

Recipe Prep Sheet

Evanston Township High School District 202

990425 - Tony's 4" Cheese pizza 504610

Recipe HACCP Process: #2 Same Day Service
 Source: D65
 Number of Portions: 1
 Portion Size: 1 pizza

Ingredient # Ingredient Description

990846 Tony's 4" Cheese pizza 504610

Measurements

1 (1 each)

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

Calories ¹	280.000 kcal	Total Fat	12.000 g	Total Dietary Fiber	3.000 g	Vitamin C	*N/A* mg	38.571% Calories from Total Fat
Saturated Fat ¹	6.000 g	Trans Fat ²	0.000 g	Protein	15.000 g	Iron	*N/A* mg	19.286% Calories from Sat Fat
Sodium ¹	410.000 mg	Cholesterol	30.000 mg	Vitamin A	*N/A* IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	8.000 g	Carbohydrate	26.000 g	Calcium	*N/A* mg	Ash	*N/A* g	37.143% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			21.429% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT 2 oz eq Grain 2 oz eq Fruit cup Vegetable cup Milk cup

Allergens

Milk Soy Wheat

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Recipe Prep Sheet

Evanston Township High School District 202

990269 - Chicken & Waffles

Recipe HACCP Process: #2 Same Day Service
 Source: D65
 Number of Portions: 1
 Portion Size: 1 waffle 2 pc

Ingredient #	Ingredient Description	Measurements
904417	WAFFLES, WG, FRZN 671751	1 (1 WAFFLE (1 GR EQ))
904326	CHICKEN FRITTER STRIP PLAIN PROVIEW 232022	2 PIECE(S)
903878	SYRUP 1.5OZ CUP 160090	1 SYRUP CUP(S)

*Nutrients are based upon 1 Portion Size (1 waffle 2 pc)

Calories ¹	395.097 kcal	Total Fat	9.003 g	Total Dietary Fiber	3.501 g	Vitamin C	*0.680* mg	20.508%	Calories from Total Fat
Saturated Fat ¹	*1.501* g	Trans Fat ²	*0.000* g	Protein	16.008 g	Iron	*2.171* mg	*3.418%*	Calories from Sat Fat
Sodium ¹	575.228 mg	Cholesterol	*35.020* mg	Vitamin A	*95.454* IU	Water	*N/A* g	*0.000%*	Calories from Trans Fat
Sugars	*3.500* g	Carbohydrate	63.509 g	Calcium	*43.218* mg	Ash	*N/A* g	64.297%	Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.138			16.207%	Calories from Protein

Type of Fat -

Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

Milk	Soy	Wheat
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Recipe Prep Sheet

Evanston Township High School District 202

990259 - Hamburger

Recipe HACCP Process: #2 Same Day Service
 Source: D65
 Number of Portions: 1
 Portion Size: 1 sandwich

Ingredient #	Ingredient Description	Measurements
990624	Beef Patty 658622	1 each (2 oz)
903921	BUN HAMB WHITE WHEAT ALPHA #51022	1 Each (1 Bun)

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

Calories ¹	266.980 kcal	Total Fat	9.940 g	Total Dietary Fiber	2.650 g	Vitamin C	*0.000* mg	33.508%	Calories from Total Fat
Saturated Fat ¹	0.820 g	Trans Fat ²	0.000 g	Protein	16.240 g	Iron	7.440 mg	2.764%	Calories from Sat Fat
Sodium ¹	348.140 mg	Cholesterol	40.000 mg	Vitamin A	*0.000* IU	Water	*N/A* g	0.000%	Calories from Trans Fat
Sugars	*0.000* g	Carbohydrate	26.470 g	Calcium	*30.000* mg	Ash	*N/A* g	39.658%	Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.331%	Calories from Protein

Type of Fat -

Components

Meat/Meat ALT 3 oz eq Grain 2 oz eq Fruit cup Vegetable cup Milk cup

Allergens

Wheat

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Recipe Prep Sheet

Evanston Township High School District 202

990426 - Chicken Fajitas

Recipe HACCP Process: #2 Same Day Service
 Source: D65
 Number of Portions: 1
 Portion Size: 2 tacos

Ingredient #	Ingredient Description	Measurements
903684	TORTILLA 6" AZTECA ULTRAGRAIN 882690	2 TORTILLA
051621	CHICKEN FAJITAS	3 3/8 oz
904486	PEPPERS, MIXED RED & GREEN STRIPS	2 OZ
903803	SOUR CREAM CUPS 100/10Z	1 oz

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

Calories ¹	411.870 kcal	Total Fat	13.615 g	Total Dietary Fiber	6.475 g	Vitamin C	*30.902* mg	29.750%	Calories from Total Fat
Saturated Fat ¹	7.837 g	Trans Fat ²	0.006 g	Protein	15.261 g	Iron	*1.776* mg	17.125%	Calories from Sat Fat
Sodium ¹	454.017 mg	Cholesterol	*43.143* mg	Vitamin A	*380.143* IU	Water	*7.540* g	0.013%	Calories from Trans Fat
Sugars	*1.133* g	Carbohydrate	50.955 g	Calcium	90.961 mg	Ash	*N/A* g	49.486%	Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.821%	Calories from Protein

Type of Fat -

Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Recipe Prep Sheet

Evanston Township High School District 202

990308 - Rotini with Meat Sauce and Cheese Stick

Recipe HACCP Process: #2 Same Day Service

Source: D65

Number of Portions: 1

Portion Size: 1/2 c / 3oz / 1

Ingredient #	Ingredient Description	Measurements										
990775	Rotini 229951	2 oz										
990577	Meat Sauce 573201	3 oz										
990398	CHEESE, MOZZ STRING 168/1OZ 786580	1 SERVING (1OZ)										
*Nutrients are based upon 1 Portion Size (1/2 c / 3oz / 1)												
Calories ¹	362.089 kcal	Total Fat	7.769 g	Total Dietary Fiber	5.121 g	Vitamin C	*0.000* mg	19.310% Calories from Total Fat				
Saturated Fat ¹	3.500 g	Trans Fat ²	0.000 g	Protein	23.123 g	Iron	*10.125* mg	8.700% Calories from Sat Fat				
Sodium ¹	406.870 mg	Cholesterol	39.464 mg	Vitamin A	*200.000* IU	Water	*0.000* g	0.000% Calories from Trans Fat				
Sugars	*5.775* g	Carbohydrate	47.334 g	Calcium	*242.025* mg	Ash	*N/A* g	52.290% Calories from Carbohydrates				
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.189							
Type of Fat												

Components

Meat/Meat ALT 2.5 oz eq Grain 2 oz eq Fruit cup Vegetable cup Milk cup

Allergens

Milk Wheat

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Recipe Prep Sheet

Evanston Township High School District 202

990258 - Pancakes and Eggs

Recipe HACCP Process: #2 Same Day Service
 Source: D65
 Number of Portions: 1
 Portion Size: 2 each 2oz

Ingredient #	Ingredient Description	Measurements										
990622	Pancake WG 1.14 oz	2 each (1.41 oz)										
904354	Liquid Whole Eggs	2 oz										
903878	SYRUP 1.5OZ CUP 160090	1 SYRUP CUP(S)										
*Nutrients are based upon 1 Portion Size (2 each 2oz)												
Calories ¹	329.669 kcal	Total Fat	6.089 g	Total Dietary Fiber	0.667 g	Vitamin C	*0.000* mg	16.624% Calories from Total Fat				
Saturated Fat ¹	*1.507* g	Trans Fat ²	*0.000* g	Protein	8.300 g	Iron	*63.033* mg	*4.114%* Calories from Sat Fat				
Sodium ¹	374.481 mg	Cholesterol	*173.333* mg	Vitamin A	*0.000* IU	Water	*N/A* g	*0.000%* Calories from Trans Fat				
Sugars	*0.667* g	Carbohydrate	51.469 g	Calcium	*2061.033* mg	Ash	*N/A* g	62.450% Calories from Carbohydrates				
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.301			10.071% Calories from Protein				

Components

Meat/Meat ALT	2.5 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

Milk	Egg	Soy	Wheat
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Recipe Prep Sheet

Evanston Township High School District 202

990428 - Chicken Nuggets with Mac 'n Cheese

Recipe HACCP Process: #2 Same Day Service
 Source: D65
 Number of Portions: 1
 Portion Size: 5 pc 3oz

Ingredient #	Ingredient Description	Measurements										
900471	MAC & CHEESE RF WG LOL 527582	3 oz										
904223	D65, CHICKEN TENDER TYSON 281831	5 TENDER(S)										
*Nutrients are based upon 1 Portion Size (5 pc 3oz)			Calories ¹	733.621 kcal	Total Fat	26.895 g	Total Dietary Fiber	2.328 g	Vitamin C	*0.000* mg	32.995% Calories from Total Fat	
	Saturated Fat ¹	6.834 g	Trans Fat ²	0.000 g	Protein	60.302 g	Iron	4.836 mg	8.383% Calories from Sat Fat			
	Sodium ¹	1858.685 mg	Cholesterol	145.777 mg	Vitamin A	*269.995* IU	Water	*0.000* g	0.000% Calories from Trans Fat			
	Sugars	*3.037* g	Carbohydrate	59.156 g	Calcium	*141.748* mg	Ash	*N/A* g	32.254% Calories from Carbohydrates			
	Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.339			32.879% Calories from Protein			
	Type of Fat	-										

Components

Meat/Meat ALT	3 oz eq	Grain	1.5 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

Milk	Egg	Wheat
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990429 - Tangerine Chicken with Fried Rice

Recipe HACCP Process: #2 Same Day Service
 Source: D65
 Number of Portions: 1
 Portion Size: 3.9oz 1 cup

Ingredient #	Ingredient Description	Measurements
990848	Tangerine Chicken 791710	1 serving
R-000499	D65, FRIED RICE	1 (6 oz)
990847	Fortune Cookie 565142	1 (1 each)

*Nutrients are based upon 1 Portion Size (3.9oz 1 cup)

Calories ¹	362,196 kcal	Total Fat	5.186* g	Total Dietary Fiber	3.120 g	Vitamin C	*0.800* mg	*12.885%*	Calories from Total Fat
Saturated Fat ¹	*1.176* g	Trans Fat ²	*0.005* g	Protein	17.423 g	Iron	*0.456* mg	*2.923%*	Calories from Sat Fat
Sodium ¹	476,239 mg	Cholesterol	*45.000* mg	Vitamin A	*88.889* IU	Water	*39.460* g	*0.011%*	Calories from Trans Fat
Sugars	*23.000* g	Carbohydrate	61,482 g	Calcium	*9.450* mg	Ash	*N/A* g	67.899%	Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.242%	Calories from Protein

Type of Fat -

Components

Meat/Meat ALT	2 oz eq	Grain	2.5 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

Egg	Soy	Wheat
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Recipe Prep Sheet

Evanston Township High School District 202

990431 - Turkey & Cheddar Ciabatta Melt

Recipe HACCP Process: #2 Same Day Service

Source: D65

Number of Portions: 1

Portion Size: 1 sandwich

Ingredient #	Ingredient Description	Measurements										
990481	Bread, Ciabatta 831221	1 (1 bun (1.8 oz))										
9903898	Cheddar Slice 377761	2 SLICE										
9903975	TURKEY HAM SLICED JENNIEO 556121	2 oz										
*Nutrients are based upon 1 Portion Size (1 sandwich)												
Calories ¹	325.359 kcal	Total Fat	15.441 g	Total Dietary Fiber	*3.000* g	Vitamin C	*0.784* mg	Calories from Total Fat	42.713%			
Saturated Fat ¹	6.480 g	Trans Fat ²	*0.000* g	Protein	16.804 g	Iron	*2.094* mg	Calories from Sat Fat	17.926%			
Sodium ¹	756.405 mg	Cholesterol	64.216 mg	Vitamin A	*300.000* IU	Water	*N/A* g	Calories from Trans Fat	*0.000%*			
Sugars	*2.000* g	Carbohydrate	31.654 g	Calcium	*170.000* mg	Ash	*N/A* g	Calories from Carbohydrates	38.915%			
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.149							

Type of Fat -

Components

Meat/Meat ALT 2 oz eq Grain 2 oz eq Fruit cup Vegetable cup Milk cup

Allergens

Milk Soy Wheat

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Recipe Prep Sheet

Evanston Township High School District 202

990432 - Crispy Chicken Sandwich

Recipe HACCP Process: #2 Same Day Service
 Source: D65
 Number of Portions: 1
 Portion Size: 1 sandwich

Ingredient #	Ingredient Description	Measurements
904325	CHICKEN, Patty BRD 549020	1 (1 each (1 patty))
903921	BUN HAMB WHITE WHEAT ALPHA #51022	1 Each (1 Bun)

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

Calories ¹	366.980 kcal	Total Fat	9.940 g	Total Dietary Fiber	3.650 g	Vitamin C	0.000 mg	24.377%	Calories from Total Fat
Saturated Fat ¹	1.820 g	Trans Fat ²	0.000 g	Protein	27.240 g	Iron	11.440 mg	4.463%	Calories from Sat Fat
Sodium ¹	738,140 mg	Cholesterol	65.000 mg	Vitamin A	2.000 IU	Water	*N/A* g	0.000%	Calories from Trans Fat
Sugars	*2,000* g	Carbohydrate	41,470 g	Calcium	34,000 mg	Ash	*N/A* g	45.201%	Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.760			29.691%	Calories from Protein

Type of Fat -

Components

Meat/Meat ALT	2 oz eq	Grain	3.25 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

Egg	Soy	Wheat
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Recipe Prep Sheet

Evanston Township High School District 202

990436 - EZ Jammer, String Cheese, Bites or Pretzels

Recipe HACCP Process: #1 No Cook

Source: D65

Number of Portions: 1

Portion Size: 1 of each

Ingredient #	Ingredient Description	Measurements
990852	EZ Jammer 630302	1 package
990616	CHEESE, MOZZ LIGHT STRING 168/1OZ 786801	1 SERVING (1OZ)
990851	Lemon Blueberry Bites 862480	1 (1 oz bag)
990619	Pretzels, WG .7oz bag 893711	1 each (.7 oz)

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

Calories ¹	541.498 kcal	Total Fat	21.544 g	Total Dietary Fiber	8.025 g	Vitamin C	*0.000* mg	35.807% Calories from Total Fat
Saturated Fat ¹	5.506 g	Trans Fat ²	0.000 g	Protein	20.025 g	Iron	*0.000* mg	9.152% Calories from Sat Fat
Sodium ¹	660.749 mg	Cholesterol	10.000 mg	Vitamin A	*200.000* IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	22.100 g	Carbohydrate	66.262 g	Calcium	*240.000* mg	Ash	*N/A* g	48.947% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.189			14.792% Calories from Protein

Type of Fat

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

Milk	Soy	Wheat
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Recipe Prep Sheet

Evanston Township High School District 202

990435 - Hummus, Naan, Chickpeas

Recipe HACCP Process: #1 No Cook
 Source: D65
 Number of Portions: 1
 Portion Size: 1 of each

Ingredient #	Ingredient Description	Measurements
902800	HUMMUS KRONOS 540783	1 (2 oz portion cup)
990850	Naan 794757	1 serving (5 pc)
990853	Roasted Chickpeas Zee .75oz 11928	1 package

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

Calories ¹	400.000 kcal	Total Fat	18.500 g	Total Dietary Fiber	11.000 g	Vitamin C	*N/A* mg	Calories from Total Fat	41.625%
Saturated Fat ¹	2.000 g	Trans Fat ²	*0.000* g	Protein	9.000 g	Iron	*1.100* mg	Calories from Sat Fat	4.500%
Sodium ¹	655.000 mg	Cholesterol	*0.000* mg	Vitamin A	*N/A* IU	Water	*N/A* g	Calories from Trans Fat	*0.000%*
Sugars	3.000 g	Carbohydrate	43.000 g	Calcium	*20.000* mg	Ash	*N/A* g	Calories from Carbohydrates	43.000%
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.688			Calories from Protein	9.000%

Type of Fat -

Components

Meat/Meat ALT 1.5 oz eq Grain 1 oz eq Fruit cup Vegetable cup Milk cup

Allergens

Milk Wheat

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Recipe Prep Sheet

Evanston Township High School District 202

990253 - Cereal, yogurt & egg

Recipe HACCP Process: #1 No Cook
 Source: D65
 Number of Portions: 1
 Portion Size: 1 each

Ingredient #	Ingredient Description	Measurements
990795	Cinnamon Toast Crunch 2 oz 105931	1 each
990752	Yogurt, 4oz Upstate Farms 668031	1 each
001129	EGG,WHL,CKD,HARD-BOILED	1 large

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

Calories ¹	400.371 kcal	Total Fat	10.367 g	Total Dietary Fiber	6.075 g	Vitamin C	15.187 mg	23.305% Calories from Total Fat
Saturated Fat ¹	2.646 g	Trans Fat ²	*0.000* g	Protein	12.327 g	Iron	46.157 mg	5.948% Calories from Sat Fat
Sodium ¹	435.994 mg	Cholesterol	191.500 mg	Vitamin A	280.250 IU	Water	*37.310* g	*0.000%* Calories from Trans Fat
Sugars	26.697 g	Carbohydrate	64.109 g	Calcium	165.499 mg	Ash	*N/A* g	64.050% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			12.316% Calories from Protein

Type of Fat -

Components

Meat/Meat ALT 2 oz eq Grain 2 oz eq Fruit cup Vegetable cup Milk cup

Allergens

Milk Egg

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Recipe Prep Sheet

Evanston Township High School District 202

990433 - Pizza Bagel Kit

Recipe HACCP Process: #1 No Cook

Source: D65

Number of Portions: 1

Portion Size: 1 of each

Ingredient #	Ingredient Description	Measurements	Calories ¹	Total Fat	Total Dietary Fiber	*5.000* g	Vitamin C	*24.000* mg	34.412% Calories from Total Fat
990849	Red Gold Marinara 2.5oz 677721	1 (1 cup)	340.000 kcal		13.000 g				
990499	Bagel, Lenders 2 oz 217911	1 (1 each)	7.000 g	Trans Fat ²	*0.000* g	Protein	20.000 g	Iron	18.529% Calories from Sat Fat
903845	CHEESE MOZZ SHRED LOL 645170	2 oz	520.000 mg	Cholesterol	30.000 mg	Vitamin A	*200.000* IU	Water	*0.000*% Calories from Trans Fat
*Nutrients are based upon 1 Portion Size (1 of each)			*6.000* g	Carbohydrate	34.000 g	Calcium	*40.000* mg	Ash	40.000% Calories from Carbohydrates
			0.000 %	Fat Change	0.000 %	Portion Cost	\$1.152		23.529% Calories from Protein
Type of Fat									

Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

Milk	Wheat
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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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Recipe Prep Sheet

Evanston Township High School District 202

990434 - Muffin,yogurt, sunflower seeds

Recipe HACCP Process: #1 No Cook

Source: D65

Number of Portions: 1

Portion Size: 1 of each

Ingredient #	Ingredient Description	Measurements
990794	3.2 oz Apple Muffin 240001	1 each
990593	Sunflower Seeds, Dry Roasted 87860	1 each (1.1oz)
990752	Yogurt, 4oz Upstate Farms 668031	1 each

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

Calories ¹	560.000 kcal	Total Fat	24.000 g	Total Dietary Fiber	4.000 g	Vitamin C	0.000 mg	38.571% Calories from Total Fat
Saturated Fat ¹	3.000 g	Trans Fat ²	0.000 g	Protein	16.000 g	Iron	18.000 mg	4.821% Calories from Sat Fat
Sodium ¹	450.000 mg	Cholesterol	40.000 mg	Vitamin A	0.000 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	37.000 g	Carbohydrate	68.000 g	Calcium	104.000 mg	Ash	*N/A* g	48.571% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			11.429% Calories from Protein

Type of Fat

Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

Milk	Egg	Soy	Wheat
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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

1 - denotes required nutrient values

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