

Nutritional Information: NSLP Lunch

- Nutritional information is current as of 1/1/19 and will be updated as applicable.
- NSLP Lunch meals are offered with: vegetable of the day, fruit (½ cup for PSN, K-5, and 6-8 meals; 1 cup for 9-12 meals), and fat-free or 1% milk (1 cup/8 fl oz) on the side.
- The vegetable of the day, fruit and milk are not included within the nutritional information for the meals on this report (except for field trip meals). The information is provided on a separate vegetable report and fruit/milk report.
 - Note: for all field trip lunches the fruit and vegetables are included within the nutritional information on this report.
- To determine the correct menu item on the report, please refer to the meal production record (MPR) for that day.

Carbohydrate Information:

If calculating the total grams of carbohydrate per meal, please account for carbohydrates from the vegetable, fruit and/or milk that may be served with the meal by using the appropriate reports, see below for an example.

Sample Lunch Meal

1. Locate the appropriate menu item name on each report. The appropriate meal size and portions should be selected for the student's age/grade group.

Lunch Nutritional Information – select appropriate meal size for age/grade group

Recipe Description	Port Size	Cal	Carb g
RG, SAMPLE LUNCH ENTREE	1 EACH	319	42.16

Vegetable Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
VEG CARROT BABY 3/4 C	1 SRV(3/4 C)	37	8.69

Fruit and Milk Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
FR, ORANGE 1/2 CUP	1 EACH	45	11.28
MILK - 0%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	90	13
MILK - 1%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	110	13

2. Add up the student's menu item selections to calculate the total carbohydrates from the meal:

Lunch Entrée	42.16 g
Baby Carrots (3/4 cup)	8.69 g
Orange (1/2 cup)	11.28 g
Milk (8 fl oz)	13 g
Total Carbs for Sample Meal = 75.13 g	

This information is provided as a helpful resource only. Students and families should ultimately be responsible for diabetes self-management.

Menu Item Marketing Name	Item Serving	Calories (Kcal)	Fat (g)	SFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugar (g)	Pro (g)
Unitized Vegetables (UV)										
Salad Broccoli & Carrot	1 1/8 c.	62.282	0.787	0.138	0	57.769	12.807	4.14	5.486	2.833
Salad Broccoli & Carrot	7/8 c.	48.442	0.612	0.107	0	44.931	9.961	3.22	4.267	2.203
Salad Broccoli & Carrot (PSN)	1/4 c.	13.841	0.175	0.031	0	12.837	2.846	0.92	1.219	0.629
Broccoli Asian Salad (SDP)	3/4 c.	53.189	3.245	0.47	0	58.295	5.106	1.656	2.044	1.683
Asian Broccoli Salad	3/4 c.	53.189	3.245	0.47	0	58.295	5.106	1.656	2.044	1.683
Asian Broccoli Salad	3/8 c.	26.595	1.623	0.235	0	29.148	2.553	0.828	1.022	0.842
Broccoli Seasoned	1 c.	31.514	0.352	0.069	0	34.821	6.517	2.861	1.201	2.071
Broccoli Seasoned	3/4 c.	23.636	0.264	0.052	0	26.116	4.888	2.146	0.901	1.553
Brilliant Broccoli	1/4 c.	7.931	0.089	0.017	0	8.764	1.64	0.72	0.302	0.521
Brilliant Broccoli	1 c.	41.675	0.46	0.07	0	23.126	7.842	4.104	1.998	4.155
Brilliant Broccoli	3/4 c.	31.256	0.345	0.053	0	17.345	5.882	3.078	1.498	3.116
Brilliant Broccoli	1/2 c.	20.837	0.23	0.035	0	11.563	3.921	2.052	0.999	2.078
Broccoli with Lite Ranch (BPS)	1 c.	84.524	5.379	0.841	3.833	229.313	7.977	2.918	1.97	2.548
Broccoli with Lite Ranch (BPS)	3/4 c.	63.393	4.034	0.631	2.875	171.985	5.983	2.189	1.478	1.911
Broccoli Florets with Ranch	1 c.	181.514	16.352	2.569	10	314.821	7.517	2.861	2.201	2.071
Broccoli Florets with Ranch	3/4 c.	136.136	12.264	1.927	7.5	236.116	5.638	2.146	1.651	1.553
VEG Carrot Corn Peas Seasoned (UV)	1 1/8 c.	110.784	0.84	0.125	0	85.947	23.239	4.99	5.862	5.189
VEG Carrot Corn Peas Seasoned (UV)	7/8 c.	86.165	0.653	0.097	0	66.848	18.075	3.881	4.559	4.036
VEG Carrot Corn Peas (Seasoned (PSN UV)	3/8 c.	36.928	0.28	0.042	0	28.649	7.746	1.663	1.954	1.73
VEG Carrot Corn Peas (UV)	1 c.	96.289	0.742	0.111	0	76.296	20.142	4.343	5.197	4.543
VEG Carrot Corn Peas Steamed (NEN UV)	7/8 c.	84.253	0.649	0.097	0	66.759	17.624	3.8	4.547	3.975
VEG Carrot Corn Peas Steamed (PSN UV)	1/4 c.	24.072	0.186	0.028	0	19.074	5.036	1.086	1.299	1.136
Carrots Baby with Lite Ranch (BPS)	1 1/4 c.	90.021	5.165	0.797	3.833	276.973	10.173	3.123	5.802	1.153
Carrots Baby with Lite Ranch (BPS)	3/4 c.	54.013	3.099	0.478	2.3	166.184	6.104	1.874	3.481	0.692
Baby Carrots with Ranch	1 1/4 c.	187.011	16.137	2.524	10	362.481	9.713	3.067	6.033	0.677
Baby Carrots with Ranch	3/4 c.	112.207	9.682	1.514	6	217.489	5.828	1.84	3.62	0.406
Baby Carrots	1 1/4 c.	61.685	0.228	0.04	0	137.468	14.522	5.112	8.388	1.128
Baby Carrots	3/4 c.	37.011	0.137	0.024	0	82.481	8.713	3.067	5.033	0.677
Baby Carrots	1/2 c.	24.707	0.092	0.016	0	55.061	5.817	2.047	3.36	0.452
Carrots Baby with Lite Ranch	1/2 c.	130.628	10.146	1.562	7.666	443.824	8.712	2.152	4.884	1.404
Carrots Baby with Lite Ranch	1/4 c.	65.314	5.073	0.781	3.833	221.912	4.356	1.076	2.442	0.702
Carrot Choppers	3/4 c.	48.566	0.893	0.158	0	77.444	10.146	4.332	5.355	0.761
Diced Carrots	1/2 c.	32.518	0.598	0.106	0	51.852	6.794	2.9	3.586	0.51
Diced Carrots	1/4 c.	16.259	0.299	0.053	0	25.926	3.397	1.45	1.793	0.255
Carrots Glazed (NEN)	1 3/8 c.	199.275	3.264	0.265	0	191.991	43.298	7.625	35.049	1.835
Carrots Glazed (NEN)	7/8 c.	126.811	2.077	0.169	0	122.176	27.553	4.852	22.304	1.168
Sweet Glazed Carrots	1 3/8 c.	199.275	3.264	0.265	0	191.991	43.298	7.625	35.049	1.835
Sweet Glazed Carrots	3/8 c.	54.348	0.89	0.072	0	52.361	11.809	2.08	9.559	0.5
Sweet Glazed Carrots	7/8 c.	126.811	2.077	0.169	0	122.176	27.553	4.852	22.304	1.168
Carrots Island Glazed (NEN)	1 3/8 c.	131.199	1.934	0.182	0	170.267	28.608	7.885	20.081	1.978
Carrots Island Glazed (NEN)	7/8 c.	83.49	1.231	0.116	0	108.352	18.205	5.018	12.779	1.259
Island Glazed Carrots	3/4 c.	71.563	1.055	0.099	0	92.873	15.604	4.301	10.953	1.079
Island Glazed Carrots	3/8 c.	34.183	0.504	0.047	0	44.362	7.453	2.054	5.232	0.515
Carrots Orangy	1 1/4 c.	101.703	0.26	0.045	0	155.34	23.865	5.783	16.65	1.29
Carrots Orangy	3/4 c.	61.022	0.156	0.027	0	93.204	14.319	3.47	9.99	0.774
Simply Steamed Carrots	1 1/4 c.	80.77	1.48	0.26	0	128.79	16.87	7.2	8.91	1.27
Simply Steamed Carrots	1/8 c.	8.077	0.148	0.026	0	12.879	1.687	0.72	0.891	0.127
Simply Steamed Carrots	3/4 c.	48.462	0.888	0.156	0	77.274	10.122	4.32	5.346	0.762
Simply Steamed Carrots	1/4 c.	16.259	0.299	0.053	0	25.926	3.397	1.45	1.793	0.255
Crunchy Celery Sticks	1 c.	20.775	0.221	0.055	0	103.874	3.856	2.077	1.74	0.896
Crunchy Celery Sticks	3/4 c.	15.581	0.166	0.041	0	77.905	2.892	1.558	1.305	0.672
Celery Sticks with Lite Ranch (BPS)	1 c.	73.785	5.248	0.827	3.833	298.366	5.316	2.134	2.508	1.373
Celery Sticks with Lite Ranch (BPS)	3/4 c.	55.339	3.936	0.62	2.875	223.774	3.987	1.6	1.881	1.03
Coleslaw	1 c.	156.75	12.078	1.856	7.34	123.931	11.249	3.541	6.994	1.878
Coleslaw	3/4 c.	117.563	9.058	1.392	5.505	92.948	8.437	2.656	5.245	1.408

Menu Item Marketing Name	Item Serving	Calories (Kcal)	Fat (g)	SFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugar (g)	Pro (g)
Coleslaw	1/4 c.	39.402	3.036	0.466	1.845	31.152	2.828	0.89	1.758	0.472
Corn & Jicama Salad	1 c.	177.925	5.24	0.469	0	97.672	33.667	4.353	4.218	4.803
Corn & Jicama Salad	3/4 c.	133.444	3.93	0.352	0	73.254	25.25	3.265	3.163	3.602
Corn & Jicama Salad	1/4 c.	44.55	1.312	0.118	0	24.456	8.43	1.09	1.056	1.203
Corn & Tomato Salad	1 c.	158.516	1.405	0.221	0	7.46	37.16	4.2	4.969	5.578
Corn & Tomato Salad	3/4 c.	118.887	1.054	0.166	0	5.595	27.87	3.15	3.727	4.184
Corn & Tomato Salad	1/4 c.	39.629	0.351	0.055	0	1.865	9.29	1.05	1.242	1.394
Corn Chili Citrus	1 c.	136.216	1.264	0.194	0	5.133	31.963	3.352	3.847	4.681
Corn Chili Citrus	3/4 c.	102.162	0.948	0.146	0	3.85	23.972	2.514	2.885	3.511
Corn Chili Citrus (UV PSN)	1/4 c.	34.181	0.317	0.049	0	1.288	8.02	0.841	0.965	1.175
Savory Steamed Corn	1 c.	145.197	1.287	0.196	0	4.95	34.171	3.465	4.125	4.983
Savory Steamed Corn	3/4 c.	108.898	0.965	0.147	0	3.713	25.628	2.599	3.094	3.737
Savory Steamed Corn	1/4 c.	36.424	0.323	0.049	0	1.242	8.572	0.869	1.035	1.25
Corn Extra (SDP)	1/2 c.	72.599	0.643	0.098	0	2.475	17.085	1.732	2.062	2.491
Savory Steamed Corn	1/2 c.	72.848	0.646	0.098	0	2.484	17.144	1.738	2.07	2.5
Salad Cucumber & Tomato	1 c.	30.251	0.183	0.051	0	4.826	7.006	1.011	3.424	0.97
Salad Cucumber & Tomato	1 1/4 c.	37.814	0.229	0.064	0	6.033	8.757	1.264	4.28	1.213
Fresh Cucumber Slices	1 c.	22	0.161	0.055	0	2.933	5.324	0.733	2.449	0.953
Fresh Cucumber Slices	3/4 c.	16.5	0.121	0.041	0	2.2	3.993	0.55	1.837	0.715
Fresh Cucumber Slices	1/4 c.	5.528	0.041	0.014	0	0.737	1.338	0.184	0.615	0.24
Seasoned Green Beans	1 c.	63.217	0.336	0.072	0	23.502	12.32	4.147	3.471	2.871
Seasoned Green Beans	3/4 c.	47.413	0.252	0.054	0	17.627	9.24	3.11	2.603	2.153
Seasoned Green Beans	1/4 c.	15.977	0.085	0.018	0	5.939	3.114	1.048	0.877	0.726
Seasoned Green Beans	1/2 c.	31.953	0.17	0.036	0	11.879	6.227	2.096	1.754	1.451
Braised Greens	1 1/2 c.	124.479	5.221	0.609	0	88.752	17.376	5.364	1.004	5.752
Braised Greens	1 1/8 c.	93.359	3.916	0.457	0	66.564	13.032	4.023	0.753	4.314
Braised Greens	1 3/8 c.	114.042	4.783	0.558	0	81.31	15.92	4.914	0.919	5.27
Braised Greens	3/8 c.	31.259	1.311	0.153	0	22.287	4.364	1.347	0.252	1.445
Jicama with Lime	1 c.	40.915	0.096	0.023	0	4.285	9.588	5.176	1.955	0.772
Jicama with Lime	3/4 c.	30.686	0.072	0.017	0	3.214	7.191	3.882	1.466	0.579
Beans Black (NEN)	1/2 c.	157.465	0.61	0	0	170.896	28.076	7.323	1.219	8.546
Zesty Black Beans	1/2 c.	100.974	0.782	0.054	0	28.94	30.619	19.797	1.386	11.881
Zesty Black Beans	1/4 c.	50.618	0.392	0.027	0	14.508	15.349	9.924	0.695	5.956
Zesty Black Beans	1 c.	201.948	1.563	0.108	0	57.881	61.238	39.593	2.772	23.762
Zesty Black Beans	3/4 c.	151.461	1.172	0.081	0	43.411	45.928	29.695	2.079	17.822
Smoky Black Eyed Peas	1/2 c.	97.928	0.036	0.007	0	19.942	24.913	10.711	1.112	9.61
Smoky Black Eyed Peas	1/4 c.	49.1	0.018	0.004	0	9.998	12.491	5.37	0.557	4.818
Charro Beans	1/2 c.	155.443	0.63	0.106	0	158.642	28.016	6.959	1.009	9.454
Charro Beans	4 5/8 oz.	155.443	0.63	0.106	0	158.642	28.016	6.959	1.009	9.454
Charro Beans	1/4 c.	77.889	0.316	0.053	0	79.492	14.038	3.487	0.506	4.737
Charro Beans	2 1/3 oz.	77.889	0.316	0.053	0	79.492	14.038	3.487	0.506	4.737
Chilled Edamame	1/2 c.	113.4	3.969	0	0	5.67	9.072	4.536	1.134	10.206
Garden Style Garbanzos	1/2 c.	107.894	0.848	0.007	0	71.756	16.225	3.38	0.892	4.136
Kickin' Kidney Beans	1/2 c.	75.357	0.047	0.003	0	11.637	13.651	7.341	0.047	5.892
Kickin' Kidney Beans	1/4 c.	37.679	0.023	0.002	0	5.818	6.825	3.671	0.023	2.946
Beans Pinto (NEN)	1/2 c.	127.901	0.004	0.004	0	179.06	23.023	8.953	0.004	7.676
Beans Pinto (UV PSN)	1/4 c.	63.95	0.002	0.002	0	89.53	11.511	4.476	0.002	3.838
Poppin' Pintos	1/2 c.	155.443	0.63	0.106	0	158.642	28.016	6.959	1.009	9.454
Poppin' Pintos	1/4 c.	77.889	0.316	0.053	0	79.492	14.038	3.487	0.506	4.737
Poppin' Pintos	1 c.	311.109	1.26	0.213	0	317.513	56.072	13.928	2.02	18.923
Poppin' Pintos	3/4 c.	233.332	0.945	0.16	0	238.135	42.054	10.446	1.515	14.192
Beans Pinto (NEN)	1/2 c.	127.901	0.004	0.004	0	179.06	23.023	8.953	0.004	7.676
Three Bean Party Salad	1 1/4 c.	225.354	4.409	0.397	0	128.32	31.893	12.083	1.841	10.89
Three Bean Party Salad	3/4 c.	135.213	2.645	0.238	0	76.992	19.136	7.25	1.105	6.534
Three Bean Party Salad	7/8 c.	157.748	3.086	0.278	0	89.824	22.325	8.458	1.289	7.623
Salad Three Bean	5/8 c.	111.857	2.188	0.197	0	63.694	15.83	5.997	0.914	5.405
Crispy Leafy Greens	1 c.	8.292	0.083	0.011	0	15.479	1.587	0.719	0.431	0.752

Menu Item Marketing Name	Item Serving	Calories (Kcal)	Fat (g)	SFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugar (g)	Pro (g)
Crispy Leafy Greens	1/4 c.	2.084	0.021	0.003	0	3.89	0.399	0.181	0.108	0.189
Crispy Leafy Greens	1/2 c.	4.167	0.042	0.006	0	7.779	0.797	0.361	0.217	0.378
Crispy Leafy Greens	1 c.	8.292	0.083	0.011	0	15.479	1.587	0.719	0.431	0.752
Chopped Romaine	1 c.	6.314	0.111	0.014	0	2.971	1.222	0.78	0.442	0.457
Chopped Romaine	1/4 c.	1.59	0.028	0.004	0	0.748	0.308	0.196	0.111	0.115
Lettuce Romaine with Lite Ranch (BPS)	1 c.	59.324	5.139	0.787	3.833	197.463	2.681	0.837	1.211	0.934
Lettuce Romaine PURPLE (K-12)	1 c.	6.362	0.112	0.014	0	2.994	1.232	0.786	0.446	0.46
Lettuce Romaine PURPLE (K-12)	1/2 c.	3.181	0.056	0.007	0	1.497	0.616	0.393	0.223	0.23
Lettuce Romaine PURPLE (K-12)	1/4 c.	1.59	0.028	0.004	0	0.748	0.308	0.196	0.111	0.115
Lettuce Romaine with Ranch (BPS UV)	1 c.	156.314	16.111	2.514	10	282.971	2.222	0.78	1.442	0.457
Green Peas	1 c.	142.983	0.743	0.123	0	200.548	25.291	8.356	9.285	9.693
Green Peas	3/4 c.	107.237	0.557	0.092	0	150.411	18.968	6.267	6.964	7.27
Green Peas	1/4 c.	35.8	0.186	0.031	0	50.214	6.332	2.092	2.325	2.427
Green Peas	1/2 c.	71.601	0.372	0.061	0	100.427	12.665	4.184	4.649	4.854
Salad Potato (NEN)	1 1/8 c.	332.706	17.465	2.899	61.529	152.442	38.793	3.312	4.797	5.324
Salad Potato (NEN)	7/8 c.	258.771	13.584	2.255	47.856	118.566	30.172	2.576	3.731	4.141
Potato Salad	1 1/8 c.	332.706	17.465	2.899	61.529	152.442	38.793	3.312	4.797	5.324
Potato Salad	7/8 c.	258.771	13.584	2.255	47.856	118.566	30.172	2.576	3.731	4.141
Potato Salad	3/8 c.	110.902	5.822	0.966	20.51	50.814	12.931	1.104	1.599	1.775
Potatoes Mashed (NEN)	1 c.	214.535	2.314	0.641	0	191.101	45.337	4.085	2.056	4.245
Potatoes Mashed (NEN)	3/4 c.	160.901	1.736	0.481	0	143.326	34.003	3.064	1.542	3.184
Classic Mashed Potatoes	1 c.	214.535	2.314	0.641	0	191.101	45.337	4.085	2.056	4.245
Classic Mashed Potatoes	3/4 c.	160.901	1.736	0.481	0	143.326	34.003	3.064	1.542	3.184
Classic Mashed Potatoes	1/4 c.	53.754	0.58	0.161	0	47.883	11.36	1.024	0.515	1.064
Sweet Potatoes (DMV_SDP_NEN)	1 1/4 c.	151.684	0.279	0.062	0	53.888	35.366	4.99	11.456	2.734
Sweet Potatoes (DMV_SDP_NEN)	3/4 c.	91.01	0.167	0.037	0	32.333	21.22	2.994	6.874	1.64
Sweet Potatoes	1/4 c.	30.38	0.056	0.012	0	10.793	7.083	0.999	2.294	0.548
Side Salad Romaine, Carrots, Grape Tomato	1 c.	12.451	0.151	0.02	0	5.893	2.633	1.035	1.521	0.689
Fresh Grape Tomatoes	1/2 c.	13.37	0.149	0.021	0	3.714	2.889	0.891	1.953	0.654
Fresh Grape Tomatoes	1/4 c.	6.685	0.075	0.011	0	1.857	1.444	0.446	0.977	0.327
Sliced Tomatoes	1/2 c.	16.228	0.18	0.026	0	4.508	3.506	1.082	2.372	0.794
Sliced Tomatoes	1/4 c.	8.114	0.09	0.012	0	2.254	1.753	0.541	1.186	0.397
Tomatoes Sliced (SDP)	3/4 c.	24.29	0.27	0.038	0	6.747	5.249	1.619	3.549	1.188
Fresh Tomato Wedges	1/4 c.	7.706	0.086	0.012	0	2.14	1.665	0.514	1.126	0.377
Sweet Smashed Yams	1 3/8 c.	394.409	13.437	1.088	0	252.625	68.343	10.809	21.516	3.138
Sweet Smashed Yams	7/8 c.	250.988	8.551	0.692	0	160.761	43.491	6.878	13.692	1.997
Sweet Smashed Yams	3/8 c.	107.566	3.665	0.297	0	68.898	18.639	2.948	5.868	0.856
Bulk Vegetables										
Broccoli & Carrot Salad	1 1/8 c.	62.282	0.787	0.138	0	57.769	12.807	4.14	5.486	2.833
Broccoli & Carrot Salad	7/8 c.	48.442	0.612	0.107	0	44.931	9.961	3.22	4.267	2.203
Broccoli & Carrot Salad	3/8 c.	20.761	0.262	0.046	0	19.256	4.269	1.38	1.829	0.944
Asian Broccoli Salad	3/4 c.	53.189	3.245	0.47	0	58.295	5.106	1.656	2.044	1.683
Asian Broccoli Salad	3/8 c.	26.595	1.623	0.235	0	29.148	2.553	0.828	1.022	0.842
Brilliant Broccoli	1 c.	31.514	0.352	0.069	0	34.821	6.517	2.861	1.201	2.071
Brilliant Broccoli	1 oz.	10.575	0.118	0.023	0	11.685	2.187	0.96	0.403	0.695
Brilliant Broccoli	1/4 c.	7.878	0.088	0.017	0	8.705	1.629	0.715	0.3	0.518
Brilliant Broccoli	2 1/4 oz.	23.583	0.263	0.052	0	26.057	4.877	2.141	0.899	1.55
Brilliant Broccoli	3 oz.	31.514	0.352	0.069	0	34.821	6.517	2.861	1.201	2.071
Brilliant Broccoli	3/4 c.	23.636	0.264	0.052	0	26.116	4.888	2.146	0.901	1.553
Brilliant Broccoli	1 1/2 oz.	15.756	0.177	0.034	0	17.411	3.258	1.43	0.6	1.035
Brilliant Broccoli	1/2 c.	15.862	0.178	0.034	0	17.528	3.28	1.44	0.604	1.042
Brilliant Broccoli	1/4 c.	7.931	0.089	0.017	0	8.764	1.64	0.72	0.302	0.521
Brilliant Broccoli	3/4 oz.	7.931	0.089	0.017	0	8.764	1.64	0.72	0.302	0.521
Seasoned Carrot, Corn, & Peas	1 1/8 c.	110.784	0.84	0.125	0	85.947	23.239	4.99	5.862	5.189
Seasoned Carrot, Corn, & Peas	7/8 c.	86.165	0.653	0.097	0	66.848	18.075	3.881	4.559	4.036
Seasoned Carrot, Corn, & Peas	3/8 c.	36.928	0.28	0.042	0	28.649	7.746	1.663	1.954	1.73
Carrot Corn Peas Steamed	1 c.	96.289	0.742	0.111	0	76.296	20.142	4.343	5.197	4.543

Menu Item Marketing Name	Item Serving	Calories (Kcal)	Fat (g)	SFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugar (g)	Pro (g)
Carrot Corn Peas Steamed	3/4 c.	72.217	0.557	0.083	0	57.222	15.107	3.257	3.898	3.407
Steamed Carrot, Corn, & Peas	1/4 c.	24.072	0.186	0.028	0	19.074	5.036	1.086	1.299	1.136
Baby Carrots	1 1/4 c.	37.011	0.137	0.024	0	82.481	8.713	3.067	5.033	0.677
Baby Carrots	3/4 c.	22.207	0.082	0.014	0	49.489	5.228	1.84	3.02	0.406
Baby Carrots	1/2 c.	24.806	0.092	0.016	0	55.282	5.84	2.056	3.374	0.454
Baby Carrots	1/4 c.	12.403	0.046	0.008	0	27.641	2.92	1.028	1.687	0.227
Diced Carrots	1/4 c.	16.259	0.299	0.053	0	25.926	3.397	1.45	1.793	0.255
Carrots Glazed (NEN)	1 3/8 c.	199.275	3.264	0.265	0	191.991	43.298	7.625	35.049	1.835
Carrots Glazed (NEN)	7/8 c.	126.811	2.077	0.169	0	122.176	27.553	4.852	22.304	1.168
Sweet Glazed Carrots	3/8 c.	42.323	0.695	0.057	0	40.242	9.197	1.59	7.471	0.382
Carrots Island Glazed (NEN)	1 3/8 c.	131.199	1.934	0.182	0	170.267	28.608	7.885	20.081	1.978
Carrots Island Glazed (NEN)	7/8 c.	83.49	1.231	0.116	0	108.352	18.205	5.018	12.779	1.259
Island Glazed Carrots	1 3/8 c.	131.199	1.934	0.182	0	170.267	28.608	7.885	20.081	1.978
Island Glazed Carrots	3/4 c.	71.563	1.055	0.099	0	92.873	15.604	4.301	10.953	1.079
Island Glazed Carrots	3/8 c.	34.183	0.504	0.047	0	44.362	7.453	2.054	5.232	0.515
Carrots Orangy	1 1/4 c.	101.703	0.26	0.045	0	155.34	23.865	5.783	16.65	1.29
Carrots Orangy	3/4 c.	61.022	0.156	0.027	0	93.204	14.319	3.47	9.99	0.774
Simply Steamed Carrots	1 1/4 c.	80.77	1.48	0.26	0	128.79	16.87	7.2	8.91	1.27
Simply Steamed Carrots	1/8 c.	8.077	0.148	0.026	0	12.879	1.687	0.72	0.891	0.127
Simply Steamed Carrots	3/4 c.	48.462	0.888	0.156	0	77.274	10.122	4.32	5.346	0.762
Simply Steamed Carrots	1/4 c.	16.259	0.299	0.053	0	25.926	3.397	1.45	1.793	0.255
Crunchy Celery Sticks	1 c.	20.775	0.221	0.055	0	103.874	3.856	2.077	1.74	0.896
Crunchy Celery Sticks	1 oz.	4.536	0.048	0.012	0	22.68	0.842	0.453	0.38	0.196
Crunchy Celery Sticks	3 1/2 oz.	15.559	0.166	0.041	0	77.792	2.888	1.555	1.303	0.671
Crunchy Celery Sticks	3/4 c.	15.581	0.166	0.041	0	77.905	2.892	1.558	1.305	0.672
Crunchy Celery Sticks	4 5/8 oz.	20.775	0.221	0.055	0	103.874	3.856	2.077	1.74	0.896
Fresh Celery Sticks	1/2 c.	10.432	0.11	0.028	0	52.164	1.936	1.044	0.874	0.45
Fresh Celery Sticks	1/4 c.	5.216	0.055	0.014	0	26.082	0.968	0.522	0.437	0.225
Coleslaw	1 c.	156.75	12.078	1.856	7.34	123.931	11.249	3.541	6.994	1.878
Coleslaw	3/4 c.	117.563	9.058	1.392	5.505	92.948	8.437	2.656	5.245	1.408
Coleslaw	1/4 c.	39.402	3.036	0.466	1.845	31.152	2.828	0.89	1.758	0.472
Corn & Jicama Salad	1 c.	177.925	5.24	0.469	0	97.672	33.667	4.353	4.218	4.803
Corn & Jicama Salad	3/4 c.	133.444	3.93	0.352	0	73.254	25.25	3.265	3.163	3.602
Corn & Jicama Salad	1/4 c.	44.55	1.312	0.118	0	24.456	8.43	1.09	1.056	1.203
Corn & Tomato Salad	1 c.	158.516	1.405	0.221	0	7.46	37.16	4.2	4.969	5.578
Corn & Tomato Salad	3/4 c.	118.887	1.054	0.166	0	5.595	27.87	3.15	3.727	4.184
Corn & Tomato Salad	1/4 c.	39.629	0.351	0.055	0	1.865	9.29	1.05	1.242	1.394
Corn Chili Citrus	1 c.	136.216	1.264	0.194	0	5.133	31.963	3.352	3.847	4.681
Corn Chili Citrus	3/4 c.	102.162	0.948	0.146	0	3.85	23.972	2.514	2.885	3.511
Corn Chili Citrus (PSN)	1/4 c.	34.181	0.317	0.049	0	1.288	8.02	0.841	0.965	1.175
Savory Steamed Corn	1 c.	145.197	1.287	0.196	0	4.95	34.171	3.465	4.125	4.983
Savory Steamed Corn	1/4 c.	36.299	0.322	0.049	0	1.238	8.543	0.866	1.031	1.246
Savory Steamed Corn	3/4 c.	108.898	0.965	0.147	0	3.713	25.628	2.599	3.094	3.737
Cucumber & Tomato Salad	1 c.	30.251	0.183	0.051	0	4.826	7.006	1.011	3.424	0.97
Cucumber & Tomato Salad	1 1/4 c.	37.814	0.229	0.064	0	6.033	8.757	1.264	4.28	1.213
Fresh Cucumber Slices	1 c.	22	0.161	0.055	0	2.933	5.324	0.733	2.449	0.953
Fresh Cucumber Slices	1 oz.	4.253	0.031	0.011	0	0.567	1.029	0.142	0.473	0.184
Fresh Cucumber Slices	3 7/8 oz.	16.5	0.121	0.041	0	2.2	3.993	0.55	1.837	0.715
Fresh Cucumber Slices	3/4 c.	16.5	0.121	0.041	0	2.2	3.993	0.55	1.837	0.715
Fresh Cucumber Slices	5 1/4 oz.	21.986	0.161	0.055	0	2.931	5.321	0.733	2.448	0.953
Fresh Cucumber Slices	1/4 c.	5.528	0.041	0.014	0	0.737	1.338	0.184	0.615	0.24
Green Beans Seasoned	1 c.	63.217	0.336	0.072	0	23.502	12.32	4.147	3.471	2.871
Green Beans Seasoned	3/4 c.	47.413	0.252	0.054	0	17.627	9.24	3.11	2.603	2.153
Green Beans (PSN)	1/4 c.	15.977	0.085	0.018	0	5.939	3.114	1.048	0.877	0.726
Braised Greens	1 1/2 c.	124.479	5.221	0.609	0	88.752	17.376	5.364	1.004	5.752
Braised Greens	1 1/8 c.	93.359	3.916	0.457	0	66.564	13.032	4.023	0.753	4.314
Braised Greens	1 3/8 c.	114.042	4.783	0.558	0	81.31	15.92	4.914	0.919	5.27

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Braised Greens	3/8 c.	31.259	1.311	0.153	0	22.287	4.364	1.347	0.252	1.445
Jicama with Lime	1 c.	40.915	0.096	0.023	0	4.285	9.588	5.176	1.955	0.772
Jicama with Lime	1 oz.	10.655	0.025	0.006	0	1.116	2.497	1.348	0.509	0.201
Jicama with Lime	2 7/8 oz.	30.686	0.072	0.017	0	3.214	7.191	3.882	1.466	0.579
Jicama with Lime	3 7/8 oz.	40.808	0.096	0.023	0	4.274	9.563	5.163	1.95	0.77
Jicama with Lime	3/4 c.	30.686	0.072	0.017	0	3.214	7.191	3.882	1.466	0.579
Beans Black (NEN)	1/2 c.	157.465	0.61	0	0	170.896	28.076	7.323	1.219	8.546
Zesty Black Beans	1/2 c.	100.974	0.782	0.054	0	28.94	30.619	19.797	1.386	11.881
Zesty Black Beans	1/4 c.	50.618	0.392	0.027	0	14.508	15.349	9.924	0.695	5.956
Smoky Black Eyed Peas	1/2 c.	97.928	0.036	0.007	0	19.942	24.913	10.711	1.112	9.61
Smoky Black Eyed Peas	3 5/8 oz.	97.928	0.036	0.007	0	19.942	24.913	10.711	1.112	9.61
Smoky Black Eyed Peas	1 7/8 oz.	49.1	0.018	0.004	0	9.998	12.491	5.37	0.557	4.818
Smoky Black Eyed Peas	1/4 c.	49.1	0.018	0.004	0	9.998	12.491	5.37	0.557	4.818
Charro Beans	1/2 c.	155.443	0.63	0.106	0	158.642	28.016	6.959	1.009	9.454
Charro Beans	4 5/8 oz.	155.443	0.63	0.106	0	158.642	28.016	6.959	1.009	9.454
Charro Beans	1/4 c.	77.889	0.316	0.053	0	79.492	14.038	3.487	0.506	4.737
Charro Beans	2 1/3 oz.	77.889	0.316	0.053	0	79.492	14.038	3.487	0.506	4.737
Chilled Edamame	1/2 c.	113.4	3.969	0	0	5.67	9.072	4.536	1.134	10.206
Garden Style Garbanzos	1/2 c.	107.894	0.848	0.007	0	71.756	16.225	3.38	0.892	4.136
Kickin' Kidney Beans	1/2 c.	75.357	0.047	0.003	0	11.637	13.651	7.341	0.047	5.892
Kickin' Kidney Beans	1/2 c.	75.357	0.047	0.003	0	11.637	13.651	7.341	0.047	5.892
Kickin' Kidney Beans	1/4 c.	37.679	0.023	0.002	0	5.818	6.825	3.671	0.023	2.946
Poppin' Pintos	1/2 c.	155.443	0.63	0.106	0	158.642	28.016	6.959	1.009	9.454
Poppin' Pintos	4 5/8 oz.	155.443	0.63	0.106	0	158.642	28.016	6.959	1.009	9.454
Poppin' Pintos	1/4 c.	77.889	0.316	0.053	0	79.492	14.038	3.487	0.506	4.737
Poppin' Pintos	2 1/3 oz.	77.889	0.316	0.053	0	79.492	14.038	3.487	0.506	4.737
Three Bean Party Salad	1 1/4 c.	225.354	4.409	0.397	0	128.32	31.893	12.083	1.841	10.89
Three Bean Party Salad	7/8 c.	157.748	3.086	0.278	0	89.824	22.325	8.458	1.289	7.623
Salad Three Bean	5/8 c.	170.695	2.947	0.197	0	190.304	26.366	9.447	2.977	8.627
Crispy Leafy Greens	1 c.	8.292	0.083	0.011	0	15.479	1.587	0.719	0.431	0.752
Crispy Leafy Greens	1/4 c.	2.084	0.021	0.003	0	3.89	0.399	0.181	0.108	0.189
Crispy Leafy Greens	1/2 c.	4.167	0.042	0.006	0	7.779	0.797	0.361	0.217	0.378
Chopped Romaine	1 c.	6.314	0.111	0.014	0	2.971	1.222	0.78	0.442	0.457
Chopped Romaine	1/4 c.	1.59	0.028	0.004	0	0.748	0.308	0.196	0.111	0.115
Chopped Romaine	1 1/2 c.	9.494	0.168	0.022	0	4.468	1.837	1.173	0.665	0.687
Chopped Romaine	2 c.	12.659	0.224	0.029	0	5.957	2.449	1.564	0.887	0.916
Chopped Romaine	1/2 c.	3.181	0.056	0.007	0	1.497	0.616	0.393	0.223	0.23
Green Peas	1 c.	142.983	0.743	0.123	0	200.548	25.291	8.356	9.285	9.693
Green Peas	3/4 c.	107.237	0.557	0.092	0	150.411	18.968	6.267	6.964	7.27
Green Peas	1/4 c.	35.8	0.186	0.031	0	50.214	6.332	2.092	2.325	2.427
Potato Salad	1 1/8 c.	332.706	17.465	2.899	61.529	152.442	38.793	3.312	4.797	5.324
Potato Salad	3/8 c.	110.902	5.822	0.966	20.51	50.814	12.931	1.104	1.599	1.775
Classic Mashed Potatoes	1 c.	214.535	2.314	0.641	0	191.101	45.337	4.085	2.056	4.245
Classic Mashed Potatoes	3/4 c.	160.901	1.736	0.481	0	143.326	34.003	3.064	1.542	3.184
Classic Mashed Potatoes	1/4 c.	53.754	0.58	0.161	0	47.883	11.36	1.024	0.515	1.064
Harvest Sweet Potatoes	1 1/4 c.	151.684	0.279	0.062	0	53.888	35.366	4.99	11.456	2.734
Harvest Sweet Potatoes	3/4 c.	91.01	0.167	0.037	0	32.333	21.22	2.994	6.874	1.64
Sweet Potatoes	1/4 c.	30.38	0.056	0.012	0	10.793	7.083	0.999	2.294	0.548
Chili Citrus Sweet Potatoes	1 1/4 c.	223.397	5.813	0.512	0	70.081	40.618	6.585	12.545	4.008
Chili Citrus Sweet Potatoes	3/4 c.	134.038	3.488	0.307	0	42.049	24.371	3.951	7.527	2.405
Chili Citrus Sweet Potatoes	1/4 c.	44.87	1.167	0.103	0	14.076	8.158	1.323	2.52	0.805
Orange Roasted Sweet Potatoes	1 1/4 c.	253.838	6.435	0.567	0	78.062	46.455	7.28	15.248	4.407
Orange Roasted Sweet Potatoes	3/4 c.	152.303	3.861	0.34	0	46.837	27.873	4.368	9.149	2.644
Orange Roasted Sweet Potatoes	1/4 c.	50.874	1.29	0.114	0	15.645	9.31	1.459	3.056	0.883
Veg. Salad Bar BLUE (6-8)	1 ea.	78.743	4.715	0.63	1.063	158.07	7.725	1.639	3.762	1.787
Veg. Salad Bar BLUE (9-12)	1 ea.	84.413	4.766	0.644	1.063	173.175	8.931	2.024	4.312	2.032
Veg. Salad Bar BLUE (K-5)	1 ea.	78.743	4.715	0.63	1.063	158.07	7.725	1.639	3.762	1.787

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Veg, Salad Bar GREEN (6-8)	1 ea.	136.479	11.454	1.154	1.063	199.943	7.908	2.125	3.305	2.343
Veg, Salad Bar GREEN (9-12)	1 ea.	139.881	11.478	1.162	1.063	200.397	8.731	2.238	3.684	2.49
Veg, Salad Bar GREEN (K-5)	1 ea.	136.479	11.454	1.154	1.063	199.943	7.908	2.125	3.305	2.343
Veg, Salad Bar NEUTRAL (6-8) (DMV) 2018	1 ea.	85.378	2.097	0.279	1.063	89.792	14.171	2.576	4.082	2.97
Veg, Salad Bar NEUTRAL (9-12) (DMV) 2018	1 ea.	85.378	2.097	0.279	1.063	89.792	14.171	2.576	4.082	2.97
Veg, Salad Bar NEUTRAL (K-5) (DMV) 2018	1 ea.	85.378	2.097	0.279	1.063	89.792	14.171	2.576	4.082	2.97
Veg, Salad Bar PURPLE (K-12)	1 ea.	203.062	11.376	1.144	1.063	205.095	19.843	8.775	3.279	7.595
Veg, Salad Bar RED (6-8)	1 ea.	117.613	7.426	0.878	1.063	147.599	11.9	2.576	5.144	2.249
Veg, Salad Bar RED (9-12)	1 ea.	134.878	7.545	0.896	1.063	171.994	15.876	3.75	7.241	2.728
Veg, Salad Bar RED (K-5)	1 ea.	117.613	7.426	0.878	1.063	147.599	11.9	2.576	5.144	2.249
Veg, Salad Bar YELLOW (6-8)	1 ea.	198.667	11.823	1.218	1.063	240.521	20.962	3.984	5.947	5.05
Veg, Salad Bar YELLOW (9-12)	1 ea.	239.083	12.182	1.273	1.063	241.898	30.473	4.948	7.095	6.437
Veg, Salad Bar YELLOW (K-5)	1 ea.	198.667	11.823	1.218	1.063	240.521	20.962	3.984	5.947	5.05
Fresh Grape Tomatoes	1/2 c.	13.37	0.149	0.021	0	3.714	2.889	0.891	1.953	0.654
Fresh Grape Tomatoes	1/4 c.	6.685	0.075	0.011	0	1.857	1.444	0.446	0.977	0.327
Fresh Tomatoes	1/2 c.	16.228	0.18	0.026	0	4.508	3.506	1.082	2.372	0.794
Fresh Tomatoes	1/4 c.	8.114	0.09	0.013	0	2.254	1.753	0.541	1.186	0.397
Sliced Tomatoes	1 5/8 oz.	8.114	0.09	0.012	0	2.254	1.753	0.541	1.186	0.397
Sliced Tomatoes	1/4 c.	8.114	0.09	0.012	0	2.254	1.753	0.541	1.186	0.397
Fresh Tomatoes	1/2 c.	16.228	0.18	0.026	0	4.508	3.506	1.082	2.372	0.794
Fresh Tomatoes	1/4 c.	8.114	0.09	0.013	0	2.254	1.753	0.541	1.186	0.397
Fresh Tomato Wedges	1 5/8 oz.	7.706	0.086	0.012	0	2.14	1.665	0.514	1.126	0.377
Fresh Tomato Wedges	1/4 c.	7.706	0.086	0.012	0	2.14	1.665	0.514	1.126	0.377
Sweet Smashed Yams	1 3/8 c.	394.409	13.437	1.088	0	252.625	68.343	10.809	21.516	3.138
Sweet Smashed Yams	7/8 c.	250.988	8.551	0.692	0	160.761	43.491	6.878	13.692	1.997
Sweet Smashed Yams	3/8 c.	107.566	3.665	0.297	0	68.898	18.639	2.948	5.868	0.856