

## Marquardt School District 15

## Recipe Audit Report - Summary

Aug 19, 2016

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000389 100% Beef Pattie on Bun	EACH	112	309	11.84 34.4%	4.31 12.5%	40	335	25.10 32.5%	2.51	*N/A*	15.91 20.6%	0	0.0	30	2.41
000329 Baked Scoop Nacho Chips	SERVING	25	110	2.50 20.5%	0.00 0.0%	0	125	19.00 69.1%	2.00	*N/A*	2.00 7.3%	0	0.0	20	0.36
000400 Boneless Chicken Wings	SERVING	111	250	11.00 39.6%	2.00 7.2%	55	400	15.00 24.0%	2.00	*N/A*	23.00 36.8%	0	0.0	0	1.80
000373 Cheese Breadsticks (Gilardi)	SERVING	125	300	12.00 36.0%	7.00 21.0%	40	580	36.00 48.0%	4.00	*N/A*	16.00 21.3%	0	0.0	0	0.00
000498 Cheese Sauce, Jalapeno Cup	each	85	190	10.00 47.4%	6.00 28.4%	30	560	15.00 31.6%	0.00	*N/A*	10.00 21.1%	300	0.0	300	0.00
000236 Chicken Filet Sandwich	EACH	160	339	10.84 28.7%	1.81 4.8%	45	525	34.10 40.2%	5.51	*N/A*	24.91 29.4%	0	0.0	30	2.52
000408 Chicken Tacos	SERVING	185	442	21.04 42.8%	11.00 22.4%	125	651	33.39 30.2%	4.25	*0.14*	30.14 27.3%	1323	0.5	244	3.71
000536 Cilantro Brown Rice	SERVINGS (1CUP)	177	183	3.70 18.2%	*0.30* *1.5%*	*0*	*50*	35.94 78.4%	1.10	*0.09*	4.22 9.2%	*34*	*3.9*	*12*	1.01
000548 Cocoa Cherry Bar	SERVING	62	200	7.00 31.5%	1.50 6.7%	0	55	38.00 76.0%	4.00	*N/A*	4.00 8.0%	100	0.0	20	1.80
000387 Cornbread Muffin	EACH	57	170	6.00 31.8%	0.50 2.6%	35	90	28.00 65.9%	1.00	*N/A*	3.00 7.1%	100	0.0	20	0.72
010013 French Toast Sticks (Elem)	SERVING	82	200	7.00 31.5%	2.00 9.0%	120	310	27.00 54.0%	3.00	*N/A*	8.00 16.0%	200	0.0	40	1.80
010011 Hot Dog	EACH	114	310	17.18 49.9%	6.41 18.6%	35	503	28.16 36.3%	2.70	*N/A*	12.73 16.4%	1	0.0	37	2.25
000276 Macaroni & Cheese, WG	SERVING	170	280	11.00 35.4%	5.00 16.1%	25	670	29.00 41.4%	2.00	*N/A*	17.00 24.3%	750	0.0	400	1.08
000220 Mandarin Orange Chicken	SERVING	102	150	3.00 18.0%	0.50 3.0%	40	280	19.00 50.7%	0.00	*N/A*	11.00 29.3%	0	1.2	0	0.72
000279 Mini Waffles	EACH	70	210	6.00 25.7%	1.00 4.3%	5	170	38.00 72.4%	3.00	*N/A*	4.00 7.6%	0	0.0	20	0.72
000278 Pancakes, Mini, Maple Burst	EACH	100	230	7.01 27.4%	0.50 2.0%	0	150	41.03 71.3%	3.00	*N/A*	4.00 7.0%	0	0.0	40	0.72
000109 Personal Cheese Pizza	SERVING	126	280	12.00 38.6%	6.00 19.3%	30	440	29.00 41.4%	3.00	*N/A*	15.00 21.4%	300	0.0	250	1.80
000630 Pizza, Wild Mike's, IW, Cheese	EACH	156	360	17.00 42.5%	8.00 20.0%	30	510	34.00 37.8%	3.00	4.00 4.4%	20.00 22.2%	500	9.0	450	1.80
000405 Popcorn Chicken Smackers	SERVING	122	269	13.00 43.5%	3.00 10.0%	60	590	20.00 29.7%	3.00	*N/A*	18.00 26.8%	168	1.0	17	2.00
000539 Pork Sausage Pattle	SERVING	34	70	5.00 64.3%	1.50 19.3%	25	260	0.00 0.0%	0.00	*N/A*	7.00 40.0%	0	0.0	20	0.36
000531 Steak Street Taco	SERVING	132	330	9.50 25.9%	4.50 12.3%	5	410	33.00 40.0%	4.00	*N/A*	26.00 31.5%	0	0.0	60	3.24

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Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000526 Sweet & Sour Chicken	SERVING	125	152	*2.99* *17.8%*	*0.50* *3.0%*	*40*	202	20.91 55.2%	0.20	*N/A* *N/A%*	*10.98* *29.0%*	*0*	5.9	*0*	0.79

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000379 Chef's Salad	EACH	321	644	42.15 58.9%	12.04 16.8%	50	1172	39.71 24.7%	5.39	*0.87*	21.47 13.3%	14274	25.4	508	5.35
000503 Pizza Lunch Kit	Each	170	405	18.50 41.1%	8.00 17.8%	30	970	37.00 36.5%	4.00	*N/A*	20.00 19.8%	400	6.0	440	1.08
000502 Turkey and Cheese Sub	each	125	280	7.00 22.5%	2.50 8.0%	35	760	34.00 48.6%	3.00	*N/A*	19.00 27.1%	100	2.4	250	3.60
000410 Yogurt, String Chs, Bagel	SERVING	211	330	7.50 20.5%	4.00 10.9%	20	475	49.00 59.4%	2.00	*N/A*	18.00 21.8%	100	0.0	390	1.08

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000141 Milk, Skim, Chocolate	EACH	227	110	0.00 0.0%	0.00 0.0%	5	210	20.00 72.7%	0.00	*N/A*	8.00 29.1%	500	1.2	300	0.00
000140 Milk, Skim, Strawberry	EACH	227	110	0.00 0.0%	0.00 0.0%	5	125	19.00 69.1%	0.00	*N/A*	8.00 29.1%	1250	1.2	300	0.00
000138 Milk, Skim, White	EACH	227	90	0.00 0.0%	0.00 0.0%	5	135	13.00 57.8%	0.00	*N/A*	9.00 40.0%	500	2.4	300	0.00

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000064 Apples, Fresh	EACH	138	72	0.23 2.9%	0.04 0.5%	0	1	19.06 106.2%	3.31	14.34 79.9%	0.36 2.0%	75	6.3	8	0.17
000165 Apples, Slices, 2 oz	SERVING	57	29	0.00 0.0%	0.00 0.0%	0	0	8.00 110.3%	2.00	*N/A* *N/A%*	0.00 0.0%	0	0.0	0	0.00
000171 Applesauce Cup, Cinnamon	EACH	113	80	0.00 0.0%	0.00 0.0%	0	10	20.00 100.0%	2.00	*N/A* *N/A%*	0.00 0.0%	100	60.0	0	0.00
000033 Applesauce Cup, Strawberry	EACH	113	80	0.00 0.0%	0.00 0.0%	0	10	20.00 100.0%	2.00	*N/A* *N/A%*	0.00 0.0%	0	3.6	0	0.00
900010 Applesauce Cup, Unsweetened	EACH	113	50	0.00 0.0%	0.00 0.0%	0	10	12.00 96.0%	2.00	*N/A* *N/A%*	0.00 0.0%	0	60.0	0	0.00
000255 Blueberries	1/2 CUP	148	84	0.49 5.2%	0.04 0.4%	0	1	21.45 101.7%	3.55	14.74 69.9%	1.10 5.2%	80	14.4	9	0.41
900011 Chilled Fruit Cup, Mixed Fruit	SERVING	124	60	0.00 0.0%	0.00 0.0%	0	5	13.00 86.7%	1.00	*N/A* *N/A%*	1.00 6.7%	200	1.2	0	0.00
000016 Chilled Fruit Cup, Peaches	SERVING	124	70	*N/A* *-12.9%*	*N/A* *-12.9%*	*N/A*	10	17.00 97.1%	*N/A*	*N/A* *-5.7%*	*N/A*	300	1.2	*N/A*	*N/A*
000018 Chilled Fruit Cup, Pears	SERVING	140	84	0.00 0.0%	0.00 0.0%	0	4	19.00 90.5%	1.00	*N/A* *N/A%*	0.00 0.0%	*N/A*	2.4	*N/A*	0.36
000447 Chilled Fruit Cup, Pineapples	SERVING	113	60	0.00 0.0%	0.00 0.0%	0	10	15.00 100.0%	1.00	*N/A* *N/A%*	0.00 0.0%	0	12.0	0	0.36
900012 Chilled Fruit Cup, Tropical Fr	SERVING	140	80	0.00 0.0%	0.00 0.0%	0	15	20.00 100.0%	2.00	*N/A* *N/A%*	1.00 5.0%	300	21.0	0	0.36
000460 Craisins	Each	45	110	0.00 0.0%	0.00 0.0%	0	0	28.00 101.8%	3.00	*N/A* *N/A%*	0.00 0.0%	0	0.0	0	0.00
900015 Fruit Cup, Mandarin Oranges	SERVING	126	70	0.00 0.0%	0.00 0.0%	0	10	17.00 97.1%	1.00	*N/A* *N/A%*	1.00 5.7%	300	12.6	200	0.72
000080 Grapefruit, Halves	1/2 EACH	128	41	0.13 2.8%	0.02 0.4%	0	0	10.34 101.0%	1.41	8.93 87.3%	0.81 7.9%	1187	44.0	15	0.12
000422 Grapes, Fresh	1/2 Cup	46	31	0.16 4.7%	0.05 1.5%	0	1	7.89 102.4%	0.41	7.48 97.0%	0.29 3.8%	46	1.8	6	0.13
000299 Juice Box, 100% Apple	EACH	120	60	0.00 0.0%	0.00 0.0%	0	5	14.00 93.3%	0.00	*N/A* *N/A%*	0.00 0.0%	500	*N/A*	20	0.00
000506 Juice Box, 100% Cran-Rasp	Serving	120	60	0.00 0.0%	0.00 0.0%	0	10	13.00 86.7%	0.00	*N/A* *N/A%*	0.00 0.0%	500	60.0	20	0.00
900014 Juice Box, 100% Fruit Punch	SERVING	120	60	0.00 0.0%	0.00 0.0%	0	15	15.00 100.0%	0.00	*N/A* *N/A%*	0.00 0.0%	500	*N/A*	20	0.00
000280 Juice Box, 100% Grape White	EACH	120	90	0.00 0.0%	0.00 0.0%	0	10	20.00 88.9%	0.00	*N/A* *N/A%*	0.00 0.0%	500	*N/A*	20	0.00
000505 Juice Box, 100% Mixed Berry	Serving	120	60	0.00 0.0%	0.00 0.0%	0	5	15.00 100.0%	0.00	*N/A* *N/A%*	0.00 0.0%	500	*N/A*	20	0.00
000287 Juice Box, 100% Orange Tang.	EACH	120	60	0.00 0.0%	0.00 0.0%	0	15	15.00 100.0%	0.00	*N/A* *N/A%*	0.00 0.0%	500	60.0	20	0.00

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900013 Juice Box, 100% Straw Kiwi	EACH	120	60	0.00 0.0%	0.00 0.0%	0	5	15.00 100.0%	0.00	*N/A* *N/A%*	0.00 0.0%	500	*N/A*	20	0.00
000178 Kiwi Fruit	Servings	104	63	0.54 7.7%	0.03 0.4%	0	3	15.17 96.1%	3.11	9.30 59.0%	1.18 7.5%	90	95.9	35	0.32
000020 Orange Wedges	EACH	96	45	0.12 2.3%	0.01 0.3%	0	0	11.28 100.0%	2.30	8.98 79.6%	0.90 8.0%	216	51.1	38	0.10
000445 Peach Cups	EACH	135	90	0.00 0.0%	0.00 0.0%	0	15	23.00 102.2%	20.00	*N/A* *N/A%*	0.00 0.0%	300	1.2	0	0.00
000088 Peaches, Fresh	EACH	150	59	0.38 5.8%	0.03 0.4%	0	0	14.31 97.8%	2.25	12.59 86.1%	1.37 9.3%	489	9.9	9	0.38
000446 Pear Cups	EACH	135	100	0.00 0.0%	0.00 0.0%	0	15	29.00 116.0%	1.00	*N/A* *N/A%*	0.00 0.0%	0	0.0	0	0.36
000090 Pears, Fresh	EACH	166	95	0.23 2.2%	0.04 0.3%	0	2	25.28 106.9%	5.15	16.19 68.4%	0.60 2.5%	42	7.1	15	0.30
000094 Plums, Fresh	EACH	66	30	0.18 5.5%	0.01 0.3%	0	0	7.54 99.3%	0.92	6.55 86.3%	0.46 6.1%	228	6.3	4	0.11
000458 Raisels, Orange Burst	Box	43	130	0.00 0.0%	0.00 0.0%	0	0	35.00 107.7%	1.00	*N/A* *N/A%*	1.00 3.1%	0	60.0	20	0.72
000457 Raisels, Sour Lemon	Box	43	140	0.00 0.0%	0.00 0.0%	0	5	36.00 102.9%	1.00	*N/A* *N/A%*	1.00 2.9%	0	60.0	20	0.70
000459 Raisels, Watermelon Shock	Box	43	140	0.00 0.0%	0.00 0.0%	0	5	36.00 102.9%	1.00	*N/A* *N/A%*	1.00 2.9%	0	102.0	20	0.70
000097 Raisins	1/2 CUP	145	434	0.67 1.4%	0.08 0.2%	0	16	114.81 105.9%	5.37	85.83 79.2%	4.45 4.1%	0	3.3	73	2.73
000099 Strawberries, Fresh	1/2 CUP	144	46	0.43 8.4%	0.02 0.4%	0	1	11.06 96.0%	2.88	7.04 61.1%	0.96 8.4%	17	84.7	23	0.59
000098 Strawberry Frozen Cup	CUP	128	122	0.17 1.2%	0.01 0.1%	0	4	33.05 108.0%	2.42	30.61 100.0%	0.68 2.2%	31	52.8	14	0.75
000101 Watermelon, Chunks	1/2 CUP	152	46	0.23 4.5%	0.02 0.5%	0	2	11.48 100.7%	0.61	9.42 82.7%	0.93 8.1%	865	12.3	11	0.36

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000026 Baby Carrots	EACH	57	20	0.00 0.0%	0.00 0.0%	0	45	5.00 100.0%	1.00	*N/A* *N/A%*	0.00 0.0%	4000	0.0	0	0.00
000197 Baked Beans	Servings	141	131	0.00 0.0%	0.00 0.0%	0	404	24.68 75.4%	5.10	*N/A* *N/A%*	6.12 18.7%	0	0.0	61	1.84
000512 Bell Peppers, Fresh	Servings	69	14	0.12 7.7%	0.04 2.6%	0	2	3.20 92.8%	1.17	1.66 48.0%	0.59 17.2%	255	55.5	7	0.23
000208 Breakfast Potatoes	SERVING	85	110	4.00 32.7%	1.00 8.2%	0	340	17.00 61.8%	2.00	*N/A* *N/A%*	2.00 7.3%	0	4.8	0	0.72
000031 Broccoli, Fresh	SERVING	44	15	0.16 9.8%	0.02 1.0%	0	15	2.92 78.1%	1.14	0.75 20.0%	1.24 33.2%	274	39.2	21	0.32
000264 Cauliflower, Raw	1/2 CUP	100	25	0.28 10.1%	0.13 4.7%	0	30	4.97 79.5%	2.00	1.91 30.6%	1.92 30.7%	0	48.2	22	0.42
000267 Celery Sticks	1/2 CUP	60	10	0.10 9.6%	0.03 2.4%	0	48	1.78 74.3%	0.96	0.80 33.5%	0.41 17.3%	269	1.9	24	0.12
000271 Corn, Steamed	1/2 cup	85	90	0.50 5.0%	0.00 0.0%	0	0	19.00 84.4%	2.00	*N/A* *N/A%*	3.00 13.3%	0	4.8	0	0.36
000377 Cucumber Slices	1/2 CUP	60	7	0.10 12.0%	0.01 1.0%	0	1	1.29 72.0%	0.42	0.82 46.0%	0.35 19.7%	43	1.9	8	0.13
000039 Green Beans	SERVING	113	20	0.00 0.0%	0.00 0.0%	0	370	4.00 80.0%	2.00	*N/A* *N/A%*	0.00 0.0%	200	2.4	20	0.00
000448 Juice Box, Drag Punch Veg	EACH	120	55	0.00 0.0%	0.00 0.0%	0	35	14.00 101.8%	0.00	*N/A* *N/A%*	0.00 0.0%	500	42.0	0	0.00
000449 Juice Box, Wango Mango Veg	EACH	120	55	0.00 0.0%	0.00 0.0%	0	30	14.00 101.8%	0.00	*N/A* *N/A%*	0.00 0.0%	500	42.0	0	0.00
000513 Marinara Dipping Cup	Each (2.5oz)	71	40	1.00 22.5%	0.00 0.0%	0	240	8.00 80.0%	1.00	*N/A* *N/A%*	1.00 10.0%	200	6.0	20	0.36
000429 Mashed Potatoes	SERVING	118	70	1.00 12.9%	0.00 0.0%	0	340	15.00 85.7%	1.00	*N/A* *N/A%*	1.00 5.7%	0	6.4	7	0.19
000451 Mixed Bean Salad	SERVINGS	175	185	*7.67* *37.3%*	*1.14* *5.6%*	*0*	317	25.35 54.8%	4.59	*8.91* *19.3%*	5.24 11.3%	*132*	*10.6*	36	1.55
000439 Peas and Carrots	1/2 Cup	160	77	0.67 7.9%	0.12 1.4%	0	109	16.19 84.3%	4.96	6.98 36.3%	4.94 25.8%	15222	13.0	37	1.50
001065 Peas, Green	1/2 Cup	124	72	0.60 7.4%	0.11 1.3%	0	229	13.14 73.1%	4.09	3.97 22.1%	3.73 20.8%	1896	9.7	25	1.60
000333 Salsa Dipping Cup	SERVING	85	30	0.00 0.0%	0.00 0.0%	0	210	6.00 80.0%	0.00	*N/A* *N/A%*	0.00 0.0%	300	7.2	0	1.08
000402 Seasoned Black Beans	SERVING (1/2 C)	107	370	13.50 32.8%	7.50 18.2%	30	870	36.00 38.9%	11.00	*N/A* *N/A%*	25.00 27.0%	208	0.1	446	2.68
000342 Spring Mix Salad	3 oz	142	40	0.12 2.8%	0.03 0.8%	0	81	6.85 68.0%	2.27	*0.47* *4.7%*	1.32 13.1%	14050	24.8	65	4.57
000358 Steamed Carrots	serving	113	42	0.77 16.5%	0.14 2.9%	0	67	8.77 83.6%	3.74	4.63 44.1%	0.66 6.3%	19196	2.6	40	0.60

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
\*- denotes combined nutrient totals with either missing or incomplete nutrient data

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# Marquardt School District 15

## Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000500 Sugar Snap Peas	0.5 Cup	32	13	0.06 4.3%	0.01 0.8%	0	1	2.38 71.9%	0.82	*N/A*	0.88 26.7%	342	18.9	14	0.66
000488 Summer Squash Blend	0.5 Cup	96	24	0.19 7.2%	0.04 1.4%	0	232	5.32 88.6%	1.34	2.24 37.3%	1.23 20.5%	193	6.5	19	0.50
000277 Sweet Potato Fries	SERVING	85	121	4.27 31.8%	0.71 5.3%	0	178	18.48 61.2%	1.42	*N/A*	1.42 4.7%	4976	5.7	28	0.51
000157 Tomatoes, Grape	SERVING	113	24	0.37 13.8%	0.09 3.5%	0	10	5.30 87.7%	1.30	*N/A*	0.93 15.4%	279	2.2	0	0.67

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000486 BBQ Sauce, Pkt	each	12	15	0.00 0.0%	0.00 0.0%	0	85	4.00 106.7%	0.00	*N/A*	0.00 0.0%	0	0.0	0	0.00
000143 Ketchup, RG, Pkt	EACH	9	10	0.00 0.0%	0.00 0.0%	0	105	3.00 120.0%	0.00	*N/A*	0.00 0.0%	0	0.0	0	0.00
000151 Marinara Sauce Cup, 2 oz	SERVING	57	45	1.50 30.0%	0.00 0.0%	0	240	7.00 62.2%	1.00	*N/A*	1.00 8.9%	200	6.0	20	0.36
000147 Mayonnaise, Pkt	EACH	12	90	9.00 90.0%	1.50 15.0%	5	70	1.00 4.4%	0.00	*N/A*	0.00 0.0%	0	0.0	0	0.00
000146 Mustard, Pkt	EACH	6	5	0.00 0.0%	0.00 0.0%	0	50	0.50 40.0%	0.00	*N/A*	0.50 40.0%	0	0.0	0	0.00
000533 Pico de Gallo	SERVINGS	57	15	0.11 6.4%	0.02 1.2%	0	34	3.36 89.8%	0.82	*0.08*	0.59 15.8%	378	8.2	8	0.17
000144 Ranch Dressing Pkt	EACH	12	70	7.00 90.0%	1.00 12.9%	5	100	1.00 5.7%	0.00	*N/A*	0.00 0.0%	0	0.0	0	0.00
000333 Salsa Dipping Cup	SERVING	85	30	0.00 0.0%	0.00 0.0%	0	210	6.00 80.0%	0.00	*N/A*	0.00 0.0%	300	7.2	0	1.08
000170 Syrup Cup	SERVING	43	120	0.00 0.0%	0.00 0.0%	0	30	30.00 100.0%	0.00	*N/A*	0.00 0.0%	0	0.0	0	0.00

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