

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
000139 15-16 SALAD MIX, No D	1 cup	12	0.11 8.13%	0.02 1.13%	\$0.00	0.53 17.05%	0.46	17	3650	5.3	0*	17	2.74 88.21%	1.18
000037 16-17 salad mix daily	1 cup	10	0.09 7.49%	0.01 1.04%	\$0.00	0.45 17.49%	0.35	14	2369	5.6	0*	13	2.29 89.06%	0.93
000115 17-18 Spinach Salad	each	546	36.41 60.01%	9.40 15.49%	\$0.00	22.65 16.59%	4.82	359	11435	39.0	386*	804	33.18 24.31%	4.31
500039 BROCCOLI SALAD	1/2 CUP	154	3.67 21.42%	0.61 3.55%	\$0.00	1.76 4.58%	0.82	29	503	30.3	7	172	31.05 80.66%	1.99
500045 CARROT-RAISIN SALA	1/4 CUP	78	1.84 21.23%	0.31 3.55%	\$0.00	0.90 4.62%	0.49	18	8299	3.2	4	117	15.92 81.55%	1.54
500066 CHICKEN SALAD	1/2 CUP	165	7.24 39.49%	1.67 9.11%	\$0.00	17.01 41.24%	0.95	17	68	1.4	58	257	7.38 17.89%	0.60
500084 CLEAR DRESSING	2 TBSP	91	7.29 72.10%	1.02 10.09%	\$0.00	0.06 0.26%	0.05	2	49	0.4	0	3	6.98 30.67%	0.00
500094 CREAMY COLE SLAW	1/4 CUP	33	1.63 44.42%	0.26 7.03%	\$0.00	0.60 7.25%	0.30	19	1005	11.1	3	77	4.52 54.76%	1.00
500095 CREAMY DIP FOR FRE	2 TBSP	52	3.41 58.98%	0.61 10.54%	\$0.00	0.70 5.38%	0.18	22	27	0.2	8	269	4.76 36.61%	0.20
500098 FRENCH DRESSING	2 TBSP	146	15.37 94.74%	2.14 13.19%	\$0.00	0.16 0.44%	0.06	2	105	2.2	0	125	2.84 7.78%	0.10
500402 GARDEN SALAD	1/2 CUP	19	0.20 9.62%	0.03 1.26%	\$0.00	1.11 23.80%	0.73	27	5795	12.6	0	19	3.74 79.96%	1.54
500108 HONEY DRESSING	2 TBSP	40	0.30 6.72%	0.16 3.59%	\$0.00	0.93 9.28%	0.09	31	40	1.1	1	25	8.93 89.29%	0.00
500110 HUMMUS	1/2 CUP	183	7.90 38.96%	1.44 7.09%	\$0.00	7.49 16.41%	1.38	38	21	7.8	0	301	22.38 49.04%	4.38
500112 ITALIAN DRESSING	2 TBSP	186	20.46 99.00%	2.85 13.79%	\$0.00	0.10 0.21%	0.08	4	10	1.8	0	327	1.47 3.16%	0.10
500128 ITALIAN DRESSING(NE	2 TBSP	62	6.56 95.21%	0.92 13.35%	\$0.00	0.08 0.51%	0.08	2	169	0.2	0	4	0.95 6.13%	0.10
000136 ITALIAN DRESSING:scr	2 TBSP	184	20.46 99.87%	2.70 13.17%	\$0.00	0.05 0.11%	0.10	4	13	1.3	0	0	0.80 1.73%	0.09
500118 MARINATED BLACK BE	1/2 CUP	157	1.64 9.39%	0.26 1.49%	\$0.00	5.06 12.90%	1.70	29	577	23.7	0	246	16.72 42.61%	3.49
500410 ORANGE CREAM DRE	2 TBSP	50	1.61 28.66%	1.00 17.83%	\$0.00	1.25 9.89%	0.06	45	65	5.0	5	19	8.29 65.78%	0.08
500142 PASTA SALAD	3/8 CUP	141	7.00 44.83%	0.98 6.27%	\$0.00	3.27 9.29%	0.98	17	1309	10.0	0	165	16.83 47.87%	2.03
500153 POTATO SALAD	2/3 CUP	102	2.90 25.58%	0.48 4.24%	\$0.00	1.45 5.68%	0.37	10	26	9.2	6	309	17.89 70.17%	1.59
000297 RAINBOW SALAD	1 CUP	194	6.84 31.68%	2.28 10.58%	\$0.00	2.55 5.26%	0.89	40	9884	7.8	0	63	34.87 71.77%	5.43
500160 RANCH DRESSING	2 TBSP	35	1.88 48.28%	0.52 13.32%	\$0.00	1.05 11.99%	0.10	35	26	0.5	5	181	3.50 39.98%	0.10

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.

Lakewood School District

Food Source List

Oct 26, 2017

Page 2

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
005037 RANCH DRESSING	2 TBSP	39	2.65 61.31%	0.65 15.10%	\$0.00	0.98 10.05%	0.06	33	26	0.4	2	181	2.77 28.47%	0.09
990013 Salad, Dressing, Ranch,	oz	56	5.13 82.33%	1.08 17.38%	\$0.02	0.51 3.61%	0.01	18	7	0.2	1	237	1.73 12.36%	0.00
990014 Salad, South West, bulk	each	420	18.98 40.67%	7.84 16.80%	\$0.43	20.28 19.31%	2.88	267	7690	12.9	51	1331	28.65 27.28%	6.16
005083 Salad, Tossed	1 CUP	29	0.27 8.40%	0.04 1.19%	\$0.00	1.28 17.44%	0.70	35	9917	6.7	0	35	6.48 88.08%	2.48
500183 TABOULEH (tah-BUHL-I	3/4 CUP	141	2.81 17.91%	0.40 2.54%	\$0.00	4.42 12.53%	1.13	22	391	13.4	0	292	26.96 76.48%	6.49
500186 TACO SALAD	SERVINGS	296	16.17 49.16%	5.78 17.57%	\$0.00	18.37 24.82%	2.48	201	672	8.4	46	590	20.11 27.17%	3.20
000140 TACO SALAD	SERVING	290	19.02 59.04%	8.17 25.35%	\$0.00	13.78 19.01%	1.66	138	466	3.2	42	171	15.68 21.63%	2.13
000352 Taco Salad Bar	1	555	28.68 46.48%	9.62 15.58%	\$0.00	19.63 14.14%	3.17	400	1528	12.9	27	659	58.68 42.26%	6.80
500190 THOUSAND ISLAND DR	2 TBSP	61	3.66 54.00%	0.59 8.68%	\$0.00	0.26 1.69%	0.19	4	87	1.2	8	271	7.02 46.03%	0.30
500191 THREE BEAN SALAD	1/4 CUP	47	2.99 57.24%	0.42 7.98%	\$0.00	0.93 7.88%	0.45	13	92	1.6	0	110	4.56 38.79%	1.00
500207 WALDORF FRUIT SALA	1/3 CUP	70	3.90 50.15%	0.42 5.40%	\$0.00	0.94 5.35%	0.29	9	109	2.1	1	32	9.08 51.88%	1.30

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.