

Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990155 ketchup packets	9gm	9	10.000	*N/A* *N/A%*	25.000	2.000 80.000%	*N/A* *N/A%*	*N/A*	2.000 80.000%	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
990034 all beef franks	2 oz	147	412.769	14.742 32.143%	1297.273	2.948 2.857%	35.380 77.143%	58.967	5.897 5.714%	*N/A*	20.638 20.000%	*N/A*	*N/A*	*N/A*	*N/A*
990093 ALL WHITE MEAT CHICKEN TENDERS	3 oz	2	4.448	0.039 7.972%	6.888	0.020 1.799%	0.197 39.820%	1.023	0.276 24.775%	0.030	0.374 33.633%	0.000	0.236	0.000	0.030
990007 ALMOND CHERRY BREAD PUDDING	1 SQUARE	56	182.788	0.641 3.156%	137.775	*17.240* *37.727%*	4.787 23.571%	29.069	26.941 58.957%	1.395	8.678 18.990%	330.933	*230.094*	2.423	*0.932*
990008 ALMOND CHICKEN FAJITAS	EACH	171	401.265	3.967 8.896%	601.186	*3.304* *3.294%*	13.846 31.055%	73.074	37.395 37.277%	3.215	30.326 30.230%	65.400	129.707	5.031	3.777
990010 ALMOND CHICKEN PILAF	CUP	164	231.022	1.604 6.249%	215.341	*1.533* *2.654%*	13.240 51.580%	28.418	15.575 26.967%	2.166	13.338 23.094%	1987.493	56.661	3.474	1.585
990011 ALMOND DATE BARS	EACH	16	82.602	1.120 12.205%	13.590	*5.327* *25.796%*	6.207 67.624%	0.000	6.900 33.413%	1.008	1.199 5.806%	0.453	15.175	0.016	0.317
990014 ALMOND PEACH MUFFIN	EACH	81	219.954	0.964 3.945%	43.346	*18.372* *33.411%*	7.589 31.054%	17.305	34.816 63.314%	1.533	4.118 7.489%	151.717	61.605	20.115	1.876
990015 ALMOND SNACK MIX	1/3 CUP	52	245.908	3.732 13.659%	37.244	*10.783* *17.540%*	12.939 47.354%	0.000	28.107 45.719%	3.048	6.266 10.192%	984.484	64.968	0.000	0.913
990016 ALMONDS, YOGURT, FRUIT LUNCH	PIECE	187	310.394	2.127 6.166%	111.634	*6.247* *8.050%*	16.562 48.023%	5.670	31.910 41.122%	4.828	12.217 15.744%	67.293	278.661	1.876	1.465
990101 american chop suey	6 oz	214	139.972	*2.459* *15.808%*	*51.926*	*5.198* *14.854%*	*7.118* *45.765%*	*30.374*	*8.707* *24.882%*	*2.132*	10.286 29.394%	*10.354*	*34.521*	*0.505*	*0.483*
63 APPLE JUICE:cnnd,unswtn,+vit C	4 fl.oz.	124	57.040	0.027 0.431%	4.960	11.929 83.654%	0.161 2.543%	0.000	14.012 98.261%	0.248	0.124 0.870%	1.240	9.920	47.740	0.149
292 APPLE/CARROT/RAISIN/SALAD	1 3/4 CUPS	366	262.085	0.128 0.441%	88.373	*49.063* *74.881%*	0.712 2.445%	0.000	68.068 103.886%	9.547	2.732 4.170%	18298.010	71.060	20.868	1.234
64 APPLES,Fresh	EACH	138	71.760	0.039 0.484%	1.380	14.338 79.922%	0.235 2.942%	0.000	19.058 106.231%	3.312	0.359 2.001%	74.520	8.280	6.348	0.166
356 APPLESAUCE,SWEETENED	1 CUP	246	167.280	0.074 0.397%	4.920	36.088 86.294%	0.418 2.250%	0.000	43.025 102.882%	2.952	0.394 0.942%	14.760	7.380	4.182	0.295
247 APPLESAUCE:cnnd,unswtnd,+vit C	CUP	244	102.480	0.020 0.171%	4.880	*N/A* *N/A%*	0.244 2.143%	0.000	27.499 107.333%	2.684	0.415 1.620%	70.760	9.760	51.728	0.561
248 APRICOTS: canned,light syrup	CUP	253	159.390	0.008 0.043%	10.120	37.672 94.540%	0.127 0.714%	0.000	41.720 104.698%	4.048	1.341 3.365%	3344.660	27.830	6.831	0.987

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250 ASPARAGUS: fresh,boiled	CUP	180	39.600	0.086 1.964%	25.200	2.340 23.636%	0.396 9.000%	0.000	7.398 74.727%	3.600	4.320 43.636%	1810.800	41.400	13.860	1.638
990035 BABY CARROT FRESH	1/2 CUP	113	40.000	*N/A* *N/A%*	90.000	5.000 50.000%	*N/A* *N/A%*	*N/A*	9.000 90.000%	2.000	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
1081 BAGEL CINNAMON RAISIN:Secondar	EACH	83	244.020	0.245 0.903%	307.100	5.337 8.748%	1.494 5.510%	0.000	49.219 80.680%	2.075	8.798 14.422%	58.930	16.600	0.498	3.395
990076 Bagels, Cinnamon Raisin, Gourmet, Sliced, 4.5	bagel	102	290.000	0.000 0.000%	370.000	9.000 12.414%	2.000 6.208%	0.000	59.000 81.379%	3.000	9.000 12.414%	0.000	0.000	0.000	0.000
990075 Bagels, Everything, Gourmet, Sliced, 4.5"	bagel	102	290.000	0.000 0.000%	400.000	4.000 5.517%	2.500 7.759%	0.000	56.000 77.241%	2.000	9.000 12.414%	0.000	0.000	0.000	0.000
990077 Bagels, Whole Grain White, Sliced, Individual	bagel	57	130.000	0.000 0.000%	220.000	3.000 9.231%	0.500 3.461%	0.000	27.000 83.076%	3.000	4.000 12.308%	*N/A*	*N/A*	*N/A*	*N/A*
990132 Bagels, Whole Grain, Cinnamon Raisin, Bulk	4 oz	13	31.667	0.000 0.000%	48.333	1.500 18.947%	0.167 4.738%	0.000	6.833 86.316%	0.333	1.000 12.631%	*N/A*	*N/A*	*N/A*	*N/A*
990133 Bagels, Whole Grain, Sliced, Bulk	4 oz	19	46.693	0.000 0.000%	88.940	1.112 9.526%	0.222 4.285%	0.000	9.116 78.096%	0.889	1.556 13.330%	*N/A*	13.341	*N/A*	0.556
321 BAGELS,CINNAMON-RAISIN	1 EACH	71	194.540	0.195 0.900%	288.970	4.246 8.730%	1.207 5.584%	0.000	39.192 80.584%	1.633	6.958 14.307%	51.830	13.490	0.497	2.698
347 BAGELS,PLAIN,ENRICHED	1 EACH	71	187.440	0.256 1.227%	299.620	5.985 12.772%	0.937 4.500%	0.000	37.190 79.364%	1.136	7.498 16.001%	0.000	155.490	0.000	2.535
990047 BAKED BEANS (CANNED) USDA RECIPE	1/2 CUP	4	5.253	0.000 0.069%	3.660	0.738 56.196%	0.004 0.685%	0.000	1.195 90.965%	0.165	0.154 11.727%	8.337	1.277	0.272	0.042
990128 BAKED BEANS (CANNED) USDA RECIPE	1/4 cup	57	69.811	0.005 0.066%	48.640	9.813 56.226%	0.053 0.687%	0.000	15.877 90.971%	2.187	2.052 11.757%	110.801	16.972	3.615	0.553
44 BAKED POTATO	1/2 CUP	3	3.218	0.001 0.336%	0.346	0.041 5.096%	0.005 1.259%	0.000	0.732 90.963%	0.076	0.086 10.690%	0.346	0.519	0.332	0.037
990058 BAKING POWDER	tbs	19	0.000	0.000 *N/A%*	3401.946	0.000 *N/A%*	0.000 *N/A%*	*N/A*	0.000 *N/A%*	0.000	0.000 *N/A%*	*N/A*	0.000	*N/A*	0.000
990017 BANANA CRANBERRY ALMOND MUFFIN	EACH	74	220.979	3.579 14.578%	61.722	*14.035* *25.405%*	7.757 31.592%	30.653	35.570 64.385%	1.648	3.194 5.782%	201.640	*44.255*	1.711	*1.036*
251 BANANA SLICES	CUP	150	133.500	0.168 1.133%	1.500	18.345 54.966%	0.495 3.337%	0.000	34.260 102.652%	3.900	1.635 4.899%	96.000	7.500	13.050	0.390

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68 BANANAS	EACH	118	105.020	0.132 1.133%	1.180	14.431 54.965%	0.389 3.337%	0.000	26.951 102.652%	3.068	1.286 4.898%	75.520	5.900	10.266	0.307
990108 Bean & Cheese Breakfast Burrito	burrito	4	7.767	0.133 15.458%	12.467	0.067 3.450%	0.300 34.762%	0.650	0.933 48.065%	0.100	0.300 15.450%	6.200	7.167	0.093	0.063
990127 BEANS, CANNED, KIDNEY, LOW-SODIUM	1/4 cup	64	54.502	0.032 0.528%	70.003	*N/A* *N/A%*	0.218 3.593%	0.000	9.978 73.227%	4.102	3.360 24.660%	0.000	15.501	0.698	0.806
990036 BEEF PATTY 80/20	4 oz patty	113	284.000	8.593 27.231%	75.000	*N/A* *N/A%*	22.400 70.986%	80.000	*N/A* *N/A%*	*N/A*	19.230 27.085%	*N/A*	*N/A*	*N/A*	*N/A*
990037 beef pot roast	3 oz	2	3.037	0.380 112.522%	8.986	0.025 3.293%	*N/A* *N/A%*	1.202	0.038 5.005%	*N/A*	0.304 40.040%	*N/A*	*N/A*	*N/A*	*N/A*
252 BEET GREENS: boiled	CUP	144	38.880	0.045 1.032%	347.040	0.864 8.889%	0.288 6.667%	0.000	7.862 80.889%	4.176	3.701 38.076%	11021.760	164.160	35.856	2.736
253 BEETS: canned	CUP	170	52.700	0.037 0.639%	329.800	9.367 71.097%	0.238 4.065%	0.000	12.257 93.032%	3.060	1.547 11.742%	40.800	25.500	6.970	3.094
1074 BISCUITS W/SAUSAGE	EACH	92	269.689	3.723 12.425%	635.880	*1.218* *1.807%*	15.348 51.219%	55.916	18.855 27.965%	0.455	13.374 19.836%	29.050	22.253	0.000	1.807
1086 BISCUITS: PLAIN PURCH (2oz)	EACH	35	118.300	0.587 4.463%	329.700	1.218 4.118%	3.861 29.370%	0.350	18.855 63.751%	0.455	2.170 7.337%	0.700	17.150	0.000	1.155
355 BISCUITS: PLAIN,PURCH (2.5")	EACH	35	118.300	0.587 4.463%	329.700	1.218 4.118%	3.861 29.370%	0.350	18.855 63.751%	0.455	2.170 7.337%	0.700	17.150	0.000	1.155
990045 BLACK BEANS	1/2 CUP	340	314.025	*N/A* *N/A%*	366.363	2.617 3.333%	1.308 3.750%	*N/A*	60.188 76.667%	15.701	18.318 23.333%	*N/A*	*N/A*	*N/A*	*N/A*
990126 BLACK BEANS	1/4 cup	57	52.338	*N/A* *N/A%*	61.060	0.436 3.332%	0.218 3.750%	*N/A*	10.031 76.666%	2.617	3.053 23.333%	*N/A*	*N/A*	*N/A*	*N/A*
254 BLACK-EYED PEAS:from dry,boil	CUP	171	198.360	0.236 1.071%	410.400	5.643 11.379%	0.906 4.112%	0.000	35.500 71.586%	11.115	13.218 26.655%	25.650	41.040	0.684	4.292
255 BLUEBERRIES,Fresh	CUP	148	84.360	0.041 0.442%	1.480	14.741 69.896%	0.488 5.211%	0.000	21.445 101.684%	3.552	1.095 5.192%	79.920	8.880	14.356	0.414
990053 BREAD, GLUTEN-FREE, RICE FLOUR, CORN STARCH, AND/	cup	454	1124.908	4.432 3.546%	2027.556	16.012 5.694%	23.768 19.016%	0.000	207.654 73.839%	19.504	19.550 6.952%	0.000	625.957	0.000	11.929
990079 BREAKFAST BURRITO WITH SALSA	burrito	157	218.390	2.231 9.193%	432.360	2.180 3.993%	6.881 28.355%	172.139	27.869 51.045%	3.500	11.760 21.539%	544.430	135.181	5.550	3.450
990142 breakfast pizza	2.95	84	209.078	3.485 15.000%	338.506	7.965 15.238%	7.965 34.286%	54.758	22.899 43.809%	1.991	9.956 19.047%	*N/A*	*N/A*	*N/A*	*N/A*

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990136 breakfast sandwich bacon	each	160	369.778	8.233 20.037%	848.140	*4.000* *4.327%*	20.981 51.066%	129.925	*33.492* *36.229%*	*3.000*	14.501 15.686%	*149.000*	*121.000*	*0.000*	*1.975*
990135 breakfast sandwich sausage	1 sandwich	145	354.158	6.182 15.711%	525.602	*3.669* *4.144%*	18.851 47.905%	126.989	42.532 48.038%	*2.752*	16.719 18.883%	*149.000*	*112.719*	*0.000*	*1.851*
990006 broccoli waldorf salad	1/2 CUP	93	152.037	*0.783* *4.636%*	*147.616*	*7.526* *19.800%*	*5.976* *35.376%*	*5.904*	24.436 64.290%	*2.759*	*1.912* *5.030%*	*951.074*	*25.581*	*27.889*	*0.649*
990121 BROCCOLI,RAW	1/4 cup	23	7.735	0.026 3.014%	7.508	0.387 20.013%	0.084 9.797%	0.000	1.511 78.118%	0.592	0.642 33.200%	141.732	10.692	20.293	0.166
256 BROCCOLI,raw: fresh	CUP	91	30.940	0.104 3.016%	30.030	1.547 20.000%	0.337 9.794%	0.000	6.042 78.118%	2.366	2.566 33.174%	566.930	42.770	81.172	0.664
257 BROCCOLI: fresh, boiled	CUP	156	54.600	0.123 2.031%	63.960	2.168 15.883%	0.640 10.543%	0.000	11.201 82.057%	5.148	3.713 27.201%	2414.880	62.400	101.244	1.045
258 BROCCOLI: frozen, boiled	1/2 CUP	4	1.030	0.001 0.612%	0.405	0.054 20.971%	0.004 3.845%	0.000	0.197 76.466%	0.110	0.114 44.272%	37.205	1.214	1.476	0.022
990144 BROWN RICE	1/2 CUP	93	136.770	*0.004* *0.025%*	*4.280*	*0.002* *0.006%*	1.143 7.521%	*0.000*	27.392 80.111%	1.582	3.053 8.929%	*1.510*	*2.929*	*0.000*	*0.027*
990063 BROWN RICE PILAF	1/2 CUP	193	149.530	0.640 3.854%	186.540	5.759 15.406%	1.661 9.996%	2.270	29.410 78.674%	2.750	4.409 11.794%	1019.020	43.541	8.410	0.980
990098 BRUSSELS SPROUTS,RAW	1/2 CUP	48	36.112	1.175 29.286%	13.567	*1.000* *11.077%*	1.980 49.349%	4.876	4.149 45.960%	1.759	1.567 17.357%	399.440	20.207	38.555	0.649
990057 BUTTER OIL,ANHYDROUS	1/2 CUP	205	1794.048	126.820 63.621%	4.096	0.000 0.000%	203.735 102.205%	524.288	0.000 0.000%	0.000	0.573 0.128%	6285.312	8.192	0.000	0.000
221 BUTTER: individual	PAT	5	35.850	2.568 64.479%	32.150	0.003 0.033%	4.056 101.812%	10.750	0.003 0.033%	0.000	0.042 0.469%	124.950	1.200	0.000	0.001
293 CABBAGE SAUTE	3/4 CUP	195	134.754	0.673 4.492%	75.090	*18.069* *53.636%*	3.933 26.265%	0.000	25.547 75.832%	5.090	2.676 7.943%	312.028	83.525	62.989	1.178
259 CABBAGE: boiled	CUP	150	34.500	0.000 0.000%	12.000	4.185 48.522%	0.090 2.348%	0.000	8.265 95.826%	2.850	1.905 22.087%	120.000	72.000	56.250	0.255
990100 california blend vegetables	1/2 CUP	2	0.213	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	0.667	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
22 CARROT STICKS	CUP	122	50.020	0.039 0.702%	84.180	5.783 46.246%	0.293 5.268%	0.000	11.688 93.463%	3.416	1.135 9.076%	20381.320	40.260	7.198	0.366
990122 CARROTS,BABY,RAW	1/4 cup	57	19.845	0.013 0.590%	44.225	2.699 54.402%	0.074 3.342%	0.000	4.672 94.170%	1.644	0.363 7.317%	7818.792	18.144	1.474	0.505

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260 CARROTS: canned, cooked	CUP	146	36.500	0.053 1.297%	353.320	3.621 39.682%	0.277 6.840%	0.000	8.088 88.640%	2.190	0.934 10.236%	16308.200	36.500	3.942	0.934
262 CARROTS: fresh, boiled	CUP	156	54.600	0.047 0.771%	90.480	5.382 39.429%	0.281 4.629%	0.000	12.823 93.943%	4.680	1.186 8.689%	26571.480	46.800	5.616	0.530
261 CARROTS:frozen, boiled	1/2 CUP	3	1.125	0.004 2.880%	1.795	0.124 44.089%	0.021 16.560%	0.000	0.235 83.591%	0.100	0.018 6.400%	514.893	1.065	0.070	0.016
264 CAULIFLOWER,raw: fresh	CUP	100	25.000	0.130 4.680%	30.000	1.910 30.560%	0.280 10.080%	0.000	4.970 79.520%	2.000	1.920 30.720%	0.000	22.000	48.200	0.420
265 CAULIFLOWER: frozen,boiled	1/2 CUP	90	17.100	0.031 1.611%	16.200	0.945 22.105%	0.198 10.421%	0.000	3.375 78.947%	2.430	1.449 33.895%	9.000	15.300	28.170	0.369
25 CAULIFLOWER:fresh boiled	CUP	124	28.520	0.087 2.739%	18.600	2.579 36.171%	0.558 17.609%	0.000	5.096 71.478%	2.852	2.282 32.006%	14.880	19.840	54.932	0.397
267 CELERY STICKS	CUP	120	16.800	0.050 2.700%	96.000	1.608 38.286%	0.204 10.929%	0.000	3.564 84.857%	1.920	0.828 19.714%	538.800	48.000	3.720	0.240
990049 CELERY,RAW	1/2 CUP	101	14.140	0.042 2.699%	80.800	1.353 38.274%	0.172 10.929%	0.000	3.000 84.857%	1.616	0.697 19.717%	453.490	40.400	3.131	0.202
990123 CELERY,RAW	1/4 cup	25	3.535	0.011 2.699%	20.200	0.338 38.246%	0.043 10.922%	0.000	0.750 84.854%	0.404	0.174 19.689%	113.372	10.100	0.783	0.050
1072 CEREAL,VARIETY	PIECE	26	97.505	0.331 3.054%	96.332	10.994 45.101%	0.642 5.926%	0.000	22.699 93.121%	1.048	1.251 5.132%	637.800	12.371	9.583	3.664
1080 CHEESE TOAST	EACH	36	115.680	2.728 21.221%	355.001	1.684 5.823%	5.233 40.714%	14.395	12.668 43.802%	0.638	4.550 15.733%	160.537	174.307	0.000	0.822
990125 Cheese, Cheddar, White, Shredded	1.5 oz	43	171.615	9.112 47.787%	273.367	0.000	13.667 71.675%	45.560	0.000	0.000	10.631 24.779%	*N/A*	*N/A*	*N/A*	*N/A*
1075 CHEESE,CREAM	TBSP	15	50.750	2.931 51.977%	45.530	0.545 4.296%	4.994 88.560%	14.645	0.800 6.309%	0.000	0.892 7.031%	161.095	14.065	0.000	0.016
149 CHEESEBURGER ON A BUN	burgers	147	428.841	10.681 22.416%	738.958	3.698 3.449%	24.039 50.450%	96.110	22.406 20.899%	0.756	29.071 27.116%	372.508	375.218	0.546	3.529
990147 chef salad	2 cups	438	*345.136*	*6.215* *16.205%*	790.416	*3.766* *4.365%*	*17.884* *46.636%*	*135.466*	23.711 27.480%	*0.842*	*25.154* *29.153%*	*2458.863*	*225.066*	*1.605*	*0.883*
268 CHERRIES,Fresh	CUP	138	86.940	0.052 0.542%	0.000	17.692 81.399%	0.276 2.857%	0.000	22.094 101.651%	2.898	1.463 6.731%	88.320	17.940	9.660	0.497
990099 CHICKEN ALFREDO	6 oz	3	4.799	0.050 9.377%	7.952	0.063 5.251%	0.114 21.304%	0.956	0.569 47.385%	0.037	0.413 34.424%	6.255	2.420	0.005	0.033

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990145 chicken and pasta alfredo	6 oz	157	*157.288*	*5.625* *32.186%*	*621.473*	*2.161* *5.496%*	*9.763* *55.865%*	*58.550*	*14.481* *36.827%*	*0.119*	*13.990* *35.578%*	*248.556*	*178.078*	*0.346*	*0.209*
990149 CHICKEN BACON RANCH WRAP	1 sandwich	285	369.233	7.936 19.343%	780.547	*6.862* *7.434%*	*15.895* *38.745%*	39.677	37.179 40.277%	*5.651*	14.142 15.320%	*4945.024*	*270.345*	*16.238*	*0.985*
990116 chicken burger	burger	136	299.897	1.999 6.000%	629.760	2.000 2.668%	10.495 31.495%	19.989	34.994 46.674%	3.998	14.993 19.998%	*0.000*	*31.982*	*0.000*	*2.099*
990146 chicken caesar salad	2 cups	720	*659.114*	*9.880* *13.490%*	2204.841	*2.563* *1.555%*	*31.797* *43.417%*	*41.448*	46.702 28.342%	*5.107*	*42.513* *25.800%*	*5111.850*	*723.673*	*2.350*	*3.565*
990104 chicken parmesan	3 oz	213	342.021	6.250 16.445%	706.381	*10.000* *11.695%*	17.070 44.918%	40.238	25.006 29.245%	*4.998*	21.081 24.655%	*545.000*	*70.982*	*17.000*	*3.099*
990153 chicken salad sandwich	1 sandwich	210	*311.186*	*3.909* *11.304%*	429.196	*4.000* *5.142%*	*18.450* *53.359%*	*19.837*	32.912 42.305%	*3.000*	*7.319* *9.408%*	*N/A*	*100.000*	*N/A*	*1.500*
990018 CHICKEN SALAD W/ALMONDS	3/4 CUP	158	260.299	1.611 5.570%	156.463	*6.622* *10.176%*	11.111 38.417%	29.168	25.407 39.042%	2.845	15.766 24.228%	119.447	74.568	4.007	1.610
990085 CHICKEN STIR FRY	1/2 CUP	149	*388.480*	*0.664* *1.539%*	*288.261*	*0.482* *0.496%*	*6.704* *15.532%*	*42.488*	*62.406* *64.257%*	*3.669*	*16.417* *16.904%*	*10.878*	*5.584*	*0.120*	*0.462*
284 CHICKPEA BALLS	4 1/2" BALLS	191	239.865	1.262 4.734%	648.429	*0.188* *0.314%*	7.182 26.947%	0.000	35.576 59.326%	12.760	9.047 15.087%	77.400	49.379	5.222	2.110
294 CHICKPEA SALAD SANDWICH	4 OZ	179	314.339	1.551 4.441%	669.958	*3.498* *4.451%*	10.563 30.242%	5.211	43.148 54.907%	9.979	12.116 15.418%	87.615	132.094	3.692	2.536
990086 chili	1 cup	179	182.049	*2.480* *12.260%*	143.659	*4.666* *10.252%*	*7.406* *36.613%*	*30.374*	*16.636* *36.553%*	*4.237*	13.016 28.599%	*449.219*	*36.419*	*3.293*	*1.039*
990112 choc donut wg	donuts	2	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
990019 CINNAMON GLAZED ALMONDS	1/4 CUP	43	222.878	1.356 5.475%	143.912	7.663 13.753%	17.407 70.289%	0.000	13.146 23.592%	3.693	7.164 12.857%	0.791	90.637	0.006	1.254
990080 Cinnamon Roll, Whole Grain, IW, 3.5" x 1.25"	cinnamon roll	2	5.000	0.052 9.378%	4.583	0.333 26.640%	0.125 22.500%	0.000	0.854 68.336%	0.042	0.125 10.000%	*N/A*	1.813	*N/A*	0.033
990069 Colby Cheese Skillet Omelet	1 omelet	3	4.583	0.125 24.547%	8.750	0.000 0.000%	0.333 65.453%	8.125	0.042 3.640%	0.000	0.333 29.064%	15.583	3.500	0.000	0.028
413 COLLARDS: frozen	CUP	170	61.200	0.102 1.500%	85.000	0.969 6.333%	0.697 10.250%	0.000	12.070 78.889%	4.760	5.049 33.000%	19538.100	357.000	44.880	1.904
990068 COOKED PORK SAUSAGE LINKS	2 oz	39	123.000	3.800 27.806%	176.000	0.000 0.000%	11.000 80.488%	27.000	1.000 3.252%	0.000	6.000 19.512%	57.000	17.000	0.000	0.000

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
295 CORN CHOWDER	2 CUPS	472	256.130	0.806 2.833%	731.789	12.886 20.124%	3.839 13.491%	2.440	55.787 87.123%	4.843	7.016 10.957%	5461.226	93.978	19.289	1.326
32 CORN ON THE COB: frozen,boiled	EACH	85	79.900	0.097 1.091%	204.000	3.052 15.279%	0.629 7.085%	0.000	18.981 95.021%	2.380	2.644 13.237%	197.200	2.550	4.080	0.518
270 CORN: canned, yellow	CUP	164	109.880	0.402 3.291%	336.200	7.282 26.509%	2.001 16.388%	0.000	23.518 85.612%	3.280	3.756 13.673%	75.440	4.920	2.952	0.443
271 CORN: frozen, yellow	1/2 CUP	3	2.673	0.003 1.145%	0.033	0.101 15.114%	0.022 7.441%	0.000	0.637 95.309%	0.079	0.084 12.570%	6.567	0.099	0.116	0.016
990087 cornbread	1/2 CUP	66	182.623	*0.636* *3.132%*	*159.346*	*9.576* *20.974%*	*5.915* *29.151%*	*16.517*	*27.372* *59.953%*	*1.507*	*4.628* *10.137%*	*55.782*	*28.400*	*0.000*	*0.490*
210 COWBOY COOKIES: 1 each	COOKIES	45	191.942	5.320 24.947%	151.194	*15.623* *32.558%*	8.997 42.188%	31.925	26.357 54.926%	1.082	2.555 5.325%	232.336	19.210	0.000	0.915
232 CRACKERS	4 EACH	12	50.160	0.198 3.560%	112.920	0.155 1.236%	1.037 18.603%	0.000	8.886 70.861%	0.336	1.135 9.051%	0.240	2.280	0.000	0.668
233 CRACKERS, GRAHAM	4 EACH	57	243.810	0.926 3.418%	292.572	14.090 23.116%	6.010 22.186%	0.000	44.033 72.242%	1.928	3.793 6.223%	1.134	43.659	0.000	2.143
990140 CRAISINS	1.16 oz	1	2.844	*N/A* *N/A%*	*N/A*	0.620 87.201%	*N/A* *N/A%*	*N/A*	0.698 98.172%	0.052	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
990020 CRANBERRY ALMOND COOKIE	COOKIE	26	110.324	1.460 11.909%	59.415	*6.574* *23.835%*	4.444 36.255%	7.606	16.070 58.266%	0.927	1.731 6.276%	8.466	10.882	0.000	0.543
272 CRANBERRY SAUCE: canned,swtnd	1 oz	1	0.902	0.000 0.000%	0.028	0.180 79.823%	0.001 0.898%	0.000	0.229 101.596%	0.006	0.005 2.217%	0.187	0.017	0.006	0.002
322 CREAM CHEESE	1 TBSP	15	50.750	2.931 51.977%	45.530	0.545 4.296%	4.994 88.560%	14.645	0.800 6.309%	0.000	0.892 7.031%	161.095	14.065	0.000	0.016
273 CREAMED CORN: canned	CUP	256	184.320	0.166 0.812%	668.160	8.269 17.945%	1.075 5.250%	0.000	46.413 100.722%	3.072	4.454 9.666%	189.440	7.680	11.776	0.973
990029 CROSBY MOLASSES	1 tbs	77	268.446	*N/A* *N/A%*	*N/A*	49.854 74.285%	*N/A* *N/A%*	*N/A*	61.359 91.429%	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
990048 Croutons	1/4 cup	7	35.000	0.000 0.000%	55.000	*N/A* *N/A%*	1.500 38.574%	0.000	4.000 45.712%	0.000	1.000 11.429%	0.000	0.000	0.000	0.000
990124 Croutons	1 oz	28	141.748	0.000 0.000%	222.745	*N/A* *N/A%*	6.075 38.574%	0.000	16.199 45.712%	0.000	4.051 11.432%	0.000	0.000	0.000	0.000
990043 CUCUMBER, PEELED, RAW	1/2 CUP	179	17.850	0.139 7.018%	3.570	2.463 55.193%	0.286 14.400%	0.000	3.856 86.400%	1.250	1.053 23.597%	128.520	24.990	5.712	0.393

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990119 CUCUMBER,PEELED,RAW	1/4 cup	30	2.975	0.023 7.018%	0.595	0.411 55.261%	0.048 14.400%	0.000	0.643 86.400%	0.208	0.176 23.664%	21.420	4.165	0.952	0.065
377 CUCUMBER,RAW	1 OZ	28	2.835	0.022 7.016%	0.567	0.391 55.168%	0.045 14.413%	0.000	0.612 86.392%	0.198	0.167 23.563%	20.412	3.969	0.907	0.062
1056 DELI SUB:on Hot Dog Bun	EACH	128	307.114	5.489 16.084%	1251.316	*1.617* *2.106%*	15.002 43.963%	67.705	24.290 31.636%	1.345	17.619 22.948%	171.919	259.695	3.762	2.832
1047 DESSERT TOPPING:SEMI SOLID,FRZ	TBSP	5	14.906	1.021 61.652%	1.172	1.080 28.982%	1.186 71.633%	0.000	1.081 28.995%	0.000	0.059 1.583%	6.703	0.281	0.000	0.006
990028 DOLE PINEAPPLE CHUNK	1/2 CUP	113	70.000	*N/A* *N/A%*	*N/A*	15.000 85.714%	*N/A* *N/A%*	*N/A*	16.000 91.429%	1.000	1.000 5.714%	*N/A*	*N/A*	*N/A*	*N/A*
990097 DOLE PINEAPPLE CHUNK	2oz	86	67.755	*0.005* *0.066%*	*0.349*	15.339 90.556%	*0.016* *0.218%*	*0.000*	16.139 95.276%	*0.763*	*0.728* *4.298%*	*0.202*	*0.796*	*0.000*	*0.015*
990072 DONUT HOLE WG	2 oz	14	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
1073 DONUT,YEAST-LVND,GLAZED,ENR(IN	EACH	60	252.600	5.672 20.208%	189.600	13.650 21.615%	13.620 48.527%	18.000	28.758 45.539%	1.260	3.684 5.834%	13.800	60.600	0.720	1.428
370 EGG,HARD-BOILED	1 EACH	50	77.500	1.634 18.970%	62.000	0.560 2.890%	5.305 61.606%	186.500	0.560 2.890%	0.000	6.290 32.465%	260.000	25.000	0.000	0.595
274 EGGPLANT: boiled	CUP	99	34.650	0.044 1.132%	0.990	3.168 36.571%	0.228 5.914%	0.000	8.643 99.771%	2.475	0.822 9.489%	36.630	5.940	1.287	0.248
1078 ENGLISH MUFFIN W/ SAUSAGE	EACH	109	291.789	3.414 10.530%	554.220	*1.804* *2.473%*	12.538 38.672%	55.566	27.378 37.531%	1.456	16.570 22.715%	28.350	107.543	0.884	3.070
353 ENGLISH MUFFINS,PLAIN,TOASTED	1/2 EACH	26	70.200	0.139 1.777%	124.020	0.902 5.140%	0.525 6.733%	0.000	13.689 78.000%	0.728	2.683 15.288%	0.000	51.220	0.442	1.209
990066 FAST FOODS,CHEESEBURGER; SINGLE,REG PATTY,W/	cheeseburge r	127	342.900	7.362 19.323%	797.560	6.655 7.763%	16.383 43.000%	49.530	32.334 37.719%	2.413	17.132 19.985%	331.470	156.210	0.508	2.858
990054 Flour, White Whole Wheat/Enriched 60/40 Blend	lb	454	1610.252	0.000 0.000%	7.530	0.000 0.000%	7.530 4.208%	0.000	340.194 84.507%	37.784	52.889 13.138%	0.000	151.182	0.000	19.051
990055 Flour, White Whole Wheat/Enriched 60/40 Blend	lb	454	1610.252	0.000 0.000%	7.530	0.000 0.000%	7.530 4.208%	0.000	340.194 84.507%	37.784	52.889 13.138%	0.000	151.182	0.000	19.051
484 FRENCH FRIES: deep fry	1 OZ	28	89.301	1.928 19.429%	61.235	*N/A* *N/A%*	4.698 47.343%	3.685	11.215 50.235%	0.907	1.142 5.115%	0.000	5.386	2.920	0.215
487 FRENCH FRIES: oven heat	2.5 OZ	1	2.362	0.015 5.677%	3.142	*N/A* *N/A%*	0.089 34.026%	0.000	0.368 62.388%	0.038	0.037 6.266%	0.000	0.094	0.119	0.015

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

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368 FRENCH TOAST STICKS	1 SERVING	177	377.010	2.713 6.477%	876.150	*N/A* *N/A%*	10.797 25.775%	145.140	56.817 60.282%	1.947	13.098 13.897%	330.990	189.390	0.531	3.912
990071 French Toast Sticks, Whole Grain	2 each	3	7.222	0.028 3.464%	8.056	0.389 21.545%	0.222 27.690%	0.278	1.167 64.619%	0.056	0.167 9.250%	*N/A*	0.656	*N/A*	0.019
990021 FRUIT AND ALMOND CRUMBLE	EACH	125	311.232	2.826 8.171%	42.463	*28.339* *36.422%*	8.386 24.249%	7.327	55.989 71.958%	3.473	4.579 5.885%	1689.619	46.868	1.710	1.675
419 FRUIT COCKTAIL:canned,lt syrup	CUP	242	137.940	0.024 0.158%	14.520	33.711 97.756%	0.169 1.105%	0.000	36.131 104.772%	2.420	0.968 2.807%	503.360	14.520	4.598	0.702
990137 fruit cup	1/2 CUP serving	9	4.411	*0.002* *0.449%*	*0.411*	0.985 89.322%	*0.009* *1.734%*	*0.000*	1.102 99.941%	0.070	0.067 6.076%	*53.962*	*0.460*	*0.672*	*0.015*
246 FRUIT JUICE,ASSORTED	4 fl.oz.	10	5.154	0.002 0.314%	0.375	1.065 82.654%	0.013 2.305%	0.000	1.250 96.997%	0.022	0.038 2.949%	4.706	1.051	1.957	0.020
420 FRUIT SALAD: canned,lt syrup	CUP	252	146.160	0.023 0.140%	15.120	*N/A* *N/A%*	0.176 1.086%	0.000	38.153 104.414%	2.520	0.857 2.345%	1081.080	17.640	6.300	0.731
245 FRUIT,FRESH ASSORTED	EACH	131	74.090	0.056 0.681%	0.953	13.695 73.937%	0.275 3.334%	0.000	19.109 103.167%	2.986	0.886 4.783%	174.548	16.877	17.770	0.250
285 GARBANZO BEAN BURGERS	2 (4 OZ) PATTY	225	242.937	0.922 3.416%	685.309	*1.599* *2.633%*	5.762 21.346%	0.000	39.177 64.505%	13.859	9.554 15.731%	4140.920	59.042	7.238	2.234
990148 GARDEN SALAD	1 1/2 CUP	702	*494.490*	*8.928* *16.250%*	847.204	*3.432* *2.776%*	*26.254* *47.783%*	*44.500*	40.210 32.526%	*1.660*	*24.066* *19.467%*	*4648.750*	*426.195*	*3.078*	*0.608*
211 GINGER COOKIES	EACH	44	165.417	2.882 15.681%	209.959	17.239 41.686%	4.841 26.341%	25.553	28.875 69.824%	0.558	2.083 5.037%	154.080	26.323	0.010	1.250
1077 GLAZE,POWDERED SUGAR	FL OZ	36	111.036	0.000 0.000%	0.813	27.762 100.011%	0.000 0.002%	0.000	28.318 102.012%	0.000	0.000 0.000%	0.000	0.535	0.000	0.017
990056 GRANULATED SUGAR	cup	227	907.184	*N/A* *N/A%*	*N/A*	238.136 105.000%	*N/A* *N/A%*	*N/A*	238.136 105.000%	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
77 GRAPE JUICE: canned,unswtnd	4 fl.oz.	126	75.840	0.032 0.375%	6.320	17.949 94.668%	0.164 1.950%	0.000	18.669 98.467%	0.253	0.468 2.468%	10.112	13.904	0.126	0.316
990120 GRAPE TOMATO	1/4 cup	57	10.080	*N/A* *N/A%*	2.520	1.260 50.000%	*N/A* *N/A%*	*N/A*	2.520 100.000%	0.630	0.630 25.000%	*N/A*	*N/A*	*N/A*	*N/A*
80 GRAPEFRUIT HALVES	1/2 EACH	128	40.960	0.018 0.393%	0.000	8.934 87.246%	0.128 2.812%	0.000	10.342 101.000%	1.408	0.806 7.871%	1186.560	15.360	44.032	0.115
78 GRAPEFRUIT JUICE: canned,unswt	4 fl.oz.	123	45.510	0.101 1.995%	2.460	9.459 83.138%	0.812 16.054%	1.230	9.274 81.514%	0.738	0.676 5.942%	43.050	19.680	41.451	0.098

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
421 GRAPEFRUIT SECTIONS:cnd,juice	CUP	249	92.130	0.030 0.292%	17.430	21.912 95.135%	0.224 2.189%	0.000	22.933 99.568%	0.996	1.743 7.568%	0.000	37.350	84.411	0.523
422 GRAPES,Fresh	CUP	92	61.640	0.105 1.532%	1.840	14.950 97.015%	0.322 4.701%	0.000	15.778 102.388%	0.828	0.580 3.764%	92.000	12.880	3.680	0.267
990039 GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON	1/2 CUP	76	52.095	0.041 0.705%	1.510	11.687 89.736%	0.121 2.087%	0.000	13.666 104.928%	0.680	0.544 4.177%	49.830	7.550	2.416	0.272
423 GREAT NORTHERN BEANS: from dry	CUP	177	208.860	0.248 1.068%	421.260	*N/A* *N/A*	0.797 3.432%	0.000	37.329 71.492%	12.390	14.744 28.237%	1.770	120.360	2.301	3.770
424 GREEN BEANS: canned,cooked	CUP	135	27.000	0.027 0.900%	338.850	*N/A* *N/A*	0.135 4.500%	0.000	6.075 90.000%	2.565	1.620 24.000%	471.150	35.100	5.805	1.215
425 GREEN BEANS: fresh,boiled	CUP	125	43.750	0.080 1.646%	1.250	4.538 41.490%	0.350 7.200%	0.000	9.850 90.057%	4.000	2.362 21.595%	791.250	55.000	12.125	0.812
426 GREEN BEANS: frozen,boiled	1/2 CUP	3	0.788	0.001 1.371%	0.028	0.053 26.904%	0.005 5.482%	0.000	0.181 92.081%	0.084	0.042 21.320%	11.784	1.181	0.115	0.019
990131 grilled chicken breast strips	1.5 oz	85	110.000	1.000 8.182%	450.000	1.000 3.636%	3.000 24.545%	60.000	22.000 80.000%	*N/A*	19.000 69.091%	*N/A*	*N/A*	*N/A*	*N/A*
331 GRITS, PLAIN	1 CUP	256	181.760	0.169 0.837%	5.120	0.307 0.676%	1.178 5.831%	0.000	37.786 83.155%	2.048	4.378 9.635%	0.000	2.560	0.000	1.459
990031 Ground Beef	3oz	198	293.701	5.557 17.027%	686.625	*N/A* *N/A*	14.487 44.392%	128.990	0.000 0.000%	0.000	37.903 51.621%	0.000	19.845	0.000	4.604
990151 Ham , Salami, Pepperoni and Cheese Wrap	1 sandwich	375	*532.975*	*10.779* *18.202%*	2544.638	*3.500* *2.627%*	*24.256* *40.959%*	*139.040*	32.470 24.369%	*4.750*	*40.141* *30.126%*	*2882.889*	*85.176*	*15.190*	*3.187*
1048 HAM SANDWICH	EACH	129	259.882	1.610 5.577%	1102.792	3.289 5.062%	7.332 25.392%	51.738	28.664 44.118%	1.566	18.486 28.453%	0.580	87.772	16.514	2.696
990150 Ham, Turkey, Cheese Wrap	1 sandwich	577	*596.284*	*10.250* *15.470%*	2083.979	*8.110* *5.440%*	*21.041* *31.757%*	*177.318*	36.162 24.258%	*4.750*	*64.785* *43.459%*	*2868.189*	*254.679*	*15.190*	*0.834*
990096 HAM,SMOKED,EX LN,LO NA	3 oz	2	2.398	0.030 11.410%	18.064	0.182 30.359%	0.046 17.302%	0.850	0.182 30.359%	0.000	0.315 52.544%	0.663	0.085	0.000	0.013
990065 Hamburger Buns, White, Sesame Seed, Sliced 4"	roll	51	120.000	0.000 0.000%	210.000	2.000 6.667%	1.500 11.249%	0.000	23.000 76.667%	1.000	3.000 10.000%	*N/A*	*N/A*	*N/A*	*N/A*
161 HAMBURGER ON A BUN	PIECE	119	325.080	5.562 15.398%	265.230	3.058 3.763%	15.333 42.450%	67.760	21.050 25.902%	0.756	23.931 29.446%	51.870	78.960	0.546	3.350
369 HASH BROWN POTATOES	1/2 CUP	78	170.820	0.729 3.838%	11.700	0.211 0.494%	9.040 47.630%	0.000	22.238 52.073%	2.496	2.067 4.840%	0.000	13.260	5.226	0.421

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990022 HAWAIIAN ALMOND HAYSTACKS	EACH	131	329.179	3.391 9.272%	51.828	*24.999* *30.377%*	12.171 33.277%	1.451	54.321 66.008%	4.167	5.229 6.354%	464.496	58.428	0.742	1.338
291 HEARTY MACARONI DINNER	2 1/2 CUPS	908	348.981	1.266 3.266%	1062.529	10.411 11.933%	8.965 23.121%	0.000	57.612 66.034%	9.903	13.540 15.519%	1558.365	93.489	128.011	3.553
990156 HEINZ MAYO PACKETS	9 gm	18	120.000	2.000 15.000%	110.000	*N/A* *N/A%*	14.000 105.000%	10.000	*N/A* *N/A%*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
153 HOLIDAY	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
990111 homefries	1/2 CUP	71	108.218	*3.197* *26.584%*	48.700	*0.085* *0.314%*	*5.180* *43.077%*	*13.545*	14.182 52.422%	1.786	1.723 6.369%	*348.338*	*6.032*	*0.103*	*0.164*
990023 HONEY ALMOND GRANOLA	1/4 CUP	47	175.650	0.688 3.526%	49.665	*7.434* *16.929%*	6.736 34.514%	0.000	26.044 59.309%	3.146	4.799 10.929%	0.691	41.292	2.063	1.247
1082 HONEY BUN PASTRY: LARGE	EACH	75	315.750	7.090 20.208%	237.000	17.062 21.615%	17.025 48.527%	22.500	35.948 45.539%	1.575	4.605 5.834%	17.250	75.750	0.900	1.785
1079 HONEY BUN PASTRY:ELEM	EACH	60	252.600	5.672 20.208%	189.600	13.650 21.615%	13.620 48.527%	18.000	28.758 45.539%	1.260	3.684 5.834%	13.800	60.600	0.720	1.428
990024 HONEY-ALMOND GRANOLA BARS	EACH	32	119.713	0.774 5.815%	120.739	*0.042* *0.140%*	4.074 30.626%	11.625	19.330 64.586%	0.856	1.955 6.532%	144.104	19.895	0.114	0.707
286 HOT AND SOUR SOUP	3/4 CUP	239	27.735	0.201 6.522%	12.339	*0.971* *14.004%*	1.361 44.177%	0.000	1.727 24.913%	0.633	2.889 41.666%	24.492	54.643	8.271	0.508
162 HOT DOG ON A BUN:turkey hot	PIECE	88	223.331	2.327 9.376%	650.753	*0.544* *0.974%*	9.974 40.192%	34.650	23.344 41.810%	1.161	9.159 16.404%	0.000	126.371	0.000	2.025
990064 INTERSTATE BRANDS CORP.WONDER HAMBURGER ROLLS	each	43	117.390	0.436 3.340%	209.840	4.756 16.206%	1.785 13.681%	*N/A*	21.861 74.491%	1.118	3.470 11.824%	*N/A*	37.410	*N/A*	0.955
345 JELLY	1 TBSP	21	55.860	0.001 0.016%	6.300	10.756 77.021%	0.004 0.068%	0.000	14.690 105.188%	0.210	0.032 0.229%	1.050	1.470	0.189	0.040
222 KETCHUP: individual	Pkt 6g	9	9.090	0.001 0.129%	81.630	1.914 84.224%	0.009 0.891%	0.000	2.466 108.515%	0.027	0.094 4.136%	47.430	1.350	0.369	0.032
990046 KIDNEY BEANS	1/2 CUP	340	340.194	*N/A* *N/A%*	680.388	7.851 9.231%	*N/A* *N/A%*	*N/A*	62.805 73.846%	15.701	20.935 24.615%	*N/A*	*N/A*	*N/A*	*N/A*
427 KIDNEY BEANS: canned,drained	CUP	256	215.040	0.361 1.511%	757.760	4.736 8.810%	1.536 6.429%	0.000	37.120 69.048%	11.008	13.363 24.857%	0.000	87.040	3.072	2.995
281 LENTIL BURGERS	1 5 OZ PATTY	239	288.042	0.929 2.902%	10.495	*1.734* *2.408%*	6.298 19.679%	0.000	43.517 60.431%	7.957	16.883 23.445%	21.516	32.883	3.524	4.480

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
288 LENTIL SOUP	1 1/2 CUPS	458	259.775	0.583 2.019%	68.587	*4.735* *7.291%*	4.191 14.520%	0.000	42.629 65.640%	8.301	16.157 24.878%	5442.341	98.693	24.074	5.792
34 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	55	9.300	0.014 1.345%	3.500	1.348 57.978%	0.101 9.774%	0.000	2.002 86.086%	0.660	0.487 20.946%	408.500	6.700	5.900	0.170
990041 LETTUCE,COS OR ROMAINE,RAW	1/2 CUP	71	11.985	0.028 2.065%	5.640	0.839 28.002%	0.212 15.882%	0.000	2.319 77.410%	1.480	0.867 28.936%	6140.550	23.265	2.820	0.684
990117 LETTUCE,COS OR ROMAINE,RAW	cup	47	7.990	0.018 2.061%	3.760	0.559 27.985%	0.141 15.882%	0.000	1.546 77.412%	0.987	0.578 28.936%	4093.700	15.510	1.880	0.456
428 LIMA BEANS: canned,cooked	CUP	184	161.920	0.018 0.102%	618.240	*N/A* *N/A**	0.184 1.023%	0.000	31.832 78.636%	8.832	9.016 22.273%	0.000	27.600	0.000	3.533
990082 macaroni and cheese	6 oz	135	230.717	*11.107* *43.326%*	*470.928*	*1.985* *3.441%*	18.990 74.079%	*56.983*	17.972 31.159%	*0.328*	8.720 15.118%	*227.452*	*53.650*	*0.432*	*0.181*
990040 MANDARIN ORANGES,CND,LT SYRUP,DRND	1/2 CUP	113	71.441	0.011 0.142%	6.804	*N/A* *N/A**	0.159 2.001%	0.000	18.212 101.968%	1.361	0.612 3.427%	1467.370	9.072	22.226	0.420
990114 maple sausage link	2 oz	2	1.852	0.056 27.019%	2.778	*N/A* *N/A**	0.167 81.010%	0.370	0.019 3.996%	*N/A*	0.056 12.095%	*N/A*	*N/A*	*N/A*	*N/A*
990062 MASHED POTATOES	1/2 CUP	3	2.630	0.018 6.057%	4.423	0.020 3.042%	0.075 25.597%	0.020	0.417 63.437%	0.027	0.067 10.190%	5.259	0.513	0.475	0.019
429 MASHED POTATOES:flakes,mlk+but	CUP	210	203.700	6.701 29.607%	344.400	3.381 6.639%	10.773 47.598%	29.400	22.827 44.825%	1.680	3.717 7.299%	361.200	67.200	20.370	0.336
1050 MAYONNAISE:individual PC	Pkt 7g	49	351.330	4.214 10.795%	278.320	0.235 0.268%	38.906 99.665%	28.910	1.323 1.506%	0.000	0.539 0.614%	137.200	8.820	0.000	0.245
990103 meatballs and spaghetti	1.5	208	335.949	*2.976* *7.972%*	*165.319*	*12.054* *14.352%*	10.274 27.523%	*52.694*	*43.884* *52.250%*	*3.696*	16.768 19.965%	*579.358*	*61.465*	*17.651*	*2.617*
990095 meatloaf	3 oz	84	142.458	*2.674* *16.895%*	*117.357*	*3.512* *9.861%*	7.733 48.855%	*52.694*	*7.532* *21.147%*	*0.675*	10.123 28.424%	*34.357*	*15.880*	*0.650*	*0.445*
430 MELON BALLS: frozen	CUP	173	57.090	0.111 1.745%	53.630	*N/A* *N/A**	0.433 6.818%	0.000	13.736 96.242%	1.211	1.453 10.180%	3069.020	17.300	10.726	0.502
990038 MELONS,CANTALOUPE,RAW	1/2 CUP	80	27.200	0.041 1.350%	12.800	6.288 92.471%	0.152 5.029%	0.000	6.528 96.000%	0.720	0.672 9.882%	2705.600	7.200	29.360	0.168
290 MEXICAN SUCCOTASH	1 1/4 CUPS	203	100.721	0.655 5.853%	53.151	4.764 18.920%	4.868 43.497%	0.000	14.117 56.065%	3.013	2.511 9.972%	923.228	21.849	36.948	0.837
489 MILK - Variety	HALF PINT	248	143.740	1.618 10.128%	146.178	*20.681* *57.551%*	2.785 17.436%	12.850	21.381 59.498%	0.175	8.515 23.696%	443.605	316.298	0.846	0.426

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990141 MILK - Variety	HALF PINT	247	132.006	1.602 10.924%	135.094	*18.113* *54.885%*	2.682 18.286%	12.718	18.732 56.760%	0.125	8.429 25.541%	451.700	312.408	0.683	0.327
228 MILK,1% Chocolate	HALF PINT	250	160.000	1.540 8.662%	162.500	24.850 62.125%	2.775 15.609%	12.500	25.375 63.438%	0.250	8.650 21.625%	435.000	322.500	1.000	0.575
230 MILK,1% Lowfat	HALF PINT	244	102.480	1.545 13.564%	107.360	12.688 49.524%	2.367 20.786%	12.200	12.176 47.524%	0.000	8.223 32.096%	478.240	305.000	0.000	0.073
227 MILK,2% Chocolate	HALF PINT	250	190.000	2.943 13.938%	165.000	23.875 50.263%	4.750 22.500%	20.000	30.325 63.842%	1.750	7.475 15.737%	567.500	272.500	0.000	0.600
229 MILK,2% Lowfat	HALF PINT	244	122.000	3.067 22.626%	114.680	12.346 40.479%	4.831 35.640%	19.520	11.712 38.400%	0.000	8.052 26.400%	463.600	292.800	0.488	0.049
990059 MILK,RED FAT,FLUID,2% MILKFAT,W/ NONFAT MILK	1/2 CUP	245	137.200	3.018 19.800%	144.550	*N/A* *N/A%*	4.851 31.821%	19.600	13.451 39.214%	0.000	9.678 28.216%	183.750	350.350	2.695	0.147
231 MILK,Skim	HALF PINT	245	83.300	0.137 1.482%	102.900	12.470 59.880%	0.196 2.118%	4.900	12.152 58.353%	0.000	8.256 39.645%	499.800	298.900	0.000	0.074
226 MILK,Whole	HALF PINT	244	148.840	4.551 27.516%	104.920	12.322 33.115%	7.930 47.951%	24.400	11.712 31.475%	0.000	7.686 20.656%	395.280	275.720	0.000	0.073
431 MIXED FRUIT: frozen,sweetened	CUP	250	245.000	0.050 0.184%	7.500	*N/A* *N/A%*	0.450 1.653%	0.000	60.575 98.898%	4.750	3.550 5.796%	805.000	17.500	187.500	0.700
990139 MIXED VEG FZ	1/2 CUP	2	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
432 MIXED VEGETABLES: canned,ckd	CUP	163	79.870	0.083 0.936%	348.820	3.928 19.672%	0.408 4.592%	0.000	15.094 75.592%	4.890	4.222 21.144%	18991.130	44.010	8.150	1.712
433 MIXED VEGETABLES:frozen,boiled	CUP	182	118.300	0.056 0.429%	63.700	5.678 19.199%	0.273 2.077%	0.000	23.824 80.554%	8.008	5.205 17.599%	7784.140	45.500	5.824	1.492
990134 Muffin	4oz	87	255.433	*3.311* *11.665%*	*162.777*	*23.419* *36.673%*	*5.820* *20.506%*	*14.449*	43.932 68.796%	*1.123*	*5.898* *9.236%*	*165.930*	*26.255*	*0.000*	*0.496*
990154 MUSTARD YELLOW PREPARED	5.6 gm	12	9.000	0.024 2.400%	150.240	*N/A* *N/A%*	0.528 52.800%	0.000	0.768 34.133%	0.120	0.564 25.067%	0.000	10.080	0.000	0.240
35 MUSTARD GREENS: frozen,boiled	CUP	150	28.500	0.020 0.616%	37.500	0.480 6.737%	0.375 11.842%	0.000	4.665 65.474%	4.200	3.405 47.789%	10614.000	151.500	20.700	1.680
223 MUSTARD: individual PC	Pkt 5g	5	3.000	0.011 3.210%	55.200	0.046 6.133%	0.167 50.100%	0.000	0.292 38.867%	0.200	0.187 24.933%	5.450	3.150	0.015	0.080
435 NAVY BEANS: from dry,boiled	CUP	182	254.800	0.109 0.386%	0.000	*N/A* *N/A%*	1.128 3.986%	*N/A*	47.411 74.429%	19.110	14.979 23.515%	0.000	125.580	*N/A*	4.295

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
83 NECTARINES,FRESH	EACH	142	62.480	0.036 0.511%	0.000	11.204 71.729%	0.454 6.545%	0.000	14.981 95.909%	2.414	1.505 9.635%	471.440	8.520	7.668	0.398
167 NO BREAKFAST	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
156 NO LUNCH	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
145 NO SCHOOL TODAY	SERVING	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
323 OATMEAL	CUP	284	115.620	0.624 4.859%	8.990	0.682 2.359%	3.304 25.720%	0.000	31.123 107.675%	7.238	8.131 28.130%	0.000	34.370	0.000	2.543
436 OKRA: frozen,boiled	CUP	184	53.360	0.116 1.955%	5.520	5.281 39.588%	0.442 7.448%	0.000	11.794 88.414%	3.864	2.999 22.481%	561.200	136.160	17.664	0.957
990130 OLIVES,RIPE,CND (SMALL-EXTRA LRG)	1.5 oz	43	48.903	0.602 11.074%	312.553	*N/A* *N/A%*	4.542 83.583%	0.000	2.662 21.774%	1.361	0.357 2.920%	171.373	37.421	0.383	1.403
84 ORANGE JUICE: canned,unswtnd	CUP	249	117.030	0.045 0.345%	9.960	21.812 74.552%	0.374 2.872%	0.000	27.415 93.702%	0.747	1.693 5.787%	435.750	24.900	74.949	0.249
86 ORANGES	EACH	131	61.570	0.020 0.287%	0.000	12.248 79.571%	0.157 2.298%	0.000	15.393 100.000%	3.144	1.231 7.997%	294.750	52.400	69.692	0.131
85 ORANGES HALVES	1/2 EACH	66	30.785	0.010 0.287%	0.000	6.124 79.571%	0.079 2.298%	0.000	7.696 99.999%	1.572	0.616 8.004%	147.375	26.200	34.846	0.066
990107 OVAL HASHBROWN PATTY	pattys	67	140.000	1.500 9.643%	150.000	1.000 2.857%	8.000 51.429%	*N/A*	15.000 42.857%	2.000	0.500 1.429%	*N/A*	*N/A*	*N/A*	*N/A*
990073 PANCAKE & PORK SAUSAGE ON A STICK	each	85	176.001	1.598 8.172%	463.004	7.701 17.502%	5.899 30.165%	26.996	21.803 49.551%	1.598	8.704 19.782%	6.001	17.000	0.000	1.096
990070 PANCAKE SAUSAGE ON A STICK	1 each	2	6.667	0.100 13.499%	12.667	0.233 13.979%	0.367 49.502%	0.667	0.633 37.996%	0.033	0.200 11.999%	*N/A*	*N/A*	*N/A*	*N/A*
990074 Pancakes, Whole Grain or Whole Grain-Rich, Fr	2 oz	1	1.750	0.000 0.000%	3.528	0.083 18.971%	0.028 14.297%	0.083	0.333 76.183%	0.028	0.056 12.800%	0.000	0.278	0.000	0.015
990152 pb & j	1 sandwich	135	568.889	6.608 10.454%	564.235	18.339 12.895%	30.991 49.029%	*0.000*	53.748 37.792%	6.084	20.437 14.370%	*1.160*	*76.500*	*1.876*	*2.186*
88 PEACHES,FRESH	EACH	150	58.500	0.029 0.438%	0.000	12.585 86.051%	0.375 5.769%	0.000	14.310 97.846%	2.250	1.365 9.333%	489.000	9.000	9.900	0.375
437 PEACHES: canned,light syrup	CUP	251	135.540	0.008 0.050%	12.550	33.258 98.150%	0.075 0.500%	0.000	36.521 107.778%	3.263	1.130 3.335%	888.540	7.530	6.024	0.904

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
90 PEARS,FRESH	EACH	178	101.460	0.039 0.348%	1.780	17.355 68.421%	0.249 2.211%	0.000	27.109 106.877%	5.518	0.641 2.527%	44.500	16.020	7.654	0.320
438 PEARS: canned,light syrup	CUP	251	143.070	0.005 0.031%	12.550	30.371 84.912%	0.075 0.474%	0.000	38.077 106.456%	4.016	0.477 1.334%	0.000	12.550	1.757	0.703
439 PEAS & CARROTS: frozen,boiled	1/2 CUP	3	1.536	0.003 1.465%	2.176	0.140 36.458%	0.013 7.852%	0.000	0.324 84.323%	0.099	0.099 25.781%	304.448	0.736	0.259	0.030
38 PEAS & ONIONS: frozen,boiled	CUP	180	81.000	0.065 0.720%	66.600	6.786 33.511%	0.360 4.000%	0.000	15.534 76.711%	3.960	4.572 22.578%	1891.800	25.200	12.420	1.692
1065 PEAS GREEN,CANNED,DRAINED	CUP	170	117.300	0.102 0.783%	372.300	*N/A* *N/A**	0.680 5.217%	0.000	21.420 73.043%	6.970	7.480 25.507%	1305.600	34.000	15.470	1.615
40 PEAS: frozen,boiled	1/2 CUP	3	2.496	0.002 0.577%	2.304	0.141 22.596%	0.009 3.101%	0.000	0.456 73.125%	0.144	0.165 26.442%	67.200	0.768	0.317	0.049
990092 philly cheese steak sandwiches	sandwiches	168	*250.665*	*6.929* *24.879**	*52.140*	*0.401* *0.640**	*18.014* *64.679**	*63.664*	*0.887* *1.415**	*0.272*	*18.863* *30.101**	*3.505*	*5.101*	*0.065*	*0.019*
990129 PICKLES,CUCUMBER,DILL	1.5 oz	135	16.200	0.107 5.922%	1092.150	1.444 35.654%	0.405 22.500%	0.000	3.254 80.333%	1.350	0.675 16.667%	168.750	76.950	3.105	0.351
42 PICKLES,DILL SPEAR	EACH	35	4.200	0.028 5.914%	283.150	0.374 35.619%	0.105 22.500%	0.000	0.844 80.333%	0.350	0.175 16.667%	43.750	19.950	0.805	0.091
41 PICKLES,SWEET	EACH	35	31.850	0.023 0.661%	159.950	6.394 80.301%	0.144 4.055%	0.000	7.403 92.967%	0.350	0.203 2.549%	267.400	21.350	0.245	0.088
92 PINEAPPLE CHUNKS:canned,lt syr	CUP	252	131.040	0.023 0.156%	2.520	31.878 97.308%	0.302 2.077%	0.000	33.894 103.462%	2.016	0.907 2.769%	95.760	35.280	18.900	0.983
91 PINEAPPLE JUICE: canned,unswtn	CUP	250	132.500	0.020 0.136%	5.000	24.950 75.321%	0.300 2.038%	0.000	32.175 97.132%	0.500	0.900 2.717%	12.500	32.500	109.500	0.775
990032 PINELAND FARM GROUND BEEF 80/20	3 OZ	454	971.983	24.300 22.500%	303.745	*N/A* *N/A**	68.849 63.750%	303.745	*N/A* *N/A**	*N/A*	85.048 35.000%	*N/A*	*N/A*	*N/A*	*N/A*
7 PINTO BEANS: cooked	CUP	171	244.530	0.233 0.856%	1.710	0.581 0.950%	1.112 4.091%	0.000	44.836 73.343%	15.390	15.407 25.203%	0.000	78.660	1.368	3.574
94 PLUMS,FRESH	EACH	66	30.360	0.011 0.332%	0.000	6.547 86.258%	0.185 5.478%	0.000	7.537 99.304%	0.924	0.462 6.087%	227.700	3.960	6.270	0.112
444 PLUMS: canned,light syrup	CUP	252	158.760	0.020 0.115%	50.400	38.682 97.460%	0.252 1.429%	0.000	41.026 103.365%	2.268	0.932 2.348%	582.120	22.680	1.008	2.167
990052 PORK,CURED,BACON,RAW	3oz	85	333.068	10.691 28.889%	636.472	0.297 0.357%	31.468 85.030%	55.935	0.000	0.000	11.577 13.903%	31.358	5.085	0.000	0.322

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
43 POTATO PUFFS: frozen,cooked	CUP	128	245.760	2.121 7.767%	592.640	0.346 0.563%	11.584 42.422%	0.000	34.931 56.854%	2.560	2.726 4.437%	6.400	17.920	5.120	0.742
990060 POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PR	1/2 CUP	113	166.695	1.140 6.153%	376.481	0.227 0.545%	5.284 28.530%	0.000	28.134 67.510%	2.155	2.540 6.095%	4.536	10.206	19.618	0.703
990051 POTATOES,HASH BROWN,FRZ,PLN,UNPREP	2oz oval	57	46.493	0.092 1.789%	12.474	*N/A* *N/A**	0.352 6.804%	*N/A*	10.047 86.440%	0.794	1.168 10.049%	0.000	5.670	4.649	0.556
990110 POTATOES,HASH BROWN,HOME-PREPARED	1/2 CUP	2	5.742	0.041 6.395%	7.410	0.032 2.229%	0.271 42.524%	0.000	0.761 52.992%	0.069	0.065 4.528%	0.108	0.303	0.282	0.012
990061 POTATOES,WHITE,FLESH & SKN,RAW	cup	150	103.500	0.039 0.339%	24.000	1.725 6.667%	0.150 1.304%	0.000	23.565 91.072%	3.600	2.520 9.739%	12.000	13.500	13.650	0.780
96 PRUNES: canned hvy syr	CUP	234	245.700	0.037 0.137%	7.020	*N/A* *N/A**	0.468 1.714%	0.000	65.052 105.905%	8.892	2.036 3.315%	1864.980	39.780	6.552	0.959
1071 PUDDINGS,CHOC,DRY MIX,INST,PRE	1/2 CUP	71	74.550	0.755 9.120%	201.640	*N/A* *N/A**	1.363 16.457%	4.260	13.412 71.962%	0.284	2.236 11.997%	120.700	73.840	0.568	0.284
990084 pulled pork sandwich	sandwiches	206	216.105	*0.007* *0.030**	*394.120*	*20.963* *38.802**	*1.805* *7.516**	*0.129*	*44.895* *83.099**	*1.739*	*3.638* *6.734**	*16.174*	*8.358*	*0.670*	*0.272*
297 RAINBOW SALAD	1 CUP	154	186.094	2.277 11.010%	51.154	24.068 51.733%	6.759 32.686%	0.000	32.966 70.858%	4.996	2.404 5.167%	6462.300	35.618	6.637	0.819
97 RAISINS	1.5 oz	3	8.671	0.003 0.280%	0.754	1.890 87.187%	0.007 0.747%	0.000	2.300 106.115%	0.130	0.096 4.429%	0.000	1.798	0.067	0.052
8 REFRIED BEANS: canned	CUP	238	214.200	1.502 6.310%	880.600	1.285 2.400%	4.784 20.100%	0.000	32.249 60.222%	8.806	11.852 22.133%	0.000	69.020	14.280	3.427
224 RELISH: individual PC	PC packet	8	9.750	0.004 0.369%	60.825	2.185 89.641%	0.035 3.249%	0.000	2.630 107.877%	0.082	0.028 1.149%	91.350	0.225	0.075	0.065
990026 RICE BOWL W/TOASTED ALMONDS	CUP	98	236.620	0.755 2.871%	54.299	*1.966* *3.323**	9.070 34.498%	0.000	33.357 56.389%	3.633	6.911 11.683%	1596.506	66.923	3.894	2.257
296 RICE BURGERS	1 (6 OZ) PATTY	170	252.652	1.016 3.619%	117.610	2.428 3.844%	6.160 21.945%	0.000	42.893 67.909%	4.247	5.962 9.439%	1868.194	37.905	1.398	1.594
1000 RICE KRISPY TREATS	EACH	20	69.253	0.121 1.576%	47.685	*0.716* *4.136**	0.622 8.078%	0.000	15.621 90.227%	0.029	0.692 3.997%	295.645	0.539	4.590	2.205
1049 RICE KRISPY TREATS:SECONDARY	EACH	39	138.505	0.243 1.577%	95.369	*1.431* *4.133**	1.243 8.078%	0.000	31.243 90.228%	0.058	1.384 3.997%	591.290	1.078	9.181	4.411
990138 SALAD BAR	servings	35	29.104	*0.591* *18.273**	90.053	*0.852* *11.710**	*1.256* *38.831**	*5.031*	3.487 47.925%	*0.769*	1.959 26.924%	*870.816*	*9.915*	*1.597*	*0.230*

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
225 SALAD DRESSING, Assorted	TBSP	15	58.497	0.860 13.236%	124.868	1.814 12.404%	5.621 86.481%	2.202	1.944 13.292%	0.141	0.144 0.985%	30.706	3.600	0.041	0.073
139 SALAD, TOSSED: no dressing	CUP	157	39.875	0.123 2.767%	28.427	*3.794* *38.059%*	0.872 19.672%	0.000	7.175 71.979%	2.259	2.563 25.710%	3259.927	34.846	18.172	0.745
1051 SALSA: COMMODITY	OZ	28	10.206	0.008 0.723%	121.903	*N/A* *N/A%*	0.057 5.000%	0.000	1.985 77.778%	0.397	0.425 16.657%	155.922	3.402	1.134	0.635
49 SAUERKRAUT: canned	CUP	142	26.980	0.048 1.611%	938.620	2.528 37.480%	0.199 6.632%	0.000	6.078 90.105%	4.118	1.292 19.155%	25.560	42.600	20.874	2.087
990109 SAUSAGE LINKS	2 oz	7	26.775	0.945 31.765%	45.674	*N/A* *N/A%*	22.050 741.163%	5.512	*N/A* *N/A%*	*N/A*	1.102 16.463%	*N/A*	*N/A*	*N/A*	*N/A*
990083 shepherds pie	6oz	174	195.783	2.906 13.356%	*141.491*	*0.765* *1.563%*	9.936 45.676%	*30.864*	*14.947* *30.537%*	*1.749*	*11.140* *22.760%*	*232.924*	*17.314*	*13.437*	*0.745*
990050 sliced black olives	1/4 cup	57	88.592	*N/A* *N/A%*	442.961	*N/A* *N/A%*	8.859 90.000%	*N/A*	3.544 16.000%	56.699	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
990027 SPICY SEASONED ALMONDS	1/4 CUP	37	203.539	1.368 6.049%	185.599	*2.415* *4.746%*	17.478 77.285%	0.000	8.026 15.773%	3.787	7.213 14.175%	155.665	90.567	0.024	1.323
990042 SPINACH, RAW	1/2 CUP	143	32.982	0.090 2.464%	113.284	0.602 7.301%	0.559 15.262%	0.000	5.205 63.129%	3.155	4.101 49.736%	13446.430	141.964	40.295	3.886
990118 SPINACH, RAW	cup	30	6.900	0.019 2.465%	23.700	0.126 7.304%	0.117 15.261%	0.000	1.089 63.130%	0.660	0.858 49.739%	2813.100	29.700	8.430	0.813
51 SPINACH: frozen, boiled	CUP	190	64.600	0.298 4.156%	184.300	0.969 6.000%	1.653 23.029%	0.000	9.120 56.471%	7.030	7.619 47.176%	22915.900	290.700	4.180	3.724
50 SPINACH: canned	CUP	214	49.220	0.173 3.169%	689.080	0.856 6.957%	1.070 19.565%	0.000	7.276 59.130%	5.136	6.013 48.866%	20974.140	271.780	30.602	4.922
52 SQUASH, SUMMER: boiled	CUP	180	36.000	0.115 2.880%	1.800	4.662 51.800%	0.558 13.950%	0.000	7.758 86.200%	2.520	1.638 18.200%	381.600	48.600	9.900	0.648
54 SQUASH, WINTER: baked	CUP	205	75.850	0.148 1.751%	2.050	6.765 35.676%	0.718 8.514%	0.000	18.143 95.676%	5.740	1.824 9.619%	10707.150	45.100	19.680	0.902
55 SQUASH, WINTER: boiled	CUP	245	83.300	0.042 0.449%	7.350	*N/A* *N/A%*	0.196 2.118%	0.000	21.536 103.412%	6.370	1.642 7.885%	2001.650	63.700	15.925	1.372
99 STRAWBERRIES, FRESH	CUP	144	46.080	0.022 0.422%	1.440	7.042 61.128%	0.432 8.438%	0.000	11.059 96.000%	2.880	0.965 8.377%	17.280	23.040	84.672	0.590
98 STRAWBERRIES: frozen	CUP	255	244.800	0.018 0.065%	7.650	61.226 100.042%	0.332 1.219%	0.000	66.096 108.000%	4.845	1.352 2.209%	61.200	28.050	105.570	1.504

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
990089 stuffed pasta shells	4.5 oz	62	82.806	1.671 18.164%	163.397	3.025 14.612%	3.466 37.673%	25.083	8.877 42.879%	0.767	4.066 19.641%	*168.316*	*34.247*	*4.857*	*0.305*
990088 stuffed pork chop	3 oz	123	144.283	0.305 1.900%	579.186	*3.818* *10.585%*	1.558 9.716%	1.646	*27.631* *76.603%*	*0.945*	4.812 13.340%	*40.445*	*23.814*	*1.247*	*1.633*
217 SUGAR COOKIES	EACH	40	165.479	4.848 26.367%	178.413	10.950 26.469%	7.999 43.504%	39.344	21.466 51.889%	0.368	2.153 5.204%	255.505	35.153	0.000	0.785
344 SUGAR PACKET	1 TSP	4	16.254	0.000 0.000%	0.042	4.192 103.162%	0.000 0.000%	0.000	4.199 103.339%	0.000	0.000 0.000%	0.000	0.042	0.000	0.002
990102 SWEET AND SOUR PORK	6 oz	169	144.915	1.613 10.018%	291.268	11.621 32.077%	5.292 32.866%	24.134	15.746 43.463%	0.856	8.799 24.287%	1323.388	15.912	18.540	0.627
990143 sweet and sour pork	6 oz	262	146.867	*0.086* *0.527%*	*416.295*	*29.438* *80.176%*	*1.237* *7.578%*	*0.129*	*32.680* *89.006%*	*1.725*	*1.370* *3.731%*	*0.755*	*5.166*	*0.000*	*0.238*
56 SWEET POTATO, BAKED	EACH	114	102.600	0.059 0.520%	41.040	7.387 28.799%	0.171 1.500%	0.000	23.609 92.044%	3.762	2.291 8.932%	21908.520	43.320	22.344	0.787
349 SYRUP,PANCAKE	1 TBSP	20	45.922	0.000 0.000%	16.092	4.213 36.697%	0.000 0.000%	0.000	12.064 105.078%	0.000	0.000 0.000%	0.000	0.589	0.000	0.006
100 TANGERINES,FRESH	EACH	88	46.640	0.034 0.662%	1.760	9.310 79.846%	0.273 5.264%	0.000	11.739 100.679%	1.584	0.713 6.115%	599.280	32.560	23.496	0.132
990106 tartar sauce	1 oz	719	1358.890	14.957 9.906%	2439.943	89.457 26.332%	87.287 57.811%	107.520	159.251 46.877%	3.307	2.570 0.756%	2937.482	19.090	13.371	2.334
326 TOAST, MIXED GRAIN BREAD	SLICE	29	102.913	0.886 7.744%	143.681	*1.666* *6.475%*	4.888 42.742%	0.000	11.349 44.110%	1.944	3.527 13.709%	167.837	28.050	0.033	0.653
324 TOAST, WHITE BREAD	SLICE	27	97.593	0.826 7.618%	162.461	*1.364* *5.591%*	4.664 43.007%	0.220	12.032 49.316%	0.638	2.022 8.287%	168.057	27.590	0.009	0.733
367 TOAST,RAISIN	1 SLICE	24	71.280	0.282 3.561%	90.480	1.483 8.322%	1.152 14.545%	0.000	13.656 76.633%	1.128	2.064 11.582%	0.000	17.280	0.096	0.756
325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	25	76.500	0.231 2.712%	141.250	1.442 7.540%	1.018 11.971%	0.000	12.790 66.876%	1.875	4.068 21.271%	1.000	32.500	0.000	0.740
282 TOFU BURGERS	6 1/3 OZ PATTY	259	370.874	2.136 5.183%	973.927	*4.029* *4.345%*	13.831 33.564%	0.000	41.766 45.046%	7.145	23.732 25.596%	459.503	288.568	7.225	5.016
283 TOFU FRIED RICE	1 1/4 CUP	252	275.015	1.485 4.859%	188.485	*2.501* *3.638%*	9.619 31.479%	0.000	40.301 58.616%	3.220	7.760 11.287%	76.588	72.135	3.733	1.460
990044 TOMATOES,RED,RIPE,CND,WHL,REG PK	1/2 CUP	300	48.000	0.102 1.912%	345.000	7.650 63.750%	0.750 14.062%	0.000	10.410 86.750%	5.700	2.370 19.750%	1224.000	99.000	37.800	1.710

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals ¹ (kcal)	Saturated Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Chol (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Calcium (mg)	Vitamin C (mg)	Iron (mg)
58 TOMATOES: canned	CUP	240	96.000	0.096 0.900%	746.400	*N/A* *N/A%*	0.720 6.750%	0.000	20.640 86.000%	2.400	6.240 26.000%	1440.000	38.400	40.320	2.400
990105 TR CN ULTIMATE FISH STICK 1OZ 1/10# WG ALL N	4oz	2	4.242	0.018 3.713%	6.487	0.013 1.226%	0.169 35.919%	0.896	0.389 36.681%	0.034	0.325 30.646%	1.377	0.127	0.052	0.036
990091 turkey pot pie	1.66 cup	5	5.625	0.046 7.392%	8.197	0.105 7.467%	0.208 33.344%	0.827	0.560 39.851%	0.076	0.381 27.093%	65.889	1.962	0.083	0.009
1054 TURKEY W/CHEESE SANDWICH	EACH	143	316.014	4.311 12.278%	1003.002	3.609 4.568%	10.381 29.565%	51.738	31.517 39.893%	1.566	22.813 28.876%	160.897	235.190	0.000	3.338
298 TURKISH BULGUR DISH	1 CUP	262	111.569	0.967 7.799%	500.451	*4.143* *14.854%*	5.890 47.516%	0.000	14.036 50.322%	3.697	2.725 9.770%	1194.664	39.397	15.955	1.668
59 TURNIP GREENS: boiled	CUP	144	28.800	0.076 2.384%	381.600	0.763 10.597%	0.331 10.350%	0.000	6.278 87.200%	5.040	1.642 22.806%	10980.000	197.280	39.456	1.152
60 TURNIPS: boiled	1/4 CUP	39	8.580	0.003 0.325%	6.240	1.166 54.359%	0.031 3.273%	0.000	1.973 92.000%	0.780	0.277 12.914%	0.000	12.870	4.524	0.070
234 VACATION	EACH	0	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000 *N/A%*	0.000	0.000	0.000	0.000
1061 VEGETARIAN BEANS	CUP	255	239.700	0.408 1.532%	920.550	*N/A* *N/A%*	1.530 5.745%	0.000	51.255 85.532%	12.750	12.750 21.277%	339.150	112.200	6.885	3.621
289 VEGETARIAN CHILI	2 CUPS	438	232.397	0.728 2.820%	930.552	8.414 14.482%	7.347 28.453%	0.000	35.543 61.177%	9.009	9.367 16.122%	1322.099	71.908	48.536	2.248
990115 waffle	2.4 oz	2	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
101 WATERMELON,CHUNKS	CUP	152	45.600	0.024 0.480%	1.520	9.424 82.667%	0.228 4.500%	0.000	11.476 100.667%	0.608	0.927 8.132%	864.880	10.640	12.312	0.365
990113 wg donut hole	donut	2	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
990090 WG GARLIC KNOTS	2 oz	1	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	*N/A*	*N/A*	*N/A*	*N/A*
990094 WG ONION RINGS	1/2 CUP	113	294.540	2.209 6.750%	338.721	7.364 10.001%	11.782 36.000%	*N/A*	41.236 56.000%	4.418	4.418 6.000%	*N/A*	*N/A*	*N/A*	*N/A*
990081 wg PIZZA	1 slice	126	355.401	9.435 23.894%	993.867	*3.798* *4.275%*	20.580 52.116%	40.187	39.434 44.383%	*3.024*	16.394 18.451%	*77.856*	*5.571*	*3.798*	*1.649*
990067 Whole Grain Breaded Chicken Patty, Fully Cook	patty	85	179.897	1.999 10.002%	419.760	0.000 0.000%	8.995 44.999%	19.989	11.994 26.667%	2.998	11.994 26.669%	0.000	31.982	0.000	2.099

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Region 8 Coop BOVE

Recipe Nutrient Composition - Summary

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990078 WHOLE GRAIN SAUSAGE BREAKFAST PIZZA 8-16PK CN	slice	3	5.833	0.056 8.579%	9.722	0.139 9.532%	0.194 29.995%	0.417	0.750 51.432%	0.083	0.250 17.144%	5.556	4.056	0.000	0.053
12 YELLOW BEANS: canned,cooked	CUP	153	30.600	0.034 0.991%	384.030	1.193 15.595%	0.153 4.500%	0.000	6.885 90.000%	1.989	1.760 23.007%	160.650	39.780	7.344	1.377
990033 yogurt parfait	servings	13	*14.805*	*0.060* *3.660%*	*13.674*	*1.862* *50.307%*	*0.146* *8.845%*	*0.222*	*3.043* *82.202%*	*0.094*	*0.424* *11.456%*	*N/A*	*N/A*	*N/A*	*N/A*
990030 ZERERGA ELBOW MACARONI	1/2 CUP	567	12.500	*N/A* *N/A%*	*N/A*	*N/A* *N/A%*	0.063 4.500%	*N/A*	2.563 82.000%	0.125	0.437 13.984%	*N/A*	*N/A*	*N/A*	*N/A*
53 ZUCCHINI SQUASH: boiled	CUP	240	36.000	0.173 4.320%	7.200	4.104 45.600%	0.864 21.600%	0.000	6.456 71.733%	2.400	2.736 30.400%	2680.800	43.200	30.960	0.888

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