

OVEC Food & Beverage (July - December 2011)															
Nutrikids Recipe #	Description	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Carb g	Fiber g	Protein g	Chol mg	Sodium mg	Iron mg	Calcium mg	Vit A IU	Vit C mg
4485	BID/APPLE BOSCO STICK, 7"	Bosco 2172	EACH	190	1.5	0	39	2	5	0	170	1.8	20	0	0
4323	BID/APPLES, SLICES	SUNRICH 1205082	1/2 CUP	62	0	0	17	4	0	0	0	0.36	0	100	4.8
1945	BID/APPLESAUCE, CANNED	KNOUSE	1/2 CUP	98	0.23	0.04	25.61	1.54	0.23	0	4	0.45	5.15	14	2.19
4471	BID/BACON	TYSON 209146	1 SLICE	27	2	0.67	0	0	1.67	3	107	0	0	0	0
4473	BID/BACON BITS, IMITATION	SYSCO	1 OZ	121	4.05	0	8.1	4.05	12.15	0	506	2.92	81	0	0
3865	BID/BACON, ROUND SLICE	AE 29344	EACH	35	3	1	0	0	3	10	190	0	0	0	0
3575	BID/BAGEL, PLAIN	LENDERS 800720	EACH	160	1.5	0	31	1	6	0	280	0.36	20	0	0
4993	BID/BAR, CEREAL, APPLE CINNAMON	FLOWERS 27041212	EACH (1.3 OZ)	150	3.5	0	27	1	2	0	125	1.08	300	0	0
4674	BID/BAR, CEREAL, RICE KRISPIE, BERRY	KELLOGGS 54937	EACH (1.27 OZ)	140	3	0.5	27	3	2	0	105	0.72	100	500	0
4675	BID/BAR, CEREAL, RICE KRISPIE, COCOA	KELLOGGS 48399	EACH	150	4	1	26	3	2	0	135	0.72	100	500	0
4992	BID/BAR, CEREAL, STRAWBERRY	FLOWERS 27041242	EACH (1.3 OZ)	150	3.5	0	28	1	2	0	140	1.08	300	0	0
4487	BID/BARBEQUE SAUCE	HEINZ 533800	EACH (12 GRAM)	10	0	0	3	0	0	0	160	0	0	100	0
4087	BID/BARBEQUE SAUCE CUP	KRAFT 39709	EACH (1 OZ)	45	0	0	10	0	0	0	240	0.72	0	0	0
4481	BID/BARBEQUE SAUCE, 4/1 GAL	KENS 849	1 OZ	33	0	0	7.5	0	0	0	392	0.3	0	83	0
4132	BID/BASE, CHICKEN, LOW SODIUM	MINOR 462	1 TSP	17	0.68	0.17	1.87	0.11	1.13	3	131	0	5.66	6	0
187	BID/BEANS, BLACK	SYSCO	1/2 CUP	102	0.5	0	19	8	6	0	310	1.8	40	100	0
4670	BID/BEANS, REFRIED,VEGETARIAN	BASIC AM 54914	1/2 CUP	160	1.71	0.57	27.43	9.14	9.14	0	597	2.27	58.97	0	2.74
4540	BID/BEEF CRUMBLES	ADVANCE 1-320630-20	2.19 OZ	100	6	2.5	1	1	11	20	290	1.44	20	0	0
4054	BID/BEEF CRUMBLES	JTM 5874	2.3 OZ	129	8	3.1	2	1	12	41	113	2	30	32	0
4690	BID/BEEF DIPPER W/TERIYAKI	PIERRE 3740	4 EACH	161	9.04	3.52	6.03	0	14.07	35	442	1.45	20.1	0	0
4038	BID/BEEF PATTY W/ APPLESAUCE	ADVANCE 155-425-20	EACH	120	7	2.5	2	1	14	35	270	1.8	20	100	1.2
3694	BID/BEEF PATTY W/ ONION	PIERRE 3779	EACH (2.6 OZ)	140	9	3.5	2	0	12	40	300	1.44	20	0	1.2
5010	BID/BEEF PATTY	JTM 5662	EACH (3 OZ)	177	11	4.4	2	2	17	47	331	2	46	0	0
3705	BID/BEEF PATTY, CHAR BROILED	PIERRE 80124	EACH	170	13	5	1	1	12	40	270	1.8	20	100	0
4688	BID/BEEF PATTY, CHAR BROILED	TYSON 9779	EACH	130	8	3	0	0	15	45	135	1.44	0	0	0
4444	BID/BEEF PATTY, COUNTRY FRIED	PIERRE 1845	EACH	270	17.01	5	14.01	1	13.01	85	460	2.7	40.02	100	0
841	BID/BEEF PATTY, COUNTRY FRIED	PIERRE 3712	EACH	310	18.02	5.01	18.02	1	18.02	35	601	3.61	40.05	100	0
5009	BID/BEEF PATTY, HOAGY	JTM 5630	EACH (2.12 OZ)	123	8	3.1	2	1	11	30	185	1	33	1	0
4825	BID/BEEF PATTY, JALAPENO PEPPER	JTM 5673	EACH (2.4 OZ)	133	8	3.2	2	1	12	35	364	0.36	330	104	3
4691	BID/BEEF PATTY, MINI TWIN W/CHEESE	PIERRE 1151	EACH (5.5 OZ)	420	19.99	6.99	42.01	1.02	21.01	50	790	1.81	99.99	200	6.01
4837	BID/BEEF PATTY, RIB W/BBQ	MAID-RITE 05125	EACH (3 OZ)	160	7	3	12	1	12	30	500	1.44	20	100	1.2
3706	BID/BEEF PATTY, ROCKIN BURGER	PIERRE 3882	EACH	150	10	4	2	0	13	35	330	1.8	20	100	1.2
916	BID/BEEF PATTY, ROCKIN BURGER	PIERRE 3782	EACH	139	8.96	3.49	1.99	0	11.95	40	299	1.43	19.92	0	1.2
4458	BID/BEEF STEAK NUGGET	ADVANCE 203-320-0	8 EACH	350	26	10	15	1	15	60	620	1.8	20	59	0
4686	BID/BEEF STEAK, PHILLY	JTM 5813	2.92 OZ	153	9	5	3	0	14	43	350	8	14	34	1
4413	BID/BEVERAGE, RED TOE	RED TOE	12 OZ CAN	13	0	0	4.5	0	0	0	0	0	300	0	90
4672	BID/BISCUIT, BUTTRMLK, SPLT, ZTF	PILLSBURY 32391	EACH	200	8	5	28	1	5	0	440	1.44	200	0	0
4671	BID/BISCUIT, DOUGH, SPLIT, ZTF	RICHS 06063	EACH	190	9	5	24	1	4	0	630	1.44	40	0	0
3708	BID/BOLOGNA	FISCHER 8256	1 OZ	81	6.58	2.03	1.01	0	3.04	18	263	0.18	10.12	0	0
8364	BID/BREADSTICK	JTM 967	EACH	145	2	0.4	28	1	4	0	280	2	24	0	0
4945	BID/BREADSTICK, BOSCO, MEXICAN	BOSCO 3172	EACH	230	7	2.5	31	3	12	15	370	1.8	150	400	3.6

Nutrikids Recipe #	Description	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Carb g	Fiber g	Protein g	Chol mg	Sodium mg	Iron mg	Calcium mg	Vit A IU	Vit C mg
4613	BID/BREADSTICK, BOSCO, PIZZA	BOSCO 2072	EACH	280	9	4	35	1	14	20	320	1.8	200	300	2.4
124	BID/BREADSTICK, BOSCO, WG/RF 4"	BOSCO 3114	EACH	110	3	1	15	1.5	6	2.5	150	0.9	100	100	0
4055	BID/BREADSTICK, BOSCO, WG/RF 7"	BOSCO 2110	EACH	210	6	2	27	3	12	5	290	1.8	200	200	0
8278	BID/BREADSTICK, CHEESE-FILLED	GILARDI 12439	2 EACH	300	12	4	34	4	14	10	740	2.16	300	200	0
2215	BID/BREADSTICK, GARLIC CHEESE	BRIDGEFORD 6785	EACH	80	3	1	10	0.5	2.5	5	180	0.72	50	50	0
4028	BID/BREAKFAST BUN, WHOLE WHEAT	SIMPLY BLUES	EACH	250	8	2	37	5	6	0	290	2.7	80	200	0
194	BID/BROTH, CHICKEN	VANEE 550EC	1 OZ	1	0.12	0.06	0	0	0	0	69	0	0	0	0
2544	BID/BROWNIE, MIX/LOW FAT	GEN MILLS 11325	2 X 3" PIECE	175	3.13	1.25	35.02	1.25	2.5	0	175	1.8	0.36	0	0
4692	BID/BURRITO, BEEF/BEAN, RED CHILI, WG	FERNANDO 09036	EACH	280	7	2	39	8	14	5	470	3.6	60	500	1.2
4619	BID/BURRITO, CHEESE/BEAN, WHOLE GRAIN	FERNANDO 21200	EACH	310	9	4	40	9	16	10	580	2.7	200	400	3.6
2870	BID/BUTTER BUDS (RECONSTITUTED)	SUGAR FOODS	32 OZ	18	0	0	3.54	0	0	0	134	0	0.6	0	0
339	BID/BUTTER BUDS, ZTF, ALL NATURAL	BTR BUDS 49835	4 OZ PACKET	567	0	0	113.4	0	0	0	4252	0	0	0	0
1623	BID/CAKE MIX, DEVIL FOOD/LOW FAT	GEN MILLS 11168	2 X 3" PIECE	131	1.97	0.98	27.56	1.31	3.28	0	302	1.18	39.37	0	0
8297	BID/CAKE MIX, WHITE/LOW FAT	GEN MILLS 11167	2 X 3" PIECE	138	1.97	0.98	28.22	0	2.62	0	236	0.71	0	0	0
2262	BID/CAKE MIX, YELLOW/LOW FAT	GEN MILLS 11169	2 X 3" PIECE	138	1.97	0.98	27.56	0	2.62	0	230	0.71	13.12	0	0
4676	BID/CAKE, CHOC W/ CHOC ICING	SARA LEE 08244	1/24TH PIECE	300	13	5	43	2	3	30	330	1.8	20	0	0
4677	BID/CAKE, YELLOW W/WHITE ICING	SARA LEE 08251	1/24TH PIECE	330	14	4.5	48	0	3	40	270	1.08	40	0	0
4696	BID/CATSUP DUNK CUP	RED GOLD	EACH (1 OZ)	25	0	0	7	0	0	0	270	0	0	100	0
4440	BID/CATSUP PACKET	HUNTS 38287	EACH (9 GRAM)	10	0	0	2	0	0	0	100	0	0	0	0
4026	BID/CATSUP PACKET, NATURAL, NO HFCS	RED GOLD 11584	EACH (9 GRAM)	10	0	0	2	0	0	0	85	0	0	0	0
4408	BID/CATSUP, POUCH (1.5 GAL)	RED GOLD 11562	1 OZ	25	0	0	6.67	0	0	0	267	0	0	500	0
3800	BID/CEREAL BAR, CINNAMON TOAST CRUNCH	GEN MILLS 19437	EACH	140	3.5	0.5	27	2	2	0	130	4.5	150	0	0
3799	BID/CEREAL BAR, COCOA PUFFS	GEN MILLS 19438	EACH	150	3	0.5	28	2	2	0	135	3.6	150	100	1.2
3527	BID/CEREAL BAR, TEAM CHEERIOS	GEN MILLS 42393	EACH	140	3	0.5	28	2	2	0	115	3.6	150	100	2.4
3532	BID/CEREAL BAR, TRIX	GEN MILLS 42395	EACH	14	0.3	0.05	2.8	0.1	0.2	0	13	0.45	15	0	0
662	BID/CEREAL, APPLE ZINGS	MALT O MEAL	BOWLPAK	80	0.5	0	19	0	1	0	100	2.7	80	500	9
4623	BID/CEREAL, CHOC MINI WHEATS	KELLOGGS 45861	BOWLPAK	100	1	0	23	3	3	0	105	8.1	0	0	0
668	BID/CEREAL, CINNAMON TOASTERS	MALT O MEAL	BOWLPAK	120	3.5	0.5	22	1	1	0	130	4.5	100	500	6
3712	BID/CEREAL, COCOA PUFFS, REDUCED SUGAR	GEN MILLS 29443	BOWLPAK	90	1	0	20	1	1	0	125	3.6	80	400	4.8
673	BID/CEREAL, FROSTED FLAKES	MALT O MEAL	BOWLPAK	110	0	0	25	1	1	0	160	4.5	0	750	15
193	BID/CEREAL, FROSTED MINI WHEAT	KELLOGGS 04996	BOWLPAK	100	0	0	23	3	3	0	0	7.2	0	0	0
3886	BID/CEREAL, FRUITY CHEERIOS	GEN MILLS 19809	BOWLPAK	90	1	0	20	1	1	0	120	3.6	80	400	12
160	BID/CEREAL, GRANOLA, LOW FAT	KELLOGGS 49834	1 OZ	110	1.25	0.25	24	2	2.5	0	65	0.54	0	0	0
674	BID/CEREAL, HONEY GRAHAM SQUARES	MALT O MEAL	BOWLPAK	120	3	0	24	1	1	0	250	9	100	500	6
3716	BID/CEREAL, HONEY NUT CHEERIOS	GEN MILLS 11918	BOWLPAK	110	1.5	0	22	2	2	0	160	4.5	100	500	6
682	BID/CEREAL, MARSHMALLOW MATEYS	MALT O MEAL	BOWLPAK	110	1	0	24	1	2	0	190	9	100	500	6
4533	BID/CEREAL, OATS, QUICK	HOUSE RECIPE	1 OZ	106	1.77	0.35	19.14	2.83	3.54	0	0	1.28	0	0	0
667	BID/CEREAL, TOASTY O'S	MALT O MEAL	BOWLPAK	80	1.5	0	14	2	2	0	90	5.4	80	300	3.6
672	BID/CEREAL, TOOTIE FRUITIES	MALT O MEAL	BOWLPAK	90	0.5	0	19	0	1	0	100	2.7	80	500	9
3717	BID/CEREAL, TRIX, REDUCED SUGAR	GEN MILLS 29445	BOWLPAK	80	1	0	18	1	1	0	110	3.6	80	300	3.6
4142	BID/CHEESE SAUCE MIX	TUF 088	1/4 CUP	45	1.5	1	7	0	1	0	400	0	80	0	0
4389	BID/CHEESE SAUCE, CHEDDAR	JTM 5705	1 OZ	59	4.5	2.5	1.5	0	4	15	217	0	111.5	214	0
4507	BID/CHEESE SAUCE, CHEDDAR	TRENTON FARMS	1 OZ	31	2.7	0.9	1.8	0	0.45	0	256	0	9	0	0

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5013	BID/CHEESE SAUCE, JALAPENO	JTM 5708	1 OZ	59	4.5	2.65	1	0	3.5	15	207	0	101.5	200	0
4506	BID/CHEESE SAUCE, NACHO	TRENTON FARMS	1 OZ	31	2.7	0.9	1.8	0	0.45	0	297	0	9	0	0
4538	BID/CHEESE SAUCE, QUESO BLANCO	JTM 5718	1 OZ	59	4.5	2.65	1	0	3.5	15	207	0	101.5	200	0
3879	BID/CHEESE SAUCE, REDUCED FAT	JTM 5715	1.9 OZ	92	5	3	6	0	6	19	402	0	186	252	0
4853	BID/CHEESE STICK, CHEDDAR	LOL 44879	EACH (1 OZ)	110	9	6	0	0	7	30	200	0	200	400	0
4866	BID/CHEESE STICK, COLBY JACK	LOL 44878	EACH (1 OZ)	90	6	4	0	0	7	20	200	0	200	300	0
4867	BID/CHEESE STICK, LITE MOZZARELLA STRING	LOL 59703	EACH (1 OZ)	60	2.5	2	1	0	8	10	210	0	200	200	0
4138	BID/CHEESE, AMERICAN, LITE, SHREDDED	SCHREIBER	1 OZ	70	4	2.5	3	0	6	10	390	0	200	300	0
4170	BID/CHEESE, AMERICAN, LITE, SLICED	SCHREIBER	1 SLICE (1/2 OZ)	35	2	1.25	1	0	2.5	8	195	0	75	200	0
4171	BID/CHEESE, CHEDDAR, SHREDDED	SCHREIBER	1 OZ	110	9	6	0	0	7	30	180	0	200	300	0
4532	BID/CHEESE, CREAM, PACKETS	SYSCO IMPERIAL	EACH (1 OZ)	100	9	6	2	0	2	30	100	0	20	200	0
4840	BID/CHEESE, MINI BABY BEL	BEL BRAND 5731	EACH (.75 OZ)	70	6	4	0	0	5	20	170	0	150	300	0
4135	BID/CHEESE, MOZZARELLA, SHREDDED	SCHREIBER	1 OZ	80	6	3.5	0	0	7	20	200	0	200	200	0
4731	BID/CHEESE, PARMESAN	SYSCO	1 TBSP	25	2	1	0	0	2	5	95	0	80	0	0
3887	BID/CHEESE, STRING MOZZARELLA	SCHRIEBER	EACH	80	5	3	0	0	7	15	190	0	200	200	0
4841	BID/CHICKEN BREAST, UNBREADED	REN MAN	EACH (4 OZ)	170	7	2	0	0	27	60	810	0.72	0	0	1.2
4831	BID/CHICKEN DIPPER W/TERIYAKI	PIERRE 2417	4 EACH	140	4.5	1.5	8	0	15	35	370	1.08	20	100	1.2
4015	BID/CHICKEN DRUMSTICK	TYSON 4319	EACH	220	13	3	8	0	19	55	490	1.08	0	0	0
4510	BID/CHICKEN FAJITA STRIPS	KINGS DELIGHT	3.38 OZ	93	2	1	2	0	15.97	52	577	1	1	32	0
4362	BID/CHICKEN FAJITA STRIPS	TYSON 3522	2.73 OZ	118	6.37	1.82	1.82	0	14.56	73	300	0.33	0	0	0
4663	BID/CHICKEN FRIES	ADVANCE 31-300-0	8 EACH	254	16.53	4.4	11.2	0.65	14.65	37	638	1.93	19.58	47	0.91
4726	BID/CHICKEN FRITTER	KINGS DELIGHT	4.2 OZ	190	6	1	18	0	16	35	807	1.2	11	39	0
4668	BID/CHICKEN NUGGET, WHOLE GRAIN	TYSON 2155	5 EACH	182	8.1	1.52	14.18	2.03	13.16	20	456	10.13	40.5	0	0
3696	BID/CHICKEN NUGGETS	TYSON 3732	5 EACH	233	13.19	2.54	12.17	0	17.24	56	598	1.46	20.29	101	0
4817	BID/CHICKEN NUGGETS, TEMPURA	TYSON 38387-928	8 EACH	365	24.36	4.74	17.59	0	18.94	54	839	0.97	27.06	0	0
4474	BID/CHICKEN PATTY	TYSON 3857	EACH	200	10	2	12	0	14	55	690	1.8	20	100	0
4599	BID/CHICKEN PATTY	TYSON 3731	EACH	232	13.12	2.52	12.11	0	17.15	55	484	1.45	20.18	101	0
3997	BID/CHICKEN PATTY, STAR SHAPED	BRAKEBUSH 5628	EACH	105	6	1.5	5.5	0.5	7	18	265	0.9	10	0	0
4073	BID/CHICKEN PATTY, FLOWER SHAPED	TYSON 5815	EACH	220	11	2.5	14	1	15	40	350	1.8	0	0	0
4071	BID/CHICKEN PATTY, SPICY	TYSON 5567	EACH	200	11	2.5	12	1	15	55	460	1.8	20	500	0
4657	BID/CHICKEN PATTY, WHOLE GRAIN	TYSON 2154	EACH	230	13	2	15	3	13	20	490	1.8	40	0	0
4411	BID/CHICKEN ROUND UPS	TYSON 14904-328	5 EACH	220	10	2	13	3	19	45	620	1.8	20	100	0
4959	BID/CHICKEN TACO FILLING, LOW FAT	JTM 42250	3.86 OZ	124	3.28	0.66	7.66	1.09	17.51	49	517	1.09	32.83	508	7.66
3697	BID/CHICKEN TENDERS	TYSON 3859	3 EACH	200	10	2	12	0	14	55	680	1.8	20	100	0
3718	BID/CHICKEN PATTY, BREADED	CLX DLX 14105	EACH	200	6	1	17	0	18	40	775	1	10	35	1
3698	BID/CHICKEN, BREADED, 8 PC CUT	TYSON 3929	1 SERVING	220	14	4	7	0	17	65	380	1.08	20	100	0
4708	BID/CHICKEN, NO/MANDARIN	ASIAN SOL 73002	2.85OZ	141	2.52	0.5	15.15	0	13.13	50	454	1.45	0	0	0
4541	BID/CHICKEN, PATTY, BRD, BREAKFAST	KINGS DELIGHT 14145	EACH	110	5	2	8	0	10	30	350	0	10	20	0
4737	BID/CHICKEN, ROASTED, 8 PC CUT	GOLD KIST 8820	3 OZ	170	9	3	3	0	14	57	357	1	9	105	1
3719	BID/CHICKEN, SPICY	CLX DLX 14110	EACH	200	6	1	17	0	18	40	630	1	10	30	0
4725	BID/CHICKEN, TANGERINE	ASIAN SOL 72001	3.96 OZ	182	4.21	1.4	26.66	0	14.03	49	379	1.01	0	0	0
4707	BID/CHICKEN, TERIYAKI	ASIAN SOL 73001	2.85 OZ	182	6.06	1.51	17.17	0	13.13	50	535	1.09	20.2	101	0
4449	BID/CHILI HOT DOG SAUCE W/BEEF	CHEF MATE	1/4 CUP	69	2.47	0.99	8.91	1.98	1.98	4	396	1.07	19.8	396	0

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3915	BID/CHILI, BEEF, CINCY STYLE	JTM 519	5.58 OZ	225	16	5.9	6	1	14	55	607	2	34	882	5
3555	BID/CHILI, BEEF, HOT DOG, REDUCED FAT	JTM 5320	4.6 OZ	108	4	1.4	10	3	9	28	841	2	37	769	18
4680	BID/CHILI, BEEF, NO BEAN, REDUCED FAT	JTM 5333	5.15 OZ	152	6	2.2	11	3	14	42	645	2	52	1445	21
3699	BID/CHILI, PORK, NO BEAN, REDUCED FAT	JTM 5334	5.15 OZ	145	6	2	9	3	14	38	542	2	46	1467	20
3536	BID/CHIP, CHEETO, BAKED	FRITO LAY 21642	BAG (.875 OZ)	120	4.5	1	17	0	2	0	200	0.72	40	0	0
3923	BID/CHIP, CHEETO, FLAMIN HOT, BAKED	FRITO LAY 30993	BAG (.875 OZ)	130	5	0.5	17	0	3	0	200	0.72	100	0	0
4058	BID/CHIP, CINN TOAST CRUNCH CRISP	GEN MILLS 17689	BAG (1 OZ)	120	3	0	22	1	2	0	200	3.6	80	500	4.8
3928	BID/CHIP, DORITO, COOL RANCH, RED FAT	FRITO LAY 36096	BAG (1 OZ)	130	5	1	19	2	2	0	160	0.36	40	0	0
3417	BID/CHIP, DORITO, NACHO, BAKED	FRITO LAY 20002	BAG (.75 OZ)	90	2.63	0.38	15.75	1.5	1.5	0	173	0.27	30	75	0
3790	BID/CHIP, DORITO, NACHO, BAKED	FRITO LAY 16936	BAG (1.375 OZ)	165	4.81	0.69	28.87	2.75	2.75	0	316	0.5	55	138	0
4075	BID/CHIP, DORITO, NACHO, RED FAT	FRITO LAY 31748	BAG (1 OZ)	130	5	1	19	2	2	0	200	0.36	35	0	0
4616	BID/CHIP, DORITO, SWEET SPICY, RED FAT	FRITO LAY 49093	BAG (1 OZ)	130	5	0.5	20	2	2	0	180	0.36	20	0	0
3569	BID/CHIP, FRITO CORN CHIPS	FRITO LAY 32405	BAG (1 OZ)	160	10	1.5	16	1	2	0	160	0	20	0	0
3819	BID/CHIP, KIDS SNACK MIX	FRITO LAY 36308	BAG (.875 OZ)	110	4	1	18	1	2	0	200	1.8	0	500	6
4666	BID/CHIP, MUNCHIES, FLAMIN HOT	FRITO LAY 49091	BAG (.875 OZ)	110	4	0	18	1	2	0	160	2.7	40	0	0
4994	BID/CHIP, PITA, SIMPLY NAKED	STACY'S	BAG (1.5 OZ)	200	8	0.5	28	2	5	0	400	1.08	20	0	0
2226	BID/CHIP, POTATO, BAKED	FRITO LAY 11201	BAG (1.125 OZ)	135	2.25	0.56	25.87	2.25	2.25	0	152	0.41	0	0	2.7
2524	BID/CHIP, POTATO, BBQ, BAKED	FRITO LAY 44395	BAG (1.125 OZ)	135	3.37	0.56	24.75	2.25	2.25	0	236	0.51	22.5	0	2.7
4820	BID/CHIP, POTATO, CHDR SOUR CREAM,BAKED	FRITO LAY 51612	BAG (.875 OZ)	110	3	0	18	2	2	0	240	0.36	20	0	1.2
3924	BID/CHIP, POTATO, SOUR CREAM ONION, BAKED	FRITO LAY 44398	BAG (1.125 OZ)	140	3	0.5	24	2	2	0	240	0.41	68	18	2.1
4796	BID/CHIP, PRETZEL, HEARTZELS	FRITO LAY 03596	BAG (1 OZ)	120	1.5	0	23	3	2	0	200	1.08	60	0	0
4617	BID/CHIP, RITZ SNACK MIX, 100 CALORIE	KRAFT 65000	BAG (.77 OZ)	100	3	0.5	16	1	2	0	210	1.08	0	0	0
4832	BID/CHIP, SIMPLY CHEX, BARBEQUE	GEN MILLS 41542	BAG (1.25 OZ)	140	3.5	0.5	27	2	2	0	200	0.36	0	0	0
3801	BID/CHIP, SIMPLY CHEX, CHEDDAR	GEN MILLS 19298	BAG (1.25 OZ)	140	3.5	1	27	2	3	0	260	0.36	0	0	0
4056	BID/CHIP, SIMPLY CHEX, CHOCOLATE CARAMEL	GEN MILLS 14501	BAG (1.2 OZ)	150	4.5	1.5	26	2	2	5	105	1.8	20	0	0
4833	BID/CHIP, SIMPLY CHEX, SOUR CREAM	GEN MILLS 41543	BAG (1.25 OZ)	140	4	1	26	2	3	0	170	0.36	0	0	0
4057	BID/CHIP, SIMPLY CHEX, STRAWBERRY	GEN MILLS 14502	BAG (1.2 OZ)	140	4	1.5	27	2	2	0	65	0.36	0	0	0
2840	BID/CHIP, SUNCHIP, CHEDDAR	FRITO LAY 11152	BAG (1 OZ)	140	6	1	19	3	2	0	200	0.36	0	0	0
3926	BID/CHIP, SUNCHIP, GARDEN SALSA	FRITO LAY 36445	BAG (1 OZ)	140	6	1	19	2	2	0	140	0.36	0	0	0
3544	BID/CHIP, SUNCHIP, ORIGINAL	FRITO LAY 11151	BAG (1 OZ)	140	6	1	19	3	2	0	120	0.36	0	0	0
150	BID/CHIP, TORTILLA SCOOPS, BAKED	FRITO LAY 42537	BAG (.875 OZ)	105	2.62	0.44	19.25	1.75	1.75	0	123	0.32	17.5	0	0
4634	BID/CHIP, TORTILLA, THICK CUT	FRITO LAY 47750	1 OZ	140	6	1	19	1	2	0	110	0.36	20	0	0
4821	BID/CHIP, TORTILLA, YELLOW ROUND	BARREL O' FUN	BAG (1 OZ)	150	7	1	18	2	2	0	105	0.36	20	0	1.2
2892	BID/CINNAMON TASTRIES	TONYS 61545	EACH	260	9	4	40	1	5	5	400	1.8	40	0	0
3782	BID/COOKIE, CHIPS AHOY, 100 CALORIE	NABISCO 00937	PKT (.81 OZ)	100	3	0.5	18	0	1	0	140	0.72	0	0	0
4400	BID/COOKIE, CHOC BROWNIE, RED FAT, WG	OTIS 55689	EACH	150	5	1.5	27	2	2	10	150	1.08	20	100	0
179	BID/COOKIE, CHOC CHIP	OTIS 58100	EACH	130	6	3	17	0	1	5	95	0.72	0	100	0
3535	BID/COOKIE, CHOC CHIP, RED FAT, WG	READI BAKE 4911	EACH	109	3.41	1.15	18.18	0.99	1.68	9	93	0.72	10	50	0.01
3837	BID/COOKIE, MINI MINI CHOC CHIP	CHORTLES 003	BAG (1 OZ)	114	3	1	19	0.5	2	0	95	0	0	0	0
2380	BID/COOKIE, OATML RAISIN, RED FAT, WG	READI BAKE 4917	EACH	106	3.14	0.89	17.67	1.16	1.91	8	102	0.54	10	50	0.1
3783	BID/COOKIE, OREO, 100 CALORIE	NABISCO 00938	PKT (.81 OZ)	100	2	0	19	0	1	0	160	1.08	0	0	0
183	BID/COOKIE, SUGAR	OTIS 58104	EACH	120	5	2.5	18	0	1	5	105	0.36	0	200	0
3793	BID/CORN DOG, CHICKEN, WHOLE GRAIN	FOSTER FARM 95150	EACH	240	8	2	33	5	9	20	590	2.7	150	0	0

Nutrikids Recipe #	Description	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Carb g	Fiber g	Protein g	Chol mg	Sodium mg	Iron mg	Calcium mg	Vit A IU	Vit C mg
4438	BID/CORN DOG, MINI TURKEY	RAEFORD 20042	6 EACH	255	10.5	2.25	27	0	10.5	45	555	1.62	30	150	18
307	BID/CORN DOG, TURKEY LITE	STATE FAIR 9148	EACH	230	7	1.5	32	1	10	40	650	1.8	60	0	0
3868	BID/CORN DOGS, MINI CHICKEN, WG	FOSTER FARM 96086	6 EACH	300	13.5	3.75	33	4.5	10.5	38	675	1.62	120	0	0
4736	BID/CORNBREAD (PREPARED)	WEISENBERGER	3" SQUARE	89	2.02	0.3	13.95	0.63	2.16	9	206	0.95	52.24	73	0
4978	BID/CORNBREAD DRESSING	SAVANNAH 33145	1/2 CUP	120	7	1	14	0	3	10	430	0.72	20	100	1.2
4738	BID/CORNBREAD MIX	GEN MILLS 11442	2x 3" PIECE	150	4.72	0.79	25.2	0	2.36	28	315	0.85	15.75	0	0
4620	BID/CRACKERS, CHEESE ON CHEESE	AUSTIN 48043	PKG (4 CT)	130	6	1.5	16	0	2	0	230	0.72	40	0	0
4621	BID/CRACKERS, TOASTY PEANUT BUTTER	AUSTIN 48045	PKG (4 CT)	130	6	1	16	0	3	0	200	0.72	0	0	0
4697	BID/CRACKERS, ANIMAL	J & J 39080	EACH	120	3	0	22	0	2	0	60	0.72	100	0	0
4609	BID/CRACKERS, CHEEZ-IT SCRABBLE	KELLOGGS 45991	BAG	100	3.5	1	14	0	2	0	130	1	0	0	0
3531	BID/CRACKERS, CINNAMON GOLDFISH	PEPP FARM 15094	PKT (.9 OZ)	120	4	1	19	1	1	0	110	0.72	100	0	0
4451	BID/CRACKERS, CLUB/SALAD	KRAFT 18400	PKT (2 CT)	30	1.33	0.33	4	0	0.33	0	50	0.24	0	0	0
4445	BID/CRACKERS, OYSTER	NABISCO 02096	PACKET	60	2	0	10	0	1	0	140	0.72	0	0	0
2312	BID/CRACKERS, SALTINE (4 CT)	KEBBLER 01446	PKT (4 CT)	50	1	0	9	0	1	0	160	0.36	0	0	0
4531	BID/CROUTONS, SEASONED	SYSCO CLASSIC	1.7 OZ	121	4.05	0	20.25	0	4.05	0	344	1.46	0	0	0
4052	BID/CUPCAKE, CHOCOLATE 30-10-30	SUPER BAKERY 9486	EACH	120	3.5	1	26	5	2	15	180	1.08	100	0	0
4053	BID/CUPCAKE, WHITE 30-10-30	SUPER BAKERY 9487	EACH	120	3.5	1	26	4	2	15	160	0.36	100	0	0
119	BID/DONUT, GOODY BUN, WHOLE WHEAT	SUPER BAKERY 6060	EACH (2.75 OZ)	240	10	3.5	34	3	5	0	250	1.8	40	0	0
3806	BID/DONUT, GOODY RING	SUPER BAKERY 6050	EACH (2.5 OZ)	240	11	4.5	29	1	5	0	280	1.08	10	0	6
4757	BID/DONUT, HOMESTYLE RING	RICHS 13530	EACH (2.1 OZ)	260	16	8	25	1	4	0	270	1.44	0	200	0
3999	BID/DONUT, LONG JOHN/BAVARIAN	RICHS 49804	EACH	320	17	8	37	1.01	4	0	310	1.47	10.6	92	0.05
4000	BID/DONUT, LONG JOHN/WHITE CRÈME	RICHS 49756	EACH	350	21	11	36	0.41	4	0	310	1.05	9.79	0	0.02
3722	BID/DRESSING, 1000 ISLAND	NAT FRESH 320	EACH (1 OZ)	120	12	2	4	0	0	10	135	0	0	0	1.2
4730	BID/DRESSING, COLE SLAW	SYSCO	1 TBSP	65	5.5	0.75	3	0	0	3	185	0	0	0	0
4662	BID/DRESSING, DIJON HONEY MUSTARD	MARZETTI 80066	1 OZ	123	11.34	1.42	5.67	0	0	9	170	0	0	0	0
3860	BID/DRESSING, FRENCH FAT FREE	PPI	PKT (1.5 OZ)	40	0	0	10	0	0	0	330	0.18	0	50	0
4088	BID/DRESSING, HONEY DIJON	KRAFT 67211	EACH (1 OZ)	80	4.5	0.5	10	0	0	0	230	0	0	0	0
3724	BID/DRESSING, HONEY FRENCH	NAT FRESH 310	EACH (1 OZ)	120	11	1.5	5	0	0	0	310	0	0	0	2.4
3725	BID/DRESSING, ITALIAN LITE	NAT FRESH 340	EACH (1 OZ)	9	0	0	1.89	0	0	0	435	0	0	0	0
3909	BID/DRESSING, ITALIAN LITE	MARZETTI 81985	PKT (1.5 OZ)	20	1	0	2	0	0	0	770	0	0	0	0
4090	BID/DRESSING, ITALIAN, REDUCED FAT	KRAFT 66377	EACH (12 GRAM)	15	1	0	1	0	0	0	105	0	0	0	0
4089	BID/DRESSING, RANCH	KRAFT 64969	EACH (12 GRAM)	70	8	1	0	0	0	0	110	0	0	0	0
3911	BID/DRESSING, RANCH FF-12 GRM	PPI	PKT (12 GRM)	10	0.1	0	1.8	0	0.3	0	124	0	10	0	0
4479	BID/DRESSING, RANCH LITE	KENS 041	EACH (1.5 OZ)	150	13	2	7	0	0	10	360	0	20	0	0
3910	BID/DRESSING, RANCH LITE, 4/1 GALLON	NAT FRESH 142	1 OZ	76	7.56	1.42	0.94	0	0.94	5	236	0	18.9	0	0
2687	BID/DRESSING, RANCH LITE	NAT FRESH 342	EACH (1 OZ)	80	7	1	2	0	1	5	260	0	20	0	0
4667	BID/DRINK, LEMONADE MIX	KRAFT TWIST	8 OZ	30	0	0	7	0	0	0	15	0	0	0	60
4098	BID/EGG BACON/CHEESE	SUN FRESH 40828	2 OZ	120	9	3.5	1	0	8	195	270	0.7	62	355	0
4094	BID/EGG BREAKFAST WRAP	SUN FRESH 40276	EACH	180	10	4	14	0	9	190	500	1.44	100	400	0
4710	BID/EGG COLBY OMELET	MICHAEL 85137	EACH	125	10.12	3.57	1.79	0	7.14	182	298	0.65	89.3	298	0
4095	BID/EGG DICED	SUN FRESH 40005	1 OZ	45	3	1	1	0	3	120	70	0.4	17	160	0
3700	BID/EGG PATTY/GRILLED	SUN FRESH 40700	EACH	45	3.5	1	1	0	3	115	120	0.4	20	177	0
3680	BID/EGG ROLL, PORK & VEGETABLE	AMYS 8330	EACH	183	6	2	20	1	12	29	420	1.8	30	750	4.2

Nutrikids Recipe #	Description	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Carb g	Fiber g	Protein g	Chol mg	Sodium mg	Iron mg	Calcium mg	Vit A IU	Vit C mg
4100	BID/ONION RINGS	RICHS SEAPAK	10 EACH	410	19	3	54	4	6	0	920	1.08	44	200	2.4
4647	BID/PAN SPRAY, BUTTER FLAVORED	BTR BUDS 56240	1 SPRAY	0	0	0	0	0	0	0	0	0	0	0	0
4648	BID/PAN SPRAY, GARLIC FLAVORED	BTR BUDS 56300	1 SPRAY	0	0	0	0	0	0	0	0	0	0	0	0
4457	BID/PANCAKES	AUNT JEMIMA	EACH	73	1.33	0.17	0	0.67	2	8	157	0.6	13.33	0	0
3451	BID/PANCAKES, MINI	BAKERY CHEF 80120	4 EACH	80	1	0	15	1	2	0	200	0.72	0	2000	0
4552	BID/PANCAKES, MINI, MAPLE	PILLSBURY 31519	1 BAG	200	6	1	34	2	4	10	370	1.08	40	0	0
4412	BID/PANCAKES, MINI, STRAWBERRY	PILLSBURY 31518	1 BAG	200	6	1	34	2	4	10	370	1.08	40	0	0
4834	BID/PASTA, ROTINI, MULTI GRAIN	BARILLA 001447	1 CUP	406	3.86	0	73.43	7.73	19.32	0	48	5.22	0	0	0
4987	BID/PASTA, SPAGHETTI, WHOLE GRAIN	BARILLA	1/2 CUP	100	0.75	0	20.5	3	3.5	0	0	0.72	0	0	0
4654	BID/PASTRY, APPLE FRUDEL	PILLSBURY 27852	EACH (2.29 OZ)	210	6	1.5	36	2	5	0	270	1.08	0	0	0
4655	BID/PASTRY, CHERRY FRUDEL	PILLSBURY 27851	EACH (2.29 OZ)	210	6	1.5	36	2	5	0	280	1.08	0	0	0
3936	BID/PEACHES, HALF, LIGHT SYRUP		1/2 CUP	68	0.04	0	18.43	1.65	0.57	0	6	0.46	3.8	448	3.04
1946	BID/PEACHES, SLICES, LIGHT SYRUP		1/2 CUP	64	0.04	0	17.32	1.55	0.54	0	6	0.43	3.57	422	2.86
1939	BID/PEARS, HALF, LIGHT SYRUP		1/2 CUP	65	0.03	0	17.37	1.83	0.22	0	6	0.32	5.72	0	0.8
3062	BID/PINEAPPLE, JUICE PACK, CANNED		1/2 CUP	72	0.1	0.01	18.72	0.95	0.5	0	1	0.33	16.69	45	11.33
3977	BID/PIZZA STRIPS	TONYS 74835	EACH	210	7	3	28	1	11	15	460	1.8	100	200	0
4997	BID/PIZZA, BEEF QUESADILLA	GILARDI 12715	EACH	340	12	3	41	4	16	10	740	3.6	250	400	0
3485	BID/PIZZA, BREAKFAST, GOOD GRAVY	TONYS 68510	EACH	230	11	4.5	24	1	10	15	560	1.8	150	200	0
3393	BID/PIZZA, BREAKFAST, SAUSAGE/CHEESE	TONYS 68509	EACH	230	10	4	24	1	9	15	590	1.8	150	300	0
4944	BID/PIZZA, CHEESE FLATBREAD, 3 X 8"	SCHWAN 68503	EACH (5.95 OZ)	370	10	4	50	5	21	15	500	2.7	350	500	0
4996	BID/PIZZA, CHEESE MINI BAGELS	TASTY BRND 5222	4 EACH	200	6	4	21	3	18	15	390	1.8	250	200	3.6
3447	BID/PIZZA, CHEESE QUESADILLA	GILARDI 12531	EACH	340	13	4	41	3	15	5	910	0.36	300	750	0
3916	BID/PIZZA, CHEESE, 16"	GIORGIO 4089	EACH	390	15	8	44	2	22	30	770	2.7	450	500	12
8371	BID/PIZZA, CHEESE, 4 X 6"	TONYS 78454	EACH	300	11	3.5	37	2	15	15	660	1.8	300	300	0
4528	BID/PIZZA, CHEESE, PRE SLICED	BIG DADDY 78944	EACH	340	12	4.5	39	2	19	20	520	2.7	250	400	0
3007	BID/PIZZA, CHEESE,GALAXY/SMART	TONYS 78542	EACH	320	13	6	34	3	14	15	580	2.7	300	300	0
3620	BID/PIZZA, CHEESE,WEDGE, GRAIN	TONYS 78909	EACH	310	11	4.5	36	4	18	25	590	2.7	300	400	0
3012	BID/PIZZA, CHEESE,STUFFED CRUST WEDGE	RED BARON 78794	EACH	400	14	6	50	2	19	25	1080	2.7	400	400	0
3443	BID/PIZZA, CHEESE,STF CRUST 4 X 6"	TONYS 78783	EACH	360	13	4.5	45	3	19	20	670	2.7	350	300	0
2120	BID/PIZZA, FIESTADA BEEF	TONYS 62050	EACH	340	12	5	41	3	18	30	760	2.7	250	750	0
8369	BID/PIZZA, PEPPERONI, WEDGE	TONYS 74710	EACH	320	13	4.5	38	2	16	20	760	2.7	250	300	0
3917	BID/PIZZA, PEPPERONI, 16"	GIORGIO 4104	EACH	410	17	8	43	2	21	25	890	2.7	350	500	9
8372	BID/PIZZA, PEPPERONI, 4 X 6"	TONYS 78455	EACH	320	13	4.5	36	2	16	20	750	2.7	250	300	0
3006	BID/PIZZA, PEPPERONI, GALAXY/SMART	TONYS 78544	EACH	340	15	6	33	3	16	20	840	2.7	200	300	0
3444	BID/PIZZA, PEPPERONI, STUFF CRUST, 4 X 6"	TONYS 78784	EACH	370	14	5	44	3	19	20	720	2.7	250	300	0
3621	BID/PIZZA, PEPPERONI, WEDGE, GRAIN	TONYS 78910	EACH	310	12	4.5	34	4	18	25	670	2.7	250	400	0
3011	BID/PIZZA, PEPPERONI,STUFF CRUST WEDGE	RED BARON 78795	EACH	440	18	7	49	2	21	35	1260	3.6	300	300	0
4529	BID/PIZZA, PEPPERONI, PRE SLICED	BIG DADDY 78945	EACH	340	13	5	38	2	19	20	590	3.6	200	300	0
8373	BID/PIZZA, SAUSAGE, 4 X 6"	TONYS 78456	EACH	290	10	3	36	3	15	20	650	2.7	200	200	0
4387	BID/PIZZATTA	RICHS 65282	2 EACH	180	8	4	13.5	1	9.5	15	280	1	163.5	225	3.5
4062	BID/POP TARTS, CHOCOLATE CHIP	KELLOGGS	EACH	210	6	2.25	36	1	2.5	0	240	1.8	20	500	0
4063	BID/POP TARTS, FROSTED BLUEBERRY	KELLOGGS	EACH	205	5	1.5	37.5	0.5	2	0	165	1.8	0	500	0
4069	BID/POP TARTS, FROSTED CHERRY	KELLOGGS	EACH	205	5	1.5	37.5	0.5	2	0	165	1.8	0	500	0

Nutrikids Recipe #	Description	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Carb g	Fiber g	Protein g	Chol mg	Sodium mg	Iron mg	Calcium mg	Vit A IU	Vit C mg
4067	BID/POP TARTS, SMORES	KELLOGGS	EACH	200	5	1.75	36.5	1	3	0	210	1.8	10	500	0
4941	BID/POP TARTS, FROSTED CINNAMON, WG	KELLOGGS	EACH (1.76 OZ)	180	3	1	37	3	2	0	190	1.8	100	500	6
4942	BID/POP TARTS, FROSTED STRAWBERRY, WG	KELLOGGS	EACH (1.76 OZ)	180	2.5	1	37	3	2	0	180	1.8	100	500	6
4614	BID/POPCORN, KETTLE	BOF 20097	1 BAG	120	3.5	0	21	2	2	0	180	0.36	0	0	0
469	BID/POPSICLE, CHERRY FREEZE BAR	BLUE BELL	EACH (1.75 OZ)	70	0	0	16	0	0	0	5	0	20	0	25
236	BID/POPSICLE, FRUITI BAR	BLUE BELL	EACH (2.75 OZ)	100	0	0	24	0	0	0	10	0	0	0	15
467	BID/POPSICLE, FUDGY BAR	BLUE BELL	EACH (2 OZ)	70	0	0	15	0	2	0	50	0.36	80	200	0
470	BID/POPSICLE, GRAPE FREEZE BAR	BLUE BELL	EACH (1.75 OZ)	70	0	0	16	0	0	0	5	0	20	0	25
480	BID/POPSICLE, MINI RAINBOW	BLUE BELL	EACH (1.25 OZ)	35	0	0	9	0	0	0	5	0	0	0	15
241	BID/POPSICLE, ORANGE CREAM BAR	BLUE BELL	EACH (2.75 OZ)	100	2	2	19	0	0	0	15	0	20	0	15
4508	BID/POPSICLE, RAINBOW FREEZE	BLUE BELL	EACH (3.75 OZ)	110	0	0	27	0	0	0	10	0	0	0	15
238	BID/POPSICLE, STRAWBERRY BANANA	BLUE BELL	EACH (2.25 OZ)	80	0	0	21	0	0	0	10	0	0	0	15
3687	BID/PORK BBQ, TEXAS STYLE	BROOKWOOD 12305	1 SERVING	268	13.12	4.32	18.22	1.21	19.12	68	1077	1.21	47.79	381	0.5
4999	BID/PORK BITES, HONEY BBQ	PIERRE 3822	3 EACH	180	12.01	4	7	0	11.01	35	510	1.44	40.02	200	1.2
3702	BID/PORK PATTY, BBQ RIB	PIERRE 3717	EACH	210	13.02	4.51	11.02	0	11.02	40	611	1.08	20.03	300	1.2
2098	BID/PORK PATTY, BBQ RIB	PIERRE 3817	EACH	260	18.03	6.01	11.02	0	13.02	50	701	1.08	40.06	300	1.2
5012	BID/PORK RIB FINGERS	JTM 5692	4 EACH	170	10	3.5	6	1	14	40	400	1	20	100	1
5008	BID/PORK RIB PATTY	JTM 5614	EACH (2.54 OZ)	152	9	3.1	4	1	14	41	419	1	34	99	1
321	BID/PORK STEAK, BREADED	ZARTIC 95532	EACH	280	18.01	5	16.01	0	13.01	50	560	1.44	40.02	100	0
3737	BID/POTATO, FF - CONQUEST	SIMPLOT 47999	2.5 OZ	117	3.33	0.83	17.5	2.5	1.67	0	250	0.6	0	0	4
3078	BID/POTATO, FF KK - COLOSSAL	LAMB X15	1/2 CUP	97	4	0.29	14.29	1.71	1.14	0	166	0.21	0	0	1.37
3736	BID/POTATO, FF KK - CONCERTINA	LAMB X14	1/2 CUP	90	3.5	0.25	13	1.5	1.5	0	100	0.36	0	0	2.4
4453	BID/POTATO, FF SS	LAMB S14	1/2 CUP	137	6	0.43	18	1.71	1.71	0	291	0.31	0	0	5.14
4515	BID/POTATO, FF - EVERCRISP	MCCAIN OIF01028	1/2 CUP	125	5.49	0.78	17.26	1.57	1.57	0	282	0.85	0	0	2.82
4454	BID/POTATO, FF, SPICY	LAMB B91	1/2 CUP	93	4	1	12.67	1.33	1.33	0	220	0.48	0	0	6
4553	BID/POTATO, FF, SS	MCCAIN GFR01	1/2 CUP	91	3.03	0	14.12	1.01	1.01	0	20	0	0	0	1.21
3845	BID/POTATO, FF, TWISTER/SEASONED	MCCAIN MCL03622	1/2 CUP	107	5.69	0.71	12.8	1.42	1.42	0	277	0.51	0	0	0.85
3682	BID/POTATO, HASH BROWN STIX	MCCAIN MCX03710	EACH	100	3.5	0	15	1	1	0	280	0	0	0	2.4
4455	BID/POTATO, HASH BROWN WEDGE	LAMB B03	EACH	100	5	1.5	12	1	1	0	270	0.36	0	0	1.2
4070	BID/POTATO, MASHED	IDAHOAN 20465	4 OZ	80	1	0	17	1	2	0	310	0.36	20	0	30
4798	BID/POTATO, MEDLEY, OVEN ROASTED	LAMB AX508	3 OZ	90	1	0	19	3	2	0	320	0.36	20	1500	15
4998	BID/POTATO, MINI BAKERS	LAMB 24U	3 OZ	120	4	1	18	2	2	0	170	0.72	0	0	12
4452	BID/POTATO, OVEN ROASTED REDSKIN	LAMB AX584	1/2 CUP	53	0.67	0	10	1.33	1.33	0	20	0	0	0	1.6
4482	BID/POTATO, PREBAKED, 3 OZ	PPI	EACH (3 OZ)	80	0	0	18	2	2	0	10	1.08	20	0	9
4483	BID/POTATO, PREBAKED, 6 OZ	PPI	EACH (6 OZ)	160	0	0	36	4	4	0	20	2.16	40	0	18
4484	BID/POTATO, ROUNDS/SPUD BITES	MCCAIN OIF00093	1/2 CUP	155	8.6	0.86	17.2	1.72	1.72	0	335	0	0	0	3.1
4117	BID/POTATO, SCALLOPED	IDAHOAN REAL	1/2 CUP	122	3.05	0	24.36	2.03	2.03	0	568	0.37	20.3	0	6.09
4615	BID/POTATO, SHREDDED CHEESE BAKE	BASIC AM 33787	1/2 CUP	107	3	1	17	1	2	5	550	0.36	10	50	4.2
3029	BID/POTATO, SMILES	MCCAIN OIF03456	4 EACH	129	4.83	0.81	19.33	1.61	1.61	0	185	0	0	0	2.9
4448	BID/POTATO, SWEET, KK FRIES	LAMB L0084	3 OZ	130	4	0	22	3	1	0	110	0.36	20	3500	6
5053	BID/POTATO, SWEET, MINI PUFF	LAMB L0094	3 OZ	130	3.01	0	23.06	2.01	1	0	231	0.36	20.05	3509	3.61
3858	BID/POTATO, WEDGE, OVEN ROASTED	LAMB S0007	1/2 CUP	59	0.33	0	13.01	1.3	1.3	0	124	0.47	0	0	5.85
4493	BID/PRETZEL, SOFT/MINI	J&J 3013	EACH	70	1	0	16	1	2	0	60	0	0	0	0

Nutrikids Recipe #	Description	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Carb g	Fiber g	Protein g	Chol mg	Sodium mg	Iron mg	Calcium mg	Vit A IU	Vit C mg
4610	BID/PRETZEL, SOFT/REGULAR	J&J 3010	EACH	180	1	0	38	1	6	0	150	0	0	0	0
3889	BID/PROPEL FITNESS WATER BEVERAGE	PROPEL	EACH (16.9 OZ)	21	0	0	6.34	0	0	0	74	0	0	0	12.68
4644	BID/PUDDING, CHOCOLATE, FAT FREE	KNOUSE	1/2 CUP	100	0	0	23	0	2	0	160	0.72	60	0	0
4523	BID/PUDDING, VANILLA	SYSCO CLASSIC	1/2 CUP	140	3	3	29	0	0	0	220	0	0	0	0
4522	BID/PUDDING, VANILLA, FAT FREE	KNOUSE	1/2 CUP	110	0	0	25	0	2	0	190	0	60	0	1.2
3623	BID/QUESADILLA, CHEESE	COYOTE GRILL 88007	EACH	320	13	5	35	4	18	45	490	2.7	300	300	0
3622	BID/QUESADILLA, CHICKEN	COYOTE GRILL 88005	EACH	302	11.69	4.39	33.13	4.87	17.54	39	507	2.63	243.63	292	0
3295	BID/RAVIOLI,BEEF, PROTEIN FORTIFIED	CHEF BOY 81080	8 EACH	250	8	3.5	29.99	5	16	30	690	2.7	20	200	0
3805	BID/RICE KRISPIE TREAT	KELLOGGS 26547	EACH (1.3 OZ)	150	3.5	1	28	0	1	0	170	1	0	400	0
3822	BID/RICE SNACKS, CARAMEL	QUAKER 43381	PKT (.91 OZ)	100	0.5	0	23	1	1	0	270	0.06	0	26	0
3821	BID/RICE SNACKS, CHEDDAR	QUAKER 44117	PKT (.67 OZ)	80	3	0.5	13	1	1	0	260	0.06	0	33	0
4270	BID/RICE, CHEESE, INFUSED	UNCLE BEN 02629	1/2 CUP	76	0.76	0	16.68	0	1.52	0	278	0.91	10.11	0	0
4269	BID/RICE, MEXICAN, INFUSED	UNCLE BEN 02573	1/2 CUP	76	0.51	0	16.68	0	1.52	0	323	0.91	10.11	0	0
4271	BID/RICE, PILAF, INFUSED	UNCLE BEN 02620	1/2 CUP	76	0.25	0	16.68	0.51	2.02	0	308	0.91	10.11	0	0
1943	BID/RICE, WHITE, INSTANT	UNCLE BEN 04016	1/2 CUP	90	0.25	0	20	0.5	2	0	7	1.35	0	0	0
4403	BID/ROAST BEEF, SLICED	FISCHER 85900	1 OZ	30	0.75	0	1	0	5	10	395	0.54	0	0	0
4192	BID/ROLL DOUGH,CINNAMON MINI	PILLSBURY 05357	EACH	130	5	1.5	18	0	3	10	230	0.72	0	100	0
4818	BID/ROLL, MINI CINNIS	PILLSBURY 33686	PKT (2.29 OZ)	240	7	2	40	2	5	0	300	1.44	20	0	0
3907	BID/ROLL, WHEAT	RICHS 08820	EACH	110	1.5	0	20	1	3	0	140	1.08	0	0	0
2676	BID/ROLL, WHITE	RICHS 11439	EACH	110	2	0	20	1	3	0	200	1.08	0	0	0
4641	BID/ROLL, WHOLE GRAIN	RICHS 05295	EACH	140	2.5	0.5	24	5	6	0	190	1.08	0	0	4.8
695	BID/ROTINI PASTA W/MEAT SAUCE	JTM 5591	8 OZ	334	18	6.7	24	3	19	59	942	4	56	697	21
3533	BID/SALAD DRESSING PKT, MIRACLE WHIP	KRAFT 66366	EACH	15	1	0	1	0	0	0	105	0	0	0	0
4201	BID/SALISBURY STEAK	JTM 5632	EACH	158	9	3.4	5	1	14	43	303	2	45	40	1
4030	BID/SALSA	RED GOLD 11005	1/4 CUP	21	0	0	4.21	2.11	0	0	295	0.76	42.12	316	2.53
3842	BID/SALSA CUP	NAT FRESH 648	EACH (2 OZ)	19	0	0	3.78	0	0	0	265	0.68	37.8	378	6.8
4901	BID/SANDWICH ROUND, WHOLE WHEAT	FLOWERS BAKERY	EACH (1.5 OZ)	100	1	0	20	0	5	0	190	1.08	40	0	0
4612	BID/SAUCE, GENERAL TSO'S	MINORS 31310	1 OZ	64	0.03	0	16.1	0.09	0.4	0	367	0.09	2.47	108	0.11
4611	BID/SAUCE, ZESTY ORANGE	MINORS 54742	1 OZ	65	0.16	0.02	15.66	0.04	0.17	0	113	0.05	0.88	4	0.23
3389	BID/SAUSAGE & PANCAKE NUGGET	STATE FAIR 71000	3 PIECE	190	10	3	19	1	7	25	590	1.44	40	100	0
4835	BID/SAUSAGE LINK, .5 OZ	JONES 018520	EACH (.5 OZ)	60	6	2	0	0	2	10	90	0	0	0	0
3945	BID/SAUSAGE PATTY	PIERRE 3750	EACH	80	5	2	0	0	7	25	260	0.36	20.01	0	0
3237	BID/SAUSAGE PATTY (1 OZ M/MA)	TN PRIDE 341	EACH	230	20	7	0	0	10	50	430	0	0	0	0
2562	BID/SAUSAGE PATTY (2 OZ M/MA)	PURNELL 11550	EACH	334	28.92	9.36	0	0	11.91	76	456	0	0	0	0
4537	BID/SAUSAGE PATTY	JTM 5649	EACH	120	10	3.8	1	0	6	24	307	0.45	16	56	0
4991	BID/SAUSAGE/PANCAKE STICK	STATE FAIR 70481	EACH (2.85 OZ)	209	8.98	2.49	25.93	1	6.98	20	479	1.44	19.95	100	0
5001	BID/SEASONING, SALT FREE GARDEN VEGETABLE	MCCORMICK	1 TSP	0	0	0	0	0	0	0	0	0	0	0	0
3811	BID/SHERBET, CHOCOLATE	LUIGI 38444	EACH (4 OZ)	120	1.5	1	26	0	1	5	60	1.8	20	0	60
3809	BID/SHERBET, GRAPE	LUIGI 38443	EACH (4 OZ)	120	1.5	1	27	0	0	5	35	0.36	20	0	60
3808	BID/SHERBET, LIME	LUIGI 38442	EACH (4 OZ)	120	1.5	1	27	0	0	5	35	0.36	20	0	60
3807	BID/SHERBET, ORANGE	LUIGI 38440	EACH (4 OZ)	120	1.5	1	27	0	0	5	35	0.36	20	0	60
3810	BID/SHERBET, RASPBERRY	LUIGI 38441	EACH (4 OZ)	120	1.5	1	27	0	0	5	35	0.36	20	0	60
3641	BID/SHRIMP POPPERS	RICHS 47020	21 EACH	230	12	2	19	2	10	40	700	2	30	6	0

Nutrikids Recipe #	Description	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Carb g	Fiber g	Protein g	Chol mg	Sodium mg	Iron mg	Calcium mg	Vit A IU	Vit C mg
4003	BID/SLOPPY JOE, PORK, REDUCED FAT	JTM 5401	3.44 OZ	141	6	2.1	9	1	13	41	630	1	31	487	6
4203	BID/SLUSHIE, 100% JUICE	RIDGEFIELD	EACH	90	0	0	22	0	0	0	50	0.36	90	1100	60
2540	BID/SOUP, CHICKEN NOODLE, HEALTHY REQUEST	CAMPBELL 04142	8 OZ	60	2.5	1	7	1	3	10	463	0.36	303.4	750	0
4490	BID/SOUP, CREAM OF CHICKEN	HEINZ 434400	1 OZ	23	1.04	0.35	2.77	0	0.46	2	191	0.08	4.61	23	0
4491	BID/SOUP, CREAM OF MUSHROOM	HEINZ 412400	1 OZ	25	1.61	0.23	2.3	0.69	0.46	0	233	0.08	0	0	0
4693	BID/SOUP, POTATO BACON CHEDDAR	CAMPBELLS 17582	8 OZ	460	39	18	15	1	13	80	790	0.72	200	100	2.4
2464	BID/SOUP, TOMATO, HEALTHY REQUEST	CAMPBELL 04145	8 OZ	90	1.5	0.5	17	1	2	0	473	0	3.4	400	6
4694	BID/SOUP, VEGETABLE BEEF	CAMPBELLS	8 OZ	90	1.5	0.5	14	3	4	5	1000	0.72	20	1000	6
4524	BID/SOUR CREAM CUP	WHOLESOME FARMS	EACH (1 OZ)	50	5	3	1	0	0	20	20	0	20	200	0
684	BID/SPAGHETTI PASTA W/MEAT	JTM 5590	8 OZ	329	18	6.7	23	3	19	59	683	3	53	684	21
4029	BID/SPAGHETTI SAUCE	RED GOLD 82100	1/2 CUP	79	2.98	0	9.94	1.99	1.99	0	606	1.07	39.75	497	4.77
3703	BID/SPAGHETTI SAUCE, PORK, REDUCED FAT	JTM 5521	5.91 OZ	170	7	2.5	10	2	15	50	421	1	44	716	23
3742	BID/SPAGHETTI SAUCE	ANGELA MIA	1 OZ	11	0	0	2.27	0.45	0.45	0	118	0.24	4.54	68	1.36
3027	BID/STUFFING, CORNBREAD	GEN MILLS 11641	1/2 CUP	180	1.5	0	22	0	3	0	690	0.72	40	300	0
4627	BID/SUNFLOWER KERNELS	AZAR 7220010	PKT (1 OZ)	170	14.5	1.6	6	3	5	0	110	1.08	20	0	0
4706	BID/SWEET & SOUR SAUCE	KRAFT 67212	EACH (1 OZ)	45	0	0	11.06	0	0	0	106	0	0	0	0
4658	BID/SYRUP, PANCAKE	HEINZ	EACH (1.5 OZ)	120	0	0	31	0	0	0	40	0	0	0	0
683	BID/TACO MEAT, BEEF, RED FAT & SODIUM	JTM 5250	3.17 OZ	111	5	1.8	4	2	13	35	291	2	42	644	5
3704	BID/TACO MEAT, PORK, REDUCED FAT	JTM 5205	3.17 OZ	111	5	1.6	4	2	13	32	275	1	42	662	6
4489	BID/TACO SAUCE PACKET	HEINZ 986800	EACH (9 GRAM)	5	0	0	1	0	0	0	55	0	0	0	0
4728	BID/TACO SEASONING	LAWRYS	1 TSP	8	0	0	1.5	0	0	0	135	0.54	0	150	0
3743	BID/TACO SEASONING MIX	LAWRY 80110	1 OZ	85	0	0	17.01	0	0	0	1531	6.12	0	1701	0
3744	BID/TACO SHELL, JUMBO	MISSION 10115	EACH	85	3.5	1.25	11.5	1	1.5	0	0	0.36	10	0	0
1278	BID/TACO SHELL, REGULAR	MISSION 07381	EACH	50	2	0.67	7	0.67	0.67	0	0	0.24	6.67	0	0
4086	BID/TARTAR SAUCE	KRAFT 66454	EACH	110	12	2	0	0	0	10	320	0	0	0	0
4664	BID/TOAST, GARLIC	MARZETTI 10021	1 SLICE	150	9	2	15	1	3	0	260	0.36	0	0	0
4292	BID/TOMATO PASTE	RED GOLD	1 TBSP	15	0	0	3.07	0	1.02	0	10	0.37	0	256	3.07
4293	BID/TOMATO PUREE	RED GOLD	2 TBSP	15	0	0	3	0	0	0	8	0.54	0	400	2.4
4133	BID/TOMATO SAUCE	RED GOLD	1/4 CUP	19	0	0	4.86	0.97	0	0	272	0.7	0	486	2.33
4294	BID/TOMATOES, DICED	RED GOLD	1/4 CUP	12	0	0	2.43	0.49	0.49	0	102	0.35	19.43	364	4.37
4516	BID/TORTILLA, FLOUR, 10"	SERAPIO 7022	EACH (2.8 OZ)	230	5	1.5	40	1	6	0	580	2.7	60	0	0
4700	BID/TORTILLA, FLOUR, 8"	SERAPIO 9018	EACH (1.8 OZ)	140	3.5	1	26	0	4	0	370	1.8	40	0	0
3905	BID/TURKEY & GRAVY	JENNIE O 284728	5.23 OZ	140	6	2	5	0	16	50	660	0.72	20	100	1.2
4042	BID/TURKEY BREAST	JENNIE O 835402	1 OZ	46	0.47	0.15	1.13	0	9.41	18	439	0.2	2.3	0	0.5
4939	BID/TURKEY HAM, DELI STYLE	JENNIE O 8028	3.58 OZ	120	5	2	2	0	15	65	870	1.08	0	0	0
4043	BID/TURKEY ROAST	JENNIE O 317004	1 OZ	38	1.51	0.37	0.2	0	6.55	17	209	0.25	1.55	0	0.4
4521	BID/TURKEY, BREAST, SLICED	SARA LEE 05500	1 OZ	25	0.25	0	1.01	0	4.05	8	314	0.18	0	0	0
4404	BID/TURKEY, SMOKED, SLICED	FISCHER 85920	1 OZ	30	0.25	0	1	0	5.5	7	330	0.36	0	0	0
4828	BID/ULTIMATE BREAKFAST ROUND	RICHS 08734	EACH (2.2 OZ)	270	8	3	43	6	5	5	210	1.8	40	0	0.04
3748	BID/UNCRUSTABLE, PB/GRAPE	SMUCKER 6650	EACH	320	16	3.5	33	3	10	0	320	1.44	20	0	0
3803	BID/UNCRUSTABLE, PB/GRAPE/SOY	SMUCKER 6673	EACH	260	11	2.5	31	2	9	0	330	1.8	20	0	0
4646	BID/UNCRUSTABLE, PB/GRAPE/WHEAT	SMUCKER 6611	EACH	330	17	3.5	34	4	11	0	340	1.08	20	0	0
4044	BID/UNCRUSTABLE, PB/HONEY/WHEAT	SMUCKER 6675	EACH	320	16	3.5	34	3	10	0	310	1.44	0	0	0

Nutrikids Recipe #	Description	Manufacturer	Portion Size	Calories	Fat g	Sat Fat g	Carb g	Fiber g	Protein g	Chol mg	Sodium mg	Iron mg	Calcium mg	Vit A IU	Vit C mg
3749	BID/UNCRUSTABLE, PB/STRAWBERRY	SMUCKER 6659	EACH	320	16	3.5	33	3	10	0	310	1.44	20	0	0
4711	BID/VEGETABLE BLEND, PRINCE WILLIAM	SYSCO CLASSIC	1/2 CUP	13	0	0	2.5	1	0.5	0	10	0.36	10	1500	12
4350	BID/WAFFLES, SNACK'N, MAPLE, WHOLE GRAIN	SMUCKER 33505	EACH (2.2 OZ)	240	9	2.5	35	2	5	25	280	0.72	20	0	0
4819	BID/WAFFLES, SNACK'N, CHOCOLATE CHIP	SMUCKER 33508	EACH (2.2 OZ)	240	8	2.5	36	3	5	25	250	1.08	20	0	0
3747	BID/WHIPPED TOPPING - ON TOP	RICHS 2559	1 OZ	89	7.09	7.09	7.09	0	0	0	0	0	0	0	0
4625	BID/WRAP, MULTI GRAIN	FLATOUT 92423-7	EACH	100	2.5	0	17	8	9	0	380	1.44	20	0	0
3454	BID/YOGURT (4 OZ) - TRIX	GEN MILLS	EACH (4 OZ)	90	0.5	0	17	0	4	4	50	0	100	500	0
4963	BID/YOGURT, BLUEBERRY (4 OZ)	DANNON L&F 468	EACH (4 OZ)	60	0	0	10	0	3	0	50	0	100	300	0
4964	BID/YOGURT, RASPBERRY (4 OZ)	DANNON L&F 468	EACH (4 OZ)	60	0	0	10	0	3	0	50	0	100	300	0
4962	BID/YOGURT, STRAWBERRY (4 OZ)	DANNON L&F 468	EACH (4 OZ)	60	0	0	10	0	3	0	55	0	100	300	0
123	BID/YOGURT, VANILLA, LOW FAT-PARFAIT PRO	YOPLAIT 16632	1 OZ	24	0.19	0.13	4.62	0	0.87	1	15	0	31.25	125	0
4352	BID/YOO-HOO CHOCOLATE FUDGE BAR	ROSATI	EACH	70	1	0.5	15	2	2	5	50	0	60	0	0

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.