.018	15.137	40.366	0.000	2.725	0.000	0.000
		% of Calories		25.333%		20.000%					

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Lawrence Public Schools
USD 497

990226 - Cracker Ritz Original Bulk

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990419	Cracker Ritz Original Bulk	1 (1 oz equivalent (7 crackers))	23.00	115.000	1.438	186.875	1.438	0.000	6.469	0.000
		Totals	23.00	115.000	1.438	186.875	1.438	0.000	6.469	0.000
		% of Calories			11.250%		5.002%	0.000%	50.625%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990419	Cracker Ritz Original Bulk	0.000	14.375	0.000	0.000	0.000	28.750	0.000	0.719	*N/A*	*N/A*
		Totals	0.000	14.375	0.000	0.000	28.750	0.000	0.719	*N/A*	*N/A*
		% of Calories		50.000%		0.000%					

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Lawrence Public Schools
USD 497

990183 - Cracker, Graham, Tiger Bites

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990423	Cracker, Graham, Tiger Bites	1 each	28.35	121.498	1.012	101.248	8.100	0.000	4.050	0.000
		Totals	28.00	121.498	1.013	101.248	8.100	0.000	4.050	0.000
		% of Calories			7.500%		26.667%	0.000%	30.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990423	Cracker, Graham, Tiger Bites	0.000	21.262	1.012	2.025	0.000	0.000	0.000	0.810	*N/A*	*N/A*
		Totals	0.000	21.262	1.012	2.025	0.000	0.000	0.810	*N/A*	*N/A*
		% of Calories		70.000%		6.667%					

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Lawrence Public Schools

USD 497

990145 - Crackers & Protein Box

Number of Portions: 2.000

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 Fat² (g)
990419	Cracker Ritz Original Bulk	2 serving (11 crackers)	34.02	170.097	2.126	276.408	2.126	0.000	9.568	0.000
990420	Cheese Cheddar Cubes	2 serving - 4 cubes	28.35	113.398	5.670	188.997	0.000	0.000	9.450	0.000
900431	Ham, sliced, smoked	2 1/2 slice	17.72	18.750	0.313	193.751	0.625	*N/A*	0.625	0.000
900009	Turkey, Breast Extra Lean Roasted, Sliced	1 serving (1 m/ma-2 oz)	28.35	24.025	0.000	312.325	0.481	*N/A*	0.240	0.000
		Totals	108.00	326.270	8.109	971.480	3.232	0.000	19.883	0.000
		% of Calories			22.367%		3.962%	0.000%	54.846%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990419	Cracker Ritz Original Bulk	0.000	21.262	0.000	0.000	0.000	42.524	0.000	1.063	*N/A*	*N/A*
990420	Cheese Cheddar Cubes	28.350	0.000	0.000	6.615	0.000	201.281	0.000	0.000	*N/A*	*N/A*
900431	Ham, sliced, smoked	9.375	0.625	0.000	2.813	0.000	0.000	0.000	0.125	*N/A*	*N/A*
900009	Turkey, Breast Extra Lean Roasted, Sliced	12.013	0.481	0.000	5.286	0.000	0.000	0.000	0.192	0.000	0.000
	Totals	49.737	22.368	0.000	14.713	0.000	243.806	0.000	1.380	*0.000*	*0.000*
	% of Calories		27.422%		18.038%						

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Lawrence Public Schools

USD 497

525 - Crackers, Fish Shaped(P1)

Number of Portions: 1.000

Size of Portion: 1 pkg

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

Source: USD 497

Group Code: SNACKS

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900261	Cracker, Goldfish, Ind Bags WG	1 INDIV BAG	21.00	100.000	0.500	170.000	0.000	*N/A*	3.500	0.000
		Totals	21.00	100.000	0.500	170.000	0.000	*N/A*	3.500	0.000
		% of Calories			4.500%		0.000%	*N/A%*	31.500%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900261	Cracker, Goldfish, Ind Bags WG	0.000	14.000	1.000	2.000	162.000	20.000	0.000	0.700	*N/A*	*N/A*
		Totals	0.000	14.000	1.000	2.000	162.000	0.000	0.700	*N/A*	*N/A*
		% of Calories		56.000%		8.000%					

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Lawrence Public Schools
USD 497

322 - CREAM CHEESE

Number of Portions: 1.000

Group Code: MISCELLANEOUS

Size of Portion: 1 TBSP

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
1017	CHEESE,CREAM	1 TBSP	14.50	50.750	2.931	45.530	0.545	*N/A*	4.994	*N/A*
		Totals	14.00	50.750	2.931	45.530	0.545	*N/A*	4.994	*N/A*
		% of Calories			51.977%		4.296%	*N/A%*	88.560%	*N/A%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
1017	CHEESE,CREAM	14.645	0.800	0.000	0.892	161.095	14.065	0.000	0.016	7.630	0.184
		Totals	14.645	0.800	0.000	161.095	14.065	0.000	0.016	7.630	0.184
		% of Calories		6.309%		7.031%					

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Lawrence Public Schools
USD 497

1034 - Crispito

Number of Portions: 1.000

Size of Portion: 2 Each

*Nutrients are based upon 1 Portion Size (2 Each)

Source: USD 497
Group Code: Meat/Meat Alt

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900423	Crispito, Chicken Chili	2 crispito	194.00	540.000	6.000	740.000	2.000	*N/A*	28.000	0.000
		Totals	194.00	540.000	6.000	740.000	2.000	*N/A*	28.000	0.000
		% of Calories			10.000%		1.481%	*N/A%*	46.667%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900423	Crispito, Chicken Chili	50.000	46.000	6.000	24.000	1500.000	80.000	0.000	3.600	0.000	0.000
		Totals	50.000	46.000	6.000	24.000	80.000	0.000	3.600	0.000	0.000
		% of Calories		34.074%		17.778%					

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Lawrence Public Schools

USD 497

990136 - Croissant w/ Ham & Cheese Sandwich

Number of Portions: 1.000

Size of Portion: 1 sandwich

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

Source: USD 497

Group Code: BREAKFAST

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903302	Croissant	1 croissants	62.00	180.000	3.000	170.000	4.000	*N/A*	6.000	0.000
900372	Cheese, Sliced, American Yellow Style	1/2 slice	7.09	25.312	1.266	126.561	0.000	*N/A*	2.278	0.000
990524	Ham Sliced Lower Sodium Fully Cooked	2 slice	28.35	27.950	0.200	187.666	0.399	0.000	0.998	0.000
Totals			97.00	233.262	4.465	484.227	4.399	0.000	9.276	0.000
% of Calories					17.229%		7.543%	0.000%	35.791%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903302	Croissant	0.000	26.000	3.000	4.000	0.000	20.000	0.000	1.440	*N/A*	*N/A*
900372	Cheese, Sliced, American Yellow Style	6.328	0.506	0.000	1.266	0.000	32.906	0.000	0.025	*N/A*	*N/A*
990524	Ham Sliced Lower Sodium Fully Cooked	15.972	0.399	0.000	4.392	0.000	4.791	0.000	0.000	0.000	0.000
Totals		22.300	26.906	3.000	9.658	0.000	57.697	0.000	1.465	*0.000*	*0.000*
% of Calories			46.138%		16.562%						

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Lawrence Public Schools
USD 497

990171 - Croutons, Homemade

Number of Portions: 1.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: 2 oz

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903320	Breadstick, Garlic	1 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
		Totals	56.00	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
		% of Calories			5.294%		4.706%	*N/A%*	31.765%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903320	Breadstick, Garlic	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
		Totals	0.000	25.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
		% of Calories		58.824%		4.706%					

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Lawrence Public Schools

USD 497

990093 - CUCUMBER,RAW 1/2 cup

Number of Portions: 1.000

Size of Portion: 1/2 cup

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

Source: Mosaic

Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900451	Cucumber	1/4 CUP, slices	26.00	2.626	0.000	0.000	0.000	*N/A*	0.000	0.000
990421	LOCAL- CUCUMBER	1/4 cup, slices	26.00	2.627	0.000	0.000	0.000	0.000	0.000	0.000
Totals			52.00	5.253	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900451	Cucumber	0.000	0.525	0.000	0.000	26.263	5.253	0.315	0.095	*N/A*	*N/A*
990421	LOCAL- CUCUMBER	0.000	0.525	0.000	0.000	26.266	5.253	0.315	0.095	*N/A*	*N/A*
Totals		0.000	1.051	0.000	0.000	52.529	10.506	0.630	0.189	*N/A*	*N/A*
% of Calories			80.000%		0.000%						

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Lawrence Public Schools
USD 497

990237 - CUCUMBER,RAW 1/4 cup

Number of Portions: 1.000

Size of Portion: 1/4 cup

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

Source: Mosaic
Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900451	Cucumber	1/4 CUP, slices	26.00	2.626	0.000	0.000	0.000	*N/A*	0.000	0.000
		Totals	26.00	2.626	0.000	0.000	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900451	Cucumber	0.000	0.525	0.000	0.000	26.263	5.253	0.315	0.095	*N/A*	*N/A*
		Totals	0.000	0.525	0.000	26.263	5.253	0.315	0.095	*N/A*	*N/A*
		% of Calories		80.015%		0.000%					

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Lawrence Public Schools
USD 497

753 - Edamame

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903179	Edamame / Soybeans	1/2 cup	63.00	75.000	0.375	3.750	1.500	*N/A*	3.000	0.000
		Totals	63.00	75.000	0.375	3.750	1.500	*N/A*	3.000	0.000
		% of Calories			4.500%		8.000%	*N/A%*	36.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903179	Edamame / Soybeans	0.000	4.500	0.000	6.750	0.000	30.000	3.600	1.350	*N/A*	*N/A*
		Totals	0.000	4.500	0.000	6.750	30.000	3.600	1.350	*N/A*	*N/A*
		% of Calories		24.000%		36.000%					

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Lawrence Public Schools
USD 497

1171 - Egg & Cheese Croissant

Number of Portions: 1.000

Size of Portion: 1cr,1ches,1egg

*Nutrients are based upon 1 Portion Size
(1cr,1ches,1egg)

Source: USD 497
Group Code: BREAKFAST

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903302	Croissant	1 croissants	62.00	180.000	3.000	170.000	4.000	*N/A*	6.000	0.000
900426	Egg Patty	1 each (1.5 oz)	42.52	69.226	0.989	138.451	0.989	*N/A*	4.945	0.000
900372	Cheese, Sliced, American Yellow Style	1/2 slice	7.09	25.312	1.266	126.561	0.000	*N/A*	2.278	0.000
		Totals	112.00	274.538	5.255	435.012	4.989	*N/A*	13.223	0.000
		% of Calories			17.225%		7.269%	*N/A%*	43.347%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903302	Croissant	0.000	26.000	3.000	4.000	0.000	20.000	0.000	1.440	*N/A*	*N/A*
900426	Egg Patty	113.728	0.989	0.000	3.956	0.000	1.978	0.000	3.956	0.000	0.000
900372	Cheese, Sliced, American Yellow Style	6.328	0.506	0.000	1.266	0.000	32.906	0.000	0.025	*N/A*	*N/A*
		Totals	120.056	27.495	3.000	9.221	54.884	0.000	5.421	*0.000*	*N/A*
		% of Calories		40.060%		13.435%					

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Lawrence Public Schools

USD 497

990319 - French Toast Bake

Number of Portions: 24.000

Group Code: 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 Fat² (g)
902938	Margarine, Liquid	2 tbsp	1.18	8.437	0.169	9.281	0.000	*N/A*	0.928	0.000
R-990259	Cinnamon Roll, WGR	18 each	68.25	182.691	0.628	115.185	*17.778*	*0.000*	2.142	0.000
902949	Milk 1% Lowfat	3/4 cup	7.63	3.362	0.050	4.034	0.370	*N/A*	0.084	0.000
990573	Liquid Egg	1 cup	9.45	14.380	0.308	13.353	0.000	0.000	0.924	0.000
900365	Vanilla, Imitation	3 tsp	0.54	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
903133	Cinnamon Spice	3 tsp	0.33	0.000	0.000	0.000	*N/A*	*N/A*	0.000	0.000
		Totals	87.00	208.871	1.156	141.854	*18.148*	*0.000*	4.079	0.000
		% of Calories			4.979%		*34.754%*	*0.000%*	17.576%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902938	Margarine, Liquid	0.000	0.000	0.000	0.000	42.187	0.000	0.000	0.000	0.000
R-990259	Cinnamon Roll, WGR	3.752	37.632	2.250	3.751	63.335	15.033	0.000	1.125	*0.000*
902949	Milk 1% Lowfat	0.504	0.370	0.000	0.269	16.810	10.086	0.040	0.000	*N/A*
990573	Liquid Egg	34.923	0.000	0.000	1.233	0.000	5.341	0.000	0.205	0.000
900365	Vanilla, Imitation	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*
903133	Cinnamon Spice	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*
	Totals	39.179	38.002	2.250	5.252	122.332	30.460	0.040	1.330	*0.000*
	% of Calories		72.776%		10.058%					

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Lawrence Public Schools
USD 497

990150 - French Toast Sticks w sausElem

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903207	French Toast Sticks-WG	200 French Toast stick	84.00	240.000	1.000	260.000	10.000	*N/A*	7.000	0.000
990387	Sausage, Chicken Patty	100 patty	42.52	80.999	1.519	303.745	0.000	*N/A*	6.075	0.000
900199	Syrup PC, Maple	100 Individual Package	42.52	108.783	0.000	24.723	14.834	*N/A*	0.000	0.000
		Totals	169.00	429.782	2.519	588.468	24.834	*N/A*	13.075	0.000
		% of Calories			5.274%		23.113%	*N/A%*	27.380%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903207	French Toast Sticks-WG	10.000	38.000	2.000	6.000	0.000	40.000	0.000	0.720	*N/A*	*N/A*
990387	Sausage, Chicken Patty	40.499	0.000	0.000	6.075	0.000	0.000	0.000	0.000	*N/A*	*N/A*
900199	Syrup PC, Maple	0.000	27.690	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
		Totals	50.499	65.690	12.075	0.000	40.000	0.000	0.720	*N/A*	*N/A*
		% of Calories		61.138%		11.238%					

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Lawrence Public Schools

USD 497

990151 - French Toast Sticks w sausMSHS

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903207	French Toast Sticks-WG	300 French Toast stick	126.00	360.000	1.500	390.000	15.000	*N/A*	10.500	0.000
990387	Sausage, Chicken Patty	200 patty	85.05	161.997	3.037	607.490	0.000	*N/A*	12.150	0.000
900199	Syrup PC, Maple	100 indiv packet	42.52	108.783	0.000	24.723	14.834	*N/A*	0.000	0.000
		Totals	254.00	630.780	4.537	1022.213	29.834	*N/A*	22.650	0.000
		% of Calories			6.474%		18.919%	*N/A%*	32.317%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903207	French Toast Sticks-WG	15.000	57.000	3.000	9.000	0.000	60.000	0.000	1.080	*N/A*	*N/A*
990387	Sausage, Chicken Patty	80.999	0.000	0.000	12.150	0.000	0.000	0.000	0.000	*N/A*	*N/A*
900199	Syrup PC, Maple	0.000	27.690	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	95.999	84.690	3.000	21.150	0.000	60.000	0.000	1.080	*N/A*	*N/A*
	% of Calories		53.705%		13.412%						

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Lawrence Public Schools

USD 497

959 - French Toast Sticks w sausSFSP

Number of Portions: 100.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903207	French Toast Sticks-WG	200 French Toast stick	84.00	240.000	1.000	260.000	10.000	*N/A*	7.000	0.000
990387	Sausage, Chicken Patty	200 patty	85.05	161.997	3.037	607.490	0.000	*N/A*	12.150	0.000
900199	Syrup PC, Maple	200 Individual Package	85.05	217.566	0.000	49.447	29.668	*N/A*	0.000	0.000
		Totals	254.00	619.564	4.037	916.937	39.668	*N/A*	19.150	0.000
		% of Calories			5.865%		25.610%	*N/A%*	27.818%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903207	French Toast Sticks-WG	10.000	38.000	2.000	6.000	0.000	40.000	0.000	0.720	*N/A*	*N/A*
990387	Sausage, Chicken Patty	80.999	0.000	0.000	12.150	0.000	0.000	0.000	0.000	*N/A*	*N/A*
900199	Syrup PC, Maple	0.000	55.380	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	90.999	93.381	2.000	18.150	0.000	40.000	0.000	0.720	*N/A*	*N/A*
	% of Calories		60.288%		11.718%						

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Lawrence Public Schools

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990347 - French Toast Sticks w/ Sausage (CACFP)

Number of Portions: 75.000

Group Code: ENTREES

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903207	French Toast Sticks-WG	150 French Toast stick	84.00	240.000	1.000	260.000	10.000	*N/A*	7.000	0.000
990387	Sausage, Chicken Patty	150 patty	85.05	161.997	3.037	607.490	0.000	*N/A*	12.150	0.000
900199	Syrup PC, Maple	150 Individual Package	85.05	217.566	0.000	49.447	29.668	*N/A*	0.000	0.000
		Totals	254.00	619.564	4.037	916.937	39.668	*N/A*	19.150	0.000
		% of Calories			5.865%		25.610%	*N/A%*	27.818%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903207	French Toast Sticks-WG	10.000	38.000	2.000	6.000	0.000	40.000	0.000	0.720	*N/A*	*N/A*
990387	Sausage, Chicken Patty	80.999	0.000	0.000	12.150	0.000	0.000	0.000	0.000	*N/A*	*N/A*
900199	Syrup PC, Maple	0.000	55.380	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	90.999	93.381	2.000	18.150	0.000	40.000	0.000	0.720	*N/A*	*N/A*
	% of Calories		60.288%		11.718%						

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Lawrence Public Schools
USD 497

990137 - French Toast, Mini Cinnamon Rush

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990399	French Toast, Mini Cinnamon Rush	1 Each	93.00	220.000	1.000	200.000	10.000	0.000	7.000	0.000
		Totals	93.00	220.000	1.000	200.000	10.000	0.000	7.000	0.000
		% of Calories			4.091%		18.182%	0.000%	28.636%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990399	French Toast, Mini Cinnamon Rush	0.000	37.000	2.000	4.000	0.000	80.000	0.000	1.700	*N/A*	*N/A*
		Totals	0.000	37.000	2.000	4.000	80.000	0.000	1.700	*N/A*	*N/A*
		% of Calories		67.273%		7.273%					

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Lawrence Public Schools
USD 497

990294 - Frozen Carrots

Number of Portions: 8.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup serving

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902944	Carrot, Sliced Cc Medium Frozen	8 .5 cup, slices	78.00	32.118	0.000	55.059	0.000	*N/A*	0.000	0.000
		Totals	78.00	32.118	0.000	55.059	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902944	Carrot, Sliced Cc Medium Frozen	0.000	6.424	1.835	0.918	13039.765	33.035	2.294	0.404	*N/A*	*N/A*
		Totals	0.000	6.424	0.918	13039.765	33.035	2.294	0.404	*N/A*	*N/A*
		% of Calories		79.999%		11.433%					

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Lawrence Public Schools
USD 497

990292 - Frozen Green Beans

Number of Portions: 16.000

Group Code: VEGETABLES

Size of Portion: 4 oz servings

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990511	Green Bean Cut Grade A Frozen, SFSP	4 LB	113.40	44.595	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	113.00	44.595	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990511	Green Bean Cut Grade A Frozen, SFSP	0.000	8.919	2.548	2.548	0.000	50.965	0.000	1.019	0.000	0.000
		Totals	0.000	8.919	2.548	0.000	50.965	0.000	1.019	0.000	0.000
		% of Calories		79.999%		22.855%					

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Lawrence Public Schools

USD 497

990182 - Fruit & Veggie Bar, Academy

Number of Portions: 67.000

Group Code: Food Bars, Assorted

Size of Portion: cups

*Nutrients are based upon 1 Portion Size (cups)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990415	Romaine, Whole Head	1 head	6.77	1.219	0.000	0.000	0.080	0.000	0.000	0.000
903107	spinach flat leaf	1 bag (2.5#)	33.85	0.199	0.000	0.995	0.000	*N/A*	0.000	0.000
990440	LETTUCE FRESH ARCADN BLEND	1 bag	20.31	3.106	0.000	17.921	0.000	0.000	0.000	0.000
900446	Carrots - Baby	1 (1/2 cup)	1.04	0.373	0.000	0.821	0.045	*N/A*	0.000	0.000
902971	Red Pepper, Fresh	1/4 cup	0.85	0.232	0.000	0.026	0.000	0.000	0.000	0.000
900012	Tomatoes, Cherry	1/4 cup	0.63	0.114	0.000	0.032	*N/A*	*N/A*	0.000	0.000
900471	Tomatoes 5x6 Layer	1/4 CUP, chop/slice	0.67	0.113	0.000	0.091	0.014	*N/A*	0.005	0.000
903104	pea, green frozen	1/4 cup	0.50	0.448	0.000	0.000	0.028	*N/A*	0.000	0.000
900464	Green Bell Pepper	1/4 CUP, sliced	0.34	0.058	0.000	0.093	0.009	*N/A*	0.000	0.000
903103	Radish, fresh	1 (1/4 cup)	0.43	0.067	0.000	0.172	0.007	*N/A*	0.000	0.000
903361	Jicama, Fresh	1/4 CUP	0.90	0.336	0.000	0.037	0.000	*N/A*	0.000	0.000
900451	Cucumber	1/4 CUP, slices	0.39	0.039	0.000	0.000	0.000	*N/A*	0.000	0.000
900442	BROCCOLI FLORETS	1/2 CUP, chopped	0.66	0.224	0.000	0.224	0.000	*N/A*	0.000	0.000
900448	Cauliflower Florets	1/4 CUP	0.37	0.088	0.000	0.110	0.009	*N/A*	0.000	0.000
900441	Celery	1/4 CUP, strips	0.46	0.063	0.000	0.484	0.000	*N/A*	0.000	0.000
902970	Black Beans, Fancy Canned	1/4 cup	0.85	0.781	0.000	0.911	0.007	*N/A*	0.003	0.000
801	BEANS GARBANZO ,CANNED	1 (1/2 cup)	1.94	1.940	0.000	5.970	0.060	*N/A*	0.030	0.000
901478	Kidney Beans	1/4 CUP	0.97	0.808	0.000	3.072	*N/A*	*N/A*	0.000	0.000
902997	BEANS, GREAT NORTHERN, CANNED	1 (1/4 cup)	0.97	0.597	0.000	1.045	0.000	*N/A*	0.000	0.000
903179	Edamame / Soybeans	1/4 cup	0.47	0.560	0.003	0.028	0.011	*N/A*	0.022	0.000
R-1304	Fruit, Canned Variety	1 (1/2 cup)	1.81	0.892	0.000	0.094	0.140	0.000	0.000	0.000
R-117	Fruit, Fresh Assorted	1 (1/2 cup)	1.01	0.470	0.000	0.053	*0.071*	*0.000*	0.002	0.000
R-364	Juice 4 oz Assorted 2023	1 (4 oz cups)	1.69	0.940	0.000	0.097	0.193	*N/A*	0.000	0.000
R-810	Juice, Frozen Slushie Cup	1 each	1.86	1.269	0.000	0.560	0.284	*N/A*	0.000	0.000
903106	onion, red jumbo, fresh	5 tbsp	1.06	0.635	0.000	0.053	0.074	*N/A*	0.000	0.000
990453	Onion, Yellow Jumbo	5 tbsp	0.24	0.072	0.000	0.007	0.015	0.000	0.000	0.000
		Totals	81.00	15.644	0.003	32.894	*1.045*	*0.000*	0.062	0.000
		% of Calories			0.178%		*26.720%*	*0.000%*	3.544%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	Romaine, Whole Head	0.000	0.159	0.081	0.080	517.704	1.625	0.284	0.086	*N/A*	*N/A*
903107	spinach flat leaf	0.000	0.040	0.000	0.000	119.403	1.592	0.358	0.029	*N/A*	*N/A*
990440	LETTUCE FRESH ARCADN BLEND	0.000	0.717	0.000	0.239	*N/A*	13.381	*N/A*	0.239	*N/A*	*N/A*

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Lawrence Public Schools USD 497

900446	Carrots - Baby	0.000	0.090	0.030	0.000	141.791	0.299	0.036	0.011	*N/A*	*N/A*
902971	Red Pepper, Fresh	0.000	0.052	0.015	0.010	0.000	0.057	0.000	0.004	*N/A*	*N/A*
900012	Tomatoes, Cherry	0.000	0.025	0.008	0.006	5.078	0.063	0.080	0.001	*N/A*	*N/A*
900471	Tomatoes 5x6 Layer	0.000	0.023	0.005	0.005	4.538	0.091	0.109	0.003	*N/A*	*N/A*
903104	pea, green frozen	0.000	0.073	0.028	0.028	0.000	0.112	0.000	0.008	*N/A*	*N/A*
900464	Green Bell Pepper	0.000	0.014	0.005	0.002	0.464	0.046	0.264	0.002	*N/A*	*N/A*
903103	Radish, fresh	0.000	0.015	0.007	0.000	0.000	0.075	0.134	0.000	*N/A*	*N/A*
903361	Jicama, Fresh	0.000	0.082	0.045	0.007	0.000	0.149	0.000	0.003	*N/A*	*N/A*
900451	Cucumber	0.000	0.008	0.000	0.000	0.392	0.078	0.005	0.001	*N/A*	*N/A*
900442	BROCCOLI FLORETS	0.000	0.045	0.015	0.000	4.478	0.313	1.970	0.005	*N/A*	*N/A*
900448	Cauliflower Florets	0.000	0.018	0.009	0.009	0.000	0.088	0.184	0.002	*N/A*	*N/A*
900441	Celery	0.000	0.017	0.008	0.000	2.103	0.168	0.038	0.002	*N/A*	*N/A*
902970	Black Beans, Fancy Canned	0.000	0.150	0.039	0.046	0.000	0.391	0.000	0.012	*N/A*	*N/A*
801	BEANS GARBANZO ,CANNED	0.000	0.328	0.090	0.104	0.000	0.597	0.000	0.027	0.000	0.000
901478	Kidney Beans	0.000	0.129	0.040	0.057	0.000	0.485	0.000	0.012	*N/A*	*N/A*
902997	BEANS, GREAT NORTHERN, CANNED	0.000	0.112	0.037	0.045	0.000	0.000	0.000	0.013	*N/A*	*N/A*
903179	Edamame / Soybeans	0.000	0.034	0.000	0.050	0.000	0.224	0.027	0.010	*N/A*	*N/A*
R-1304	Fruit, Canned Variety	0.000	0.225	0.021	0.004	1.845	0.093	0.048	0.001	*0.000*	*N/A*
R-117	Fruit, Fresh Assorted	0.000	0.118	0.018	0.006	*0.351*	0.107	0.158	0.002	*0.155*	*N/A*
R-364	Juice 4 oz Assorted 2023	0.000	0.218	0.000	0.000	0.000	0.045	0.896	0.000	*N/A*	*N/A*
R-810	Juice, Frozen Slushie Cup	0.000	0.313	0.000	0.000	14.925	1.194	0.896	0.005	*N/A*	*N/A*
903106	onion, red jumbo, fresh	0.000	0.159	0.032	0.021	0.000	0.423	0.127	0.004	*N/A*	*N/A*
990453	Onion, Yellow Jumbo	0.000	0.018	0.005	0.002	0.000	0.066	0.000	0.001	*N/A*	*N/A*
	Totals	0.000	3.179	0.537	0.720	*813.072*	21.761	*5.615*	0.482	*0.155*	*N/A*
	% of Calories		81.284%		18.410%						

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Lawrence Public Schools

USD 497

1311 - Fruit & Veggie Bar, MS/HS 2024

Number of Portions: 67.000

Group Code: Food Bars, Assorted

Size of Portion: cups

*Nutrients are based upon 1 Portion Size (cups)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990415 Romaine, Whole Head	1 head	6.77	1.219	0.000	0.000	0.080	0.000	0.000	0.000
903107 spinach flat leaf	1 bag (2.5#)	33.85	0.199	0.000	0.995	0.000	*N/A*	0.000	0.000
990440 LETTUCE FRESH ARCADN BLEND	1 bag	20.31	3.106	0.000	17.921	0.000	0.000	0.000	0.000
900446 Carrots - Baby	1 (1/2 cup)	1.04	0.373	0.000	0.821	0.045	*N/A*	0.000	0.000
902971 Red Pepper, Fresh	1/4 cup	0.85	0.232	0.000	0.026	0.000	0.000	0.000	0.000
900012 Tomatoes, Cherry	1/4 cup	0.63	0.114	0.000	0.032	*N/A*	*N/A*	0.000	0.000
900471 Tomatoes 5x6 Layer	1/4 CUP, chop/slice	0.67	0.113	0.000	0.091	0.014	*N/A*	0.005	0.000
903104 pea, green frozen	1/4 cup	0.50	0.448	0.000	0.000	0.028	*N/A*	0.000	0.000
900464 Green Bell Pepper	1/4 CUP, sliced	0.34	0.058	0.000	0.093	0.009	*N/A*	0.000	0.000
903103 Radish, fresh	1 (1/4 cup)	0.43	0.067	0.000	0.172	0.007	*N/A*	0.000	0.000
903361 Jicama, Fresh	1/4 CUP	0.90	0.336	0.000	0.037	0.000	*N/A*	0.000	0.000
900451 Cucumber	1/4 CUP, slices	0.39	0.039	0.000	0.000	0.000	*N/A*	0.000	0.000
900442 BROCCOLI FLORETS	1/2 CUP, chopped	0.66	0.224	0.000	0.224	0.000	*N/A*	0.000	0.000
900448 Cauliflower Florets	1/4 CUP	0.37	0.088	0.000	0.110	0.009	*N/A*	0.000	0.000
900441 Celery	1/4 CUP, strips	0.46	0.063	0.000	0.484	0.000	*N/A*	0.000	0.000
902970 Black Beans, Fancy Canned	1/4 cup	0.85	0.781	0.000	0.911	0.007	*N/A*	0.003	0.000
801 BEANS GARBANZO ,CANNED	1 (1/2 cup)	1.94	1.940	0.000	5.970	0.060	*N/A*	0.030	0.000
901478 Kidney Beans	1/4 CUP	0.97	0.808	0.000	3.072	*N/A*	*N/A*	0.000	0.000
902997 BEANS, GREAT NORTHERN, CANNED	1 (1/4 cup)	0.97	0.597	0.000	1.045	0.000	*N/A*	0.000	0.000
903179 Edamame / Soybeans	1/4 cup	0.47	0.560	0.003	0.028	0.011	*N/A*	0.022	0.000
R-1304 Fruit, Canned Variety	1 (1/2 cup)	1.81	0.892	0.000	0.094	0.140	0.000	0.000	0.000
R-117 Fruit, Fresh Assorted	1 (1/2 cup)	1.01	0.470	0.000	0.053	*0.071*	*0.000*	0.002	0.000
R-364 Juice 4 oz Assorted 2023	1 (4 oz cups)	1.69	0.940	0.000	0.097	0.193	*N/A*	0.000	0.000
R-810 Juice, Frozen Slushie Cup	1 each	1.86	1.269	0.000	0.560	0.284	*N/A*	0.000	0.000
903106 onion, red jumbo, fresh	5 tbsp	1.06	0.635	0.000	0.053	0.074	*N/A*	0.000	0.000
990453 Onion, Yellow Jumbo	5 tbsp	0.24	0.072	0.000	0.007	0.015	0.000	0.000	0.000
	Totals	81.00	15.644	0.003	32.894	*1.045*	*0.000*	0.062	0.000
	% of Calories			0.178%		*26.720%*	*0.000%*	3.544%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415 Romaine, Whole Head	0.000	0.159	0.081	0.080	517.704	1.625	0.284	0.086	*N/A*	*N/A*
903107 spinach flat leaf	0.000	0.040	0.000	0.000	119.403	1.592	0.358	0.029	*N/A*	*N/A*
990440 LETTUCE FRESH ARCADN BLEND	0.000	0.717	0.000	0.239	*N/A*	13.381	*N/A*	0.239	*N/A*	*N/A*

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900446	Carrots - Baby	0.000	0.090	0.030	0.000	141.791	0.299	0.036	0.011	*N/A*	*N/A*
902971	Red Pepper, Fresh	0.000	0.052	0.015	0.010	0.000	0.057	0.000	0.004	*N/A*	*N/A*
900012	Tomatoes, Cherry	0.000	0.025	0.008	0.006	5.078	0.063	0.080	0.001	*N/A*	*N/A*
900471	Tomatoes 5x6 Layer	0.000	0.023	0.005	0.005	4.538	0.091	0.109	0.003	*N/A*	*N/A*
903104	pea, green frozen	0.000	0.073	0.028	0.028	0.000	0.112	0.000	0.008	*N/A*	*N/A*
900464	Green Bell Pepper	0.000	0.014	0.005	0.002	0.464	0.046	0.264	0.002	*N/A*	*N/A*
903103	Radish, fresh	0.000	0.015	0.007	0.000	0.000	0.075	0.134	0.000	*N/A*	*N/A*
903361	Jicama, Fresh	0.000	0.082	0.045	0.007	0.000	0.149	0.000	0.003	*N/A*	*N/A*
900451	Cucumber	0.000	0.008	0.000	0.000	0.392	0.078	0.005	0.001	*N/A*	*N/A*
900442	BROCCOLI FLORETS	0.000	0.045	0.015	0.000	4.478	0.313	1.970	0.005	*N/A*	*N/A*
900448	Cauliflower Florets	0.000	0.018	0.009	0.009	0.000	0.088	0.184	0.002	*N/A*	*N/A*
900441	Celery	0.000	0.017	0.008	0.000	2.103	0.168	0.038	0.002	*N/A*	*N/A*
902970	Black Beans, Fancy Canned	0.000	0.150	0.039	0.046	0.000	0.391	0.000	0.012	*N/A*	*N/A*
801	BEANS GARBANZO ,CANNED	0.000	0.328	0.090	0.104	0.000	0.597	0.000	0.027	0.000	0.000
901478	Kidney Beans	0.000	0.129	0.040	0.057	0.000	0.485	0.000	0.012	*N/A*	*N/A*
902997	BEANS, GREAT NORTHERN, CANNED	0.000	0.112	0.037	0.045	0.000	0.000	0.000	0.013	*N/A*	*N/A*
903179	Edamame / Soybeans	0.000	0.034	0.000	0.050	0.000	0.224	0.027	0.010	*N/A*	*N/A*
R-1304	Fruit, Canned Variety	0.000	0.225	0.021	0.004	1.845	0.093	0.048	0.001	*0.000*	*N/A*
R-117	Fruit, Fresh Assorted	0.000	0.118	0.018	0.006	*0.351*	0.107	0.158	0.002	*0.155*	*N/A*
R-364	Juice 4 oz Assorted 2023	0.000	0.218	0.000	0.000	0.000	0.045	0.896	0.000	*N/A*	*N/A*
R-810	Juice, Frozen Slushie Cup	0.000	0.313	0.000	0.000	14.925	1.194	0.896	0.005	*N/A*	*N/A*
903106	onion, red jumbo, fresh	0.000	0.159	0.032	0.021	0.000	0.423	0.127	0.004	*N/A*	*N/A*
990453	Onion, Yellow Jumbo	0.000	0.018	0.005	0.002	0.000	0.066	0.000	0.001	*N/A*	*N/A*
	Totals	0.000	3.179	0.537	0.720	*813.072*	21.761	*5.615*	0.482	*0.155*	*N/A*
	% of Calories		81.284%		18.410%						

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Lawrence Public Schools

USD 497

990246 - fruit cocktail, in light-syrup 1/4 cup

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: 1/4 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)	
902216	fruit cocktail, in light-syrup canned	1 #10 can	62.61	30.293	0.000	5.049	5.554	*N/A*	0.000	0.000
		Totals	63.00	30.293	0.000	5.049	5.554	*N/A*	0.000	0.000
		% of Calories			0.000%		73.337%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902216	fruit cocktail, in light-syrup canned	0.000	8.583	0.000	0.000	100.976	0.000	0.606	0.000	0.000
		Totals	0.000	8.583	0.000	100.976	0.000	0.606	0.000	0.000
		% of Calories		113.333%		0.000%				

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Lawrence Public Schools

USD 497

990210 - fruit cocktail, in light-syrup canned

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902216	fruit cocktail, in light-syrup canned	1 #10 can	125.21	60.586	0.000	10.098	11.107	*N/A*	0.000
		Totals	125.00	60.586	0.000	10.098	11.107	*N/A*	0.000
		% of Calories			0.000%		73.330%	*N/A%*	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902216	fruit cocktail, in light-syrup canned	0.000	17.166	0.000	0.000	201.952	0.000	1.212	0.000	0.000	0.000
	Totals	0.000	17.166	0.000	0.000	201.952	0.000	1.212	0.000	0.000	0.000
	% of Calories		113.332%		0.000%						

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Lawrence Public Schools

USD 497

990251 - Fruit Smoothie & Banana Muffin

Number of Portions: 3.000

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 Fat² (g)
R-990250	Muffin, Banana, WG	3 muffin	76.29	179.387	1.492	184.402	15.418	0.000	2.984	0.000
R-990218	Smoothie, Berry Banana	1 (8 oz)	77.96	61.469	0.000	17.559	5.680	0.000	0.167	0.000
R-990217	Smoothie, Orange Dream	1 (8 oz)	77.03	48.570	0.222	22.790	5.502	0.000	0.445	0.000
R-990219	Smoothie, Tropical Escape	1 (8 oz)	79.89	63.716	0.000	16.725	6.374	0.000	0.167	0.000
		Totals	311.00	353.143	1.714	241.476	32.974	0.000	3.763	0.000
		% of Calories			4.369%		37.349%	0.000%	9.591%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990250	Muffin, Banana, WG	0.000	35.802	2.099	2.689	0.000	36.282	0.000	0.860	*12.619*	*N/A*
R-990218	Smoothie, Berry Banana	0.000	13.889	0.541	1.184	0.000	41.222	10.000	0.056	*0.000*	*N/A*
R-990217	Smoothie, Orange Dream	2.223	9.927	0.333	1.486	222.349	48.743	0.000	0.047	0.000	0.000
R-990219	Smoothie, Tropical Escape	0.000	14.494	0.541	1.184	61.233	41.222	4.409	0.144	*0.000*	*0.000*
	Totals	2.223	74.111	3.514	6.542	283.582	167.469	14.409	1.107	*12.619*	*0.000*
	% of Calories		83.944%		7.410%						

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Lawrence Public Schools

USD 497

1304 - Fruit, Canned Variety

Number of Portions: 12.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990506	Orange, Mandarin Canned	8 oz	18.90	9.450	0.000	1.350	2.295	0.000	0.000
902216	fruit cocktail, in light-syrup canned	1 cup	20.17	9.758	0.000	1.626	1.789	*N/A*	0.000
902191	Peach, Sliced in Light-Syrup Canned Yellow	1 cup slice/half	20.92	10.121	0.000	1.687	1.856	*N/A*	0.000
902936	Pear sliced in juice	1 cup, halves	20.92	11.952	0.000	0.000	1.942	*N/A*	0.000
900648	APPLESAUCE, UNSWTND	1 CUP	20.33	8.333	0.000	1.667	1.500	*N/A*	0.000
900040	PINEAPPLE TIDBIT in juice	1 CUP	20.33	10.167	0.000	0.000	*N/A*	0.000	0.000
	Totals		122.00	59.781	0.000	6.330	9.382	0.000	0.000
	% of Calories				0.000%		62.776%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990506	0.000	2.295	0.135	0.135	40.499	2.700	2.835	0.097	0.000	0.000
902216	0.000	2.765	0.000	0.000	32.527	0.000	0.195	0.000	0.000	0.000
902191	0.000	2.362	0.169	0.000	50.605	0.000	0.202	0.000	0.000	0.000
902936	0.000	2.988	0.448	0.000	0.000	2.092	0.000	0.000	*N/A*	*N/A*
900648	0.000	2.167	0.333	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900040	0.000	2.469	0.290	0.145	0.000	1.452	0.000	0.000	*N/A*	*N/A*
	Totals	0.000	15.045	1.376	0.280	123.631	6.244	3.233	0.097	*0.000*
	% of Calories		100.668%		1.874%					

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Lawrence Public Schools

USD 497

990056 - Fruit, Canned Variety 1/2 Cup

Number of Portions: 4.500

Size of Portion: 1/2 cup

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

Source: Mosaic
Group Code: FRUIT

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990506	Orange, Mandarin Canned	4 oz	25.20	12.600	0.000	1.800	3.060	0.000	0.000
902216	fruit cocktail, in light-syrup canned	1/2 cup	26.89	13.011	0.000	2.168	2.385	*N/A*	0.000
902191	Peach, Sliced in Light-Syrup Canned Yellow	1/2 cup slice/half	27.89	13.495	0.000	2.249	2.474	*N/A*	0.000
902936	Pear sliced in juice	1/2 cup, halves	27.89	15.937	0.000	0.000	2.590	*N/A*	0.000
900040	PINEAPPLE TIDBIT in juice	1/2 CUP	27.11	13.556	0.000	0.000	*N/A*	0.000	0.000
	Totals		135.00	68.597	0.000	6.218	10.509	0.000	0.000
	% of Calories				0.000%		61.280%	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990506	0.000	3.060	0.180	0.180	53.999	3.600	3.780	0.130	0.000	0.000
902216	0.000	3.686	0.000	0.000	43.369	0.000	0.260	0.000	0.000	0.000
902191	0.000	3.149	0.225	0.000	67.473	0.000	0.270	0.000	0.000	0.000
902936	0.000	3.984	0.598	0.000	0.000	2.789	0.000	0.000	*N/A*	*N/A*
900040	0.000	3.292	0.387	0.194	0.000	1.937	0.000	0.000	*N/A*	*N/A*
	Totals	0.000	17.171	1.390	0.374	164.841	8.325	4.310	0.130	*0.000*
	% of Calories		100.129%		2.181%					

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Lawrence Public Schools

USD 497

117 - Fruit, Fresh Assorted

Number of Portions: 24.000

Size of Portion: 1/2 cup

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

Source: USD 497

Group Code: FRUIT

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
Ingredient	Quantity									
900475	Apples, Red Delicious	1 medium, 3/lb.	5.75	1.901	0.000	0.000	0.380	*N/A*	0.000	0.000
900477	Bananas, Gr Tip	1 med(7"to7-7/8")	4.92	4.523	0.009	0.049	*N/A*	*N/A*	0.024	0.000
900481	Orange, fresh	1 med 2-5/8"dia	5.46	2.565	0.001	0.000	*N/A*	*N/A*	0.007	0.000
902937	Pear, raw fresh	1 small	6.17	3.343	0.000	0.000	0.594	*N/A*	0.000	0.000
901298	GRAPES,CONCORD,RAW	1/2 CUP	1.92	1.369	0.000	0.228	0.304	*N/A*	0.000	0.000
902214	Watermelon, raw	1/2 cup, pieces	0.12	0.034	0.000	0.000	*N/A*	*N/A*	0.000	0.000
990394	Apple, Local Variety	1 cup	5.10	2.664	0.000	0.056	0.533	0.000	0.008	0.000
990395	Cantaloupe, Fresh, Local	1 cup	14.17	4.776	0.008	2.260	1.104	0.000	0.026	0.000
990396	LOCAL- WATERMELON	1 cup	12.07	3.665	0.000	0.129	0.733	0.000	0.017	0.000
990397	PEACHES, Local, Fresh	1 cup	6.42	2.950	0.000	0.833	0.538	0.000	0.017	0.000
990398	PEAR, Local, Fresh	1 cup	5.83	3.675	0.000	0.010	0.567	0.000	0.009	0.000
		Totals	68.00	31.465	0.018	3.566	*4.753*	*0.000*	0.108	0.000
		% of Calories			0.503%		*60.423%*	*0.000%*	3.095%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
900475	Apples, Red Delicious		0.000	0.523	0.119	0.000	2.376	0.475	0.114	0.009	1.994	0.006
900477	Bananas, Gr Tip		0.000	1.152	0.118	0.051	3.982	0.295	0.447	0.015	3.651	0.039
900481	Orange, fresh		0.000	0.641	0.131	0.051	11.190	2.183	2.904	0.005	4.735	0.024
902937	Pear, raw fresh		0.000	0.966	0.223	0.000	3.715	0.743	0.223	0.013	0.000	0.000
901298	GRAPES,CONCORD,RAW		0.000	0.350	0.015	0.000	0.000	0.304	0.018	0.000	0.000	0.000
902214	Watermelon, raw		0.000	0.009	0.000	0.000	0.630	0.008	0.006	0.000	*N/A*	*N/A*
990394	Apple, Local Variety		0.000	0.701	0.123	0.014	*N/A*	0.280	0.236	0.005	*N/A*	*N/A*
990395	Cantaloupe, Fresh, Local		0.000	1.156	0.128	0.118	*N/A*	1.284	5.192	0.028	*N/A*	*N/A*
990396	LOCAL- WATERMELON		0.000	0.905	0.047	0.073	*N/A*	0.862	0.957	0.023	*N/A*	*N/A*
990397	PEACHES, Local, Fresh		0.000	0.650	0.096	0.058	1.542	0.257	0.263	0.022	*N/A*	*N/A*
990398	PEAR, Local, Fresh		0.000	0.879	0.181	0.022	0.058	0.467	0.257	0.010	*N/A*	*N/A*
		Totals	0.000	7.932	1.183	0.388	*23.493*	7.159	10.617	0.131	*10.380*	*N/A*
		% of Calories		100.832%		4.932%						

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Lawrence Public Schools

USD 497

990135 - Fruit, PY24 Variety

Number of Portions: 14.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
R-117 Fruit, Fresh Assorted	5 (1/2 cup)	24.26	11.238	0.006	1.274	*1.698*	*0.000*	0.039	0.000
902950 Strawberry frozen	1 cup, thawed	15.79	5.638	0.000	0.000	1.015	*N/A*	0.000	0.000
903105 mango frozen chunks	1 cup	10.00	6.429	0.000	0.000	0.000	0.000	0.036	0.000
R-990056 Fruit, Canned Variety 1/2 Cup	5 (1/2 cup)	48.21	24.499	0.000	2.221	3.753	0.000	0.000	0.000
	Totals	98.00	47.803	0.006	3.494	*6.466*	*0.000*	0.074	0.000
	% of Calories			0.119%		*54.105%*	*0.000%*	1.401%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-117	Fruit, Fresh Assorted	0.000	2.833	0.423	0.139	*8.390*	2.557	3.792	0.047	*3.707*	*N/A*
902950	Strawberry frozen	0.000	1.466	0.338	0.000	0.000	2.255	6.089	0.081	*N/A*	*N/A*
903105	mango frozen chunks	0.000	1.500	0.143	0.071	0.000	0.000	0.000	0.000	0.000	0.000
R-990056	Fruit, Canned Variety 1/2 Cup	0.000	6.133	0.496	0.134	58.872	2.973	1.539	0.046	*0.000*	*N/A*
	Totals	0.000	11.931	1.400	0.344	*67.262*	7.785	11.420	0.174	*3.707*	*N/A*
	% of Calories		99.836%		2.878%						

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Lawrence Public Schools

USD 497

990287 - Garlic Avocado Aioli

Number of Portions: 64.000

Group Code: Condiments and Dressings

Size of Portion: 1 tbsp

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990447	Avocado, IW	2 each (.5 avo)	1.33	2.781	0.046	0.000	0.000	0.278	0.000
990504	Miracle Whip	3 1/2 cup	12.60	33.600	0.420	79.800	0.840	2.940	0.000
990487	Spice Garlic Powder	2 tbsp	0.30	0.000	0.000	0.000	0.000	0.000	0.000
75010	WATER,COLD	1/4 CUP	0.94	0.000	0.000	0.028	0.000	*N/A*	0.000
		Totals	15.00	36.381	0.466	79.828	0.840	3.218	0.000
		% of Calories			11.538%		9.236%	79.610%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990447	Avocado, IW	0.000	0.093	0.062	0.031	0.000	0.155	0.000	0.012	*N/A*
990504	Miracle Whip	0.000	1.680	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
75010	WATER,COLD	0.000	0.000	0.000	0.000	0.019	0.000	0.000	0.937	0.001
	Totals	0.000	1.773	0.062	0.031	0.000	0.173	0.000	*0.937*	*0.001*
	% of Calories		19.490%		0.341%					

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Lawrence Public Schools
USD 497

1306 - Granola Bar, Oats'n Honey 1.5oz

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903364	Granola Bar, Oats 'n Honey (1.5 oz)	1 each (1.5 oz)	42.52	192.372	1.012	141.748	11.137	*N/A*	7.087	0.000
		Totals	43.00	192.372	1.013	141.748	11.137	*N/A*	7.087	0.000
		% of Calories			4.737%		23.157%	*N/A%*	33.158%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903364	Granola Bar, Oats 'n Honey (1.5 oz)	0.000	29.362	2.025	3.037	0.000	0.000	0.000	1.093	*N/A*	*N/A*
		Totals	0.000	29.362	2.025	3.037	0.000	0.000	1.093	*N/A*	*N/A*
		% of Calories		61.053%		6.315%					

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Lawrence Public Schools

USD 497

990205 - GRAPES,CONCORD,RAW

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
901298 GRAPES,CONCORD,RAW	1/2 CUP	46.00	32.857	0.000	5.476	7.302	*N/A*	0.000	0.000
	Totals	46.00	32.857	0.000	5.476	7.302	*N/A*	0.000	0.000
	% of Calories			0.000%		88.894%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901298 GRAPES,CONCORD,RAW		0.000	8.397	0.365	0.000	0.000	7.302	0.438	0.000	0.000	0.000
	Totals	0.000	8.397	0.365	0.000	0.000	7.302	0.438	0.000	0.000	0.000
	% of Calories		102.222%		0.000%						

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Lawrence Public Schools
USD 497

990248 - GRAPES,CONCORD,RAW 1/4 cup

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
901298	GRAPES,CONCORD,RAW	1/2 CUP	23.00	16.429	0.000	2.738	3.651	*N/A*	0.000	0.000
		Totals	23.00	16.429	0.000	2.738	3.651	*N/A*	0.000	0.000
		% of Calories			0.000%		88.892%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
901298	GRAPES,CONCORD,RAW	0.000	4.198	0.183	0.000	0.000	3.651	0.219	0.000	0.000	0.000
		Totals	0.000	4.198	0.183	0.000	3.651	0.219	0.000	0.000	0.000
		% of Calories		102.219%		0.000%					

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Lawrence Public Schools

USD 497

710 - Gravy, Pepper Low Na+

Number of Portions: 43.000

Size of Portion: 1/4 cup

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

Source: USD 497

Group Code: SAUCE

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903154	Gravy, Pepper Low Na+	1 pkg	7.91	35.162	0.879	123.068	0.000	*N/A*	1.758	0.000
75012	WATER,HOT	2 qt	44.65	0.000	0.000	1.340	0.000	*N/A*	0.000	0.000
Totals			53.00	35.162	0.879	124.407	0.000	*N/A*	1.758	0.000
% of Calories					22.501%		0.000%	*N/A%*	45.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903154	Gravy, Pepper Low Na+	0.000	5.274	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
75012	WATER,HOT	0.000	0.000	0.000	0.000	0.000	0.893	0.000	0.004	44.607	0.045
Totals		0.000	5.274	0.000	0.000	0.000	0.893	0.000	0.004	*44.607*	*N/A*
% of Calories			60.000%		0.000%						

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Lawrence Public Schools
USD 497

875 - Green beans

Number of Portions: 24.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902176	Green Beans, canned, cut	1 #10 can	119.30	14.913	0.000	139.188	0.994	*N/A*	0.000	0.000
		Totals	119.00	14.913	0.000	139.188	0.994	*N/A*	0.000	0.000
		% of Calories			0.000%		26.661%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902176	Green Beans, canned, cut	0.000	2.983	0.994	0.994	*N/A*	28.832	*N/A*	0.994	*N/A*	*N/A*
		Totals	0.000	2.983	0.994	*N/A*	28.832	*N/A*	0.994	*N/A*	*N/A*
		% of Calories		80.000%		26.661%					

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Lawrence Public Schools
USD 497

990037 - Green beans *RESIZED*

Number of Portions: 24.000

Size of Portion: 1/4 cup

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

Source: Mosaic
Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902176	Green Beans, canned, cut	1/2 #10 can	59.65	7.457	0.000	69.594	0.497	*N/A*	0.000	0.000
		Totals	60.00	7.457	0.000	69.594	0.497	*N/A*	0.000	0.000
		% of Calories			0.000%		26.660%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902176	Green Beans, canned, cut	0.000	1.491	0.497	0.497	*N/A*	14.416	*N/A*	0.497	*N/A*	*N/A*
		Totals	0.000	1.491	0.497	*N/A*	14.416	*N/A*	0.497	*N/A*	*N/A*
		% of Calories		79.995%		26.660%					

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Lawrence Public Schools

USD 497

990087 - Green Bell Pepper 1/2 cup

Number of Portions: 1.000

Size of Portion: 1/2 Cup

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

Source: Mosaic
Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900464	Green Bell Pepper	1/4 CUP, sliced	23.00	3.885	0.000	6.216	0.622	*N/A*	0.000	0.000
990411	LOCAL- PEPPER, GREEN BELL	1/4 cup	37.20	6.284	0.000	10.054	1.005	0.000	0.000	0.000
Totals			60.00	10.169	0.000	16.271	1.627	0.000	0.000	0.000
% of Calories					0.000%		63.998%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900464	Green Bell Pepper	0.000	0.932	0.311	0.155	31.081	3.108	17.716	0.112	*N/A*	*N/A*
990411	LOCAL- PEPPER, GREEN BELL	0.000	1.508	0.503	0.251	50.272	0.503	28.655	0.181	*N/A*	*N/A*
Totals		0.000	2.441	0.814	0.407	81.353	3.611	46.371	0.293	*N/A*	*N/A*
% of Calories			96.002%		16.009%						

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Lawrence Public Schools
USD 497

990304 - Grilled Cheese

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903156	Bread, White Whole Grain	2 (1 slice)	56.00	140.000	0.000	230.000	2.000	*N/A*	1.000	0.000
900372	Cheese, Sliced, American Yellow Style	4 slice	56.70	202.497	10.125	1012.486	0.000	*N/A*	18.225	0.000
		Totals	113.00	342.497	10.125	1242.486	2.000	*N/A*	19.225	0.000
		% of Calories			26.606%		2.336%	*N/A%*	50.518%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903156	Bread, White Whole Grain	0.000	28.000	2.000	6.000	0.000	40.000	0.000	1.440	*N/A*	*N/A*
900372	Cheese, Sliced, American Yellow Style	50.624	4.050	0.000	10.125	0.000	263.246	0.000	0.202	*N/A*	*N/A*
		Totals	50.624	32.050	16.125	0.000	303.246	0.000	1.642	*N/A*	*N/A*
		% of Calories		37.431%	18.832%						

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Lawrence Public Schools
USD 497

1276 - Grilled Cheese on Pretzel Bun

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903316	Pretzel Bun, WW	1 each	62.37	160.952	1.006	40.238	2.012	*N/A*	2.515	0.000
900372	Cheese, Sliced, American Yellow Style	4 slice	56.70	202.497	10.125	1012.486	0.000	*N/A*	18.225	0.000
		Totals	119.00	363.449	11.131	1052.724	2.012	*N/A*	20.740	0.000
		% of Calories			27.563%		2.214%	*N/A%*	51.357%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903316	Pretzel Bun, WW	0.000	29.173	3.018	5.030	0.000	20.119	0.000	1.811	*N/A*	*N/A*
900372	Cheese, Sliced, American Yellow Style	50.624	4.050	0.000	10.125	0.000	263.246	0.000	0.202	*N/A*	*N/A*
		Totals	50.624	33.223	15.155	0.000	283.365	0.000	2.013	*N/A*	*N/A*
		% of Calories		36.564%		16.679%					

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Lawrence Public Schools

USD 497

565 - Grilled Chicken Sandwich

Number of Portions: 1.000

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

Source: USD 497

Group Code: ENTREES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990442	Chicken, Patty Unbreaded Grilled	1 each	74.28	160.596	2.509	411.528	0.000	0.000	11.041	0.000
903155	Bun, Hamburger	1 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
Totals			131.00	290.596	2.509	661.528	3.000	0.000	12.541	0.000
% of Calories					7.772%		4.129%	0.000%	38.841%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990442	Chicken, Patty Unbreaded Grilled	40.149	4.015	0.000	12.045	0.000	51.190	0.000	1.004	*N/A*	*N/A*
903155	Bun, Hamburger	0.000	24.000	2.000	3.000	0.000	40.000	1.200	1.080	*N/A*	*N/A*
Totals		40.149	28.015	2.000	15.045	0.000	91.190	1.200	2.084	*N/A*	*N/A*
% of Calories			38.562%		20.709%						

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Lawrence Public Schools

USD 497

990161 - Ham & Cheese Hoagie

Number of Portions: 3.000

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 Fat² (g)	
990441	ROLL HOAGIE WG	3 each	56.70	149.208	0.000	258.627	0.995	0.000	1.492	0.000
990524	Ham Sliced Lower Sodium Fully Cooked	7 1/2 slice	35.44	34.938	0.250	234.583	0.499	0.000	1.248	0.000
900372	Cheese, Sliced, American Yellow Style	2 slice	9.45	33.750	1.687	168.748	0.000	*N/A*	3.037	0.000
903113	Cheese, cheddar mild sliced	2 slice	14.00	53.333	2.667	90.000	*N/A*	*N/A*	4.667	0.000
903114	cheese, provolone sliced .75 oz	2 slice	18.90	62.222	3.111	160.000	0.000	*N/A*	5.333	0.000
		Totals	134.00	333.451	7.715	911.958	*1.494*	*0.000*	15.777	0.000
		% of Calories			20.823%		*1.792%*	*0.000%*	42.584%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990441	ROLL HOAGIE WG	0.000	27.852	2.984	4.974	0.000	39.789	0.000	1.691	*N/A*	*N/A*
990524	Ham Sliced Lower Sodium Fully Cooked	19.965	0.499	0.000	5.490	0.000	5.989	0.000	0.000	0.000	0.000
900372	Cheese, Sliced, American Yellow Style	8.437	0.675	0.000	1.687	0.000	43.874	0.000	0.034	*N/A*	*N/A*
903113	Cheese, cheddar mild sliced	13.333	0.000	0.000	3.333	200.000	100.000	0.000	0.000	*N/A*	*N/A*
903114	cheese, provolone sliced .75 oz	13.333	0.000	0.000	4.444	0.000	141.333	0.000	0.000	*N/A*	*N/A*
	Totals	55.069	29.026	2.984	19.929	200.000	330.986	0.000	1.725	*0.000*	*0.000*
	% of Calories		34.819%		23.906%						

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Lawrence Public Schools

USD 497

990276 - Ham & Cheese on Hamburger Bun

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903155 Bun, Hamburger	1 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
900431 Ham, sliced, smoked	2 1/2 slice	35.44	37.500	0.625	387.501	1.250	*N/A*	1.250	0.000
900372 Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	*N/A*	9.112	0.000
903113 Cheese, cheddar mild sliced	2 slice	42.00	160.000	8.000	270.000	*N/A*	*N/A*	14.000	0.000
903114 cheese, provolone sliced .75 oz	2 slice	56.70	186.667	9.333	480.000	0.000	*N/A*	16.000	0.000
	Totals	219.00	615.415	23.021	1893.744	*4.250*	*N/A*	41.862	0.000
	% of Calories			33.666%		*2.762%*	*N/A%*	61.221%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903155 Bun, Hamburger	0.000	24.000	2.000	3.000	0.000	40.000	1.200	1.080	*N/A*	*N/A*
900431 Ham, sliced, smoked	18.750	1.250	0.000	5.625	0.000	0.000	0.000	0.250	*N/A*	*N/A*
900372 Cheese, Sliced, American Yellow Style	25.312	2.025	0.000	5.062	0.000	131.623	0.000	0.101	*N/A*	*N/A*
903113 Cheese, cheddar mild sliced	40.000	0.000	0.000	10.000	600.000	300.000	0.000	0.000	*N/A*	*N/A*
903114 cheese, provolone sliced .75 oz	40.000	0.000	0.000	13.333	0.000	424.000	0.000	0.000	*N/A*	*N/A*
	Totals	124.062	27.275	37.021	600.000	895.623	1.200	1.431	*N/A*	*N/A*
	% of Calories		17.728%		24.062%					

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Lawrence Public Schools

USD 497

990275 - Ham and Cheese on Pretzel Bun

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903316 Pretzel Bun, WW	1 each	62.37	160.952	1.006	40.238	2.012	*N/A*	2.515	0.000
900431 Ham, sliced, smoked	2 1/2 slice	35.44	37.500	0.625	387.501	1.250	*N/A*	1.250	0.000
900372 Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	*N/A*	9.112	0.000
903113 Cheese, cheddar mild sliced	2 slice	42.00	160.000	8.000	270.000	*N/A*	*N/A*	14.000	0.000
903114 cheese, provolone sliced .75 oz	2 slice	56.70	186.667	9.333	480.000	0.000	*N/A*	16.000	0.000
	Totals	225.00	646.367	24.027	1683.982	*3.262*	*N/A*	42.877	0.000
	% of Calories			33.455%		*2.019%*	*N/A%*	59.702%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903316 Pretzel Bun, WW	0.000	29.173	3.018	5.030	0.000	20.119	0.000	1.811	*N/A*	*N/A*
900431 Ham, sliced, smoked	18.750	1.250	0.000	5.625	0.000	0.000	0.000	0.250	*N/A*	*N/A*
900372 Cheese, Sliced, American Yellow Style	25.312	2.025	0.000	5.062	0.000	131.623	0.000	0.101	*N/A*	*N/A*
903113 Cheese, cheddar mild sliced	40.000	0.000	0.000	10.000	600.000	300.000	0.000	0.000	*N/A*	*N/A*
903114 cheese, provolone sliced .75 oz	40.000	0.000	0.000	13.333	0.000	424.000	0.000	0.000	*N/A*	*N/A*
	Totals	124.062	32.448	39.051	600.000	875.742	0.000	2.162	*N/A*	*N/A*
	% of Calories		20.080%		24.166%					

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Lawrence Public Schools

USD 497

1048 - Ham and Cheese Sandwich

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903156 Bread, White Whole Grain	2 (1 slice)	56.00	140.000	0.000	230.000	2.000	*N/A*	1.000	0.000
900431 Ham, sliced, smoked	2 oz	56.70	60.000	1.000	620.000	2.000	*N/A*	2.000	0.000
900372 Cheese, Sliced, American Yellow Style	1 slice	14.17	50.624	2.531	253.121	0.000	*N/A*	4.556	0.000
903113 Cheese, cheddar mild sliced	1 slice	21.00	80.000	4.000	135.000	*N/A*	*N/A*	7.000	0.000
903114 cheese, provolone sliced .75 oz	1 slice	28.35	93.333	4.667	240.000	0.000	*N/A*	8.000	0.000
	Totals	176.00	423.958	12.198	1478.121	*4.000*	*N/A*	22.556	0.000
	% of Calories			25.894%		*3.774%*	*N/A%*	47.883%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903156 Bread, White Whole Grain	0.000	28.000	2.000	6.000	0.000	40.000	0.000	1.440	*N/A*	*N/A*
900431 Ham, sliced, smoked	30.000	2.000	0.000	9.000	0.000	0.000	0.000	0.400	*N/A*	*N/A*
900372 Cheese, Sliced, American Yellow Style	12.656	1.012	0.000	2.531	0.000	65.812	0.000	0.051	*N/A*	*N/A*
903113 Cheese, cheddar mild sliced	20.000	0.000	0.000	5.000	300.000	150.000	0.000	0.000	*N/A*	*N/A*
903114 cheese, provolone sliced .75 oz	20.000	0.000	0.000	6.667	0.000	212.000	0.000	0.000	*N/A*	*N/A*
	Totals	82.656	31.013	2.000	29.198	300.000	0.000	1.891	*N/A*	*N/A*
	% of Calories		29.260%		27.548%					

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Lawrence Public Schools

USD 497

990273 - Ham and Cheese Sandwich Recipes

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
R-990161	Ham & Cheese Hoagie	1 each	134.49	333.451	7.715	911.958	*1.494*	*0.000*	15.777	0.000
R-1048	Ham and Cheese Sandwich	1 Sandwich	176.22	423.958	12.198	1478.121	*4.000*	*N/A*	22.556	0.000
R-990275	Ham and Cheese on Pretzel Bun	1 Sandwich	224.85	646.367	24.027	1683.982	*3.262*	*N/A*	42.877	0.000
R-990276	Ham & Cheese on Hamburger Bun	1 Sandwich	219.49	615.415	23.021	1893.744	*4.250*	*N/A*	41.862	0.000
		Totals	755.00	2019.191	66.960	5967.805	*13.006*	*0.000*	123.073	0.000
		% of Calories			29.846%		*2.576%*	*0.000%*	54.857%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990161	Ham & Cheese Hoagie	55.069	29.026	2.984	19.929	200.000	330.986	0.000	1.725	*0.000*	*0.000*
R-1048	Ham and Cheese Sandwich	82.656	31.013	2.000	29.198	300.000	467.812	0.000	1.891	*N/A*	*N/A*
R-990275	Ham and Cheese on Pretzel Bun	124.062	32.448	3.018	39.051	600.000	875.742	0.000	2.162	*N/A*	*N/A*
R-990276	Ham & Cheese on Hamburger Bun	124.062	27.275	2.000	37.021	600.000	895.623	1.200	1.431	*N/A*	*N/A*
	Totals	385.849	119.761	10.002	125.199	1700.000	2570.163	1.200	7.209	*0.000*	*0.000*
	% of Calories		23.725%		24.802%						

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Lawrence Public Schools
USD 497

161 - Hamburger

Number of Portions: 100.000

Size of Portion: 1 pattie, 1 bun

*Nutrients are based upon 1 Portion Size (1 pattie, 1 bun)

Source: USD 497
Group Code: ENTREES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903155	Bun, Hamburger	100 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
990388	Beef Patty Charbroiled	100 pattie	70.87	177.185	5.537	232.555	0.000	*N/A*	13.289	0.000
		Totals	128.00	307.184	5.537	482.555	3.000	*N/A*	14.789	0.000
		% of Calories			16.223%		3.906%	*N/A%*	43.329%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903155	Bun, Hamburger	0.000	24.000	2.000	3.000	0.000	40.000	1.200	1.080	*N/A*	*N/A*
990388	Beef Patty Charbroiled	33.222	1.107	1.107	12.181	0.000	33.222	0.000	2.215	*N/A*	*N/A*
		Totals	33.222	25.107	3.107	0.000	73.222	1.200	3.295	*N/A*	*N/A*
		% of Calories		32.694%		19.768%					

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Lawrence Public Schools

USD 497

69 - Hot Dog on WG Bun

Number of Portions: 100.000

Size of Portion: 1hotdog,1bun

*Nutrients are based upon 1 Portion Size
(1hotdog,1bun)

Source: USD 497
Group Code: ENTREES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902213	hot dog, All Beef 8:1	100 hot dog	57.00	170.000	6.000	500.000	0.000	*N/A*	15.000	0.000
903166	bun hot dog bun WG	100 bun	57.00	130.000	0.000	250.000	1.000	*N/A*	1.500	0.000
		Totals	114.00	300.000	6.000	750.000	1.000	*N/A*	16.500	0.000
		% of Calories			18.000%		1.333%	*N/A%*	49.500%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902213	hot dog, All Beef 8:1	25.000	1.000	0.000	6.000	0.000	0.000	0.000	0.720	0.000	0.000
903166	bun hot dog bun WG	0.000	26.000	3.000	4.000	0.000	11.000	0.000	2.000	*N/A*	*N/A*
		Totals	25.000	27.000	10.000	0.000	11.000	0.000	2.720	*0.000*	*N/A*
		% of Calories		36.000%		13.333%					

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Lawrence Public Schools

USD 497

1285 - Hot Ham/Cheese-Pretzel Bun

Number of Portions: 1.000

Size of Portion: sandwich

*Nutrients are based upon 1 Portion Size (sandwich)

Source: USD 497

Group Code: SANDWICHES

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
Ingredient	Quantity									
900372	Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	*N/A*	9.112	0.000
903316	Pretzel Bun, WW	1 each	62.37	160.952	1.006	40.238	2.012	*N/A*	2.515	0.000
900431	Ham, sliced, smoked	2 1/2 slice	35.44	37.500	0.625	387.501	1.250	*N/A*	1.250	0.000
		Totals	126.00	299.701	6.693	933.982	3.262	*N/A*	12.877	0.000
		% of Calories			20.100%		4.354%	*N/A%*	38.670%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
900372	Cheese, Sliced, American Yellow Style		25.312	2.025	0.000	5.062	0.000	131.623	0.000	0.101	*N/A*	*N/A*
903316	Pretzel Bun, WW		0.000	29.173	3.018	5.030	0.000	20.119	0.000	1.811	*N/A*	*N/A*
900431	Ham, sliced, smoked		18.750	1.250	0.000	5.625	0.000	0.000	0.000	0.250	*N/A*	*N/A*
		Totals	44.062	32.448	3.018	15.717	0.000	151.742	0.000	2.162	*N/A*	*N/A*
		% of Calories		43.306%		20.977%						

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Lawrence Public Schools

USD 497

955 - Hummus Plate (hummus, cheese, flatbread) 2023

Number of Portions: 50.000

Group Code: Meat/Meat Alt

Size of Portion: 1hummus,1c,1br

*Nutrients are based upon 1 Portion Size
(1hummus,1c,1br)

Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)	
903265	Hummus cup-Sabra brand	50 (2 oz cup)	56.70	150.000	1.500	250.000	0.000	*N/A*	11.000	0.000
903206	Flatbread, WG 2023	50 (1 FLATBREAD)	56.70	164.610	0.915	301.785	1.829	*N/A*	4.572	0.000
900016	Cheese, string 1 oz 2023	50 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
		Totals	141.00	394.610	5.915	751.785	1.829	*N/A*	21.573	0.000
		% of Calories			13.489%		1.854%	*N/A%*	49.201%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903265	0.000	9.000	3.000	4.000	0.000	25.000	0.000	0.180	*N/A*	*N/A*
903206	0.000	25.606	2.744	5.487	0.000	27.435	0.000	1.372	*N/A*	*N/A*
900016	15.000	0.000	0.000	6.000	200.000	200.000	0.000	0.000	0.000	0.000
	Totals	15.000	34.606	5.744	15.487	252.435	0.000	1.552	*0.000*	*N/A*
	% of Calories		35.079%		15.699%					

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Lawrence Public Schools
USD 497

990299 - Individual Cheese Pizza

Number of Portions: 1.000

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 Fat² (g)
990514	IW Cheese Pizza WG	1 pizza	126.44	280.975	6.021	411.428	2.007	0.000	12.042	0.000
		Totals	126.00	280.975	6.021	411.428	2.007	0.000	12.042	0.000
		% of Calories			19.286%		2.857%	0.000%	38.571%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990514	IW Cheese Pizza WG	30.104	28.098	3.010	15.052	0.000	280.975	0.000	1.706	0.000	0.000
		Totals	30.104	28.098	3.010	15.052	280.975	0.000	1.706	0.000	0.000
		% of Calories		40.000%		21.428%					

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Lawrence Public Schools

USD 497

990257 - Italian Cavatappi Bake w/ Breadstick

Number of Portions: 70.000

Group Code: ENTREES

Size of Portion: #6 scoop

*Nutrients are based upon 1 Portion Size (#6 scoop)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990417	Sauce, Marinara	1 1/2 #10 can	64.29	30.857	0.000	252.000	0.514	0.000	0.771	0.000
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	3 1/2 lb	22.40	71.998	4.000	135.999	0.800	*N/A*	5.600	0.000
990475	Pasta, Cavatappi, Dry	5 LB	32.40	115.712	0.000	0.000	0.000	0.000	0.579	0.000
990430	Cheese, Cottage 2%	5 LB	32.40	25.805	0.430	97.485	0.287	0.000	0.717	0.000
990417	Sauce, Marinara	1/2 #10 can	21.43	10.286	0.000	84.000	0.171	0.000	0.257	0.000
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	1 1/2 lb	9.60	30.856	1.714	58.285	0.343	*N/A*	2.400	0.000
903320	Breadstick, Garlic	70 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
Totals			238.00	455.514	7.144	797.770	4.115	0.000	16.324	0.000
% of Calories					14.116%		3.614%	0.000%	32.253%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990417	Sauce, Marinara	0.000	5.143	0.514	0.514	0.000	10.800	0.000	0.514	*N/A*	*N/A*
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	19.999	0.800	0.000	4.798	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990475	Pasta, Cavatappi, Dry	0.000	24.300	1.157	4.050	0.000	0.000	0.000	1.041	0.000	0.000
990430	Cheese, Cottage 2%	4.301	1.434	0.000	3.727	0.000	28.672	0.000	0.000	*N/A*	*N/A*
990417	Sauce, Marinara	0.000	1.714	0.171	0.171	0.000	3.600	0.000	0.171	*N/A*	*N/A*
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	8.571	0.343	0.000	2.056	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
903320	Breadstick, Garlic	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
Totals		32.870	58.733	3.843	17.317	*0.000*	*53.072*	*0.000*	*3.167*	*0.000*	*0.000*
% of Calories			51.575%		15.207%						

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Lawrence Public Schools
USD 497

990153 - Italian Vegetables

Number of Portions: 128.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990431	Vegetables, Italian Blend	1 case	85.05	30.017	0.000	20.011	0.000	0.000	0.000	0.000
		Totals	85.00	30.017	0.000	20.011	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990431	Vegetables, Italian Blend	0.000	6.003	2.001	2.001	0.000	22.013	0.000	1.001	*N/A*	*N/A*
		Totals	0.000	6.003	2.001	0.000	22.013	0.000	1.001	*N/A*	*N/A*
		% of Calories		80.000%		26.665%					

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Lawrence Public Schools
USD 497

990191 - Jicama, Fresh

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903361	Jicama, Fresh	1/2 CUP	120.00	45.000	0.000	5.000	0.000	*N/A*	0.000	0.000
		Totals	120.00	45.000	0.000	5.000	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903361	Jicama, Fresh	0.000	11.000	6.000	1.000	0.000	20.000	0.000	0.360	*N/A*	*N/A*
		Totals	0.000	11.000	6.000	1.000	20.000	0.000	0.360	*N/A*	*N/A*
		% of Calories		97.778%		8.889%					

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Lawrence Public Schools

USD 497

364 - Juice 4 oz Assorted 2023

Number of Portions: 100.000

Size of Portion: 4 oz cups

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

Source: USD 497

Group Code: JUICE

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900395 Juice apple 4 oz.	70 each (4 oz)	79.38	42.000	0.000	3.500	8.400	*N/A*	0.000	0.000
900398 Juice Orange 4 oz,	15 (4 oz cup)	17.01	9.000	0.000	0.000	1.800	*N/A*	0.000	0.000
900401 Juice Grape 4 Oz	15 (4 oz cup)	17.01	12.000	0.000	3.000	2.700	*N/A*	0.000	0.000
	Totals	113.00	63.000	0.000	6.500	12.900	*N/A*	0.000	0.000
	% of Calories			0.000%		81.905%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900395 Juice apple 4 oz.	0.000	9.800	0.000	0.000	0.000	0.000	42.000	0.000	*N/A*	*N/A*
900398 Juice Orange 4 oz,	0.000	1.950	0.000	0.000	0.000	0.000	9.000	0.000	*N/A*	*N/A*
900401 Juice Grape 4 Oz	0.000	2.850	0.000	0.000	0.000	3.000	9.000	0.000	*N/A*	*N/A*
	Totals	0.000	14.600	0.000	0.000	3.000	60.000	0.000	*N/A*	*N/A*
	% of Calories		92.698%		0.000%					

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Lawrence Public Schools
USD 497

990201 - Juice apple 4 oz.

Number of Portions: 1.000

Group Code: JUICE

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900395	Juice apple 4 oz.	1 each (4 oz)	113.40	60.000	0.000	5.000	12.000	*N/A*	0.000	0.000
		Totals	113.00	60.000	0.000	5.000	12.000	*N/A*	0.000	0.000
		% of Calories			0.000%		80.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900395	Juice apple 4 oz.	0.000	14.000	0.000	0.000	0.000	0.000	60.000	0.000	*N/A*	*N/A*
		Totals	0.000	14.000	0.000	0.000	0.000	60.000	0.000	*N/A*	*N/A*
		% of Calories		93.333%		0.000%					

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Lawrence Public Schools

USD 497

990307 - Juice Box Asst. SFSP

Number of Portions: 40.000

Group Code: JUICE

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990519	Apple Juice Box	20 juice box	59.96	30.000	0.000	0.000	0.000	0.000	0.000	0.000
990520	Berry Juice Box	20 juice box	59.96	30.000	0.000	5.000	0.000	0.000	0.000	0.000
Totals			120.00	60.000	0.000	5.000	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990519	Apple Juice Box	0.000	7.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990520	Berry Juice Box	0.000	8.500	0.000	0.000	0.000	5.000	0.000	0.000	0.000	0.000
Totals		0.000	15.500	0.000	0.000	0.000	5.000	0.000	0.000	0.000	0.000
% of Calories			103.333%		0.000%						

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Lawrence Public Schools
USD 497

990199 - Juice Grape 4 Oz

Number of Portions: 1.000

Group Code: JUICE

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900401	Juice Grape 4 Oz	1 (4 oz cup)	113.40	80.000	0.000	20.000	18.000	*N/A*	0.000	0.000
		Totals	113.00	80.000	0.000	20.000	18.000	*N/A*	0.000	0.000
		% of Calories			0.000%		90.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900401	Juice Grape 4 Oz	0.000	19.000	0.000	0.000	0.000	20.000	60.000	0.000	*N/A*	*N/A*
		Totals	0.000	19.000	0.000	0.000	20.000	60.000	0.000	*N/A*	*N/A*
		% of Calories		95.000%		0.000%					

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Lawrence Public Schools
USD 497

990200 - Juice Orange 4 oz,

Number of Portions: 1.000

Group Code: JUICE

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900398	Juice Orange 4 oz,	1 (4 oz cup)	113.40	60.000	0.000	0.000	12.000	*N/A*	0.000	0.000
		Totals	113.00	60.000	0.000	0.000	12.000	*N/A*	0.000	0.000
		% of Calories			0.000%		80.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900398	Juice Orange 4 oz,	0.000	13.000	0.000	0.000	0.000	0.000	60.000	0.000	*N/A*	*N/A*
		Totals	0.000	13.000	0.000	0.000	0.000	60.000	0.000	*N/A*	*N/A*
		% of Calories		86.667%		0.000%					

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Lawrence Public Schools
USD 497

810 - Juice, Frozen Slushie Cup

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903196	Juice, Frozen Slushy Cup - Blue Rasp Lem	1 each (4.4 oz)	62.37	40.000	0.000	22.500	9.500	*N/A*	0.000	0.000
990432	Juice, Frozen Slushy Cup - Kiwi Straw	1 each (4.4 oz)	62.37	45.000	0.000	15.000	9.500	*N/A*	0.000	0.000
Totals			125.00	85.000	0.000	37.500	19.000	*N/A*	0.000	0.000
% of Calories					0.000%		89.412%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903196	Juice, Frozen Slushy Cup - Blue Rasp Lem	0.000	10.000	0.000	0.000	500.000	40.000	30.000	0.180	*N/A*	*N/A*
990432	Juice, Frozen Slushy Cup - Kiwi Straw	0.000	11.000	0.000	0.000	500.000	40.000	30.000	0.180	*N/A*	*N/A*
Totals		0.000	21.000	0.000	0.000	1000.000	80.000	60.000	0.360	*N/A*	*N/A*
% of Calories			98.824%		0.000%						

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Lawrence Public Schools

USD 497

990198 - Juice, Frozen Slushy Cup - Blue Rasp Lem

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903196 Juice, Frozen Slushy Cup - Blue Rasp Lem	1 each (4.4 oz)	124.74	80.000	0.000	45.000	19.000	*N/A*	0.000	0.000
	Totals	125.00	80.000	0.000	45.000	19.000	*N/A*	0.000	0.000
	% of Calories			0.000%		95.000%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903196 Juice, Frozen Slushy Cup - Blue Rasp Lem	0.000	20.000	0.000	0.000	1000.000	80.000	60.000	0.360	*N/A*	*N/A*
	Totals	0.000	20.000	0.000	0.000	1000.000	80.000	60.000	0.360	*N/A*
	% of Calories		100.000%		0.000%					

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Lawrence Public Schools
USD 497

990197 - Juice, Frozen Slushy Cup - Kiwi Straw

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990432	Juice, Frozen Slushy Cup - Kiwi Straw	1 each (4.4 oz)	124.74	90.000	0.000	30.000	19.000	*N/A*	0.000	0.000
		Totals	125.00	90.000	0.000	30.000	19.000	*N/A*	0.000	0.000
		% of Calories			0.000%		84.444%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990432	Juice, Frozen Slushy Cup - Kiwi Straw	0.000	22.000	0.000	0.000	1000.000	80.000	60.000	0.360	*N/A*	*N/A*
		Totals	0.000	22.000	0.000	1000.000	80.000	60.000	0.360	*N/A*	*N/A*
		% of Calories		97.778%		0.000%					

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Lawrence Public Schools
USD 497

990188 - LETTUCE FRESH ARCADN BLEND

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: cup

*Nutrients are based upon 1 Portion Size (cup)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990440	LETTUCE FRESH ARCADN BLEND	1 cup	50.00	7.647	0.000	44.118	0.000	0.000	0.000	0.000
		Totals	50.00	7.647	0.000	44.118	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990440	LETTUCE FRESH ARCADN BLEND	0.000	1.765	0.000	0.588	*N/A*	32.941	*N/A*	0.588	*N/A*	*N/A*
		Totals	0.000	1.765	0.000	0.588	32.941	*N/A*	0.588	*N/A*	*N/A*
		% of Calories		92.308%		30.757%					

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Lawrence Public Schools
USD 497

990335 - Mac & Cheese Bites

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving (5 per)

*Nutrients are based upon 1 Portion Size (Serving (5 per))

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990558	Mac & Cheese Bites	1 serving (5 per)	150.00	383.333	8.333	650.000	3.333	0.000	18.333	0.000
		Totals	150.00	383.333	8.333	650.000	3.333	0.000	18.333	0.000
		% of Calories			19.565%		3.478%	0.000%	43.043%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990558	Mac & Cheese Bites	41.667	31.667	3.333	21.667	0.000	516.667	0.000	1.500	0.000	0.000
		Totals	41.667	31.667	3.333	21.667	516.667	0.000	1.500	0.000	0.000
		% of Calories		33.044%		22.609%					

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Lawrence Public Schools

USD 497

957 - Macaroni & Cheese

Number of Portions: 33.000

Size of Portion: 1 cup

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

Source: Healthier KS
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
1 WATER,BOILING	6 gal	698.19	0.000	0.000	20.946	0.000	*N/A*	0.000	0.000
903269 Pasta Elbow Macaron- NonWG	5 LB + 10 oz	77.32	286.364	0.000	0.000	2.727	*N/A*	1.364	0.000
902949 Milk 1% Lowfat	1 gal + 1 qt	147.88	65.203	0.978	78.244	7.172	*N/A*	1.630	0.000
902938 Margarine, Liquid	1 LB	13.75	98.180	1.964	107.998	0.000	*N/A*	10.800	0.000
903122 Pepper, black ground	1 tsp	0.06	0.001	0.000	0.000	0.000	*N/A*	0.000	0.000
900006 Cheese, American Shred	6 LB + 4 oz	85.91	306.813	15.341	1503.383	0.000	*N/A*	24.545	0.000
	Totals	1023.00	756.561	18.282	1710.570	9.900	*N/A*	38.339	0.000
	% of Calories			21.749%		5.234%	*N/A%*	45.607%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
1 WATER,BOILING	0.000	0.000	0.000	0.000	0.000	13.964	0.000	0.070	697.487	0.698
903269 Pasta Elbow Macaron- NonWG	0.000	55.909	2.727	9.545	0.000	0.000	0.000	0.000	*N/A*	*N/A*
902949 Milk 1% Lowfat	9.781	7.172	0.000	5.216	326.017	195.610	0.782	0.000	*N/A*	*N/A*
902938 Margarine, Liquid	0.000	0.000	0.000	0.000	490.900	0.000	0.000	0.000	0.000	0.000
903122 Pepper, black ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
900006 Cheese, American Shred	76.703	6.136	0.000	15.341	0.000	429.538	0.000	0.307	*N/A*	*N/A*
	Totals	86.484	69.218	2.727	30.102	816.918	0.782	0.377	*697.487*	*0.698*
	% of Calories		36.596%		15.915%					

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Lawrence Public Schools
USD 497

990209 - MANDARIN ORANGES

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990506	Orange, Mandarin Canned	1 #10 can	88.08	44.042	0.000	6.292	10.696	0.000	0.000	0.000
		Totals	88.00	44.042	0.000	6.292	10.696	0.000	0.000	0.000
		% of Calories			0.000%		97.144%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990506	Orange, Mandarin Canned	0.000	10.696	0.629	0.629	188.752	12.583	13.213	0.453	0.000	0.000
		Totals	0.000	10.696	0.629	188.752	12.583	13.213	0.453	0.000	0.000
		% of Calories		97.143%		5.713%					

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Lawrence Public Schools
USD 497

990247 - MANDARIN ORANGES 1/4

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990506	Orange, Mandarin Canned	1 #10 can	44.04	22.021	0.000	3.146	5.348	0.000	0.000	0.000
		Totals	44.00	22.021	0.000	3.146	5.348	0.000	0.000	0.000
		% of Calories			0.000%		97.144%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990506	Orange, Mandarin Canned	0.000	5.348	0.315	0.315	94.376	6.292	6.606	0.227	0.000	0.000
		Totals	0.000	5.348	0.315	94.376	6.292	6.606	0.227	0.000	0.000
		% of Calories		97.144%		5.722%					

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Lawrence Public Schools
USD 497

990216 - mango frozen chunks

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903105	mango frozen chunks	1 cup	70.00	45.000	0.000	0.000	0.000	0.000	0.250	0.000
		Totals	70.00	45.000	0.000	0.000	0.000	0.000	0.250	0.000
		% of Calories			0.000%		0.000%	0.000%	5.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903105	mango frozen chunks	0.000	10.500	1.000	0.500	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	0.000	10.500	1.000	0.500	0.000	0.000	0.000	0.000	0.000
		% of Calories		93.333%		4.444%					

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Lawrence Public Schools
USD 497

990241 - mango frozen chunks 1/4

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903105	mango frozen chunks	1 cup	35.00	22.500	0.000	0.000	0.000	0.000	0.125	0.000
		Totals	35.00	22.500	0.000	0.000	0.000	0.000	0.125	0.000
		% of Calories			0.000%		0.000%	0.000%	5.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903105	mango frozen chunks	0.000	5.250	0.500	0.250	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	0.000	5.250	0.500	0.250	0.000	0.000	0.000	0.000	0.000
		% of Calories		93.333%		4.444%					

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Lawrence Public Schools

USD 497

409 - Mashed Potatoes

Number of Portions: 504.000

Size of Portion: 1/2 Cups

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

Source: USD 497

Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990437	Potato, Mashed	1 case	18.90	70.874	0.000	291.370	0.000	0.000	0.787	0.000
75012	WATER,HOT	1 gal + 1 CUP	8.10	0.000	0.000	0.243	0.000	*N/A*	0.000	0.000
Totals			27.00	70.874	0.000	291.613	0.000	0.000	0.788	0.000
% of Calories					0.000%		0.000%	0.000%	10.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990437	Potato, Mashed	0.000	13.387	0.787	1.575	0.000	7.875	0.000	0.236	0.000	0.000
75012	WATER,HOT	0.000	0.000	0.000	0.000	0.000	0.162	0.000	0.001	8.087	0.008
Totals		0.000	13.387	0.787	1.575	0.000	8.037	0.000	0.237	8.087	0.008
% of Calories			75.555%		8.889%						

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Lawrence Public Schools
USD 497

990184 - Meat Sauce

Number of Portions: 120.000

Group Code: ENTREES

Size of Portion: 3 oz servings

*Nutrients are based upon 1 Portion Size (3 oz servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990417	Sauce, Marinara	3 #10 can	75.00	36.000	0.000	294.000	0.600	0.000	0.900	0.000
900429	Ground Beef 81/19, raw	15 LB	56.50	176.562	4.036	37.835	0.000	*N/A*	10.594	0.000
		Totals	131.00	212.562	4.036	331.835	0.600	0.000	11.494	0.000
		% of Calories			17.087%		1.129%	0.000%	48.665%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990417	Sauce, Marinara	0.000	6.000	0.600	0.600	0.000	12.600	0.000	0.600	*N/A*	*N/A*
900429	Ground Beef 81/19, raw	42.879	0.000	0.000	8.576	0.000	12.612	0.000	1.009	*N/A*	*N/A*
		Totals	42.879	6.000	9.176	0.000	25.212	0.000	1.609	*N/A*	*N/A*
		% of Calories		11.291%	17.267%						

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Lawrence Public Schools

USD 497

266 - Meatball Sub Sandwich

Number of Portions: 50.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: USD 497

Group Code: SANDWICHES

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990417	Sauce, Marinara	25 (1/2 cup)	62.50	30.000	0.000	245.000	0.500	0.000	0.750	0.000
601590	Meatball	50 (5 piece serving size)	70.87	192.372	6.075	222.746	1.012	0.000	14.175	0.000
990441	ROLL HOAGIE WG	50 each	56.70	149.208	0.000	258.627	0.995	0.000	1.492	0.000
903114	cheese, provolone sliced .75 oz	50 slice	28.35	93.333	4.667	240.000	0.000	*N/A*	8.000	0.000
		Totals	218.00	464.913	10.742	966.373	2.507	0.000	24.417	0.000
		% of Calories			20.794%		2.157%	0.000%	47.267%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990417	Sauce, Marinara	0.000	5.000	0.500	0.500	0.000	10.500	0.000	0.500	*N/A*	*N/A*
601590	Meatball	35.437	4.050	1.012	14.175	101.248	40.499	1.644	1.458	0.000	0.000
990441	ROLL HOAGIE WG	0.000	27.852	2.984	4.974	0.000	39.789	0.000	1.691	*N/A*	*N/A*
903114	cheese, provolone sliced .75 oz	20.000	0.000	0.000	6.667	0.000	212.000	0.000	0.000	*N/A*	*N/A*
	Totals	55.437	36.902	4.497	26.315	101.248	302.788	1.644	3.649	*0.000*	*N/A*
	% of Calories		31.750%		22.641%						

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Lawrence Public Schools

USD 497

990328 - Mediterranean Bistro Box

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903206 Flatbread, WG 2023	1 (1 FLATBREAD)	56.70	164.610	0.915	301.785	1.829	*N/A*	4.572	0.000
903265 Hummus cup-Sabra brand	1 (2 oz cup)	56.70	150.000	1.500	250.000	0.000	*N/A*	11.000	0.000
900016 Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
900451 Cucumber	1 oz	28.35	2.864	0.000	0.000	0.000	*N/A*	0.000	0.000
900446 Carrots - Baby	1 oz	28.35	10.125	0.000	22.275	1.215	*N/A*	0.000	0.000
	Totals	198.00	407.598	5.915	774.060	3.044	*N/A*	21.573	0.000
	% of Calories			13.060%		2.987%	*N/A%*	47.633%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903206 Flatbread, WG 2023	0.000	25.606	2.744	5.487	0.000	27.435	0.000	1.372	*N/A*	*N/A*
903265 Hummus cup-Sabra brand	0.000	9.000	3.000	4.000	0.000	25.000	0.000	0.180	*N/A*	*N/A*
900016 Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	200.000	200.000	0.000	0.000	0.000	0.000
900451 Cucumber	0.000	0.573	0.000	0.000	28.636	5.727	0.344	0.103	*N/A*	*N/A*
900446 Carrots - Baby	0.000	2.430	0.810	0.000	3847.432	8.100	0.972	0.292	*N/A*	*N/A*
	Totals	15.000	37.609	6.553	15.487	4076.068	266.262	1.316	1.946	*0.000*
	% of Calories		36.908%		15.198%					

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Lawrence Public Schools

USD 497

990271 - Mexican Seasoning

Number of Portions: 9.750

Group Code: MISCELLANEOUS

Size of Portion: cups

*Nutrients are based upon 1 Portion Size (cups)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903125	Chili Powder	3 cup	36.92	0.000	0.000	923.077	0.000	*N/A*	0.000	0.000
903126	Paprika	1 1/2 cup	16.98	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
901196	Cumin, Ground	2 cup	20.68	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
990487	Spice Garlic Powder	1 cup	15.75	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990346	ONION POWDER	1 1/4 cup	19.69	72.357	0.000	14.471	0.000	*N/A*	0.000	0.000
990491	Spice Oregano	1 1/2 cup	13.08	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900359	Salt 25#	4 tbsp	7.49	0.000	0.000	3110.870	0.000	*N/A*	0.000	0.000
Totals			131.00	72.357	0.000	4048.419	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903125	Chili Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
903126	Paprika	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
901196	Cumin, Ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990346	ONION POWDER	0.000	14.471	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
990491	Spice Oregano	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Totals		0.000	14.471	0.000	0.000	0.000	0.000	0.000	0.000	*0.000*	*0.000*
% of Calories			80.000%		0.000%						

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Lawrence Public Schools

USD 497

81 - Milk, Assorted 2024

Number of Portions: 152.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: USD 497

Group Code: MILK

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
902949	Milk 1% Lowfat	3 (1/2 pint container)	4.48	1.974	0.030	2.368	0.217	*N/A*	0.049	0.000
900491	Milk-Skim White 1/2 PT	2 carton,1/2 pint	2.98	1.053	0.000	1.579	0.145	*N/A*	0.000	0.000
903273	Milk Choc 1%	95 each	141.75	81.250	0.938	81.250	11.250	*N/A*	1.563	0.000
990405	MILK SOY VAN CREAMY PEARL	1 each	1.49	0.921	0.003	0.724	0.092	0.000	0.030	0.000
990406	Milk, Soy, Organic Pearl	1 each	1.49	0.855	0.003	0.724	0.066	0.000	0.030	0.000
990505	Milk, 1%, Strawberry 1/2 pint	50 (1/2 pint)	74.60	46.053	0.493	32.895	7.237	3.618	0.822	0.000
		Totals	227.00	132.105	1.467	119.539	19.007	3.618	2.493	0.000
		% of Calories			9.995%		57.551%	10.955%	16.987%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902949	Milk 1% Lowfat	0.296	0.217	0.000	0.158	9.868	5.921	0.024	0.000	*N/A*	*N/A*
900491	Milk-Skim White 1/2 PT	0.066	0.145	0.000	0.105	6.579	3.947	0.016	0.000	1.185	0.010
903273	Milk Choc 1%	6.250	12.500	0.000	5.000	93.750	189.375	*N/A*	0.000	*N/A*	*N/A*
990405	MILK SOY VAN CREAMY PEARL	0.000	0.112	0.013	0.053	0.000	1.974	0.000	0.007	*N/A*	*N/A*
990406	Milk, Soy, Organic Pearl	0.000	0.086	0.013	0.053	0.000	1.816	0.000	0.007	*N/A*	*N/A*
990505	Milk, 1%, Strawberry 1/2 pint	3.289	7.237	0.000	2.632	49.342	95.395	0.000	0.000	0.000	0.000
	Totals	9.901	20.296	0.026	8.000	159.539	298.428	*0.039*	0.014	*1.185*	*0.010*
	% of Calories		61.454%		24.223%						

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Lawrence Public Schools

USD 497

1166 - Mini Corn Dogs

Number of Portions: 1.000

Group Code: Meat/Meat Alt

Size of Portion: serving-4 each

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

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903301	Corn Dog, Mini 2023	1 serving (4 each)	76.00	180.000	2.500	320.000	4.000	*N/A*	8.000	0.000
		Totals	76.00	180.000	2.500	320.000	4.000	*N/A*	8.000	0.000
		% of Calories			12.500%		8.889%	*N/A%*	40.000%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903301	Corn Dog, Mini 2023	30.000	20.000	1.000	6.000	0.000	50.000	0.000	1.500	*N/A*	*N/A*
		Totals	30.000	20.000	1.000	6.000	50.000	0.000	1.500	*N/A*	*N/A*
		% of Calories		44.444%		13.333%					

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Lawrence Public Schools

USD 497

990306 - Muffin & Yogurt SFSP

Number of Portions: 57.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
R-990250	Muffin, Banana, WG	57 muffin	76.29	179.387	1.492	184.402	15.418	0.000	2.984	0.000
R-990148	Muffin, Chocolate Chip, WG	57 muffin	69.26	218.102	3.597	184.528	22.997	7.579	6.353	0.000
Totals			146.00	397.489	5.089	368.930	38.415	7.579	9.337	0.000
% of Calories					11.523%		38.658%	7.627%	21.141%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990250	Muffin, Banana, WG	0.000	35.802	2.099	2.689	0.000	36.282	0.000	0.860	*12.619*	*N/A*
R-990148	Muffin, Chocolate Chip, WG	0.000	38.760	2.334	3.329	0.000	35.152	0.000	1.808	*16.825*	*N/A*
Totals		0.000	74.562	4.433	6.018	0.000	71.434	0.000	2.668	*29.444*	*N/A*
% of Calories			75.033%		6.056%						

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Lawrence Public Schools

USD 497

990250 - Muffin, Banana, WG

Number of Portions: 57.000

Group Code: BREAKFAST

Size of Portion: muffin

*Nutrients are based upon 1 Portion Size (muffin)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990426	Muffin Mix WG	1 bag	39.79	159.155	1.492	184.023	15.418	0.000	2.984	0.000
75010	WATER,COLD	3 CUP	12.63	0.000	0.000	0.379	0.000	*N/A*	0.000	0.000
990466	BANANA FRESH TIP GREEN	6 each	23.87	20.232	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	76.00	179.387	1.492	184.402	15.418	0.000	2.984	0.000
		% of Calories			7.486%		34.379%	0.000%	14.972%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990426	Muffin Mix WG	0.000	30.339	1.492	2.487	0.000	34.815	0.000	0.796	*N/A*	*N/A*
75010	WATER,COLD	0.000	0.000	0.000	0.000	0.000	0.253	0.000	0.001	12.619	0.013
990466	BANANA FRESH TIP GREEN	0.000	5.463	0.607	0.202	0.000	1.214	0.000	0.063	0.000	0.000
	Totals	0.000	35.802	2.099	2.689	0.000	36.282	0.000	0.860	*12.619*	*N/A*
	% of Calories		79.831%		5.996%						

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Lawrence Public Schools

USD 497

189 - Muffin, Blueberry, Ind. WG

Number of Portions: 1.000

Size of Portion: muffin

*Nutrients are based upon 1 Portion Size (muffin)

Source: USD 497

Group Code: BREAD/ROLLS/STARCH

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903331	Muffin, Blueberry, WG 2 oz (1g/b)	1 each	56.70	188.997	1.989	129.314	15.916	*N/A*	8.952	0.000
		Totals	57.00	188.997	1.989	129.314	15.916	*N/A*	8.953	0.000
		% of Calories			9.473%		33.685%	*N/A%*	42.632%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903331	Muffin, Blueberry, WG 2 oz (1g/b)	29.842	29.842	1.989	2.984	0.000	19.894	0.000	1.074	*N/A*	*N/A*
		Totals	29.842	29.842	1.989	2.984	19.894	0.000	1.074	*N/A*	*N/A*
		% of Calories		63.158%		6.315%					

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Lawrence Public Schools

USD 497

990148 - Muffin, Chocolate Chip, WG

Number of Portions: 57.000

Group Code: BREAKFAST

Size of Portion: muffin

*Nutrients are based upon 1 Portion Size (muffin)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990426 Muffin Mix WG	1 bag	39.79	159.155	1.492	184.023	15.418	0.000	2.984	0.000
75010 WATER,COLD	4 CUP	16.84	0.000	0.000	0.505	0.000	*N/A*	0.000	0.000
990427 Chocolate Chips, Mini, Semi Sweet	3 cup	12.63	58.947	2.105	0.000	7.579	7.579	3.368	0.000
	Totals	69.00	218.102	3.597	184.528	22.997	7.579	6.353	0.000
	% of Calories			14.844%		42.177%	13.900%	26.214%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990426 Muffin Mix WG	0.000	30.339	1.492	2.487	0.000	34.815	0.000	0.796	*N/A*	*N/A*
75010 WATER,COLD	0.000	0.000	0.000	0.000	0.000	0.337	0.000	0.002	16.825	0.017
990427 Chocolate Chips, Mini, Semi Sweet	0.000	8.421	0.842	0.842	0.000	0.000	0.000	1.011	*N/A*	*N/A*
	Totals	0.000	38.760	2.334	3.329	35.152	0.000	1.808	*16.825*	*N/A*
	% of Calories		71.086%		6.105%					

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Lawrence Public Schools

USD 497

990195 - onion, red jumbo, fresh

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903106 onion, red jumbo, fresh	1/2 cup	113.40	68.039	0.000	5.670	7.938	*N/A*	0.000	0.000
	Totals	113.00	68.039	0.000	5.670	7.938	*N/A*	0.000	0.000
	% of Calories			0.000%		46.667%	*N/A%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903106 onion, red jumbo, fresh	0.000	17.010	3.402	2.268	0.000	45.359	13.608	0.408	*N/A*	*N/A*
	Totals	0.000	17.010	3.402	2.268	45.359	13.608	0.408	*N/A*	*N/A*
	% of Calories		100.000%		13.334%					

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Lawrence Public Schools
USD 497

990196 - Onion, Yellow Jumbo

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990453	Onion, Yellow Jumbo	1/2 cup	26.00	7.730	0.000	0.703	1.581	0.000	0.000	0.000
		Totals	26.00	7.730	0.000	0.703	1.581	0.000	0.000	0.000
		% of Calories			0.000%		81.811%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990453	Onion, Yellow Jumbo	0.000	1.932	0.527	0.176	0.000	7.027	0.000	0.127	*N/A*	*N/A*
		Totals	0.000	1.932	0.176	0.000	7.027	0.000	0.127	*N/A*	*N/A*
		% of Calories		99.995%		9.107%					

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Lawrence Public Schools

USD 497

990323 - Orange Chicken w/ Fried Rice

Number of Portions: 172.000

Group Code: ENTREES

Size of Portion: 4 oz spoodle

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990551	Orange Chicken	1 case	114.72	172.075	0.574	321.206	11.472	0.000	3.441	0.000
990559	WG Vegetable Fried Rice	172 serving 1 cup	167.26	270.424	0.000	440.691	3.005	0.000	2.504	0.000
Totals			282.00	442.499	0.574	761.897	14.476	0.000	5.945	0.000
% of Calories					1.167%		13.086%	0.000%	12.092%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990551	Orange Chicken	45.887	21.796	0.000	12.619	0.000	0.000	0.000	0.826	0.000	0.000
990559	WG Vegetable Fried Rice	0.000	54.085	4.006	6.009	0.000	10.016	0.000	0.701	0.000	0.000
Totals		45.887	75.881	4.006	18.628	0.000	10.016	0.000	1.527	0.000	0.000
% of Calories			68.593%		16.839%						

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Lawrence Public Schools

USD 497

990207 - Orange Slices, Fresh - 1/4 cup

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: 1/4 cup

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900481 Orange, fresh	1 med 2-5/8"dia	65.50	30.785	0.010	0.000	*N/A*	*N/A*	0.079	0.000
	Totals	66.00	30.785	0.010	0.000	*N/A*	*N/A*	0.079	0.000
	% of Calories			0.287%		*N/A%*	*N/A%*	2.298%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900481 Orange, fresh	0.000	7.696	1.572	0.616	134.275	26.200	34.846	0.066	56.821	0.288
	Totals	0.000	7.696	0.616	134.275	26.200	34.846	0.066	56.821	0.288
	% of Calories		100.001%		8.004%					

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Lawrence Public Schools
USD 497

990350 - Pancake Sausage Breakfast Bites

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: Serving (3 per)

*Nutrients are based upon 1 Portion Size (Serving (3 per))

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990528	Sausage & Pancake Bites	1 serving (3 each)	76.00	230.000	3.500	490.000	5.000	0.000	13.000	0.000
		Totals	76.00	230.000	3.500	490.000	5.000	0.000	13.000	0.000
		% of Calories			13.696%		8.696%	0.000%	50.870%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990528	Sausage & Pancake Bites	25.000	20.000	2.000	8.000	0.000	40.000	0.000	1.400	0.000	0.000
		Totals	25.000	20.000	2.000	8.000	40.000	0.000	1.400	0.000	0.000
		% of Calories		34.783%		13.913%					

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Lawrence Public Schools
USD 497

483 - Pancake Sausage Wrap

Number of Portions: 60.000

Source: USD 497
Group Code: ENTREES

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

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
Ingredient		Quantity								
990400	SAUSAGE & PANCAKE WRP WHLGR CN	60 each	71.00	140.000	1.500	360.000	6.000	*N/A*	5.000	0.000
		Totals	71.00	140.000	1.500	360.000	6.000	*N/A*	5.000	0.000
		% of Calories			9.643%		17.143%	*N/A%*	32.143%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
990400	SAUSAGE & PANCAKE WRP WHLGR CN		10.000	16.000	2.000	8.000	*N/A*	50.000	*N/A*	1.000	*N/A*	*N/A*
		Totals	10.000	16.000	2.000	8.000	*N/A*	50.000	*N/A*	1.000	*N/A*	*N/A*
		% of Calories		45.714%		22.857%						

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Lawrence Public Schools
USD 497

990231 - Pancakes, Mini, WG

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990470	Pancakes, Mini, WG	1 each	85.00	200.000	0.000	200.000	12.000	0.000	4.000	0.000
		Totals	85.00	200.000	0.000	200.000	12.000	0.000	4.000	0.000
		% of Calories			0.000%		24.000%	0.000%	18.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990470	Pancakes, Mini, WG	5.000	38.000	2.000	3.000	0.000	50.000	0.000	1.000	0.000	0.000
		Totals	5.000	38.000	2.000	3.000	50.000	0.000	1.000	0.000	0.000
		% of Calories		76.000%		6.000%					

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Lawrence Public Schools
USD 497

990190 - pea, green frozen

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903104	pea, green frozen	1/2 cup	66.75	60.000	0.000	0.000	3.750	*N/A*	0.000	0.000
		Totals	67.00	60.000	0.000	0.000	3.750	*N/A*	0.000	0.000
		% of Calories			0.000%		25.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903104	pea, green frozen	0.000	9.750	3.750	3.750	0.000	15.000	0.000	1.050	*N/A*	*N/A*
		Totals	0.000	9.750	3.750	0.000	15.000	0.000	1.050	*N/A*	*N/A*
		% of Calories		65.000%		25.000%					

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Lawrence Public Schools
USD 497

990239 - pea, green frozen 1/4 cup

Number of Portions: 2.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903104	pea, green frozen	1/2 cup	33.38	30.000	0.000	0.000	1.875	*N/A*	0.000	0.000
		Totals	33.00	30.000	0.000	0.000	1.875	*N/A*	0.000	0.000
		% of Calories			0.000%		25.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903104	pea, green frozen	0.000	4.875	1.875	1.875	0.000	7.500	0.000	0.525	*N/A*	*N/A*
		Totals	0.000	4.875	1.875	0.000	7.500	0.000	0.525	*N/A*	*N/A*
		% of Calories		65.000%		25.000%					

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Lawrence Public Schools
USD 497

990234 - Peach, Sliced in Light-Syrup 1/4 cup

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902191	Peach, Sliced in Light-Syrup Canned Yellow	1 #10 can	62.61	30.293	0.000	5.049	5.554	*N/A*	0.000	0.000
		Totals	63.00	30.293	0.000	5.049	5.554	*N/A*	0.000	0.000
		% of Calories			0.000%		73.337%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902191	Peach, Sliced in Light-Syrup Canned Yellow	0.000	7.068	0.505	0.000	151.464	0.000	0.606	0.000	0.000	0.000
		Totals	0.000	7.068	0.000	151.464	0.000	0.606	0.000	0.000	0.000
		% of Calories		93.332%	0.000%						

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Lawrence Public Schools
USD 497

990211 - Peach, Sliced in Light-Syrup Canned Yellow

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902191	Peach, Sliced in Light-Syrup Canned Yellow	1 #10 can	125.21	60.586	0.000	10.098	11.107	*N/A*	0.000	0.000
		Totals	125.00	60.586	0.000	10.098	11.107	*N/A*	0.000	0.000
		% of Calories			0.000%		73.330%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902191	Peach, Sliced in Light-Syrup Canned Yellow	0.000	14.137	1.010	0.000	302.928	0.000	1.212	0.000	0.000	0.000
		Totals	0.000	14.137	1.010	0.000	302.928	0.000	1.212	0.000	0.000
		% of Calories		93.332%		0.000%					

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Lawrence Public Schools
USD 497

990202 - PEACHES, Local, Fresh

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990397	PEACHES, Local, Fresh	1 cup	154.00	70.800	0.000	20.000	12.900	0.000	0.416	0.000
		Totals	154.00	70.800	0.000	20.000	12.900	0.000	0.416	0.000
		% of Calories			0.000%		72.881%	0.000%	5.288%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990397	PEACHES, Local, Fresh	0.000	15.600	2.310	1.400	37.000	6.160	6.310	0.524	*N/A*	*N/A*
		Totals	0.000	15.600	2.310	37.000	6.160	6.310	0.524	*N/A*	*N/A*
		% of Calories		88.136%		7.910%					

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Lawrence Public Schools

USD 497

990298 - Peanut Butter & Jelly w/ String 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)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903328	Uncrustable, 2.6 oz, WG (1/1)	1 each	73.71	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
900016	Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
Totals			102.00	380.000	7.000	480.000	15.000	*N/A*	22.000	0.000
% of Calories					16.579%		15.789%	*N/A%*	52.105%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903328	Uncrustable, 2.6 oz, WG (1/1)	0.000	32.000	4.000	9.000	0.000	40.000	0.000	1.080	*N/A*	*N/A*
900016	Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	200.000	200.000	0.000	0.000	0.000	0.000
Totals		15.000	32.000	4.000	15.000	200.000	240.000	0.000	1.080	*0.000*	*N/A*
% of Calories			33.684%		15.789%						

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Lawrence Public Schools

USD 497

1269 - Peanut Butter Pretzel Pack

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: pack

*Nutrients are based upon 1 Portion Size (pack)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903327 Pretzel, Twist Heartzels (ind. bags)	1 bag	6.61	26.667	0.000	66.667	0.000	*N/A*	0.333	0.000
903328 Uncrustable, 2.6 oz, WG (1/1)	3 each	73.71	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
900016 Cheese, string 1 oz 2023	3 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
900261 Cracker, Goldfish, Ind Bags WG	1 INDIV BAG	7.00	33.333	0.167	56.667	0.000	*N/A*	1.167	0.000
990408 Cracker, Pretzel, WG, Ind	1 bag	7.00	30.000	0.000	66.667	0.000	0.000	0.500	0.000
	Totals	122.00	470.000	7.167	670.000	15.000	0.000	24.000	0.000
	% of Calories			13.723%		12.766%	0.000%	45.957%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903327 Pretzel, Twist Heartzels (ind. bags)	0.000	5.333	0.667	0.667	0.000	6.667	0.000	0.240	*N/A*	*N/A*
903328 Uncrustable, 2.6 oz, WG (1/1)	0.000	32.000	4.000	9.000	0.000	40.000	0.000	1.080	*N/A*	*N/A*
900016 Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	200.000	200.000	0.000	0.000	0.000	0.000
900261 Cracker, Goldfish, Ind Bags WG	0.000	4.667	0.333	0.667	54.000	6.667	0.000	0.233	*N/A*	*N/A*
990408 Cracker, Pretzel, WG, Ind	0.000	5.333	0.333	0.667	0.000	3.333	0.000	0.233	*N/A*	*N/A*
	Totals	15.000	47.333	5.333	17.000	254.000	0.000	1.787	*0.000*	*N/A*
	% of Calories		40.284%		14.468%					

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Lawrence Public Schools
USD 497

990243 - Pear sliced in juice 1/2 cup

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902936	Pear sliced in juice	1 #10 can	125.21	71.549	0.000	0.000	11.627	*N/A*	0.000	0.000
Totals			125.00	71.549	0.000	0.000	11.627	*N/A*	0.000	0.000
% of Calories					0.000%		65.002%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902936	Pear sliced in juice	0.000	17.887	2.683	0.000	0.000	12.521	0.000	0.000	*N/A*	*N/A*
Totals		0.000	17.887	2.683	0.000	0.000	12.521	0.000	0.000	*N/A*	*N/A*
% of Calories			100.000%		0.000%						

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Lawrence Public Schools
USD 497

990206 - Pear, raw fresh

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902937	Pear, raw fresh	1 medium	178.00	96.506	0.000	0.000	17.157	*N/A*	0.000	0.000
		Totals	178.00	96.506	0.000	0.000	17.157	*N/A*	0.000	0.000
		% of Calories			0.000%		71.113%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902937	Pear, raw fresh	0.000	27.880	6.434	0.000	107.229	21.446	6.434	0.386	0.000	0.000
		Totals	0.000	27.880	6.434	107.229	21.446	6.434	0.386	0.000	0.000
		% of Calories		115.556%		0.000%					

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Lawrence Public Schools

USD 497

990345 - Pear, sliced in juice

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902936	Pear sliced in juice	1 #10 can	62.61	35.774	0.000	0.000	5.813	*N/A*	0.000	0.000
		Totals	63.00	35.774	0.000	0.000	5.813	*N/A*	0.000	0.000
		% of Calories			0.000%		64.997%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902936	Pear sliced in juice	0.000	8.944	1.342	0.000	0.000	6.261	0.000	0.000	*N/A*	*N/A*
		Totals	0.000	8.944	1.342	0.000	6.261	0.000	0.000	*N/A*	*N/A*
		% of Calories		100.001%		0.000%					

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Lawrence Public Schools
USD 497

381 - Peas & Carrots

Number of Portions: 213.330

Size of Portion: 1/2 Cup Serving

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

Source: USD 497
Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990429	Peas & Carrots	30 LB	63.79	36.659	0.000	14.664	0.000	0.000	0.000	0.000
		Totals	64.00	36.659	0.000	14.664	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990429	Peas & Carrots	0.000	6.599	2.200	2.200	0.000	11.731	0.000	0.733	*N/A*	*N/A*
		Totals	0.000	6.599	2.200	0.000	11.731	0.000	0.733	*N/A*	*N/A*
		% of Calories		72.001%		24.005%					

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Lawrence Public Schools

USD 497

990232 - Peas & Carrots - 1/4 cup

Number of Portions: 426.000

Size of Portion: 1/4 cup

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

Source: USD 497

Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990429 Peas & Carrots	30 LB	31.94	18.358	0.000	7.343	0.000	0.000	0.000	0.000
	Totals	32.00	18.358	0.000	7.343	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990429 Peas & Carrots	0.000	3.304	1.101	1.101	0.000	5.875	0.000	0.367	*N/A*	*N/A*
	Totals	0.000	3.305	1.101	1.101	0.000	5.875	0.000	0.367	*N/A*
	% of Calories		72.001%		23.990%					

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Lawrence Public Schools
USD 497

990213 - PINEAPPLE TIDBIT in juice 1/2 cup

Number of Portions: 24.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900040	PINEAPPLE TIDBIT in juice	1 #10 CAN	125.21	62.605	0.000	0.000	0.000	*N/A*	0.000	0.000
		Totals	125.00	62.605	0.000	0.000	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900040	PINEAPPLE TIDBIT in juice	0.000	15.204	1.789	0.894	0.000	8.944	0.000	0.000	*N/A*	*N/A*
		Totals	0.000	15.204	1.789	0.894	8.944	0.000	0.000	*N/A*	*N/A*
		% of Calories		97.143%		5.712%					

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Lawrence Public Schools
USD 497

990341 - Pineapple Tidbits

Number of Portions: 48.000

Group Code: FRUIT

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900040	PINEAPPLE TIDBIT in juice	1 #10 CAN	62.61	31.303	0.000	0.000	0.000	*N/A*	0.000	0.000
		Totals	63.00	31.303	0.000	0.000	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900040	PINEAPPLE TIDBIT in juice	0.000	7.602	0.894	0.447	0.000	4.472	0.000	0.000	*N/A*	*N/A*
		Totals	0.000	7.602	0.894	0.000	4.472	0.000	0.000	*N/A*	*N/A*
		% of Calories		97.142%		5.712%					

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Lawrence Public Schools
USD 497

990225 - Pizza Bagel (Turkey Sausage)

Number of Portions: 96.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990469	Pizza Bagel	1 case (96 servings)	96.96	225.000	3.000	475.000	3.000	2.000	6.000	0.000
		Totals	97.00	225.000	3.000	475.000	3.000	2.000	6.000	0.000
		% of Calories			12.000%		5.333%	3.556%	24.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990469	Pizza Bagel	57.000	32.000	3.000	12.000	0.000	129.000	0.000	2.000	0.000	0.000
		Totals	57.000	32.000	3.000	12.000	129.000	0.000	2.000	0.000	0.000
		% of Calories		56.889%		21.333%					

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Lawrence Public Schools

USD 497

990330 - Pizza Bistro Box

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903206	Flatbread, WG 2023	1 (1 FLATBREAD)	56.70	164.610	0.915	301.785	1.829	*N/A*	4.572	0.000
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	2 OZ	56.00	179.995	10.000	339.998	1.999	*N/A*	14.000	0.000
990417	Sauce, Marinara	1 (1/2 cup)	125.00	60.000	0.000	490.000	1.000	0.000	1.500	0.000
		Totals	238.00	404.605	10.914	1131.783	4.828	0.000	20.073	0.000
		% of Calories			24.278%		4.773%	0.000%	44.649%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903206	Flatbread, WG 2023	0.000	25.606	2.744	5.487	0.000	27.435	0.000	1.372	*N/A*	*N/A*
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	49.997	1.999	0.000	11.995	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990417	Sauce, Marinara	0.000	10.000	1.000	1.000	0.000	21.000	0.000	1.000	*N/A*	*N/A*
		Totals	49.997	37.605	3.744	18.482	*0.000*	*0.000*	*2.372*	*N/A*	*N/A*
		% of Calories		37.177%		18.272%					

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Lawrence Public Schools

USD 497

990353 - Pizza Hut Hand Tossed, Variety

Number of Portions: 40.000

Group Code: ENTREES

Size of Portion: 1

*Nutrients are based upon 1 Portion Size (1)

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
990542	Cheese Pizza, Hand Tossed, Pizza Hut	8 Slice	25.17	63.935	1.399	125.872	0.599	0.000	2.398	0.000
990546	Beef Pizza, Hand Tossed, Pizza Hut	8 Slice	27.61	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990544	Italian Sausage Pizza, Hand Tossed, Pizza Hut	8 Slice	27.61	76.034	1.601	152.068	0.600	0.000	3.602	0.000
990543	Pepperoni Pizza, Hand Tossed, Pizza Hut	8 Slice	25.80	67.995	1.400	139.989	0.600	0.000	3.000	0.000
990545	Veggie Pizza, Hand Tossed, Pizza Hut	8 Slice	30.50	63.799	1.396	127.599	0.797	0.000	2.392	0.000
		Totals	137.00	*271.763*	*5.795*	*545.528*	*2.597*	*0.000*	*11.391*	*0.000*
		% of Calories			*19.191%*		*3.822%*	*0.000%*	*37.725%*	*0.000%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990542	Cheese Pizza, Hand Tossed, Pizza Hut	7.992	7.193	0.599	3.197	71.927	75.923	0.000	0.539	0.000	0.000
990546	Beef Pizza, Hand Tossed, Pizza Hut	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990544	Italian Sausage Pizza, Hand Tossed, Pizza Hut	9.004	7.203	0.600	3.402	70.032	64.029	0.000	0.600	0.000	0.000
990543	Pepperoni Pizza, Hand Tossed, Pizza Hut	8.999	6.999	0.600	3.200	83.994	56.996	0.000	0.560	0.000	0.000
990545	Veggie Pizza, Hand Tossed, Pizza Hut	7.975	7.377	0.797	3.190	103.674	64.397	0.000	0.538	0.000	0.000
	Totals	*33.970*	*28.772*	*2.597*	*12.988*	*329.626*	*261.345*	*0.000*	*2.238*	*0.000*	*0.000*
	% of Calories		*42.349%*		*19.117%*						

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Lawrence Public Schools

USD 497

990352 - Pizza Hut WG, Variety

Number of Portions: 40.000

Group Code: ENTREES

Size of Portion: 1

*Nutrients are based upon 1 Portion Size (1)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990537 Pizza Cheese WG, Pizza Hut	8 Slice	24.21	60.026	1.401	116.050	0.400	0.000	2.601	0.000
990538 Pizza Pepperoni WG, Pizza Hut	8 Slice	24.95	65.862	1.397	127.732	0.399	0.000	3.193	0.000
990541 Pizza WG Beef, Pizza Hut	8 Slice	26.71	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990539 Pizza WG Italian Sausage, Pizza Hut	8 Slice	26.71	71.745	1.594	141.498	0.399	0.000	3.787	0.000
990540 Pizza WG Veggie, Pizza Hut	8 Slice	29.60	61.993	1.400	115.988	0.800	0.000	2.600	0.000
	Totals	132.00	*259.626*	*5.792*	*501.267*	*1.998*	*0.000*	*12.181*	*0.000*
	% of Calories			*20.078%*		*3.078%*	*0.000%*	*42.225%*	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990537 Pizza Cheese WG, Pizza Hut	7.003	6.203	0.800	3.201	72.031	80.035	*N/A*	0.400	0.000	0.000
990538 Pizza Pepperoni WG, Pizza Hut	7.983	5.987	0.798	3.193	57.878	65.862	*N/A*	0.399	0.000	0.000
990541 Pizza WG Beef, Pizza Hut	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990539 Pizza WG Italian Sausage, Pizza Hut	8.968	6.178	0.797	3.587	69.752	67.760	0.000	0.399	0.000	0.000
990540 Pizza WG Veggie, Pizza Hut	6.999	6.399	1.000	3.400	47.995	71.992	0.000	0.400	0.000	0.000
	Totals	*30.954*	*24.768*	*3.396*	*13.382*	*247.657*	*0.000*	*1.598*	*0.000*	*0.000*
	% of Calories		*38.159%*		*20.617%*					

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Lawrence Public Schools
USD 497

1172 - Pizza, Cheese Buildable Kit

Number of Portions: 1.000

Group Code: Meat/Meat Alt

Size of Portion: pack

*Nutrients are based upon 1 Portion Size (pack)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903206	Flatbread, WG 2023	1 (1 FLATBREAD)	56.70	164.610	0.915	301.785	1.829	*N/A*	4.572	0.000
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	2 OZ	56.00	179.995	10.000	339.998	1.999	*N/A*	14.000	0.000
990417	Sauce, Marinara	1 (1/2 cup)	125.00	60.000	0.000	490.000	1.000	0.000	1.500	0.000
Totals			238.00	404.605	10.914	1131.783	4.828	0.000	20.073	0.000
% of Calories					24.278%		4.773%	0.000%	44.649%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903206	Flatbread, WG 2023	0.000	25.606	2.744	5.487	0.000	27.435	0.000	1.372	*N/A*	*N/A*
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	49.997	1.999	0.000	11.995	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990417	Sauce, Marinara	0.000	10.000	1.000	1.000	0.000	21.000	0.000	1.000	*N/A*	*N/A*
Totals		49.997	37.605	3.744	18.482	*0.000*	*48.435*	*0.000*	*2.372*	*N/A*	*N/A*
% of Calories			37.177%		18.272%						

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Lawrence Public Schools
USD 497

990141 - Pizza, Dominos, Variety

Number of Portions: 24.000

Group Code: ENTREES

Size of Portion: Slice

*Nutrients are based upon 1 Portion Size (Slice)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990413	Pizza, Dominos, Cheese	8 slice	44.98	79.967	1.166	153.269	1.000	0.333	2.666	0.000
990412	Pizza, Dominos, Pepperoni	8 slice	45.00	86.667	1.333	163.333	1.000	0.333	3.000	0.000
990414	Pizza, Dominos, Sausage	8 slice	46.67	96.667	1.667	176.667	1.000	0.333	4.667	0.000
Totals			137.00	263.300	4.166	493.269	3.000	1.000	10.332	0.000
% of Calories					14.241%		4.558%	1.519%	35.317%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990413	Pizza, Dominos, Cheese	4.998	9.329	1.000	6.997	0.000	179.925	0.000	0.666	*N/A*	*N/A*
990412	Pizza, Dominos, Pepperoni	6.667	9.333	1.000	6.667	0.000	159.667	0.000	0.667	*N/A*	*N/A*
990414	Pizza, Dominos, Sausage	6.667	9.333	1.000	6.333	0.000	138.667	0.000	0.667	*N/A*	*N/A*
Totals		18.331	27.996	3.000	19.997	0.000	478.258	0.000	2.000	*N/A*	*N/A*
% of Calories			42.531%		30.379%						

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Lawrence Public Schools

USD 497

644 - Pizza,3 Cheese HS Homemade 16"

Number of Portions: 8.000

Size of Portion: 1 slice

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

Source: USD 497

Group Code: Meat/Meat Alt

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	10 OZ	35.44	112.502	5.625	187.503	0.000	*N/A*	8.750	0.000
903113	Cheese, cheddar mild sliced	3 oz	10.63	40.499	2.025	68.343	*N/A*	*N/A*	3.544	0.000
903112	Cheese pepper jack sliced	3 oz	10.63	40.499	2.025	63.280	0.000	0.000	3.037	0.000
		Totals	131.00	361.634	10.175	654.190	*2.929*	*0.000*	18.831	0.000
		% of Calories			25.323%		*3.240%*	*0.000%*	46.866%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903282	dough, pizza 16"	0.000	27.000	2.000	5.000	0.650	9.710	0.000	0.850	*N/A*	*N/A*
902179	Sauce, Pizza Tomato Midwest w/basil	0.000	1.627	0.465	0.465	92.949	0.000	0.837	0.251	0.000	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	18.750	0.000	0.000	7.500	250.004	250.004	0.000	0.000	0.000	0.000
903113	Cheese, cheddar mild sliced	10.125	0.000	0.000	2.531	151.872	75.936	0.000	0.000	*N/A*	*N/A*
903112	Cheese pepper jack sliced	10.125	0.000	0.000	2.531	0.000	79.480	0.000	0.000	0.000	0.000
	Totals	39.000	28.627	2.465	18.027	495.476	415.130	0.837	1.101	*0.000*	*N/A*
	% of Calories		31.664%		19.939%						

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Lawrence Public Schools

USD 497

61 - PIZZA,ASSORT TONY'S SMART

Number of Portions: 96.000

Source: USD 497

Group Code: PIZZA

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900026	Pizza, Pepperoni (Pork) Tony's 4x6 WG	48 EACH	63.50	140.006	1.750	320.015	1.000	*N/A*	5.500	0.000
900028	PIZZA, CHEESE TONY'S SMART	48 EACH	63.79	139.533	2.492	214.282	0.997	*N/A*	5.482	0.000
Totals			127.00	279.539	4.242	534.297	1.997	*N/A*	10.982	0.000
% of Calories					13.657%		2.858%	*N/A%*	35.357%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900026	Pizza, Pepperoni (Pork) Tony's 4x6 WG	7.500	16.501	2.000	7.500	0.000	120.005	0.000	1.350	0.000	0.000
900028	PIZZA, CHEESE TONY'S SMART	12.458	15.947	1.993	7.973	0.000	129.566	0.000	1.096	0.000	0.000
Totals		19.959	32.447	3.993	15.474	0.000	249.572	0.000	2.446	0.000	0.000
% of Calories			46.430%		22.142%						

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Lawrence Public Schools

USD 497

638 - Pizza,Cheese HS Homemade 16"

Number of Portions: 8.000

Size of Portion: 1 slice

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

Source: USD 497

Group Code: ENTREES

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	16 OZ	56.70	180.003	9.000	300.005	0.000	*N/A*	14.000	0.000
		Totals	131.00	348.136	9.500	635.070	2.929	*N/A*	17.500	0.000
		% of Calories			24.560%		3.365%	*N/A%*	45.241%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903282	dough, pizza 16"	0.000	27.000	2.000	5.000	0.650	9.710	0.000	0.850	*N/A*	*N/A*
902179	Sauce, Pizza Tomato Midwest w/basil	0.000	1.627	0.465	0.465	92.949	0.000	0.837	0.251	0.000	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	30.001	0.000	0.000	12.000	400.007	400.007	0.000	0.000	0.000	0.000
		Totals	30.001	28.627	17.465	493.606	409.717	0.837	1.101	*0.000*	*N/A*
		% of Calories		32.891%		20.067%					

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Lawrence Public Schools

USD 497

643 - Pizza,Ham&CheeseHS Homemade 16

Number of Portions: 8.000

Size of Portion: 1 slice

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

Source: USD 497

Group Code: Meat/Meat Alt

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	3 OZ	10.63	33.751	1.688	56.251	0.000	*N/A*	2.625	0.000
900860	CHEESE SUB,"SCHOOL CHOICE SHRED CHEDDAR CHEES	3 oz	10.63	32.850	0.457	136.609	0.000	*N/A*	2.449	0.000
900431	Ham, sliced, smoked	1 1/2 LB	81.08	85.800	1.430	886.600	2.860	*N/A*	2.860	0.000
901575	ONIONS,RED,RAW	7/8 oz	2.83	1.134	0.001	0.113	*N/A*	*N/A*	0.003	0.000
		Totals	180.00	321.668	4.076	1414.638	*5.789*	*N/A*	11.437	0.000
		% of Calories			11.404%		*7.199%*	*N/A%*	32.001%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903282	dough, pizza 16"	0.000	27.000	2.000	5.000	0.650	9.710	0.000	0.850	*N/A*	*N/A*
902179	Sauce, Pizza Tomato Midwest w/basil	0.000	1.627	0.465	0.465	92.949	0.000	0.837	0.251	0.000	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	5.625	0.000	0.000	2.250	75.001	75.001	0.000	0.000	0.000	0.000
900860	CHEESE SUB,"SCHOOL CHOICE SHRED CHEDDAR CHEES	0.425	0.134	0.000	2.509	261.630	78.670	0.000	0.066	4.981	0.546
900431	Ham, sliced, smoked	42.900	2.860	0.000	12.870	0.000	0.000	0.000	0.572	*N/A*	*N/A*
901575	ONIONS,RED,RAW	0.000	0.265	0.048	0.031	0.057	0.652	0.210	0.006	2.526	0.010
	Totals	48.950	31.885	2.513	23.125	430.288	164.033	1.046	1.745	*7.507*	*N/A*
	% of Calories		39.650%		28.756%						

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Lawrence Public Schools

USD 497

640 - Pizza,Hawaiian HS Homemade 16"

Number of Portions: 8.000

Source: USD 497

Group Code: ENTREES

Size of Portion: 1 slice

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

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
900431	Ham, sliced, smoked	13 7/8 oz	48.90	51.750	0.863	534.750	1.725	*N/A*	1.725	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	10 OZ	35.44	112.502	5.625	187.503	0.000	*N/A*	8.750	0.000
900040	PINEAPPLE TIDBIT in juice	4 oz	14.17	7.087	0.000	0.000	0.000	*N/A*	0.000	0.000
		Totals	173.00	339.472	6.988	1057.318	4.654	*N/A*	13.975	0.000
		% of Calories			18.525%		5.484%	*N/A%*	37.051%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903282	dough, pizza 16"	0.000	27.000	2.000	5.000	0.650	9.710	0.000	0.850	*N/A*	*N/A*
902179	Sauce, Pizza Tomato Midwest w/basil	0.000	1.627	0.465	0.465	92.949	0.000	0.837	0.251	0.000	0.000
900431	Ham, sliced, smoked	25.875	1.725	0.000	7.762	0.000	0.000	0.000	0.345	*N/A*	*N/A*
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	18.750	0.000	0.000	7.500	250.004	250.004	0.000	0.000	0.000	0.000
900040	PINEAPPLE TIDBIT in juice	0.000	1.721	0.202	0.101	0.000	1.012	0.000	0.000	*N/A*	*N/A*
	Totals	44.625	32.073	2.667	20.829	343.604	260.727	0.837	1.446	*0.000*	*N/A*
	% of Calories		37.791%		24.543%						

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Lawrence Public Schools

USD 497

642 - Pizza,HS Homemade Assorted 16"

Number of Portions: 240.000

Source: USD 497

Group Code: ENTREES

Size of Portion: slices

*Nutrients are based upon 1 Portion Size (slices)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
R-638 Pizza,Cheese HS Homemade 16"	40 (1 slice)	21.85	58.023	1.583	105.845	0.488	*N/A*	2.917	0.000
R-640 Pizza,Hawaiian HS Homemade 16"	40 (1 slice)	28.82	56.579	1.165	176.220	0.776	*N/A*	2.329	0.000
R-639 Pizza,Pepperoni HS Homemade 16	40 (1 slice)	21.85	63.310	1.611	147.337	*0.488*	*N/A*	3.577	0.000
R-641 Pizza,Veggie HS Homemade 16"	40 (1 slice)	26.47	60.527	1.584	118.931	*0.530*	*N/A*	3.093	0.000
R-643 Pizza,Ham&CheeseHS Homemade 16	20 (1 slice)	14.97	26.806	0.340	117.887	*0.482*	*N/A*	0.953	0.000
R-644 Pizza,3 Cheese HS Homemade 16"	20 (1 slice)	10.93	30.136	0.848	54.516	*0.244*	*0.000*	1.569	0.000
R-645 Pizza,SupremeHS Homemade 16"	20 (1 slice)	12.40	30.649	0.757	75.684	*0.298*	*0.000*	1.560	0.000
R-646 Pizza,Ham/Cheese/Apple HS 16"	20 (1 slice)	10.93	26.449	0.611	62.263	*0.296*	*N/A*	1.222	0.000
	Totals	148.00	352.477	8.500	858.683	*3.603*	*0.000*	17.222	0.000
	% of Calories			21.703%		*4.089%*	*0.000%*	43.973%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-638	Pizza,Cheese HS Homemade 16"	5.000	4.771	0.411	2.911	82.268	68.286	0.140	0.184	*0.000*	*N/A*
R-640	Pizza,Hawaiian HS Homemade 16"	7.438	5.345	0.445	3.472	57.267	43.455	0.140	0.241	*0.000*	*N/A*
R-639	Pizza,Pepperoni HS Homemade 16	6.669	4.771	0.411	2.870	69.080	43.286	0.140	0.269	*0.000*	*N/A*
R-641	Pizza,Veggie HS Homemade 16"	5.000	5.165	0.460	2.940	93.149	70.629	1.458	0.258	*1.485*	*N/A*
R-643	Pizza,Ham&CheeseHS Homemade 16	4.079	2.657	0.209	1.927	35.857	13.669	0.087	0.145	*0.626*	*N/A*
R-644	Pizza,3 Cheese HS Homemade 16"	3.250	2.386	0.205	1.502	41.290	34.594	0.070	0.092	*0.000*	*N/A*
R-645	Pizza,SupremeHS Homemade 16"	3.698	2.471	0.215	1.572	27.744	24.186	0.273	0.125	*0.211*	*N/A*
R-646	Pizza,Ham/Cheese/Apple HS 16"	2.875	2.438	0.205	1.401	37.123	23.804	0.070	0.102	*0.000*	*N/A*
	Totals	38.009	30.003	2.562	18.593	443.777	321.909	2.376	1.415	*2.321*	*N/A*
	% of Calories		34.049%		21.100%						

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Lawrence Public Schools

USD 497

639 - Pizza,Pepperoni HS Homemade 16

Number of Portions: 8.000

Source: USD 497

Group Code: ENTREES

Size of Portion: 1 slice

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

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
902181	Pepperoni, Sliced 14-16 ct	6 oz	21.26	99.223	3.544	361.456	*N/A*	*N/A*	9.214	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	10 OZ	35.44	112.502	5.625	187.503	0.000	*N/A*	8.750	0.000
		Totals	131.00	379.858	9.669	884.024	*2.929*	*N/A*	21.464	0.000
		% of Calories			22.908%		*3.084%*	*N/A%*	50.854%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903282	dough, pizza 16"	0.000	27.000	2.000	5.000	0.650	9.710	0.000	0.850	*N/A*	*N/A*
902179	Sauce, Pizza Tomato Midwest w/basil	0.000	1.627	0.465	0.465	92.949	0.000	0.837	0.251	0.000	0.000
902181	Pepperoni, Sliced 14-16 ct	21.262	0.000	0.000	4.252	70.874	0.000	0.000	0.510	*N/A*	*N/A*
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	18.750	0.000	0.000	7.500	250.004	250.004	0.000	0.000	0.000	0.000
	Totals	40.012	28.627	2.465	17.217	414.477	259.714	0.837	1.611	*0.000*	*N/A*
	% of Calories		30.145%		18.130%						

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Lawrence Public Schools

USD 497

645 - Pizza,SupremeHS Homemade 16"

Number of Portions: 8.000

Source: USD 497

Group Code: Meat/Meat Alt

Size of Portion: 1 slice

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

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	8 OZ	28.35	90.002	4.500	150.003	0.000	*N/A*	7.000	0.000
903112	Cheese pepper jack sliced	3 oz	10.63	40.499	2.025	63.280	0.000	0.000	3.037	0.000
900431	Ham, sliced, smoked	4 5/8 oz	16.30	17.250	0.288	178.250	0.575	*N/A*	0.575	0.000
902181	Pepperoni, Sliced 14-16 ct	3 oz	10.63	49.612	1.772	180.728	*N/A*	*N/A*	4.607	0.000
901575	ONIONS,RED,RAW	7/8 oz	2.83	1.134	0.001	0.113	*N/A*	*N/A*	0.003	0.000
900464	Green Bell Pepper	7/8 oz	2.83	0.479	0.000	0.766	0.077	*N/A*	0.000	0.000
903101	Mushroom, White fresh	7/8 oz	2.83	0.675	0.000	0.000	0.000	*N/A*	0.000	0.000
		Totals	149.00	367.783	9.086	908.205	*3.581*	*0.000*	18.722	0.000
		% of Calories			22.233%		*3.895%*	*0.000%*	45.815%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903282	dough, pizza 16"	0.000	27.000	2.000	5.000	0.650	9.710	0.000	0.850	*N/A*	*N/A*
902179	Sauce, Pizza Tomato Midwest w/basil	0.000	1.627	0.465	0.465	92.949	0.000	0.837	0.251	0.000	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	15.000	0.000	0.000	6.000	200.004	200.004	0.000	0.000	0.000	0.000
903112	Cheese pepper jack sliced	10.125	0.000	0.000	2.531	0.000	79.480	0.000	0.000	0.000	0.000
900431	Ham, sliced, smoked	8.625	0.575	0.000	2.588	0.000	0.000	0.000	0.115	*N/A*	*N/A*
902181	Pepperoni, Sliced 14-16 ct	10.631	0.000	0.000	2.126	35.437	0.000	0.000	0.255	*N/A*	*N/A*
901575	ONIONS,RED,RAW	0.000	0.265	0.048	0.031	0.057	0.652	0.210	0.006	2.526	0.010
900464	Green Bell Pepper	0.000	0.115	0.038	0.019	3.831	0.383	2.184	0.014	*N/A*	*N/A*
903101	Mushroom, White fresh	0.000	0.067	0.034	0.101	0.000	0.000	0.040	0.012	*N/A*	*N/A*
		Totals	44.381	29.649	2.585	18.861	332.927	3.271	1.503	*2.526*	*N/A*
		% of Calories		32.246%		20.513%					

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Lawrence Public Schools

USD 497

641 - Pizza,Veggie HS Homemade 16"

Number of Portions: 8.000

Source: USD 497

Group Code: ENTREES

Size of Portion: 1 slice

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

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903282	dough, pizza 16"	1 crust	60.24	160.000	0.500	270.000	2.000	*N/A*	3.500	0.000
902179	Sauce, Pizza Tomato Midwest w/basil	1 (1/2 cup)	14.17	8.133	0.000	65.064	0.929	*N/A*	0.000	0.000
901575	ONIONS,RED,RAW	1/2 CUP, chopped	10.00	4.000	0.004	0.400	*N/A*	*N/A*	0.010	0.000
902180	Olive, Ripe Premium Sliced	1/2 cup	8.40	9.450	0.000	75.600	*N/A*	*N/A*	1.050	0.000
900464	Green Bell Pepper	1/2 CUP, chopped	9.31	1.573	0.000	2.517	0.252	*N/A*	0.000	0.000
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	16 OZ	56.70	180.003	9.000	300.005	0.000	*N/A*	14.000	0.000
		Totals	159.00	363.159	9.504	713.587	*3.181*	*N/A*	18.560	0.000
		% of Calories			23.554%		*3.504%*	*N/A%*	45.997%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903282	dough, pizza 16"	0.000	27.000	2.000	5.000	0.650	9.710	0.000	0.850	*N/A*	*N/A*
902179	Sauce, Pizza Tomato Midwest w/basil	0.000	1.627	0.465	0.465	92.949	0.000	0.837	0.251	0.000	0.000
901575	ONIONS,RED,RAW	0.000	0.934	0.170	0.110	0.200	2.300	0.740	0.021	8.911	0.035
902180	Olive, Ripe Premium Sliced	0.000	1.050	0.000	0.000	52.500	10.500	0.000	0.378	*N/A*	*N/A*
900464	Green Bell Pepper	0.000	0.378	0.126	0.063	12.584	1.258	7.173	0.045	*N/A*	*N/A*
900870	CHEESE,MOZZARELLA,PIZZA CHEESE	30.001	0.000	0.000	12.000	400.007	400.007	0.000	0.000	0.000	0.000
	Totals	30.001	30.988	2.761	17.638	558.891	423.775	8.750	1.545	*8.911*	*N/A*
	% of Calories		34.132%		19.427%						

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Lawrence Public Schools

USD 497

1114 - Potato Assorted

Number of Portions: 5.000

Size of Portion: 1/2 cup

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

Source: USD497

Group Code: VEGETABLES

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
903325	Potato, Hash Brown	2 each	25.51	52.000	0.800	100.000	0.400	*N/A*	3.200	0.000
903281	CRINKLE CUT FRY	2 1/2 oz	14.29	22.675	0.119	41.150	0.036	*N/A*	0.747	0.000
903300	tator tots	2 1/2 oz	14.29	22.652	0.174	62.728	0.000	*N/A*	1.220	0.000
903346	Potato, Smiles	1 (1/2 cup (4 smiles))	13.66	25.721	0.161	36.974	0.000	*N/A*	0.965	0.000
902189	Sweet Potato Fry, Crink Cut	1 (1/2 cup serving)	17.97	33.833	0.211	50.749	0.211	*N/A*	1.269	0.000
		Totals	86.00	156.881	1.465	291.602	0.647	*N/A*	7.400	0.000
		% of Calories			8.404%		1.650%	*N/A%*	42.454%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903325	Potato, Hash Brown	0.000	5.600	1.200	0.400	*N/A*	3.200	*N/A*	0.144	*N/A*
903281	CRINKLE CUT FRY	0.000	3.658	0.000	0.330	0.000	0.000	0.000	*N/A*	*N/A*
903300	tator tots	0.000	2.788	0.174	0.174	0.000	0.000	0.000	*N/A*	*N/A*
903346	Potato, Smiles	0.000	4.019	0.322	0.322	0.000	0.000	0.000	0.058	*N/A*
902189	Sweet Potato Fry, Crink Cut	0.000	5.075	0.211	0.211	0.000	4.229	0.000	0.076	0.000
	Totals	0.000	21.140	1.907	1.437	*0.000*	7.429	*0.000*	0.278	*0.000*
	% of Calories		53.900%		3.664%					

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Lawrence Public Schools
USD 497

990174 - Potato, Crinkle Cut Fries

Number of Portions: 27.000

Group Code: VEGETABLES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990454	Potato, Crinkle Cut Fries	5 LB	84.00	118.586	0.494	34.588	0.000	0.000	4.447	0.000
		Totals	84.00	118.586	0.494	34.588	0.000	0.000	4.447	0.000
		% of Calories			3.750%		0.000%	0.000%	33.750%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990454	Potato, Crinkle Cut Fries	0.000	19.764	0.988	0.988	0.000	9.882	0.000	0.296	0.000	0.000
		Totals	0.000	19.764	0.988	0.000	9.882	0.000	0.296	0.000	0.000
		% of Calories		66.667%		3.333%					

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Lawrence Public Schools
USD 497

990175 - Potato, Hash Brown Rounds

Number of Portions: 189.000

Group Code: VEGETABLES

Size of Portion: serving (2 per)

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990455	Potato, Hash Brown Rounds	30 LB	72.00	89.998	0.000	189.997	0.000	0.000	2.500	0.000
		Totals	72.00	89.998	0.000	189.997	0.000	0.000	2.500	0.000
		% of Calories			0.000%		0.000%	0.000%	25.001%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990455	Potato, Hash Brown Rounds	0.000	15.000	2.000	1.000	0.000	10.000	0.000	0.000	*N/A*	*N/A*
		Totals	0.000	15.000	2.000	1.000	10.000	0.000	0.000	*N/A*	*N/A*
		% of Calories		66.667%		4.445%					

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Lawrence Public Schools
USD 497

990176 - Potato, Seasoned Spirals

Number of Portions: 177.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990456	Potato, Seasoned Spirals	1 case	61.50	100.826	0.000	191.570	0.000	0.000	3.025	0.000
		Totals	62.00	100.826	0.000	191.570	0.000	0.000	3.025	0.000
		% of Calories			0.000%		0.000%	0.000%	27.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990456	Potato, Seasoned Spirals	1.512	17.140	1.008	1.008	0.000	10.083	0.000	0.302	*N/A*	*N/A*
		Totals	1.512	17.141	1.008	0.000	10.083	0.000	0.302	*N/A*	*N/A*
		% of Calories		68.000%		3.999%					

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Lawrence Public Schools
USD 497

1300 - Potato, Smiles 1/2 cup

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903346	Potato, Smiles	1 (1/2 cup (4 smiles))	68.32	128.607	0.804	184.872	0.000	*N/A*	4.823	0.000
		Totals	68.00	128.607	0.804	184.872	0.000	*N/A*	4.823	0.000
		% of Calories			5.625%		0.000%	*N/A%*	33.750%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903346	Potato, Smiles	0.000	20.095	1.608	1.608	0.000	0.000	0.000	0.289	*N/A*	*N/A*
		Totals	0.000	20.095	1.608	0.000	0.000	0.000	0.289	*N/A*	*N/A*
		% of Calories		62.500%		5.001%					

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Lawrence Public Schools
USD 497

990240 - Potato, Smiles 1/2 cup

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 c (4 each)

*Nutrients are based upon 1 Portion Size (1/2 c (4 each))

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903346	Potato, Smiles	1 (1/2 cup (4 smiles))	68.32	128.607	0.804	184.872	0.000	*N/A*	4.823	0.000
		Totals	68.00	128.607	0.804	184.872	0.000	*N/A*	4.823	0.000
		% of Calories			5.625%		0.000%	*N/A%*	33.750%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903346	Potato, Smiles	0.000	20.095	1.608	1.608	0.000	0.000	0.000	0.289	*N/A*	*N/A*
		Totals	0.000	20.095	1.608	0.000	0.000	0.000	0.289	*N/A*	*N/A*
		% of Calories		62.500%		5.001%					

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Lawrence Public Schools
USD 497

990138 - Potato, Stuffed Hashbrown (Early Riser)

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990401	Potato, Stuffed Hashbrown (Early Riser)	1 each	85.05	230.131	4.002	450.257	2.001	1.001	11.006	0.000
		Totals	85.00	230.131	4.002	450.257	2.001	1.001	11.006	0.000
		% of Calories			15.652%		3.478%	1.740%	43.044%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990401	Potato, Stuffed Hashbrown (Early Riser)	70.040	24.014	3.002	8.005	*N/A*	110.063	*N/A*	1.301	*N/A*	*N/A*
		Totals	70.040	24.014	3.002	8.005	110.063	*N/A*	1.301	*N/A*	*N/A*
		% of Calories		41.739%		13.914%					

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Lawrence Public Schools
USD 497

1005 - PreK Chicken Nuggets

Number of Portions: 100.000

Group Code: Meat/Meat Alt

Size of Portion: 5 nuggets

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903271	Chicken Nugget WG	100 (5 nuggets)	105.00	247.800	2.751	445.200	1.134	0.987	13.073	0.168
		Totals	105.00	247.800	2.751	445.200	1.134	0.987	13.073	0.168
		% of Calories			9.992%		1.831%	1.593%	47.479%	0.610%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903271	Chicken Nugget WG	43.502	14.039	2.048	18.764	0.000	24.045	0.000	1.827	*N/A*	*N/A*
		Totals	43.502	14.039	2.048	18.764	24.045	0.000	1.827	*N/A*	*N/A*
		% of Calories		22.661%		30.289%					

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Lawrence Public Schools

USD 497

945 - PreK Milk, Assorted

Number of Portions: 80.000

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

Source: USD 497

Group Code: MILK

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902949	Milk 1% Lowfat	40 (1/2 pint container)	113.40	50.000	0.750	60.000	5.500	*N/A*	1.250	0.000
900491	Milk-Skim White 1/2 PT	40 carton,1/2 pint	113.40	40.000	0.000	60.000	5.500	*N/A*	0.000	0.000
Totals			227.00	90.000	0.750	120.000	11.000	*N/A*	1.250	0.000
% of Calories					7.500%		48.889%	*N/A%*	12.500%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902949	Milk 1% Lowfat	7.500	5.500	0.000	4.000	250.000	150.000	0.600	0.000	*N/A*	*N/A*
900491	Milk-Skim White 1/2 PT	2.500	5.500	0.000	4.000	250.000	150.000	0.600	0.000	45.040	0.370
Totals		10.000	11.000	0.000	8.000	500.000	300.000	1.200	0.000	*45.040*	*0.370*
% of Calories			48.889%		35.556%						

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Lawrence Public Schools
USD 497

1282 - Pretzel, Soft, WG w/ Cheese

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903345	Pretzel, Soft, WG 2.2 oz	1 each	62.37	140.833	0.000	150.893	0.000	*N/A*	0.503	0.000
903334	cheese, cheddar, cup	1 each	85.05	190.108	6.003	570.325	0.000	*N/A*	10.006	0.000
		Totals	147.00	330.941	6.004	721.217	0.000	*N/A*	10.509	0.000
		% of Calories			16.327%		0.000%	*N/A%*	28.579%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903345	Pretzel, Soft, WG 2.2 oz	0.000	30.179	3.018	5.030	0.000	20.119	0.000	1.811	*N/A*	*N/A*
903334	cheese, cheddar, cup	30.017	14.008	0.000	10.006	0.000	250.143	0.000	0.000	*N/A*	*N/A*
		Totals	30.017	44.187	3.018	15.036	270.262	0.000	1.811	*N/A*	*N/A*
		% of Calories		53.407%		18.174%					

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Lawrence Public Schools
USD 497

990227 - Pretzels

Number of Portions: 1.000

Group Code: SNACKS

Size of Portion: package

*Nutrients are based upon 1 Portion Size (package)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990408	Cracker, Pretzel, WG, Ind	1 bag	21.00	90.000	0.000	200.000	0.000	0.000	1.500	0.000
		Totals	21.00	90.000	0.000	200.000	0.000	0.000	1.500	0.000
		% of Calories			0.000%		0.000%	0.000%	15.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990408	Cracker, Pretzel, WG, Ind	0.000	16.000	1.000	2.000	0.000	10.000	0.000	0.700	*N/A*	*N/A*
		Totals	0.000	16.000	1.000	2.000	10.000	0.000	0.700	*N/A*	*N/A*
		% of Calories		71.111%		8.889%					

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Lawrence Public Schools

USD 497

990331 - Protein Bistro Box

Number of Portions: 2.000

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 Fat² (g)
990419	Cracker Ritz Original Bulk	2 (2 oz equiv (17 crackers))	46.20	231.000	2.888	375.375	2.888	0.000	12.994	0.000
990562	Peanut Butter, Creamy, Cup	2 each	21.26	121.498	1.519	96.186	1.012	0.000	10.125	0.000
903333	Egg, Hard Boiled whole peeled	2 (1/2 egg)	22.50	30.000	0.750	32.500	0.000	0.000	2.000	0.000
990420	Cheese Cheddar Cubes	2 serving - 6 cubes	42.52	170.097	8.505	283.495	0.000	0.000	14.175	0.000
990563	Apple Slices, Individually Bagged	2 each	56.70	26.745	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	189.00	579.340	13.661	787.556	3.900	0.000	39.293	0.000
		% of Calories			21.222%		2.693%	0.000%	61.042%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990419	Cracker Ritz Original Bulk	0.000	28.875	0.000	0.000	0.000	57.750	0.000	1.444	*N/A*	*N/A*
990562	Peanut Butter, Creamy, Cup	0.000	6.075	2.025	5.062	0.000	10.125	0.000	0.304	0.000	0.000
903333	Egg, Hard Boiled whole peeled	90.000	0.000	0.000	3.000	0.000	10.000	0.000	0.350	*N/A*	*N/A*
990420	Cheese Cheddar Cubes	42.524	0.000	0.000	9.922	0.000	301.923	0.000	0.000	*N/A*	*N/A*
990563	Apple Slices, Individually Bagged	0.000	8.023	1.070	0.000	0.000	3.209	0.000	0.070	0.000	0.000
	Totals	132.524	42.973	3.095	17.985	0.000	383.007	0.000	2.167	*0.000*	*0.000*
	% of Calories		29.671%		12.418%						

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Lawrence Public Schools

USD 497

990321 - Pulled Chicken w/ Baked Beans

Number of Portions: 65.000

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 Fat² (g)
990552	Smoked Pulled Chicken	1 case	69.78	124.613	2.492	336.456	0.000	0.000	8.723	0.000
990489	Sauce BBQ Smokey	4 cup	13.96	11.631	0.000	120.958	1.861	1.861	0.698	0.000
903155	Bun, Hamburger	65 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
R-213	Baked Beans HHFKA	65 (1/2 Cup)	147.42	163.555	0.000	538.379	13.468	2.722	1.021	0.000
		Totals	288.00	429.799	2.492	1245.792	18.329	4.583	11.941	0.000
		% of Calories			5.219%		17.058%	4.265%	25.005%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990552	Smoked Pulled Chicken	74.768	0.000	0.000	12.461	0.000	0.000	0.000	0.498	0.000	0.000
990489	Sauce BBQ Smokey	0.000	2.791	0.465	0.465	0.000	0.000	0.000	0.000	0.000	0.000
903155	Bun, Hamburger	0.000	24.000	2.000	3.000	0.000	40.000	1.200	1.080	*N/A*	*N/A*
R-213	Baked Beans HHFKA	0.000	33.391	5.565	7.519	0.000	48.848	0.000	1.856	0.000	0.000
	Totals	74.768	60.183	8.030	23.446	0.000	88.848	1.200	3.434	*0.000*	*0.000*
	% of Calories		56.010%		21.820%						

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Lawrence Public Schools

USD 497

990267 - Pulled Pork Sandwich with Baked Beans

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990481	pork, pulled with sauce	2 oz	56.70	141.748	2.531	202.496	9.112	9.112	7.087	0.000
903155	Bun, Hamburger	1 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
R-213	Baked Beans HHFKA	1/2 (1/2 Cup)	73.71	81.778	0.000	269.190	6.734	1.361	0.510	0.000
Totals			187.00	353.525	2.531	721.686	18.846	10.473	9.098	0.000
% of Calories					6.444%		21.324%	11.850%	23.161%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990481	pork, pulled with sauce	35.437	9.112	0.000	8.100	0.000	0.000	0.000	0.405	0.000	0.000
903155	Bun, Hamburger	0.000	24.000	2.000	3.000	0.000	40.000	1.200	1.080	*N/A*	*N/A*
R-213	Baked Beans HHFKA	0.000	16.696	2.783	3.760	0.000	24.424	0.000	0.928	0.000	0.000
Totals		35.437	49.808	4.782	14.859	0.000	64.424	1.200	2.413	*0.000*	*N/A*
% of Calories			56.356%		16.812%						

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Lawrence Public Schools
USD 497

990315 - Pumpkin Bread

Number of Portions: 75.000

Group Code: BREAKFAST

Size of Portion: slice

*Nutrients are based upon 1 Portion Size (slice)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990557	Pumpkin Bread WG	1 case (75)	96.77	262.075	1.512	241.916	23.184	0.000	8.064	0.000
		Totals	97.00	262.075	1.512	241.916	23.184	0.000	8.064	0.000
		% of Calories			5.192%		35.385%	0.000%	27.692%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990557	Pumpkin Bread WG	0.000	44.351	2.016	5.040	0.000	114.910	0.000	1.008	0.000	0.000
		Totals	0.000	44.351	2.016	5.040	114.910	0.000	1.008	0.000	0.000
		% of Calories		67.692%		7.692%					

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Lawrence Public Schools
USD 497

990149 - Quesadilla, Chicken

Number of Portions: 96.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990428	Quesadilla, Chicken	1 case	141.75	281.484	2.011	663.499	0.000	0.000	8.042	0.000
		Totals	142.00	281.484	2.011	663.499	0.000	0.000	8.042	0.000
		% of Calories			6.429%		0.000%	0.000%	25.714%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990428	Quesadilla, Chicken	15.080	38.201	4.021	17.090	0.000	261.378	0.000	2.714	*N/A*	*N/A*
		Totals	15.080	38.202	4.021	17.090	0.000	261.378	0.000	2.714	*N/A*
		% of Calories		54.286%		24.286%					

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Lawrence Public Schools
USD 497

720 - Radish, fresh

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903103	Radish, fresh	1 (1/2 cup)	58.00	9.000	0.000	23.000	1.000	*N/A*	0.000	0.000
		Totals	58.00	9.000	0.000	23.000	1.000	*N/A*	0.000	0.000
		% of Calories			0.000%		44.444%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903103	Radish, fresh	0.000	2.000	1.000	0.000	0.000	10.000	18.000	0.000	*N/A*	*N/A*
		Totals	0.000	2.000	1.000	0.000	10.000	18.000	0.000	*N/A*	*N/A*
		% of Calories		88.889%		0.000%					

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Lawrence Public Schools

USD 497

990284 - Ranch Chicken Wrap

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Wrap

*Nutrients are based upon 1 Portion Size (Wrap)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990502 Tortilla Wrap Cheddar Jalapeno 12	1 each	89.02	230.000	2.500	500.000	0.000	0.000	4.500	0.000
990415 Romaine, Whole Head	11 3/4 gram	11.75	2.115	0.000	0.000	0.139	0.000	0.000	0.000
900471 Tomatoes 5x6 Layer	1 oz	28.35	4.789	0.000	3.831	0.575	*N/A*	0.192	0.000
903204 chicken patty breaded whole grain	1 1/2 oz	42.52	120.068	1.251	220.126	0.500	*N/A*	7.004	0.000
900002 CHEESE BLEND, AMERICAN SHRD	1 oz	28.35	70.000	3.000	410.000	1.000	*N/A*	4.000	0.000
900605 Ranch Dressing Kraft Light Done Right	1 oz	28.35	62.015	0.443	310.073	0.886	*N/A*	3.987	0.000
	Totals	228.00	488.987	7.194	1444.029	3.100	0.000	19.682	0.000
	% of Calories			13.240%		2.536%	0.000%	36.226%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990502	Tortilla Wrap Cheddar Jalapeno 12	0.000	42.000	2.000	7.000	0.000	99.000	0.000	2.500	0.000	0.000
990415	Romaine, Whole Head	0.000	0.276	0.141	0.139	898.523	2.820	0.494	0.149	*N/A*	*N/A*
900471	Tomatoes 5x6 Layer	0.000	0.958	0.192	0.192	191.551	3.831	4.597	0.138	*N/A*	*N/A*
903204	chicken patty breaded whole grain	12.507	8.005	1.501	7.004	0.000	15.009	0.000	0.951	*N/A*	*N/A*
900002	CHEESE BLEND, AMERICAN SHRD	15.000	2.000	0.000	7.000	750.000	200.000	0.000	0.000	0.000	0.000
900605	Ranch Dressing Kraft Light Done Right	8.859	6.201	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	36.366	59.440	3.833	21.334	1840.073	320.660	5.091	3.738	*0.000*	*N/A*
	% of Calories		48.623%		17.452%						

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Lawrence Public Schools
USD 497

990256 - Red Pepper, Fresh 1/2 cup

Number of Portions: 2.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902971	Red Pepper, Fresh	2 (1/2 cup)	113.40	31.115	0.000	3.457	0.000	0.000	0.000	0.000
		Totals	113.00	31.115	0.000	3.457	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902971	Red Pepper, Fresh	0.000	6.915	2.074	1.383	0.000	7.606	0.000	0.491	*N/A*	*N/A*
		Totals	0.000	6.915	2.074	1.383	7.606	0.000	0.491	*N/A*	*N/A*
		% of Calories		88.890%		17.779%					

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Lawrence Public Schools
USD 497

716 - Red Pepper, Fresh 1/4 cup

Number of Portions: 4.000

Group Code: VEGETABLES

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902971	Red Pepper, Fresh	2 (1/2 cup)	56.70	15.558	0.000	1.729	0.000	0.000	0.000	0.000
		Totals	57.00	15.558	0.000	1.729	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902971	Red Pepper, Fresh	0.000	3.457	1.037	0.691	0.000	3.803	0.000	0.245	*N/A*	*N/A*
		Totals	0.000	3.457	0.691	0.000	3.803	0.000	0.245	*N/A*	*N/A*
		% of Calories		88.888%	17.766%						

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Lawrence Public Schools

USD 497

103 - Refried Bean, Vegetarian (P2)

Number of Portions: 20.000

Size of Portion: 1/2 CUP

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

Source: USD 497

Group Code: BREAD/ROLLS/STARCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900023 Refried Bean, Vegetarian	20 (1/2 cup)	38.00	140.000	0.000	320.000	0.000	0.000	2.500	0.000
75012 WATER,HOT	1/2 gal	96.00	0.000	0.000	2.880	0.000	*N/A*	0.000	0.000
Totals		134.00	140.000	0.000	322.880	0.000	0.000	2.500	0.000
% of Calories				0.000%		0.000%	0.000%	16.071%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900023 Refried Bean, Vegetarian	0.000	24.000	7.000	7.000	0.000	7.000	0.000	1.100	*N/A*	*N/A*
75012 WATER,HOT	0.000	0.000	0.000	0.000	0.000	1.920	0.000	0.010	95.904	0.096
Totals		0.000	24.000	7.000	7.000	8.920	0.000	1.110	*95.904*	*N/A*
% of Calories			68.571%		20.000%					

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Lawrence Public Schools

USD 497

990185 - Rice

Number of Portions: 50.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: #6 scoop

*Nutrients are based upon 1 Portion Size (#6 scoop)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
50450	RICE, LONG GRAIN, BROWN, QUICK-COOKING, DRY	2 qt	29.44	109.440	0.174	1.919	*N/A*	*N/A*	0.863	0.000
990239	GARLIC, GRANULATED	2 tbsp	0.38	0.000	0.000	0.000	*N/A*	*N/A*	0.000	*N/A*
900359	Salt 25#	2 tbsp	0.73	0.000	0.000	303.310	0.000	*N/A*	0.000	0.000
4582	OIL,CANOLA	2 TBSP	0.56	4.950	0.041	0.000	0.000	*N/A*	0.560	0.002
990459	Broth, Vegetable	16 pack	3.07	6.144	0.000	110.592	0.000	0.000	0.000	0.000
1	WATER,BOILING	1 gal	76.80	0.000	0.000	2.304	0.000	*N/A*	0.000	0.000
		Totals	111.00	120.535	0.215	418.125	*0.000*	*0.000*	1.423	*0.002*
		% of Calories			1.605%		*0.000%*	*0.000%*	10.622%	*0.016%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
50450	RICE, LONG GRAIN, BROWN, QUICK-COOKING, DRY	0.000	22.860	1.025	2.349	0.000	7.039	0.000	0.436	*N/A*	*N/A*
990239	GARLIC, GRANULATED	0.000	0.480	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
4582	OIL,CANOLA	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990459	Broth, Vegetable	0.000	1.536	0.000	0.307	0.000	0.000	0.000	0.000	*N/A*	*N/A*
1	WATER,BOILING	0.000	0.000	0.000	0.000	0.000	1.536	0.000	0.008	76.724	0.077
		Totals	0.000	24.876	1.025	2.657	0.000	8.575	0.000	*76.724*	*0.077*
		% of Calories		82.553%		8.817%					

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Lawrence Public Schools
USD 497

872 - Roasted Broccoli

Number of Portions: 36.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900442	BROCCOLI FLORETS	18 CUP, flowerets	35.50	12.102	0.000	12.102	0.000	*N/A*	0.000	0.000
902131	VEGETABLE OIL	3 TBSP	1.17	10.000	0.083	0.000	0.000	*N/A*	1.167	0.000
R-772	Savory Seasoning (Chef Rick's)	3 tbsp	13.06	31.206	0.000	636.599	0.000	*N/A*	0.000	0.000
Totals			50.00	53.308	0.083	648.701	0.000	*N/A*	1.167	0.000
% of Calories					1.406%		0.000%	*N/A%*	19.697%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900442	BROCCOLI FLORETS	0.000	2.420	0.807	0.000	242.050	16.943	106.502	0.258	*N/A*	*N/A*
902131	VEGETABLE OIL	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
R-772	Savory Seasoning (Chef Rick's)	0.000	5.474	0.000	0.768	0.000	7.678	0.000	0.138	*0.000*	*N/A*
Totals		0.000	7.895	0.807	0.768	242.050	24.621	106.502	0.396	*0.000*	*N/A*
% of Calories			59.238%		5.763%						

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Lawrence Public Schools
USD 497

990077 - Roasted Broccoli *RESIZED*

Number of Portions: 36.000

Size of Portion: 1/4 cup

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

Source: Mosaic
Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900442	BROCCOLI FLORETS		0.00	0.000	0.000	0.000	0.000	*N/A*	0.000	0.000
902131	VEGETABLE OIL	1 1/2 TBSP	0.58	5.000	0.042	0.000	0.000	*N/A*	0.583	0.000
R-772	Savory Seasoning (Chef Rick's)	1 1/2 tbsp	6.53	15.603	0.000	318.299	0.000	*N/A*	0.000	0.000
		Totals	7.00	20.603	0.042	318.299	0.000	*N/A*	0.583	0.000
		% of Calories			1.822%		0.000%	*N/A%*	25.480%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900442	BROCCOLI FLORETS	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
902131	VEGETABLE OIL	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
R-772	Savory Seasoning (Chef Rick's)	0.000	2.737	0.000	0.384	0.000	3.839	0.000	0.069	*0.000*	*N/A*
		Totals	0.000	2.737	0.000	0.384	3.839	0.000	0.069	*0.000*	*N/A*
		% of Calories		53.140%		7.455%					

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Lawrence Public Schools
USD 497

874 - Roasted carrots

Number of Portions: 48.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902944	Carrot, Sliced Cc Medium Frozen	24 cup	77.60	31.953	0.000	54.776	0.000	*N/A*	0.000	0.000
902131	VEGETABLE OIL	1 TBSP	0.29	2.500	0.021	0.000	0.000	*N/A*	0.292	0.000
R-772	Savory Seasoning (Chef Rick's)	1 tbsp	3.27	7.801	0.000	159.150	0.000	*N/A*	0.000	0.000
Totals			81.00	42.254	0.021	213.926	0.000	*N/A*	0.292	0.000
% of Calories					0.443%		0.000%	*N/A%*	6.213%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902944	Carrot, Sliced Cc Medium Frozen	0.000	6.391	1.826	0.913	12972.894	32.866	2.282	0.402	*N/A*	*N/A*
902131	VEGETABLE OIL	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
R-772	Savory Seasoning (Chef Rick's)	0.000	1.369	0.000	0.192	0.000	1.920	0.000	0.035	*0.000*	*N/A*
Totals		0.000	7.759	1.826	1.105	12972.894	34.785	2.282	0.436	*0.000*	*N/A*
% of Calories			73.452%		10.461%						

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Lawrence Public Schools
USD 497

990154 - Roll, WG 2.5 oz

Number of Portions: 1.000

Group Code: BREAD/ROLLS/STARCH

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990433	Roll, WG (2.5 oz)	1 each	70.87	159.716	0.000	134.760	3.993	0.000	2.995	0.000
		Totals	71.00	159.716	0.000	134.760	3.993	0.000	2.995	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 (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990433	Roll, WG (2.5 oz)	0.000	28.948	2.995	6.988	*N/A*	9.982	0.000	1.597	0.000	0.000
		Totals	0.000	28.949	2.995	6.988	9.982	0.000	1.597	0.000	0.000
		% of Calories		72.500%		17.501%					

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Lawrence Public Schools
USD 497

990143 - Romaine, Whole Head, Chopped

Number of Portions: 12.000

Group Code: VEGETABLES

Size of Portion: cup

*Nutrients are based upon 1 Portion Size (cup)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990415	Romaine, Whole Head	1 head	37.80	6.804	0.000	0.000	0.446	0.000	0.000	0.000
		Totals	38.00	6.804	0.000	0.000	0.446	0.000	0.000	0.000
		% of Calories			0.000%		26.220%	0.000%	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	Romaine, Whole Head	0.000	0.888	0.454	0.446	2890.515	9.072	1.588	0.480	*N/A*	*N/A*
		Totals	0.000	0.888	0.446	2890.515	9.072	1.588	0.480	*N/A*	*N/A*
		% of Calories		52.222%		26.220%					

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Lawrence Public Schools

USD 497

990173 - Salad Showcase - HS

Number of Portions: 5.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
Ingredient	Quantity									
R-990168	Salad, Asian	1 each	55.00	95.817	0.502	171.809	0.961	0.000	5.448	0.000
R-990172	Salad, Chef	1 each	46.92	57.870	0.551	117.435	0.840	0.000	2.369	0.000
R-990170	Salad, Chicken Caesar	1 each	47.27	72.223	1.451	109.153	0.873	0.000	3.704	0.000
R-990167	Salad, Cobb	1 each	55.43	75.671	0.847	117.435	0.840	0.000	4.149	0.000
R-990169	Salad, Southwest	1 each	54.32	108.197	1.714	151.903	0.317	0.000	6.257	0.000
602138	DRESSING,RANCH,SINGLE SERVE PKT	1 paket (1.5 oz)	8.50	39.557	0.692	63.292	0.000	0.000	4.351	0.000
990449	Dressing, Balsamic Vinaigrette	1 packet	8.50	24.300	0.304	87.074	0.202	0.000	2.227	0.000
990450	Dressing, Asian Sesame	1 serving (1 oz)	5.67	23.034	0.354	79.733	1.063	0.000	2.126	0.000
990451	Dressing, Caesar	1 Packet	8.50	41.535	0.791	79.115	0.198	0.000	4.549	0.000
990452	Dressing, Jalapeno Ranch	1 serving (1 oz)	5.67	28.350	0.506	68.849	0.000	0.000	3.037	0.000
		Totals	296.00	566.555	7.713	1045.798	5.293	0.000	38.220	0.000
		% of Calories			12.252%		3.737%	0.000%	60.714%	0.000%

		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient											
R-990168	Salad, Asian	8.030	8.515	0.318	4.342	*1781.146*	18.220	*1.822*	*0.524*	*0.000*	*N/A*
R-990172	Salad, Chef	17.177	5.978	0.678	2.626	*1768.996*	12.298	*0.972*	0.729	*N/A*	*N/A*
R-990170	Salad, Chicken Caesar	9.015	6.145	0.678	3.077	*1768.996*	*12.671*	*0.972*	*0.682*	*N/A*	*N/A*
R-990167	Salad, Cobb	17.177	6.571	1.073	2.824	*1768.996*	13.287	*0.972*	0.808	*N/A*	*N/A*
R-990169	Salad, Southwest	5.062	9.835	1.340	2.599	1768.996	45.607	0.972	0.593	*N/A*	*N/A*
602138	DRESSING,RANCH,SINGLE SERVE PKT	1.978	0.396	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
990449	Dressing, Balsamic Vinaigrette	0.000	1.012	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
990450	Dressing, Asian Sesame	0.000	1.063	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
990451	Dressing, Caesar	0.000	0.198	0.000	0.198	0.000	5.142	0.000	0.000	*N/A*	*N/A*
990452	Dressing, Jalapeno Ranch	2.025	0.405	0.000	0.202	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	60.463	40.118	4.086	15.868	*8857.129*	*107.226*	*5.708*	*3.336*	*0.000*	*N/A*
	% of Calories		28.324%		11.203%						

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Lawrence Public Schools

USD 497

990168 - Salad, Asian

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990415	Romaine, Whole Head	6 cup	115.67	20.820	0.000	0.000	1.365	0.000	0.000
990442	Chicken, Patty Unbreaded Grilled	3 each	74.28	160.596	2.509	411.528	0.000	0.000	11.041
990506	Orange, Mandarin Canned	3 oz	28.35	14.175	0.000	2.025	3.442	0.000	0.000
990448	Wonton Strips	3 serving (2 oz)	56.70	283.495	0.000	445.492	0.000	0.000	16.200
		Totals	275.00	479.086	2.509	859.045	4.807	0.000	27.241
		% of Calories			4.714%		4.013%	0.000%	51.174%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	Romaine, Whole Head	0.000	2.718	1.388	1.365	8844.979	27.760	4.858	1.469	*N/A*
990442	Chicken, Patty Unbreaded Grilled	40.149	4.015	0.000	12.045	0.000	51.190	0.000	1.004	*N/A*
990506	Orange, Mandarin Canned	0.000	3.442	0.202	0.202	60.749	4.050	4.252	0.146	0.000
990448	Wonton Strips	0.000	32.399	0.000	8.100	*N/A*	8.100	*N/A*	*N/A*	*N/A*
	Totals	40.149	42.575	1.590	21.712	*8905.728*	91.100	*9.110*	*2.618*	*0.000*
	% of Calories		35.547%		18.128%					

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Lawrence Public Schools

USD 497

990172 - Salad, Chef

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990415 Romaine, Whole Head	6 cup	115.67	20.820	0.000	0.000	1.365	0.000	0.000	0.000
990442 Chicken, Patty Unbreaded Grilled	1 each	24.76	53.532	0.836	137.176	0.000	0.000	3.680	0.000
903333 Egg, Hard Boiled whole peeled	1 each	15.00	20.000	0.500	21.667	0.000	0.000	1.333	0.000
900431 Ham, sliced, smoked	1 (5 slices (2 m/ma))	23.62	25.000	0.417	258.334	0.833	*N/A*	0.833	0.000
903320 Breadstick, Garlic	3 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
	Totals	235.00	289.352	2.753	587.176	4.198	0.000	11.847	0.000
	% of Calories			8.563%		5.803%	0.000%	36.849%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415 Romaine, Whole Head	0.000	2.718	1.388	1.365	8844.979	27.760	4.858	1.469	*N/A*	*N/A*
990442 Chicken, Patty Unbreaded Grilled	13.383	1.338	0.000	4.015	0.000	17.063	0.000	0.335	*N/A*	*N/A*
903333 Egg, Hard Boiled whole peeled	60.000	0.000	0.000	2.000	0.000	6.667	0.000	0.233	*N/A*	*N/A*
900431 Ham, sliced, smoked	12.500	0.833	0.000	3.750	0.000	0.000	0.000	0.167	*N/A*	*N/A*
903320 Breadstick, Garlic	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
	Totals	85.883	29.890	13.130	*8844.979*	61.490	*4.858*	3.644	*N/A*	*N/A*
	% of Calories		41.320%		18.151%					

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Lawrence Public Schools

USD 497

990170 - Salad, Chicken Caesar

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990415	Romaine, Whole Head	6 cup	115.67	20.820	0.000	0.000	1.365	0.000	0.000	0.000
990442	Chicken, Patty Unbreaded Grilled	1 1/2 each	37.14	80.298	1.255	205.764	0.000	0.000	5.520	0.000
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	3 OZ	28.00	89.998	5.000	169.999	1.000	*N/A*	7.000	0.000
R-990171	Croutons, Homemade	3 (2 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
Totals			236.00	361.116	7.255	545.763	4.364	0.000	18.521	0.000
% of Calories					18.080%		4.834%	0.000%	46.158%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	Romaine, Whole Head	0.000	2.718	1.388	1.365	8844.979	27.760	4.858	1.469	*N/A*	*N/A*
990442	Chicken, Patty Unbreaded Grilled	20.075	2.007	0.000	6.022	0.000	25.595	0.000	0.502	*N/A*	*N/A*
51560	Cheese, Mozzarella, Low Moisture Part Skim, S	24.998	1.000	0.000	5.998	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
R-990171	Croutons, Homemade	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
Totals		45.073	30.725	3.388	15.385	*8844.979*	*63.355*	*4.858*	*3.411*	*N/A*	*N/A*
% of Calories			34.034%		17.042%						

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Lawrence Public Schools

USD 497

990167 - Salad, Cobb

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990415 Romaine, Whole Head	6 cup	115.67	20.820	0.000	0.000	1.365	0.000	0.000	0.000
990447 Avocado, IW	3 each (.5 avo)	42.52	89.004	1.483	0.000	0.000	0.000	8.900	0.000
990442 Chicken, Patty Unbreaded Grilled	1 each	24.76	53.532	0.836	137.176	0.000	0.000	3.680	0.000
903333 Egg, Hard Boiled whole peeled	1 each	15.00	20.000	0.500	21.667	0.000	0.000	1.333	0.000
900431 Ham, sliced, smoked	1 (5 slices (2 m/ma))	23.62	25.000	0.417	258.334	0.833	*N/A*	0.833	0.000
903320 Breadstick, Garlic	3 breadstick (1.96 oz)	55.57	170.000	1.000	170.000	2.000	*N/A*	6.000	0.000
	Totals	277.00	378.356	4.237	587.176	4.198	0.000	20.747	0.000
	% of Calories			10.077%		4.438%	0.000%	49.352%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415 Romaine, Whole Head	0.000	2.718	1.388	1.365	8844.979	27.760	4.858	1.469	*N/A*	*N/A*
990447 Avocado, IW	0.000	2.967	1.978	0.989	0.000	4.945	0.000	0.396	*N/A*	*N/A*
990442 Chicken, Patty Unbreaded Grilled	13.383	1.338	0.000	4.015	0.000	17.063	0.000	0.335	*N/A*	*N/A*
903333 Egg, Hard Boiled whole peeled	60.000	0.000	0.000	2.000	0.000	6.667	0.000	0.233	*N/A*	*N/A*
900431 Ham, sliced, smoked	12.500	0.833	0.000	3.750	0.000	0.000	0.000	0.167	*N/A*	*N/A*
903320 Breadstick, Garlic	0.000	25.000	2.000	2.000	*N/A*	10.000	*N/A*	1.440	*N/A*	*N/A*
	Totals	85.883	32.857	5.366	14.119	*8844.979*	66.435	*4.858*	4.039	*N/A*
	% of Calories		34.736%		14.927%					

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Lawrence Public Schools

USD 497

990169 - Salad, Southwest

Number of Portions: 3.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990415	Romaine, Whole Head	6 cup	115.67	20.820	0.000	0.000	1.365	0.000	0.000
990447	Avocado, IW	3 each (.5 avo)	42.52	89.004	1.483	0.000	0.000	8.900	0.000
902970	Black Beans, Fancy Canned	3 oz	28.35	26.169	0.000	30.530	0.218	*N/A*	0.109
900006	Cheese, American Shred	3 oz	28.35	101.248	5.062	496.116	0.000	*N/A*	8.100
903288	tortilla chips 2 oz package	3 bag (2 oz)	56.70	303.745	2.025	232.871	0.000	*N/A*	14.175
		Totals	272.00	540.986	8.571	759.517	1.583	0.000	31.284
		% of Calories			14.259%		1.170%	0.000%	52.045%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990415	Romaine, Whole Head	0.000	2.718	1.388	1.365	8844.979	27.760	4.858	1.469	*N/A*
990447	Avocado, IW	0.000	2.967	1.978	0.989	0.000	4.945	0.000	0.396	*N/A*
902970	Black Beans, Fancy Canned	0.000	5.016	1.308	1.527	0.000	13.084	0.000	0.393	*N/A*
900006	Cheese, American Shred	25.312	2.025	0.000	5.062	0.000	141.748	0.000	0.101	*N/A*
903288	tortilla chips 2 oz package	0.000	36.449	2.025	4.050	0.000	40.499	0.000	0.607	*N/A*
	Totals	25.312	49.175	6.699	12.993	8844.979	228.036	4.858	2.966	*N/A*
	% of Calories		36.360%		9.607%					

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Lawrence Public Schools

USD 497

990286 - Sandwich Wrap Box

Number of Portions: 6.000

Group Code: SANDWICHES

Size of Portion: Box

*Nutrients are based upon 1 Portion Size (Box)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
R-990285	California Turkey Club Wrap	3 Wrap	121.37	239.525	3.238	877.325	*1.702*	*0.000*	9.820	*0.000*
R-990283	Chicken Caesar Wrap	3 Wrap	114.00	299.374	4.972	831.860	*0.903*	*0.000*	16.154	*0.000*
R-990284	Ranch Chicken Wrap	3 Wrap	114.17	244.494	3.597	722.015	1.550	0.000	9.841	0.000
902191	Peach, Sliced in Light-Syrup Canned Yellow	1/2 cup	20.92	10.121	0.000	1.687	1.856	*N/A*	0.000	0.000
902936	Pear sliced in juice	1/2 cup, halves	20.92	11.952	0.000	0.000	1.942	*N/A*	0.000	0.000
902216	fruit cocktail, in light-syrup canned	1/2 cup	20.17	9.758	0.000	1.626	1.789	*N/A*	0.000	0.000
900648	APPLESAUCE, UNSWTND	1/2 CUP	20.33	8.333	0.000	1.667	1.500	*N/A*	0.000	0.000
900040	PINEAPPLE TIDBIT in juice	1/2 CUP	20.33	10.167	0.000	0.000	0.000	*N/A*	0.000	0.000
990506	Orange, Mandarin Canned	1 (1/2 cup)	23.33	11.667	0.000	1.667	2.833	0.000	0.000	0.000
900446	Carrots - Baby	1 1/2 cup	35.00	12.500	0.000	27.500	1.500	*N/A*	0.000	0.000
900451	Cucumber	1/2 CUP, slices	8.67	0.875	0.000	0.000	0.000	*N/A*	0.000	0.000
900012	Tomatoes, Cherry	1/2 cup	14.17	2.551	0.000	0.709	*N/A*	*N/A*	0.000	0.000
900442	BROCCOLI FLORETS	1/2 CUP, flowerets	5.92	2.017	0.000	2.017	0.000	*N/A*	0.000	0.000
		Totals	539.00	863.334	11.807	2468.071	*15.574*	*0.000*	35.815	*0.000*
		% of Calories			12.308%		*7.216%*	*0.000%*	37.336%	*0.000%*

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990285	California Turkey Club Wrap	*18.498*	26.813	0.914	12.304	*920.037*	199.441	*2.546*	1.789	*0.000*	*0.000*
R-990283	Chicken Caesar Wrap	*29.166*	25.960	*0.571*	13.057	*449.261*	*95.410*	*0.247*	*1.908*	*0.000*	*0.000*
R-990284	Ranch Chicken Wrap	18.183	29.720	1.917	10.667	920.037	160.330	2.546	1.869	*0.000*	*N/A*
902191	Peach, Sliced in Light-Syrup Canned Yellow	0.000	2.362	0.169	0.000	50.605	0.000	0.202	0.000	0.000	0.000
902936	Pear sliced in juice	0.000	2.988	0.448	0.000	0.000	2.092	0.000	0.000	*N/A*	*N/A*
902216	fruit cocktail, in light-syrup canned	0.000	2.765	0.000	0.000	32.527	0.000	0.195	0.000	0.000	0.000
900648	APPLESAUCE, UNSWTND	0.000	2.167	0.333	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900040	PINEAPPLE TIDBIT in juice	0.000	2.469	0.290	0.145	0.000	1.452	0.000	0.000	*N/A*	*N/A*
990506	Orange, Mandarin Canned	0.000	2.833	0.167	0.167	50.000	3.333	3.500	0.120	0.000	0.000
900446	Carrots - Baby	0.000	3.000	1.000	0.000	4750.000	10.000	1.200	0.360	*N/A*	*N/A*
900451	Cucumber	0.000	0.175	0.000	0.000	8.754	1.751	0.105	0.032	*N/A*	*N/A*
900012	Tomatoes, Cherry	0.000	0.556	0.170	0.128	113.398	1.417	1.786	0.026	*N/A*	*N/A*
900442	BROCCOLI FLORETS	0.000	0.403	0.134	0.000	40.342	2.824	17.750	0.043	*N/A*	*N/A*
		Totals	*65.846*	102.210	*6.112*	36.467	*7334.960*	*30.077*	*6.146*	*0.000*	*0.000*
		% of Calories		47.356%		16.896%					

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Lawrence Public Schools

USD 497

990270 - Sauce, Sweet Chili

Number of Portions: 48.000

Size of Portion: TBSP

*Nutrients are based upon 1 Portion Size (TBSP)

Source: Maddie
Group Code: SAUCE

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990444	Sauce, Teriyaki Glaze	8 (2 TBSP)	6.00	7.500	0.000	155.000	1.500	0.000	0.000
902971	Red Pepper, Fresh	3/4 pepper	1.77	0.486	0.000	0.054	0.000	0.000	0.000
903126	Paprika	1 tsp	0.05	0.000	0.000	0.000	*N/A*	0.000	0.000
990482	SPICE RED PEPPER CRUSHED	2 tsp	0.08	0.238	0.004	0.000	0.008	*N/A*	0.013
		Totals	8.00	8.224	0.004	155.054	1.508	0.000	0.013
		% of Calories			0.460%		73.346%	0.000%	1.368%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990444	Sauce, Teriyaki Glaze	0.000	1.667	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
902971	Red Pepper, Fresh	0.000	0.108	0.032	0.022	0.000	0.119	0.000	0.008	*N/A*
903126	Paprika	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
990482	SPICE RED PEPPER CRUSHED	0.000	0.021	0.042	0.008	0.000	0.113	0.000	0.004	0.000
		Totals	0.000	1.796	0.074	0.030	0.000	0.231	0.000	0.012
		% of Calories		87.330%		1.459%			*0.000*	*N/A*

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Lawrence Public Schools

USD 497

662 - Sausage Biscuit Sandwich (Chicken Sausage)

Number of Portions: 100.000

Size of Portion: 1biscuit,1sausa

*Nutrients are based upon 1 Portion Size

(1biscuit,1sausa)

Source: USD 497

Group Code: BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990387	Sausage, Chicken Patty	100 patty	42.52	80.999	1.519	303.745	0.000	*N/A*	6.075	0.000
902983	Biscuit Dough WG Frozen	100 biscuit	71.00	210.000	4.500	290.000	2.000	*N/A*	9.000	0.000
		Totals	114.00	290.999	6.019	593.745	2.000	*N/A*	15.075	0.000
		% of Calories			18.615%		2.749%	*N/A%*	46.624%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990387	Sausage, Chicken Patty	40.499	0.000	0.000	6.075	0.000	0.000	0.000	0.000	*N/A*	*N/A*
902983	Biscuit Dough WG Frozen	0.000	28.000	2.000	5.000	0.000	120.000	0.000	1.600	*N/A*	*N/A*
	Totals	40.499	28.000	2.000	11.075	0.000	120.000	0.000	1.600	*N/A*	*N/A*
	% of Calories		38.488%		15.223%						

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Lawrence Public Schools

USD 497

772 - Savory Seasoning (Chef Rick's)

Number of Portions: 1.000

Group Code: MISCELLANEOUS

Size of Portion: batch

*Nutrients are based upon 1 Portion Size (batch)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990346	ONION POWDER	1/2 cup	76.80	282.192	0.000	56.438	0.000	*N/A*	0.000
88	MUSTARD ,DRY	1/2 CUP	55.28	92.136	0.000	0.000	0.000	*N/A*	0.000
900359	Salt 25#	1 tbsp	18.25	0.000	0.000	7582.746	0.000	*N/A*	0.000
903122	Pepper, black ground	1 TBSP	6.40	0.141	0.000	0.000	0.000	*N/A*	0.000
		Totals	157.00	374.469	0.000	7639.185	0.000	*N/A*	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990346	ONION POWDER	0.000	56.438	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
88	MUSTARD ,DRY	0.000	9.214	0.000	9.214	0.000	92.136	0.000	1.658	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
903122	Pepper, black ground	0.000	0.038	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	0.000	65.690	0.000	9.214	0.000	92.136	0.000	1.658	*0.000*
	% of Calories		70.168%		9.842%					

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Lawrence Public Schools
USD 497

990252 - Scone, WGR Cinnamon Chip

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990471	Scone, WGR Cinnamon Chip	1 each	70.87	239.573	4.991	249.556	7.986	0.000	9.982	0.000
		Totals	71.00	239.573	4.991	249.556	7.986	0.000	9.982	0.000
		% of Calories			18.750%		13.334%	0.000%	37.500%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990471	Scone, WGR Cinnamon Chip	14.973	33.940	2.995	3.993	0.000	29.947	0.000	1.398	0.000	0.000
		Totals	14.973	33.940	2.995	3.993	29.947	0.000	1.398	0.000	0.000
		% of Calories		56.667%		6.667%					

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Lawrence Public Schools
USD 497

990253 - Scone, WGR Mixed Berry

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990472	Scone, WGR Mixed Berry	1 each	70.87	229.591	3.494	249.556	9.982	0.000	7.986	0.000
		Totals	71.00	229.591	3.494	249.556	9.982	0.000	7.986	0.000
		% of Calories			13.696%		17.391%	0.000%	31.304%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990472	Scone, WGR Mixed Berry	14.973	36.934	2.995	3.993	0.000	19.964	0.000	1.398	0.000	0.000
		Totals	14.973	36.934	2.995	3.993	19.964	0.000	1.398	0.000	0.000
		% of Calories		64.348%		6.957%					

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Lawrence Public Schools

USD 497

522 - Scrambled Eggs (P2)

Number of Portions: 37.000

Size of Portion: 1/2 cup

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

Source: USD 497

Group Code: BREAKFAST

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900427	Eggs Scramble	1 gal + 1 1/4 qt	124.87	140.977	3.021	151.047	2.014	*N/A*	9.063	0.000
		Totals	125.00	140.977	3.021	151.047	2.014	*N/A*	9.063	0.000
		% of Calories			19.283%		5.714%	*N/A%*	57.856%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900427	Eggs Scramble	347.407	3.021	0.000	12.084	0.000	60.419	0.000	1.813	0.000	0.000
		Totals	347.408	3.021	0.000	12.083	60.419	0.000	1.813	0.000	0.000
		% of Calories		8.570%		34.284%					

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Lawrence Public Schools
USD 497

990218 - Smoothie, Berry Banana

Number of Portions: 16.000

Size of Portion: 8 oz

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

Source: Yoplait
Group Code: ENTREES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990465	Yogurt, Strawberry (for parfaits)	1 Bag	113.40	100.352	0.000	50.176	11.039	0.000	0.502	0.000
900395	Juice apple 4 oz.	8 each (4 oz)	56.70	30.000	0.000	2.500	6.000	*N/A*	0.000	0.000
990466	BANANA FRESH TIP GREEN	2 LB + 4 oz	63.79	54.056	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	234.00	184.408	0.000	52.676	17.039	0.000	0.502	0.000
		% of Calories			0.000%		36.959%	0.000%	2.449%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990465	Yogurt, Strawberry (for parfaits)	0.000	20.070	0.000	3.011	0.000	120.423	0.000	0.000	0.000	0.000
900395	Juice apple 4 oz.	0.000	7.000	0.000	0.000	0.000	0.000	30.000	0.000	*N/A*	*N/A*
990466	BANANA FRESH TIP GREEN	0.000	14.595	1.622	0.541	0.000	3.243	0.000	0.168	0.000	0.000
		Totals	0.000	41.666	1.622	3.551	123.666	30.000	0.168	*0.000*	*N/A*
		% of Calories		90.377%		7.702%					

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Lawrence Public Schools

USD 497

990217 - Smoothie, Orange Dream

Number of Portions: 16.000

Size of Portion: 8 oz

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

Source: Yoplait
Group Code: ENTREES

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
900612	Yogurt for parfaits (lowfat vanilla)	4 LB	113.40	93.387	0.667	63.369	12.007	*N/A*	1.334	0.000
900648	APPLESAUCE, UNSWTND	4 CUP	61.00	25.000	0.000	5.000	4.500	*N/A*	0.000	0.000
990497	Juice, Orange Gallon	32 oz	56.70	27.325	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	231.00	145.711	0.667	68.369	16.507	0.000	1.334	0.000
		% of Calories			4.120%		45.314%	0.000%	8.240%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900612	Yogurt for parfaits (lowfat vanilla)	6.670	16.676	0.000	4.002	667.047	140.080	0.000	0.067	0.000	0.000
900648	APPLESAUCE, UNSWTND	0.000	6.500	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990497	Juice, Orange Gallon	0.000	6.603	0.000	0.455	0.000	6.148	0.000	0.073	0.000	0.000
	Totals	6.670	29.780	1.000	4.458	667.047	146.228	0.000	0.140	0.000	0.000
	% of Calories		81.750%		12.238%						

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Lawrence Public Schools

USD 497

990219 - Smoothie, Tropical Escape

Number of Portions: 16.000

Size of Portion: 8 oz

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

Source: Yoplait
Group Code: BREAKFAST

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
Ingredient	Quantity									
990389	Yogurt, Vanilla Parfait Pouch	1 Pouch	113.40	100.352	0.000	50.176	11.039	*N/A*	0.502	0.000
990466	BANANA FRESH TIP GREEN	2 LB + 4 oz	63.79	54.056	0.000	0.000	0.000	0.000	0.000	0.000
990467	Juice, Pineapple (bulk)	2 LB + 3 1/4 oz	62.49	36.740	0.000	0.000	8.083	0.000	0.000	0.000
		Totals	240.00	191.148	0.000	50.176	19.121	0.000	0.502	0.000
		% of Calories			0.000%		40.013%	0.000%	2.363%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
990389	Yogurt, Vanilla Parfait Pouch		0.000	20.070	0.000	3.011	0.000	120.423	0.000	0.000	*N/A*	*N/A*
990466	BANANA FRESH TIP GREEN		0.000	14.595	1.622	0.541	0.000	3.243	0.000	0.168	0.000	0.000
990467	Juice, Pineapple (bulk)		0.000	8.818	0.000	0.000	183.698	0.000	13.226	0.265	0.000	0.000
		Totals	0.000	43.483	1.622	3.551	183.698	123.666	13.226	0.432	*0.000*	*0.000*
		% of Calories		90.994%		7.431%						

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Lawrence Public Schools
USD 497

990139 - Snack Bar, Cinnamon Toast

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990402	Snack Bar, Cinnamon Toast	1 each	66.90	209.581	2.015	233.764	10.479	*N/A*	6.449	0.000
		Totals	67.00	209.581	2.015	233.764	10.479	*N/A*	6.449	0.000
		% of Calories			8.654%		20.000%	*N/A%*	27.693%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990402	Snack Bar, Cinnamon Toast	0.000	33.049	2.418	4.836	*N/A*	24.182	*N/A*	1.290	*N/A*	*N/A*
		Totals	0.000	33.049	2.418	4.836	24.182	*N/A*	1.290	*N/A*	*N/A*
		% of Calories		63.077%		9.230%					

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Lawrence Public Schools

USD 497

990274 - Soft Tacos

Number of Portions: 50.000

Group Code: ENTREES

Size of Portion: 2 tacos

*Nutrients are based upon 1 Portion Size (2 tacos)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900429	Ground Beef 81/19, raw	10 LB	90.40	282.499	6.457	60.536	0.000	*N/A*	16.950	0.000
990407	Local - Beef, Ground 81/19	10 LB	90.72	224.000	6.400	60.000	0.000	0.000	16.800	0.000
R-990271	Mexican Seasoning	1 3/4 cups	4.57	2.532	0.000	141.695	0.000	0.000	0.000	0.000
903122	Pepper, black ground	1 tsp	0.04	0.001	0.000	0.000	0.000	*N/A*	0.000	0.000
900359	Salt 25#	1 tsp	0.12	0.000	0.000	50.551	0.000	*N/A*	0.000	0.000
75010	WATER,COLD	2 1/2 CUP	12.00	0.000	0.000	0.360	0.000	*N/A*	0.000	0.000
990435	Tortilla, Flour, 6 inch	100 tortilla	123.60	364.733	3.039	952.357	4.053	4.053	9.118	0.000
900002	CHEESE BLEND, AMERICAN SHRD	3 LB + 2 oz	28.35	70.000	3.000	410.000	1.000	*N/A*	4.000	0.000
		Totals	350.00	943.765	18.897	1675.499	5.053	4.053	46.868	0.000
		% of Calories			18.020%		2.142%	1.718%	44.695%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900429	Ground Beef 81/19, raw	68.607	0.000	0.000	13.721	0.000	20.179	0.000	1.614	*N/A*	*N/A*
990407	Local - Beef, Ground 81/19	64.000	0.000	0.000	16.000	0.000	16.000	0.000	1.440	*N/A*	*N/A*
R-990271	Mexican Seasoning	0.000	0.506	0.000	0.000	0.000	0.000	0.000	0.000	*0.000*	*0.000*
903122	Pepper, black ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
75010	WATER,COLD	0.000	0.000	0.000	0.000	0.000	0.240	0.000	0.001	11.988	0.012
990435	Tortilla, Flour, 6 inch	0.000	60.789	2.026	8.105	0.000	230.997	0.000	4.053	*N/A*	*N/A*
900002	CHEESE BLEND, AMERICAN SHRD	15.000	2.000	0.000	7.000	750.000	200.000	0.000	0.000	0.000	0.000
	Totals	147.607	63.296	2.026	44.827	750.000	467.416	0.000	7.108	*11.988*	*0.012*
	% of Calories		26.827%		18.999%						

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Lawrence Public Schools
USD 497

990144 - Spaghetti w/ Meat Sauce

Number of Portions: 120.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990416	Spaghetti	15 LB	56.70	198.944	0.000	0.000	0.000	0.000	0.995	0.000
990417	Sauce, Marinara	1 #10 can	25.00	12.000	0.000	98.000	0.200	0.000	0.300	0.000
R-990184	Meat Sauce	1 recipe	131.50	212.562	4.036	331.835	0.600	0.000	11.494	0.000
Totals			213.00	423.506	4.036	429.835	0.800	0.000	12.788	0.000
% of Calories					8.576%		0.756%	0.000%	27.177%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990416	Spaghetti	0.000	41.778	1.989	6.963	0.000	0.000	0.000	1.790	*N/A*	*N/A*
990417	Sauce, Marinara	0.000	2.000	0.200	0.200	0.000	4.200	0.000	0.200	*N/A*	*N/A*
R-990184	Meat Sauce	42.879	6.000	0.600	9.176	0.000	25.212	0.000	1.609	*N/A*	*N/A*
Totals		42.879	49.778	2.789	16.339	0.000	29.412	0.000	3.599	*N/A*	*N/A*
% of Calories			47.015%		15.432%						

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Lawrence Public Schools

USD 497

366 - Spicy Chicken Sandwich

Number of Portions: 100.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: USD 497

Group Code: SANDWICHES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903209	CHICKEN Patty Breaded Spicy WG	100 each	113.00	220.000	1.000	370.000	0.000	0.000	7.000	0.000
903155	Bun, Hamburger	100 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
Totals			170.00	350.000	1.000	620.000	3.000	0.000	8.500	0.000
% of Calories					2.571%		3.429%	0.000%	21.857%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903209	CHICKEN Patty Breaded Spicy WG	50.000	19.000	2.000	20.000	0.000	14.000	0.000	2.000	*N/A*	*N/A*
903155	Bun, Hamburger	0.000	24.000	2.000	3.000	0.000	40.000	1.200	1.080	*N/A*	*N/A*
Totals		50.000	43.000	4.000	23.000	0.000	54.000	1.200	3.080	*N/A*	*N/A*
% of Calories			49.143%		26.286%						

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Lawrence Public Schools
USD 497

990262 - Spicy Chicken Sandwich - Elem

Number of Portions: 100.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: USD 497
Group Code: SANDWICHES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903209	CHICKEN Patty Breaded Spicy WG	100 each	113.00	220.000	1.000	370.000	0.000	0.000	7.000	0.000
903155	Bun, Hamburger	100 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
Totals			170.00	350.000	1.000	620.000	3.000	0.000	8.500	0.000
% of Calories					2.571%		3.429%	0.000%	21.857%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903209	CHICKEN Patty Breaded Spicy WG	50.000	19.000	2.000	20.000	0.000	14.000	0.000	2.000	*N/A*	*N/A*
903155	Bun, Hamburger	0.000	24.000	2.000	3.000	0.000	40.000	1.200	1.080	*N/A*	*N/A*
Totals		50.000	43.000	4.000	23.000	0.000	54.000	1.200	3.080	*N/A*	*N/A*
% of Calories			49.143%		26.286%						

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Lawrence Public Schools
USD 497

990187 - spinach flat leaf

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: cup

*Nutrients are based upon 1 Portion Size (cup)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903107	spinach flat leaf	1 cup	50.00	0.294	0.000	1.470	0.000	*N/A*	0.000	0.000
		Totals	50.00	0.294	0.000	1.470	0.000	*N/A*	0.000	0.000
		% of Calories			0.000%		0.000%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903107	spinach flat leaf	0.000	0.059	0.000	0.000	176.370	2.352	0.529	0.042	*N/A*	*N/A*
		Totals	0.000	0.059	0.000	176.370	2.352	0.529	0.042	*N/A*	*N/A*
		% of Calories		80.000%		0.000%					

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Lawrence Public Schools

USD 497

990260 - Spiral Mac n' Cheese

Number of Portions: 80.000

Group Code: ENTREES

Size of Portion: servings

*Nutrients are based upon 1 Portion Size (servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990475	Pasta, Cavatappi, Dry	1 bag (10 lbs)	56.70	202.496	0.000	0.000	0.000	1.012	0.000
990486	White Cheese Sauce	4 bag	113.40	292.640	14.632	1316.880	0.000	23.777	0.000
990346	ONION POWDER	2 tbsp	0.24	0.882	0.000	0.176	0.000	*N/A*	0.000
990487	Spice Garlic Powder	2 tbsp	0.24	0.000	0.000	0.000	0.000	0.000	0.000
990488	SAUCE TABASCO HOT	1 tbsp	0.18	0.000	0.000	0.044	0.000	0.000	0.000
	Totals		171.00	496.018	14.632	1317.100	0.000	24.790	0.000
	% of Calories				26.549%		0.000%	44.979%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990475	Pasta, Cavatappi, Dry	0.000	42.524	2.025	7.087	0.000	0.000	1.822	0.000	0.000
990486	White Cheese Sauce	73.160	1.829	0.000	16.461	0.000	466.395	0.000	0.000	0.000
990346	ONION POWDER	0.000	0.176	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
990487	Spice Garlic Powder	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
990488	SAUCE TABASCO HOT	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	73.160	44.530	2.025	23.548	0.000	466.395	0.000	1.822	*0.000*
	% of Calories		35.910%		18.990%					

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Lawrence Public Schools
USD 497

990338 - Steamed Carrots

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup serving

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
		Totals	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
		% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

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

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Lawrence Public Schools
USD 497

990258 - Steamed Edamame

Number of Portions: 1.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903179	Edamame / Soybeans	1/2 cup	63.00	75.000	0.375	3.750	1.500	*N/A*	3.000	0.000
900359	Salt 25#	1 dash	0.40	0.000	0.000	166.197	0.000	*N/A*	0.000	0.000
		Totals	63.00	75.000	0.375	169.947	1.500	*N/A*	3.000	0.000
		% of Calories			4.500%		8.000%	*N/A%*	36.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903179	Edamame / Soybeans	0.000	4.500	0.000	6.750	0.000	30.000	3.600	1.350	*N/A*	*N/A*
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
		Totals	0.000	4.500	0.000	6.750	30.000	3.600	1.350	*0.000*	*N/A*
		% of Calories		24.000%		36.000%					

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Lawrence Public Schools
USD 497

990214 - Strawberry frozen

Number of Portions: 2.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902950	Strawberry frozen	1 cup, thawed	110.50	39.464	0.000	0.000	7.104	*N/A*	0.000	0.000
		Totals	110.00	39.464	0.000	0.000	7.104	*N/A*	0.000	0.000
		% of Calories			0.000%		72.005%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902950	Strawberry frozen	0.000	10.261	2.368	0.000	0.000	15.786	42.621	0.568	*N/A*	*N/A*
		Totals	0.000	10.261	0.000	0.000	15.786	42.621	0.568	*N/A*	*N/A*
		% of Calories		104.001%	0.000%						

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Lawrence Public Schools
USD 497

990238 - Strawberry frozen 1/4 cup

Number of Portions: 4.000

Group Code: FRUIT

Size of Portion: 1/4 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902950	Strawberry frozen	1 cup, thawed	55.25	19.732	0.000	0.000	3.552	*N/A*	0.000	0.000
		Totals	55.00	19.732	0.000	0.000	3.552	*N/A*	0.000	0.000
		% of Calories			0.000%		72.005%	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902950	Strawberry frozen	0.000	5.130	1.184	0.000	0.000	7.893	21.311	0.284	*N/A*	*N/A*
		Totals	0.000	5.130	1.184	0.000	7.893	21.311	0.284	*N/A*	*N/A*
		% of Calories		104.002%		0.000%					

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Lawrence Public Schools
USD 497

990339 - Sugar Snap Peas

Number of Portions: 2.000

Size of Portion: 1/2 cup

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

Group Code: VEGETABLES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
		Totals	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
		% of Calories			*N/A%*		*N/A%*	*N/A%*	*N/A%*	*N/A%*

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

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Lawrence Public Schools

USD 497

1163 - Super Nachos

Number of Portions: 100.000

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Source: USD 497

Group Code: ENTREES

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
R-990272	Taco Meat	2 Recipe	197.85	509.033	12.857	313.142	0.000	0.000	33.750	0.000
900023	Refried Bean, Vegetarian	2 Bag + 1/4 Bag	19.31	71.127	0.000	162.577	0.000	0.000	1.270	0.000
903288	tortilla chips 2 oz package	100 bag (2 oz)	56.70	303.745	2.025	232.871	0.000	*N/A*	14.175	0.000
990409	Sauce, Cheese, Yellow Pouch	1 bag + 1/2 bag	45.08	72.703	3.272	210.838	0.000	0.000	5.089	0.000
		Totals	319.00	956.608	18.154	919.428	0.000	0.000	54.284	0.000
		% of Calories			17.079%		0.000%	0.000%	51.072%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990272	Taco Meat	132.607	0.507	0.000	29.721	0.000	36.419	0.000	3.055	*11.988*	*0.012*
900023	Refried Bean, Vegetarian	0.000	12.193	3.556	3.556	0.000	3.556	0.000	0.559	*N/A*	*N/A*
903288	tortilla chips 2 oz package	0.000	36.449	2.025	4.050	0.000	40.499	0.000	0.607	*N/A*	*N/A*
990409	Sauce, Cheese, Yellow Pouch	14.541	2.181	0.000	3.635	0.000	117.778	0.000	0.000	*N/A*	*N/A*
	Totals	147.148	51.330	5.581	40.962	0.000	198.253	0.000	4.221	*11.988*	*0.012*
	% of Calories		21.464%		17.128%						

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Lawrence Public Schools

USD 497

990223 - Super Nachos - Vegetarian

Number of Portions: 100.000

Source: USD 497

Group Code: ENTREES

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900023	Refried Bean, Vegetarian	4 Bag + 5/8 Bag	38.70	142.568	0.000	325.870	0.000	0.000	2.546	0.000
903288	tortilla chips 2 oz package	100 bag (2 oz)	56.70	303.745	2.025	232.871	0.000	*N/A*	14.175	0.000
990409	Sauce, Cheese, Yellow Pouch	1 bag + 1/2 bag	45.08	72.703	3.272	210.838	0.000	0.000	5.089	0.000
		Totals	140.00	519.016	5.297	769.579	0.000	0.000	21.810	0.000
		% of Calories			9.185%		0.000%	0.000%	37.819%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900023	Refried Bean, Vegetarian	0.000	24.440	7.128	7.128	0.000	7.128	0.000	1.120	*N/A*	*N/A*
903288	tortilla chips 2 oz package	0.000	36.449	2.025	4.050	0.000	40.499	0.000	0.607	*N/A*	*N/A*
990409	Sauce, Cheese, Yellow Pouch	14.541	2.181	0.000	3.635	0.000	117.778	0.000	0.000	*N/A*	*N/A*
	Totals	14.541	63.071	9.153	14.813	0.000	165.406	0.000	1.728	*N/A*	*N/A*
	% of Calories		48.608%		11.416%						

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Lawrence Public Schools

USD 497

990327 - SW Black Bean Rice Shaker

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 Fat² (g)
R-990185	Rice	1 #6 scoop	110.99	120.535	0.215	418.125	*0.000*	*0.000*	1.423	*0.002*
R-990355	Black Beans for SW Shaker	1 (1/2 cup serving)	157.63	131.549	0.080	202.396	1.799	0.000	1.591	0.000
902971	Red Pepper, Fresh	1/4 cup	56.70	15.558	0.000	1.729	0.000	0.000	0.000	0.000
900151	CORN FROZEN	1/2 cup	69.75	60.000	0.000	0.000	0.000	0.000	0.375	0.000
990452	Dressing, Jalapeno Ranch	1 oz	28.35	141.748	2.531	344.244	0.000	0.000	15.187	0.000
		Totals	423.00	469.389	2.826	966.494	*1.799*	*0.000*	18.576	*0.002*
		% of Calories			5.419%		*1.533%*	*0.000%*	35.617%	*0.004%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990185	Rice	0.000	24.876	1.025	2.657	0.000	8.575	0.000	0.443	*76.724*	*0.077*
R-990355	Black Beans for SW Shaker	0.000	23.733	6.315	6.823	22.986	61.091	13.782	1.799	*0.000*	*0.000*
902971	Red Pepper, Fresh	0.000	3.457	1.037	0.691	0.000	3.803	0.000	0.245	*N/A*	*N/A*
900151	CORN FROZEN	0.000	14.250	1.500	2.250	0.000	0.000	0.000	0.300	*N/A*	*N/A*
990452	Dressing, Jalapeno Ranch	10.125	2.025	0.000	1.012	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	10.125	68.341	9.877	13.434	22.986	73.469	13.782	2.787	*76.724*	*0.077*
	% of Calories		58.238%		11.448%						

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Lawrence Public Schools

USD 497

990354 - SW Chicken Wrap

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Wrap

*Nutrients are based upon 1 Portion Size (Wrap)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990502 Tortilla Wrap Cheddar Jalapeno 12	1 each	89.02	230.000	2.500	500.000	0.000	0.000	4.500	0.000
990415 Romaine, Whole Head	1/2 oz	14.17	2.551	0.000	0.000	0.167	0.000	0.000	0.000
990564 Cheese Cheddar Jack Fancy Shredded	1 oz	28.35	111.373	5.062	172.122	6.075	0.000	9.112	0.000
990503 Chicken Fajita Strips	2 oz	56.70	60.000	0.000	400.000	0.667	0.000	0.667	0.000
R-276 Black Bean and Corn Salsa	1 (1/4 cup)	69.30	59.854	0.041	75.627	*0.429*	*0.000*	0.810	0.000
990452 Dressing, Jalapeno Ranch	1 serving (1 oz)	28.35	141.748	2.531	344.244	0.000	0.000	15.187	0.000
	Totals	286.00	605.526	10.134	1491.993	*7.338*	*0.000*	30.276	0.000
	% of Calories			15.063%		*4.847%*	*0.000%*	45.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990502 Tortilla Wrap Cheddar Jalapeno 12	0.000	42.000	2.000	7.000	0.000	99.000	0.000	2.500	0.000	0.000
990415 Romaine, Whole Head	0.000	0.333	0.170	0.167	1083.943	3.402	0.595	0.180	*N/A*	*N/A*
990564 Cheese Cheddar Jack Fancy Shredded	25.312	1.012	0.000	6.075	0.000	200.471	0.000	0.101	0.000	0.000
990503 Chicken Fajita Strips	33.333	2.667	0.000	10.000	0.000	0.000	0.000	0.667	0.000	0.000
R-276 Black Bean and Corn Salsa	0.000	11.325	2.453	2.791	5.775	19.737	3.380	0.662	*1.263*	*0.005*
990452 Dressing, Jalapeno Ranch	10.125	2.025	0.000	1.012	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	68.770	59.362	4.623	27.046	1089.718	3.975	4.110	*1.263*	*0.005*
	% of Calories		39.214%		17.866%					

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Lawrence Public Schools

USD 497

990264 - Sweet & Sour Chicken & Rice

Number of Portions: 150.000

Group Code: ENTREES

Size of Portion: 6 oz. spoodle

*Nutrients are based upon 1 Portion Size (6 oz. spoodle)

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
Ingredient	Quantity									
990479	Chicken, Sweet & Sour w/ Sauce	1 case	131.54	184.158	0.658	263.083	11.839	0.000	3.946	0.000
R-990185	Rice	150 #6 scoop	110.99	120.535	0.215	418.125	*0.000*	*0.000*	1.423	*0.002*
902971	Red Pepper, Fresh	20 pepper	15.12	4.149	0.000	0.461	0.000	0.000	0.000	0.000
900464	Green Bell Pepper	20 pepper	15.12	2.554	0.000	4.086	0.409	*N/A*	0.000	0.000
990453	Onion, Yellow Jumbo	10 whole onion	9.87	2.933	0.000	0.267	0.600	0.000	0.000	0.000
900040	PINEAPPLE TIDBIT in juice	5 #10 CAN	100.17	50.084	0.000	0.000	0.000	*N/A*	0.000	0.000
		Totals	383.00	364.414	0.873	686.022	*12.847*	*0.000*	5.369	*0.002*
		% of Calories			2.155%		*14.102%*	*0.000%*	13.260%	*0.005%*

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
990479	Chicken, Sweet & Sour w/ Sauce		52.617	23.678	0.000	14.470	0.000	0.000	7.893	5.262	0.000	0.000
R-990185	Rice		0.000	24.876	1.025	2.657	0.000	8.575	0.000	0.443	*76.724*	*0.077*
902971	Red Pepper, Fresh		0.000	0.922	0.277	0.184	0.000	1.014	0.000	0.065	*N/A*	*N/A*
900464	Green Bell Pepper		0.000	0.613	0.204	0.102	20.432	2.043	11.646	0.074	*N/A*	*N/A*
990453	Onion, Yellow Jumbo		0.000	0.733	0.200	0.067	0.000	2.667	0.000	0.048	*N/A*	*N/A*
900040	PINEAPPLE TIDBIT in juice		0.000	12.163	1.431	0.715	0.000	7.155	0.000	0.000	*N/A*	*N/A*
		Totals	52.617	62.985	3.137	18.195	20.432	21.454	19.539	5.892	*76.724*	*0.077*
		% of Calories		69.136%		19.972%						

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Lawrence Public Schools

USD 497

990340 - Sweet & Sour Chicken w/ Fried Rice (Elem.)

Number of Portions: 175.000

Group Code: ENTREES

Size of Portion: 4 oz serving

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)	
990559	WG Vegetable Fried Rice	175 serving 1 cup	167.26	270.424	0.000	440.691	3.005	0.000	2.504	0.000
990479	Chicken, Sweet & Sour w/ Sauce	1 case	112.75	157.850	0.564	225.500	10.148	0.000	3.383	0.000
		Totals	280.00	428.274	0.564	666.191	13.152	0.000	5.886	0.000
		% of Calories			1.185%		12.284%	0.000%	12.370%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990559	WG Vegetable Fried Rice	0.000	54.085	4.006	6.009	0.000	10.016	0.000	0.701	0.000	0.000
990479	Chicken, Sweet & Sour w/ Sauce	45.100	20.295	0.000	12.403	0.000	0.000	6.765	4.510	0.000	0.000
	Totals	45.100	74.380	4.006	18.412	0.000	10.016	6.765	5.211	0.000	0.000
	% of Calories		69.469%		17.196%						

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Lawrence Public Schools

USD 497

990337 - Sweet & Sour Chicken w/ Fried Rice (MS/HS)

Number of Portions: 150.000

Group Code: ENTREES

Size of Portion: 6 oz. spoodle

*Nutrients are based upon 1 Portion Size (6 oz. spoodle)

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
	Ingredient	Quantity								
990559	WG Vegetable Fried Rice	150 serving 1 cup	167.26	270.424	0.000	440.691	3.005	0.000	2.504	0.000
902971	Red Pepper, Fresh	20 pepper	15.12	4.149	0.000	0.461	0.000	0.000	0.000	0.000
900464	Green Bell Pepper	20 pepper	15.12	2.554	0.000	4.086	0.409	*N/A*	0.000	0.000
990453	Onion, Yellow Jumbo	10 whole onion	9.87	2.933	0.000	0.267	0.600	0.000	0.000	0.000
900040	PINEAPPLE TIDBIT in juice	5 #10 CAN	100.17	50.084	0.000	0.000	0.000	*N/A*	0.000	0.000
990479	Chicken, Sweet & Sour w/ Sauce	1 case	131.54	184.158	0.658	263.083	11.839	0.000	3.946	0.000
		Totals	439.00	514.302	0.658	708.588	15.852	0.000	6.450	0.000
		% of Calories			1.151%		12.329%	0.000%	11.287%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990559	WG Vegetable Fried Rice	0.000	54.085	4.006	6.009	0.000	10.016	0.000	0.701	0.000	0.000
902971	Red Pepper, Fresh	0.000	0.922	0.277	0.184	0.000	1.014	0.000	0.065	*N/A*	*N/A*
900464	Green Bell Pepper	0.000	0.613	0.204	0.102	20.432	2.043	11.646	0.074	*N/A*	*N/A*
990453	Onion, Yellow Jumbo	0.000	0.733	0.200	0.067	0.000	2.667	0.000	0.048	*N/A*	*N/A*
900040	PINEAPPLE TIDBIT in juice	0.000	12.163	1.431	0.715	0.000	7.155	0.000	0.000	*N/A*	*N/A*
990479	Chicken, Sweet & Sour w/ Sauce	52.617	23.678	0.000	14.470	0.000	0.000	7.893	5.262	0.000	0.000
	Totals	52.617	92.194	6.118	21.548	20.432	22.895	19.539	6.150	*0.000*	*0.000*
	% of Calories		71.704%		16.759%						

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Lawrence Public Schools

USD 497

990269 - Sweet & Spicy Chicken Drumstick w/ Cornbread

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 Fat² (g)
990438	Chicken, Drumstick Glazed Cooked	1 each	143.17	233.421	3.112	544.649	1.556	1.556	12.449	0.000
990473	Cornbread Poppers	1 (6 each (2.5 eq grain))	86.75	302.615	7.061	403.486	10.087	8.070	16.139	0.000
R-990270	Sauce, Sweet Chili	1 TBSP	7.90	8.224	0.004	155.054	1.508	0.000	0.013	0.000
		Totals	238.00	544.260	10.178	1103.190	13.151	9.626	28.601	0.000
		% of Calories			16.830%		9.665%	7.075%	47.295%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990438	Chicken, Drumstick Glazed Cooked	140.053	3.112	0.000	26.454	0.000	0.000	0.000	0.934	*N/A*	*N/A*
990473	Cornbread Poppers	20.174	38.331	2.017	4.035	0.000	20.174	0.000	1.816	0.000	0.000
R-990270	Sauce, Sweet Chili	0.000	1.796	0.074	0.030	0.000	0.231	0.000	0.012	*0.000*	*N/A*
	Totals	160.227	43.239	2.091	30.519	0.000	20.405	0.000	2.761	*0.000*	*N/A*
	% of Calories		31.778%		22.430%						

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Lawrence Public Schools

USD 497

990272 - Taco Meat

Number of Portions: 50.000

Group Code: ENTREES

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 Fat² (g)
900429	Ground Beef 81/19, raw	10 LB	90.40	282.499	6.457	60.536	0.000	*N/A*	16.950	0.000
990407	Local - Beef, Ground 81/19	10 LB	90.72	224.000	6.400	60.000	0.000	0.000	16.800	0.000
R-990271	Mexican Seasoning	1 3/4 cups	4.57	2.532	0.000	141.695	0.000	0.000	0.000	0.000
903122	Pepper, black ground	1 tsp	0.04	0.001	0.000	0.000	0.000	*N/A*	0.000	0.000
900359	Salt 25#	1 tsp	0.12	0.000	0.000	50.551	0.000	*N/A*	0.000	0.000
75010	WATER,COLD	2 1/2 CUP	12.00	0.000	0.000	0.360	0.000	*N/A*	0.000	0.000
		Totals	198.00	509.033	12.857	313.142	0.000	0.000	33.750	0.000
		% of Calories			22.732%		0.000%	0.000%	59.672%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900429	Ground Beef 81/19, raw	68.607	0.000	0.000	13.721	0.000	20.179	0.000	1.614	*N/A*	*N/A*
990407	Local - Beef, Ground 81/19	64.000	0.000	0.000	16.000	0.000	16.000	0.000	1.440	*N/A*	*N/A*
R-990271	Mexican Seasoning	0.000	0.506	0.000	0.000	0.000	0.000	0.000	0.000	*0.000*	*0.000*
903122	Pepper, black ground	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
75010	WATER,COLD	0.000	0.000	0.000	0.000	0.000	0.240	0.000	0.001	11.988	0.012
	Totals	132.607	0.507	0.000	29.721	0.000	36.419	0.000	3.055	*11.988*	*0.012*
	% of Calories		0.398%		23.355%						

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Lawrence Public Schools
USD 497

1157 - Tater Tots

Number of Portions: 160.000

Group Code: VEGETABLES

Size of Portion: servings-9 per

*Nutrients are based upon 1 Portion Size (servings-9 per)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903300	tator tots	6 bag (5#)	85.05	134.833	1.037	373.384	0.000	*N/A*	7.260	0.000
		Totals	85.00	134.833	1.037	373.384	0.000	*N/A*	7.260	0.000
		% of Calories			6.923%		0.000%	*N/A%*	48.461%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903300	tator tots	0.000	16.595	1.037	1.037	0.000	0.000	0.000	0.000	*N/A*	*N/A*
		Totals	0.000	16.595	1.037	1.037	0.000	0.000	0.000	*N/A*	*N/A*
		% of Calories		49.231%		3.076%					

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Lawrence Public Schools
USD 497

990233 - Tater Tots 1/4 cup

Number of Portions: 320.000

Group Code: VEGETABLES

Size of Portion: servings-5 per

*Nutrients are based upon 1 Portion Size (servings-5 per)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903300	tator tots	6 bag (5#)	42.52	67.416	0.519	186.692	0.000	*N/A*	3.630	0.000
		Totals	43.00	67.416	0.519	186.692	0.000	*N/A*	3.630	0.000
		% of Calories			6.923%		0.000%	*N/A%*	48.462%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903300	tator tots	0.000	8.297	0.519	0.519	0.000	0.000	0.000	0.000	*N/A*	*N/A*
		Totals	0.000	8.297	0.519	0.000	0.000	0.000	0.000	*N/A*	*N/A*
		% of Calories		49.231%		3.079%					

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Lawrence Public Schools

USD 497

990324 - Teriyaki Beef w/ Fried Rice

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: 4 ea & 1 #6

*Nutrients are based upon 1 Portion Size (4 ea & 1 #6)

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
990559	WG Vegetable Fried Rice	1 serving 1 cup	167.26	270.424	0.000	440.691	3.005	0.000	2.504	0.000
990567	Teriyaki Beef Dippers	1 serving (4)	79.38	152.233	3.806	413.204	0.000	0.000	8.699	0.000
		Totals	247.00	422.657	3.806	853.894	3.005	0.000	11.203	0.000
		% of Calories			8.104%		2.844%	0.000%	23.855%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990559	WG Vegetable Fried Rice	0.000	54.085	4.006	6.009	0.000	10.016	0.000	0.701	0.000	0.000
990567	Teriyaki Beef Dippers	27.184	6.524	1.087	11.961	0.000	32.621	0.000	2.175	0.000	0.000
	Totals	27.184	60.609	5.094	17.971	0.000	42.637	0.000	2.876	0.000	0.000
	% of Calories		57.360%		17.008%						

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Lawrence Public Schools

USD 497

990162 - Teriyaki Chicken Dumplings

Number of Portions: 8.000

Group Code: ENTREES

Size of Portion: servings(6 per)

*Nutrients are based upon 1 Portion Size (servings(6 per))

	Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
990443	Dumpling, Chicken & Vegetable, WGR	1 bag	141.75	251.996	0.525	577.490	3.150	1.050	7.350	0.000
990444	Sauce, Teriyaki Glaze	2 (2 TBSP)	9.00	11.250	0.000	232.500	2.250	0.000	0.000	0.000
		Totals	151.00	263.246	0.525	809.990	5.400	1.050	7.350	0.000
		% of Calories			1.795%		8.205%	1.595%	25.128%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990443	Dumpling, Chicken & Vegetable, WGR	36.749	32.549	2.100	17.850	0.000	36.749	0.000	3.150	*N/A*	*N/A*
990444	Sauce, Teriyaki Glaze	0.000	2.500	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
	Totals	36.749	35.049	2.100	17.850	0.000	36.749	0.000	3.150	*N/A*	*N/A*
	% of Calories		53.257%		27.123%						

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Lawrence Public Schools
USD 497

990322 - Teriyaki Chicken Dumplings w/ Chicken Egg Roll

Number of Portions: 16.000

Group Code: ENTREES

Size of Portion: Serving

*Nutrients are based upon 1 Portion Size (Serving)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990443	Dumpling, Chicken & Vegetable, WGR	1 bag	70.87	125.998	0.262	288.745	1.575	0.525	3.675	0.000
990547	Chicken Egg Roll WG	16 serving (1)	85.05	160.091	1.001	390.223	2.001	1.001	5.003	0.000
990444	Sauce, Teriyaki Glaze	2 (2 TBSP)	4.50	5.625	0.000	116.250	1.125	0.000	0.000	0.000
Totals			160.00	291.714	1.263	795.217	4.701	1.526	8.678	0.000
% of Calories					3.897%		6.446%	2.092%	26.773%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990443	Dumpling, Chicken & Vegetable, WGR	18.375	16.275	1.050	8.925	0.000	18.375	0.000	1.575	*N/A*	*N/A*
990547	Chicken Egg Roll WG	35.020	19.011	3.002	10.006	50.029	40.023	7.004	1.601	0.000	0.000
990444	Sauce, Teriyaki Glaze	0.000	1.250	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
Totals		53.395	36.536	4.052	18.931	50.029	58.397	7.004	3.176	*0.000*	*0.000*
% of Calories			50.098%		25.958%						

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Lawrence Public Schools

USD 497

990317 - Three Cheese Egg Bites w/ Mini Bagel

Number of Portions: 24.000

Group Code: BREAKFAST

Size of Portion: Servings

*Nutrients are based upon 1 Portion Size (Servings)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990555	Mini Bagel, Plain	48 each	56.70	161.997	0.000	303.745	4.050	0.000	0.000
990570	Egg Scramble Mix	8 cup	75.60	85.353	1.829	91.450	0.000	0.000	5.487
990430	Cheese, Cottage 2%	4 cup	37.67	30.000	0.500	113.333	0.333	0.000	0.833
990564	Cheese Cheddar Jack Fancy Shredded	2 LB	37.80	148.497	6.750	229.496	8.100	0.000	12.150
990488	SAUCE TABASCO HOT	1 tsp	0.20	0.000	0.000	0.049	0.000	0.000	0.000
900359	Salt 25#	1 tsp	0.25	0.000	0.000	105.315	0.000	*N/A*	0.000
		Totals	208.00	425.848	9.079	843.388	12.483	0.000	18.470
		% of Calories			19.188%		11.725%	0.000%	39.035%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990555	0.000	32.399	0.000	6.075	0.000	0.000	0.000	3.402	0.000	0.000
990570	210.335	1.829	0.000	7.316	0.000	44.506	0.000	1.219	0.000	0.000
990430	5.000	1.667	0.000	4.333	0.000	33.333	0.000	0.000	*N/A*	*N/A*
990564	33.749	1.350	0.000	8.100	0.000	267.295	0.000	0.135	0.000	0.000
990488	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900359	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
	Totals	249.084	37.245	0.000	25.824	0.000	345.134	0.000	4.756	*0.000*
	% of Calories		34.984%		24.257%					

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Lawrence Public Schools
USD 497

990189 - Tomatoes 5x6 Layer

Number of Portions: 2.000

Group Code: VEGETABLES

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900471	Tomatoes 5x6 Layer	1 CUP ,chop/slice	90.00	15.203	0.000	12.162	1.824	*N/A*	0.608	0.000
		Totals	90.00	15.203	0.000	12.162	1.824	*N/A*	0.608	0.000
		% of Calories			0.000%		47.991%	*N/A%*	35.999%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900471	Tomatoes 5x6 Layer	0.000	3.041	0.608	0.608	608.106	12.162	14.595	0.438	*N/A*	*N/A*
		Totals	0.000	3.041	0.608	608.106	12.162	14.595	0.438	*N/A*	*N/A*
		% of Calories		79.997%		15.997%					

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Lawrence Public Schools

USD 497

990103 - Tomatoes, Cherry 1/2 cup

Number of Portions: 2.000

Size of Portion: 1/2 cup

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

Source: Mosaic

Group Code: VEGETABLES

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900012	Tomatoes, Cherry	1/2 cup	42.52	7.654	0.000	2.126	*N/A*	0.000	0.000
990410	LOCAL- TOMATO, CHERRY	1/2 cup	42.52	7.654	0.000	2.126	0.000	0.000	0.000
		Totals	85.00	15.309	0.000	4.252	*0.000*	0.000	0.000
		% of Calories			0.000%		*0.000%*	0.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900012	Tomatoes, Cherry	0.000	1.667	0.510	0.383	340.194	4.252	5.358	0.077	*N/A*
990410	LOCAL- TOMATO, CHERRY	0.000	1.667	0.510	0.383	340.194	4.252	5.358	0.077	*N/A*
		Totals	0.000	3.334	1.021	0.765	680.388	8.505	10.716	0.153
		% of Calories		87.110%		19.988%				

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Lawrence Public Schools

USD 497

990221 - Turkey & Cheese Hoagie

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990441 ROLL HOAGIE WG	1 each	56.70	149.208	0.000	258.627	0.995	0.000	1.492	0.000
900009 Turkey, Breast Extra Lean Roasted, Sliced	4 slice	56.70	48.050	0.000	624.652	0.961	*N/A*	0.481	0.000
900372 Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	*N/A*	9.112	0.000
903113 Cheese, cheddar mild sliced	2 slice	42.00	160.000	8.000	270.000	*N/A*	*N/A*	14.000	0.000
903114 cheese, provolone sliced .75 oz	2 slice	56.70	186.667	9.333	480.000	0.000	*N/A*	16.000	0.000
	Totals	240.00	645.173	22.396	2139.522	*1.956*	*0.000*	41.085	0.000
	% of Calories			31.242%		*1.213%*	*0.000%*	57.313%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990441 ROLL HOAGIE WG	0.000	27.852	2.984	4.974	0.000	39.789	0.000	1.691	*N/A*	*N/A*
900009 Turkey, Breast Extra Lean Roasted, Sliced	24.025	0.961	0.000	10.571	0.000	0.000	0.000	0.384	0.000	0.000
900372 Cheese, Sliced, American Yellow Style	25.312	2.025	0.000	5.062	0.000	131.623	0.000	0.101	*N/A*	*N/A*
903113 Cheese, cheddar mild sliced	40.000	0.000	0.000	10.000	600.000	300.000	0.000	0.000	*N/A*	*N/A*
903114 cheese, provolone sliced .75 oz	40.000	0.000	0.000	13.333	0.000	424.000	0.000	0.000	*N/A*	*N/A*
	Totals	129.337	30.838	2.984	43.940	895.412	0.000	2.177	*0.000*	*N/A*
	% of Calories		19.119%		27.242%					

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Lawrence Public Schools

USD 497

306 - TURKEY & CHEESE SANDWICH

Number of Portions: 1.000

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

Source: USD 497

Group Code: SANDWICHES

			Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
Ingredient	Quantity									
903156	Bread, White Whole Grain	1 (2 slices)	56.00	140.000	0.000	230.000	2.000	*N/A*	1.000	0.000
900009	Turkey, Breast Extra Lean Roasted, Sliced	4 slice	56.70	48.050	0.000	624.652	0.961	*N/A*	0.481	0.000
900372	Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	*N/A*	9.112	0.000
903113	Cheese, cheddar mild sliced	2 slice	42.00	160.000	8.000	270.000	*N/A*	*N/A*	14.000	0.000
903114	cheese, provolone sliced .75 oz	2 slice	56.70	186.667	9.333	480.000	0.000	*N/A*	16.000	0.000
		Totals	240.00	635.965	22.396	2110.895	*2.961*	*N/A*	40.593	0.000
		% of Calories			31.694%		*1.862%*	*N/A%*	57.446%	0.000%

			Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
Ingredient												
903156	Bread, White Whole Grain		0.000	28.000	2.000	6.000	0.000	40.000	0.000	1.440	*N/A*	*N/A*
900009	Turkey, Breast Extra Lean Roasted, Sliced		24.025	0.961	0.000	10.571	0.000	0.000	0.000	0.384	0.000	0.000
900372	Cheese, Sliced, American Yellow Style		25.312	2.025	0.000	5.062	0.000	131.623	0.000	0.101	*N/A*	*N/A*
903113	Cheese, cheddar mild sliced		40.000	0.000	0.000	10.000	600.000	300.000	0.000	0.000	*N/A*	*N/A*
903114	cheese, provolone sliced .75 oz		40.000	0.000	0.000	13.333	0.000	424.000	0.000	0.000	*N/A*	*N/A*
		Totals	129.337	30.986	2.000	44.967	600.000	895.623	0.000	1.926	*0.000*	*N/A*
		% of Calories		19.489%		28.283%						

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Lawrence Public Schools

USD 497

990280 - Turkey and Cheese on Hamburger Bun

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903155 Bun, Hamburger	1 bun (2 oz)	57.00	130.000	0.000	250.000	3.000	*N/A*	1.500	0.000
900009 Turkey, Breast Extra Lean Roasted, Sliced	4 slice	56.70	48.050	0.000	624.652	0.961	*N/A*	0.481	0.000
900372 Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	*N/A*	9.112	0.000
903113 Cheese, cheddar mild sliced	2 slice	42.00	160.000	8.000	270.000	*N/A*	*N/A*	14.000	0.000
903114 cheese, provolone sliced .75 oz	2 slice	56.70	186.667	9.333	480.000	0.000	*N/A*	16.000	0.000
	Totals	241.00	625.965	22.396	2130.895	*3.961*	*N/A*	41.093	0.000
	% of Calories			32.200%		*2.531%*	*N/A%*	59.083%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903155 Bun, Hamburger	0.000	24.000	2.000	3.000	0.000	40.000	1.200	1.080	*N/A*	*N/A*
900009 Turkey, Breast Extra Lean Roasted, Sliced	24.025	0.961	0.000	10.571	0.000	0.000	0.000	0.384	0.000	0.000
900372 Cheese, Sliced, American Yellow Style	25.312	2.025	0.000	5.062	0.000	131.623	0.000	0.101	*N/A*	*N/A*
903113 Cheese, cheddar mild sliced	40.000	0.000	0.000	10.000	600.000	300.000	0.000	0.000	*N/A*	*N/A*
903114 cheese, provolone sliced .75 oz	40.000	0.000	0.000	13.333	0.000	424.000	0.000	0.000	*N/A*	*N/A*
	Totals	129.337	26.986	41.967	600.000	895.623	1.200	1.566	*0.000*	*0.000*
	% of Calories		17.244%	26.817%						

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Lawrence Public Schools

USD 497

990281 - Turkey and Cheese on Pretzel Bun

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903316 Pretzel Bun, WW	1 each	62.37	160.952	1.006	40.238	2.012	*N/A*	2.515	0.000
900009 Turkey, Breast Extra Lean Roasted, Sliced	4 slice	56.70	48.050	0.000	624.652	0.961	*N/A*	0.481	0.000
900372 Cheese, Sliced, American Yellow Style	2 slice	28.35	101.249	5.062	506.243	0.000	*N/A*	9.112	0.000
903113 Cheese, cheddar mild sliced	2 slice	42.00	160.000	8.000	270.000	*N/A*	*N/A*	14.000	0.000
903114 cheese, provolone sliced .75 oz	2 slice	56.70	186.667	9.333	480.000	0.000	*N/A*	16.000	0.000
	Totals	246.00	656.917	23.402	1921.133	*2.973*	*N/A*	42.108	0.000
	% of Calories			32.061%		*1.810%*	*N/A%*	57.689%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903316 Pretzel Bun, WW	0.000	29.173	3.018	5.030	0.000	20.119	0.000	1.811	*N/A*	*N/A*
900009 Turkey, Breast Extra Lean Roasted, Sliced	24.025	0.961	0.000	10.571	0.000	0.000	0.000	0.384	0.000	0.000
900372 Cheese, Sliced, American Yellow Style	25.312	2.025	0.000	5.062	0.000	131.623	0.000	0.101	*N/A*	*N/A*
903113 Cheese, cheddar mild sliced	40.000	0.000	0.000	10.000	600.000	300.000	0.000	0.000	*N/A*	*N/A*
903114 cheese, provolone sliced .75 oz	40.000	0.000	0.000	13.333	0.000	424.000	0.000	0.000	*N/A*	*N/A*
	Totals	129.337	32.159	43.997	600.000	875.742	0.000	2.296	*0.000*	*0.000*
	% of Calories		19.581%		26.790%					

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Lawrence Public Schools

USD 497

990279 - Turkey and Cheese Sandwich Recipes

Number of Portions: 1.000

Group Code: SANDWICHES

Size of Portion: Sandwich

*Nutrients are based upon 1 Portion Size (Sandwich)

	Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
R-990221	Turkey & Cheese Hoagie	1 each	240.45	645.173	22.396	2139.522	*1.956*	*0.000*	41.085	0.000
R-306	TURKEY & CHEESE SANDWICH	1 Sandwich	239.75	635.965	22.396	2110.895	*2.961*	*N/A*	40.593	0.000
R-990280	Turkey and Cheese on Hamburger Bun	1 Sandwich	240.75	625.965	22.396	2130.895	*3.961*	*N/A*	41.093	0.000
R-990281	Turkey and Cheese on Pretzel Bun	1 Sandwich	246.12	656.917	23.402	1921.133	*2.973*	*N/A*	42.108	0.000
		Totals	967.00	2564.020	90.589	8302.445	*11.851*	*0.000*	164.879	0.000
		% of Calories			31.798%		*1.849%*	*0.000%*	57.874%	0.000%

	Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-990221	Turkey & Cheese Hoagie	129.337	30.838	2.984	43.940	600.000	895.412	0.000	2.177	*0.000*	*N/A*
R-306	TURKEY & CHEESE SANDWICH	129.337	30.986	2.000	44.967	600.000	895.623	0.000	1.926	*0.000*	*N/A*
R-990280	Turkey and Cheese on Hamburger Bun	129.337	26.986	2.000	41.967	600.000	895.623	1.200	1.566	*0.000*	*0.000*
R-990281	Turkey and Cheese on Pretzel Bun	129.337	32.159	3.018	43.997	600.000	875.742	0.000	2.296	*0.000*	*0.000*
	Totals	517.348	120.969	10.002	174.871	2400.000	3562.400	1.200	7.965	*0.000*	*0.000*
	% of Calories		18.872%		27.281%						

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Lawrence Public Schools

USD 497

990346 - Un-Crustable & Sting Cheese (CACFP)

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: Each

*Nutrients are based upon 1 Portion Size (Each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903328	Uncrustable, 2.6 oz, WG (1/1)	1 each	73.71	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
900016	Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
		Totals	102.00	380.000	7.000	480.000	15.000	*N/A*	22.000	0.000
		% of Calories			16.579%		15.789%	*N/A%*	52.105%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903328	Uncrustable, 2.6 oz, WG (1/1)	0.000	32.000	4.000	9.000	0.000	40.000	0.000	1.080	*N/A*	*N/A*
900016	Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	200.000	200.000	0.000	0.000	0.000	0.000
		Totals	15.000	32.000	4.000	15.000	240.000	0.000	1.080	*0.000*	*N/A*
		% of Calories		33.684%		15.789%					

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Lawrence Public Schools
USD 497

990309 - UnCrustable & String Cheese (SFSP) 2024

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903328	UnCrustable, 2.6 oz, WG (1/1)	1 each	73.71	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
900016	Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
		Totals	102.00	380.000	7.000	480.000	15.000	*N/A*	22.000	0.000
		% of Calories			16.579%		15.789%	*N/A%*	52.105%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903328	UnCrustable, 2.6 oz, WG (1/1)	0.000	32.000	4.000	9.000	0.000	40.000	0.000	1.080	*N/A*	*N/A*
900016	Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	200.000	200.000	0.000	0.000	0.000	0.000
		Totals	15.000	32.000	4.000	15.000	240.000	0.000	1.080	*0.000*	*N/A*
		% of Calories		33.684%		15.789%					

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Lawrence Public Schools

USD 497

990312 - Uncrustable (ES/MS Field Trips Only)

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903328	Uncrustable, 2.6 oz, WG (1/1)	1 each	73.71	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
		Totals	74.00	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
		% of Calories			10.500%		20.000%	*N/A%*	48.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903328	Uncrustable, 2.6 oz, WG (1/1)	0.000	32.000	4.000	9.000	0.000	40.000	0.000	1.080	*N/A*	*N/A*
		Totals	0.000	32.000	4.000	9.000	40.000	0.000	1.080	*N/A*	*N/A*
		% of Calories		42.667%		12.000%					

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Lawrence Public Schools

USD 497

990130 - Uncrustable + String Cheese (SFSP) 2023

Number of Portions: 1.000

Group Code: ENTREES

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903328	Uncrustable, 2.6 oz, WG (1/1)	1 each	73.71	300.000	3.500	280.000	15.000	*N/A*	16.000	0.000
900016	Cheese, string 1 oz 2023	1 string cheese stick	28.00	80.000	3.500	200.000	0.000	*N/A*	6.000	0.000
Totals			102.00	380.000	7.000	480.000	15.000	*N/A*	22.000	0.000
% of Calories					16.579%		15.789%	*N/A%*	52.105%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903328	Uncrustable, 2.6 oz, WG (1/1)	0.000	32.000	4.000	9.000	0.000	40.000	0.000	1.080	*N/A*	*N/A*
900016	Cheese, string 1 oz 2023	15.000	0.000	0.000	6.000	200.000	200.000	0.000	0.000	0.000	0.000
Totals		15.000	32.000	4.000	15.000	200.000	240.000	0.000	1.080	*0.000*	*N/A*
% of Calories			33.684%		15.789%						

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Lawrence Public Schools
USD 497

1287 - Waffles, Mini, WG Ind

Number of Portions: 72.000

Group Code: BREAKFAST

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903349	Waffle, Mini, WG Ind.	1 case	70.02	186.138	0.886	150.683	10.636	*N/A*	5.318	0.000
		Totals	70.00	186.138	0.886	150.683	10.636	*N/A*	5.318	0.000
		% of Calories			4.286%		22.856%	*N/A%*	25.714%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903349	Waffle, Mini, WG Ind.	0.000	32.796	1.773	2.659	0.000	17.727	0.000	1.276	*N/A*	*N/A*
		Totals	0.000	32.796	1.773	2.659	17.727	0.000	1.276	*N/A*	*N/A*
		% of Calories		70.476%		5.714%					

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Lawrence Public Schools
USD 497

990204 - Watermelon, raw

Number of Portions: 1.000

Group Code: FRUIT

Size of Portion: 1/2 cup

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902214	Watermelon, raw	3 1/4 oz	92.14	26.325	0.000	0.000	*N/A*	*N/A*	0.000	0.000
		Totals	92.00	26.325	0.000	0.000	*N/A*	*N/A*	0.000	0.000
		% of Calories			0.000%		*N/A%*	*N/A%*	0.000%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902214	Watermelon, raw	0.000	6.910	0.329	0.329	493.585	6.581	4.936	0.237	*N/A*	*N/A*
		Totals	0.000	6.910	0.329	493.585	6.581	4.936	0.237	*N/A*	*N/A*
		% of Calories		104.998%		4.999%					

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Lawrence Public Schools
USD 497

990316 - WG Donut Ring

Number of Portions: 1.000

Group Code: BREAKFAST

Size of Portion: Donut

*Nutrients are based upon 1 Portion Size (Donut)

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990549	Donut Ring WG	1 each	69.46	231.521	3.523	332.182	6.040	0.000	9.060	0.000
990550	Honey Glaze for Donut	1 tbsp	21.00	75.000	0.500	0.000	16.500	0.000	1.000	0.000
Totals			90.00	306.521	4.023	332.182	22.540	0.000	10.060	0.000
% of Calories					11.813%		29.414%	0.000%	29.536%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990549	Donut Ring WG	0.000	32.212	3.020	5.033	0.000	20.132	0.000	1.510	0.000	0.000
990550	Honey Glaze for Donut	0.000	17.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Totals		0.000	49.212	3.020	5.033	0.000	20.132	0.000	1.510	0.000	0.000
% of Calories			64.220%		6.568%						

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Lawrence Public Schools

USD 497

990277 - Whole Wheat Rolls, Breadsticks, and Buns 51%

Number of Portions: 50.000

Source: KSDE

Group Code: BREAD/ROLLS/STARCH

Size of Portion: 2 oz

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

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
990493	Flour, White Whole Wheat	1 LB + 14 oz	17.01	56.699	0.000	0.000	0.000	0.000	0.283	0.000
990494	Flour, All Purpose	1 LB + 12 oz	15.88	58.211	0.000	0.000	0.000	0.000	0.265	0.000
900405	Milk, Instant Dry Non-Fat	4 oz	2.27	8.124	0.011	12.444	*N/A*	*N/A*	0.016	*N/A*
900195	Sugar Granulated	6 oz	3.40	13.166	0.000	0.034	*N/A*	*N/A*	0.000	*N/A*
900367	Yeast Instant Dry	2 oz	1.13	3.780	0.000	0.472	0.000	0.000	0.094	0.000
900359	Salt 25#	1 oz	0.57	0.000	0.000	235.580	0.000	*N/A*	0.000	0.000
902131	VEGETABLE OIL	7 oz	3.97	34.019	0.283	0.000	0.000	*N/A*	3.969	0.000
75012	WATER,HOT	1 qt + 2 tbsp	19.80	0.000	0.000	0.594	0.000	*N/A*	0.000	0.000
Totals			64.00	173.998	0.294	249.125	*0.000*	*0.000*	4.628	*0.000*
% of Calories					1.521%		*0.000%*	*0.000%*	23.937%	*0.000%*

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990493	Flour, White Whole Wheat	0.000	11.907	1.701	2.268	0.000	0.000	0.000	0.612	0.000	0.000
990494	Flour, All Purpose	0.000	11.642	0.000	1.588	0.000	0.000	0.000	0.688	0.000	0.000
900405	Milk, Instant Dry Non-Fat	0.415	1.184	0.000	0.796	53.751	27.914	0.127	0.007	0.090	0.182
900195	Sugar Granulated	0.000	3.399	0.000	0.000	0.000	0.034	0.000	0.002	0.000	0.000
900367	Yeast Instant Dry	0.000	0.472	0.283	0.472	0.000	0.378	0.000	0.025	0.000	0.000
900359	Salt 25#	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
902131	VEGETABLE OIL	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
75012	WATER,HOT	0.000	0.000	0.000	0.000	0.000	0.396	0.000	0.002	19.780	0.020
Totals		0.415	28.604	1.984	5.124	53.751	28.722	0.127	1.336	*19.870*	*N/A*
% of Calories			65.756%		11.779%						

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Lawrence Public Schools

USD 497

990147 - Yogurt & Grahams Bundle

Number of Portions: 30.000

Group Code: ENTREES

Size of Portion: bundles

*Nutrients are based upon 1 Portion Size (bundles)

Ingredient	Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)	
990424	Yogurt, Cherry	10 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
990425	Yogurt, Raspberry	10 each	37.80	26.761	0.000	21.743	1.673	0.000	0.167	0.000
903272	Yogurt, Strawberry & Banana	10 each	37.80	26.667	0.000	21.667	1.667	0.000	0.167	0.000
990423	Cracker, Graham, Tiger Bites	30 each	28.35	121.498	1.012	101.248	8.100	0.000	4.050	0.000
		Totals	142.00	201.686	1.013	166.401	13.112	0.000	4.551	0.000
		% of Calories			4.518%		26.005%	0.000%	20.309%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
990424	Yogurt, Cherry	0.000	5.018	0.000	1.338	0.000	46.831	0.000	0.000	*N/A*	*N/A*
990425	Yogurt, Raspberry	0.000	5.018	0.000	1.338	0.000	46.831	0.000	0.000	*N/A*	*N/A*
903272	Yogurt, Strawberry & Banana	0.000	5.000	0.000	1.333	0.000	46.667	0.000	0.000	*N/A*	*N/A*
990423	Cracker, Graham, Tiger Bites	0.000	21.262	1.012	2.025	0.000	0.000	0.000	0.810	*N/A*	*N/A*
	Totals	0.000	36.297	1.012	6.034	0.000	140.329	0.000	0.810	*N/A*	*N/A*
	% of Calories		71.988%		11.967%						

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Lawrence Public Schools

USD 497

1028 - Yogurt Parfait

Number of Portions: 1.000

Size of Portion: parfait

*Nutrients are based upon 1 Portion Size (parfait)

Source: USD 497

Group Code: ENTREES

Ingredient		Quantity	Weight (g)	Calories¹ (kcal)	Sat Fat¹ (g)	Sodium¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat² (g)
900612	Yogurt for parfaits (lowfat vanilla)	8 oz	226.80	186.773	1.334	126.739	24.014	*N/A*	2.668	0.000
R-931	Yogurt parfait fruit	1 (2 oz)	56.70	25.345	0.000	1.524	4.512	*N/A*	0.135	0.000
990390	Granola, Bulk	2 oz	56.70	215.065	0.000	92.869	0.000	*N/A*	0.000	0.000
		Totals	340.00	427.183	1.334	221.132	28.526	*N/A*	2.803	0.000
		% of Calories			2.811%		26.711%	*N/A%*	5.906%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900612	Yogurt for parfaits (lowfat vanilla)	13.341	33.352	0.000	8.005	1334.094	280.160	0.000	0.133	0.000	0.000
R-931	Yogurt parfait fruit	0.000	6.184	1.097	0.000	45.725	2.700	7.959	0.097	*0.000*	*N/A*
990390	Granola, Bulk	0.000	46.923	3.910	4.888	0.000	0.000	0.000	1.408	*N/A*	*N/A*
	Totals	13.341	86.460	5.007	12.892	1379.819	282.860	7.959	1.638	*0.000*	*N/A*
	% of Calories		80.958%		12.072%						

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Lawrence Public Schools

USD 497

912 - Yogurt Parfait w/Granola SFSP 2023

Number of Portions: 1.000

Size of Portion: parfait&granola

*Nutrients are based upon 1 Portion Size
(parfait&granola)

Source: USD 497

Group Code: ENTREES

Ingredient		Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Total Fat (g)	Trans Fat ² (g)
R-931	Yogurt parfait fruit	1 (2 oz)	56.70	25.345	0.000	1.524	4.512	*N/A*	0.135	0.000
990389	Yogurt, Vanilla Parfait Pouch	4 oz	113.40	100.352	0.000	50.176	11.039	*N/A*	0.502	0.000
990390	Granola, Bulk	2 oz	56.70	215.065	0.000	92.869	0.000	*N/A*	0.000	0.000
Totals			227.00	340.762	0.000	144.569	15.551	*N/A*	0.637	0.000
% of Calories					0.000%		18.254%	*N/A%*	1.682%	0.000%

Ingredient		Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
R-931	Yogurt parfait fruit	0.000	6.184	1.097	0.000	45.725	2.700	7.959	0.097	*0.000*	*N/A*
990389	Yogurt, Vanilla Parfait Pouch	0.000	20.070	0.000	3.011	0.000	120.423	0.000	0.000	*N/A*	*N/A*
990390	Granola, Bulk	0.000	46.923	3.910	4.888	0.000	0.000	0.000	1.408	*N/A*	*N/A*
Totals		0.000	73.178	5.007	7.898	45.725	123.123	7.959	1.505	*0.000*	*N/A*
% of Calories			85.899%		9.271%						

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