

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>APPETIZERS</b>										
B 002 01	FRIED CHINESE EGG ROLLS	1 Egg Roll	180	10	10	50%	13	50	247	RED
B 002 03	FRIED PHILIPPINE STYLE EGG ROLLS	1 Egg Roll	133	7	8	54%	8	33	165	RED
B 004 00	SHRIMP COCKTAIL	4 Shrimp	83	10	1	11%	12	84	480	GREEN
<b>BEVERAGES</b>										
C 002 00	COFFEE NO CREAM AND SUGAR	1 Cup	5	0	0	0%	1	0	8	GREEN
C 001 00	HOT COCOA	1 Cup	107	4	0	0%	23	2	98	AMBER
C 004 00	HOT TEA NO CREAM AND SUGAR	1 Cup	0	0	0	0%	0	0	7	GREEN
C 009 00	ICED TEA UNSWEETENED	1 Cup	6	0	0	0%	1	0	14	GREEN
C 009 02	ICED TEA SWEETENED	1-1/4 Cups	175	0	0	0%	44	0	4	RED
<b>BREADS</b>										
<b>BAGELS</b>										
D 013 00	BAGEL	1 Bagel	242	8	2	7%	48	0	375	AMBER
<b>BISCUITS</b>										
D 001 00	BAKING POWDER BISCUITS	1 Biscuit	148	4	4	24%	24	0	345	RED
D 001 02	CHEESE BISCUITS	1 Biscuit	166	5	6	33%	24	5	373	RED
<b>BREADS</b>										
D 030 00	BANANA BREAD	1 Slice	258	6	12	42%	33	37	140	RED
D 014 00/D 015 00	CORN BREAD	1 Piece	212	5	8	34%	30	30	359	AMBER
D 503 00	DATE NUT BREAD	1 Slice	189	3	4	19%	38	0	189	GREEN
D 004 00	FRENCH BREAD	2 Slices	189	6	2	10%	37	0	328	AMBER
D 014 03/D 015 03	JALAPENO CORN BREAD	1 Piece	224	5	9	36%	30	33	391	AMBER
D 052 00	OATMEAL BREAD	2 Slices	211	7	4	17%	37	0	216	AMBER
D 011 00	PUMPKIN BREAD	1 Slice	272	4	12	40%	40	30	302	RED
D 005 00	RAISIN BREAD	2 Slices	201	6	2	9%	40	0	264	AMBER
D 006 00	RYE BREAD	2 Slices	187	6	2	10%	37	0	398	GREEN
D 007 02	TEXAS TOAST	2 Slices	202	5	6	27%	31	0	359	AMBER
<b>BREADS</b>										
D 007 00	TOASTED GARLIC BREAD	2 Slices	259	5	13	45%	31	0	487	RED
D 007 01	TOASTED PARMESAN BREAD	2 Slices	277	7	14	45%	31	3	561	RED
D 008 00/D 009 00	WHITE BREAD	2 Slices	181	6	2	10%	33	0	334	AMBER
D 055 00/D 056 00	WHOLE WHEAT BREAD	2 Slices	169	5	3	16%	31	0	288	GREEN
<b>BREAKFAST SQUARES</b>										
D 060 00	OATS & FRUIT BREAKFAST SQUARES	1 Each	254	6	8	28%	42	0	116	AMBER
<b>CAKES, COFFEE</b>										
D 057 00	APPLE COFFEE CAKE	1 Piece	206	4	5	22%	39	0	213	AMBER
D 012 00/D 012 01	CRUMB CAKE SNICKERDOODLE	1 Piece	303	5	12	36%	46	36	212	RED
D 037 01	QUICK APPLE COFFEE CAKE	1 Piece	210	3	6	26%	36	24	400	AMBER
D 037 03	QUICK CHERRY COFFEE CAKE	1 Piece	286	4	9	28%	47	24	437	AMBER
D 037 00	QUICK COFFEE CAKE	1 Piece	273	4	9	30%	44	24	437	AMBER
D 037 02	QUICK FRENCH COFFEE CAKE	1 Piece	339	6	12	32%	52	24	438	RED
D 037 04	QUICK ORANGE-COCONUT COFFEE CAKE	1 Piece	405	4	20	44%	53	37	519	RED
D 036 09	STREUSEL COFFEE CAKE	1 Piece	319	8	10	28%	84	65	377	RED
D 036 11	TWIST COFFEE CAKES	1 Piece	303	7	9	27%	90	36	270	RED
<b>CROUTONS</b>										
D 016 00	CROUTONS	8 Croutons	24	1	0	0%	4	0	49	GREEN
D 016 01	GARLIC CROUTONS	8 Croutons	49	1	3	55%	4	8	77	RED
D 016 02	PARMESAN CROUTONS	8 Croutons	55	1	4	65%	4	9	105	RED

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<b>DOUGHNUTS</b>										
D 019 01	BEIGNETS (NEW ORLEANS DOUGHNUTS)	2 Each	289	5	13	40%	38	13	219	RED
D 018 00/D 018 02	CAKE DOUGHNUTS	1 Doughnut	186	3	7	34%	26	24	197	RED
D 018 03	CHOCOLATE DOUGHNUTS	1 Doughnut	190	4	8	38%	27	24	198	RED
D 018 04	CINNAMON SUGAR DOUGHNUTS	1 Doughnut	195	3	7	32%	29	24	198	RED
D 019 04	CRULLERS	1 Doughnut	191	4	8	38%	26	11	170	RED
D 018 06	GLAZED COCONUT DOUGHNUTS	1 Doughnut	300	4	10	30%	49	26	222	RED
D 018 05	GLAZED NUT DOUGHNUTS	1 Doughnut	298	5	11	33%	47	26	208	RED
D 019 03	LONGJOHNS	1 Each	191	4	8	38%	26	11	170	RED
D 019 00	RAISED DOUGHNUTS	1 Doughnut	191	4	8	38%	26	11	170	RED
D 018 01	SUGAR COATED DOUGHNUTS	1 Doughnut	203	3	7	31%	31	24	197	RED
<b>DUMPLINGS</b>										
D 020 00	DUMPLINGS	2 Each	175	3	6	31%	26	1	521	AMBER
<b>FRENCH TOAST</b>										
D 022 00	FRENCH TOAST	2 Slices	206	9	6	26%	29	148	324	AMBER
<b>FRITTERS, APPLE</b>										
D 024 00	APPLE FRITTERS	2 Fritters	248	3	12	44%	34	20	273	RED
<b>HUSH PUPPIES</b>										
D 014 02/D 015 02	HUSH PUPPIES	3 Each	240	5	12	45%	28	30	359	RED
<b>MUFFINS</b>										
D 029 04	APPLE MUFFINS	1 Muffin	218	4	9	37%	31	39	168	RED
D 508 00	APPLESAUCE BLUEBERRY MUFFINS	1 Muffin	195	3	4	18%	36	0	209	GREEN
D 507 00	APPLESAUCE CINNAMON CRUMB TOP MUFFIN	1 Muffin	204	3	5	22%	38	0	217	AMBER
D 053 00	APPLESAUCE MUFFINS	1 Muffin	181	3	4	20%	33	12	213	GREEN
D 053 02	APPLESAUCE ORANGE MUFFINS	1 Muffin	191	4	4	19%	35	12	213	GREEN
D 053 01	APPLESAUCE RAISIN MUFFINS	1 Muffin	207	4	4	17%	40	12	214	AMBER
D 028 04	APRICOT BRAN MUFFINS	1 Muffin	196	4	4	18%	40	10	240	GREEN
D 028 03	BANANA BRAN MUFFINS	1 Muffin	181	3	4	20%	36	10	239	GREEN
D 029 03	BANANA MUFFINS	1 Muffin	223	4	9	36%	32	39	169	RED
D 028 02	BLUEBERRY BRAN MUFFINS	1 Muffin	174	3	4	21%	34	10	239	GREEN
D 029 01/D 031 01	BLUEBERRY MUFFINS	1 Muffin	211	4	9	38%	29	39	169	RED
D 028 00	BRAN MUFFINS	1 Muffin	173	3	4	21%	34	12	240	GREEN
D 029 05	CINNAMON CRUMB TOP MUFFINS	1 Muffin	220	4	10	41%	30	41	176	RED
D 021 01	CINNAMON RAISIN ENGLISH MUFFINS	1 Muffin	321	8	8	22%	53	20	132	AMBER
D 014 01/D 015 01	CORN MUFFINS	1 Muffin	160	4	6	34%	22	24	252	AMBER
D 509 00	CRAN-APPLE MUFFINS	1 Muffin	201	3	4	18%	38	10	209	AMBER
D 028 05	CRANBERRY BRAN MUFFINS	1 Muffin	177	3	4	20%	35	10	239	GREEN
D 029 06	CRANBERRY MUFFINS	1 Muffin	212	4	9	38%	30	39	169	RED
D 029 07	DATE MUFFINS	1 Muffin	224	4	9	36%	33	39	169	RED
D 021 00	ENGLISH MUFFINS	1 Muffin	281	8	8	26%	43	20	130	GREEN
D 029 00/D 031 00	MUFFINS	1 Muffin	205	4	9	40%	28	39	168	RED
D 029 08	NUT MUFFINS	1 Muffin	256	6	13	46%	29	39	169	RED
D 044 00	OAT BRAN RAISIN MUFFINS	1 Muffin	196	5	7	32%	29	40	189	AMBER
D 029 09	OATMEAL RAISIN MUFFINS	1 Muffin	262	6	10	34%	39	39	170	AMBER
D 054 00	PINEAPPLE CARROT MUFFINS	1 Muffin	144	4	4	25%	24	0	204	GREEN
D 502 00	PUMPKIN PATCH MUFFINS	1 Muffin	154	3	5	29%	25	0	208	GREEN
D 028 01	RAISIN BRAN MUFFINS	1 Muffin	199	4	4	18%	41	10	240	GREEN
D 029 02	RAISIN MUFFINS	1 Muffin	225	4	9	36%	33	39	169	RED

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<b>PANCAKES</b>										
D 025 02	BLUEBERRY PANCAKES	2 Cakes	265	8	7	24%	43	53	512	AMBER
D 025 03	BUCKWHEAT PANCAKES	2 Cakes	253	6	7	25%	40	12	689	GREEN
D 025 04/D 025 01	BUTTERMILK PANCAKES	2 Cakes	296	7	8	24%	48	14	827	AMBER
D 025 00	PANCAKES	2 Cakes	253	7	6	21%	41	53	512	AMBER
D 025 09	WHOLE WHEAT PANCAKES	2 Cakes	236	8	7	27%	37	53	513	GREEN
<b>ROLLS/BUNS</b>										
D 033 04	CLOVERLEAF OR TWIN ROLLS	2 Rolls	357	9	11	28%	56	5	377	RED
D 033 05	FRANKFURTER ROLLS	1 Roll	243	7	6	22%	40	1	264	AMBER
D 033 06	HAMBURGER ROLLS	1 Roll	243	7	6	22%	40	1	264	AMBER
D 032 00	HARD ROLLS	2 Rolls	259	8	3	10%	49	0	425	AMBER
<b>ROLLS/BUNS</b>										
D 026 00	HOT CROSS BUNS	1 Each	147	5	3	18%	28	0	270	AMBER
D 033 00/D 033 02/D 034 00	HOT ROLLS	2 Rolls	340	9	9	24%	56	0	358	AMBER
D 033 01/D 034 01	HOT ROLLS (BROWN AND SERVE)	2 Rolls	340	9	9	24%	56	0	358	AMBER
D 033 03	OATMEAL ROLLS	2 Rolls	298	8	9	27%	46	0	358	AMBER
D 035 00/D 035 01	ONION ROLLS	2 Rolls	312	8	5	14%	58	0	428	AMBER
D 033 07	PAN, CLUSTER, OR PULL APART ROLLS	2 Rolls	357	9	11	28%	56	0	380	RED
D 033 08	PARKER HOUSE ROLLS	2 Rolls	357	9	11	28%	56	5	377	RED
D 033 09	POPPY SEED ROLLS	2 Rolls	346	9	9	23%	56	0	359	AMBER
D 033 10	SESAME SEED ROLLS	2 Rolls	347	9	9	23%	56	0	359	AMBER
D 003 00/D 003 01	SUBMARINE ROLLS (HOAGIE, TORPEDO)	1 Roll	389	12	5	12%	73	0	423	RED
D 059 00/D 034 03	WHOLE WHEAT ROLLS	2 Rolls	261	8	4	14%	50	0	383	GREEN
<b>SWEET DOUGHS</b>										
D 036 12	BEAR CLAWS	1 Roll	308	8	7	20%	53	87	254	RED
D 036 14	BOWKNOTS, FIGURE 8's, AND S SHAPES	1 Roll	288	6	6	19%	52	29	233	RED
D 036 07	BUTTERFLY ROLLS	1 Roll	312	6	9	26%	52	36	261	RED
D 036 16	BUTTERHORNS	1 Roll	311	6	9	26%	52	34	260	RED
D 036 05	CINNAMON NUT ROLLS	1 Roll	323	7	12	33%	48	34	265	RED
D 036 06	CINNAMON RAISIN ROLLS	1 Roll	298	6	9	27%	49	34	265	RED
D 036 04	CINNAMON ROLLS	1 Roll	289	6	9	28%	47	34	265	RED
D 036 15	CINNAMON TWISTS	1 Roll	368	6	9	22%	66	36	266	RED
D 036 17	CRESCENTS	1 Roll	311	6	9	26%	52	34	260	RED
D 039 00	DANISH DIAMONDS (DANISH PASTRY DOUGH)	1 Danish	228	3	14	55%	23	5	168	RED
D 039 03	FRUIT PUFFS (FROZEN PUFF PASTRY DOUGH)	1 Danish	357	4	22	55%	37	0	153	RED
D 039 02	FRUIT TURNOVERS (FROZEN PUFF PASTRY DOUGH)	1 Danish	346	4	22	57%	33	5	155	RED
D 036 02	GLAZED ROLLS	1 Roll	244	6	8	30%	38	29	243	RED
D 027 00/D 027 01	KOLACHES (WITH PINEAPPLE FILLING)	1 Roll	246	5	8	29%	39	21	180	RED
D 036 03	PECAN ROLLS	1 Roll	302	6	13	39%	40	34	261	RED
D 036 13	SNAILS	1 Roll	321	6	9	25%	54	29	266	RED
D 036 08	SUGAR ROLLS	1 Roll	335	6	10	27%	56	36	269	RED
<b>WAFFLES</b>										
D 025 08/D 025 07	WAFFLES	1 Each	253	7	6	21%	41	53	512	AMBER

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<b><u>HOT CEREAL</u></b>										
E 003 00	BUTTERED HOMINY	1/3 Cup	86	1	4	42%	12	7	208	RED
E 003 01	FRIED HOMINY	1/3 Cup	134	1	9	60%	12	0	180	RED
E 002 00	HOMINY GRITS	2/3 Cup	84	2	1	11%	16	2	107	GREEN
E 001 02	HOT FARINA	3/4 Cup	104	3	0	0%	22	0	216	GREEN
E 001 00	HOT OATMEAL	3/4 Cup	106	5	2	17%	18	0	216	GREEN
<b><u>PASTA</u></b>										
E 004 00/E 013 00	BOILED PASTA	1 Cup	207	7	1	4%	41	0	292	AMBER
E 004 01	BUTTERED PASTA	1 Cup	239	7	5	19%	41	10	329	AMBER
E 012 00	NOODLES JEFFERSON	3/4 Cup	241	10	9	34%	29	58	509	RED
E 510 00	PASTA PROVENCAL	1 Cup	295	16	6	18%	46	31	1288	AMBER
<b><u>RICE</u></b>										
E 019 00	BROWN RICE WITH TOMATOES	3/4 Cup	167	4	1	5%	35	0	163	GREEN
E 007 02	FILIPINO RICE	3/4 Cup	250	9	10	36%	31	59	458	RED
E 020 00	GINGER RICE	3/4 Cup	183	6	2	10%	34	73	567	AMBER
E 010 01	HOPPING JOHN (BLACK-EYE PEAS WITH RICE)	2/3 Cup	177	8	3	15%	30	3	430	AMBER
E 016 00	ISLANDER'S RICE	3/4 Cup	149	5	1	6%	31	0	644	GREEN
E 005 03	LONG GRAIN AND WILD RICE	3/4 Cup	168	7	1	5%	34	0	7	GREEN
E 005 01	LYONNAISE RICE	3/4 Cup	164	3	2	11%	33	0	215	AMBER
E 017 00	MEDITERRANEAN BROWN RICE	3/4 Cup	199	4	4	18%	38	0	699	GREEN
E 011 00	MEXICAN RICE	3/4 Cup	193	3	5	23%	34	0	244	AMBER
E 021 00	NUTTY RICE AND CHEESE	1 Cup	323	22	8	22%	40	12	835	AMBER
E 008 01	ORANGE RICE	3/4 Cup	221	4	4	16%	42	4	812	AMBER
E 007 00	PORK FRIED RICE	3/4 Cup	211	8	6	26%	29	55	462	RED
E 010 00	RED BEANS WITH RICE	1 Cup	225	10	3	12%	41	3	630	AMBER
E 008 00	RICE PILAF	3/4 Cup	201	4	4	18%	37	4	927	AMBER
<b><u>RICE</u></b>										
E 005 04	RICE WITH PARMESAN CHEESE	3/4 Cup	187	5	4	19%	32	4	329	AMBER
E 007 03	SHRIMP FRIED RICE	3/4 Cup	234	12	7	27%	29	90	502	RED
E 015 00	SICILIAN BROWN RICE AND VEGETABLES	3/4 Cup	156	6	2	12%	29	4	542	GREEN
E 508 00	SOUTHWESTERN RICE	3/4 Cup	131	5	1	7%	25	2	192	AMBER
E 009 00	SPANISH RICE	3/4 Cup	153	4	2	12%	31	2	409	AMBER
E 018 00	SPICY BROWN RICE PILAF	3/4 Cup	151	4	2	12%	30	0	766	GREEN
E 014 00	SPRING GARDEN RICE	3/4 Cup	170	7	2	11%	31	5	302	GREEN
E 005 05	STEAMED BROWN RICE	3/4 Cup	168	4	2	11%	34	0	216	GREEN
E 005 00	STEAMED RICE	3/4 Cup	148	3	1	6%	32	0	214	AMBER
E 005 02	TOSSED GREEN RICE	3/4 Cup	163	3	2	11%	33	0	217	AMBER

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<b>CHEESE &amp; EGGS</b>										
<b>BREAKFAST ITEMS</b>										
F 012 00	BREAKFAST BURRITO	1 Each	302	16	14	42%	26	167	499	RED
F 012 01	BREAKFAST PITA	1 Pita	418	21	12	26%	55	167	801	GREEN
F 015 00	BREAKFAST PIZZA	1 Piece	346	24	7	18%	44	12	930	GREEN
F 015 02	ITALIAN BREAKFAST PIZZA	1 Piece	388	27	10	23%	45	24	798	GREEN
F 015 01	MEXICAN BREAKFAST PIZZA	1 Piece	364	26	6	15%	50	6	880	GREEN
F 014 00	MONTEREY EGG BAKE	6 Ounces	181	19	6	30%	14	5	473	AMBER
F 013 00	VEGGIE EGG POCKET	1 Serving	319	20	6	17%	45	5	952	GREEN
<b>EGGS</b>										
F 004 00	COOKED EGGS	2 Each	149	12	10	60%	1	425	126	AMBER, GREEN IF EGG SUBSTITUTE
F 005 00	DEVILED EGGS	2 Halves	115	6	9	70%	2	214	137	RED
F 006 00	EGG FOO YOUNG	1 Omelet	157	10	12	69%	4	134	490	RED
F 003 00	EGGS AU GRATIN (SCOTCH WOODSTOCK)	2/3 Cup	223	12	16	65%	7	243	241	RED
F 007 00	FRIED EGGS	2 Each	168	12	12	64%	1	425	126	RED
F 009 00	POACHED EGGS	2 Each	149	12	10	60%	1	425	127	AMBER, (GREEN IF EGG SUBSTITUTE)
F 010 00	SCRAMBLED EGGS	1/3 Cup	144	11	10	63%	1	392	121	AMBER, (GREEN IF EGG SUBSTITUTE)
F 010 01	SCRAMBLED EGGS AND CHEESE	1/3 Cup	217	15	16	66%	1	411	233	RED
<b>EGGS</b>										
F 010 02	SCRAMBLED EGGS AND HAM	1/3 Cup	171	14	12	63%	1	401	352	RED
<b>OMELETS</b>										
F 008 03	CHEESE OMELET	1 Omelet	198	14	15	68%	1	407	212	RED
F 008 04	GREEN PEPPER OMELET	1 Omelet	152	11	10	59%	3	392	121	AMBER
F 008 06	HAM AND CHEESE OMELET	1 Omelet	180	14	13	65%	1	404	278	RED
F 008 05	HAM OMELET	1 Omelet	166	14	11	60%	1	401	352	RED
F 008 08	MUSHROOM OMELET	1 Omelet	151	11	10	60%	3	392	258	AMBER
F 008 09	ONION OMELET	1 Omelet	150	11	10	60%	3	392	121	AMBER
F 008 00	PLAIN OMELET	1 Omelet	139	11	10	65%	1	392	121	AMBER
F 008 12	SPANISH OMELET	1 Omelet	183	12	11	54%	9	392	364	AMBER
F 008 11	TOMATO OMELET	1 Omelet	145	11	10	62%	2	392	123	AMBER
F 008 10	WESTERN OMELET	1 Omelet	170	13	11	58%	4	396	237	RED
	<b>Omelets with meat and/or cheese are red</b>									
	<b>Omelets with egg substitute and veggies are green</b>									
<b>QUICHES</b>										
F 011 01	BROCCOLI QUICHE	4-1/2 Ounces	201	12	10	45%	16	114	194	RED, (AMBER IF EGG SUBSTITUTE)
F 011 00	MUSHROOM QUICHE	4-1/2 Ounces	199	11	10	45%	16	114	267	RED, (AMBER IF EGG SUBSTITUTE)
<b>OTHER</b>										
F 001 00	BAKED MACARONI AND CHEESE	1 Cup	359	17	16	40%	37	39	721	RED
F 002 00	NACHOS	1-1/2 Ounces	403	14	27	60%	28	47	1259	RED
<b>CAKES</b>										
G 010 01	ALMOND CAKE	1 Piece	333	2	14	38%	51	1	318	RED
G 021 01	ALMOND POUND CAKE	1 Piece	201	3	14	63%	15	56	177	RED
G 001 00	ANGEL FOOD CAKE	1 Piece	93	2	0	0%	21	0	185	GREEN
G 002 00	APPLESAUCE CAKE	1 Piece	304	3	12	36%	47	34	172	RED
G 006 00/G 006 01	BANANA CAKE	1 Piece	306	3	9	26%	54	11	311	RED
G 032 01	BANANA-FILLED LAYER CAKE	1 Piece	369	4	13	32%	60	57	352	RED
G 010 02	BLACK WALNUT CAKE	1 Piece	333	2	14	38%	51	1	318	RED

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<b>CAKES - continued</b>										
G 032 02	BOSTON CREAM PIE	1 Slice	330	4	10	27%	57	48	457	RED
G 013 00	CARROT CAKE	1 Piece	308	4	11	32%	51	20	311	RED
G 026 00/G 026 01	CHEESE CAKE	1 Piece	357	6	24	61%	30	98	323	RED
G 026 02/G 026 03	CHEESE CAKE WITH FRUIT TOPPING	1 Piece	393	6	24	55%	40	98	343	RED
G 026 04	CHEESE CAKE WITH SOUR CREAM TOPPING	1 Piece	387	6	25	58%	35	103	333	RED
G 026 05	CHEESE CAKE WITH STRAWBERRY GLAZE	1 Piece	392	6	24	55%	39	98	325	RED
G 034 01	CHOCOLATE CUPCAKES	1 Cupcake	286	3	10	31%	48	7	376	AMBER
G 003 00	CHOCOLATE MACARON CAKE	1 Piece	332	4	13	35%	51	30	496	RED
G 035 00	CHOCO-LITE CAKE	1 Piece	225	5	2	8%	50	0	234	AMBER
G 032 04	COCONUT CAKE	1 Piece	305	4	14	41%	42	52	330	RED
G 032 05	COTTAGE PUDDING	1 Piece	282	4	9	29%	47	45	283	AMBER
G 012 00/G 012 01	DEVIL'S FOOD CAKE	1 Piece	329	4	14	38%	49	49	333	RED
G 032 06	DUTCH APPLE CAKE	1 Piece	321	4	10	28%	55	45	330	RED
G 011 00	EASY CHOCOLATE CAKE	1 Piece	345	3	13	34%	56	0	315	RED
G 023 00	EASY VANILLA CAKE	1 Piece	356	3	13	33%	58	0	271	RED
G 032 07	FILLED CAKE (WASHINGTON PIE)	1 Slice	308	4	8	23%	56	45	290	RED
G 008 00	FLORIDA LEMON CAKE	1 Piece	417	4	22	47%	52	53	313	RED
G 029 03/G 029 02	FRUIT COCKTAIL UPSIDE DOWN CAKE	1 Piece	322	4	14	39%	47	60	341	RED
G 012 02	GERMAN CHOCOLATE CAKE	1 Piece	335	5	16	43%	45	102	363	RED
G 017 00/G 017 01	GINGERBREAD	1 Piece	265	3	10	34%	42	24	266	AMBER
G 034 03	GINGERBREAD CUPCAKES	1 Cupcake	298	2	10	30%	50	0	318	AMBER
G 033 00	JELLY ROLL	1 Slice	240	3	2	8%	53	59	120	AMBER
G 010 03	LEMON CAKE	1 Piece	369	2	14	34%	58	13	370	RED
G 030 02	LEMON FILLED CAKE	1 Piece	361	2	11	27%	64	12	370	RED
G 021 03	LEMON POUND CAKE	1 Piece	206	3	15	66%	15	54	176	RED
G 036 00	LITE CHEESE CAKE	1 Piece	262	9	6	21%	44	4	424	AMBER
G 010 04	MAPLE NUT CAKE	1 Piece	403	4	17	38%	60	13	370	RED
G 032 03/G 010 05	MARBLE CAKE	1 Piece	321	4	13	36%	50	47	329	RED
G 010 06	ORANGE CAKE	1 Piece	333	2	14	38%	51	1	318	RED
G 020 01	PEANUT BUTTER CAKE	1 Piece	290	6	14	43%	38	11	345	RED
<b>CAKES</b>										
G 020 00	PEANUT BUTTER CRUMB CAKE	1 Piece	340	6	13	34%	52	11	340	RED
G 029 00/G 029 01	PINEAPPLE UPSIDE DOWN CAKE	1 Piece	341	4	14	37%	52	60	340	RED
G 021 00	POUND CAKE	1 Slice	284	4	14	44%	35	60	186	RED
G 030 03	RASPBERRY FILLED CAKE	1 Piece	286	3	12	38%	42	0	299	RED
G 025 00/G 025 01	SPICE CAKE	1 Piece	337	4	14	37%	50	40	320	RED
G 034 02	SPICE CAKE CUPCAKES	1 Cupcake	278	3	7	23%	52	11	311	AMBER
G 028 00	STRAWBERRY CAKE	1 Piece	209	2	5	22%	38	0	288	AMBER
G 030 04	STRAWBERRY FILLED CAKE	1 Piece	313	3	12	35%	50	0	296	RED
G 016 00/G 016 01	STRAWBERRY SHORTCAKE	1 Piece	293	4	10	31%	47	5	550	AMBER
G 034 04	VANILLA CUPCAKES	1 Cupcake	292	2	9	28%	50	0	299	AMBER
G 021 02	VELVET POUND CAKE	1 Piece	289	3	12	37%	42	26	398	RED
G 030 00/G 030 01	WHITE CAKE	1 Piece	306	3	11	32%	49	0	338	RED
G 032 00/G 010 00	YELLOW CAKE	1 Piece	323	4	12	33%	50	45	300	RED
G 034 00	YELLOW CUPCAKES	1 Cupcake	276	3	7	23%	52	11	311	AMBER

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>COOKIES</b>										
H 025 00	ABRACADABRA BARS	2 Bars	218	3	4	17%	42	0	205	AMBER
H 021 01	ALMOND COOKIES	2 Cookies	310	4	16	46%	38	52	231	RED
H 001 00/H 001 01	APPLE CAKE BROWNIES	1 Brownie	257	4	11	39%	36	24	246	RED
H 024 00	BANANA SPLIT BROWNIES	1 Brownie	250	3	4	14%	53	0	190	AMBER
H 002 00/H 002 01	BROWNIES	1 Brownie	364	6	19	47%	46	55	132	RED
H 003 00	BUTTERSCOTCH BROWNIES	1 Brownie	328	6	17	47%	39	57	287	RED
H 004 00	CHEWY NUT BARS	2 Each	225	5	12	48%	25	63	178	AMBER
H 020 02	CHOCOLATE CHIP BARS	2 Cookies	223	1	10	40%	32	0	191	RED
H 020 00/H 020 01	CHOCOLATE CHIP COOKIES	2 Cookies	266	3	15	51%	30	22	196	RED
H 010 01	CHOCOLATE COOKIES	2 Cookies	277	2	16	52%	35	0	137	RED
H 012 00/H 012 01	CHOCOLATE DROP COOKIES	2 Cookies	241	4	13	49%	30	20	158	RED
H 016 00	COCONUT CEREAL COOKIES	2 Cookies	241	3	12	45%	31	20	177	RED
H 014 00	COCONUT RAISIN DROP COOKIES	2 Cookies	192	3	9	42%	25	8	102	RED
H 004 01	CONGO BARS	2 Bars	240	4	12	45%	31	41	175	RED
H 010 00	CRISP CHOCOLATE COOKIES	2 Cookies	338	4	16	43%	47	34	167	RED
H 015 00	CRISP DROP COOKIES	2 Each	249	3	10	36%	37	6	233	RED
H 006 00	CRISP TOFFEE BARS	2 Bars	223	4	14	57%	21	26	102	RED
H 023 00	CRISPY MARSHMALLOW SQUARES	2 Bars	269	2	6	20%	52	0	364	AMBER
H 010 02	DOUBLE CHOCOLATE CHIP BARS	2 Bars	254	2	10	35%	41	2	146	RED
H 010 03	DOUBLE CHOCOLATE CHIP COOKIES	2 Each	254	2	10	35%	41	2	146	RED
H 022 00	FUDGY BROWNIES	1 Brownie	232	5	4	16%	50	0	234	AMBER
H 018 01	GINGER RAISIN BARS	1 Bar	100	1	3	27%	19	8	48	GREEN
H 019 01	GINGER MOLASSES BARS	2 Bars	231	1	10	39%	34	0	192	RED
H 019 00	GINGER MOLASSES COOKIES	2 Cookies	231	1	10	39%	34	0	192	RED
H 008 00	GINGERBREAD COOKIES	2 Cookies	222	2	9	36%	33	0	244	RED
H 017 00	HERMITS	2 Each	229	3	7	28%	39	17	50	AMBER
H 021 00	LEMON COOKIES	2 Cookies	310	4	16	46%	38	52	231	RED
H 007 01/H 009 02	OATMEAL CHOCOLATE CHIP COOKIES	2 Cookies	322	6	15	42%	42	18	177	RED
H 007 00/H 009 00	OATMEAL COOKIES	2 Cookies	296	6	12	36%	43	16	169	RED
H 007 02	OATMEAL NUT COOKIES	2 Cookies	296	7	14	43%	37	16	169	RED
H 009 01	OATMEAL RAISIN BARS	2 Bars	125	2	5	36%	22	17	34	GREEN
H 009 03	OATMEAL RAISIN COOKIES	2 Cookies	125	2	5	36%	22	17	34	GREEN
H 021 02	ORANGE COOKIES	2 Cookies	310	4	16	46%	38	52	231	RED
H 011 02	PEANUT BUTTER BARS	2 Bars	287	4	16	50%	34	0	245	RED
H 002 02	PEANUT BUTTER BROWNIES	1 Brownie	377	10	18	43%	49	55	195	RED
H 011 00/H 011 01	PEANUT BUTTER COOKIES	2 Cookies	257	5	15	53%	27	24	211	RED
H 018 00	RAISIN NUT BARS	1 Bar	275	6	12	39%	37	18	191	AMBER
H 005 00	SHORTBREAD COOKIES	2 Cookies	269	3	15	50%	31	40	151	RED
H 013 02/H 013 03	SNICKERDOODLE COOKIES	2 Cookies	246	3	8	29%	41	20	223	AMBER
H 009 04	SPICED OATMEAL NUT COOKIES	2 Cookies	172	2	10	52%	21	17	34	AMBER
H 013 00/H 013 01	SUGAR COOKIES	2 Cookies	243	3	8	30%	40	20	223	AMBER
H 021 03	VANILLA COOKIES	2 Cookies	310	4	16	46%	38	52	231	RED

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b><u>PASTRY &amp; PIES</u></b>										
<b><u>COBBLERS</u></b>										
I 010 00	APPLE COBBLER	1 Slice	433	4	21	44%	58	0	311	RED
I 010 02	BLUEBERRY COBBLER	1 Piece	438	4	21	43%	60	0	327	RED
I 010 03	CHERRY COBBLER	1 Piece	449	5	21	42%	62	0	273	RED
I 010 01	PEACH COBBLER	1 Serving	484	4	21	39%	72	0	299	RED
I 010 04	STREUSEL-TOPPED APPLE COBBLER	1 Piece	492	4	22	40%	71	25	303	RED
<b><u>PIES</u></b>										
I 026 02	AMBROSIA PIE	1 Slice	314	4	21	60%	28	23	214	RED
I 009 00/I 008 00/I 009 01	APPLE PIE	1 Slice	363	3	17	42%	51	0	256	RED
I 006 01	BANANA CREAM PIE	1 Slice	346	4	18	47%	43	46	269	RED
I 015 00	BERRY PIE	1 Slice	368	4	18	44%	48	4	260	RED
I 015 01/I 017 00/I 016 00/I 017 01	BLUEBERRY PIE	1 Slice	351	3	17	44%	48	4	262	RED
I 019 00	BUTTERSCOTCH CREAM PIE	1 Slice	301	3	13	39%	43	1	492	RED
I 027 00	CHERRY CRUMBLE PIE	1 Slice	456	4	16	32%	77	0	185	RED
I 022 00/I 021 00/I 022 01	CHERRY PIE	1 Slice	377	4	17	41%	54	0	219	RED
I 029 00	CHOCOLATE AND VANILLA CREAM PIE	1 Slice	290	4	13	40%	40	1	446	RED
I 028 00/I 028 01	CHOCOLATE CREAM PIE	1 Slice	333	5	16	43%	43	31	257	RED
I 011 00	CHOCOLATE MOUSSE PIE	1 Slice	247	4	11	40%	33	1	377	RED
I 007 02	COCONUT CREAM PIE	1 Slice	355	4	17	43%	48	1	535	RED
I 026 01	CREAMY BANANA COCONUT PIE	1 Slice	307	4	21	62%	26	23	214	RED
I 026 00	CREAMY COCONUT PIE	1 Slice	296	4	21	64%	23	23	214	RED
I 008 01/I 009 02	DUTCH APPLE PIE	1 Slice	367	3	17	42%	53	21	243	RED
I 008 02	FRENCH APPLE PIE	1 Slice	439	4	20	41%	64	7	293	RED
I 030 00	FRIED APPLE PIE	1 Pie	366	5	16	39%	52	0	340	RED
I 030 04	FRIED BLUEBERRY PIE	1 Pie	358	5	16	40%	50	0	344	RED
I 030 02	FRIED CHERRY PIE	1 Pie	375	5	16	38%	54	0	318	RED
I 030 01	FRIED LEMON PIE	1 Pie	349	5	16	41%	47	0	338	RED
I 030 03	FRIED PEACH PIE	1 Pie	395	5	16	36%	59	0	333	RED
I 500 00	KEY LIME PIE	1 Slice	337	4	10	27%	60	73	177	RED



**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>PIES - continued</b>										
I 032 00	LEMON CHIFFON PIE	1 Slice	216	3	10	42%	30	0	151	RED
I 033 00/I 033 01/I 033 02	LEMON MERINGUE PIE	1 Slice	327	3	12	33%	53	39	317	RED
I 003 00	MINCEMEAT PIE	1 Slice	330	3	17	46%	42	0	236	RED
I 023 00/I 024 01	PEACH PIE	1 Slice	374	4	17	41%	54	0	262	RED
I 031 00	PECAN PIE	1 Slice	504	6	21	38%	77	126	396	RED
I 032 01	PINEAPPLE CHIFFON PIE	1 Slice	216	3	10	42%	30	0	149	RED
I 007 03	PINEAPPLE CREAM PIE	1 Slice	310	3	13	38%	45	1	506	RED
I 014 00/I 018 00	PINEAPPLE PIE	1 Slice	334	3	17	46%	43	0	229	RED
I 013 00	PUMPKIN PIE	1 Slice	242	4	10	37%	35	46	370	RED
I 032 02	STRAWBERRY CHIFFON PIE	1 Slice	209	3	10	43%	28	0	145	RED
I 007 01	STRAWBERRY GLAZED CREAM PIE	1 Slice	335	3	13	35%	52	1	508	RED
I 012 00	SWEET POTATO PIE	1 Slice	252	4	10	36%	36	37	221	RED
I 006 00/I 007 00	VANILLA CREAM PIE	1 Slice	326	4	17	47%	38	46	268	RED
I 031 01	WALNUT PIE	1 Slice	502	6	21	38%	76	126	397	RED
<b>OTHER</b>										
I 035 00	FRUIT DUMPLINGS	1 Each	378	4	21	50%	44	0	287	RED
I 034 00	FRUIT TURNOVERS	1 Turnover	315	3	17	49%	38	0	236	RED
<b>PUDDINGS and OTHER DESSERTS</b>										
<b>CRISP</b>										
J 001 00/J 001 01	APPLE CRISP	1 Piece	244	2	8	30%	42	0	153	AMBER
J 008 04	BLUEBERRY CRISP	1 Piece	219	1	10	41%	35	8	158	AMBER
J 008 02/J 008 01	CHERRY CRISP	1 Piece	232	2	8	31%	39	0	209	AMBER
J 008 00/J 008 03	PEACH CRISP	1 Piece	203	2	8	35%	32	0	211	AMBER
<b>CRUNCH</b>										
J 010 01	APPLE CRUNCH	1 Piece	231	2	7	27%	42	6	236	AMBER
J 010 02	BLUEBERRY CRUNCH	1 Piece	235	2	7	27%	43	6	249	AMBER
J 010 03/J 010 04	CHERRY CRUNCH	1 Piece	243	2	7	26%	44	6	207	AMBER
<b>CRUNCH - continued</b>										
J 010 05/J 010 06	PEACH CRUNCH	1 Piece	269	2	7	23%	52	6	227	AMBER
J 010 00	PINEAPPLE CRUNCH	1 Piece	245	2	7	26%	45	6	213	AMBER
<b>FRUIT CUP</b>										
J 006 01	AMBROSIA FRUIT CUP	1/2 Cup	85	1	2	21%	18	0	15	GREEN
J 006 02	BANANA FRUIT CUP	1/2 Cup	82	1	0	0%	21	0	1	GREEN
J 005 00	FLUFFY FRUIT CUP	1/2 Cup	82	1	0	0%	20	0	5	GREEN
J 006 05	FRUIT COCKTAIL FRUIT CUP	1/2 Cup	58	1	0	0%	15	0	4	GREEN
J 006 00	FRUIT CUP	1/2 Cup	61	1	0	0%	16	0	3	GREEN
J 006 07	MANDARIN ORANGE AND PINEAPPLE FRUIT CUP	1/2 Cup	74	1	0	0%	19	0	4	GREEN
J 006 03	MELON FRUIT CUP	1/2 Cup	54	1	0	0%	14	0	3	GREEN
J 006 06	SPICED FRUIT CUP	1/2 Cup	58	0	0	0%	15	0	3	GREEN
J 006 04	STRAWBERRY FRUIT CUP	1/2 Cup	58	1	0	0%	14	0	3	GREEN
J 005 01	YOGURT FRUIT CUP	1/2 Cup	90	2	0	0%	21	1	16	GREEN
<b>FRUIT DESSERTS</b>										
J 003 00	BAKED APPLES	1 Serving	207	0	1	4%	51	2	34	AMBER
J 003 02	BAKED APPLES WITH RAISIN COCONUT FILLING	1 Serving	241	0	2	7%	58	2	42	AMBER
J 003 01	BAKED APPLES WITH RAISIN NUT FILLING	1 Serving	264	1	5	17%	58	2	35	AMBER
J 504 00	BAKED BANANAS	1/2 Cup	169	1	0	0%	44	0	4	GREEN
J 023 00	BAKED CINNAMON APPLE SLICES	1/2 Cup	106	0	1	8%	26	0	4	GREEN
J 009 00	STEWED PRUNES	1/2 Cup	77	1	0	0%	20	0	4	GREEN
<b>GELATIN</b>										
J 007 02	FRUIT FLAVORED GELATIN	1/2 Cup	90	2	0	0%	21	0	63	GREEN
J 007 00	FRUIT GELATIN	2/3 Cup	116	2	0	0%	28	0	65	GREEN

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>ICE CREAM DESSERTS</b>										
J 011 00	BANANA SPLIT	1 Each	359	6	15	38%	53	30	110	RED
<b>PUDDING</b>										
J 015 00	BAKED RICE PUDDING	1/2 Cup	173	4	4	21%	30	48	156	AMBER, (GREEN IF BROWN RICE)
J 014 01	BANANA CREAM PUDDING	1/2 Cup	134	2	0	0%	32	1	403	GREEN
J 016 00	BREAD PUDDING	2/3 Cup	205	5	6	26%	34	30	310	AMBER
J 500 00	BREAD PUDDING WITH HARD SAUCE	1 Piece	243	5	6	22%	43	1	206	AMBER
J 022 00	BREAKFAST BREAD PUDDING	2/3 Cup	206	7	3	13%	39	1	300	AMBER
J 014 04	BUTTERSCOTCH CREAM PUDDING	1/2 Cup	136	2	0	0%	32	1	485	GREEN
J 016 01	CHOCOLATE CHIP BREAD PUDDING	2/3 Cup	218	6	9	37%	30	32	318	AMBER
J 018 01/J 014 05	CHOCOLATE CREAM PUDDING	1/2 Cup	181	2	4	20%	36	11	180	AMBER
J 016 02	COCONUT BREAD PUDDING	2/3 Cup	208	5	8	35%	28	30	331	RED
J 014 02	COCONUT CREAM PUDDING	1/2 Cup	178	2	3	15%	36	1	525	AMBER
J 020 00	CREAMY RICE PUDDING	1/2 Cup	170	3	4	21%	30	49	254	AMBER
J 021 00	FLUFFY PINEAPPLE RICE CUP	1/2 Cup	139	2	6	39%	22	0	55	AMBER
J 014 03	PINEAPPLE CREAM PUDDING	1/2 Cup	128	2	0	0%	31	1	403	GREEN
J 013 00	TAPIOCA PUDDING	1/2 Cup	119	3	3	23%	21	36	139	GREEN
J 018 00/J 014 00	VANILLA CREAM PUDDING	1/2 Cup	154	3	5	29%	25	58	193	GREEN
<b>OTHER DESSERTS</b>										
J 017 00	CREAM PUFFS	1 Each	139	3	10	65%	10	90	121	RED
J 017 01	ECLAIRS	1 Each	139	3	10	65%	10	90	121	RED
<b>MEAT</b>										
<b>BACON</b>										
L 002 02	GRILLED OR OVEN FRIED BACON	2 Slices	88	5	8	82%	0	13	243	RED
L 002 03	GRILLED OR OVEN FRIED CANADIAN BACON	2 Slices	29	4	1	31%	0	9	245	GREEN
<b>BEEF, BRAISING STEAK</b>										
L 053 00	BEEF STROGANOFF	6 Ounces	250	31	9	32%	8	93	844	GREEN
L 012 00	COUNTRY STYLE STEAK	6-1/2 Ounces	393	39	19	44%	14	137	624	RED
L 013 01	ORIENTAL STEAK	5-1/2 Ounces	227	30	8	32%	8	86	463	GREEN
L 013 00	PEPPER STEAK	5-1/2 Ounces	225	30	8	32%	7	86	443	GREEN
<b>BEEF, BRAISING STEAK - continued</b>										
L 054 00	STEAK RANCHERO	4-1/2 Ounces	296	37	10	30%	12	108	432	GREEN
L 015 00/L 015 01	STEAK SMOTHERED WITH ONIONS	3-1/2 Ounces	329	37	16	44%	8	108	297	RED
L 016 01	SWISS STEAK WITH BROWN GRAVY	7-1/2 Ounces	329	37	16	44%	7	108	545	RED
L 016 04	SWISS STEAK WITH MUSHROOM GRAVY	7-1/2 Ounces	338	37	18	48%	6	108	451	RED
L 016 00/L 016 03	SWISS STEAK WITH TOMATO SAUCE	7-1/2 Ounces	328	37	16	44%	8	108	388	RED
<b>BEEF, CORNED</b>										
L 112 01	APPLE GLAZED CORNED BEEF	4 Ounces	467	32	33	64%	10	168	2038	RED
L 112 02/L 112 00	BAKED OR SIMMERED CORNED BEEF	4 Ounces	342	25	26	68%	1	133	1543	RED
L 110 00	CORNED BEEF HASH	3-1/2 Ounces	208	12	13	56%	11	58	730	RED
L 111 00/L 111 01	NEW ENGLAND BOILED DINNER	1 Serving	620	36	33	48%	44	168	2004	RED
<b>BEEF, DICED</b>										
L 018 00/L 018 01	BARBECUED BEEF CUBES	6-1/2 Ounces	287	23	10	31%	29	59	1231	GREEN
L 021 00/L 047 00	BEEF POT PIE WITH BISCUIT TOPPING	1 Cup	412	28	15	33%	41	66	825	AMBER
L 021 01	BEEF POT PIE WITH PIE CRUST TOPPING	1 Cup	332	26	15	41%	24	66	515	AMBER
L 022 00/L 172 00	BEEF STEW	1-1/4 Cups	286	25	11	35%	22	66	593	AMBER (L02201), RED (L17200)
L 017 00	BRAISED BEEF AND NOODLES	1-1/4 Cups	294	26	11	34%	21	81	716	GREEN
L 017 01	BRAISED BEEF CUBES	6-1/2 Ounces	223	24	10	40%	7	66	428	GREEN
L 022 02	EL RANCHO STEW	1 Cup	278	25	11	36%	20	66	396	AMBER
L 065 00	HUNGARIAN GOULASH	6-1/2 Ounces	382	30	12	28%	37	104	637	GREEN
<b>BEEF, DRIED</b>										
L 052 00	CREAMED CHIPPED BEEF	6 Ounces	169	13	7	37%	12	15	1219	RED
<b>BEEF, FAJITA STRIPS</b>										
L 053 04	BEEF STROGANOFF	6 Ounces	291	35	12	37%	8	103	871	AMBER
L 195 01	TERIYAKI BEEF STRIPS	5 Ounces	269	34	11	37%	8	96	718	AMBER
L 506 00	THAI BEEF STRIP SALAD	1-1/2 Cups	297	29	9	27%	25	74	631	GREEN
L 043 00	BEEF FAJITAS	2 Fajitas	447	26	13	26%	56	51	1037	GREEN

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>BEEF, GROUND, 90% LEAN</b>										
L 046 00	BEEF AND BEAN TOSTADAS	2 Tostadas	541	32	26	43%	46	102	859	RED
L 020 00	BEEF AND CORN PIE	1-1/2 Cups	372	33	19	46%	18	113	674	AMBER
L 027 00	BEEF BALLS STROGANOFF	3-1/2 Ounces	268	23	13	44%	13	87	668	AMBER
L 029 00	BEEF PORCUPINES	5 Ounces	290	26	14	43%	14	85	555	AMBER
L 035 03	CAJUN MEAT LOAF	6 Ounces	403	35	19	42%	23	154	989	RED
L 170 00	CHILI (WITHOUT BEANS)	1 Cup	346	34	17	44%	16	106	677	RED
L 028 00	CHILI CON CARNE	1 Cup	286	24	9	28%	30	50	912	GREEN
L 042 00	CHILI CONQUISTADOR	8-1/2 Ounces	462	29	18	35%	45	86	908	RED
L 028 02	CHILI MACARONI	1-1/4 Cups	330	22	9	25%	42	50	501	GREEN
L 074 00	CHILIES RELLENOS	1 Serving	278	7	17	55%	27	15	582	RED
L 167 00	CHUCK WAGON STEW (BEANS WITH BEEF)	1-1/4 Cups	416	28	12	26%	54	70	1138	GREEN
L 030 00	CREAMED GROUND BEEF	5-1/2 Ounces	214	21	10	42%	9	65	283	RED
L 064 00	CREOLE MACARONI	1 Cup	267	18	8	27%	32	43	869	GREEN
L 063 00	ENCHILADAS	2 Enchiladas	440	27	22	45%	34	83	690	AMBER
L 037 02	GRILLED HAMBURGER STEAK	4-1/2 Ounces	345	38	20	52%	0	133	79	RED
L 014 00	GROUND BEEF CORDON BLEU	5 Ounces	377	36	22	53%	7	111	729	RED
L 060 00	HAMBURGER PARMESAN	5 Ounces	334	28	17	46%	16	101	451	RED
L 053 02	HAMBURGER STROGANOFF	6 Ounces	330	32	18	49%	8	113	862	RED
L 062 01	HAMBURGER YAKISOBA	1 Cup	392	35	16	37%	24	106	813	GREEN
L 205 00	ITALIAN RICE AND BEEF	9 Ounces	363	30	15	37%	25	92	539	GREEN
L 025 00/L 025 03	LASAGNA	9.5 Ounces	403	33	14	31%	35	131	963	GREEN
L 035 00	MEAT LOAF	6 Ounces	343	33	18	47%	11	154	648	RED
L 036 00	MINCED BEEF	5 Ounces	249	23	11	40%	15	71	301	AMBER
L 037 00/L 037 02	SALISBURY STEAK	4.5 Ounces	327	31	16	44%	12	119	514	RED
L 039 01	SPAGHETTI WITH MEATBALLS	1 Cup	500	31	13	23%	66	87	1590	GREEN
L 038 01/L 038 03	SPAGHETTI WITH MEAT SAUCE	1 Cup	441	26	10	20%	63	57	1388	GREEN
L 024 00	STUFFED CABBAGE ROLLS	2 Rolls	325	27	13	36%	25	85	751	AMBER
L 040 00	STUFFED GREEN PEPPERS	1 Half	342	27	15	39%	24	85	960	AMBER
L 041 00	SWEDISH MEATBALLS	3-1/2 Ounces	244	23	12	44%	11	84	753	AMBER
L 034 00	TACOS	2 Tacos	443	32	26	53%	21	106	810	RED
<b>BEEF, GROUND, 90% LEAN - continued</b>										
L 057 00	TAMALE PIE	9-1/2 Ounces	385	24	16	37%	36	71	514	RED
L 057 02	TAMALE PIZZA	5 Ounces	335	22	18	48%	22	71	676	RED
L 061 00	TEXAS HASH	1 Cup	325	27	13	36%	24	85	320	RED
L 035 02	TOMATO MEAT LOAF	6 Ounces	372	34	18	44%	16	154	717	RED
<b>BEEF, LIVER</b>										
L 107 00	BRAISED LIVER WITH ONIONS	4 Ounces	268	22	13	44%	15	326	480	RED
L 108 00	BREADED LIVER	4-1/2 Ounces	337	24	18	48%	20	357	552	RED
L 108 01	BREADED LIVER WITH ONION AND MUSHROOM GRAVY	4-1/2 Ounces	414	25	23	50%	25	357	917	RED
L 107 01	GRILLED LIVER	4 Ounces	182	22	5	25%	12	326	478	RED
<b>BEEF, OVEN, ROAST</b>										
L 045 01	BEEF BROGUL	7 Ounces	347	32	16	41%	18	81	512	RED
L 055 00	BEEF CORDON BLEU	5 Ounces	369	32	22	54%	9	128	727	RED
L 193 00	CAJUN ROAST BEEF	4 Ounces	280	39	12	39%	1	112	226	AMBER
L 193 01	CAJUN ROAST TENDERLOIN OF BEEF	4 Ounces	292	34	16	49%	1	104	216	RED
L 005 00	ROAST BEEF	4 Ounces	276	39	12	39%	0	112	86	AMBER
L 045 00	STUFFED BEEF ROLLS	1 Roll	373	30	16	39%	24	76	790	RED
L 006 00	SUKIYAKI	1 Cup	219	27	8	33%	9	70	770	GREEN
L 195 00	TERIYAKI BEEF STRIPS	5 Ounces	213	26	8	34%	8	70	699	GREEN
L 062 00	YAKISOBA (BEEF AND SPAGHETTI)	1 Cup	329	30	8	22%	31	70	1002	GREEN

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>BEEF, POT ROAST</b>										
L 010 00	BEEF POT ROAST	3-1/2 Ounces	406	35	26	58%	6	114	411	RED
L 010 01	GINGER POT ROAST	3-1/2 Ounces	415	36	26	56%	8	114	475	RED
L 033 00/L 033 02	ROAST BEEF HASH	1/2 Cup	159	15	6	34%	12	39	315	AMBER
L 004 00	ROAST RIB OF BEEF	6 Ounces	743	67	50	61%	0	222	161	RED
L 066 00	SAUERBRATEN	3-1/2 Ounces	467	36	27	52%	19	114	491	RED
L 011 00	SIMMERED BEEF	4 Ounces	397	35	26	59%	4	114	416	RED
L 004 01	STEAMSHIP ROUND OF BEEF (ROUND, BONE IN)	6 Ounces	470	71	18	34%	0	216	115	RED
<b>BEEF, POT ROAST</b>										
L 010 02	YANKEE POT ROAST	3-1/2 Ounces	419	36	26	56%	9	114	479	RED
<b>BEEF, STEAK</b>										
L 007 00	GRILLED STEAK	1 Steak	433	45	27	56%	0	144	101	RED
L 008 00	TERIYAKI STEAK	1 Steak	434	48	23	48%	6	144	1551	RED
<b>FRANKFURTERS AND SAUSAGE</b>										
L 113 00	BAKED FRANKFURTERS WITH SAUERKRAUT	2 Each	312	11	27	78%	7	45	1765	RED
L 088 01	BAKED ITALIAN SAUSAGE (HOT OR SWEET)	1 Each	201	12	16	72%	1	48	573	RED
L 113 01	BAKED KNOCKWURST WITH SAUERKRAUT	1 Each	301	12	25	75%	6	53	1665	RED
L 088 03	GRILLED BRATWURST	1 Each	256	12	22	77%	2	51	474	RED
L 091 00	GRILLED OR BAKED SAUSAGE LINKS	2 Pieces	176	6	16	82%	1	38	461	RED
L 088 02	GRILLED OR SIMMERED FRANKFURTERS	2 Each	290	10	26	81%	2	45	1016	RED
L 088 00	GRILLED OR SIMMERED POLISH SAUSAGE	3 Ounces	202	9	18	80%	1	43	544	RED
L 089 00	GRILLED OR BAKED SAUSAGE PATTIES	2 Patties	197	10	17	78%	0	44	690	RED
L 208 00	PASTA WITH ITALIAN SAUSAGE, PEPPERS AND ONIONS	9 Ounces	443	24	24	49%	32	85	1341	RED
L 088 05	SIMMERED KNOCKWURST	1 Each	279	11	25	81%	2	53	916	RED
<b>HAM, CANNED OR COOKED</b>										
L 069 00/L 071 00	BAKED HAM	3 Ounces	172	22	9	47%	0	57	1446	AMBER
L 072 00/L 072 02	BAKED HAM, MACARONI, AND TOMATOES	1 Cup	258	16	11	38%	25	36	947	AMBER
L 070 00/L 070 01	BARBECUED HAM STEAK	3 Ounces	224	22	9	36%	13	57	1567	AMBER
L 067 00	GLAZED HAM LOAF	5 Ounces	297	28	16	48%	8	114	1126	RED
L 071 03	GRILLED HAM SLICE	2-1/2 Ounces	140	17	7	45%	0	45	1157	AMBER
L 069 01/L 071 01/L 071 02/L 069 00	GRILLED OR BAKED HAM STEAK	3 Ounces	174	22	9	47%	0	57	1446	AMBER
L 096 00	ROAST FRESH HAM	4 Ounces	247	31	12	44%	0	82	2082	AMBER
L 068 00	SCALLOPED HAM AND NOODLES/MACARONI	1 Cup	238	22	8	30%	18	61	1208	AMBER
L 073 00	SCALLOPED HAM AND POTATOES	1 Cup	335	23	21	56%	12	86	1363	RED
<b>LAMB</b>										
L 077 00	SAVORY ROAST LAMB	4 Ounces	333	37	19	51%	1	122	92	RED
<b>MANICOTTI/RAVIOLI</b>										
L 076 00	BEEF MANICOTTI (CANNELLONI)	2 Shells	588	27	26	40%	63	63	1037	RED
L 031 00	BEEF RAVIOLI	8 Ounces	330	15	12	33%	39	81	754	GREEN
L 076 01	CHEESE MANICOTTI	2 Shells	307	16	12	35%	34	37	1132	GREEN
L 031 01	CHEESE RAVIOLI	8 Ounces	181	7	5	25%	27	7	713	GREEN
<b>PORK CHOPS, BONELESS</b>										
L 084 00	BAKED STUFFED PORK CHOPS	3 Ounces	342	31	19	50%	10	91	209	RED
L 083 01	BARBECUED PORK CHOPS	3 Ounces	324	30	19	53%	6	81	452	RED
L 085 00	BRAISED PORK CHOPS	3 Ounces	286	29	18	57%	0	81	184	RED
L 083 00	CREOLE PORK CHOPS	3 Ounces	326	31	18	50%	9	81	282	RED
L 197 00	DIJON BAKED PORK CHOPS	3 Ounces	315	33	15	43%	11	78	422	AMBER
L 085 01	GRILLED PORK CHOPS	3 Ounces	286	29	18	57%	0	81	44	RED
L 087 00	PORK CHOPS MEXICANA	5 Ounces	319	30	19	54%	7	81	376	RED
L 084 01	PORK CHOPS WITH APPLE RINGS	3 Ounces	315	29	18	51%	7	81	45	RED
L 085 02	PORK CHOPS WITH MUSHROOM GRAVY	3 Ounces	344	30	21	55%	6	81	343	RED
L 079 00	SWEET AND SOUR PORK CHOPS	3 Ounces	355	29	18	46%	18	81	126	RED
L 194 00	TROPICAL BAKED PORK CHOPS	3 Ounces	321	31	14	39%	17	77	156	AMBER
<b>PORK, DICED</b>										
L 050 00	CHALUPA	1 Cup	380	36	14	33%	27	98	543	AMBER
L 099 00	PORK ADOBO	5 Ounces	262	28	13	45%	6	98	325	AMBER
L 080 00	PORK CHOP SUEY	1-1/4 Cups	384	32	18	42%	23	98	859	RED
L 082 00	SWEET AND SOUR PORK	1 Cup	348	29	13	34%	28	98	329	AMBER
<b>PORK, LOIN, BONELESS</b>										
L 081 02	BARBECUED PORK LOIN	4 Ounces	302	28	15	45%	14	81	627	AMBER
L 523 00	MAMBO PORK ROAST	4 Ounces	358	29	15	38%	26	81	204	AMBER

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>PORK, LOIN, BONELESS - continued</b>										
L 081 00	ROAST PORK	3-1/2 Ounces	247	27	14	51%	0	81	59	AMBER
L 081 01	ROAST PORK TENDERLOIN	4 Ounces	186	30	6	29%	0	93	65	GREEN
<b>PORK SPARERIBS</b>										
L 092 00	BARBECUED SPARERIBS	7 Ounces	594	40	41	62%	16	161	1022	RED
L 093 00	BRAISED SPARERIBS	7 Ounces	536	39	40	67%	2	161	451	RED
L 095 00	CANTONESE SPARERIBS	8 Ounces	585	41	40	62%	13	161	1529	RED
L 093 01	SPARERIBS AND SAUERKRAUT	7 Ounces	548	40	40	66%	5	161	865	RED
L 094 00	SWEET AND SOUR SPARERIBS	7 Ounces	607	39	40	59%	21	161	294	RED
<b>PORK STEAKS, BREADED</b>										
L 086 02	BREADED PORK STEAKS	6-1/2 Ounces	509	33	27	48%	31	163	401	RED
L 086 01	CREOLE PORK STEAKS	4 Ounces	409	25	22	48%	29	114	484	RED
L 086 03	PORK SCHNITZEL	4 Ounces	371	24	20	49%	23	114	281	RED
<b>MISCELLANEOUS</b>										
L 165 05	PEPPERONI PIZZA	1 Slice	248	10	11	40%	29	19	541	RED
L 165 07	PORK OR ITALIAN SAUSAGE PIZZA	1 Slice	265	11	12	41%	29	25	545	RED
L 098 00	SCRAPPLE	2 Slices	293	12	18	55%	20	60	1304	RED
L 100 00	SIMMERED PORK HOCKS	7 Ounces	461	33	35	68%	1	94	2171	RED
<b>VEAL</b>										
L 101 00	ITALIAN STYLE VEAL STEAKS	3 Ounces	190	13	12	57%	9	39	471	RED
L 104 00	JAEGERSCHNITZEL (VEAL STEAK W/MUSHROOM SAUCE)	4-1/2 Ounces	408	25	26	57%	17	99	850	RED
L 106 00	ROAST VEAL	4 Ounces	296	34	17	52%	0	140	127	RED
L 106 01	ROAST VEAL WITH HERBS	4 Ounces	296	34	17	52%	0	140	127	RED
L 105 00	VEAL CUBES PARMESAN	5-1/2 Ounces	276	29	15	49%	6	114	568	RED
L 102 00	VEAL PAPRIKA STEAK	3 Ounces	229	14	15	59%	9	47	659	RED
L 103 00	VEAL PARMESAN	6-1/2 Ounces	414	28	26	57%	17	109	736	RED
L 103 01	VEAL STEAK	6-1/2 Ounces	358	24	24	60%	10	96	383	RED
<b>FISH</b>										
<b>CLAM STRIPS</b>										
L 026 01	FRENCH FRIED BREADED CLAM STRIPS	3 Ounces	325	12	19	53%	27	13	623	RED
<b>CRAB MEAT</b>										
L 127 03	BOILED OR STEAMED CRAB LEGS, ALASKAN KING	5 Ounces	173	34	3	16%	0	94	1906	GREEN
L 141 00	CRAB CAKES	5 Ounces	404	20	14	31%	48	128	1474	AMBER
<b>FISH, BREADED</b>										
L 124 05	BAKED FISH NUGGETS	4 Ounces	262	14	14	48%	18	54	452	RED
L 124 00	BAKED FISH PORTIONS	3-1/2 Ounces	278	16	13	42%	24	114	594	RED
L 124 01	BAKED FISH PORTIONS (BATTER DIPPED)	6 Ounces	583	24	38	59%	36	221	1078	RED
L 135 01	CREOLE FISH PORTIONS	3-1/2 Ounces	360	17	18	45%	32	114	803	RED
L 124 04	FISH AND CHIPS	6 Ounces	681	27	32	42%	70	171	902	RED
L 124 06	FRENCH FRIED FISH NUGGETS	4-1/2 Ounces	302	14	19	57%	18	54	452	RED
L 124 02	FRENCH FRIED FISH PORTIONS	3-1/2 Ounces	318	16	17	48%	24	114	594	RED
L 124 03	FRENCH FRIED FISH PORTIONS (BATTER DIP)	6 Ounces	503	27	25	45%	40	191	990	RED
<b>FISH FILLETS OR STEAKS</b>										
L 119 00	BAKED FISH	4 Ounces	162	26	6	33%	0	72	364	GREEN
L 119 06	BAKED FISH AMANDINE	4 Ounces	181	26	7	35%	1	72	364	GREEN
L 504 00	BAKED FISH SCANDIA	4 Ounces	179	28	4	20%	5	79	192	GREEN
L 119 01	BAKED FISH WITH GARLIC BUTTER	4 Ounces	178	26	8	40%	0	72	246	RED
L 120 00	BAKED STUFFED FISH	4-1/2 Ounces	275	28	7	23%	22	85	380	GREEN
L 169 01	BAKED TROUT FILLETS	5 Ounces	298	32	16	48%	4	105	247	AMBER
L 119 07	CAJUN BAKED FISH	4 Ounces	163	26	6	33%	1	72	364	GREEN
L 185 00	CARIBBEAN CATFISH	4 Ounces	229	21	12	47%	9	68	183	AMBER
L 185 01	CARIBBEAN FLOUNDER	4 Ounces	192	27	5	23%	9	72	210	GREEN
L 125 00	CHIPPER FISH	4-1/2 Ounces	251	29	10	36%	10	85	406	GREEN
L 135 02	CREOLE FISH FILLETS	4-1/2 Ounces	167	27	3	16%	8	72	321	GREEN
L 122 02	DEEP FAT FRIED FISH	4 Ounces	247	27	11	40%	8	72	309	RED

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>FISH FILLETS OR STEAKS - continued</b>										
L 211 00	GRILLED FISH WITH MINT AND HONEY GLAZE	5 Ounces	137	26	2	13%	3	72	176	GREEN
L 119 04	HERBED BAKED FISH	4 Ounces	162	26	6	33%	0	72	364	GREEN
L 119 03	LEMON BAKED FISH	4 Ounces	154	26	5	29%	0	72	354	GREEN
L 119 05	MUSTARD-DILL BAKED FISH	4 Ounces	168	26	6	32%	2	72	183	GREEN
L 119 02	ONION-LEMON BAKED FISH	4 Ounces	166	26	6	33%	1	72	365	GREEN
L 123 00	OVEN FRIED FISH	4 Ounces	236	27	9	34%	9	73	373	AMBER
L 122 00	PAN FRIED FISH	4 Ounces	239	27	10	38%	8	72	309	RED
L 032 00	PARMESAN FISH	4 Ounces	212	32	8	34%	1	88	395	AMBER
L 502 00	ROLLED FISH IN RED PEPPER GLAZE	4 Ounces	200	23	10	45%	4	73	430	RED
L 140 00	SEAFOOD NEWBURG	6 Ounces	210	24	9	39%	7	128	401	RED
L 056 00	SOUTHERN FRIED CATFISH FILLETS	4 Ounces	250	21	13	47%	10	68	248	RED
L 115 00	SPICY BAKED FISH	4-1/2 Ounces	191	27	5	24%	8	72	585	GREEN
L 019 00	STUFFED FLOUNDER CREOLE	4-1/2 Ounces	305	32	6	18%	30	97	380	GREEN
L 122 01	TEMPURA FISH	4 Ounces	255	28	10	35%	11	94	382	RED
L 524 00	WHITE FISH WITH MUSHROOMS	4 Ounces	142	27	2	13%	3	72	409	GREEN
<b>LOBSTER</b>										
L 127 02	BOILED OR STEAMED LOBSTER, WHOLE	16 Ounces	224	47	2	8%	3	163	1500	GREEN
L 127 01	BOILED OR STEAMED SPINY LOBSTER TAIL	8 Ounces	174	36	1	5%	2	127	957	GREEN
<b>OYSTERS</b>										
L 126 00	FRIED OYSTERS	6 Each	407	16	13	29%	54	89	457	RED
<b>SALMON, CANNED</b>										
L 128 00	SALMON CAKES	2 Cakes	212	21	11	47%	7	78	319	AMBER
L 129 00	SALMON LOAF	4-1/2 Ounces	186	21	6	29%	9	73	176	GREEN
L 132 01	SALMON SALAD	3/4 Cup	264	20	16	55%	10	118	332	RED, AMBER WITH LOW FAT MAYO
L 130 00	SCALLOPED SALMON AND PEAS	6-1/2 Ounces	273	23	13	43%	15	55	465	RED
<b>SCALLOPS</b>										
L 168 00	BAKED SCALLOPS	4-1/2 Ounces	124	14	5	36%	6	37	257	AMBER
L 135 00	CREOLE SCALLOPS	1 Cup	166	18	3	16%	18	31	571	GREEN
L 134 00	FRIED SCALLOPS	5 Ounces	269	18	11	37%	24	51	769	RED
<b>SHRIMP</b>										
L 136 00	CREOLE SHRIMP	8 Ounces	319	21	4	11%	50	140	870	GREEN
L 137 00	FRENCH FRIED SHRIMP	4 Each	272	19	12	40%	22	179	569	RED
L 080 01	SHRIMP CHOP SUEY	1-1/4 Cups	221	19	6	24%	23	140	1640	GREEN
L 138 00	SHRIMP CURRY	3/4 Cup	191	16	9	42%	12	140	480	RED
L 097 00	SHRIMP JAMBALAYA	1-1/2 Cups	352	25	6	15%	49	100	1792	GREEN
L 139 00	SHRIMP SALAD	1/2 Cup	124	16	5	36%	3	143	408	RED, AMBER w/ LOW FAT MAYO
L 121 00	SHRIMP SCAMPI	5-1/2 Ounces	199	24	9	41%	6	210	583	RED
L 207 00	SOUTHWESTERN SHRIMP LINGUINE	10 Ounces	283	24	4	13%	36	168	656	GREEN
L 137 01	TEMPURA SHRIMP	4 Shrimp	238	18	11	42%	16	173	567	RED
<b>TUNA, CANNED</b>										
L 133 00/L 133 01	BAKED TUNA AND NOODLES	1 Cup	305	24	12	35%	25	45	606	GREEN
L 131 00	CHOPSTICK TUNA	1 Cup	387	25	21	49%	26	20	666	RED
L 116 00	MACARONI TUNA SALAD	3/4 Cup	201	14	10	45%	13	66	367	RED, AMBER W/ LOW FAT MAYO
L 202 00	ORIENTAL TUNA PATTIES	4-1/2 Ounces	225	24	5	20%	20	105	674	GREEN
L 130 00	SCALLOPED TUNA AND PEAS	6-1/2 Ounces	273	23	13	43%	15	55	465	RED
L 132 00	TUNA SALAD	3/4 Cup	240	22	12	45%	10	110	526	RED, AMBER W/ LOW FAT MAYO
L 152 01	TUNA TETRAZZINI	1 Cup	223	21	3	12%	28	20	950	GREEN
<b>POULTRY</b>										
<b>CHICKEN, 8 PIECE, WITH ON *</b>										
L 143 00	BAKED CHICKEN	2 Pieces	260	39	10	35%	0	119	394	GREEN
L 149 00	BAKED CHICKEN AND GRAVY	2 Pieces	300	40	11	33%	7	120	1025	GREEN
L 149 01	BAKED CHICKEN WITH MUSHROOM GRAVY	2 Pieces	319	42	11	31%	11	120	1264	GREEN
L 146 00	BARBECUED CHICKEN	2 Pieces	324	40	11	31%	16	120	981	GREEN

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>CHICKEN, 8 PIECE, WITHOUT SKIN - continued</b>										
L 177 00	BOMBAY CHICKEN	2 Pieces	368	39	10	24%	31	119	119	GREEN
L 078 00	CHICKEN ADOBO	2 Pieces	321	41	11	31%	14	119	1091	GREEN
L 148 00	CHICKEN CACCIATORE	2 Pieces	348	42	11	28%	21	119	764	GREEN
L 145 00	CHICKEN VEGA	2 Pieces	479	45	12	23%	45	121	1249	GREEN
L 153 00	CHINESE FIVE-SPICE CHICKEN	2 Pieces	273	40	10	33%	2	119	760	GREEN
L 154 00	CREOLE CHICKEN	2 Pieces	308	41	11	32%	11	119	420	GREEN
L 143 02	HERBED BAKED CHICKEN	2 Pieces	262	39	10	34%	1	119	395	GREEN
L 187 00	HOT AND SPICY CHICKEN	2 Pieces	430	45	11	23%	35	120	627	GREEN
L 143 01	MEXICAN BAKED CHICKEN	2 Pieces	267	39	11	37%	1	119	403	GREEN
L 156 00	OVEN BAKED CHICKEN	2 Pieces	341	41	12	32%	15	119	487	GREEN
L 157 00	PINEAPPLE CHICKEN	2 Pieces	338	40	10	27%	20	119	317	GREEN
L 158 00	SAVORY BAKED CHICKEN	2 Pieces	269	40	10	33%	2	119	658	GREEN
L 079 01	SWEET AND SOUR CHICKEN	2 Pieces	351	39	10	26%	23	119	198	GREEN
L 159 00	SZECHWAN CHICKEN	2 Pieces	311	40	10	29%	12	119	751	GREEN
L 114 00	TERIYAKI CHICKEN	2 Pieces	296	42	10	30%	6	119	1726	GREEN
<b>CHICKEN, 8 PIECE, WITH SKIN</b>										
L 183 00	BUFFALO CHICKEN	8 Ounces	421	45	23	49%	7	144	363	RED
L 155 00/L 155 02	FRIED CHICKEN	8 Ounces	496	46	27	49%	14	144	553	RED
L 155 01	SOUTHERN FRIED CHICKEN	2 Pieces	496	46	27	49%	14	144	553	RED
<b>CHICKEN, BREAST, BONELESS, SKINLESS</b>										
L 143 03	BAKED CHICKEN	5 Ounces	179	32	4	20%	0	88	286	GREEN
L 186 00	BAKED YOGURT CHICKEN	5 Ounces	257	35	5	18%	15	89	230	GREEN
L 206 00	BAYOU CHICKEN	5 Ounces	186	32	4	19%	3	88	435	GREEN
L 177 01	BOMBAY CHICKEN	5 Ounces	287	32	4	13%	31	88	81	GREEN
L 023 00	CARIBBEAN CHICKEN BREAST	5 Ounces	202	32	4	18%	7	88	212	GREEN
L 181 00	CHICKEN IN ORANGE SAUCE	5 Ounces	209	33	4	17%	8	88	264	GREEN
L 051 01	CHICKEN PARMESAN	5 Ounces	261	38	8	28%	7	100	319	GREEN
L 190 00	CRANBERRY GLAZED CHICKEN	5 Ounces	254	32	4	14%	21	88	88	GREEN
<b>CHICKEN, BREAST, BONELESS, SKINLESS - continued</b>										
L 143 05	HERBED BAKED CHICKEN	5 Ounces	176	32	4	20%	0	88	286	GREEN
L 179 00	HONEY GINGER CHICKEN	5 Ounces	217	33	4	17%	11	88	481	GREEN
L 192 00	HONEY LEMON CHICKEN BREAST	5 Ounces	219	32	4	16%	13	88	88	GREEN
L 503 00	JAMAICAN RUM CHICKEN	5 Ounces	212	33	4	17%	9	88	344	GREEN
L 143 04	MEXICAN BAKED CHICKEN	5 Ounces	180	32	4	20%	1	88	293	GREEN
L 210 00	SANTE FE GLAZED CHICKEN	5 Ounces	262	33	5	17%	21	88	288	GREEN
L 159 01	SZECHWAN CHICKEN	5 Ounces	226	33	4	16%	12	88	712	GREEN
<b>CHICKEN, COOKED/DICED</b>										
L 144 01	BAKED CHICKEN AND NOODLES	1 Cup	250	21	9	32%	20	62	1401	GREEN
L 048 00/L 048 01	BAKED CHICKEN AND RICE	1 Cup	341	28	9	24%	34	79	1282	GREEN
L 147 00/L 147 01	CHICKEN A LA KING	1 Cup	246	27	7	26%	17	74	1235	GREEN
L 148 01	CHICKEN CACCIATORE	1-1/4 Cups	245	27	7	26%	21	73	721	GREEN
L 160 00/L 160 01	CHICKEN CHOW MEIN	1 Cup	230	28	7	27%	14	73	1762	GREEN
L 003 01	CHICKEN ENCHILADAS	2 Enchiladas	533	44	17	29%	48	105	1769	AMBER
L 150 01	CHICKEN POT PIE	1 Cup	314	23	8	23%	37	46	1099	GREEN
L 116 02/L 116 01	CHICKEN ROTINI SALAD	3/4 Cup	268	19	14	47%	16	102	403	RED, AMBER W/LOW FAT SALAD DRG
L 151 00/L 151 01	CHICKEN SALAD	3/4 Cup	229	24	12	47%	4	77	371	RED, AMBER W/LOW FAT SALAD DRG
L 152 02/L 152 00	CHICKEN TETRAZZINI	1 Cup	270	23	6	20%	28	52	1028	GREEN
L 154 01	CREOLE CHICKEN	1-1/4 Cups	204	26	6	26%	11	73	375	GREEN
L 079 02	SWEET AND SOUR CHICKEN	8 Ounces	420	25	6	13%	68	73	398	GREEN
L 178 00/L 178 01	TROPICAL CHICKEN SALAD	1 Cup	419	26	25	54%	24	82	254	RED
<b>CHICKEN, FAJITA STRIPS</b>										
L 191 00	CHICKEN & ITALIAN VEGETABLE PASTA	1-1/4 Cups	329	24	5	14%	48	41	665	GREEN
L 043 01	CHICKEN FAJITAS	2 Fajitas	449	32	10	20%	56	65	985	GREEN
L 182 00	FIESTA CHICKEN	6 Ounces	150	18	2	12%	14	44	488	GREEN
<b>CHICKEN, FILLETS/NUGGETS, BREADED</b>										
L 051 00	CHICKEN PARMESAN	7 Ounces	559	29	38	61%	25	77	1224	RED

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>CHICKEN, FILLETS/NUGGETS, BREADED - continued</b>										
L 109 05	FRIED CHICKEN FILLET NUGGETS	10 Each	521	24	39	67%	20	57	1020	RED
L 109 00	OVEN FRIED CHICKEN FILLETS	2 Fillets	551	28	39	64%	21	73	1165	RED
L 109 01	FRIED CHICKEN FILLETS	2 Fillets	611	28	46	68%	21	73	1165	RED
L 109 04	OVEN FRIED CHICKEN NUGGETS	10 Each	481	24	34	64%	20	57	1020	RED
<b>CHICKEN, THIGHS</b>										
L 158 01	SAVORY BAKED CHICKEN	4 Ounces	310	38	16	46%	2	135	667	AMBER
L 114 01	TERIYAKI CHICKEN	4 Ounces	308	38	16	47%	1	135	487	AMBER
<b>DUCK</b>										
L 164 01	HAWAIIAN BAKED DUCK	7 Ounces	677	37	55	73%	5	164	116	RED
L 164 03	HONEY GLAZED DUCK	7 Ounces	701	37	55	71%	11	164	370	RED
L 164 00	ROAST DUCK	7 Ounces	657	37	55	75%	0	164	115	RED
L 164 02	ROAST DUCK WITH APPLE JELLY GLAZE	7 Ounces	690	37	56	73%	8	165	145	RED
<b>ROCK CORNISH HEN</b>										
L 142 02	HERBED CORNISH HENS	6 Ounces	295	25	20	61%	1	147	369	RED
L 142 00	HONEY GLAZED ROCK CORNISH HENS	6 Ounces	342	25	21	55%	12	147	92	RED
L 142 01	ROCK CORNISH HENS WITH SYRUP GLAZE	6 Ounces	348	25	21	54%	14	147	108	RED
<b>TURKEY BACON/SAUSAGE</b>										
L 515 00	OVEN FRIED TURKEY BACON	2 Slices	57	4	4	63%	0	21	308	AMBER
L 180 00	TURKEY SAUSAGE PATTIES, BAKED OR GRILLED	2 Ounces	106	13	5	42%	3	42	244	AMBER
L 200 00	TURKEY SAUSAGE LINKS, BAKED OR GRILLED	2 Ounces	82	9	4	44%	0	30	176	AMBER
<b>TURKEY, BONELESS</b>										
L 144 00	BAKED TURKEY AND NOODLES	1 Cup	277	23	10	32%	22	74	985	GREEN
L 198 00	GREEK LEMON TURKEY PASTA	1-1/3 Cups	354	23	7	18%	50	40	1585	GREEN
L 162 00	ROAST TURKEY	3-1/2 Ounces	257	31	12	42%	4	95	1010	GREEN
L 162 01	ROAST TURKEY WITH BARBECUE SAUCE	3-1/2 Ounces	309	32	13	38%	13	95	1581	GREEN
L 500 00	RUSSIAN TURKEY STEW	1 Cup	327	24	8	22%	39	79	711	GREEN
L 147 02	TURKEY A LA KING	1 Cup	212	18	7	30%	18	46	1639	GREEN
L 044 00	TURKEY CURRY	7 Ounces	245	15	10	37%	27	39	840	AMBER
L 049 00	TURKEY CUTLET	4-1/2 Ounces	319	30	12	34%	21	81	987	AMBER, RED IF FRIED
L 043 02	TURKEY FAJITAS	2 Fajitas	491	30	15	27%	59	65	1620	GREEN
L 188 00	TURKEY FINGERS	3-1/2 Ounces	253	24	9	32%	18	65	692	AMBER, RED IF FRIED
L 163 00	TURKEY NUGGETS	3-1/2 Ounces	298	25	11	33%	23	65	1631	AMBER, RED IF FRIED
L 204 00	TURKEY PEACH PASTA SALAD	1-1/2 Cups	312	22	7	20%	41	51	749	GREEN
L 150 00	TURKEY POT PIE	1 Cup	368	28	10	24%	40	65	964	GREEN
L 151 02	TURKEY SALAD	3/4 Cup	193	15	12	56%	6	49	770	RED, AMBER W/LOW FAT SALAD DRG
<b>TURKEY, GROUND</b>										
L 028 03	CHILI CON CARNE	1 Cup	255	22	6	21%	30	45	972	GREEN
L 042 01	CHILI CONQUISTADOR	8-1/2 Ounces	390	25	13	30%	45	68	949	AMBER
L 028 04	CHILI MACARONI	1-1/4 Cups	300	21	6	18%	42	45	533	GREEN
L 030 01	CREAMED GROUND TURKEY	5-1/2 Ounces	160	18	6	34%	10	52	455	AMBER
L 064 01	CREOLE MACARONI	1 Cup	242	16	6	22%	32	38	646	GREEN
L 063 02	ENCHILADAS	2 Enchiladas	329	23	18	49%	22	70	692	AMBER
L 184 00	GRILLED OR BAKED TURKEY PATTIES	4-1/2 Ounces	204	23	9	40%	9	72	313	GREEN
L 053 03	GROUND TURKEY STROGANOFF	6 Ounces	244	27	11	41%	8	91	913	GREEN
L 025 01	LASAGNA	9-1/2 Ounces	396	33	12	27%	40	126	1077	GREEN
L 038 00	SPAGHETTI WITH MEAT SAUCE	1 Cup	405	25	7	16%	63	51	1422	GREEN
L 039 00	SPAGHETTI WITH MEATBALLS	1 Serving	443	28	8	16%	66	72	1630	GREEN
L 024 02	STUFFED CABBAGE ROLLS	2 Rolls	258	23	8	28%	26	68	681	GREEN
L 040 02	STUFFED GREEN PEPPERS	1 Half	269	23	10	33%	24	68	1000	GREEN
L 041 01	SWEDISH MEATBALLS	3-1/2 Ounces	186	19	7	34%	11	70	917	GREEN
L 034 01	TACOS	2 Tacos	377	28	21	50%	21	90	847	RED
L 201 00	TAMALE PIE	9-1/2 Ounces	305	21	9	27%	36	48	856	GREEN
L 061 01	TEXAS HASH	1 Cup	255	23	8	28%	24	68	362	GREEN
L 020 01	TURKEY AND CORN PIE	1-1/2 Cups	284	28	12	38%	18	92	731	AMBER



**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>TURKEY, GROUND - continued</b>										
L 027 01	TURKEY BALLS STROGANOFF	3-1/2 Ounces	208	20	8	35%	13	72	733	GREEN
L 035 01	TURKEY LOAF	6 Ounces	253	28	11	39%	11	132	699	GREEN
L 029 01	TURKEY PORCUPINES	5 Ounces	218	21	8	33%	14	68	596	GREEN
L 062 02	TURKEY YAKISOBA	1 Cup	315	31	10	29%	24	90	871	GREEN
<b>TURKEY, READY TO COOK</b>										
L 161 00	ROAST TURKEY	4 Ounces	172	27	7	37%	0	69	901	GREEN
<b>SALADS</b>										
<b>CABBAGE</b>										
M 001 01	CABBAGE, APPLE, AND CELERY SALAD	1/2 Cup	73	1	5	62%	8	3	77	RED, AMBER W/LOW FAT SALAD DRG
M 001 02	CABBAGE, APPLE, AND RAISIN SALAD	1/2 Cup	105	1	5	43%	17	3	66	RED, AMBER W/LOW FAT SALAD DRG
<b>CARROTS</b>										
M 005 01	CARROT AND PINEAPPLE SALAD	1/2 Cup	96	1	6	56%	11	4	204	RED, AMBER W/LOW FAT SALAD DRG
M 005 00	CARROT SALAD	1/2 Cup	109	1	6	50%	15	4	214	RED, AMBER W/LOW FAT SALAD DRG
M 005 02	CARROT, CELERY, AND APPLE SALAD	1/2 Cup	95	1	6	57%	11	4	210	RED, AMBER W/LOW FAT SALAD DRG
M 015 00	CARROT, CUCUMBER AND ONION SALAD	1/2 Cup	30	0	0	0%	8	0	118	GREEN
M 020 00	MARINATED CARROTS	1/2 Cup	135	1	5	33%	24	0	109	AMBER
<b>COLE SLAW</b>										
M 009 02	CABBAGE AND CARROT SLAW WITH CREAMY DRESSING	1/2 Cup	78	1	5	58%	9	3	190	RED, AMBER W/LOW FAT SALAD DRG
M 008 00	COLE SLAW	1/2 Cup	115	1	9	70%	9	6	258	RED, AMBER W/LOW FAT SALAD DRG
M 009 00	COLE SLAW WITH CREAMY DRESSING	1/2 Cup	75	1	5	60%	8	3	188	RED, AMBER W/LOW FAT SALAD DRG
M 009 01	COLE SLAW WITH VINEGAR DRESSING	1/2 Cup	47	1	0	0%	12	0	127	GREEN
M 027 00	GERMAN COLE SLAW	1/2 Cup	60	1	4	60%	5	0	153	RED, AMBER W/LOW FAT SALAD DRG
M 008 01	MEXICAN COLE SLAW	1/2 Cup	121	1	9	67%	10	6	268	RED, AMBER W/LOW FAT SALAD DRG
M 009 03	PINEAPPLE COLE SLAW	1/2 Cup	87	1	5	52%	12	3	184	RED, AMBER W/LOW FAT SALAD DRG
M 009 04	PINEAPPLE MARSHMALLOW COLE SLAW	2/3 Cup	106	1	5	42%	16	3	186	RED, AMBER W/ LOW FAT SALAD DRG
M 009 05	VEGETABLE SLAW WITH CREAMY DRESSING	1/2 Cup	79	1	5	57%	9	3	189	RED, AMBER W/ LOWFAT SALAD DRG
<b>COTTAGE CHEESE</b>										
M 013 01	COTTAGE CHEESE AND APRICOT SALAD	1/4 Cup	91	8	3	30%	10	8	232	AMBER, GREEN W/LOWFAT COTT CHZ
M 013 00	COTTAGE CHEESE AND PEACH SALAD	1/4 Cup	102	8	3	26%	12	8	233	AMBER, GREEN W/LOWFAT COTT CHZ
M 013 02	COTTAGE CHEESE AND PEAR SALAD	1/4 Cup	107	8	3	25%	14	8	233	AMBER, GREEN W/LOWFAT COTT CHZ
M 013 03	COTTAGE CHEESE AND PINEAPPLE SALAD	1/4 Cup	98	8	3	28%	12	8	230	AMBER, GREEN W/LOWFAT COTT CHZ
M 014 00	COTTAGE CHEESE AND TOMATO SALAD	1/4 Cup	74	8	3	36%	5	8	234	AMBER, GREEN W/LOWFAT COTT CHZ
M 012 00	COTTAGE CHEESE SALAD	1/4 Cup	62	7	3	44%	2	8	229	RED, AMBER W/LOWFAT COTTAGE CHZ
<b>FRUIT</b>										
M 001 00	APPLE, CELERY, AND PINEAPPLE SALAD	1/2 Cup	86	0	5	52%	12	3	68	RED, AMBER W/ LOW FAT SALAD DRG
M 050 01	APPLE, CELERY, AND RAISIN SALAD	1/2 Cup	115	1	6	47%	17	4	87	RED, AMBER W/ LOW FAT SALAD DRG
M 032 00	FRUIT MEDLEY SALAD	1/2 Cup	101	1	4	36%	16	0	23	RED, AMBER W/ LOW FAT SALAD DRG
M 017 00	FRUIT SALAD	1/2 Cup	79	1	0	0%	19	1	10	GREEN
M 073 00	KIWI FRUIT SALAD	1/2 Cup	106	2	1	8%	25	1	22	GREEN
M 035 00	MIXED FRUIT SALAD	1/2 Cup	79	1	0	0%	20	0	3	GREEN
M 050 00	WALDORF SALAD	1/2 Cup	119	1	9	68%	10	4	83	RED, AMBER W/ LOW FAT SALAD DRG

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>JELLIED</b>										
M 025 05	JELLIED BANANA SALAD	5 Ounces	93	2	0	0%	22	0	44	GREEN
M 023 00	JELLIED CRANBERRY AND ORANGE SALAD	4 Ounces	106	2	0	0%	26	0	50	GREEN
M 024 00	JELLIED CRANBERRY AND PINEAPPLE SALAD	5-1/2 Ounces	149	2	2	12%	33	0	54	GREEN
M 026 00	JELLIED FRUIT COCKTAIL SALAD	4-1/2 Ounces	125	3	3	22%	23	0	48	GREEN
M 025 00	JELLIED FRUIT SALAD	5 Ounces	105	2	0	0%	26	0	47	GREEN
M 036 01	JELLIED GOLDEN GLOW SALAD	3-1/2 Ounces	92	2	0	0%	22	0	52	GREEN
M 025 01	JELLIED ORANGE SALAD	5 Ounces	107	2	0	0%	26	0	43	GREEN
M 025 02	JELLIED PEAR SALAD	5 Ounces	93	2	0	0%	23	0	46	GREEN
M 036 00	PERFECTION SALAD	3 Ounces	72	2	0	0%	17	0	56	GREEN
M 025 03	JELLIED PINEAPPLE, PEAR, AND BANANA SALAD	5 Ounces	120	2	0	0%	30	0	47	GREEN
M 036 02	JELLIED SPRING SALAD	3 Ounces	70	2	0	0%	16	0	47	GREEN
M 025 04	JELLIED STRAWBERRY SALAD	4-1/2 Ounces	90	2	0	0%	22	0	44	GREEN
<b>LETTUCE</b>										
M 019 00	GARDEN VEGETABLE SALAD	3/4 Cup	12	1	0	0%	3	0	18	GREEN
M 033 00	LETTUCE AND TOMATO SALAD	3-1/2 Ounces	24	1	0	0%	5	0	11	GREEN
M 033 01	LETTUCE WEDGE SALAD	2 Ounces	11	1	0	0%	2	0	6	GREEN
M 044 00	SPRING SALAD	3/4 Cup	16	1	0	0%	4	0	7	GREEN
M 046 01	TOSSED GARDEN SALAD	1 Cup	17	1	0	0%	4	0	16	GREEN
<b>PASTA</b>										
M 029 00	ITALIAN STYLE PASTA SALAD	1/2 Cup	157	6	8	46%	15	13	380	RED, AMBER W/ LOW FAT SALAD DRG
M 034 00	MACARONI SALAD	1/2 Cup	141	3	6	38%	20	26	217	RED, AMBER W/ LOW FAT SALAD DRG
M 038 00	PASTA SALAD	1/2 Cup	172	5	10	52%	17	3	300	RED, AMBER W/ LOW FAT SALAD DRG
M 071 00	SALSA PASTA SALAD	1/2 Cup	98	4	1	9%	19	0	221	GREEN
M 070 00	ZESTY ROTINI SALAD	1/2 Cup	106	4	2	17%	18	1	382	GREEN
<b>POTATO</b>										
M 040 01	DEVEILED POTATO SALAD	2/3 Cup	234	4	15	58%	22	48	650	RED, AMBER W/LOW FAT SALAD DRG
M 042 00/M 043 01/M 043 00	HOT POTATO SALAD	2/3 Cup	168	3	6	32%	26	7	355	RED, AMBER W/LOW FAT SALAD DRG
M 062 00	MEXICAN POTATO SALAD	3/4 Cup	162	3	8	44%	20	0	115	RED, AMBER W/LOW FAT SALAD DRG
M 040 00/M 041 00	POTATO SALAD	2/3 Cup	196	2	13	60%	19	45	571	RED, AMBER W/ LOW FAT SALAD DRG
M 040 02	POTATO SALAD WITH VINEGAR DRESSING	2/3 Cup	130	2	0	0%	31	0	455	GREEN

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<b>SPINACH</b>										
M 002 01	SPINACH AND APPLE SALAD, WITHOUT DRESSING	1-1/3 Cups	60	2	0	0%	15	0	30	GREEN
M 002 02	SPINACH AND MUSHROOM SALAD, WITHOUT DRESSING	1-3/4 Cups	18	2	0	0%	3	0	30	GREEN
M 002 00	SPINACH SALAD, WITHOUT DRESSING	1 Cup	49	4	3	55%	3	32	99	RED
<b>TOMATO</b>										
M 053 01	COUNTRY STYLE TOMATO SALAD	1/2 Cup	53	1	2	34%	8	0	119	AMBER
M 053 00	GERMAN STYLE TOMATO SALAD	1/3 Cup	68	1	5	66%	5	5	171	RED, AMBER W/ LOW FAT SALAD DRG
<b>VEGETABLE</b>										
M 504 00	BROCCOLI SALAD	1/2 Cup	266	4	15	51%	33	6	129	RED, AMBER W/ LOW FAT SALAD DRG
M 004 00	FRJOLE SALAD	3/4 Cup	63	2	2	29%	12	0	247	GREEN
M 031 00	KIDNEY BEAN SALAD	1/2 Cup	152	5	8	47%	16	47	404	RED, AMBER W/ LOW FAT SALAD DRG
M 074 00	MARINATED BLACK BEAN SALAD	3/4 Cup	179	10	1	5%	36	0	149	GREEN
M 037 00	PICKLED BEET AND ONION SALAD	1/2 Cup	71	1	0	0%	18	0	417	GREEN
M 045 01	PICKLED GREEN BEAN SALAD	1/3 Cup	113	1	7	56%	14	0	435	RED
M 045 00	THREE BEAN SALAD	1/3 Cup	120	2	7	53%	15	0	366	RED
<b>OTHER</b>										
M 007 00	CHEF'S SALAD	1 Cup	102	9	5	44%	5	71	228	RED
M 007 01	CHEF'S SALAD (ENTREE)	1-1/2 Cups	193	16	11	51%	8	92	363	RED
M 030 00	COBB SALAD	1 Cup	213	9	17	72%	8	57	351	RED
M 072 00	CONFETTI RICE SALAD	1/2 Cup	97	2	2	19%	18	2	250	GREEN
M 072 01	CREAMY CUCUMBER RICE SALAD	1/2 Cup	105	3	2	17%	18	3	260	GREEN
M 052 00	GUACAMOLE	2 Tablespoons	67	1	6	81%	3	2	101	RED
M 028 00	TACO SALAD	1-1/2 Cups	307	18	14	41%	29	41	908	RED
<b>SALAD DRESSINGS &amp; RELISHES</b>										
<b>SALAD DRESSING</b>										
M 068 01	BLUE CHEESE AND SOUR CREAM DRESSING	1 Tablespoon	54	1	4	67%	2	9	146	RED, AMBER FOR LOWFAT DRESSING
M 059 00	BLUE CHEESE DRESSING	1 Tablespoon	19	1	1	47%	1	3	47	RED, AMBER FOR LOWFAT DRESSING
M 065 00	CREAMY HORSERADISH DRESSING	1 Tablespoon	59	0	5	76%	4	3	103	RED, AMBER FOR LOWFAT DRESSING
M 064 00	CREAMY ITALIAN DRESSING	1 Tablespoon	69	0	7	91%	2	5	82	RED, AMBER FOR LOWFAT DRESSING
M 058 00	FRENCH DRESSING	1 Tablespoon	41	0	4	88%	2	0	113	RED, AMBER FOR LOWFAT DRESSING
M 060 00	GARLIC FRENCH DRESSING	1 Tablespoon	40	0	4	90%	2	0	53	RED, AMBER FOR LOWFAT DRESSING
M 010 00	HONEY MUSTARD DRESSING	1 Tablespoon	27	0	0	0%	7	0	36	GREEN
M 021 01	LOW CALORIE BASIL DRESSING	2 Tablespoons	20	0	0	0%	6	0	117	GREEN
M 058 01	LOW CALORIE FRENCH DRESSING	2 Tablespoons	14	0	0	0%	3	0	490	GREEN
M 021 00	LOW CALORIE TANGY TARRAGON DRESSING	2 Tablespoons	20	0	0	0%	6	0	117	GREEN
M 016 00	LOW CALORIE THOUSAND ISLAND DRESSING	2 Tablespoons	29	2	1	31%	4	2	242	AMBER
<b>SALAD DRESSING</b>										
M 066 00	LOW CALORIE TOMATO DRESSING	2 Tablespoons	26	1	0	0%	6	0	196	GREEN
M 011 00	LOW CALORIE YOGURT DRESSING	2 Tablespoons	25	2	0	0%	4	2	93	GREEN
M 056 00	QUICK FRUIT DRESSING	1 Tablespoon	16	1	0	0%	3	1	8	GREEN
M 003 00	RED WINE VINAIGRETTE DRESSING	1 Tablespoon	50	0	5	90%	1	0	0	RED, AMBER FOR LOWFAT DRESSING
M 067 00	RUSSIAN DRESSING	1 Tablespoon	72	0	7	88%	3	5	106	RED, AMBER FOR LOWFAT DRESSING
M 068 00	SOUR CREAM DRESSING	1 Tablespoon	39	0	3	69%	2	6	89	RED, AMBER FOR LOWFAT DRESSING
M 061 00	TANGY SALAD DRESSING	1 Tablespoon	41	0	4	88%	2	0	167	RED, AMBER FOR LOWFAT DRESSING
M 022 00	TANGY YOGURT SALAD DRESSING	1 Tablespoon	18	1	0	0%	3	1	13	GREEN
M 063 00	THOUSAND ISLAND DRESSING	1 Tablespoon	63	0	6	86%	3	10	150	RED, AMBER FOR LOWFAT DRESSING
M 054 00	TOMATO FRENCH DRESSING	1 Tablespoon	29	0	2	62%	2	0	53	RED, AMBER FOR LOWFAT DRESSING
M 055 00	VINAIGRETTE DRESSING	1 Tablespoon	42	0	4	86%	1	0	117	RED, AMBER FOR LOWFAT DRESSING
M 069 00	VINEGAR AND OIL DRESSING	1 Tablespoon	40	0	4	90%	0	0	117	RED
M 057 00	ZERO SALAD DRESSING	2 Tablespoons	7	0	0	0%	2	0	184	GREEN

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>RELISH</b>										
M 039 00	CORN RELISH	4 Tablespoons	27	1	0	0%	6	0	95	GREEN
M 006 01	COTTAGE CHEESE STUFFED CELERY	2 Pieces	14	1	0	0%	1	1	68	GREEN
M 006 03	CREAM CHEESE STUFFED CELERY	2 Pieces	37	1	3	73%	1	10	51	RED, AMBER WITH LOWFAT CREAM CHZ
M 006 02	PEANUT BUTTER STUFFED CELERY	2 Pieces	50	2	3	54%	6	0	48	GREEN
M 006 00	PIMIENTO CHEESE STUFFED CELERY	2 Pieces	57	3	4	63%	2	11	101	RED
<b>SANDWICHES</b>										
<b>BACON</b>										
N 001 01	BACON, LETTUCE, AND TOMATO SANDWICH	1 Sandwich	281	10	14	45%	29	17	573	RED
N 007 00	ENGLISH MUFFIN WITH BACON, EGG AND CHEESE	1 Sandwich	345	18	18	47%	27	228	601	RED
N 007 02	ENGLISH MUFFIN WITH CANADIAN BACON, EGG, & CHEESE	1 Sandwich	356	22	17	43%	28	237	909	RED
N 037 01	GRILLED BACON, EGG, AND CHEESE SANDWICH	1 Sandwich	389	20	24	56%	23	236	729	RED
<b>BEEF, CORNED</b>										
N 009 01	CORNED BEEF AND CHEESE SANDWICH	1 Sandwich	464	27	24	47%	34	97	1433	RED
<b>BEEF, CORNED - continued</b>										
N 009 00	CORNED BEEF SANDWICH	1 Sandwich	358	19	16	40%	33	71	1359	RED
N 020 00	GRILLED REUBEN SANDWICH	1 Sandwich	608	27	39	58%	37	130	1699	RED
<b>BEEF, DICED</b>										
N 024 01/N 024 00	BARBECUED BEEF SANDWICH	1 Sandwich	346	27	13	34%	30	66	456	AMBER, GREEN WITH WG BREAD
<b>BEEF, GROUND, 90% LEAN</b>										
N 027 00	BARBECUED BEEF SANDWICH (SLOPPY JOE)	1 Sandwich	352	24	12	31%	36	66	881	AMBER, GREEN WITH WG BREAD
N 022 00	CANNONBALL SANDWICH (MEATBALL)	1 Sandwich	417	28	15	32%	40	92	980	AMBER
N 049 00	MEXICAN BEEF WRAP	1 Each	399	30	14	32%	40	74	734	AMBER
N 038 00	MOROCCAN POCKETS	1 Serving	429	24	9	19%	66	46	587	GREEN
N 040 00	TACO BURGER	1 Sandwich	348	24	16	41%	27	70	580	RED
<b>BEEF, OVEN OR POT ROAST</b>										
N 042 00	BEEF FAJITA PITA	1/2 Pita	379	35	10	24%	34	87	837	GREEN
N 002 00	GYROS	1 Sandwich	447	37	11	22%	49	79	725	GREEN
N 047 01	HOT ROAST BEEF & CHEESE ROLLUP SANDWICH	1 Sandwich	335	29	9	24%	35	54	1020	AMBER
N 035 00/N 035 01	HOT ROAST BEEF SANDWICH W/GRAVY	1 Sandwich	453	31	20	40%	35	74	1022	RED, GREEN WITHOUT GRAVY
N 028 00	ITALIAN PEPPER BEEF SANDWICH	1 Sandwich	520	35	13	23%	63	70	997	GREEN
N 047 00	ROAST BEEF & CHEESE ROLLUP SANDWICH	1 Sandwich	335	29	9	24%	35	54	1020	AMBER
N 004 04	ROAST BEEF CROISSANT	1 Sandwich	519	27	32	55%	28	115	551	RED
N 004 00	ROAST BEEF SANDWICH	1 Sandwich	368	31	14	34%	29	76	430	GREEN
<b>BEEF, PATTIES, 90% LEAN GROUND BEEF</b>										
N 012 01	CHEESEBURGER	1 Burger, 2 oz	400	25	23	52%	22	77	461	RED
N 012 02	CHEESY BACONBURGER	1 Burger, 2 oz	444	28	26	53%	22	83	582	RED
N 012 04	CHILIBURGER	1 Burger, 2 oz	329	22	15	41%	25	53	419	RED
N 012 07	DELUXE CHEESEBURGER	1 Burger, 2 oz	434	26	23	48%	30	77	884	RED
N 012 05	DELUXE HAMBURGER	1 Burger, 2 oz	328	20	14	38%	29	50	700	RED
N 012 03	DOUBLE DECKER CHEESEBURGER	1 Burger, 4 oz	683	47	43	57%	24	153	863	RED
<b>BEEF, PATTIES, 90% LEAN GROUND BEEF</b>										
N 012 00	GRILLED HAMBURGER	1 Burger, 2 oz	294	19	14	43%	22	50	277	AMBER
N 012 06	PIZZABURGER	1 Burger, 2 oz	389	25	20	46%	27	70	464	RED
<b>BEEF STEAK, SANDWICH</b>										
N 003 00	STEAK AND CHEESE SUBMARINE	1 Sandwich	475	32	29	55%	20	102	468	RED
N 003 01	STEAK, CHEESE AND ONION SUBMARINE	1 Sandwich	510	33	29	51%	27	102	471	RED
N 003 02	STEAK AND ONION SUBMARINE	1 Sandwich	403	26	20	45%	27	75	287	RED

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<b>CHEESE</b>										
N 039 00	DELI CHEESE SANDWICH	1 Sandwich	479	21	26	49%	45	57	775	RED
N 016 00	CREAM CHEESE BAGEL	1 Bagel	346	12	12	31%	48	32	561	AMBER
N 006 01	GERMAN STYLE HAMWICH	1 Sandwich	418	16	28	60%	26	61	1032	RED
N 006 00	GRILLED CHEESE SANDWICH	1 Sandwich	411	17	27	59%	26	74	713	RED
N 006 03	GRILLED CHEESE AND HAM SANDWICH	1 Sandwich	391	21	22	51%	25	76	1251	RED
<b>CHICKEN, BONELESS, SKINLESS/DICED</b>										
N 052 00	CAJUN CHICKEN SANDWICH	6 Ounces	389	39	7	16%	41	88	600	GREEN
N 045 00	CHICKEN CAESAR ROLLUP SANDWICH	1 Sandwich	316	26	6	17%	41	52	718	GREEN
N 042 01	CHICKEN FAJITA PITA	1/2 Pita	293	29	4	12%	33	65	758	GREEN
N 043 00	CHICKEN PITA POCKET SANDWICH	1 Sandwich	293	30	4	12%	32	67	337	GREEN
N 008 00	CHICKEN SALAD SANDWICH	1 Sandwich	364	28	14	35%	30	78	650	RED, AMBER WITH LOWFAT SALAD DRG
N 044 00	GRILLED CHICKEN BREAST SANDWICH	1 Sandwich	362	36	12	30%	26	92	385	GREEN
N 048 00	JAMAICAN JERK CHICKEN SANDWICH	1 Sandwich	387	38	7	16%	41	88	623	GREEN
<b>CHICKEN FILLET, BREADED</b>										
N 021 00	BAKED CHICKEN FILLET SANDWICH	1 Sandwich	482	19	27	50%	40	40	900	RED
N 021 02	CHICKEN FILLET AND CHEESE SANDWICH	1 Sandwich	527	22	31	53%	41	52	978	RED
N 021 01	DEEP FAT FRIED CHICKEN FILLET SANDWICH	5-1/2 Ounces	522	19	32	55%	40	40	900	RED
<b>CHICKEN FILLET, UNBREADED</b>										
N 021 03/N 021 04	GRILLED CHICKEN FILLET SANDWICH	1 Sandwich	350	29	14	36%	25	79	381	GREEN, RED IF BREADED
<b>EGG</b>										
N 010 00	EGG SALAD SANDWICH	1 Sandwich	335	14	17	46%	32	323	578	RED
N 010 01	EGG SALAD SANDWICH (EGG AND TOMATO)	1 Sandwich	345	14	17	44%	34	323	582	RED
N 018 00	WESTERN SANDWICH (DENVER)	1 Sandwich	245	15	8	29%	26	165	750	GREEN
<b>FISH</b>										
N 032 01	CHEESE FISHWICH	1 Sandwich	472	22	25	48%	40	72	815	RED
N 032 00	FISHWICH	1 Sandwich	498	20	24	43%	49	118	940	RED
<b>FRANKFURTERS/SAUSAGE</b>										
N 041 02/N 041 01	CHILI DOG	1 Sandwich	350	15	21	54%	25	46	890	RED
N 034 00	CORN DOG	1 Sandwich	258	8	16	56%	20	35	674	RED
N 030 01	GRILLED POLISH SAUSAGE SANDWICH	1 Sandwich	325	12	20	55%	23	43	785	RED
N 030 00/N 030 04	SIMMERED/GRILLED FRANKFURTER ON ROLL	1 Each	262	9	15	52%	22	22	732	RED
N 030 02	SIMMERED KNOCKWURST ON ROLL	1 Each	385	14	26	61%	23	49	1101	RED
N 030 03	SIMMERED QUARTER POUND FRANKFURTER	1 Each	462	17	34	66%	21	69	1396	RED
<b>HAM</b>										
N 007 01	ENGLISH MUFFIN WITH HAM, EGG, AND CHEESE	1 Sandwich	355	22	17	43%	27	237	871	RED
N 011 01	FRIED HAM SANDWICH	1 Sandwich	344	22	14	37%	32	43	1620	RED
N 037 02	GRILLED HAM AND EGG SANDWICH	1 Sandwich	237	15	9	34%	22	210	663	AMBER
N 037 00	GRILLED HAM, EGG AND CHEESE SANDWICH	1 Sandwich	344	21	18	47%	23	237	847	RED
N 005 01	HAM AND BISCUIT	1 Sandwich	196	9	7	32%	24	14	707	RED
N 011 02	HAM AND CHEESE SANDWICH	1 Sandwich	368	25	15	37%	33	54	1333	RED
N 011 03	HAM AND TOMATO SANDWICH	1 Sandwich	360	25	10	25%	45	43	1644	GREEN
N 013 00	HAM SALAD SANDWICH	1 Sandwich	347	20	16	41%	31	116	1338	RED, AMBER WITH LOWFAT SALAD DRG
N 011 00	HAM SANDWICH	1 Sandwich	304	22	9	27%	32	43	1620	GREEN

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<b>PASTRAMI</b>										
N 020 02	GRILLED REUBEN PASTRAMI SANDWICH	1 Sandwich	679	26	46	61%	39	126	1767	RED
N 023 00	HOT PASTRAMI SANDWICH	1 Sandwich	426	18	24	51%	34	67	1425	RED
<b>PORK</b>										
N 027 01/N 027 02	BARBECUED PORK SANDWICH	1 Sandwich	328	19	14	38%	32	53	624	AMBER, GREEN WITH WG BREAD
N 036 00	HOT ROAST PORK SANDWICH W/GRAVY	1 Sandwich	485	29	25	46%	35	71	1016	RED
N 004 01	ROAST PORK SANDWICH	1 Sandwich	411	29	19	42%	31	72	451	RED, AMBER WITH LOWFAT SALAD DRG
<b>SAUSAGE</b>										
N 007 03	ENGLISH MUFFIN WITH SAUSAGE, EGG, AND CHEESE	1 Sandwich	459	24	27	53%	28	256	1026	RED
N 037 03	GRILLED SAUSAGE, EGG, AND CHEESE SANDWICH	1 Sandwich	448	23	29	58%	23	256	1003	RED
N 022 01	HOT ITALIAN SAUSAGE SANDWICH	1 Sandwich	400	20	20	45%	35	54	1127	RED
N 005 00	SAUSAGE AND BISCUIT	1 Sandwich	242	9	12	45%	24	22	690	RED
<b>TUNA/SALMON</b>										
N 015 01	GRILLED TUNA AND CHEESE SANDWICH	1 Sandwich	470	23	27	52%	33	48	902	RED
N 015 02	SALMON SALAD SANDWICH	1 Sandwich	397	24	18	41%	35	118	601	RED, AMBER WITH LOWFAT SALAD DRG
N 015 03	TUNA AND TOMATO SANDWICH	1 Sandwich	342	20	14	37%	35	102	663	RED, AMBER WITH LOWFAT SALAD DRG
N 015 00	TUNA SALAD SANDWICH	1 Sandwich	339	20	13	35%	35	102	702	RED, AMBER WITH LOWFAT SALAD DRG
<b>TURKEY</b>										
N 502 00	BAKED TURKEY MELT	1 Sandwich	363	30	13	32%	32	80	622	AMBER
N 033 00	HOT ROAST TURKEY SANDWICH W/GRAVY	1 Sandwich	376	23	16	38%	34	54	1720	RED, AMBER WITH NO GRAVY
N 049 01	MEXICAN TURKEY WRAP	1 Each	339	26	9	24%	40	59	768	GREEN
N 004 02	ROAST TURKEY SANDWICH	1 Sandwich	343	23	13	34%	33	55	959	GREEN
N 027 03	TURKEY BARBECUE SANDWICH	1 Sandwich	303	21	9	27%	36	56	918	GREEN
N 004 05	TURKEY CROISSANT	1 Sandwich	414	22	22	48%	30	93	1056	RED
N 008 02	TURKEY SALAD SANDWICH	1 Sandwich	331	20	14	38%	31	50	1058	RED, AMBER WITH LOWFAT DRESSING
<b>OTHER</b>										
N 017 00	COLD CUT SANDWICH	1 Sandwich	377	19	16	38%	41	44	1124	AMBER
N 017 01	COLD CUT SANDWICH WITH CHEESE	1 Sandwich	410	22	19	42%	40	55	1023	RED
N 050 00	CRUNCHY VEGETABLE BURRITO	1 Burrito	280	14	3	10%	50	4	753	GREEN
N 046 00	GARDEN VEGETABLE WRAP	1 Sandwich	212	6	2	8%	44	0	403	GREEN
N 019 01	ITALIAN STYLE SUBMARINE	1 Sandwich	582	35	34	53%	35	87	1608	RED
N 026 00	ITALIAN VEAL CUTLET SUBMARINE	1 Sandwich	496	31	24	44%	37	103	833	RED
N 031 00	MONTE CARLO SANDWICH (OPEN-FACED TURKEY AND HAM)	1 Sandwich	511	20	36	63%	27	131	1543	RED
N 025 00	MONTE CRISTO SANDWICH	1 Sandwich	439	26	25	51%	27	154	905	RED
N 014 00	PEANUT BUTTER AND JELLY SANDWICH	1 Sandwich	376	12	18	43%	44	1	426	AMBER
N 019 00	SUBMARINE SANDWICH	1 Sandwich	564	35	32	51%	36	90	1662	RED
N 051 00	VEGETARIAN HEARTY BURGER	1 Burger	409	21	13	29%	52	11	647	GREEN
<b>SAUCES, GRAVIES, &amp; DRESSING</b>										
<b>SAUCES</b>										
O 002 00	BARBECUE SAUCE	1/4 Cup	56	1	0	0%	14	0	569	AMBER
O 001 01	CHEESE SAUCE	1 Ounce	61	2	4	59%	3	13	142	RED
O 022 00	CHINESE MUSTARD SAUCE	1 Teaspoon	17	1	1	53%	1	0	0	RED
O 027 00	DILL SAUCE	2 Tablespoons	31	1	1	29%	3	6	22	AMBER
O 025 00	HERBED MAYONNAISE	2 Tablespoons	141	0	14	89%	4	10	170	RED
O 029 00	HONEY MUSTARD SAUCE	2 Tablespoons	74	1	0	0%	19	0	169	AMBER
O 028 00	HORSERADISH DIJON SAUCE	2 Tablespoons	34	1	2	53%	2	9	39	RED
O 023 00	HORSERADISH SAUCE	1 Tablespoon	40	0	3	68%	2	3	62	RED
O 004 00	MARINARA SAUCE	3/4 Cup	93	4	1	10%	21	0	891	GREEN
O 004 01	MARINARA SAUCE WITH CLAMS	3/4 Cup	95	4	1	9%	21	2	1014	GREEN
O 006 00	MUSTARD SAUCE	2 Tablespoons	19	0	1	47%	3	1	221	RED
O 026 00	ORIENTAL SWEET AND SOUR SAUCE	2 Tablespoons	35	0	0	0%	9	0	41	AMBER
O 030 01	PINEAPPLE SALSA	1/4 Cup	27	0	0	0%	7	0	2	GREEN
O 009 00	PINEAPPLE SAUCE	1/4 Cup	71	0	0	0%	18	0	2	AMBER
O 009 01	RAISIN SAUCE	3 Tablespoons	49	0	0	0%	13	0	4	AMBER
O 007 01	SALSA	2 Tablespoons	13	1	0	0%	3	0	228	GREEN
<b>SAUCES</b>										
O 031 00	SHRIMP SAUCE	3/4 Cup	178	19	6	30%	10	130	387	AMBER
O 008 00	SWEET AND SOUR SAUCE	2 Tablespoons	94	0	0	0%	25	0	46	AMBER
O 013 00	TARTAR SAUCE	2 Tablespoons	103	0	9	79%	6	6	189	RED
O 030 00	TROPICAL FRUIT SALSA	1/4 Cup	26	0	0	0%	6	0	1	GREEN
O 024 00	YOGURT-CUCUMBER SAUCE	3 Tablespoons	22	2	0	0%	3	2	21	GREEN

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<b>GRAVIES</b>										
O 016 00	BROWN GRAVY	1/4 Cup	73	1	5	62%	5	0	363	RED
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 Cup	47	1	3	57%	3	0	414	RED
<b>BREAD DRESSING</b>										
O 021 01	APPLE BREAD DRESSING	3-1/2 Ounces	151	4	3	18%	27	1	517	GREEN
O 021 00	BREAD DRESSING	3-1/2 Ounces	142	4	3	19%	24	1	682	GREEN
O 020 00	CORN BREAD DRESSING	3-1/2 Ounces	175	5	6	31%	25	35	611	AMBER
O 021 03	OYSTER BREAD DRESSING	3-1/2 Ounces	173	8	4	21%	26	22	496	AMBER
O 021 02	SAUSAGE BREAD DRESSING	3-1/2 Ounces	191	7	7	33%	24	12	759	RED
<b>SOUPS</b>										
<b>BEEF</b>										
P 001 01	BEEF BARLEY SOUP	1 Cup	70	3	1	13%	13	1	1699	GREEN
P 001 02	BEEF NOODLE SOUP	1 Cup	45	2	1	20%	6	5	1698	GREEN
P 001 00	BEEF RICE SOUP	1 Cup	61	2	1	15%	11	1	1698	GREEN
P 007 00	VEGETABLE SOUP	1 Cup	57	3	1	16%	10	1	1278	GREEN
P 004 01	FRENCH ONION SOUP	1 Cup	163	3	11	61%	13	9	1377	RED
P 007 01	MINESTRONE SOUP	1 Cup	75	3	1	12%	14	1	1157	GREEN
P 004 00	ONION SOUP	1 Cup	107	2	8	67%	8	1	1271	RED
P 005 00	TOMATO BOUILLON	1 Cup	35	2	0	0%	7	0	974	GREEN
P 006 01	TOMATO RICE SOUP	1 Cup	86	2	1	10%	17	0	1089	GREEN
P 006 00	TOMATO SOUP	1 Cup	61	2	1	15%	12	0	1028	GREEN
<b>CHICKEN</b>										
P 010 00	CHICKEN GUMBO SOUP	1 Cup	117	5	5	38%	14	7	1376	RED
P 002 01	CHICKEN NOODLE SOUP	1 Cup	62	4	2	29%	6	7	1995	GREEN
P 002 00	CHICKEN RICE SOUP	1 Cup	73	4	2	25%	9	7	1995	GREEN
P 020 00	CHICKEN VEGETABLE (MULLIGATAWNY) SOUP	1 Cup	80	4	3	34%	9	11	1521	AMBER
<b>CHOWDERS</b>										
P 011 01	CHICKEN CORN CHOWDER	1 Cup	179	6	8	40%	25	9	1088	RED
P 011 00	CORN CHOWDER	1 Cup	136	5	3	20%	25	2	761	AMBER
P 012 00	MANHATTAN CLAM CHOWDER	1 Cup	80	3	1	11%	17	2	442	GREEN
P 013 01	NEW ENGLAND CLAM CHOWDER	1 Cup	128	4	6	42%	15	16	335	RED
P 013 00	NEW ENGLAND FISH CHOWDER	1 Cup	168	12	6	32%	15	39	348	AMBER
<b>CREAMED SOUPS</b>										
P 014 01	CREAM OF BROCCOLI SOUP	1 Cup	128	6	6	42%	14	16	1156	RED
P 014 00	CREAM OF MUSHROOM SOUP	1 Cup	153	5	8	47%	14	22	1316	RED
P 015 00/P 015 01/P 016 00	CREAM OF POTATO SOUP	1 Cup	63	4	1	14%	10	2	1162	AMBER
<b>DEHYDRATED SOUPS</b>										
P 017 02	MEXICAN ONION CORN SOUP	1 Cup	76	3	1	12%	16	0	951	GREEN
P 017 00	SPANISH SOUP	1 Cup	88	4	4	41%	10	11	1087	RED
<b>OTHER SOUPS</b>										
P 500 00	ASIAN STIR FRY SOUP BEAN SOUP WITH SMOKED, CURED HAM HOCKS	6 Ounces 1 Cup	112 140	7 9	5 2	40% 13%	10 23	16 4	842 650	RED AMBER
P 008 01	CREOLE SOUP	1 Cup	69	3	2	26%	10	1	1535	GREEN
P 028 00	CURRIED VEGETABLE SOUP	1 Cup	66	2	1	14%	14	0	197	GREEN
P 008 02	KNICKERBOCKER SOUP (BEAN, TOMATO AND BACON)	1 Cup	143	8	1	6%	26	2	446	AMBER
P 027 00	LENTIL VEGETABLE SOUP	1 Cup	113	7	0	0%	22	0	432	GREEN
P 008 00	NAVY BEAN SOUP	1 Cup	122	8	0	0%	23	1	582	GREEN
P 008 03	OLD FASHIONED BEAN SOUP	1 Cup	130	8	0	0%	25	1	535	GREEN
<b>OTHER SOUPS</b>										
P 019 00	PEPPER POT SOUP	1 Cup	97	3	5	46%	11	1	1228	RED
P 010 01	SHRIMP GUMBO	1 Cup	115	5	5	39%	14	22	1397	RED
P 023 00	SPLIT PEA SOUP WITH HAM	1 Cup	150	11	1	6%	24	5	585	GREEN
P 025 00	TEXAS TORTILLA SOUP	1 Cup	135	6	4	27%	22	8	1256	GREEN
P 026 00	TORTELLINI SOUP	1 Cup	140	7	4	26%	20	14	1309	AMBER
P 029 00	TURKEY VEGETABLE SOUP	1 Cup	91	7	3	30%	10	13	1475	GREEN
P 021 00/P 021 01	ZESTY BEAN SOUP	1 Cup	110	6	1	8%	20	0	1211	GREEN

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>CANNED SOUP</b>										
P 009 01	BEAN WITH BACON SOUP	1 Cup	166	9	3	16%	26	4	1046	GREEN
P 009 02	BEEF NOODLE SOUP	1 Cup	95	6	4	38%	10	6	1079	RED
P 009 00	BEEF WITH VEGETABLES AND BARLEY SOUP	1 Cup	86	6	2	21%	12	9	1005	GREEN
P 022 00	CHICKEN MUSHROOM SOUP	1 Cup	154	4	10	58%	13	7	1080	RED
P 009 03	CHICKEN NOODLE SOUP	1 Cup	86	5	3	31%	11	7	1076	AMBER
P 009 04	CHICKEN WITH RICE SOUP	1 Cup	69	4	2	26%	8	7	946	GREEN
P 024 00	CREAM OF BROCCOLI SOUP	1 Cup	235	7	16	61%	14	34	825	RED
P 024 01	CREAM OF CHICKEN SOUP	1 Cup	149	6	8	48%	13	12	1143	RED
P 024 02	CREAM OF MUSHROOM SOUP	1 Cup	163	4	11	61%	13	2	1010	RED
P 022 01	DOUBLY GOOD CHICKEN SOUP	1 Cup	106	4	5	42%	10	10	1047	RED
P 022 02	LOGGING SOUP	1 Cup	129	8	3	21%	19	5	980	GREEN
P 009 05	MANHATTAN CLAM CHOWDER	1 Cup	79	4	2	23%	11	9	594	GREEN
P 009 06	MINISTRONE SOUP	1 Cup	96	5	3	28%	13	1	1058	GREEN
P 023 01	PUREE MONGOLE	1 Cup	113	6	2	16%	20	3	609	GREEN
P 009 07	SPLIT PEA SOUP WITH HAM	1 Cup	200	11	5	23%	30	9	1066	AMBER
P 022 03	TOMATO NOODLE SOUP	1 Cup	96	4	3	28%	15	3	941	GREEN
P 009 08	TOMATO SOUP	1 Cup	96	2	2	19%	19	0	788	GREEN
P 022 04	VEGETABLE BEEF SUPREME SOUP	1 Cup	94	4	2	19%	15	3	850	GREEN
P 009 09	VEGETABLE SOUP	1 Cup	84	2	2	21%	14	0	956	GREEN
P 009 10	VEGETABLE WITH BEEF SOUP	1 Cup	89	6	2	20%	12	6	898	GREEN
<b>VEGETABLES</b>										
<b>ASPARAGUS</b>										
Q 100 00/Q 100 02	ASPARAGUS (FROZEN/FRESH)	3/4 Cup	23	2	0	0%	4	0	74	GREEN
Q 100 01	ASPARAGUS (CANNED)	3/4 Cup	22	3	0	0%	4	0	409	GREEN
<b>BEANS, DRY, PINTO</b>										
Q 004 00	ITALIAN-STYLE BAKED BEANS	1/2 Cup	133	8	2	14%	23	1	426	AMBER
Q 003 01	SAVORY BAKED BEANS	1/2 Cup	195	10	2	9%	36	1	374	AMBER
Q 005 01	SAVORY STYLE BEANS	2/3 Cup	126	9	0	0%	23	0	21	AMBER
Q 006 00	SPANISH STYLE BEANS	1/2 Cup	161	9	1	6%	32	0	468	AMBER



**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>BEANS, GREEN</b>										
Q 101 00	BEANS, GREEN, OR WAX (FROZEN OR FRESH)	3/4 Cup	23	2	0	0%	4	0	74	GREEN
Q 101 01	BEANS, GREEN, WAX (CANNED)	3/4 Cup	22	3	0	0%	4	0	409	GREEN
Q 007 01	GREEN BEANS CREOLE	1/2 Cup	54	2	1	17%	11	0	221	GREEN
Q 007 03	GREEN BEANS NICOISE	1/2 Cup	59	2	3	46%	8	7	144	AMBER, GREEN W/O BUTTER/MARG
Q 042 01	GREEN BEANS PARISIENNE	1/2 Cup	75	3	4	48%	9	6	216	RED
Q 007 04	GREEN BEANS SOUTHERN STYLE	1/2 Cup	41	2	2	44%	6	2	24	AMBER, GREEN W/O BACON FAT
Q 039 00/Q 039 01	GREEN BEANS WITH CORN	1/2 Cup	63	2	1	14%	13	1	220	AMBER, GREEN W/O BACON FAT
Q 007 02	GREEN BEANS WITH MUSHROOMS	1/2 Cup	52	2	3	52%	6	7	170	AMBER, GREEN W/O BUTTER/MARG
Q 081 00	HACIENDA GREEN BEANS	3/4 Cup	87	4	1	10%	20	0	494	GREEN
Q 026 00	HERBED GREEN BEANS	3/4 Cup	58	2	2	31%	9	0	484	AMBER, GREEN W/O BUTTER/MARG
Q 007 00	LYONNAISE GREEN OR WAX BEANS	1/2 Cup	54	2	3	50%	7	7	102	AMBER, GREEN W/O BUTTER/MARG
Q 072 00	SESAME GLAZED GREEN BEANS	3/4 Cup	90	4	3	30%	14	0	412	AMBER
<b>BEANS, LIMA</b>										
Q 102 00	BEANS, LIMA (FROZEN)	3/4 Cup	162	9	0	0%	31	0	136	GREEN
Q 102 01	BEANS, LIMA (CANNED)	3/4 Cup	126	7	0	0%	24	0	449	GREEN
<b>BEANS, KIDNEY, CANNED</b>										
Q 002 01	BAKED BEANS (KIDNEY BEANS)	1/2 Cup	139	7	1	6%	26	1	543	AMBER
Q 004 01	ITALIAN-STYLE BAKED BEANS	1/2 Cup	117	7	2	15%	20	1	741	AMBER
<b>BEANS, REFRIED, CANNED</b>										
Q 038 00	REFRIED BEANS WITH CHEESE	1/2 Cup	145	8	6	37%	15	14	382	RED
<b>BEANS, WHITE</b>										
Q 103 01	BEANS, WHITE IN TOMATO SAUCE (CANNED)	3/4 Cup	198	10	3	14%	37	13	775	AMBER
<b>BEETS</b>										
Q 104 01	BEETS (CANNED)	3/4 Cup	50	1	0	0%	12	0	446	GREEN
Q 008 01	BEETS IN ORANGE-LEMON SAUCE	3/4 Cup	41	1	0	0%	10	0	427	GREEN
Q 008 00	HARVARD BEETS	3/4 Cup	53	2	0	0%	12	0	152	GREEN
Q 009 00	HOT SPICED BEETS	3/4 Cup	26	2	0	0%	5	0	98	GREEN
<b>BLACK-EYED PEAS</b>										
Q 117 01	BLACK-EYED PEAS (CANNED)	3/4 Cup	139	8	1	6%	25	0	539	GREEN
<b>BROCCOLI</b>										
Q 105 00/Q 105 02	BROCCOLI (FROZEN/FRESH)	3/4 Cup	38	4	0	0%	7	0	105	GREEN
Q 024 00	BROCCOLI PARMESAN	2 Stalks	77	7	2	23%	10	5	222	AMBER
Q 010 00	BROCCOLI POLONAISE	3 Ounces	60	4	3	45%	7	24	188	RED
Q 065 00	HERBED BROCCOLI	1/2 Cup	27	3	0	0%	5	0	23	GREEN
Q 076 00	SOUTH OF THE BORDER BROCCOLI	2/3 Cup	40	4	0	0%	7	0	421	GREEN
<b>BRUSSELS SPROUTS</b>										
Q 106 00	BRUSSELS SPROUTS (FROZEN)	3/4 Cup	57	5	0	0%	11	0	104	GREEN
Q 024 01	BRUSSELS SPROUTS PARMESAN	3/4 Cup	92	8	2	20%	13	5	221	AMBER
Q 010 01	BRUSSELS SPROUTS POLONAISE	1/2 Cup	73	4	3	37%	10	24	187	RED
Q 011 00	SPROUTS SUPERBA	1/2 Cup	71	4	3	38%	10	0	304	RED
<b>CABBAGE</b>										
Q 107 02	CABBAGE (FRESH)	4-1/2 Ounces	33	2	0	0%	7	0	99	GREEN
Q 012 01	CALICO CABBAGE	1/2 Cup	93	1	8	77%	7	7	187	RED, GREEN W/O BUTTER & SUGAR
Q 012 00	FRIED CABBAGE	1/2 Cup	47	1	3	57%	5	7	184	RED
Q 012 02	FRIED CABBAGE WITH BACON	1/2 Cup	101	2	9	80%	5	10	155	RED
Q 015 00	ORIENTAL STIR-FRY CABBAGE	3/4 Cup	56	3	0	0%	12	0	384	GREEN
Q 043 00	RED CABBAGE WITH SWEET AND SOUR SAUCE	1/2 Cup	81	1	5	56%	10	12	337	RED
Q 107 01	SWEET AND SOUR CABBAGE (CANNED)	3/4 Cup	34	2	0	0%	8	0	1169	GREEN
<b>CARROTS</b>										
Q 016 00	CARROT AND CELERY AMANDINE	1/2 Cup	37	1	3	73%	2	0	213	AMBER, GREEN W/O BUTTER/MARG
Q 108 01	CARROT SLICES (CANNED)	3/4 Cup	41	1	0	0%	10	0	427	GREEN
Q 108 00/Q 108 02/Q 108 03	CARROT SLICES (FROZEN/FRESH)	3/4 Cup	53	2	0	0%	12	0	152	GREEN
Q 017 01	GLAZED CARROTS	1/2 Cup	73	1	2	25%	14	5	166	AMBER
Q 017 00	LYONNAISE CARROTS	1/2 Cup	61	1	2	30%	10	5	167	AMBER, GREEN W/O BUTTER & SUGAR
Q 014 00	ORANGE CARROTS AMANDINE	1/2 Cup	76	2	4	47%	9	0	119	AMBER, GREEN W/O BUTTER & SUGAR

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>CAULIFLOWER</b>										
Q 109 00/Q 109 02	CAULIFLOWER (FROZEN/FRESH)	3/4 Cup	26	2	0	0%	5	0	98	GREEN
Q 018 00	CAULIFLOWER AU GRATIN	1/2 Cup	125	5	8	58%	9	23	226	RED
Q 024 02	CAULIFLOWER PARMESAN	3/4 Cup	67	5	2	27%	8	5	216	AMBER
Q 010 02	CAULIFLOWER POLONAISE	1/2 Cup	52	2	3	52%	6	24	182	RED
Q 020 00	FRENCH FRIED CAULIFLOWER	3-1/2 Ounces	159	6	7	40%	19	27	382	RED
<b>CORN, CREAM STYLE</b>										
Q 021 00	CORN FRITTERS	2 Fritters	208	5	8	35%	30	44	565	RED
Q 112 01	CREAM STYLE CORN (CANNED)	3/4 Cup	130	3	1	7%	33	0	514	AMBER
Q 023 00	SCALLOPED CREAM STYLE CORN	1/2 Cup	148	3	5	30%	26	9	447	AMBER
<b>CORN, WHOLE KERNEL</b>										
Q 027 00	CALICO CORN	3/4 Cup	114	4	2	16%	24	1	301	GREEN
Q 027 01	CORN O'BRIEN	3/4 Cup	136	4	4	26%	26	1	302	GREEN
Q 111 00/Q 111 02	CORN ON THE COB (FROZEN/FRESH)	1 Ear	123	4	1	7%	29	0	83	GREEN
Q 110 01	CORN, WHOLE KERNEL (CANNED)	3/4 Cup	115	4	1	8%	28	0	384	GREEN
Q 110 00	CORN, WHOLE KERNEL (FROZEN)	3/4 Cup	108	4	1	8%	26	0	75	GREEN
Q 080 00	HACIENDA CORN AND BLACK BEANS	3/4 Cup	160	7	1	6%	34	0	484	GREEN
Q 027 02	MEXICAN CORN	3/4 Cup	117	4	2	15%	25	2	288	GREEN
Q 023 01	SCALLOPED WHOLE KERNEL CORN	1/2 Cup	133	3	5	34%	22	9	365	AMBER
Q 124 00	SUCCOTASH	3/4 Cup	114	5	1	8%	24	0	127	GREEN
<b>EGGPLANT</b>										
Q 028 00	EGGPLANT PARMESAN	6-1/2 Ounces	201	9	5	22%	34	31	1209	GREEN
Q 022 00	RATATOUILLE	1/2 Cup	45	2	0	0%	10	0	407	GREEN
<b>GREENS, COLLARDS</b>										
Q 113 00/Q 113 02/Q 113 03	GREENS, COLLARD, MUSTARD, KALE OR TURNIP (FROZEN/FRESH)	3/4 Cup	88	7	1	10%	17	0	774	GREEN
Q 029 03	SOUTHERN STYLE GREENS (KALE)	1/2 Cup	101	7	6	53%	6	15	306	RED
Q 029 01	SOUTHERN STYLE GREENS	1/2 Cup	107	8	6	50%	7	15	542	RED
Q 029 02	SWEET SOUR GREENS	1/2 Cup	137	7	6	39%	14	16	295	RED
<b>MUSHROOMS</b>										
Q 030 01	SAUTEED MUSHROOMS AND ONIONS	2 Ounces	67	1	6	81%	4	15	137	RED
<b>OKRA</b>										
Q 020 01	FRENCH FRIED OKRA	3/4 Cup	196	5	11	51%	21	3	356	RED
Q 114 01	OKRA (CANNED)	3/4 Cup	35	1	0	0%	8	0	556	GREEN
Q 114 00	OKRA (FROZEN)	3/4 Cup	37	2	0	0%	8	0	75	GREEN
Q 031 00	OKRA AND TOMATO GUMBO	1/2 Cup	100	3	4	36%	14	9	391	AMBER
Q 503 00	OKRA MELANGE	1/2 Cup	47	2	1	19%	10	0	196	GREEN
Q 032 00	SOUTHERN FRIED OKRA	1/3 Cup	184	2	13	64%	15	0	212	RED
<b>ONIONS</b>										
Q 035 00	FRENCH FRIED ONION RINGS	2-1/2 Ounces	274	7	10	33%	40	1	656	RED
Q 036 00	FRIED ONIONS	1/4 Cup	100	1	7	63%	10	0	3	RED
Q 115 01	ONION (CANNED)	3/4 Cup	33	2	0	0%	7	0	635	GREEN
Q 115 02	ONIONS (FRESH)	3/4 Cup	52	2	0	0%	12	0	79	GREEN
Q 034 00	SPANISH ONIONS	1/2 Cup	97	2	5	46%	13	0	446	RED
Q 035 02	TEMPURA FRIED ONION RINGS	2-1/2 Ounces	190	5	6	28%	29	45	547	RED
<b>PEAS</b>										
Q 116 01	PEAS (CANNED)	3/4 Cup	95	6	0	0%	18	0	448	GREEN
Q 116 00	PEAS (FROZEN)	3/4 Cup	103	7	0	0%	19	0	76	GREEN
Q 041 01	PEAS WITH CARROTS	3/4 Cup	137	6	2	13%	24	0	196	GREEN, AMBER WITH BUTTER/MARG
Q 041 02	PEAS WITH CELERY	3/4 Cup	111	6	2	16%	18	0	148	GREEN, AMBER WITH BUTTER/MARG
Q 041 00	PEAS WITH MUSHROOMS	3/4 Cup	126	7	2	14%	21	0	216	GREEN, AMBER WITH BUTTER/MARG
Q 041 03	PEAS WITH ONIONS	3/4 Cup	130	7	2	14%	22	0	96	GREEN, AMBER WITH BUTTER/MARG

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>POTATOES, FROZEN SHREDDED</b>										
Q 077 00	BAKED POTATO PANCAKES (FROZEN SHREDDED POTATO)	1 Cake	129	6	3	21%	22	30	230	AMBER
<b>POTATOES, INSTANT GRANUALS</b>										
Q 056 00	GOLDEN POTATO BALLS	3 Each	123	2	9	66%	9	0	226	RED
Q 057 01	GRILLED POTATO CAKES	1 Cake	79	2	3	34%	10	31	193	AMBER
<b>POTATOES, SWEET</b>										
Q 066 00	BAKED SWEET POTATOES (FRESH)	1 Each	191	3	0	0%	44	0	24	GREEN
Q 067 00	CANDIED SWEET POTATOES	1/2 Cup	179	1	4	20%	34	10	253	AMBER
Q 067 01	GLAZED SWEET POTATOES	1/2 Cup	176	1	4	20%	34	10	253	AMBER
Q 069 02	MARSHMALLOW SWEET POTATOES	1/2 Cup	172	2	3	16%	36	5	229	AMBER
Q 069 00	MASHED SWEET POTATOES	1/2 Cup	158	2	3	17%	32	5	227	GREEN
Q 118 01	POTATOES, SWEET (CANNED)	3/4 Cup	161	2	0	0%	38	0	80	AMBER
Q 118 02	POTATOES, SWEET (FRESH)	3/4 Cup	164	3	0	0%	38	0	95	GREEN
Q 013 00	SCALLOPED SWEET POTATOES AND APPLES	1/2 Cup	166	1	3	16%	35	0	168	AMBER
Q 069 01	SWEET POTATOES SOUTHERN STYLE	1/2 Cup	156	2	2	12%	33	4	223	AMBER
<b>POTATOES, WHITE</b>										
Q 044 00	BAKED POTATOES	1 Each	146	3	0	0%	34	0	9	GREEN
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup	175	2	6	31%	28	0	242	RED
Q 075 00	DEVILED OVEN FRIES	4 Pieces	113	2	1	8%	24	0	227	AMBER
Q 050 01	FRANCONIA POTATOES	1/2 Cup	126	2	4	29%	22	10	231	AMBER
Q 045 00	FRENCH FRIED POTATOES	3-1/2 Ounces	265	3	14	48%	34	0	11	RED
Q 500 00	GARLIC CHEESE POTATOES	1/2 Cup	121	4	2	15%	23	3	234	AMBER
Q 070 00	GARLIC ROASTED POTATO WEDGES	4 Wedges	105	2	1	9%	23	0	192	GREEN
Q 019 00	GERMAN POTATO GRIDDLE CAKES	2 Cakes	117	3	6	46%	12	46	244	RED
Q 048 01	GRILLED POTATO PATTIES	2 Patties	124	3	2	15%	23	18	203	AMBER
Q 079 00	HACIENDA POTATOES	3/4 Cup	145	4	1	6%	33	0	498	GREEN
Q 046 00	HASHED BROWN POTATOES	2/3 Cup	175	2	6	31%	28	0	242	AMBER
Q 047 00	HOME FRIED POTATOES	2/3 Cup	168	3	9	48%	32	0	217	RED
Q 502 00	ITALIAN ROASTED POTATOES	1/2 Cup	129	3	1	7%	29	0	237	GREEN
Q 046 03	LYONNAISE POTATOES	2/3 Cup	204	3	6	26%	35	0	218	AMBER
Q 048 00	MASHED POTATOES	1/2 Cup	105	2	2	17%	20	0	172	AMBER, GREEN NO BUTTER/MARG
Q 049 00	O'BRIEN POTATOES	2/3 Cup	175	3	6	31%	29	0	194	AMBER
Q 050 00	OVEN BROWNED POTATOES	1/2 Cup	126	2	4	29%	22	0	234	AMBER, GREEN NO BUTTER/MARG
Q 050 02	OVEN-GLO POTATOES	1/2 Cup	130	2	4	28%	23	10	268	AMBER, GREEN NO BUTTER/MARG
Q 033 01	PAPRIKA BUTTERED POTATOES	4 Pieces	170	3	4	21%	32	10	608	AMBER, GREEN NO BUTTER/MARG
Q 033 00	PARSLEY BUTTERED POTATOES	4 Pieces	170	3	4	21%	32	10	609	AMBER, GREEN NO BUTTER/MARG
Q 078 00	POTATOES AND HERBS	2/3 Cup	132	3	0	0%	31	0	57	GREEN
Q 051 00	POTATOES AU GRATIN	2/3 Cup	228	6	10	39%	30	28	444	RED
Q 119 01	POTATOES, WHITE (CANNED)	3/4 Cup	76	2	0	0%	17	0	376	GREEN
Q 119 02	POTATOES, WHITE (FRESH)	3/4 Cup	137	3	0	0%	32	0	83	GREEN
Q 044 01	QUICK BAKED POTATO HALVES	2 Halves	151	3	1	6%	34	0	9	GREEN
Q 052 00	RISSOLE POTATOES	2/3 Cup	217	3	9	37%	32	0	8	RED

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<i>POTATOES, WHITE - continued</i>										
Q 504 00	ROASTED PEPPER POTATOES	2/3 Cup	103	2	2	17%	19	0	170	GREEN
Q 071 00	ROSEMARY ROASTED POTATO WEDGES	4 Wedges	112	2	1	8%	25	0	193	GREEN
Q 053 00	SCALLOPED POTATOES	2/3 Cup	152	4	3	18%	28	1	339	GREEN
<i>SAUERKRAUT</i>										
Q 059 00	GERMAN SAUERKRAUT	1/2 Cup	36	1	1	25%	7	1	583	GREEN
Q 120 01	SAUERKRAUT (CANNED)	3/4 Cup	32	2	0	0%	7	0	1113	GREEN
<i>SPINACH</i>										
Q 060 00	CLUB SPINACH	1/2 Cup	163	9	8	44%	14	19	682	RED
Q 121 01	SPINACH (CANNED)	3/4 Cup	32	4	1	28%	5	0	532	GREEN
Q 121 00/Q 121 02	SPINACH (FROZEN/FRESH)	3/4 Cup	34	4	0	0%	6	0	176	GREEN
Q 063 00	TANGY SPINACH	1/2 Cup	30	3	1	30%	5	0	187	GREEN
<i>SQUASH</i>										
Q 061 00	BAKED HUBBARD SQUASH	3-1/2 Ounces	97	3	4	37%	14	10	118	AMBER
Q 062 00	CREOLE SUMMER SQUASH	2/3 Cup	43	2	1	21%	8	2	259	GREEN
Q 064 00	LOUISIANA STYLE SMOTHERED SQUASH	1/2 Cup	57	1	3	47%	8	7	241	RED
Q 064 01	SAVORY SUMMER SQUASH	1/2 Cup	35	1	1	26%	7	0	212	GREEN
Q 074 00	SQUASH AND CARROT MEDLEY	3/4 Cup	42	2	0	0%	9	0	132	GREEN
Q 123 02	SQUASH, FALL AND WINTER (FRESH)	3/4 Cup	54	3	1	17%	12	0	81	GREEN
Q 122 00/Q 122 02	SQUASH, SUMMER (FROZEN/FRESH)	3/4 Cup	46	3	0	0%	10	0	76	GREEN
<i>SUCCOTASH</i>										
Q 124 00	SUCCOTASH (FROZEN)	3/4 Cup	114	5	1	8%	24	0	127	GREEN
<i>TOMATOES</i>										
Q 058 00	STEWED TOMATOES	1/2 Cup	23	1	0	0%	5	0	172	GREEN
Q 125 01	TOMATOES (CANNED)	3/4 Cup	33	2	0	0%	8	0	257	GREEN
<i>TURNIPS</i>										
Q 040 00	TURNIPS AND BACON	1/2 Cup	30	1	1	30%	5	1	217	AMBER
<i>VEGETABLE COMBOS</i>										
Q 001 02	BEAN COMBO	3/4 Cup	113	4	4	32%	17	0	83	AMBER, GREEN NO BUTTER/MARG
Q 001 01	BROCCOLI COMBO	3/4 Cup	107	4	4	34%	17	0	67	AMBER, GREEN NO BUTTER/MARG
Q 001 04	BRUSSELS SPROUTS COMBO	3/4 Cup	114	4	4	32%	18	0	73	AMBER, GREEN NO BUTTER/MARG
Q 001 03	CAULIFLOWER COMBO	3/4 Cup	93	4	4	39%	13	0	130	AMBER, GREEN NO BUTTER/MARG
Q 001 06	CORN COMBO	3/4 Cup	107	3	4	34%	18	0	66	AMBER, GREEN NO BUTTER/MARG
Q 001 05	GREEN BEAN COMBO	3/4 Cup	77	2	4	47%	10	0	81	AMBER, GREEN NO BUTTER/MARG

**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	% Fat	Carbs	Chol	Sod	LABEL
<b>VEGETABLES, MIXED</b>										
Q 083 00	CORN AND GREEN BEAN CASSEROLE	3/4 Cup	361	8	25	62%	29	19	431	RED
Q 082 00	HONEY DIJON VEGETABLES	3/4 Cup	62	3	0	0%	14	0	121	GREEN
Q 073 00	JAPANESE VEGETABLE STIR FRY	3/4 Cup	81	4	2	22%	13	0	475	GREEN
Q 126 00	MIXED VEGETABLES (FROZEN)	3/4 Cup	78	4	1	12%	16	0	130	GREEN
Q 076 01	SOUTH OF THE BORDER MEDLEY (CAULIFLOWER & BROCCOLI)	2/3 Cup	33	2	0	0%	6	0	417	GREEN
Q 068 00	TEMPURA VEGETABLES	3-1/2 Ounces	143	5	6	38%	19	36	420	RED
Q 025 00	VEGETABLE STIR FRY	1/2 Cup	53	1	3	51%	6	0	108	AMBER, GREEN WITH NO OIL
<b>MEATLESS ENTREES</b>										
<b>FRITTATA</b>										
L 175 00	POTATO FRITTATA	12 Ounces	243	18	7	26%	28	213	568	AMBER
L 174 00	RICE FRITTATA	11 Ounces	391	24	22	51%	25	220	805	RED
<b>PASTA</b>										
L 173 00	CHEESE TORTELLINI MARINARA	1 Cup	273	13	5	16%	46	26	1004	GREEN
L 189 00	ITALIAN BROCCOLI PASTA	11 Ounces	464	21	4	8%	90	5	1382	GREEN
L 501 00	PASTA PRIMAVERA	1 Cup	267	11	3	10%	49	2	518	GREEN
L 009 00	SPINACH LASAGNA	9-1/2 Ounces	370	25	12	29%	45	89	1142	GREEN
L 173 01	SPINACH TORTELLINI MARINARA	1 Cup	341	19	15	40%	33	111	640	GREEN
<b>PASTA</b>										
L 508 00	VEGETABLE LASAGNA	8 Ounces	292	22	7	22%	38	16	1036	GREEN
<b>PIZZA</b>										
L 171 00	CHEESE PITA PIZZA	2-1/2 Ounces	234	10	5	19%	37	15	450	GREEN
L 171 01	MUSHROOM, ONION, AND GREEN PEPPER PITA PIZZA	4 Ounces	242	10	5	19%	38	15	490	GREEN
L 165 00	PIZZA	1 Slice	226	9	9	36%	28	16	449	AMBER, GREEN WITH WG CRUST
<b>OTHER</b>										
F 001 00	BAKED MACARONI AND CHEESE	1 Cup	359	17	16	40%	37	39	721	RED
F 011 01	BROCCOLI QUICHE	4-1/2 Ounces	201	12	10	45%	16	114	194	RED, AMBER WITH EGG SUBSTITUTE
L 075 00	BROCCOLI, CHEESE, AND RICE	1 Cup	317	15	17	48%	28	35	718	RED
N 050 00	CRUNCHY VEGETABLE BURRITO	1 Burrito	280	14	3	10%	50	4	753	GREEN
N 010 00	EGG SALAD SANDWICH	1 Sandwich	335	14	17	46%	32	323	578	RED
N 046 00	GARDEN VEGETABLE WRAP	1 Sandwich	212	6	2	8%	44	0	403	GREEN
N 006 00	GRILLED CHEESE SANDWICH	1 Sandwich	411	17	27	59%	26	74	713	RED
F 014 00	MONTEREY EGG BAKE	6 Ounces	181	19	6	30%	14	5	473	AMBER
F 011 00	MUSHROOM QUICHE	4-1/2 Ounces	199	11	10	45%	16	114	267	RED, AMBER WITH EGG SUBSTITUTE
N 010 01	NEW YORK EGG SALAD SANDWICH (EGG AND TOMATO)	1 Sandwich	345	14	17	44%	34	323	582	RED
E 021 00	NUTTY RICE AND CHEESE	1 Cup	323	22	8	22%	40	12	835	RED
L 196 00	SOUTHWESTERN SWEET POTATOES, BLACK BEANS & CORN	1-1/4 Cups	356	15	2	5%	74	0	197	GREEN
L 203 00	VEGETABLE CURRY WITH RICE	2-1/2 Cups	458	12	3	6%	98	0	688	GREEN
L 176 00	VEGETABLE STUFFED PEPPERS	2 Halves	368	13	15	37%	50	21	1163	AMBER, GREEN W/O CHEESE
L 507 00	VEGETARIAN BURRITO	2 Burritos	520	25	20	35%	61	40	1058	AMBER
	WG=WHOLE GRAIN									
	W/O=WITHOUT									
	DRG=DRESSING									
	REVISED: MAY 2011									