

Monticello Central School

BREAD

Recipe No. 000347 BAGELS,PLAIN,ENRICHED:
 Number of Portions: 1.0000
 Size of Portion: 1 EACH
 Alternate Menu Name: PLAIN BAGEL

Calories	182	Iron	4.30 mg	Protein	7.11 g	15.60%	Cals from Prot
Cholesterol	0 mg	Calcium	63 mg	Carbohydrates	35.86 g	78.60%	Cals from Carb
Sodium	318 mg	Vitamin A	0 IU	Total Fat	1.15 g	5.67%	Cals from T Fat
Dietary Fibe	1.56 g	Vitamin A	0 RE	Saturated Fat	0.28 g	1.38%	Cals from S Fat
		Vitamin C	0.7 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 500010 BAKING POWDER BISCUITS: USDA B-04
 Number of Portions: 50
 Size of Portion: 1 EACH

Calories	164	Iron	1.44 mg	Protein	3.41 g	8.31%	Cals from Prot
Cholesterol	0 mg	Calcium	117 mg	Carbohydrates	22.09 g	53.88%	Cals from Carb
Sodium	315 mg	Vitamin A	40 IU	Total Fat	6.80 g	37.30%	Cals from T Fat
Dietary Fibe	0.70 g	Vitamin A	8 RE	Saturated Fat	1.68 g	9.20%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500011 BANANA BREAD SQUARES: USDA B-05
 Number of Portions: 50
 Size of Portion: SERVING

Calories	149	Iron	0.90 mg	Protein	2.41 g	6.47%	Cals from Prot
Cholesterol	17 mg	Calcium	38 mg	Carbohydrates	25.56 g	68.62%	Cals from Carb
Sodium	130 mg	Vitamin A	45 IU	Total Fat	4.31 g	26.01%	Cals from T Fat
Dietary Fibe	0.80 g	Vitamin A	9 RE	Saturated Fat	1.10 g	6.64%	Cals from S Fat
		Vitamin C	1.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001086 BISCUITS: PLAIN PURCH (2oz):
 Number of Portions: 1
 Size of Portion: EACH

Calories	128	Iron	1.16 mg	Protein	2.17 g	6.79%	Cals from Prot
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	16.98 g	53.15%	Cals from Carb
Sodium	368 mg	Vitamin A	1 IU	Total Fat	5.78 g	40.68%	Cals from T Fat
Dietary Fibe	0.46 g	Vitamin A	0 RE	Saturated Fat	0.87 g	6.14%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000355 BISCUITS: PLAIN,PURCH (2.5"):
 Number of Portions: 1.0000
 Size of Portion: EACH

Calories	128	Iron	1.16 mg	Protein	2.17 g	6.79%	Cals from Prot
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	16.98 g	53.15%	Cals from Carb
Sodium	368 mg	Vitamin A	1 IU	Total Fat	5.78 g	40.68%	Cals from T Fat
Dietary Fibe	0.46 g	Vitamin A	0 RE	Saturated Fat	0.87 g	6.14%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500037 BREAD STUFFING: USDA B-06
 Number of Portions: 50
 Size of Portion: SERVINGS

Calories	165	Iron	1.40 mg	Protein	3.96 g	9.61%	Cals from Prot
Cholesterol	1 mg	Calcium	56 mg	Carbohydrates	22.64 g	54.90%	Cals from Carb
Sodium	327 mg	Vitamin A	226 IU	Total Fat	6.45 g	35.18%	Cals from T Fat
Dietary Fibe	1.20 g	Vitamin A	45 RE	Saturated Fat	1.22 g	6.66%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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* - Denotes Missing Nutrient Values

Recipe No. 500040 BROWN BREAD: USDA B-07
 Number of Portions: 50
 Size of Portion: EACH

Calories	92	Iron	1.08 mg	Protein	2.29 g	9.95%	Cals from Prot
Cholesterol	0 mg	Calcium	44 mg	Carbohydrates	19.27 g	83.77%	Cals from Carb
Sodium	137 mg	Vitamin A	28 IU	Total Fat	0.88 g	8.61%	Cals from T Fat
Dietary Fibe	1.20 g	Vitamin A	6 RE	Saturated Fat	0.13 g	1.25%	Cals from S Fat
		Vitamin C	0.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500027 BROWN RICE PILAF: USDA B-22
 Number of Portions: 50
 Size of Portion: 1/2 CUP

Calories	146	Iron	0.82 mg	Protein	3.50 g	9.58%	Cals from Prot
Cholesterol	0 mg	Calcium	16 mg	Carbohydrates	30.36 g	83.17%	Cals from Carb
Sodium	55 mg	Vitamin A	0 IU	Total Fat	0.97 g	5.96%	Cals from T Fat
Dietary Fibe	1.60 g	Vitamin A	0 RE	Saturated Fat	0.20 g	1.26%	Cals from S Fat
		Vitamin C	0.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500088 CORNBREAD: USDA B-09
 Number of Portions: 50
 Size of Portion: SERVINGS

Calories	108	Iron	0.90 mg	Protein	2.65 g	9.81%	Cals from Prot
Cholesterol	13 mg	Calcium	68 mg	Carbohydrates	18.03 g	66.78%	Cals from Carb
Sodium	151 mg	Vitamin A	51 IU	Total Fat	2.82 g	23.47%	Cals from T Fat
Dietary Fibe	1.00 g	Vitamin A	10 RE	Saturated Fat	0.45 g	3.73%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500089 CORNBREAD STUFFING: USDA B-06A
 Number of Portions: 50
 Size of Portion: SERVINGS

Calories	162	Iron	1.20 mg	Protein	3.59 g	8.85%	Cals from Prot
Cholesterol	7 mg	Calcium	68 mg	Carbohydrates	21.19 g	52.32%	Cals from Carb
Sodium	289 mg	Vitamin A	230 IU	Total Fat	7.09 g	39.41%	Cals from T Fat
Dietary Fibe	1.20 g	Vitamin A	46 RE	Saturated Fat	1.33 g	7.40%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000232 CRACKERS:
 Number of Portions: 1.0000
 Size of Portion: 4 EACH

Calories	51	Iron	0.68 mg	Protein	1.11 g	8.62%	Cals from Prot
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	8.51 g	66.27%	Cals from Carb
Sodium	129 mg	Vitamin A	0 IU	Total Fat	1.36 g	23.87%	Cals from T Fat
Dietary Fibe	0.36 g	Vitamin A	0 RE	Saturated Fat	0.20 g	3.48%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.43 g	7.57%	Cals from Trans Fat

Recipe No. 000233 CRACKERS, GRAHAM:
 Number of Portions: 1.0000
 Size of Portion: 4 EACH

Calories	240	Iron	2.11 mg	Protein	3.91 g	6.52%	Cals from Prot
Cholesterol	0 mg	Calcium	14 mg	Carbohydrates	43.55 g	72.62%	Cals from Carb
Sodium	343 mg	Vitamin A	1 IU	Total Fat	5.73 g	21.49%	Cals from T Fat
Dietary Fibe	1.59 g	Vitamin A	0 RE	Saturated Fat	0.86 g	3.23%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 000353 ENGLISH MUFFINS,PLAIN,TOASTED:
 Number of Portions: 1.0000
 Size of Portion: 1/2 EACH

Calories	70	Iron	1.21 mg	Protein	2.68 g	15.29%	Cals from Prot
Cholesterol	0 mg	Calcium	51 mg	Carbohydrates	13.69 g	78.00%	Cals from Carb
Sodium	124 mg	Vitamin A	0 IU	Total Fat	0.53 g	6.73%	Cals from T Fat
Dietary Fibe	0.73 g	Vitamin A	0 RE	Saturated Fat	0.14 g	1.78%	Cals from S Fat
		Vitamin C	0.4 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 500099 FRIED RICE: USDA B-10
 Number of Portions: 50
 Size of Portion: 3/4 CUP

Calories	184	Iron	1.82 mg	Protein	6.72 g	14.61%	Cals from Prot
Cholesterol	108 mg	Calcium	29 mg	Carbohydrates	29.37 g	63.84%	Cals from Carb
Sodium	409 mg	Vitamin A	1873 IU	Total Fat	3.95 g	19.31%	Cals from T Fat
Dietary Fibe	1.40 g	Vitamin A	375 RE	Saturated Fat	1.01 g	4.96%	Cals from S Fat
		Vitamin C	1.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500111 ITALIAN BREAD: USDA B-11
 Number of Portions: 50
 Size of Portion: EACH

Calories	145	Iron	1.70 mg	Protein	4.37 g	12.05%	Cals from Prot
Cholesterol	0 mg	Calcium	27 mg	Carbohydrates	28.23 g	77.87%	Cals from Carb
Sodium	150 mg	Vitamin A	41 IU	Total Fat	1.40 g	8.68%	Cals from T Fat
Dietary Fibe	1.10 g	Vitamin A	8 RE	Saturated Fat	0.32 g	1.97%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500119 MASTER MIX: USDA B-01
 Number of Portions: 50
 Size of Portion: 1/2 CUP

Calories	305	Iron	2.64 mg	Protein	6.37 g	8.35%	Cals from Prot
Cholesterol	0 mg	Calcium	220 mg	Carbohydrates	40.68 g	53.35%	Cals from Carb
Sodium	612 mg	Vitamin A	84 IU	Total Fat	12.91 g	38.11%	Cals from T Fat
Dietary Fibe	1.35 g	Vitamin A	17 RE	Saturated Fat	3.19 g	9.41%	Cals from S Fat
		Vitamin C	0.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500125 MUFFIN SQUARES: USDA B-12
 Number of Portions: 50
 Size of Portion: SERVINGS

Calories	110	Iron	0.88 mg	Protein	2.36 g	8.57%	Cals from Prot
Cholesterol	13 mg	Calcium	66 mg	Carbohydrates	16.87 g	61.34%	Cals from Carb
Sodium	193 mg	Vitamin A	42 IU	Total Fat	3.73 g	30.52%	Cals from T Fat
Dietary Fibe	0.40 g	Vitamin A	8 RE	Saturated Fat	0.58 g	4.72%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500133 OATMEAL MUFFIN SQUARES: USDA B-20
 Number of Portions: 50
 Size of Portion: SERVINGS

Calories	185	Iron	1.08 mg	Protein	2.87 g	6.20%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	34.51 g	74.61%	Cals from Carb
Sodium	146 mg	Vitamin A	163 IU	Total Fat	4.23 g	20.57%	Cals from T Fat
Dietary Fibe	0.99 g	Vitamin A	33 RE	Saturated Fat	0.86 g	4.18%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 500137 ORANGE RICE PILAF: USDA B-21
 Number of Portions: 50
 Size of Portion: 1/2 CUP

Calories	126	Iron	1.06 mg	Protein	2.51 g	7.98%	Cals from Prot
Cholesterol	0 mg	Calcium	14 mg	Carbohydrates	27.85 g	88.41%	Cals from Carb
Sodium	94 mg	Vitamin A	40 IU	Total Fat	0.27 g	1.89%	Cals from T Fat
Dietary Fibe	0.50 g	Vitamin A	8 RE	Saturated Fat	0.06 g	0.45%	Cals from S Fat
		Vitamin C	17.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500141 PANCAKES: USDA B-13
 Number of Portions: 50
 Size of Portion: EACH

Calories	127	Iron	1.09 mg	Protein	3.36 g	10.58%	Cals from Prot
Cholesterol	34 mg	Calcium	89 mg	Carbohydrates	16.26 g	51.20%	Cals from Carb
Sodium	205 mg	Vitamin A	84 IU	Total Fat	5.34 g	37.81%	Cals from T Fat
Dietary Fibe	0.50 g	Vitamin A	17 RE	Saturated Fat	0.89 g	6.30%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500147 PIZZA CRUST: USDA B-14
 Number of Portions: 50
 Size of Portion: SERVINGS

Calories	137	Iron	1.62 mg	Protein	3.61 g	10.53%	Cals from Prot
Cholesterol	0 mg	Calcium	6 mg	Carbohydrates	26.11 g	76.23%	Cals from Carb
Sodium	71 mg	Vitamin A	3 IU	Total Fat	1.83 g	11.99%	Cals from T Fat
Dietary Fibe	1.10 g	Vitamin A	1 RE	Saturated Fat	0.26 g	1.70%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500155 POURABLE PIZZA CRUST: USDA B-15
 Number of Portions: 50
 Size of Portion: SERVINGS

Calories	131	Iron	1.38 mg	Protein	4.58 g	13.94%	Cals from Prot
Cholesterol	1 mg	Calcium	59 mg	Carbohydrates	26.02 g	79.26%	Cals from Carb
Sodium	74 mg	Vitamin A	106 IU	Total Fat	0.79 g	5.44%	Cals from T Fat
Dietary Fibe	0.91 g	Vitamin A	21 RE	Saturated Fat	0.13 g	0.88%	Cals from S Fat
		Vitamin C	0.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500163 RICE-VEGETABLE CASSEROLE: USDA B-23
 Number of Portions: 50
 Size of Portion: 2/3 CUP

Calories	102	Iron	0.95 mg	Protein	2.43 g	9.53%	Cals from Prot
Cholesterol	0 mg	Calcium	13 mg	Carbohydrates	19.62 g	76.96%	Cals from Carb
Sodium	40 mg	Vitamin A	2608 IU	Total Fat	1.36 g	12.01%	Cals from T Fat
Dietary Fibe	1.20 g	Vitamin A	522 RE	Saturated Fat	0.22 g	1.91%	Cals from S Fat
		Vitamin C	1.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500164 ROLLS (YEAST): USDA B-16
 Number of Portions: 50
 Size of Portion: EACH

Calories	176	Iron	1.75 mg	Protein	4.53 g	10.29%	Cals from Prot
Cholesterol	0 mg	Calcium	29 mg	Carbohydrates	29.80 g	67.73%	Cals from Carb
Sodium	291 mg	Vitamin A	44 IU	Total Fat	4.21 g	21.52%	Cals from T Fat
Dietary Fibe	1.20 g	Vitamin A	9 RE	Saturated Fat	0.60 g	3.07%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 500173 SPANISH RICE: USDA B-17
 Number of Portions: 50
 Size of Portion: 1/3 CUP

Calories	69	Iron	0.77 mg	Protein	1.57 g	9.13%	Cals from Prot
Cholesterol	0 mg	Calcium	14 mg	Carbohydrates	13.69 g	79.33%	Cals from Carb
Sodium	134 mg	Vitamin A	266 IU	Total Fat	0.84 g	10.89%	Cals from T Fat
Dietary Fibe	0.70 g	Vitamin A	53 RE	Saturated Fat	0.15 g	1.93%	Cals from S Fat
		Vitamin C	6.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500181 SWEET POTATO- PLUM BREAD SQUAR: USDA B-18
 Number of Portions: 50
 Size of Portion: SERVING

Calories	283	Iron	2.05 mg	Protein	4.14 g	5.85%	Cals from Prot
Cholesterol	19 mg	Calcium	66 mg	Carbohydrates	46.48 g	65.70%	Cals from Carb
Sodium	391 mg	Vitamin A	4586 IU	Total Fat	9.31 g	29.61%	Cals from T Fat
Dietary Fibe	1.59 g	Vitamin A	917 RE	Saturated Fat	2.32 g	7.39%	Cals from S Fat
		Vitamin C	1.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000326 TOAST, MIXED GRAIN BREAD:
 Number of Portions: 1.0000
 Size of Portion: SLICE

Calories	103	Iron	0.65 mg	Protein	3.53 g	13.71%	Cals from Prot
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	11.35 g	44.11%	Cals from Carb
Sodium	154 mg	Vitamin A	168 IU	Total Fat	4.89 g	42.74%	Cals from T Fat
Dietary Fibe	1.94 g	Vitamin A	38 RE	Saturated Fat	0.89 g	7.74%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000324 TOAST, WHITE BREAD:
 Number of Portions: 1.0000
 Size of Portion: SLICE

Calories	98	Iron	0.73 mg	Protein	2.02 g	8.23%	Cals from Prot
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	12.01 g	48.90%	Cals from Carb
Sodium	175 mg	Vitamin A	168 IU	Total Fat	4.66 g	42.72%	Cals from T Fat
Dietary Fibe	0.55 g	Vitamin A	38 RE	Saturated Fat	0.79 g	7.19%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000367 TOAST,RAISIN:
 Number of Portions: 1.0000
 Size of Portion: 1 SLICE

Calories	71	Iron	0.76 mg	Protein	2.06 g	11.58%	Cals from Prot
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	13.66 g	76.63%	Cals from Carb
Sodium	102 mg	Vitamin A	0 IU	Total Fat	1.15 g	14.55%	Cals from T Fat
Dietary Fibe	1.13 g	Vitamin A	0 RE	Saturated Fat	0.28 g	3.56%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000325 TOAST,WHOLE-WHEAT BREAD:
 Number of Portions: 1.0000
 Size of Portion: 1 SLICE

Calories	77	Iron	0.74 mg	Protein	4.07 g	21.27%	Cals from Prot
Cholesterol	0 mg	Calcium	33 mg	Carbohydrates	12.79 g	66.88%	Cals from Carb
Sodium	146 mg	Vitamin A	1 IU	Total Fat	1.02 g	11.97%	Cals from T Fat
Dietary Fibe	2.30 g	Vitamin A	0 RE	Saturated Fat	0.23 g	2.71%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 500209 WHITE BREAD: USDA B-19
 Number of Portions: 50
 Size of Portion: EACH

Calories	93	Iron	1.03 mg	Protein	2.59 g	11.13%	Cals from Prot
Cholesterol	0 mg	Calcium	14 mg	Carbohydrates	17.11 g	73.58%	Cals from Carb
Sodium	145 mg	Vitamin A	20 IU	Total Fat	1.51 g	14.59%	Cals from T Fat
Dietary Fibe	0.70 g	Vitamin A	4 RE	Saturated Fat	0.36 g	3.48%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

BRKFS

Recipe No. 001081 BAGEL CINNAMON RAISIN:Secondar:
 Number of Portions: 1
 Size of Portion: EACH

Calories	244	Iron	3.39 mg	Protein	8.80 g	14.42%	Cals from Prot
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	49.22 g	80.68%	Cals from Carb
Sodium	287 mg	Vitamin A	59 IU	Total Fat	1.49 g	5.51%	Cals from T Fat
Dietary Fibe	2.08 g	Vitamin A	6 RE	Saturated Fat	0.24 g	0.90%	Cals from S Fat
		Vitamin C	0.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001074 BISCUITS W/SAUSAGE:
 Number of Portions: 1
 Size of Portion: EACH

Calories	279	Iron	1.81 mg	Protein	13.37 g	19.16%	Cals from Prot
Cholesterol	56 mg	Calcium	22 mg	Carbohydrates	16.98 g	24.33%	Cals from Carb
Sodium	674 mg	Vitamin A	29 IU	Total Fat	17.26 g	55.66%	Cals from T Fat
Dietary Fibe	0.46 g	Vitamin A	4 RE	Saturated Fat	4.01 g	12.92%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500038 BREAKFAST BURRITO W/ SALSA: USDA J-02
 Number of Portions: 50
 Size of Portion: EACH

Calories	258	Iron	2.94 mg	Protein	12.21 g	18.93%	Cals from Prot
Cholesterol	196 mg	Calcium	143 mg	Carbohydrates	31.32 g	48.56%	Cals from Carb
Sodium	564 mg	Vitamin A	552 IU	Total Fat	9.05 g	31.56%	Cals from T Fat
Dietary Fibe	2.29 g	Vitamin A	110 RE	Saturated Fat	2.90 g	10.12%	Cals from S Fat
		Vitamin C	5.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001072 CEREAL,VARIETY:
 Number of Portions: 100
 Size of Portion: SERVING

Calories	98	Iron	4.26 mg	Protein	1.33 g	5.44%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	22.72 g	92.63%	Cals from Carb
Sodium	117 mg	Vitamin A	541 IU	Total Fat	0.48 g	4.43%	Cals from T Fat
Dietary Fibe	0.60 g	Vitamin A	192 RE	Saturated Fat	0.25 g	2.33%	Cals from S Fat
		Vitamin C	10.4 mg	Trans Fat	0.06* g	0.57%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001080 CHEESE TOAST:
 Number of Portions: 1
 Size of Portion: EACH

Calories	118	Iron	0.76 mg	Protein	5.12 g	17.41%	Cals from Prot
Cholesterol	14 mg	Calcium	104 mg	Carbohydrates	12.19 g	41.47%	Cals from Carb
Sodium	341 mg	Vitamin A	136 IU	Total Fat	5.31 g	40.63%	Cals from T Fat
Dietary Fibe	0.55 g	Vitamin A	41 RE	Saturated Fat	2.92 g	22.33%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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* - Denotes Missing Nutrient Values

Recipe No. 001073 DONUT, YEAST-LVND, GLAZED, ENR(IN):
 Number of Portions: 1
 Size of Portion: EACH

Calories	255	Iron	2.40 mg	Protein	3.97 g	6.23%	Cals from Prot
Cholesterol	19 mg	Calcium	29 mg	Carbohydrates	32.41 g	50.77%	Cals from Carb
Sodium	248 mg	Vitamin A	15 IU	Total Fat	12.22 g	43.08%	Cals from T Fat
Dietary Fibe	1.34 g	Vitamin A	3 RE	Saturated Fat	3.48 g	12.27%	Cals from S Fat
		Vitamin C	0.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001078 ENGLISH MUFFIN W/ SAUSAGE:
 Number of Portions: 1
 Size of Portion: EACH

Calories	292	Iron	3.07 mg	Protein	16.57 g	22.72%	Cals from Prot
Cholesterol	56 mg	Calcium	108 mg	Carbohydrates	27.38 g	37.53%	Cals from Carb
Sodium	554 mg	Vitamin A	28 IU	Total Fat	12.54 g	38.67%	Cals from T Fat
Dietary Fibe	1.46 g	Vitamin A	4 RE	Saturated Fat	3.41 g	10.53%	Cals from S Fat
		Vitamin C	0.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000368 FRENCH TOAST STICKS:
 Number of Portions: 1.0000
 Size of Portion: 1 SERVING

Calories	377	Iron	3.91 mg	Protein	13.10 g	13.90%	Cals from Prot
Cholesterol	145 mg	Calcium	189 mg	Carbohydrates	56.82 g	60.28%	Cals from Carb
Sodium	876 mg	Vitamin A	331 IU	Total Fat	10.80 g	25.77%	Cals from T Fat
Dietary Fibe	1.95 g	Vitamin A	96 RE	Saturated Fat	2.71 g	6.48%	Cals from S Fat
		Vitamin C	0.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 500100 GRANOLA: USDA J-01
 Number of Portions: 50
 Size of Portion: 1/4 CUP

Calories	129	Iron	1.04 mg	Protein	2.89 g	8.96%	Cals from Prot
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	24.85 g	77.05%	Cals from Carb
Sodium	49 mg	Vitamin A	1 IU	Total Fat	2.49 g	17.37%	Cals from T Fat
Dietary Fibe	2.00 g	Vitamin A	0 RE	Saturated Fat	0.39 g	2.71%	Cals from S Fat
		Vitamin C	0.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000331 GRITS, PLAIN:
 Number of Portions: 1.0000
 Size of Portion: 1 CUP

Calories	143	Iron	1.45 mg	Protein	3.44 g	9.63%	Cals from Prot
Cholesterol	0 mg	Calcium	7 mg	Carbohydrates	31.15 g	87.25%	Cals from Carb
Sodium	5 mg	Vitamin A	0 IU	Total Fat	0.46 g	2.90%	Cals from T Fat
Dietary Fibe	0.73 g	Vitamin A	0 RE	Saturated Fat	0.07 g	0.46%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001082 HONEY BUN PASTRY: LARGE:
 Number of Portions: 1
 Size of Portion: EACH

Calories	299	Iron	2.81 mg	Protein	4.66 g	6.23%	Cals from Prot
Cholesterol	23 mg	Calcium	35 mg	Carbohydrates	37.98 g	50.77%	Cals from Carb
Sodium	290 mg	Vitamin A	17 IU	Total Fat	14.33 g	43.08%	Cals from T Fat
Dietary Fibe	1.58 g	Vitamin A	3 RE	Saturated Fat	4.08 g	12.27%	Cals from S Fat
		Vitamin C	0.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 001079 HONEY BUN PASTRY:ELEM:
 Number of Portions: 1
 Size of Portion: EACH

Calories	255	Iron	2.40 mg	Protein	3.97 g	6.23%	Cals from Prot
Cholesterol	19 mg	Calcium	29 mg	Carbohydrates	32.41 g	50.77%	Cals from Carb
Sodium	248 mg	Vitamin A	15 IU	Total Fat	12.22 g	43.08%	Cals from T Fat
Dietary Fibe	1.34 g	Vitamin A	3 RE	Saturated Fat	3.48 g	12.27%	Cals from S Fat
		Vitamin C	0.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000323 OATMEAL:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	116	Iron	2.54 mg	Protein	8.13 g	28.13%	Cals from Prot
Cholesterol	0 mg	Calcium	34 mg	Carbohydrates	31.12 g	107.67%	Cals from Carb
Sodium	9 mg	Vitamin A	0 IU	Total Fat	3.30 g	25.72%	Cals from T Fat
Dietary Fibe	7.24 g	Vitamin A	0 RE	Saturated Fat	0.62 g	4.86%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

FRUIT

Recipe No. 000064 APPLES,Fresh:
 Number of Portions: 1.0000
 Size of Portion: EACH

Calories	72	Iron	0.17 mg	Protein	0.36 g	2.00%	Cals from Prot
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	19.06 g	106.23%	Cals from Carb
Sodium	1 mg	Vitamin A	75 IU	Total Fat	0.23 g	2.94%	Cals from T Fat
Dietary Fibe	3.31 g	Vitamin A	7 RE	Saturated Fat	0.04 g	0.52%	Cals from S Fat
		Vitamin C	6.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000356 APPLESAUCE,SWEETENED:
 Number of Portions: 1.0000
 Size of Portion: 1 CUP

Calories	194	Iron	0.89 mg	Protein	0.46 g	0.95%	Cals from Prot
Cholesterol	0 mg	Calcium	10 mg	Carbohydrates	50.77 g	104.79%	Cals from Carb
Sodium	8 mg	Vitamin A	28 IU	Total Fat	0.46 g	2.13%	Cals from T Fat
Dietary Fibe	3.06 g	Vitamin A	3 RE	Saturated Fat	0.08 g	0.36%	Cals from S Fat
		Vitamin C	4.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000247 APPLESAUCE:cnnd,unswtnd,+vit C:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	105	Iron	0.29 mg	Protein	0.41 g	1.58%	Cals from Prot
Cholesterol	0 mg	Calcium	7 mg	Carbohydrates	27.55 g	105.02%	Cals from Carb
Sodium	5 mg	Vitamin A	71 IU	Total Fat	0.12 g	1.05%	Cals from T Fat
Dietary Fibe	2.93 g	Vitamin A	7 RE	Saturated Fat	0.02 g	0.17%	Cals from S Fat
		Vitamin C	51.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000248 APRICOTS: canned,light syrup:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	159	Iron	0.99 mg	Protein	1.34 g	3.37%	Cals from Prot
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	41.72 g	104.70%	Cals from Carb
Sodium	10 mg	Vitamin A	3345 IU	Total Fat	0.13 g	0.71%	Cals from T Fat
Dietary Fibe	4.05 g	Vitamin A	334 RE	Saturated Fat	0.01 g	0.04%	Cals from S Fat
		Vitamin C	6.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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* - Denotes Missing Nutrient Values

Recipe No. 000251 BANANA SLICES:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	134	Iron	0.39 mg	Protein	1.64 g	4.90%	Cals from Prot
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	34.26 g	102.65%	Cals from Carb
Sodium	2 mg	Vitamin A	96 IU	Total Fat	0.50 g	3.34%	Cals from T Fat
Dietary Fibe	3.90 g	Vitamin A	12 RE	Saturated Fat	0.17 g	1.13%	Cals from S Fat
		Vitamin C	13.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000068 BANANAS:
 Number of Portions: 1.0000
 Size of Portion: EACH

Calories	105	Iron	0.31 mg	Protein	1.29 g	4.90%	Cals from Prot
Cholesterol	0 mg	Calcium	6 mg	Carbohydrates	26.95 g	102.65%	Cals from Carb
Sodium	1 mg	Vitamin A	76 IU	Total Fat	0.39 g	3.34%	Cals from T Fat
Dietary Fibe	3.07 g	Vitamin A	9 RE	Saturated Fat	0.13 g	1.13%	Cals from S Fat
		Vitamin C	10.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000255 BLUEBERRIES,Fresh:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	84	Iron	0.41 mg	Protein	1.10 g	5.19%	Cals from Prot
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	21.45 g	101.68%	Cals from Carb
Sodium	1 mg	Vitamin A	80 IU	Total Fat	0.49 g	5.21%	Cals from T Fat
Dietary Fibe	3.55 g	Vitamin A	15 RE	Saturated Fat	0.04 g	0.44%	Cals from S Fat
		Vitamin C	14.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000268 CHERRIES,Fresh:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	0	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	0.00 g	0.00%	Cals from Carb
Sodium	0 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000272 CRANBERRY SAUCE: canned,swtnd:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	418	Iron	0.61 mg	Protein	0.55 g	0.53%	Cals from Prot
Cholesterol	0 mg	Calcium	11 mg	Carbohydrates	107.75 g	103.05%	Cals from Carb
Sodium	80 mg	Vitamin A	116 IU	Total Fat	0.42 g	0.89%	Cals from T Fat
Dietary Fibe	2.77 g	Vitamin A	6 RE	Saturated Fat	0.04 g	0.08%	Cals from S Fat
		Vitamin C	5.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000419 FRUIT COCKTAIL:canned,lt syrup:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	138	Iron	0.70 mg	Protein	0.97 g	2.81%	Cals from Prot
Cholesterol	0 mg	Calcium	15 mg	Carbohydrates	36.13 g	104.77%	Cals from Carb
Sodium	15 mg	Vitamin A	496 IU	Total Fat	0.17 g	1.11%	Cals from T Fat
Dietary Fibe	2.42 g	Vitamin A	51 RE	Saturated Fat	0.02 g	0.16%	Cals from S Fat
		Vitamin C	4.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 000420 FRUIT SALAD: canned,lt syrup:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	146	Iron	0.73 mg	Protein	0.86 g	2.34%	Cals from Prot
Cholesterol	0 mg	Calcium	18 mg	Carbohydrates	38.15 g	104.41%	Cals from Carb
Sodium	15 mg	Vitamin A	1081 IU	Total Fat	0.18 g	1.09%	Cals from T Fat
Dietary Fibe	2.52 g	Vitamin A	108 RE	Saturated Fat	0.02 g	0.14%	Cals from S Fat
		Vitamin C	6.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000245 FRUIT,FRESH ASSORTED:
 Number of Portions: 6.0000
 Size of Portion: EACH

Calories	73	Iron	0.24 mg	Protein	0.88 g	4.83%	Cals from Prot
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	18.87 g	103.07%	Cals from Carb
Sodium	1 mg	Vitamin A	173 IU	Total Fat	0.27 g	3.27%	Cals from T Fat
Dietary Fibe	2.92 g	Vitamin A	23 RE	Saturated Fat	0.05 g	0.66%	Cals from S Fat
		Vitamin C	17.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000080 GRAPEFRUIT HALVES:
 Number of Portions: 1.0000
 Size of Portion: 1/2 EACH

Calories	41	Iron	0.12 mg	Protein	0.81 g	7.88%	Cals from Prot
Cholesterol	0 mg	Calcium	15 mg	Carbohydrates	10.34 g	101.00%	Cals from Carb
Sodium	0 mg	Vitamin A	1187 IU	Total Fat	0.13 g	2.81%	Cals from T Fat
Dietary Fibe	1.41 g	Vitamin A	15 RE	Saturated Fat	0.02 g	0.39%	Cals from S Fat
		Vitamin C	44.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000421 GRAPEFRUIT SECTIONS:cnd,juice:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	92	Iron	0.52 mg	Protein	1.74 g	7.57%	Cals from Prot
Cholesterol	0 mg	Calcium	37 mg	Carbohydrates	22.93 g	99.57%	Cals from Carb
Sodium	17 mg	Vitamin A	0 IU	Total Fat	0.22 g	2.19%	Cals from T Fat
Dietary Fibe	1.00 g	Vitamin A	0 RE	Saturated Fat	0.03 g	0.29%	Cals from S Fat
		Vitamin C	84.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000422 GRAPES,Fresh:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	62	Iron	0.27 mg	Protein	0.58 g	3.76%	Cals from Prot
Cholesterol	0 mg	Calcium	13 mg	Carbohydrates	15.78 g	102.39%	Cals from Carb
Sodium	2 mg	Vitamin A	92 IU	Total Fat	0.32 g	4.70%	Cals from T Fat
Dietary Fibe	0.83 g	Vitamin A	9 RE	Saturated Fat	0.10 g	1.53%	Cals from S Fat
		Vitamin C	3.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000430 MELON BALLS: frozen:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	57	Iron	0.50 mg	Protein	1.45 g	10.18%	Cals from Prot
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	13.74 g	96.24%	Cals from Carb
Sodium	54 mg	Vitamin A	3069 IU	Total Fat	0.43 g	6.82%	Cals from T Fat
Dietary Fibe	1.21 g	Vitamin A	306 RE	Saturated Fat	0.11 g	1.75%	Cals from S Fat
		Vitamin C	10.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 000431 MIXED FRUIT: frozen,sweetened:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	245	Iron	0.70 mg	Protein	3.55 g	5.80%	Cals from Prot
Cholesterol	0 mg	Calcium	18 mg	Carbohydrates	60.58 g	98.90%	Cals from Carb
Sodium	8 mg	Vitamin A	805 IU	Total Fat	0.45 g	1.65%	Cals from T Fat
Dietary Fibe	4.75 g	Vitamin A	80 RE	Saturated Fat	0.06 g	0.23%	Cals from S Fat
		Vitamin C	187.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000083 NECTARINES,FRESH:
 Number of Portions: 1.0000
 Size of Portion: EACH

Calories	57	Iron	0.36 mg	Protein	1.37 g	9.64%	Cals from Prot
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	13.61 g	95.91%	Cals from Carb
Sodium	0 mg	Vitamin A	428 IU	Total Fat	0.41 g	6.55%	Cals from T Fat
Dietary Fibe	2.19 g	Vitamin A	95 RE	Saturated Fat	0.03 g	0.51%	Cals from S Fat
		Vitamin C	7.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000086 ORANGES:
 Number of Portions: 1.0000
 Size of Portion: EACH

Calories	62	Iron	0.13 mg	Protein	1.23 g	8.00%	Cals from Prot
Cholesterol	0 mg	Calcium	52 mg	Carbohydrates	15.39 g	100.00%	Cals from Carb
Sodium	0 mg	Vitamin A	295 IU	Total Fat	0.16 g	2.30%	Cals from T Fat
Dietary Fibe	3.14 g	Vitamin A	28 RE	Saturated Fat	0.03 g	0.38%	Cals from S Fat
		Vitamin C	69.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000085 ORANGES HALVES:
 Number of Portions: 1.0000
 Size of Portion: 1/2 EACH

Calories	31	Iron	0.07 mg	Protein	0.62 g	8.00%	Cals from Prot
Cholesterol	0 mg	Calcium	26 mg	Carbohydrates	7.70 g	100.00%	Cals from Carb
Sodium	0 mg	Vitamin A	147 IU	Total Fat	0.08 g	2.30%	Cals from T Fat
Dietary Fibe	1.57 g	Vitamin A	14 RE	Saturated Fat	0.01 g	0.38%	Cals from S Fat
		Vitamin C	34.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000088 PEACHES,FRESH:
 Number of Portions: 1.0000
 Size of Portion: EACH

Calories	59	Iron	0.38 mg	Protein	1.37 g	9.33%	Cals from Prot
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	14.31 g	97.85%	Cals from Carb
Sodium	0 mg	Vitamin A	489 IU	Total Fat	0.38 g	5.77%	Cals from T Fat
Dietary Fibe	2.25 g	Vitamin A	81 RE	Saturated Fat	0.03 g	0.44%	Cals from S Fat
		Vitamin C	9.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000437 PEACHES: canned,light syrup:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	136	Iron	0.90 mg	Protein	1.13 g	3.33%	Cals from Prot
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	36.52 g	107.78%	Cals from Carb
Sodium	13 mg	Vitamin A	889 IU	Total Fat	0.08 g	0.50%	Cals from T Fat
Dietary Fibe	3.26 g	Vitamin A	88 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	6.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 000090 PEARS,FRESH:
 Number of Portions: 1.0000
 Size of Portion: EACH

Calories	96	Iron	0.28 mg	Protein	0.63 g	2.62%	Cals from Prot
Cholesterol	0 mg	Calcium	15 mg	Carbohydrates	25.66 g	106.62%	Cals from Carb
Sodium	2 mg	Vitamin A	38 IU	Total Fat	0.20 g	1.86%	Cals from T Fat
Dietary Fibe	5.15 g	Vitamin A	3 RE	Saturated Fat	0.02 g	0.16%	Cals from S Fat
		Vitamin C	7.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000438 PEARS: canned,light syrup:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	143	Iron	0.70 mg	Protein	0.48 g	1.33%	Cals from Prot
Cholesterol	0 mg	Calcium	13 mg	Carbohydrates	38.08 g	106.46%	Cals from Carb
Sodium	13 mg	Vitamin A	0 IU	Total Fat	0.08 g	0.47%	Cals from T Fat
Dietary Fibe	4.02 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	1.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000092 PINEAPPLE CHUNKS:canned,lt syr:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	131	Iron	0.98 mg	Protein	0.91 g	2.77%	Cals from Prot
Cholesterol	0 mg	Calcium	35 mg	Carbohydrates	33.89 g	103.46%	Cals from Carb
Sodium	3 mg	Vitamin A	96 IU	Total Fat	0.30 g	2.08%	Cals from T Fat
Dietary Fibe	2.02 g	Vitamin A	3 RE	Saturated Fat	0.03 g	0.17%	Cals from S Fat
		Vitamin C	18.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000094 PLUMS,FRESH:
 Number of Portions: 1.0000
 Size of Portion: EACH

Calories	30	Iron	0.11 mg	Protein	0.46 g	6.09%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	7.54 g	99.30%	Cals from Carb
Sodium	0 mg	Vitamin A	228 IU	Total Fat	0.18 g	5.48%	Cals from T Fat
Dietary Fibe	0.92 g	Vitamin A	21 RE	Saturated Fat	0.01 g	0.33%	Cals from S Fat
		Vitamin C	6.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000444 PLUMS: canned,light syrup:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	159	Iron	2.17 mg	Protein	0.93 g	2.35%	Cals from Prot
Cholesterol	0 mg	Calcium	23 mg	Carbohydrates	41.03 g	103.37%	Cals from Carb
Sodium	50 mg	Vitamin A	582 IU	Total Fat	0.25 g	1.43%	Cals from T Fat
Dietary Fibe	2.27 g	Vitamin A	66 RE	Saturated Fat	0.03 g	0.14%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000096 PRUNES: canned hvy syr:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	246	Iron	0.96 mg	Protein	2.04 g	3.31%	Cals from Prot
Cholesterol	0 mg	Calcium	40 mg	Carbohydrates	65.05 g	105.90%	Cals from Carb
Sodium	7 mg	Vitamin A	1865 IU	Total Fat	0.47 g	1.71%	Cals from T Fat
Dietary Fibe	8.89 g	Vitamin A	187 RE	Saturated Fat	0.04 g	0.14%	Cals from S Fat
		Vitamin C	6.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 000097 RAISINS:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	434	Iron	2.73 mg	Protein	4.45 g	4.11%	Cals from Prot
Cholesterol	0 mg	Calcium	73 mg	Carbohydrates	114.81 g	105.93%	Cals from Carb
Sodium	16 mg	Vitamin A	0 IU	Total Fat	0.67 g	1.38%	Cals from T Fat
Dietary Fibe	5.37 g	Vitamin A	1 RE	Saturated Fat	0.09 g	0.18%	Cals from S Fat
		Vitamin C	3.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000099 STRAWBERRIES,FRESH:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	46	Iron	0.59 mg	Protein	0.96 g	8.38%	Cals from Prot
Cholesterol	0 mg	Calcium	23 mg	Carbohydrates	11.06 g	96.00%	Cals from Carb
Sodium	1 mg	Vitamin A	17 IU	Total Fat	0.43 g	8.44%	Cals from T Fat
Dietary Fibe	2.88 g	Vitamin A	4 RE	Saturated Fat	0.02 g	0.42%	Cals from S Fat
		Vitamin C	84.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000098 STRAWBERRIES: frozen:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	245	Iron	1.50 mg	Protein	1.35 g	2.21%	Cals from Prot
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	66.10 g	108.00%	Cals from Carb
Sodium	8 mg	Vitamin A	61 IU	Total Fat	0.33 g	1.22%	Cals from T Fat
Dietary Fibe	4.85 g	Vitamin A	5 RE	Saturated Fat	0.02 g	0.07%	Cals from S Fat
		Vitamin C	105.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000100 TANGERINES,FRESH:
 Number of Portions: 1.0000
 Size of Portion: EACH

Calories	47	Iron	0.13 mg	Protein	0.71 g	6.11%	Cals from Prot
Cholesterol	0 mg	Calcium	33 mg	Carbohydrates	11.74 g	100.68%	Cals from Carb
Sodium	2 mg	Vitamin A	599 IU	Total Fat	0.27 g	5.26%	Cals from T Fat
Dietary Fibe	1.58 g	Vitamin A	81 RE	Saturated Fat	0.03 g	0.66%	Cals from S Fat
		Vitamin C	23.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000101 WATERMELON,CHUNKS:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	46	Iron	0.36 mg	Protein	0.93 g	8.13%	Cals from Prot
Cholesterol	0 mg	Calcium	11 mg	Carbohydrates	11.48 g	100.67%	Cals from Carb
Sodium	2 mg	Vitamin A	865 IU	Total Fat	0.23 g	4.50%	Cals from T Fat
Dietary Fibe	0.61 g	Vitamin A	56 RE	Saturated Fat	0.02 g	0.48%	Cals from S Fat
		Vitamin C	12.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

JUICE

Recipe No. 000063 APPLE JUICE:cnnd,unswtn,+vit C:
 Number of Portions: 1.0000
 Size of Portion: 4 fl.oz.

Calories	58	Iron	0.46 mg	Protein	0.07 g	0.51%	Cals from Prot
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	14.48 g	99.40%	Cals from Carb
Sodium	4 mg	Vitamin A	1 IU	Total Fat	0.14 g	2.11%	Cals from T Fat
Dietary Fibe	0.12 g	Vitamin A	0 RE	Saturated Fat	0.02 g	0.36%	Cals from S Fat
		Vitamin C	51.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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* - Denotes Missing Nutrient Values

Recipe No. 000246 FRUIT JUICE, ASSORTED:
 Number of Portions: 4.0000
 Size of Portion: 4 fl.oz.

Calories	63	Iron	0.42 mg	Protein	0.49 g	3.10%	Cals from Prot
Cholesterol	0 mg	Calcium	12 mg	Carbohydrates	15.44 g	97.26%	Cals from Carb
Sodium	3 mg	Vitamin A	59 IU	Total Fat	0.14 g	1.99%	Cals from T Fat
Dietary Fibe	0.19 g	Vitamin A	6 RE	Saturated Fat	0.02 g	0.31%	Cals from S Fat
		Vitamin C	26.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000077 GRAPE JUICE: canned, unswtnd:
 Number of Portions: 1.0000
 Size of Portion: 4 fl.oz.

Calories	77	Iron	0.30 mg	Protein	0.71 g	3.67%	Cals from Prot
Cholesterol	0 mg	Calcium	11 mg	Carbohydrates	18.91 g	98.10%	Cals from Carb
Sodium	4 mg	Vitamin A	10 IU	Total Fat	0.10 g	1.18%	Cals from T Fat
Dietary Fibe	0.13 g	Vitamin A	1 RE	Saturated Fat	0.03 g	0.37%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000078 GRAPEFRUIT JUICE: canned, unswt:
 Number of Portions: 1.0000
 Size of Portion: 4 fl.oz.

Calories	47	Iron	0.25 mg	Protein	0.64 g	5.47%	Cals from Prot
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	11.07 g	94.32%	Cals from Carb
Sodium	1 mg	Vitamin A	9 IU	Total Fat	0.12 g	2.37%	Cals from T Fat
Dietary Fibe	0.12 g	Vitamin A	1 RE	Saturated Fat	0.02 g	0.31%	Cals from S Fat
		Vitamin C	36.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000084 ORANGE JUICE: canned, unswtnd:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	105	Iron	1.10 mg	Protein	1.47 g	5.62%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	24.53 g	93.81%	Cals from Carb
Sodium	5 mg	Vitamin A	436 IU	Total Fat	0.35 g	3.00%	Cals from T Fat
Dietary Fibe	0.50 g	Vitamin A	45 RE	Saturated Fat	0.04 g	0.39%	Cals from S Fat
		Vitamin C	85.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000091 PINEAPPLE JUICE: canned, unswtn:
 Number of Portions: 1.0000
 Size of Portion: CUP

Calories	133	Iron	0.78 mg	Protein	0.90 g	2.72%	Cals from Prot
Cholesterol	0 mg	Calcium	33 mg	Carbohydrates	32.18 g	97.13%	Cals from Carb
Sodium	5 mg	Vitamin A	13 IU	Total Fat	0.30 g	2.04%	Cals from T Fat
Dietary Fibe	0.50 g	Vitamin A	0 RE	Saturated Fat	0.02 g	0.14%	Cals from S Fat
		Vitamin C	109.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

MILK

Recipe No. 000489 MILK - Variety:
 Number of Portions: 100.0000
 Size of Portion: HALF PINT

Calories	142	Iron	0.44 mg	Protein	8.13 g	22.90%	Cals from Prot
Cholesterol	9 mg	Calcium	289 mg	Carbohydrates	21.89 g	61.66%	Cals from Carb
Sodium	139 mg	Vitamin A	482 IU	Total Fat	2.59 g	16.43%	Cals from T Fat
Dietary Fibe	0.88 g	Vitamin A	144 RE	Saturated Fat	1.62 g	10.25%	Cals from S Fat

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	Vitamin C	1.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat
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* - Denotes Missing Nutrient Values

Recipe No. 000228 MILK,1% Chocolate:

Number of Portions: 1.0000

Size of Portion: HALF PINT

Calories	158	Iron	0.60 mg	Protein	8.10 g	20.57%	Cals from Prot
Cholesterol	8 mg	Calcium	288 mg	Carbohydrates	26.10 g	66.29%	Cals from Carb
Sodium	153 mg	Vitamin A	490 IU	Total Fat	2.50 g	14.29%	Cals from T Fat
Dietary Fibe	1.25 g	Vitamin A	148 RE	Saturated Fat	1.54 g	8.80%	Cals from S Fat
		Vitamin C	2.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000230 MILK,1% Lowfat:

Number of Portions: 1.0000

Size of Portion: HALF PINT

Calories	102	Iron	0.07 mg	Protein	8.22 g	32.10%	Cals from Prot
Cholesterol	12 mg	Calcium	290 mg	Carbohydrates	12.18 g	47.52%	Cals from Carb
Sodium	107 mg	Vitamin A	478 IU	Total Fat	2.37 g	20.79%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	144 RE	Saturated Fat	1.54 g	13.56%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000227 MILK,2% Chocolate:

Number of Portions: 1.0000

Size of Portion: HALF PINT

Calories	190	Iron	0.60 mg	Protein	7.48 g	15.74%	Cals from Prot
Cholesterol	20 mg	Calcium	273 mg	Carbohydrates	30.33 g	63.84%	Cals from Carb
Sodium	165 mg	Vitamin A	568 IU	Total Fat	4.75 g	22.50%	Cals from T Fat
Dietary Fibe	1.75 g	Vitamin A	143 RE	Saturated Fat	2.94 g	13.94%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000229 MILK,2% Lowfat:

Number of Portions: 1.0000

Size of Portion: HALF PINT

Calories	122	Iron	0.07 mg	Protein	8.05 g	26.40%	Cals from Prot
Cholesterol	20 mg	Calcium	285 mg	Carbohydrates	11.42 g	37.44%	Cals from Carb
Sodium	100 mg	Vitamin A	461 IU	Total Fat	4.81 g	35.46%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	139 RE	Saturated Fat	3.07 g	22.63%	Cals from S Fat
		Vitamin C	0.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000231 MILK,Skim:

Number of Portions: 1.0000

Size of Portion: HALF PINT

Calories	83	Iron	0.07 mg	Protein	8.26 g	39.65%	Cals from Prot
Cholesterol	5 mg	Calcium	306 mg	Carbohydrates	12.15 g	58.35%	Cals from Carb
Sodium	103 mg	Vitamin A	500 IU	Total Fat	0.20 g	2.12%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	149 RE	Saturated Fat	0.12 g	1.35%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000226 MILK,Whole:

Number of Portions: 1.0000

Size of Portion: HALF PINT

Calories	146	Iron	0.07 mg	Protein	7.86 g	21.47%	Cals from Prot
Cholesterol	24 mg	Calcium	276 mg	Carbohydrates	11.03 g	30.13%	Cals from Carb
Sodium	98 mg	Vitamin A	249 IU	Total Fat	7.93 g	48.75%	Cals from T Fat
Dietary Fibe	0.00 g	Vitamin A	76 RE	Saturated Fat	4.55 g	27.98%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values