

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
000081 14-15 grilled cheese san	each	426	27.23 57.51%	11.30 23.86%	\$0.00	18.50 17.36%	1.84	390	941	0.0	36	1263	27.38 25.70%	3.81
000440 17-18 peppizza, 4x6 sm	slice	300	12.00 36.00%	5.00 15.00%	\$0.00	16.00 21.33%	2.70	200	300	0.0	25	660	35.00 46.67%	4.00
000379 17-18 Taco Salad (Elem	each	348	14.98 38.76%	3.86 9.98%	\$0.00	20.56 23.65%	3.30	247	2698	6.0	29	833	33.08 38.04%	3.63
000070 14-15 4 X 6 Cheese Pizz	slice	300	11.00 33.00%	5.00 15.00%	\$0.00	16.00 21.33%	1.80	250	300	*N/A*	25	580	35.00 46.67%	4.00
000071 14-15 Cheeseburger Ele	each	307	15.38 45.04%	4.00* 11.72%*	\$0.00	16.88 21.97%	2.08	76*	1125	0.0*	54	621	22.75* 29.62%*	4.00
000069 14-15 Cheeseburger MS	each	340	16.10 42.62%	4.50* 11.91%*	\$0.00	18.00 21.18%	2.44	100*	1200	0.0*	55	691	27.80* 32.71%*	5.00
000067 14-15 Chicken Burger H	each	338	10.50 27.96%	2.50 6.66%	\$0.00	21.00 24.85%	3.44	62	127	1.0	50	676	41.00 48.52%	6.00
000074 14-15 Chicken Nuggetts	serving	170	8.00 42.35%	2.00 10.59%	\$0.00	15.00 35.29%	2.00	22	127	0.0	50	367	9.00 21.18%	1.00
000392 14-15 Chicken Teriyaki/R	each	217	3.21 13.28%	0.84 3.49%	\$0.00	20.35 37.44%	1.49	20	0*	0.0*	53	497	27.39 50.39%	1.76
000075 14-15 Corndog	each	240	8.00 30.00%	2.00 7.50%	\$0.00	9.00 15.00%	2.70	150	0	0.0	20	590	33.00 55.00%	5.00
000029 14-15 Deli Ham & Chees	each	300	9.40 28.21%	3.72 11.16%	\$0.00	25.49 34.01%	2.37	163	161	0.0	76	1290	27.35 36.49%	3.81
000316 14-15 Mac and Cheese	3/4 cup	323	16.18 45.12%	9.10 25.39%	\$0.00	15.08 18.70%	1.64	546	544	0.1	49	1018	31.71 39.31%	3.09
000357 14-15 SLOPPY JOE/LAK	1	214	6.38 26.85%	2.11 8.90%	\$0.00	10.78 20.17%	2.82	71	181	2.2	10	600	29.93 56.01%	3.11
000028 14-15 Turkey Wrap Sack	each	634	8.30 11.78%	2.74 3.89%	\$0.00	34.84 21.96%	1.76	434	935*	10.6*	47	1066	110.67 69.77%	8.86
000095 15-16 "Frito" Chili Pie	each	338	20.67 55.11%	8.59 22.91%	\$0.00	15.88 18.81%	2.13	286	1647	2.0	30	945	23.55 27.90%	6.68
000061 16-17 Tomato Soup	4 oz	40	0.50 11.25%	0.25 5.63%	\$0.00	0.50 5.00%	0.19	1	200	0.0*	0	207	8.00 80.00%	0.50
000104 17-18 bean Burrito MS &	each	528	23.50 40.01%	90.12 153.48%	\$0.00	19.83 15.01%	1210.04	115	1596	91.5	101	454	18.43 13.95%	86.71
000106 17-18 Buffalo Chicken S	each	392	20.77 47.64%	5.56 12.76%	\$0.00	22.50 22.94%	2.12	243	22385	37.7	53	1144	30.77 31.37%	6.55
000332 17-18 Burrito (MS & HS)	1	364	11.59 28.64%	5.57 13.76%	\$0.00	23.86 26.22%	3.57	378	880	2.1	25	799	43.26 47.53%	8.43
000109 17-18 Cheese omelet	each	110	8.00 65.42%	3.49 28.60%	\$0.00	8.00 29.08%	0.60	35	405	2.0	195	215	1.00 3.64%	0.00
000308 17-18 CHEF SALAD Lak	each	317	13.35 37.90%	2.68 7.62%	\$0.00	18.05 22.79%	2.78	196	13617	17.0	48	1266	33.69 42.52%	5.70
000108 17-18 Chicken Ceasar S	each	582	32.80 50.70%	9.54 14.74%	\$0.00	38.28 26.30%	4.04	391	24051	6.9	97	1079	34.73 23.86%	8.26

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005132 17-18 CHICKEN FAJITA	1 each	355	14.78 37.43%	5.46 13.82%	\$0.00	26.14 29.43%	2.14*	137	456	2.0*	96	1227	31.06 34.97%	4.94
000389 17-18 Chicken Wrap HS	each	329	9.07 24.82%	2.35 6.44%	\$0.00	16.58 20.16%	2.93	140	218	3.8*	24	614	45.39 55.19%	2.26
000072 17-18 Chickenburger Ele	each	308	10.00 29.22%	2.00 5.84%	\$0.00	20.00 25.97%	3.08	42	127	1.0	50	616	36.00 46.75%	5.00
000307 17-18 Deli Ham Sand LH	1	408	17.36 38.34%	6.22* 13.75%*	\$0.01	22.34 21.92%	3.33	217*	787*	8.2*	72	1291	42.10 41.32%	1.55
000341 17-18 Deli Turkey Sand L	1	321	9.14 25.62%	2.92* 8.19%*	\$0.01	18.98 23.64%	2.76	129	711	11.4	36	1086	41.12 51.24%	1.81
000366 17-18 Nachos (Lakewood)	servings	411	21.43 46.94%	5.14 11.26%	\$0.00	15.52 15.10%	2.49	156	116	0.7	32	677	40.42 39.34%	4.12
000107 17-18 noodle bowl HS	each	391	10.58 24.37%	2.96 6.83%	\$0.00	32.91 33.69%	3.06	69	625	17.2	238	242	42.03 43.03%	8.40
000406 17-18 Rice Bowls HS	each	539	11.44 19.10%	4.15 6.93%	\$0.00	26.03 19.32%	5.88	56	2448	7.5	45	1001	82.56 61.29%	5.30
000102 17-18 Salad Lunch	each	461	19.15 37.42%	6.39 12.49%	\$0.00	18.60 16.16%	2.20	542	13328*	14.5	26*	993	40.07 34.81%	8.19
000415 17-18 Sante Fe Chicken	each	556	16.14 26.13%	4.87 7.89%	\$0.00	25.95 18.68%	5.04	368	16908	13.5	39	1357	58.61 42.19%	11.58
990011 ALMONDS, YOGURT, F	SERVING	309	16.38 47.75%	2.09 6.09%	\$0.00	12.25 15.87%	1.46	274	67	1.9	6	109	31.88 41.30%	4.70
500004 ARROZ CON QUESO	SERVINGS	249	6.72 24.32%	4.10 14.84%	\$0.00	14.60 23.50%	2.15	349	415	6.5	20	545	32.12 51.68%	2.08
000002 Asian Chicken Wrap	each	562	31.89 51.07%	5.34 8.54%	\$0.00	31.23 22.22%	3.00	121	5776	32.8	63	1190	39.04 27.78%	6.59
500006 BAKED CAJUN FISH	1 PIECE	128	8.12 57.08%	1.74 12.27%	\$0.00	12.58 39.31%	0.63	9	220	1.3	43	145	0.42 1.32%	0.09
500007 BAKED FISH SCANDIA	1 PIECE	162	7.21 40.04%	1.53 8.47%	\$0.00	18.64 46.02%	0.72	92	146	1.0	54	179	4.67 11.53%	0.20
000004 BAKED POTATO BAR	1	736	20.36 24.90%	9.36 11.44%	\$0.00	35.02 19.03%	8.72	263	1917	59.9	48	1395	107.15 58.24%	12.12
500015 BARBECUED CHICKEN	SERVINGS	295	13.43 40.97%	3.73 11.37%	\$0.00	27.25 36.94%	1.60	27	492	5.1	86	476	15.82 21.45%	0.49
005134 BBQ BEEF RIB SANDWI	1 each	384	21.47 50.32%	8.71 20.42%	\$0.00	20.83 21.70%	4.34	77	225	0.7	51	734	27.44 28.59%	3.97
000373 BBQ Chicken on a bun	each	287	7.62 23.91%	1.97 6.17%	\$0.00	15.34 21.39%	2.02*	57	112*	0.3*	54	933	40.91 57.05%	2.76
005125 BBQ CHICKEN SLUGG	1 each	100	3.00 27.00%	1.00 9.00%	\$0.00	14.00 56.00%	0.36	0	0	0.0	60	390	4.00 16.00%	0.00
005103 BEAN & CHEESE BURR	1 each	360	14.00 35.01%	6.32 15.80%	\$0.00	15.00 16.66%	3.40	224	178	15.0	25	994	45.01 50.01%	4.00
500016 BEAN BURRITO	SERVINGS	288	7.93 24.80%	3.52 11.01%	\$0.00	14.81 20.57%	3.37	306	801	10.1	13	662	40.01 55.58%	4.69

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500018 BEAN TACO	2 EACH	249	9.30 33.62%	2.68 9.67%	\$0.00	11.36 18.24%	2.66	226	601	8.6	8	536	32.12 51.60%	5.70
500019 BEEF & BEAN TAMALES	SERVINGS	268	9.23 30.98%	3.59 12.06%	\$0.00	15.94 23.79%	3.26	247	1009	12.3	39	630	31.51 47.03%	4.19
500020 BEEF BURRITO	EACH	273	12.46 41.08%	5.75 18.96%	\$0.00	18.82 27.57%	2.62	264	800	9.7	43	351	21.33 31.25%	2.00
500028 BEEF BURRITO: CANN	EACH	241	9.78 36.52%	4.72 17.64%	\$0.00	16.87 27.99%	2.35	313	845	9.7	35	466	21.45 35.60%	1.99
500022 BEEF SHEPARD'S PIE	SERVINGS	294	13.23 40.49%	5.09 15.58%	\$0.00	19.47 26.49%	2.43	73	3969	18.4	52	442	23.75 32.32%	3.30
005114 BEEF SOFT TACO	1 each	354	16.68 42.46%	6.93 17.63%	\$0.00	23.06 26.08%	3.21	146	908	4.9	66	1055	27.51 31.12%	2.85
500023 BEEF STEW	SERVINGS	218	7.78 32.11%	2.38 9.81%	\$0.00	19.78 36.30%	3.05	28	5766	5.9	49	409	16.47 30.22%	2.90
500024 BEEF STIR-FRY	3/4 CUP	236	10.68 40.72%	2.33 8.89%	\$0.00	23.80 40.34%	2.73	39	11916	29.2	55	280	11.11 18.83%	2.90
500030 BEEF TACO	2 EACH	299	16.36 49.25%	5.80 17.45%	\$0.00	18.25 24.42%	2.43	200	600	8.2	46	253	20.35 27.23%	2.99
500032 BEEF TACO PIE	SERVINGS	304	12.94 38.31%	5.72 16.93%	\$0.00	19.64 25.84%	3.27	231	725	5.0	45	753	26.42 34.76%	2.09
500034 BEEF TACO: CANNED	2 EACH	246	12.04 44.04%	3.79 13.88%	\$0.00	14.87 24.18%	2.22	192	600	8.2	36	362	20.35 33.09%	2.99
500033 BEEF TAMALES PIE	SERVINGS	281	12.75 40.84%	5.17 16.55%	\$0.00	18.63 26.53%	2.88	228	1008	11.9	58	430	23.39 33.29%	2.39
005097 BEEF TERIYAKI DIPPE	4 each	177	9.20 46.83%	3.60 18.32%	\$0.00	16.80 38.01%	1.52	17	25	0.0	42	508	6.40 14.48%	0.52
005078 BELGIAN WAFFLE STIX	3 each	169	2.41 12.83%	0.00 0.00%	\$0.00	4.84 11.43%	1.45	59	5	0.0	0	460	33.87 80.00%	0.00
000103 bread sticks w/cheese	each	392	15.38 35.36%	3.07 7.06%	\$0.00	16.75 17.11%	2.72	395	1111	0.0	1	963	45.85 46.84%	1.70
000434 burrito (bean cheese com	each	339	6.68 17.74%	2.76 7.34%	\$0.00	15.66 18.47%	4.06	150	298	1.8	16	586	53.38 62.99%	6.13
500405 CAJUN SAUSAGE/TUR	3/4 CUP	292	10.65 32.83%	2.65 8.18%	\$0.00	23.50 32.19%	2.98	96	101	7.3	90	704	23.74 32.51%	0.92
000006 ceasar salad	each	475	25.28 47.87%	5.25 9.94%	\$0.00	27.20 22.89%	3.01	254	750	3.2	76	787	34.53 29.06%	2.52
000336 Ceasar Wrap 10" (Lake	1 each	536	37.08 62.24%	6.06 10.18%	\$0.00	25.88 19.30%	2.27	241	430	1.5	91	934	23.92 17.84%	1.46
000328 Ceaser Salad Wrap	each	414	23.79 51.78%	5.04 10.97%	\$0.00	25.88 25.03%	2.27	221	430	1.5	76	730	22.89 22.14%	1.46
000318 Cheese Sand. emergenc	1	356	12.88 32.52%	7.05 17.81%	\$0.00	18.55 20.81%	2.29	749	799	0.0	41	859	41.35 46.39%	1.53
000393 Cheese stuffed bread sti	2 sticks	690	32.18 41.98%	7.73* 10.09%*	\$0.00	33.45 19.40%	2.41	941	2369	3.0	35*	1975	65.52 37.99%	2.63

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000149 CHEESEBURGER ON A	EACH	338	19.74 52.56%	8.32 22.16%	\$0.00	20.23 23.93%	3.21	195	160	0.0	63	479	19.86 23.49%	1.63
000442 Cheesy Chicken Rotoni	3/4 cup	371	12.26 29.76%	3.03 7.36%	\$0.00	21.86 23.57%	2.67	228	1538	13.7	32	770	45.58 49.16%	6.12
005111 CHEF SHAKER SALAD	1 each	364	14.03 34.67%	4.41 10.90%	\$0.00	19.22 21.11%	2.85	246*	476*	1.7*	37	957	39.72 43.63%	1.64
500050 CHICKEN A LA KING	3/4 CUP	218	8.05 33.24%	1.95 8.06%	\$0.00	22.42 41.13%	1.63	71	680	7.7	53	280	14.56 26.72%	2.58
500054 CHICKEN AND NOODL	CUP	244	7.52 27.74%	1.87 6.89%	\$0.00	21.89 35.88%	1.89	63	128	0.9	75	186	21.31 34.94%	0.80
005101 CHICKEN BURGER	1 each	343	16.58 43.49%	3.60 9.44%	\$0.00	19.13 22.30%	3.49	61	100	0.0	40	687	30.18 35.18%	3.63
000330 Chicken Ceasar Wrap (L	1	423	24.61 52.37%	5.26 11.20%	\$0.00	22.85 21.61%	2.17	251	546	5.2	68	897	26.68 25.23%	1.57
000358 Chicken Cheese Quesidil	each	317	13.66 38.75%	2.81 7.97%	\$0.00	26.71 33.67%	2.10	223	729	0.0	52	652	20.16 25.41%	0.80
500056 CHICKEN CHOP SUEY	3/4 CUP	147	4.65 28.45%	1.27 7.79%	\$0.00	17.74 48.26%	1.03	30	77	2.7	52	332	7.92 21.55%	0.79
000410 Chicken Cordon Blu Burg	1	427	21.79 45.93%	8.04 16.94%	\$0.00	25.41 23.80%	4.85	263	722	5.7	75	1146	33.15 31.05%	1.97
000445 Chicken Enchalada Cass	3/4 cup	292	9.76 30.11%	2.88 8.89%	\$0.00	17.55 24.07%	2.31	242	678	8.5	21	625	28.11 38.54%	2.49
000329 Chicken Enchilada (lake	1	429	19.16 40.19%	6.01 12.61%	\$0.00	18.30 17.06%	4.66	106	1358	6.3	32	990	46.29 43.16%	4.32
500058 CHICKEN FAJITAS	EACH	241	6.28 23.45%	1.40 5.22%	\$0.00	21.99 36.50%	2.10	54	240	6.7	51	284	23.37 38.79%	1.80
005147 CHICKEN FRIES	8 pcs	188	12.06 57.61%	2.92 13.97%	\$0.00	12.61 26.77%	1.07	19	115	0.3	82	727	3.85 8.16%	0.13
005093 CHICKEN NUGGETS W	5 EACH	233	12.92 49.86%	2.98 11.51%	\$0.00	13.95 23.92%	1.90	21	102	0.0	40	536	14.49 24.84%	1.98
500061 CHICKEN POT PIE	CUP	344	18.73 48.99%	4.59 12.00%	\$0.00	20.44 23.77%	2.22	32	3708	2.8	52	261	22.97 26.71%	1.90
990009 CHICKEN SALAD W/AL	3/4 CUP	311	11.66 33.78%	1.66 4.80%	\$0.00	26.03 33.50%	1.89	80	141	4.4	58	242	25.40 32.69%	2.89
000380 Chicken Soft Taco	1	311	13.98 40.51%	2.94 8.53%	\$0.44	24.04 30.96%	1.88	225	982	1.6	47	969	21.84 28.12%	1.48
500068 CHICKEN STIR-FRY	3/4 CUP	199	8.63 39.04%	1.47 6.65%	\$0.00	19.29 38.78%	1.24	44	11928	29.3	46	197	11.12 22.34%	2.90
500069 CHICKEN TACO	2 EACH	264	12.21 41.64%	3.51 11.96%	\$0.00	19.09 28.92%	1.77	195	623	8.2	47	252	20.35 30.84%	2.99
500071 CHICKEN TAMALE PIE	SERVINGS	273	11.39 37.55%	4.52 14.90%	\$0.00	20.04 29.36%	2.40	196	1081	11.9	69	416	23.28 34.11%	2.40
005141 CHICKEN TERIYAKI DIP	2 each	82	3.40 37.29%	1.00 10.97%	\$0.00	9.00 43.89%	0.66	13	45	0.0	23	288	3.80 18.52%	0.44

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500073 CHICKEN TETRAZZINI	SERVINGS	313	13.11 37.70%	3.59 10.33%	\$0.00	23.52 30.06%	1.88	156	2490	3.4	56	355	24.27 31.02%	1.59
500065 CHICKEN TOMATO BA	SERVINGS	200	3.47 15.63%	1.09 4.89%	\$0.00	13.83 27.66%	2.01	51	566	8.7	27	455	28.03 56.05%	2.19
005127 CHICKEN, BEEF, & BEA	1 each	400	18.00 40.50%	5.59 12.58%	\$0.00	16.00 16.00%	4.30	67	1211	4.0	30	861	44.00 44.00%	4.00
000317 chicken/cheese enchilad	1	332	14.22 38.62%	2.89 7.85%	\$0.00	27.12 32.72%	2.39	230	845	2.0	52	726	22.06 26.62%	1.08
000284 CHICKPEA BALLS	4,1/2" BALLS	228	6.99 27.64%	1.21 4.80%	\$0.00	8.47 14.89%	1.98	47	84	4.9	0	601	33.46 58.82%	11.90
000294 CHICKPEA SALAD SAN	4 OZ	285	10.10 31.85%	1.48 4.68%	\$0.00	11.12 15.58%	2.25	88	95	3.6	5	580	37.91 53.12%	9.53
005144 CHILI & CHEESE EDIBO	1 each	269	11.70 39.12%	6.49 21.70%	\$0.00	15.53 23.08%	2.35	142	392	0.0	35	719	25.68 38.17%	4.50
000339 Chili (Lakewood)	3/4 cup	182	7.74 38.29%	2.85 14.10%	\$0.00	14.02 30.84%	3.08	42	1712	6.6	30	549	15.61 34.32%	4.30
000155 CHILI CON CARNE & B	1/2 CUP	177	8.66 44.00%	3.31 16.79%	\$0.00	15.65 35.33%	2.23	30	707	13.3	47	176	9.49 21.42%	2.37
500076 CHILI CON CARNE W/	1/2 CUP	180	8.58 42.90%	3.56 17.78%	\$0.00	15.43 34.29%	2.70	46	813	14.5	42	204	10.67 23.71%	2.50
000408 Chili recipe divided by 4	3/4 cup	193	8.95 41.70%	3.01 14.03%	\$0.00	13.58 28.13%	2.80	45	1688	4.5	30	632	15.69 32.50%	4.31
000018 chili, vegetarian, lakewoo	1/2 cup	131	0.86 5.88%	0.16 1.10%	\$0.00	6.45 19.70%	2.03	48	713	1.6	0	151	25.19 76.98%	7.00
005138 CHIX CAESAR SHAKER	1 each	533	32.77 55.37%	4.27 7.21%	\$0.00	27.11 20.36%	2.73	171	499	3.5	95	840	33.51 25.16%	1.42
500404 CONFETTI VEGGIE SP	3/4 CUP	198	9.40 42.75%	5.10 23.18%	\$0.00	9.83 19.88%	1.38	213	1250	6.6	23	536	18.85 38.10%	1.96
005082 CORN DOG	1 EACH	270	15.00 50.00%	4.00 13.33%	\$0.00	10.00 14.82%	2.70	60	*N/A*	*N/A*	50	730	22.00 32.59%	1.00
000036 Corn dog 2014	4 oz	240	8.00 30.00%	2.00 7.50%	\$0.00	*N/A* *N/A*	2.70	150	0	0.0	20	590	33.00 55.00%	5.00
500090 COUNTRY FRIED STEA	SERVINGS	216	12.51 52.12%	4.94 20.58%	\$0.00	17.39 32.21%	2.11	25	85	1.2	54	239	7.36 13.63%	0.40
000443 Creamy Chicken & Noodl	3/4 cup	388	11.20 26.02%	2.96 6.88%	\$0.00	29.58 30.53%	2.45	52	3367	3.9	70	914	43.24 44.62%	3.44
500411 CRISPY CHICKEN SAL	SERVINGS	125	2.40 17.22%	0.62 4.48%	\$0.00	18.00 57.41%	1.26	40	4514	10.6	45	100	7.16 22.85%	1.34
000342 Deli Beef Sand LHS	1	453	15.64 31.05%	6.33 12.57%	\$0.01	25.60 22.59%	208.13	1754	1212	9.5	41	2315	53.25 46.99%	3.88
000381 Deli sand line at HS	each	401	12.12 27.23%	4.19 9.41%	\$0.01	20.14 20.10%	4.18	239*	1095*	10.3*	39	1772	54.85 54.76%	5.22
000370 EGG,HARD-BOILED	1 EACH	78	5.31 61.61%	1.63 18.97%	\$0.00	6.29 32.46%	0.60	25	260	0.0	187	62	0.56 2.89%	0.00

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Lakewood School District

Food Source List

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
000412 Fiesta Burger	each	354	14.63 37.22%	5.06 12.88%	\$0.00	21.15 23.92%	4.68	78	2270	6.3	47	842	36.71 41.52%	2.90
005109 FISH NUGGETS W/ TA	5 EACH	338	21.01 55.87%	2.63 6.99%	\$0.00	15.11 17.86%	1.21	23	125	1.8	24	548	22.33 26.40%	1.19
000285 GARBANZO BEAN BUR	2 4 OZ PATTIES	229	5.55 21.84%	0.87 3.44%	\$0.00	8.93 15.60%	2.09	55	3598	6.7	0	634	36.67 64.10%	12.88
000388 Green Eggs and Ham	each	150	8.18 49.15%	2.05 12.33%	\$0.00	13.63 36.39%	1.17	8	32	0.0	48	779	3.10 8.28%	0.10
500103 GROUND BEEF & MAC	3/4 CUP	283	10.66 33.90%	4.38 13.95%	\$0.00	19.96 28.21%	3.31	40	718	13.9	51	193	26.14 36.95%	2.49
500104 GROUND BEEF AND S	2/3 CUP	282	10.53 33.62%	4.42 14.11%	\$0.00	18.55 26.31%	3.09	41	519	11.8	51	288	27.04 38.36%	1.19
500105 GROUND BEEF STROG	3/4 CUP	250	15.33 55.18%	5.73 20.62%	\$0.00	17.65 28.24%	2.19	61	33	1.6	52	645	9.63 15.41%	0.49
000340 Hamburger Gravy	4 oz	132	9.74 66.18%	3.85 26.18%	\$0.00	8.63 26.05%	1.02	14	0	0.0	27	195	2.08 6.29%	0.17
005077 HAMBURGER ON A BU	each	246	10.61 38.83%	3.60 13.18%	\$0.00	16.31 26.53%	1.78*	44*	100*	0.6*	40	459	19.77 32.16%	1.87
000291 HEARTY MACARONI DI	2 1/2 CUPS	346	8.52 22.16%	1.16 3.01%	\$0.00	13.36 15.44%	3.59	93	1501	37.4	0	1056	58.76 67.93%	11.07
500109 HONEY-LEMON CHICK	SERVINGS	124	6.26 45.43%	1.74 12.62%	\$0.00	14.93 48.15%	0.77	8	38	0.2	55	236	1.05 3.38%	0.00
000286 HOT AND SOUR SOUP	3/4 CUP	28	1.36 44.18%	0.20 6.52%	\$0.00	2.66 38.41%	0.51	55	24	8.3	0	12	1.95 28.16%	0.63
005106 HOT DOG ON A BUN	1 each	266	14.39 48.63%	4.52 15.28%	\$0.00	10.87 16.32%	2.53	124	0*	0.0*	45	797	22.92 34.42%	1.21*
000162 HOT DOG ON A BUN:tur	SERVING	251	12.23 43.83%	3.85 13.81%	\$0.00	11.75 18.72%	2.41	120	0	0.0	61	1049	22.47 35.80%	1.16
500400 KUNG FU SWEET SOU	SERVING	407	7.40 16.36%	2.31 5.10%	\$0.00	30.17 29.63%	6.33	74	14112	20.1	100	1053	55.48 54.50%	4.46
000414 Lasagna	each	292	10.40 32.10%	4.31 13.30%	\$0.00	20.43 28.01%	3.27	261	2761	13.9	33	760	28.94 39.69%	2.91
500115 LASAGNA W/ GRND PO	SERVINGS	269	8.75 29.27%	4.55 15.21%	\$0.00	19.63 29.19%	2.56	303	911	16.5	35	405	28.34 42.14%	2.29
500114 LASAGNA WITH GROU	SERVINGS	269	8.69 29.07%	4.69 15.69%	\$0.00	19.87 29.55%	2.64	304	910	16.3	34	406	28.34 42.14%	2.29
000281 LENTIL BURGERS	1 5 OZ PATTY	289	6.30 19.64%	0.93 2.90%	\$0.00	17.52 24.28%	5.04	44	22	3.5	0	11	41.76 57.86%	18.74
000288 LENTIL SOUP	1 1/2 CUPS	260	4.19 14.50%	0.58 2.02%	\$0.00	16.80 25.80%	6.37	111	5444	24.0	0	69	40.87 62.78%	19.09
500116 MACARONI AND CHEE	2/3 CUP	296	12.18 37.03%	6.83 20.75%	\$0.00	19.64 26.53%	1.02	482	684	0.4	31	896	27.44 37.08%	0.89
500129 MACARONI AND CHEE	2/3 CUP	325	13.63 37.74%	5.93 16.42%	\$0.00	17.21 21.18%	1.57	448	763	1.1	23	475	32.70 40.25%	1.49

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Lakewood School District

Food Source List

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
500408 MACARONI CARBONA	CUP	370	13.20 32.06%	4.19 10.17%	\$0.00	22.65 24.46%	2.48	302	770	9.8	24	960	39.23 42.36%	2.32
500117 MACARONI SALAD	1/2 CUP	144	3.10 19.37%	0.49 3.03%	\$0.00	3.66 10.18%	1.18	10	1330	1.0	6	262	25.03 69.52%	1.69
000263 MEAT BALLS	2 EACH	212	11.06 46.89%	4.19 17.78%	\$0.00	18.87 35.57%	2.11	38	243	5.4	73	113	8.53 16.09%	1.41
500120 MEAT BALLS	2 EACH	195	10.26 47.34%	4.22 19.46%	\$0.00	17.04 34.94%	2.23	47	155	3.1	67	122	7.90 16.20%	1.29
500121 MEAT LOAF	3/4" SLICE	195	10.29 47.49%	4.22 19.46%	\$0.00	17.04 34.96%	2.23	47	154	2.9	67	122	8.00 16.40%	1.29
000416 Meatball Sub	each	398	15.82 35.83%	4.11* 9.31%*	\$0.00	23.65 23.79%	3.49	253	899	3.3	47	734	39.90 40.15%	1.38
000394 Meatball Sub Sandwich	each	364	11.76 29.04%	3.98 9.83%	\$0.00	20.00 21.96%	3.94	203	689	8.5	47	594	43.63 47.90%	3.32
000384 Meatballs & Gravy	3/4 cup	329	17.00 46.45%	5.97 16.32%	\$0.00	34.28 41.63%	3.04	54	218	3.1	114	166	7.90 9.59%	1.29
005128 MINI CINNAMON WAFF	2 sets of 4	200	6.67 30.00%	1.67 7.50%	\$0.00	3.33 6.67%	3.60	200	1000	0.0	17	320	30.67 61.33%	0.67
500127 NACHOS WITH GROUN	SERVINGS	281	15.13 48.46%	6.10 19.54%	\$0.00	17.80 25.34%	1.67	277	410	0.4	42	590	19.28 27.44%	2.10
500409 NOT FRIED RICE	CUP	194	3.49 16.17%	0.96 4.46%	\$0.00	10.82 22.30%	2.00	30	2784	23.6	32	614	28.97 59.71%	1.67
500140 OVEN FRIED CHICKEN	SERVINGS	343	19.98 52.43%	4.65 12.21%	\$0.00	29.35 34.22%	1.76	75	201	0.4	87	104	9.66 11.27%	0.30
000023 Pasta Alfredo	3/4 cup	351	15.24 39.10%	8.59 22.03%	\$0.00	9.57 10.91%	1.46	125	0	0.0	44	467	42.19 48.11%	2.11
000066 Peanut Butter & jelly san	1each	4	0.03* 8.54%*	0.01* 1.85%*	\$0.00	0.10* 10.92%*	0.04*	3*	0*	0.0*	0*	5*	0.71* 80.68%*	0.03*
005057 PEPPERONI PIZZA	each	409	13.20 29.05%	4.50 9.90%	\$0.00	20.10 19.66%	4.00	284	618	1.1	*N/A*	922	52.50 51.34%	3.50
000351 Pepperoni Pizza	1	265	10.50 35.66%	3.50 11.88%	\$0.00	11.70 17.66%	2.10	151	352	0.7	19	853	31.21 47.11%	1.50
005121 PEPPERONI PIZZA PO	1 each	470	20.00 38.30%	7.00 13.40%	\$0.00	21.00 17.87%	4.50	200	0	0.0	30	1390	52.00 44.26%	5.00
000021 Philly Cheesesteak	3 oz	362	22.40 55.69%	8.47 21.05%	\$0.00	16.52 18.26%	91.48	78	1	6.9	60	362	19.52 21.57%	2.15
000169 PIZZA W/GROUND BEE	SERVINGS	311	11.63 33.70%	5.18 15.00%	\$0.00	19.55 25.18%	3.15	252	545	9.8	48	270	31.40 40.43%	2.20
000269 PIZZA W/PORK TOPPIN	SERVINGS	310	12.21 35.40%	5.27 15.28%	\$0.00	18.48 23.81%	2.98	259	400	4.5	44	382	31.33 40.38%	2.26
500148 PIZZA WITH CHEESE T	SERVINGS	296	8.52 25.89%	4.40 13.37%	\$0.00	21.01 28.36%	2.28	455	660	7.4	20	591	33.25 44.88%	2.00
500149 PIZZA WITH GROUND	SERVINGS	294	9.60 29.39%	4.38 13.42%	\$0.00	20.11 27.36%	2.82	287	561	9.4	32	383	30.98 42.14%	1.89

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Lakewood School District

Food Source List

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500150 PIZZA WITH GROUND	SERVINGS	292	10.16 31.33%	3.79 11.68%	\$0.00	18.77 25.72%	2.59	226	524	10.0	40	296	30.77 42.15%	1.99
000359 Pizza, Big Daddy's Chee	1 slice	490	18.00 33.06%	8.00 14.69%	\$0.00	24.00 19.59%	3.00	417	561	2.0	40	1230	56.00 45.71%	3.00
000362 Pizza, Big Daddys Hawii	1 slice	515	18.58 32.46%	8.17 14.27%	\$0.00	26.38 20.48%	3.18	420	576	3.3	49	1359	58.64 45.53%	3.18
000360 Pizza, Big Daddys Peppe	1 slice	490	19.00 34.90%	8.00 14.69%	\$0.00	19.00 15.51%	4.00	331	496	2.0	40	1380	56.00 45.71%	3.00
000363 pizza, Big Daddys Veggy	1	498	18.06 32.62%	8.02 14.48%	\$0.00	24.32 19.53%	3.10	421	732	15.9	40	1231	57.87 46.46%	3.53
005136 POLLOCK CLIPPER ON	1 each	314	12.56 35.98%	4.21 12.07%	\$0.00	15.61 19.88%	1.87	138	153	0.0	46	714	33.29 42.38%	1.18*
005089 POPCORN CHICKEN	3.6 oz (15 pcs)	290	19.00 58.97%	4.50 13.96%	\$0.00	14.00 19.31%	1.80	20	100	0.0	50	650	17.00 23.45%	2.00
005139 PORK & VEGGIE EGG	1 each	354	12.52 31.79%	4.00 10.15%	\$0.00	19.00 21.44%	2.53	63	395*	2.7*	23*	1758	41.30 46.60%	2.69
500152 PORK STIR-FRY	3/4 CUP	243	12.78 47.37%	3.15 11.68%	\$0.00	20.68 34.07%	1.47	49	11922	29.6	51	287	11.12 18.32%	2.88
000405 Potato, chili	1	344	12.33 32.26%	3.72 9.74%	\$0.00	14.97 17.40%	2.92	255	1378	42.1	14	640	44.08 51.25%	7.18
500158 QUICHE W/ SELF FOR	SERVINGS	153	6.47 38.08%	2.92 17.15%	\$0.00	12.01 31.39%	1.04	206	407	0.7	190	445	11.35 29.68%	0.30
005056 Ranch Dressing, LF, no s	1 oz	56	4.77 77.18%	0.62 10.01%	\$0.00	0.18 1.29%	0.01	6	4	0.1	0	195	2.70 19.39%	0.03
000375 Ravioli	3/4 cup	261	13.29 45.73%	2.50 8.59%	\$0.00	9.82 15.03%	2.59	99	549	0.0	9	843	25.56 39.10%	5.18
990006 RICE BOWL W/TOASTE	CUP	236	8.98 34.26%	0.74 2.83%	\$0.00	6.92 11.74%	2.26	66	1596	3.9	0	55	33.38 56.59%	3.58
000296 RICE BURGERS	1 6 OZ PATTY	240	6.08 22.85%	0.93 3.49%	\$0.00	5.79 9.66%	1.44	46	1868	1.4	0	119	40.04 66.85%	4.46
000019 Sack Lunch	each	472	9.31 17.76%	4.97 9.48%	\$0.00	25.87 21.93%	91.39	694	16394	9.8	32	762	67.98 57.62%	8.86
000024 sack lunch, chips & chee	each	517	18.52 32.23%	8.50 14.80%	\$0.00	19.52 15.10%	3.49	763	16097	3.8	41	1082	72.41 56.02%	6.68
500166 SALISBURY STEAK	SERVINGS	186	10.18 49.25%	4.22 20.41%	\$0.00	16.67 35.84%	2.00	40	47	0.5	63	156	5.95 12.79%	0.80
005129 SAUSAGE LINKS	2 each	182	12.40 61.32%	4.60 22.75%	\$0.00	15.20 33.41%	*N/A*	*N/A*	*N/A*	*N/A*	56	473	1.00 2.20%	0.00
500169 SCRAMBLED EGGS	1/4 CUP	82	5.07 55.64%	1.57 17.21%	\$0.00	7.01 34.22%	0.74	50	321	0.1	215	144	1.64 8.02%	0.00
000397 Simple Taco Salad	each	485	24.68 45.79%	9.28 17.21%	\$0.00	20.94 17.27%	4.34	125	2228*	13.9	39	943	46.21 38.11%	6.64
000010 Soft beef taco	each	360	19.93 49.78%	7.99 19.95%	\$0.00	23.36 25.93%	2.08	282	2128	1.4	52	716	21.97 24.39%	3.42

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Food Source List

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000335 Soup & Sand (Lakewood)	1 each	359	16.53 41.41%	4.45* 11.15%*	\$0.00	16.75 18.66%	2.44	129	819	1.9	56	2220	35.73 39.79%	1.70
500172 SPAGHETTI : BEEF & P	1 CUP	320	10.88 30.64%	3.99 11.22%	\$0.00	20.52 25.67%	3.70	37	639	5.9	55	309	34.23 42.82%	2.93
000173 SPAGHETTI AND MEAT	3/4 CUP	318	11.09 31.37%	4.18 11.83%	\$0.00	22.36 28.11%	3.58	54	558	15.9	58	242	31.86 40.05%	2.97
500171 SPAGHETTI AND MEAT	1 CUP	322	10.71 29.91%	4.39 12.25%	\$0.00	21.23 26.34%	3.94	42	6	5.4	126	312	34.22 42.46%	2.98
005081 SPAGHETTI W/ MEAT S	3/4 CUP	283	10.02 31.90%	3.95 12.58%	\$0.00	17.79 25.18%	2.65	152	623	11.3	43	666	29.25 41.39%	3.28
000354 Spaghetti w/meat sauce/l	3/4 cup	244	8.38 30.94%	2.18 8.04%	\$0.00	11.30 18.53%	2.38	59	1118	10.2	10	601	33.63 55.17%	6.62
500406 STAGECOACH SPAGH	2/3 CUP	186	5.04 24.39%	1.36 6.57%	\$0.00	12.79 27.52%	2.00	50	375	9.4	33	221	21.92 47.16%	1.65
000391 Straw Hat	each	341	19.74 52.05%	6.44 16.99%	\$0.00	18.23 21.36%	2.65	145	1924*	4.4	45	634	22.95 26.91%	1.79
005090 SUPER NACHOS	1 each	417	17.77 38.36%	5.71 12.32%	\$0.00	20.38 19.54%	2.50	123	654	2.6	55	1532	45.34 43.48%	3.62
000338 Sweet & Sour Chicken	1/2 cup	219	6.59 27.13%	1.81 7.44%	\$0.00	25.12 45.96%	1.44	26	152	7.4	76	240	14.00 25.62%	0.26
500213 SWEET AND SOUR PO	3/4 CUP	210	6.76 28.98%	2.14 9.16%	\$0.00	17.62 33.56%	1.10	31	2087	8.3	49	303	19.31 36.77%	0.78
500180 SWEET AND SOUR SA	2 TBSP	21	0.03 1.23%	0.01 0.41%	\$0.00	0.27 5.12%	0.16	5	52	2.3	0	83	5.18 98.63%	0.10
000364 Swiss Dip Burger	1	318	16.49 46.60%	6.80 19.21%	\$0.00	21.96 27.58%	3.42	149	144	0.0	67	481	20.41 25.64%	1.63
000305 taco bell burrito	1 each	819	30.24 33.21%	7.25 7.97%	\$0.00	28.61 13.96%	6.43	254	966	15.1	12	2184	112.10 54.72%	22.20
005055 TACO MEAT	2 oz	149	9.01 54.33%	3.51 21.16%	\$0.00	14.45 38.74%	1.46	13	194	1.0	51	268	1.79 4.79%	0.37
005028 TACO PIE	serving	265	10.37 35.22%	4.02 13.65%	\$0.00	19.06 28.78%	3.15	124	937	14.3	44	821	23.23 35.09%	2.04
500184 TACO PIE WITH BEANS	SERVINGS	264	6.48 22.11%	2.86 9.74%	\$0.00	13.68 20.73%	3.61	258	726	5.4	10	960	38.21 57.90%	4.79
500185 TACO PIE WITH SALAD	SERVINGS	308	12.99 37.97%	5.71 16.68%	\$0.00	19.91 25.86%	3.40	235	841	7.4	45	677	27.23 35.37%	2.49
000395 Taco Pizza	each	454	17.96 35.63%	4.82 9.55%	\$0.00	19.90* 17.55%*	4.24	263	2265*	4.1	39	1056	47.29 41.69%	4.83
005059 TACO SHAKER SALAD	each	441	20.35 41.56%	7.14 14.59%	\$0.00	24.60 22.33%	3.67	162	904	5.0	69	1315	39.16 35.53%	2.60
000175 TACO,BEEF	2 EACH	322	18.36 51.25%	7.77 21.68%	\$0.00	18.38 22.80%	2.20	150	589	4.2	59	265	20.70 25.68%	2.80
000005 TACO,BEEF:Soft Shell	1 EACH	401	17.24 38.64%	7.24 16.22%	\$0.00	22.04 21.96%	3.92	196	654	7.0	59	608	38.66 38.52%	2.53

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Lakewood School District

Food Source List

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
005164 TERIYAKI RICE BOWL	1 each	348	9.40 24.30%	3.66 9.45%	\$0.00	20.11 23.10%	3.70	41	25*	0.0*	42	1534	44.21 50.78%	0.81
000402 Texas Toast (homemade)	each	327	17.94 49.38%	6.72 18.49%	\$0.00	18.53 22.67%	1.74	526	888	0.0	24	698	22.42 27.42%	1.17
000282 TOFU BURGERS	6 1/30 OZ PATTY	348	13.47 34.80%	2.09 5.41%	\$0.00	22.13 25.41%	4.80	246	461	7.2	0	908	38.50 44.21%	7.13
000283 TOFU FRIED RICE	1 1/4 CUP	254	9.49 33.60%	1.37 4.85%	\$0.00	7.16 11.27%	1.25	82	90	3.8	0	192	35.98 56.65%	3.46
500196 TUNA AND NOODLES	CUP	282	5.79 18.47%	1.24 3.97%	\$0.00	23.18 32.88%	3.91	133	276	2.8	51	391	33.15 47.02%	1.48
500051 TURKEY A LA KING	3/4 CUP	198	6.99 31.76%	1.82 8.29%	\$0.00	17.10 34.55%	1.87	65	649	7.6	32	624	16.34 33.01%	2.58
500198 TURKEY AND DRESSIN	SERVINGS	271	12.62 41.91%	2.92 9.68%	\$0.00	19.78 29.20%	2.20	55	366	0.4	45	441	18.31 27.02%	0.79
000026 Turkey and Gravy, Lake	1/2 cup	119	3.83 28.88%	1.27 9.56%	\$0.00	19.82 66.45%	1.31	18	0	0.0	54	51	0.03 0.10%	0.00
005076 TURKEY HAM, SLICED	2 oz	70	3.50 45.00%	1.00 12.86%	\$0.00	9.00 51.43%	1.08	*N/A*	*N/A*	*N/A*	35	430	1.00 5.72%	0.00
000298 TURKISH BULGUR DIS	1 CUP	112	5.79 46.45%	0.96 7.69%	\$0.00	2.84 10.15%	1.73	38	1196	15.9	0	546	14.16 50.50%	3.73
500200 VEGETABLE CHILI	3/4 CUP	235	7.86 30.11%	3.95 15.13%	\$0.00	15.31 26.05%	2.37	3	1469	18.3	18	638	28.37 48.28%	6.76
500201 VEGETABLE LASAGNA	SERVINGS	238	4.85 18.32%	2.21 8.37%	\$0.00	18.24 30.65%	2.45	230	1430	23.3	9	870	31.15 52.33%	3.50
500202 VEGETABLE PIZZA	SERVINGS	265	8.16 27.71%	4.15 14.11%	\$0.00	14.25 21.51%	2.67	282	879	20.9	22	403	34.07 51.42%	2.78
500203 VEGETABLE QUESADI	SERVINGS	249	8.21 29.68%	4.22 15.26%	\$0.00	12.74 20.46%	1.98	282	435	11.9	17	459	25.77 41.39%	2.70
500220 VEGETABLE WRAPS	SERVINGS	287	10.85 34.03%	4.71 14.78%	\$0.00	13.38 18.65%	2.00	365	2331	14.7	20	696	33.78 47.08%	2.67
000289 VEGETARIAN CHILI	2 CUPS	196	7.09 32.52%	0.61 2.81%	\$0.00	7.23 14.73%	1.76	58	1301	48.0	0	802	29.59 60.30%	8.04
005162 YOGURT MEAL	1 each	332	13.10 35.47%	7.01 18.99%	\$0.00	13.68 16.47%	2.53	362	681	3.8	35	315	41.52 49.98%	1.56

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