

Scituate Public School District

Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
BREAD														
500027 BROWN RICE PILAF	1/2 CUP	186	146	0.97 6.0%	0.20 1.3%	0	55	30.36 83.2%	1.60	3.50 9.6%	0	0.3	16	0.82
500088 CORNBREAD	SERVINGS	43	108	2.82 23.5%	0.45 3.7%	13	151	18.03 66.8%	1.00	2.65 9.8%	51	0.1	68	0.90
000039 Homemade Croutons	.75 oz	25	88	4.09 41.7%	0.64 6.5%	0	108	10.70 48.5%	0.99	2.37 10.7%	11	0.2	34	0.96
000002 Rice Pilaf	1/2 Cup	113	380	1.00 2.4%	0.00 0.0%	0	1560	86.00 90.5%	2.00	8.00 8.4%	0	0.0	0	0.72
000024 Roll, Wheat Dinner	1 Roll	28	73	0.00 0.0%	0.00 0.0%	0	110	14.00 76.7%	2.00	3.00 16.4%	5	1.2	30	0.90
500173 SPANISH RICE	1/3 CUP	87	69	0.84 10.9%	0.15 1.9%	0	134	13.69 79.3%	0.70	1.57 9.1%	266	6.7	14	0.77

BRKFS

500038 BREAKFAST BURRITO W/ SA	EACH	145	258	9.05 31.6%	2.90 10.1%	196	564	31.32 48.6%	2.29	12.21 18.9%	552	5.4	143	2.94
000122 Cereal, Cheerios with Milk	28g & 8 oz milk	275	186	1.44 7.0%	0.29 1.4%	5	238	34.98 75.0%	2.00	10.40 22.3%	1631	8.5	584	7.30
000368 French Toast Sticks (HS)	4Sticks	116	346	12.00 31.2%	3.00 7.8%	0	396	54.06 62.5%	2.00	6.00 6.9%	0	0.0	61	1.81
000107 French Toast Sticks (K-8)	3 Sticks	92	271	9.00 29.9%	2.25 7.5%	0	301	43.56 64.3%	1.50	4.50 6.6%	0	0.0	46	1.36
000127 Pancakes	2 Pancakes	68	126	2.00 14.3%	0.00 0.0%	6	254	24.00 76.2%	2.00	4.00 12.7%	*N/A*	*N/A*	*N/A*	*N/A*
000070 Scrambled Eggs	1/4 CUP	56	91	4.79 47.4%	1.59 15.7%	187	147	3.20 14.1%	0.00	8.19 36.0%	271	0.3	95	0.89

DAIRY

000023 Cheese Stick, Mozzarella	1 oz	28	60	2.50 37.5%	2.00 30.0%	10	210	1.00 6.7%	0.00	8.00 53.3%	100	0.0	200	0.00
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DESRT

500001 APPLE CRISP	SERVINGS	93	200	7.97 35.9%	1.59 7.2%	0	113	31.75 63.5%	2.30	1.94 3.9%	350	0.5	20	0.99
000131 Ice Cream - Fudge Frenzy	1 Each (2.5 oz)	71	101	0.00 0.0%	0.00 0.0%	6	90	21.37 84.4%	0.00	3.38 13.3%	112	0.0	112	1.21
000130 Ice Cream - Orange Cream Bar	1 Each (2.5 oz)	52	70	1.00 12.9%	0.50 6.4%	5	31	14.00 80.0%	0.00	1.00 5.7%	500	0.0	40	0.00

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000124 Ice Cream - Rainbow Polar Pole	1 Each (58g)	58	70	1.00 12.9%	0.50 6.4%	5	20	13.00 74.3%	0.00	3.00 17.1%	500	0.0	20	0.00
000129 Ice Cream -Creamy Cotton Can	1 Each	54	70	1.00 12.9%	0.50 6.4%	5	40	15.00 85.7%	0.00	1.00 5.7%	500	0.0	60	0.00
000126 Ice Cream, Orange Cream Bar	1 Each (52g)	52	70	1.00 12.9%	0.50 6.4%	5	31	14.00 80.0%	0.00	1.00 5.7%	500	0.0	40	0.00
000133 Ice Cream, Vanilla Sandwich	1 Each (3 oz)	51	130	2.00 13.8%	1.00 6.9%	5	120	25.00 76.9%	2.00	2.00 6.2%	750	0.0	40	0.00
000128 Ice Cream- Polar Pole Rainbow	Each	58	70	1.00 12.9%	0.50 6.4%	5	20	13.00 74.3%	0.00	3.00 17.1%	500	0.0	20	0.00
000125 Ice Cream: Creamy Cotton Can	1 Each (54g)	54	70	1.00 12.9%	0.50 6.4%	5	40	15.00 85.7%	0.00	1.00 5.7%	500	0.0	60	0.00

ENT

000021 American Chop Suey	8 oz Serving	268	275	9.30 30.4%	2.52 8.2%	31	282	35.38 51.4%	4.65	12.48 18.1%	*1314*	*17.6*	*31*	*1.63*
500022 BEEF SHEPHARD'S PIE	SERVINGS	206	294	13.23 40.5%	5.09 15.6%	52	442	23.75 32.3%	3.30	19.47 26.5%	3969	18.4	73	2.43
000106 Chicken Dinner, Baked,	Piece (5.25 oz)	224	440	17.61 36.0%	4.88 10.0%	192	160	0.00 0.0%	0.00	66.39 60.4%	208	0.0	32	2.40
000087 Chicken Fajita (Peppers/Onion)	1.7 oz Fajita	161	220	6.37 26.1%	1.91 7.8%	39	524	26.54 48.3%	4.20	14.67 26.7%	181	15.2	103	0.96
000003 Chicken Nuggets	5 Nuggets	86	211	11.00 46.9%	3.00 12.8%	35	396	13.00 24.6%	2.00	15.00 28.4%	94	1.0	20	2.00
500061 CHICKEN POT PIE	CUP	202	344	18.73 49.0%	4.59 12.0%	52	261	22.97 26.7%	1.90	20.44 23.8%	3708	2.8	32	2.22
000029 Chicken Tenders	3 Tenders	87	216	12.00 50.0%	2.00 8.3%	62	370	13.00 24.1%	2.00	14.00 25.9%	73	11.0	29	2.00
900005 Chicken, Broccoli, Pasta (HS)	1 Cup	253	495	20.26 36.8%	9.58 17.4%	132	582	43.46 35.1%	4.36	45.09 36.4%	612	11.7	174	3.28
900004 Chicken, Broccoli, Pasta (K-8)	1 Cup	248	468	17.45 33.5%	4.99 9.6%	112	582	43.46 37.1%	4.36	45.09 38.5%	353	11.7	174	3.31
000036 Crunchy Beef Tacos	2 Tacos	164	287	15.44 48.4%	5.78 18.1%	42	267	19.91 27.8%	2.72	16.80 23.4%	515	4.3	109	2.27
000026 Grilled Cheese	Sandwich	84	244	11.76 43.4%	5.00 18.4%	25	555	29.30 48.0%	2.00	11.60 19.0%	517	1.2	313	1.62
000161 Hamburger	1 Burger	117	281	9.00 28.8%	3.30 10.6%	50	318	29.00 41.3%	3.00	20.00 28.5%	10	2.4	72	3.40
500116 MACARONI AND CHEESE	2/3 CUP	175	296	12.18 37.0%	6.83 20.8%	31	896	27.44 37.1%	0.89	19.64 26.5%	684	0.4	482	1.02
000105 Pasta and Meatballs	1 Cup(4 mtblls)	653	307	8.08 23.7%	2.98 8.7%	28	345	42.66 55.5%	4.71	18.46 24.0%	1105	25.6	91	4.18

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000001 Quesadilla, Chicken WG	Wedge	216	359	12.40 31.1%	3.31 8.3%	24	849	43.18 48.2%	4.84	19.35 21.6%	680	2.6	224	4.09
000071 Smoothie, Strawberry & Pretzel	8 oz &1Pretzel	250	273	1.11 3.7%	0.34 1.1%	2	197	60.14 88.1%	*4.88*	8.40 12.3%	445	40.8	143	2.98

FRUIT

000064 Apple Slices	Serving (1/2 C)	121	36	0.01 0.2%	0.00 0.1%	0	5	9.15 101.4%	1.31	0.03 0.3%	2	1.2	7	1.43
000016 Apple, whole	Each	182	95	0.31 2.9%	0.05 0.5%	0	2	25.13 106.2%	4.37	0.47 2.0%	98	8.4	11	0.22
000247 Applesauce	1/2 CUP	122	51	0.12 2.1%	0.01 0.2%	0	2	13.75 107.3%	1.34	0.21 1.6%	35	25.9	5	0.28
000068 Banana, whole	EACH	118	105	0.39 3.3%	0.13 1.1%	0	1	26.95 102.7%	3.07	1.29 4.9%	76	10.3	6	0.31
000255 Blueberries	1/2 CUP	148	84	0.49 5.2%	0.03 0.3%	0	1	21.45 101.7%	3.55	1.10 5.2%	80	14.4	9	0.41
000013 Diced Peaches	1/2 Cup	126	53	0.13 2.1%	0.00 0.0%	0	6	13.39 101.1%	1.30	0.50 3.8%	340	3.8	6	0.38
000419 Fruit Cocktail	1/2 Cup	121	69	0.08 1.1%	0.01 0.2%	0	7	18.07 104.8%	1.21	0.48 2.8%	252	2.3	7	0.35
000422 Grapes	1/2 Cup	46	31	0.16 4.7%	0.05 1.5%	0	1	7.89 102.4%	0.41	0.29 3.8%	46	1.8	6	0.13
000083 Nectarines	1 Each	142	62	0.45 6.5%	0.03 0.4%	0	0	14.98 95.9%	2.41	1.51 9.6%	471	7.7	9	0.40
000086 Orange	1 Each	131	62	0.16 2.3%	0.02 0.3%	0	0	15.39 100.0%	3.14	1.23 8.0%	295	69.7	52	0.13
000437 Peaches, Diced	1/2 Cup	126	53	0.13 2.1%	0.00 0.0%	0	6	13.39 101.1%	1.30	0.50 3.8%	340	3.8	6	0.38
000438 Pears, Diced	1/2 Cup	126	72	0.04 0.5%	0.00 0.0%	0	6	19.04 106.5%	2.01	0.24 1.3%	0	0.9	6	0.35
000090 Pears, whole	EACH	178	101	0.25 2.2%	0.04 0.3%	0	2	27.11 106.9%	5.52	0.64 2.5%	45	7.7	16	0.32
000092 Pineapple Chunks	1/2 CUP	126	66	0.15 2.1%	0.01 0.2%	0	1	16.95 103.5%	1.01	0.45 2.8%	48	9.5	18	0.49
000097 Raisins	1.5 oz box	43	129	0.20 1.4%	0.02 0.2%	0	5	34.05 105.9%	1.59	1.32 4.1%	0	1.0	22	0.81
000099 Strawberries, Fresh	1/2 Cup	72	23	0.22 8.4%	0.01 0.3%	0	1	5.53 96.0%	1.44	0.48 8.4%	9	42.3	12	0.30
000098 Strawberries: frozen	1/2 Cup	128	122	0.17 1.2%	0.01 0.1%	0	4	33.05 108.0%	2.42	0.68 2.2%	31	52.8	14	0.75
000100 Tangerines	1 Each	88	47	0.27 5.3%	0.03 0.5%	0	2	11.74 100.7%	1.58	0.71 6.1%	599	23.5	33	0.13

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000101 Watermelon	1/2 Cup	76	23	0.11 4.5%	0.01 0.3%	0	1	5.74 100.7%	0.30	0.46 8.1%	432	6.2	5	0.18

JUICE

000134 Italian Ice (Juice), Sidekicks	1 Each (127g)	125	79	0.00 0.0%	0.00 0.0%	0	44	19.64 100.0%	0.00	0.00 0.0%	982	58.9	79	0.35
000132 Italian Ice (Juice)- Rosati's	1 Each (4.4 oz)	125	109	0.00 0.0%	0.00 0.0%	0	17	27.50 101.0%	0.00	0.00 0.0%	0	13.2	0	0.00

MILK

000228 MILK,1% Chocolate	HALF PINT	250	178	2.50 12.7%	1.54 7.8%	8	153	31.50 71.0%	1.25	8.10 18.3%	490	2.3	290	0.68
000230 MILK,1% Lowfat	HALF PINT	244	102	2.37 20.8%	1.54 13.6%	12	107	12.18 47.5%	0.00	8.22 32.1%	478	0.0	305	0.07
000231 MILK,Skim	HALF PINT	245	83	0.20 2.1%	0.14 1.5%	5	103	12.15 58.4%	0.00	8.26 39.6%	500	0.0	299	0.07

MISC

000225 Salad Dressing, Assorted	TBSP	15	60	5.89 87.7%	0.85 12.6%	2	132	1.83 12.1%	0.05	0.14 0.9%	31	0.2	4	0.09
000104 TOMATO SAUCE - USDA G07	2 oz	38	18	0.45 22.2%	0.07 3.4%	0	42	3.54 76.9%	0.78	0.72 15.6%	348	5.3	13	0.45

PIZZA

000075 Pizza, Sal's (HS)	SLICE	60	270	10.00 33.3%	4.50 15.0%	20	710	34.00 50.4%	3.00	16.00 23.7%	500	1.2	250	1.80
000005 Pizza, Sals (K-8)	SLICE	29	133	4.83 32.7%	2.42 16.4%	9	344	16.31 49.1%	1.81	7.85 23.6%	242	0.7	121	0.87

SAL

000020 Garden Salad	1/2 Cup	59	9	0.10 9.4%	0.01 1.0%	0	5	1.94 85.6%	0.70	0.52 23.0%	368	4.1	9	0.21
500142 PASTA SALAD	3/8 CUP	89	141	7.00 44.8%	0.98 6.3%	0	165	16.83 47.9%	2.03	3.27 9.3%	1309	10.0	17	0.98
900009 Salad, Caesar (HS)	2 Cup	69	141	8.21 52.5%	2.65 17.0%	35	366	7.61 21.6%	1.27	9.29 26.4%	2111	5.3	121	1.08
900008 Salad, Caesar (K-8)	1 cup	116	85	4.54 48.2%	0.66 7.0%	3	289	9.07 42.8%	2.41	2.53 11.9%	8203	3.8	63	1.34

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500207 WALDORF FRUIT SALAD	1/3 CUP	60	70	3.90 50.1%	0.42 5.4%	1	32	9.08 51.9%	1.30	0.94 5.3%	109	2.1	9	0.29

SAND

000006 Cheeseburger	Each	131	334	13.43 36.2%	6.09 16.4%	63	529	29.23 35.0%	3.00	23.14 27.7%	146	2.4	150	3.43
000048 Chicken Caesar Salad Wrap	Wrap	192	268	10.05 33.8%	2.70 9.1%	20	504	31.79 47.5%	5.99	14.02 21.0%	8861	3.8	199	1.12
000030 Chicken Patty Sandwich	Sandwich	143	362	12.00 29.8%	2.00 5.0%	62	641	42.00 46.4%	5.00	20.00 22.1%	83	13.4	89	3.80
000062 Ham and Cheese Croissant	Sandwich	160	313	11.27 32.4%	5.05 14.5%	51	1058	30.61 39.1%	2.00	23.94 30.6%	343	0.0	329	1.49
900013 Hamburger Sliders	2 Sliders	57	150	7.00 42.0%	3.00 18.0%	15	210	14.00 37.3%	1.00	7.00 18.7%	0	1.2	40	1.44
000046 Meatball Sub	Sandwich	318	556	17.48 28.3%	8.19 13.3%	63	964	62.84 45.3%	8.05	35.04 25.2%	1111	9.7	328	6.75
000079 Rib-B-Q Sandwich	Sandwich	156	391	14.42 33.2%	6.04 13.9%	53	822	39.77 40.7%	4.01	21.96 22.4%	371	3.6	227	2.98
500170 SLOPPY JOE ON A ROLL	SERVINGS	147	345	12.76 33.3%	4.95 12.9%	52	540	35.93 41.7%	2.40	20.95 24.3%	560	11.9	98	3.73
000073 Uncrustables, PB & Grape, WG	Sandwich	74	320	17.00 47.8%	3.50 9.8%	0	320	32.00 40.0%	3.00	10.00 12.5%	0	0.0	20	1.08
000069 Wrap, Buffalo Chicken	Wrap	190	360	17.89 44.7%	4.03 10.1%	20	774	33.74 37.4%	5.10	16.87 18.7%	5972	2.7	117	0.66
000067 Wrap, Chicken Caesar	Wrap	241	424	21.32 45.2%	5.02 10.6%	70	805	36.80 34.7%	6.97	21.95 20.7%	8064	14.7	205	2.95

SN

000113 Snacks, Baked Lay's Reg	1 Pack (.87 oz)	25	100	1.50 13.5%	0.00 0.0%	0	115	20.00 80.0%	2.00	2.00 8.0%	0	0.0	0	0.00
000111 Snacks, Cheez-It Crackers	1 Pack (1.5 oz)	42	210	11.00 47.1%	2.50 10.7%	0	320	24.00 45.7%	1.00	5.00 9.5%	100	0.0	60	1.44
000121 Snacks, Chex Mix	1 Pack(1.75 oz)	49	200	6.00 27.0%	1.00 4.5%	0	370	36.00 72.0%	2.00	4.00 8.0%	500	6.0	250	1.08
000110 Snacks, Chips Ahoy Cookies	1 Pack (.81 oz)	23	100	3.00 27.0%	0.50 4.5%	0	140	18.00 72.0%	1.00	1.00 4.0%	0	0.0	0	0.72
000108 Snacks, Cinnamon Crisp	1 Pack (1.2 oz)	34	150	5.00 30.0%	0.50 3.0%	0	140	25.00 66.7%	2.00	3.00 8.0%	0	0.0	0	0.72
000112 Snacks, Doritos, Red Fat	1 Pack (1 oz)	28	130	5.00 34.6%	1.00 6.9%	0	160	19.00 58.5%	2.00	2.00 6.2%	0	0.0	40	0.36

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000135 Snacks, Fruit Snacks, Welch's	1 Pack (1.55oz)	44	130	0.00 0.0%	0.00 0.0%	0	20	34.00 104.6%	3.00	1.00 3.1%	1250	60.0	0	0.00
000117 Snacks, Goldfish Cheddar	1 Pack (1 oz)	28	130	4.50 31.2%	1.00 6.9%	5	240	19.00 58.5%	1.00	3.00 9.2%	0	0.0	20	0.36
000118 Snacks, Goldfish Grahams	1 Pack (.9 oz)	26	120	4.00 30.0%	1.00 7.5%	0	110	19.00 63.3%	1.00	1.00 3.3%	0	0.0	100	0.72
000120 Snacks, Nutrigrain, Blueberry	1 Bar (1.55 oz)	44	160	4.00 22.5%	0.50 2.8%	0	135	30.00 75.0%	3.00	2.00 5.0%	750	0.0	200	1.80
000119 Snacks, Oat/Honey Granola Bar	1 Pack (.74 oz)	21	90	3.00 30.0%	0.00 0.0%	0	80	15.00 66.7%	1.00	2.00 8.9%	0	0.0	0	0.36
000109 Snacks, Oreo Cookies	1 Pack (.81 oz)	23	100	2.00 18.0%	0.00 0.0%	0	150	19.00 76.0%	1.00	1.00 4.0%	0	0.0	0	1.08
000114 Snacks, Smartfood Popcorn	1 Pack (.5 oz)	14	70	2.50 32.1%	0.00 0.0%	0	110	9.00 51.4%	2.00	2.00 11.4%	0	0.0	0	0.36
000116 Snacks, Sun Chips, Original	1 Pack (1 oz)	28	140	6.00 38.6%	1.00 6.4%	0	120	18.00 51.4%	3.00	2.00 5.7%	0	0.0	0	0.36
000115 Snacks, Tiny Twist Pretzels	1 Pack (1 oz)	28	110	1.00 8.2%	0.00 0.0%	0	451	23.04 83.6%	1.00	2.00 7.3%	0	0.0	0	1.08

SOUP

500063 CHICKEN RICE SOUP	CUP	280	112	1.71 13.7%	0.45 3.6%	14	205	16.77 59.9%	0.48	6.69 23.9%	25	1.7	23	1.04
000295 Corn Chowder	2 Cups	472	256	3.84 13.5%	0.81 2.8%	2	732	55.78 87.0%	4.87	7.01 10.9%	5461	19.3	94	1.32
500124 MINESTRONE	1 CUP	239	96	0.88 8.3%	0.26 2.5%	1	201	18.12 75.5%	2.99	5.83 24.3%	3042	6.6	55	1.98

VEG

500009 BAKED SWEET POTATOES &	1/4 CUP	69	78	1.38 15.9%	0.28 3.2%	0	29	16.56 84.9%	1.90	0.56 2.9%	2637	3.5	11	0.39
000082 Broccoli, Steamed	1/2 Cup	91	26	0.10 3.5%	0.02 0.6%	0	22	4.86 75.9%	2.76	2.81 43.9%	917	36.4	46	0.55
000076 Carrot & Celery Sticks	1/2 Cup	75	19	0.11 5.4%	0.02 1.1%	0	59	4.14 87.7%	1.67	0.50 10.6%	5177	2.1	27	0.40
000009 Carrot Sticks	1/2 CUP	61	25	0.15 5.3%	0.02 0.8%	0	42	5.84 93.5%	1.71	0.57 9.1%	10191	3.6	20	0.18
000011 Carrots, Steamed	1/2 Cup	73	27	0.50 16.5%	0.09 2.9%	0	43	5.64 83.6%	2.40	0.42 6.3%	12137	1.7	26	0.39
000027 Cauliflower, Roast	1/2 Cup	66	16	0.18 10.1%	0.03 1.5%	0	16	3.09 78.0%	1.52	1.33 33.5%	8	32.2	15	0.36
000019 Celery Sticks	1/2 Cup	60	10	0.10 9.6%	0.03 2.4%	0	48	1.78 74.3%	0.96	0.41 17.3%	269	1.9	24	0.12

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

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Scituate Public School District

Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000270 Corn	1/2 Cup	82	58	1.12 17.4%	0.13 2.0%	0	152	12.35 84.8%	1.89	1.90 13.1%	37	1.7	2	0.23
000377 Cucumber, Sticks or Sliced	1/2 Cup	60	7	0.10 12.0%	0.01 0.8%	0	1	1.29 72.0%	0.42	0.35 19.7%	43	1.9	8	0.13
000425 Green Beans, Steamed	1/2 Cup	63	22	0.18 7.2%	0.04 1.5%	0	1	4.93 90.1%	2.00	1.18 21.6%	438	6.1	28	0.41
000015 Green Peas	1/2 Cup	80	62	0.22 3.3%	0.04 0.6%	0	58	11.41 73.6%	4.40	4.12 26.6%	1680	7.9	19	1.26
500106 HERBED BROCCOLI & CAULI	1/2 CUP	117	92	4.82 47.2%	1.26 12.4%	2	216	9.56 41.6%	3.30	4.26 18.5%	1176	38.8	84	0.99
000429 Mashed Potatoes	1/2 Cup	105	102	5.39 47.6%	3.35 29.6%	15	172	11.41 44.8%	0.84	1.86 7.3%	181	10.2	34	0.17
000432 Mixed Vegetables, Steamed	.5 CUP	82	40	0.20 4.6%	0.04 0.9%	0	174	7.55 75.6%	2.45	2.11 21.1%	9496	4.1	22	0.86
000487 Oven Baked Fries	2.5 OZ	71	142	5.36 34.0%	0.89 5.7%	0	189	22.11 62.4%	2.27	2.25 6.3%	0	7.2	6	0.88
000439 Peas & Carrots	CUP	160	77	0.67 7.9%	0.11 1.3%	0	109	16.19 84.3%	4.96	4.94 25.8%	15222	13.0	37	1.50
000042 Pickles, Dill	2 Spears	70	8	0.21 22.5%	0.06 5.9%	0	566	1.69 80.3%	0.70	0.35 16.7%	88	1.6	40	0.18
000072 Potato Tots, Oven Baked	Svg (8 Tots)	71	130	5.99 41.5%	1.00 6.9%	0	309	15.97 49.2%	2.00	2.00 6.2%	0	3.6	0	0.00
000369 Potatoes, Hash Brown	1/2 CUP	78	171	9.04 47.6%	0.73 3.8%	0	12	22.24 52.1%	2.50	2.07 4.8%	0	5.2	13	0.42
500159 QUICK BAKED POTATOES	1/2 EACH	119	128	2.34 16.5%	0.35 2.4%	0	58	24.72 77.2%	2.59	2.94 9.2%	113	11.3	18	1.31
000008 Refried Beans	1/2 Cup	128	119	1.62 12.2%	0.61 4.6%	10	142	19.81 66.3%	6.79	7.00 23.4%	0	7.7	45	2.12
000051 Spinach, Steamed	1/2 Cup	190	65	1.65 23.0%	0.29 4.0%	0	184	9.12 56.5%	7.03	7.62 47.2%	22916	4.2	291	3.72
000074 Sweet Potato Fries	Serving	85	120	4.50 33.7%	0.50 3.7%	0	170	19.00 63.3%	2.00	1.00 3.3%	5000	2.4	20	0.36

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