

Lakewood School District

Food Source List

Sep 12, 2018

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Recipe No. Recipe Name	Portion Size	Cals	G T-Fat	G S-fat	\$ Cost	G Prot	MG Iron	MG Calc	IU Vit-A	MG Vit-C	MG Chol	MG Sodm	G Carb	G Fiber
000047 14-15 Banana Bread	3.4 oz	281	10.04 32.14%	2.01 6.43%	\$0.00	*N/A* *N/A*	1.08	80	100	0.0	0	221	44.18 62.86%	2.01
000033 14-15 Breakfast Pizza	94 grm	220	8.00 32.73%	2.00 8.18%	\$0.00	*N/A* *N/A*	1.80	150	300	*N/A*	15	460	27.00 49.09%	3.00
000333 Egg Biscuit/wcheese	each	276	15.20 49.61%	4.58 14.95%	\$0.00	8.76 12.71%	2.12	185	315	0.0	118	800	26.08 37.83%	0.66
000398 14-15 Ham & Cheese Mu	each	196	4.27 19.67%	2.00 9.22%	\$0.00	13.08 26.75%	1.92	203	391	0.0	26	664	27.41 56.07%	2.62
000031 14-15 Ultamite Breakfast	2.4 oz	240	6.72 25.20%	1.92 7.20%	\$0.00	*N/A* *N/A*	0.59	28	8	0.0	5	202	41.26 68.80%	6.02
000030 16-17 Waffle, Maple	each	240	7.00 26.25%	1.50 5.63%	\$0.00	*N/A* *N/A*	0.72	40	0	0.0	30	310	42.00 70.00%	4.00
000116 17-18 Breakfast quesidill	each	240	10.42 39.12%	4.44 16.67%	\$0.00	14.44 24.09%	1.63	274	333	0.0	119	527	21.03 35.10%	0.80
000087 17-18 cereal LES Bkfast	1 package	93	1.55 15.02%	0.14 1.35%	\$0.00	1.14 4.91%	3.45	68	338	4.1	0	147	19.31 83.05%	0.71
005001 BREAKFAST BURRITO	1 BURRITO	209	7.99 34.31%	2.41 10.36%	\$0.00	10.87 20.76%	2.89	81	515	7.9	211	562	22.93 43.78%	1.61
500038 BREAKFAST BURRITO	EACH	258	9.05 31.56%	2.90 10.12%	\$0.00	12.21 18.93%	2.94	143	552	5.4	196	564	31.32 48.56%	2.29
001009 CEREAL, ASSORTED	SERVING	97	0.65 6.04%	0.32 2.97%	\$0.00	1.29 5.29%	3.67	13	643	9.6	0	96	22.46 92.34%	1.08
000417 Cheesy Ranch Toast	1 slice	215	8.17 34.22%	2.75 11.51%	\$0.00	11.82 21.99%	1.77	339	385	0.2	11	529	23.19 43.16%	1.20
000385 Cinnamon Toast	each	112	4.73 38.01%	0.95 7.67%	\$0.00	3.68 13.16%	0.71	35	170	0.0	0	156	13.97 49.93%	2.08
001010 DONUT, YEAST-LVND, G	EACH	253	13.62 48.53%	5.67 20.20%	\$0.00	3.68 5.83%	1.43	61	14	0.7	18	190	28.76 45.54%	1.26
000334 Egg Biscuit	each	224	10.84 43.60%	2.02 8.13%	\$0.00	6.19 11.06%	2.03	37	155	0.0	103	563	25.40 45.38%	0.66
000118 French Toast cinn glaze	2.9	210	8.00 34.29%	2.00 8.57%	\$0.00	8.00 15.24%	*N/A*	40	200	0.0	125	320	28.00 53.33%	3.00
000368 FRENCH TOAST STICK	1 SERVING	377	10.80 25.77%	2.71 6.48%	\$0.00	13.10 13.90%	3.91	189	331	0.5	145	876	56.82 60.28%	1.95
005002 FRENCH TOAST STRIP	2 PIECES	154	4.01 23.44%	1.39 8.11%	\$0.00	6.97 18.10%	1.54	128	197	0.1	99	268	21.99 57.12%	0.86
000119 Fruit Turnover	3.95 oz	310	8.00 23.23%	3.00 8.71%	\$0.00	4.00 5.16%	*N/A*	0	0	48.0	0	290	54.00 69.68%	6.00
500100 GRANOLA	1/4 CUP	129	2.49 17.37%	0.39 2.71%	\$0.00	2.89 8.96%	1.04	17	1	0.3	0	49	24.85 77.05%	2.00
000331 GRITS, PLAIN	1 CUP	182	1.18 5.83%	0.17 0.84%	\$0.00	4.38 9.63%	1.46	3	0	0.0	0	5	37.79 83.15%	2.05
000407 Ham-n-Eggle	each	237	4.37 16.57%	1.22 4.62%	\$0.00	13.41 22.62%	4.63	79	153	0.7	108	664	35.57 59.98%	1.52

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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000323 OATMEAL	1/2 cup	179	2.87 14.41%	0.51 2.54%	\$0.00	7.03 15.69%	2.00	30	0	0.0	0	6	32.08 71.57%	4.41
000409 Omelet roll up	1	20601	1519.18 66.37%	728.11 31.81%	\$0.00	1438.17 27.92%	119.35	22008	70485	0.0	32195	34434	225.54 4.38%	0.80

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