

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)
000476 Bagel	each	78	200	7.00 31.5%	3.50 15.7%	25	270	30.00 60.0%	*4.00*	*N/A*	7.00 14.0%	200	*0.0*	*40*	*1.80*
000554 BENEFIT BAR APPLE CINNAM	EACH	71	290	9.00 27.9%	3.00 9.3%	15	240	48.00 66.2%	3.00	*N/A*	5.00 6.9%	0	0.0	20	1.80
000555 BENEFIT BAR BANANA CHOC	EACH	71	280	8.00 25.7%	3.00 9.6%	15	220	48.00 68.6%	3.00	*N/A*	5.00 7.1%	0	0.0	20	1.80
000556 BENEFIT BAR OATMEAL CHO	EACH	71	290	9.00 27.9%	3.00 9.3%	20	240	47.00 64.8%	3.00	*N/A*	5.00 6.9%	0	0.0	20	1.80
000480 Breakfast Bacon Scrambler	piece	84	210	8.00 34.3%	3.50 15.0%	55	340	23.00 43.8%	2.00	*N/A*	10.00 19.0%	0	0.0	150	1.80
000557 BURRITO, Breakfast, Egg Chee	EACH	71	155	6.88 40.0%	2.99 17.4%	55	210	15.78 40.8%	2.40	*N/A*	8.26 21.3%	250	1.8	100	1.26
000574 CEREAL, BOWL, CINN TOAST	EACH	28	110	3.00 24.5%	0.50 4.1%	0	160	22.00 80.0%	3.00	*N/A*	1.00 3.6%	400	4.8	200	3.60
000561 CEREAL, BOWL, COCOA PUF	EACH	28	110	1.50 12.3%	0.00 0.0%	0	160	25.00 90.9%	2.00	*N/A*	2.00 7.3%	500	6.0	100	4.50
000562 CEREAL, BOWL, GOLDEN GR	EACH	28	110	1.00 8.2%	0.00 0.0%	0	220	24.00 87.3%	1.00	*N/A*	1.00 3.6%	400	18.0	80	3.60
000560 CEREAL, BOWL, MULTIGRAIN	EACH	28	100	1.00 9.0%	0.00 0.0%	0	1150	23.00 92.0%	2.00	*N/A*	2.00 8.0%	500	4.8	80	7.20
000569 Cereal, Trix, 25% LS, Bowl	EACH	28	110	1.00 8.2%	0.00 0.0%	0	140	24.00 87.3%	1.00	*N/A*	1.00 3.6%	400	4.8	80	4.50
000416 CHEESE, MOZZARELLA, STRI	SERVING	28	60	2.50 37.5%	2.00 30.0%	10	210	1.00 6.7%	0.00	*N/A*	8.00 53.3%	100	0.0	200	0.00
000518 Donut, Whole Grain	each	73	303	15.03 44.7%	7.01 20.8%	0	300	36.29 48.0%	4.18	*4.25*	5.10 6.7%	8	0.1	36	0.94
000308 Fruitel, Apple Pillsbury WG	EACH	65	210	6.00 25.7%	1.50 6.4%	0	280	36.00 68.6%	2.00	*N/A*	5.00 9.5%	0	0.0	0	1.08
000314 Fruitel, Cherry Pills WG	EACH	65	210	6.00 25.7%	1.50 6.4%	*N/A*	280	36.00 68.6%	2.00	*N/A*	5.00 9.5%	0	0.0	0	1.08
000520 Fruit & Yogurt Parfait	Servings	321	312	4.86 14.0%	1.36 3.9%	5	176	59.29 76.0%	2.81	*5.13*	9.08 11.6%	1022	23.3	216	0.59
000312 Mini Cinnis, Pills. WG	EACH	65	240	7.00 26.3%	2.00 7.5%	*N/A*	300	40.00 66.7%	2.00	*N/A*	5.00 8.3%	0	0.0	20	1.44
000478 Muffin, Smart Choice, Banana	each	102	290	8.00 24.8%	1.00 3.1%	35	240	50.00 69.0%	2.00	*N/A*	4.00 5.5%	100	1.2	40	1.44
000477 Muffin, Smart Choice, Blueberry	each	102	280	9.00 28.9%	1.00 3.2%	45	230	47.00 67.1%	2.00	*N/A*	4.00 5.7%	100	1.2	40	1.44
000481 Ultimate Breakfast Round	each	62	270	8.00 26.7%	3.00 10.0%	5	240	43.00 63.7%	6.00	*N/A*	5.00 7.4%	0	0.0	40	1.80
000412 YOGURT, 4 OZ, STRAWBERR	SERVING	113	80	0.00 0.0%	0.00 0.0%	5	65	16.00 80.0%	0.00	*N/A*	4.00 20.0%	0	0.0	150	0.00

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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)
000414 YOGURT, 4 OZ, STRAWBERR	SERVING	113	80	0.00 0.0%	0.00 0.0%	5	65	16.00 80.0%	0.00	*N/A* *N/A%*	4.00 20.0%	0	0.0	150	0.00

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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
000524 100% Beef Pattie w/ Cheese	EACH	126	344	13.84 36.2%	5.56 14.5%	47	545	26.10 30.3%	2.51	*N/A*	19.41 22.5%	150	0.0	130	2.41
000529 Black Bean Burger	1	136	319	8.84 24.9%	1.31 3.7%	0	625	39.10 49.0%	8.51	*N/A*	19.91 24.9%	0	0.0	70	2.88
000528 Blackened Chicken Alfredo Past	SERVING	181	390	16.00 36.9%	7.00 16.2%	*55*	623	37.50 38.5%	4.00	*N/A*	26.50 27.2%	*100*	*0.0*	320	2.16
000182 Chicken & Spud Bowl	SERVING	353	419	14.33 30.8%	3.00 6.4%	60	1290	51.67 49.3%	5.33	*N/A*	21.00 20.0%	168	10.6	24	2.43
000395 Chicken Apple Spinach Salad	SERVING	338	436	6.75 13.9%	1.41 2.9%	43	383	*73.39* *67.3%*	*10.00*	*0.25* *0.2%*	23.26 21.3%	*5676*	*23.2*	*91*	*2.51*
900001 Chicken Bites	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
000504 Chicken Caesar Wrap	Wrap	204	453	24.71 49.1%	6.09 12.1%	51	747	*32.89* *29.1%*	*3.99*	*0.65* *0.6%*	26.36 23.3%	*4630*	*1.9*	*291*	*1.98*
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
000079 Chicken Salad Sandwich	SERVING	204	417	16.62 35.9%	2.06 4.4%	63	533	*38.78* *37.2%*	*2.68*	*0.82* *0.8%*	*29.83* *28.6%*	*2065*	*1.4*	*52*	*1.79*
000535 Chicken Stir Fry	serv	219	165	3.62 19.7%	0.69 3.7%	60	607	*11.01* *26.6%*	*2.28*	*2.55* *6.2%*	24.13 58.4%	*4316*	*14.2*	*51*	*0.72*
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* *0.2%*	4.22 9.2%	*34*	*3.9*	*12*	1.01
000406 Cinn Glazed French Toast (Mid)	Servings (6 pc)	164	420	16.00 34.3%	3.00 6.4%	250	640	56.00 53.3%	6.00	*N/A*	16.00 15.2%	400	0.0	80	3.60
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
000633 DINNER ROLL, WW	EACH	31	77	1.31 15.4%	0.30 3.5%	0	142	13.36 69.9%	1.46	*N/A*	2.97 15.5%	0	0.0	20	0.72
000527 Fiestada	EACH	154	340	14.00 37.1%	6.00 15.9%	25	850	39.00 45.9%	4.00	*N/A*	17.00 20.0%	500	0.0	250	3.60
000632 FRENCH BREAD, WG, w/ Red	EACH	140	290	11.00 34.1%	4.50 14.0%	20	600	33.00 45.5%	3.00	*N/A*	17.00 23.4%	750	3.6	350	2.70
000304 Greek Yogurt Bistro Box	EACH	238	470	19.00 36.4%	8.00 15.3%	30	485	60.00 51.1%	2.00	*N/A*	16.00 13.6%	300	0.0	430	1.08
000237 Grilled Chicken Salad	SERVING	375	373	9.55 23.1%	3.13 7.6%	51	580	*40.60* *43.6%*	*7.40*	*0.29* *0.3%*	26.89 28.8%	*28105*	*48.6*	*243*	*9.74*
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
000361 Hummus Bistro Box	SERVING	224	432	21.08 43.9%	3.99 8.3%	10	796	42.83 39.7%	8.26	*2.20* *2.0%*	17.41 16.1%	4744	2.4	283	2.49

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Marquardt School District 15

Recipe Audit Report - Summary

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000076 Julienne Salad	SERVING	326	434	16.13 33.5%	6.68 13.9%	51	1224	40.09 37.0%	6.60	*N/A*	26.42 24.4%	28158	47.2	449	9.81
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
000452 Meatball Sub	each	258	372	13.03 31.5%	3.79 9.2%	36	1066	43.87 47.1%	5.86	*N/A*	20.35 21.9%	731	12.6	133	4.67
000180 Mozzarella Sticks	SERVING	128	310	11.00 31.9%	3.50 10.2%	10	690	35.00 45.2%	4.00	*N/A*	21.00 27.1%	500	1.2	400	1.44
000396 Nachos Grande (Queso & Chili)	SERVING	212	476	23.50 44.4%	7.40 14.0%	30	849	49.00 41.2%	9.00	*N/A*	16.00 13.4%	795	18.8	272	2.54
000372 Pancake Sausage Bites (6 pcs)	SERVING	142	380	20.00 47.4%	6.00 14.2%	50	960	38.00 40.0%	2.00	*N/A*	14.00 14.7%	200	0.0	80	2.88
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
000120 Pizza, Big Daddy Bold Cheese	SERVINGS	158	400	16.00 36.0%	7.00 15.7%	35	440	43.00 43.0%	4.00	*N/A*	19.00 19.0%	500	0.0	350	2.70
000393 Pizza, Big Daddy Bold Pepp	SERVING	159	411	18.06 39.5%	7.02 15.4%	40	582	43.14 42.0%	4.01	*N/A*	20.07 19.5%	401	0.0	301	2.71
000398 Pizza, Big Daddy Primo Cheese	SERVINGS	118	297	12.04 36.5%	5.62 17.0%	28	401	28.90 38.9%	2.41	*N/A*	16.86 22.7%	321	0.0	361	2.17
000525 Pizza, Wild Mike's Cheese	1	156	360	17.00 42.5%	8.00 20.0%	30	510	34.00 37.8%	3.00	*N/A*	20.00 22.2%	500	6.0	450	2.70
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 Pattie	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
000532 Pork Street Taco	Serving	127	260	7.00 24.2%	3.50 12.1%	40	310	30.00 46.2%	4.00	*N/A*	18.00 27.7%	0	0.0	40	2.16
000104 Rib BQ Sandwich	Servings	179	366	11.42 28.1%	3.99 9.8%	50	1232	41.57 45.4%	4.19	*N/A*	23.65 25.9%	375	1.5	100	3.15
000563 Smoothie, Berry Banana	SERVING(12 OZ)	362	283	1.45 4.8%	0.86 2.7%	4	90	62.99 88.9%	2.58	*12.14*	6.33 8.9%	814	57.9	155	0.26
000564 Smoothie, Berry Patch	SERVING(12OZ)	362	237	1.17 4.5%	0.77 2.9%	4	91	51.54 86.8%	1.14	*N/A*	5.41 9.1%	779	50.4	153	0.11
000087 Southwest Salad	SERVING	433	523	13.17 22.6%	4.44 7.6%	55	1162	66.27 50.6%	*12.18*	*1.91*	30.65 23.4%	*28055*	*50.7*	*260*	*10.52*
000249 Spicy Chicken Filet Sandwich	EACH	177	409	11.84 26.0%	2.31 5.1%	60	595	43.10 42.1%	4.51	*N/A*	30.91 30.2%	500	0.0	50	3.13
000127 Spicy Chicken Tenders	SERVING	98	262	14.97 51.4%	2.50 8.6%	25	399	16.22 24.8%	2.50	*N/A*	16.22 24.8%	125	0.0	25	2.25
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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000209 Stuffed Crust Cheese Pizza	Each	128	300	11.00 33.0%	6.00 18.0%	30	600	35.00 46.7%	4.00	*N/A*	16.00 21.3%	400	0.0	3500	2.70
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*	*10.98* *29.0%*	*0*	5.9	*0*	0.79
000089 Tuna Salad Sub Sandwich	EACH	140	395	25.63 58.4%	3.89 8.9%	22	650	*29.04* *29.4%*	*2.83*	*0.05* *0.1%*	*11.20* *11.3%*	*640*	*19.0*	*70*	*1.93*
000082 Turkey & Provolone Sandwich	SERVING	211	367	12.56 30.8%	5.46 13.4%	46	900	39.00 42.5%	2.61	*0.19* *0.2%*	25.70 28.0%	*1260*	*6.8*	276	2.13
000530 Turkey Burger on Bun	SERVING	122	249	7.84 28.3%	2.31 8.3%	50	535	25.10 40.3%	2.51	*N/A*	20.91 33.5%	0	0.0	30	2.16
000238 Vegetarian Salad	SERVING	425	493	20.40 37.2%	10.55 19.2%	45	941	48.74 39.5%	9.64	*0.96* *0.8%*	23.35 18.9%	30709	77.4	565	10.29
000072 Yogurt Parfait with Muffin	SERVING	378	502	10.86 19.5%	3.36 6.0%	50	306	89.29 71.2%	4.81	*5.13* *4.1%*	12.08 9.6%	1122	28.7	236	1.67

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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
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
000507 Juice Cup, 100% Apple	Serving	113	60	0.00 0.0%	0.00 0.0%	0	15	14.00 93.3%	0.00	*N/A* *N/A%*	1.00 6.7%	0	0.0	0	0.00
000508 Juice Cup, 100% Apple Cherry	Serving	113	60	0.00 0.0%	0.00 0.0%	0	15	14.00 93.3%	0.00	*N/A* *N/A%*	0.00 0.0%	0	0.0	0	0.00
000510 Juice Cup, 100% Fruit Blend	Serving	113	60	0.00 0.0%	0.00 0.0%	0	10	14.00 93.3%	0.00	*N/A* *N/A%*	0.00 0.0%	0	3.6	0	0.00
000511 Juice Cup, 100% Grape	Serving	113	80	0.00 0.0%	0.00 0.0%	0	15	18.00 90.0%	1.00	*N/A* *N/A%*	0.00 0.0%	0	0.0	0	0.00
000509 Juice Cup, 100% Orange	Serving	113	60	0.00 0.0%	0.00 0.0%	0	15	13.00 86.7%	0.00	*N/A* *N/A%*	0.00 0.0%	0	30.0	0	0.00

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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)
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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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)
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

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Recipe Audit Report - Summary

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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)
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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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)
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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000486 BBQ Sauce, Pkt	each	12	15	0.00	0.00	0	85	4.00	0.00	*N/A*	0.00	0	0.0	0	0.00
000339 Dressing, Balsamic, Vng, Hellm	SERVING (2 OZ)	57	120	10.00	1.00	0	560	6.00	0.00	*N/A*	0.00	0	0.0	0	0.00
000150 Dressing, Ranch, Lt, 1 oz, HV	EACH	28	60	3.50	0.50	5	370	7.00	0.00	*N/A*	1.00	0	0.0	0	0.00
000160 Dressing, Southwest	SERVINGS	48	207	20.77	3.40	2	484	4.54	0.00	*N/A*	0.00	78	0.5	0	0.00
000340 Dressing, Thousand Island, Bon	SERVING (2 OZ)	57	220	18.00	3.00	20	440	16.00	0.00	*N/A*	0.00	200	0.0	0	0.00
000455 Honey Mustard Dipping Sauce	each	28	80	6.00	1.00	10	125	7.00	0.00	*N/A*	0.00	0	0.0	0	0.00
000547 Italian Dressing Packet	SERVING	43	35	2.00	0.00	0	390	4.00	0.00	*N/A*	0.00	0	0.0	0	0.00
000456 Jalapeno Ranch Dipping Sauce	each	28	70	6.00	1.00	5	130	5.00	0.00	*N/A*	0.00	100	0.0	20	0.00
000143 Ketchup, RG, Pkt	EACH	9	10	0.00	0.00	0	105	3.00	0.00	*N/A*	0.00	0	0.0	0	0.00
000513 Marinara Dipping Cup	Each (2.5oz)	71	40	1.00	0.00	0	240	8.00	1.00	*N/A*	1.00	200	6.0	20	0.36
000147 Mayonnaise, Pkt	EACH	12	90	9.00	1.50	5	70	1.00	0.00	*N/A*	0.00	0	0.0	0	0.00
000146 Mustard, Pkt	EACH	6	5	0.00	0.00	0	50	0.50	0.00	*N/A*	0.50	0	0.0	0	0.00
000533 Pico de Gallo	SERVINGS	57	15	0.11	0.02	0	34	3.36	0.82	*0.08*	0.59	378	8.2	8	0.17
000144 Ranch Dressing Pkt	EACH	12	70	7.00	1.00	5	100	1.00	0.00	*N/A*	0.00	0	0.0	0	0.00
000158 Sour Cream, Cups, PF	EACH	28	60	5.00	3.50	20	55	2.00	0.00	*N/A*	1.00	200	0.0	40	0.00
000170 Syrup Cup	SERVING	43	120	0.00	0.00	0	30	30.00	0.00	*N/A*	0.00	0	0.0	0	0.00

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