

# Jefferson Elementary School District

**BREAD**

Recipe No. 000385 BURGER BUN WHOLE WHEAT: JSD  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: BUN

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	150 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	0.00 mg	12.00%	Calories from Total Fat
Total Fat	2.00 g	Sodium	220.00 mg	Protein	4.00 g	Iron	1.44 mg	0.30%	Calories from Sat Fat
Saturated Fat	0.05 g	Carbohydrate	28.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	74.67%	Calories from Carbohydrates
								10.67%	Calories from Protein

Recipe No. 000575 Texas Garlic Toast 2016: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (each)

Calories	100 kcal	Cholesterol	0.00 mg	Sugars	1.00 g	Calcium	0.00 mg	27.00%	Calories from Total Fat
Total Fat	3.00 g	Sodium	130.00 mg	Protein	3.00 g	Iron	0.72 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	15.00 g	Vitamin A	300.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	60.00%	Calories from Carbohydrates
								12.00%	Calories from Protein

**BRKFS**

Recipe No. 000365 BAGEL /CREAM CHEESE: JSD  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: PLAIN BAGELS

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	330 kcal	Cholesterol	30.00 mg	Sugars	*N/A* g	Calcium	20.00 mg	30.00%	Calories from Total Fat
Total Fat	11.00 g	Sodium	575.00 mg	Protein	10.00 g	Iron	*2.70* mg	16.36%	Calories from Sat Fat
Saturated Fat	6.00 g	Carbohydrate	48.00 g	Vitamin A	300.00 IU	Water <sup>1</sup>	*N/A* g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	*1.00* g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*N/A* g	58.18%	Calories from Carbohydrates
								12.12%	Calories from Protein

Recipe No. 000242 BANANA CHOCOLATE CHIP BREAKFAS: JSD  
 Number of Portions: 1  
 Size of Portion: BAR

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (BAR)

- \*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient
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- <sup>1</sup> - denotes optional nutrient values
- <sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

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Calories	280	kcal	Cholesterol	15.00	mg	Sugars	*N/A*	g	Calcium	20.00	mg	25.72%	Calories from Total Fat
Total Fat	8.00	g	Sodium	220.00	mg	Protein	5.00	g	Iron	1.80	mg	9.64%	Calories from Sat Fat
Saturated Fat	3.00	g	Carbohydrate	48.00	g	Vitamin A	0.00	IU	Water <sup>1</sup>	0.00	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	3.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	0.00	g	68.57%	Calories from Carbohydrates
												7.14%	Calories from Protein

Recipe No. 000560 Blueberry Muffin: JSD  
 Number of Portions: 1  
 Size of Portion: Each

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (Each)

Calories	260	kcal	Cholesterol	25.00	mg	Sugars	19.00	g	Calcium	20.00	mg	24.23%	Calories from Total Fat
Total Fat	7.00	g	Sodium	290.00	mg	Protein	4.00	g	Iron	1.44	mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00	g	Carbohydrate	46.00	g	Vitamin A	95.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	2.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*N/A*	g	70.77%	Calories from Carbohydrates
												6.15%	Calories from Protein

Recipe No. 000154 BREAKFAST BURRITO: JSD  
 Number of Portions: 12  
 Size of Portion: BURRITOS

Recipe HACCP Process: #3 Complex Food Preparation

\*Nutrients are based upon 1 Portion Size (BURRITOS)

Calories	0	kcal	Cholesterol	0.00	mg	Sugars	*N/A*	g	Calcium	0.00	mg	0.00%	Calories from Total Fat
Total Fat	0.00	g	Sodium	0.00	mg	Protein	0.00	g	Iron	0.00	mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00	g	Carbohydrate	0.00	g	Vitamin A	0.00	IU	Water <sup>1</sup>	0.00	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	0.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	0.00	g	0.00%	Calories from Carbohydrates
												0.00%	Calories from Protein

Recipe No. 005001 BREAKFAST BURRITO W/ SALSA: <XXX>  
 Number of Portions: 100.0000  
 Size of Portion: 1 BURRITO

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (1 BURRITO)

Calories	207	kcal	Cholesterol	211.21	mg	Sugars	*2.24*	g	Calcium	88.02	mg	33.51%	Calories from Total Fat
Total Fat	7.70	g	Sodium	568.56	mg	Protein	10.85	g	Iron	2.87	mg	10.20%	Calories from Sat Fat
Saturated Fat	2.34	g	Carbohydrate	22.92	g	Vitamin A	515.34	IU	Water <sup>1</sup>	102.27	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	1.68	g	Vitamin C	7.95	mg	Ash <sup>1</sup>	2.39	g	44.35%	Calories from Carbohydrates
												20.99%	Calories from Protein

Recipe No. 000556 Breakfast Burrito-egg & turkey: JSD  
 Number of Portions: 1  
 Size of Portion: Each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (Each)

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Calories	170	kcal	Cholesterol	53.76	mg	Sugars	*0.00*	g	Calcium	102.43	mg	37.23%	Calories from Total Fat
Total Fat	7.01	g	Sodium	506.09	mg	Protein	8.50	g	Iron	1.55	mg	16.06%	Calories from Sat Fat
Saturated Fat	3.02	g	Carbohydrate	19.02	g	Vitamin A	352.03	IU	Water <sup>1</sup>	51.21	g	0.05%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.01	g	Dietary Fiber	2.59	g	Vitamin C	1.96	mg	Ash <sup>1</sup>	0.76	g	44.88%	Calories from Carbohydrates
												20.05%	Calories from Protein

Recipe No. 000566 Breakfast Sausage Pizza: JSD  
 Number of Portions: 1  
 Size of Portion: Each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (Each)

Calories	210	kcal	Cholesterol	15.00	mg	Sugars	9.00	g	Calcium	100.00	mg	30.00%	Calories from Total Fat
Total Fat	7.00	g	Sodium	480.00	mg	Protein	9.00	g	Iron	1.80	mg	8.57%	Calories from Sat Fat
Saturated Fat	2.00	g	Carbohydrate	26.00	g	Vitamin A	200.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	2.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*N/A*	g	49.52%	Calories from Carbohydrates
												17.14%	Calories from Protein

Recipe No. 000501 BUTTERMILK BAR: JSD  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: BUTTERMILK BAR

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	318	kcal	Cholesterol	33.20	mg	Sugars	*N/A*	g	Calcium	6490.00	mg	12.54%	Calories from Total Fat
Total Fat	4.43	g	Sodium	210.10	mg	Protein	7.30	g	Iron	2.88	mg	2.32%	Calories from Sat Fat
Saturated Fat	0.82	g	Carbohydrate	62.46	g	Vitamin A	22.89	IU	Water <sup>1</sup>	*N/A*	g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A*	g	Dietary Fiber	2.47	g	Vitamin C	*N/A*	mg	Ash <sup>1</sup>	*N/A*	g	78.57%	Calories from Carbohydrates
												9.18%	Calories from Protein

Recipe No. 000563 Cereal Cinn Toaster: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (each)

Calories	120	kcal	Cholesterol	0.00	mg	Sugars	9.00	g	Calcium	100.00	mg	26.25%	Calories from Total Fat
Total Fat	3.50	g	Sodium	130.00	mg	Protein	1.00	g	Iron	9.00	mg	3.75%	Calories from Sat Fat
Saturated Fat	0.50	g	Carbohydrate	22.00	g	Vitamin A	500.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	0.00	g	Vitamin C	6.00	mg	Ash <sup>1</sup>	*N/A*	g	73.33%	Calories from Carbohydrates
												3.33%	Calories from Protein

Recipe No. 000564 Cereal Luck Charms: JSD  
 Number of Portions: 1  
 Size of Portion: Each

Recipe HACCP Process: #1 No Cook

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Calories	110 kcal	Cholesterol	0.00 mg	Sugars	10.00 g	Calcium	100.00 mg	8.18%	Calories from Total Fat
Total Fat	1.00 g	Sodium	180.00 mg	Protein	2.00 g	Iron	4.50 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	23.00 g	Vitamin A	500.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.00 g	Vitamin C	6.00 mg	Ash <sup>1</sup>	*N/A* g	83.64%	Calories from Carbohydrates
								7.27%	Calories from Protein

Recipe No. 000565 Cereal Trix: JSD  
 Number of Portions: 1  
 Size of Portion: Each

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (Each)

Calories	110 kcal	Cholesterol	0.00 mg	Sugars	7.00 g	Calcium	80.00 mg	8.18%	Calories from Total Fat
Total Fat	1.00 g	Sodium	140.00 mg	Protein	1.00 g	Iron	4.50 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	24.00 g	Vitamin A	400.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.00 g	Vitamin C	4.80 mg	Ash <sup>1</sup>	*N/A* g	87.27%	Calories from Carbohydrates
								3.64%	Calories from Protein

Recipe No. 001072 CEREAL,VARIETY:  
 Number of Portions: 100  
 Size of Portion: SERVING

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	97 kcal	Cholesterol	0.00 mg	Sugars	10.99 g	Calcium	12.37 mg	5.92%	Calories from Total Fat
Total Fat	0.64 g	Sodium	96.09 mg	Protein	1.25 g	Iron	3.65 mg	3.05%	Calories from Sat Fat
Saturated Fat	0.33 g	Carbohydrate	22.68 g	Vitamin A	637.57 IU	Water <sup>1</sup>	0.79 g	*0.29%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.03* g	Dietary Fiber	1.04 g	Vitamin C	9.56 mg	Ash <sup>1</sup>	0.37 g	93.12%	Calories from Carbohydrates
								5.13%	Calories from Protein

Recipe No. 000462 CINNAMON ROLL: JDF  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: CINNAMON ROLL  
 SWT POTATO CINNAMON ROLL

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	222 kcal	Cholesterol	15.04 mg	Sugars	*N/A* g	Calcium	63.67 mg	32.16%	Calories from Total Fat
Total Fat	7.94 g	Sodium	213.64 mg	Protein	3.60 g	Iron	1.67 mg	9.05%	Calories from Sat Fat
Saturated Fat	2.24 g	Carbohydrate	33.59 g	Vitamin A	642.44 IU	Water <sup>1</sup>	*N/A* g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	1.86 g	Vitamin C	0.43 mg	Ash <sup>1</sup>	*N/A* g	60.44%	Calories from Carbohydrates
								6.47%	Calories from Protein

Recipe No. 000391 CINNAMON ROLL SWEET POTATO: JSD  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: CINNAMON ROLLS

Recipe HACCP Process: #1 No Cook

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Calories	222 kcal	Cholesterol	15.04 mg	Sugars	*N/A* g	Calcium	63.67 mg	32.16%	Calories from Total Fat
Total Fat	7.94 g	Sodium	231.64 mg	Protein	3.60 g	Iron	1.67 mg	9.03%	Calories from Sat Fat
Saturated Fat	2.23 g	Carbohydrate	33.59 g	Vitamin A	642.44 IU	Water <sup>1</sup>	*N/A* g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	1.86 g	Vitamin C	0.43 mg	Ash <sup>1</sup>	*N/A* g	60.44%	Calories from Carbohydrates
								6.47%	Calories from Protein

Recipe No. 001076 CINNAMON ROLLS W/O RAISINS: <XXX>  
 Number of Portions: 50.0000  
 Size of Portion: 2 oz

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (2 oz)

Calories	193 kcal	Cholesterol	0.98 mg	Sugars	*7.28* g	Calcium	35.43 mg	22.04%	Calories from Total Fat
Total Fat	4.73 g	Sodium	292.57 mg	Protein	4.46 g	Iron	1.61 mg	3.52%	Calories from Sat Fat
Saturated Fat	0.76 g	Carbohydrate	33.17 g	Vitamin A	9.34 IU	Water <sup>1</sup>	23.17 g	*0.00*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.47 g	Vitamin C	0.15 mg	Ash <sup>1</sup>	1.12 g	68.67%	Calories from Carbohydrates
								9.24%	Calories from Protein

Recipe No. 000557 Daves double choco muffin: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (each)

Calories	229 kcal	Cholesterol	30.00 mg	Sugars	18.50 g	Calcium	3.50 mg	23.58%	Calories from Total Fat
Total Fat	6.00 g	Sodium	125.00 mg	Protein	3.80 g	Iron	1.00 mg	3.54%	Calories from Sat Fat
Saturated Fat	0.90 g	Carbohydrate	40.00 g	Vitamin A	47.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.10 g	Vitamin C	0.20 mg	Ash <sup>1</sup>	*N/A* g	69.87%	Calories from Carbohydrates
								6.64%	Calories from Protein

Recipe No. 000486 EGG AND CHEESE BURRITO: JSD  
 Number of Portions: 1  
 Size of Portion: SERVING  
 Alternate Menu Name: EGG AND CHEESE BURRITO

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	0 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	0.00 mg	Protein	0.00 g	Iron	0.00 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	0.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	0.00%	Calories from Carbohydrates
								0.00%	Calories from Protein

Recipe No. 000368 FRENCH TOAST STICKS:  
 Number of Portions: 1.0000  
 Size of Portion: 1 SERVING

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (1 SERVING)

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Calories	377	kcal	Cholesterol	145.14	mg	Sugars	0.00	g	Calcium	189.39	mg	25.77%	Calories from Total Fat
Total Fat	10.80	g	Sodium	876.16	mg	Protein	13.10	g	Iron	3.91	mg	6.46%	Calories from Sat Fat
Saturated Fat	2.71	g	Carbohydrate	56.82	g	Vitamin A	331.00	IU	Water <sup>1</sup>	93.10	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	1.95	g	Vitamin C	0.53	mg	Ash <sup>1</sup>	3.19	g	60.28%	Calories from Carbohydrates
												13.90%	Calories from Protein

Recipe No. 000561 Honey Bun: JSD  
 Number of Portions: 1  
 Size of Portion: Each

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (Each)

Calories	230	kcal	Cholesterol	15.00	mg	Sugars	15.00	g	Calcium	100.00	mg	27.39%	Calories from Total Fat
Total Fat	7.00	g	Sodium	220.00	mg	Protein	4.00	g	Iron	1.44	mg	7.83%	Calories from Sat Fat
Saturated Fat	2.00	g	Carbohydrate	39.00	g	Vitamin A	75.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	2.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*N/A*	g	67.83%	Calories from Carbohydrates
												6.96%	Calories from Protein

Recipe No. 000417 HONEY WHEAT BREAKFAST BAR: JSD  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: BUTTERMILK BREAKFAST BAR

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	318	kcal	Cholesterol	33.20	mg	Sugars	*N/A*	g	Calcium	64.98	mg	12.54%	Calories from Total Fat
Total Fat	4.43	g	Sodium	210.00	mg	Protein	7.30	g	Iron	2.88	mg	2.32%	Calories from Sat Fat
Saturated Fat	0.82	g	Carbohydrate	62.46	g	Vitamin A	22.89	IU	Water <sup>1</sup>	*N/A*	g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A*	g	Dietary Fiber	2.47	g	Vitamin C	0.73	mg	Ash <sup>1</sup>	*N/A*	g	78.57%	Calories from Carbohydrates
												9.18%	Calories from Protein

Recipe No. 000392 HONEY WHOLE WHEAT BREAKFAST BA: JSD  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: BUTTERMILK BAR

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	318	kcal	Cholesterol	33.20	mg	Sugars	*N/A*	g	Calcium	6490.00	mg	12.54%	Calories from Total Fat
Total Fat	4.43	g	Sodium	210.10	mg	Protein	7.30	g	Iron	2.88	mg	2.32%	Calories from Sat Fat
Saturated Fat	0.82	g	Carbohydrate	62.46	g	Vitamin A	22.89	IU	Water <sup>1</sup>	*N/A*	g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A*	g	Dietary Fiber	2.47	g	Vitamin C	*N/A*	mg	Ash <sup>1</sup>	*N/A*	g	78.57%	Calories from Carbohydrates
												9.18%	Calories from Protein

Recipe No. 000537 MALT O MEAL TOOTI FRUTI: JSD  
 Number of Portions: 1  
 Size of Portion: SERVING

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (SERVING)

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Calories	128 kcal	Cholesterol	4.15 mg	Sugars	*0.00* g	Calcium	286.13 mg	15.90%	Calories from Total Fat
Total Fat	2.27 g	Sodium	188.20 mg	Protein	3.98 g	Iron	3.99 mg	5.81%	Calories from Sat Fat
Saturated Fat	0.83 g	Carbohydrate	25.08 g	Vitamin A	861.98 IU	Water <sup>1</sup>	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.89 g	Vitamin C	13.29 mg	Ash <sup>1</sup>	*0.00* g	78.12%	Calories from Carbohydrates
								12.41%	Calories from Protein

Recipe No. 000576 Maple Mini Waffles: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (each)

Calories	210 kcal	Cholesterol	5.00 mg	Sugars	13.00 g	Calcium	20.00 mg	25.72%	Calories from Total Fat
Total Fat	6.00 g	Sodium	170.00 mg	Protein	4.00 g	Iron	0.72 mg	4.29%	Calories from Sat Fat
Saturated Fat	1.00 g	Carbohydrate	38.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	72.38%	Calories from Carbohydrates
								7.62%	Calories from Protein

Recipe No. 000558 Maple Pancakes: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (each)

Calories	230 kcal	Cholesterol	0.00 mg	Sugars	14.00 g	Calcium	40.00 mg	27.39%	Calories from Total Fat
Total Fat	7.00 g	Sodium	150.00 mg	Protein	4.00 g	Iron	0.72 mg	1.96%	Calories from Sat Fat
Saturated Fat	0.50 g	Carbohydrate	41.00 g	Vitamin A	70.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	71.30%	Calories from Carbohydrates
								6.96%	Calories from Protein

Recipe No. 000562 Muffin-choco chip: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (each)

Calories	227 kcal	Cholesterol	30.00 mg	Sugars	17.50 g	Calcium	4.00 mg	23.79%	Calories from Total Fat
Total Fat	6.00 g	Sodium	115.00 mg	Protein	3.90 g	Iron	0.90 mg	3.57%	Calories from Sat Fat
Saturated Fat	0.90 g	Carbohydrate	39.50 g	Vitamin A	44.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.10 g	Vitamin C	0.90 mg	Ash <sup>1</sup>	*N/A* g	69.60%	Calories from Carbohydrates
								6.87%	Calories from Protein

Recipe No. 000559 Strawberry Pancakes: JSD  
 Number of Portions: 1  
 Size of Portion: Each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (Each)

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Calories	240	kcal	Cholesterol	0.00	mg	Sugars	16.00	g	Calcium	40.00	mg	26.25%	Calories from Total Fat
Total Fat	7.00	g	Sodium	150.00	mg	Protein	4.00	g	Iron	0.72	mg	3.75%	Calories from Sat Fat
Saturated Fat	1.00	g	Carbohydrate	42.00	g	Vitamin A	80.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	3.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*N/A*	g	70.00%	Calories from Carbohydrates
												6.67%	Calories from Protein

Recipe No. 000151 SWEET POTATO CHOC CHIP MUFFIN: JSD  
 Number of Portions: 1  
 Size of Portion: MUFFIN  
 Alternate Menu Name: SW CHOC CHIP MUFFIN

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (MUFFIN)

Calories	250	kcal	Cholesterol	27.00	mg	Sugars	*N/A*	g	Calcium	90.00	mg	32.15%	Calories from Total Fat
Total Fat	8.93	g	Sodium	225.00	mg	Protein	3.24	g	Iron	2.16	mg	2.45%	Calories from Sat Fat
Saturated Fat	0.68	g	Carbohydrate	40.33	g	Vitamin A	500.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	0.93	g	Vitamin C	*N/A*	mg	Ash <sup>1</sup>	*N/A*	g	64.53%	Calories from Carbohydrates
												5.18%	Calories from Protein

Recipe No. 000239 SWEET POTATO CINNAMON ROLL: JSD  
 Number of Portions: 1  
 Size of Portion: EACH

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	250	kcal	Cholesterol	15.00	mg	Sugars	*N/A*	g	Calcium	200.00	mg	28.80%	Calories from Total Fat
Total Fat	8.00	g	Sodium	200.00	mg	Protein	4.00	g	Iron	1.08	mg	5.40%	Calories from Sat Fat
Saturated Fat	1.50	g	Carbohydrate	42.00	g	Vitamin A	500.00	IU	Water <sup>1</sup>	0.00	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	2.00	g	Vitamin C	9.00	mg	Ash <sup>1</sup>	0.00	g	67.20%	Calories from Carbohydrates
												6.40%	Calories from Protein

Recipe No. 000577 Turkey Maple Pancake Wraps: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (each)

Calories	200	kcal	Cholesterol	25.00	mg	Sugars	4.00	g	Calcium	20.00	mg	45.00%	Calories from Total Fat
Total Fat	10.00	g	Sodium	310.00	mg	Protein	7.00	g	Iron	1.80	mg	11.25%	Calories from Sat Fat
Saturated Fat	2.50	g	Carbohydrate	17.00	g	Vitamin A	0.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	3.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*N/A*	g	34.00%	Calories from Carbohydrates
												14.00%	Calories from Protein

Recipe No. 000405 WHOLE WHEAT HONEY BUN: JDS  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: HONEY BUN

Recipe HACCP Process: #1 No Cook

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Calories	265	kcal	Cholesterol	10.00	mg	Sugars	*N/A*	g	Calcium	150.00	mg	20.72%	Calories from Total Fat
Total Fat	6.10	g	Sodium	290.00	mg	Protein	6.00	g	Iron	7.20	mg	6.45%	Calories from Sat Fat
Saturated Fat	1.90	g	Carbohydrate	41.00	g	Vitamin A	0.00	IU	Water <sup>1</sup>	*N/A*	g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A*	g	Dietary Fiber	2.40	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*N/A*	g	61.89%	Calories from Carbohydrates
												9.06%	Calories from Protein

Recipe No. 000403 WHOLE WHEAT HONEY BUN REDUCED : JSD  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: BUTTERMILK BREAKFAST BAR

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	265	kcal	Cholesterol	10.00	mg	Sugars	*N/A*	g	Calcium	150.00	mg	20.72%	Calories from Total Fat
Total Fat	6.10	g	Sodium	290.00	mg	Protein	6.00	g	Iron	1.98	mg	6.45%	Calories from Sat Fat
Saturated Fat	1.90	g	Carbohydrate	41.00	g	Vitamin A	0.00	IU	Water <sup>1</sup>	*N/A*	g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A*	g	Dietary Fiber	3.20	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*N/A*	g	61.89%	Calories from Carbohydrates
												9.06%	Calories from Protein

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Recipe No. 000204 BBQ CHICKEN TERIYAKI: JSD  
 Number of Portions: 1  
 Size of Portion: SERVING

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	130	kcal	Cholesterol	70.00	mg	Sugars	*N/A*	g	Calcium	*N/A*	mg	24.23%	Calories from Total Fat
Total Fat	3.50	g	Sodium	480.00	mg	Protein	16.00	g	Iron	0.72	mg	6.92%	Calories from Sat Fat
Saturated Fat	1.00	g	Carbohydrate	10.00	g	Vitamin A	*N/A*	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	0.00	g	Vitamin C	*N/A*	mg	Ash <sup>1</sup>	*N/A*	g	30.77%	Calories from Carbohydrates
												49.23%	Calories from Protein

Recipe No. 000215 BBQ CHICKEN TERIYAKI & RICE: JSD  
 Number of Portions: 1  
 Size of Portion: Serving  
 Alternate Menu Name: BBQ CHICKEN TERYIYAKI

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (Serving)

Calories	280	kcal	Cholesterol	70.00	mg	Sugars	9.00	g	Calcium	0.00	mg	11.25%	Calories from Total Fat
Total Fat	3.50	g	Sodium	480.00	mg	Protein	19.00	g	Iron	1.08	mg	3.21%	Calories from Sat Fat
Saturated Fat	1.00	g	Carbohydrate	45.00	g	Vitamin A	45.00	IU	Water <sup>1</sup>	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	3.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*0.00*	g	64.29%	Calories from Carbohydrates
												27.14%	Calories from Protein

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Recipe No. 000102 Bean and Cheese Burrito: JSD  
 Number of Portions: 1  
 Size of Portion: SERVINGS  
 Alternate Menu Name: BEAN & CHEESE BURRITO

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	291 kcal	Cholesterol	15.33 mg	Sugars	*N/A* g	Calcium	150.00 mg	25.64%	Calories from Total Fat
Total Fat	8.29 g	Sodium	478.94 mg	Protein	15.60 g	Iron	3.60 mg	11.20%	Calories from Sat Fat
Saturated Fat	3.62 g	Carbohydrate	40.95 g	Vitamin A	295.24 IU	Water <sup>1</sup>	76.07 g	0.03%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.01 g	Dietary Fiber	7.96 g	Vitamin C	1.20 mg	Ash <sup>1</sup>	1.61 g	56.29%	Calories from Carbohydrates
								21.44%	Calories from Protein

Recipe No. 000241 BEAN CHAULUPAS MADE: JSD  
 Number of Portions: 50  
 Size of Portion: CHAULUPAS

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (CHAULUPAS)

Calories	432 kcal	Cholesterol	0.91 mg	Sugars	*1.32* g	Calcium	271.84 mg	33.81%	Calories from Total Fat
Total Fat	16.21 g	Sodium	1686.17 mg	Protein	19.82 g	Iron	5.51 mg	5.30%	Calories from Sat Fat
Saturated Fat	2.54 g	Carbohydrate	53.72 g	Vitamin A	780.38 IU	Water <sup>1</sup>	*201.07* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	10.76 g	Vitamin C	22.56 mg	Ash <sup>1</sup>	*5.66* g	49.79%	Calories from Carbohydrates
								18.37%	Calories from Protein

Recipe No. 000371 BEEF CRUMBLE FULLY COOKED: JSD  
 Number of Portions: 1  
 Size of Portion: 2.6 OZ  
 Alternate Menu Name: GROUND BEEF FULLY COOKED

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (2.6 OZ)

Calories	149 kcal	Cholesterol	38.00 mg	Sugars	*N/A* g	Calcium	21.00 mg	59.80%	Calories from Total Fat
Total Fat	9.90 g	Sodium	333.00 mg	Protein	13.60 g	Iron	1.50 mg	24.16%	Calories from Sat Fat
Saturated Fat	4.00 g	Carbohydrate	1.80 g	Vitamin A	33.00 IU	Water <sup>1</sup>	*N/A* g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	0.90 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	4.83%	Calories from Carbohydrates
								36.51%	Calories from Protein

Recipe No. 000109 Beef Taco Boat Chalupa - Bulk: JSD  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: BEEF TACO CHALUPA

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	283 kcal	Cholesterol	34.93 mg	Sugars	*0.35* g	Calcium	196.38 mg	50.92%	Calories from Total Fat
Total Fat	16.00 g	Sodium	461.83 mg	Protein	18.98 g	Iron	2.74 mg	19.45%	Calories from Sat Fat
Saturated Fat	6.11 g	Carbohydrate	19.20 g	Vitamin A	286.39 IU	Water <sup>1</sup>	24.72 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.27 g	Vitamin C	1.69 mg	Ash <sup>1</sup>	0.16 g	27.15%	Calories from Carbohydrates
								26.84%	Calories from Protein

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Recipe No. 000571 Brown Rice: JSD  
 Number of Portions: 1  
 Size of Portion: Serving

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (Serving)

Calories	150 kcal	Cholesterol	0.00 mg	Sugars	0.00 g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	0.00 mg	Protein	3.00 g	Iron	0.36 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	35.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	93.33%	Calories from Carbohydrates
								8.00%	Calories from Protein

Recipe No. 000075 CHEESE BLEND, AMERICAN AND SKI:  
 Number of Portions: 1  
 Size of Portion: OZ  
 Alternate Menu Name: CHEESE

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (OZ)

Calories	70 kcal	Cholesterol	15.00 mg	Sugars	*N/A* g	Calcium	200.00 mg	51.43%	Calories from Total Fat
Total Fat	4.00 g	Sodium	410.00 mg	Protein	7.00 g	Iron	0.00 mg	38.57%	Calories from Sat Fat
Saturated Fat	3.00 g	Carbohydrate	2.00 g	Vitamin A	750.00 IU	Water <sup>1</sup>	0.00 g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.00 g	11.43%	Calories from Carbohydrates
								40.00%	Calories from Protein

Recipe No. 000585 Cheese Enchilada: JDS  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (each)

Calories	370 kcal	Cholesterol	60.00 mg	Sugars	1.00 g	Calcium	400.00 mg	46.22%	Calories from Total Fat
Total Fat	19.00 g	Sodium	520.00 mg	Protein	17.00 g	Iron	1.44 mg	24.32%	Calories from Sat Fat
Saturated Fat	10.00 g	Carbohydrate	34.00 g	Vitamin A	2000.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	4.80 mg	Ash <sup>1</sup>	*N/A* g	36.76%	Calories from Carbohydrates
								18.38%	Calories from Protein

Recipe No. 000149 CHEESEBURGER ON A BUN:  
 Number of Portions: 1.0000  
 Size of Portion: EACH

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	474 kcal	Cholesterol	54.45 mg	Sugars	*0.40* g	Calcium	36.81 mg	46.65%	Calories from Total Fat
Total Fat	24.55 g	Sodium	1457.35 mg	Protein	16.63 g	Iron	3.31 mg	11.88%	Calories from Sat Fat
Saturated Fat	6.25 g	Carbohydrate	43.35 g	Vitamin A	17.00 IU	Water <sup>1</sup>	*0.00* g	*0.00*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	*2.78* g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*1.22* g	36.61%	Calories from Carbohydrates
								14.05%	Calories from Protein

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Recipe No. 000573 Chicken Corndog: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (each)

Calories	238 kcal	Cholesterol	40.00 mg	Sugars	7.60 g	Calcium	25.00 mg	34.79%	Calories from Total Fat
Total Fat	9.20 g	Sodium	690.00 mg	Protein	11.60 g	Iron	1.40 mg	9.46%	Calories from Sat Fat
Saturated Fat	2.50 g	Carbohydrate	27.80 g	Vitamin A	120.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.30 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	46.72%	Calories from Carbohydrates
								19.49%	Calories from Protein

Recipe No. 000387 CHICKEN NUGGET,CN: JSD  
 Number of Portions: 1  
 Size of Portion: 5 NUGGETS  
 Alternate Menu Name: CHICKEN NUGGETS

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (5 NUGGETS)

Calories	254 kcal	Cholesterol	59.00 mg	Sugars	*N/A* g	Calcium	150.00 mg	49.60%	Calories from Total Fat
Total Fat	14.00 g	Sodium	321.00 mg	Protein	17.00 g	Iron	0.18 mg	10.63%	Calories from Sat Fat
Saturated Fat	3.00 g	Carbohydrate	15.00 g	Vitamin A	61.00 IU	Water <sup>1</sup>	*N/A* g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	23.62%	Calories from Carbohydrates
								26.77%	Calories from Protein

Recipe No. 001064 Chicken Nuggets all breast: JSD  
 Number of Portions: 1  
 Size of Portion: 5 EACH  
 Alternate Menu Name: Chicken Nuggets

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (5 EACH)

Calories	330 kcal	Cholesterol	149.37 mg	Sugars	0.00 g	Calcium	0.00 mg	55.69%	Calories from Total Fat
Total Fat	20.43 g	Sodium	786.15 mg	Protein	20.43 g	Iron	1.69 mg	12.85%	Calories from Sat Fat
Saturated Fat	4.72 g	Carbohydrate	15.71 g	Vitamin A	157.23 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.13 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.00 g	19.04%	Calories from Carbohydrates
								24.75%	Calories from Protein

Recipe No. 000546 Chicken Nuggets Goldkist: JSD  
 Number of Portions: 1  
 Size of Portion: 5 NUGGETS  
 Alternate Menu Name: Chicken Nuggets Goldkist

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (5 NUGGETS)

Calories	233 kcal	Cholesterol	76.09 mg	Sugars	0.00 g	Calcium	20.29 mg	54.76%	Calories from Total Fat
Total Fat	14.20 g	Sodium	456.57 mg	Protein	15.21 g	Iron	1.09 mg	13.68%	Calories from Sat Fat
Saturated Fat	3.55 g	Carbohydrate	11.15 g	Vitamin A	0.00 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.01 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.00 g	19.12%	Calories from Carbohydrates
								26.07%	Calories from Protein

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Recipe No. 000334 Chicken Patty Sandwich: JSD

Recipe HACCP Process: #2 Same Day Service

Number of Portions: 1

Size of Portion: EACH

Alternate Menu Name: CHICKEN PATTIE SANDWICH

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	395 kcal	Cholesterol	59.00 mg	Sugars	*N/A* g	Calcium	85.00 mg	36.45%	Calories from Total Fat
Total Fat	16.00 g	Sodium	425.00 mg	Protein	21.00 g	Iron	2.80 mg	6.83%	Calories from Sat Fat
Saturated Fat	3.00 g	Carbohydrate	43.70 g	Vitamin A	61.00 IU	Water <sup>1</sup>	*N/A* g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	5.70 g	Vitamin C	0.60 mg	Ash <sup>1</sup>	*N/A* g	44.25%	Calories from Carbohydrates
								21.27%	Calories from Protein

Recipe No. 000568 Chicken Smackers: JSD

Recipe HACCP Process:

Number of Portions: 1

Size of Portion: Each

\*Nutrients are based upon 1 Portion Size (Each)

Calories	293 kcal	Cholesterol	81.00 mg	Sugars	0.00 g	Calcium	18.00 mg	52.22%	Calories from Total Fat
Total Fat	17.00 g	Sodium	599.00 mg	Protein	18.00 g	Iron	2.00 mg	9.22%	Calories from Sat Fat
Saturated Fat	3.00 g	Carbohydrate	17.00 g	Vitamin A	167.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	23.21%	Calories from Carbohydrates
								24.57%	Calories from Protein

Recipe No. 000016 Chicken Tenders:

Recipe HACCP Process: #2 Same Day Service

Number of Portions: 1

Size of Portion: Each

\*Nutrients are based upon 1 Portion Size (Each)

Calories	426 kcal	Cholesterol	59.01 mg	Sugars	*9.00* g	Calcium	119.47 mg	38.43%	Calories from Total Fat
Total Fat	18.20 g	Sodium	672.84 mg	Protein	18.43 g	Iron	2.04 mg	8.57%	Calories from Sat Fat
Saturated Fat	4.06 g	Carbohydrate	46.18 g	Vitamin A	115.02 IU	Water <sup>1</sup>	*0.00* g	*0.00*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	4.28 g	Vitamin C	0.13 mg	Ash <sup>1</sup>	*0.56* g	43.34%	Calories from Carbohydrates
								17.29%	Calories from Protein

Recipe No. 000191 CHILI BEANS W GROUND BEEF: JSD

Recipe HACCP Process: #3 Complex Food Preparation

Number of Portions: 75

Size of Portion: 1 CUP

Alternate Menu Name: CHILI BEANS

\*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	438 kcal	Cholesterol	56.18 mg	Sugars	*6.56* g	Calcium	104.25 mg	30.38%	Calories from Total Fat
Total Fat	14.80 g	Sodium	1341.32 mg	Protein	22.51 g	Iron	4.78 mg	9.01%	Calories from Sat Fat
Saturated Fat	4.39 g	Carbohydrate	55.72 g	Vitamin A	560.83 IU	Water <sup>1</sup>	*86.34* g	*0.00*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	7.98 g	Vitamin C	2.48 mg	Ash <sup>1</sup>	*2.16* g	50.83%	Calories from Carbohydrates
								20.53%	Calories from Protein

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<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Recipe No. 000523 GK POPCORN CHICKEN:  
 Number of Portions: 103  
 Size of Portion: 3.08

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (3.08)

Calories	194 kcal	Cholesterol	44.38 mg	Sugars	*N/A* g	Calcium	23.20 mg	51.56%	Calories from Total Fat
Total Fat	11.10 g	Sodium	636.49 mg	Protein	14.12 g	Iron	2.02 mg	9.38%	Calories from Sat Fat
Saturated Fat	2.02 g	Carbohydrate	13.11 g	Vitamin A	121.04 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.01 g	Vitamin C	1.01 mg	Ash <sup>1</sup>	*N/A* g	27.08%	Calories from Carbohydrates
								29.17%	Calories from Protein

Recipe No. 000579 Hamburger with WG Bun: JSD  
 Number of Portions: 1  
 Size of Portion: Each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (Each)

Calories	280 kcal	Cholesterol	37.00 mg	Sugars	*N/A* g	Calcium	81.10 mg	37.61%	Calories from Total Fat
Total Fat	11.70 g	Sodium	381.00 mg	Protein	15.90 g	Iron	3.10 mg	12.54%	Calories from Sat Fat
Saturated Fat	3.90 g	Carbohydrate	29.60 g	Vitamin A	13.00 IU	Water <sup>1</sup>	*N/A* g	*N/A**	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	2.70 g	Vitamin C	0.60 mg	Ash <sup>1</sup>	*N/A* g	42.29%	Calories from Carbohydrates
								22.71%	Calories from Protein

Recipe No. 000504 LINGS ORANGE CHICKEN & RICE: JSD  
 Number of Portions: 69  
 Size of Portion: .5 CUP  
 Alternate Menu Name: "FRIED RICE"

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (.5 CUP)

Calories	306 kcal	Cholesterol	50.55 mg	Sugars	*0.01* g	Calcium	58.17 mg	24.34%	Calories from Total Fat
Total Fat	8.27 g	Sodium	695.74 mg	Protein	15.55 g	Iron	2.52 mg	3.13%	Calories from Sat Fat
Saturated Fat	1.06 g	Carbohydrate	43.33 g	Vitamin A	2702.16 IU	Water <sup>1</sup>	*67.47* g	*0.00**	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.54 g	Vitamin C	2.50 mg	Ash <sup>1</sup>	*3.89* g	56.69%	Calories from Carbohydrates
								20.35%	Calories from Protein

Recipe No. 000105 Los Cabos Bean & Cheese Burrit: JSD  
 Number of Portions: 48  
 Size of Portion: CASE

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (CASE)

Calories	349 kcal	Cholesterol	17.74 mg	Sugars	*N/A* g	Calcium	169.55 mg	20.18%	Calories from Total Fat
Total Fat	7.83 g	Sodium	578.14 mg	Protein	16.08 g	Iron	4.13 mg	10.20%	Calories from Sat Fat
Saturated Fat	3.96 g	Carbohydrate	52.84 g	Vitamin A	345.20 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	6.04 g	Vitamin C	1.82 mg	Ash <sup>1</sup>	*N/A* g	60.48%	Calories from Carbohydrates
								18.40%	Calories from Protein

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Recipe No. 000574 Mac and Chesse 2016: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (each)

Calories	410 kcal	Cholesterol	40.00 mg	Sugars	9.00 g	Calcium	600.00 mg	35.12%	Calories from Total Fat
Total Fat	16.00 g	Sodium	1000.00 mg	Protein	25.00 g	Iron	1.44 mg	17.56%	Calories from Sat Fat
Saturated Fat	8.00 g	Carbohydrate	43.00 g	Vitamin A	1000.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	41.95%	Calories from Carbohydrates
								24.39%	Calories from Protein

Recipe No. 000309 MINI CHEESEBURGERS: JSD  
 Number of Portions: 1  
 Size of Portion: SERVING  
 Alternate Menu Name: MINI CHEESEBURGERS

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	336 kcal	Cholesterol	37.00 mg	Sugars	5.80 g	Calcium	160.00 mg	43.66%	Calories from Total Fat
Total Fat	16.30 g	Sodium	641.00 mg	Protein	16.50 g	Iron	2.60 mg	17.41%	Calories from Sat Fat
Saturated Fat	6.50 g	Carbohydrate	31.60 g	Vitamin A	120.00 IU	Water <sup>1</sup>	*N/A* g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	3.40 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	37.62%	Calories from Carbohydrates
								19.64%	Calories from Protein

Recipe No. 000103 MINI CORN DOGS Chicken FF: JSD  
 Number of Portions: 1  
 Size of Portion: 6 Mini Corndogs  
 Alternate Menu Name: Mini Turkey Corn Dogs

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (6 Mini Corndogs)

Calories	323 kcal	Cholesterol	29.48 mg	Sugars	*N/A* g	Calcium	108.36 mg	56.15%	Calories from Total Fat
Total Fat	20.18 g	Sodium	916.79 mg	Protein	10.39 g	Iron	2.89 mg	16.47%	Calories from Sat Fat
Saturated Fat	5.92 g	Carbohydrate	27.30 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*0.00* g	*0.00*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.10 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*0.52* g	33.76%	Calories from Carbohydrates
								12.85%	Calories from Protein

Recipe No. 000456 Mozzarella Bread Stick:  
 Number of Portions: 1  
 Size of Portion: SERVING  
 Alternate Menu Name: CHEESE BREADSTICKS

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	340 kcal	Cholesterol	10.00 mg	Sugars	*N/A* g	Calcium	320.00 mg	39.71%	Calories from Total Fat
Total Fat	15.00 g	Sodium	1010.00 mg	Protein	15.00 g	Iron	1.80 mg	13.23%	Calories from Sat Fat
Saturated Fat	5.00 g	Carbohydrate	40.00 g	Vitamin A	200.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	5.00 g	Vitamin C	6.00 mg	Ash <sup>1</sup>	*N/A* g	47.06%	Calories from Carbohydrates
								17.65%	Calories from Protein

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Recipe No. 000449 Pop Corn Chicken: JSD  
 Number of Portions: 1  
 Size of Portion: SERVING  
 Alternate Menu Name: POP CORN CHICKEN

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	254 kcal	Cholesterol	59.00 mg	Sugars	*N/A* g	Calcium	15.00 mg	49.60%	Calories from Total Fat
Total Fat	14.00 g	Sodium	321.00 mg	Protein	17.00 g	Iron	1.00 mg	10.63%	Calories from Sat Fat
Saturated Fat	3.00 g	Carbohydrate	15.00 g	Vitamin A	61.00 IU	Water <sup>1</sup>	*N/A* g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	23.62%	Calories from Carbohydrates
								26.77%	Calories from Protein

Recipe No. 000529 PP POPCORN CHICKEN Gold Kist : JSD  
 Number of Portions: 1  
 Size of Portion: SERVINGS  
 Alternate Menu Name: POPCORN CHICKEN W CUPS

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	192 kcal	Cholesterol	44.00 mg	Sugars	*N/A* g	Calcium	23.00 mg	51.56%	Calories from Total Fat
Total Fat	11.00 g	Sodium	631.00 mg	Protein	14.00 g	Iron	2.00 mg	9.38%	Calories from Sat Fat
Saturated Fat	2.00 g	Carbohydrate	13.00 g	Vitamin A	120.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.00 g	Vitamin C	1.00 mg	Ash <sup>1</sup>	*N/A* g	27.08%	Calories from Carbohydrates
								29.17%	Calories from Protein

Recipe No. 000317 Spaghetti Meat Sauce:  
 Number of Portions: 61  
 Size of Portion: 1/2 cup  
 Alternate Menu Name: Spaghetti Sauce

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	260 kcal	Cholesterol	38.34 mg	Sugars	*0.05* g	Calcium	*46.46* mg	50.60%	Calories from Total Fat
Total Fat	14.62 g	Sodium	476.59 mg	Protein	15.76 g	Iron	2.90 mg	16.31%	Calories from Sat Fat
Saturated Fat	4.71 g	Carbohydrate	18.29 g	Vitamin A	1233.28 IU	Water <sup>1</sup>	*72.32* g	*0.00*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	4.66 g	Vitamin C	11.13 mg	Ash <sup>1</sup>	*2.18* g	28.12%	Calories from Carbohydrates
								24.23%	Calories from Protein

Recipe No. 000398 SPAGHETTI W/BEEF SAUCE: JSD  
 Number of Portions: 50  
 Size of Portion: SERVINGS  
 Alternate Menu Name: HOME-STYLE SPAGHETTI W/  
 BEEF SAUCE

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVINGS)

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Calories	292	kcal	Cholesterol	37.45	mg	Sugars	*1.62*	g	Calcium	32.80	mg	31.45%	Calories from Total Fat
Total Fat	10.21	g	Sodium	393.24	mg	Protein	21.34	g	Iron	3.20	mg	12.41%	Calories from Sat Fat
Saturated Fat	4.03	g	Carbohydrate	31.90	g	Vitamin A	813.08	IU	Water <sup>1</sup>	*28.28*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	7.10	g	Vitamin C	13.60	mg	Ash <sup>1</sup>	*0.21*	g	43.66%	Calories from Carbohydrates
												29.20%	Calories from Protein

Recipe No. 000538 String Cheese: JSD  
 Number of Portions: 1  
 Size of Portion: STICK

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (STICK)

Calories	80	kcal	Cholesterol	15.00	mg	Sugars	*N/A*	g	Calcium	731.00	mg	67.50%	Calories from Total Fat
Total Fat	6.00	g	Sodium	210.00	mg	Protein	7.00	g	Iron	0.20	mg	39.38%	Calories from Sat Fat
Saturated Fat	3.50	g	Carbohydrate	1.00	g	Vitamin A	605.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	0.00	g	Vitamin C	0.00	mg	Ash <sup>1</sup>	*N/A*	g	5.00%	Calories from Carbohydrates
												35.00%	Calories from Protein

Recipe No. 000446 TACO NADA BELL TASTY: JSD  
 Number of Portions: 1  
 Size of Portion: SERVING  
 Alternate Menu Name: TACO TURKEY NADA

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	309	kcal	Cholesterol	29.95	mg	Sugars	*N/A*	g	Calcium	79.86	mg	29.03%	Calories from Total Fat
Total Fat	9.98	g	Sodium	419.25	mg	Protein	17.97	g	Iron	3.59	mg	7.26%	Calories from Sat Fat
Saturated Fat	2.50	g	Carbohydrate	39.93	g	Vitamin A	199.64	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	4.99	g	Vitamin C	1.20	mg	Ash <sup>1</sup>	*N/A*	g	51.61%	Calories from Carbohydrates
												23.23%	Calories from Protein

Recipe No. 000567 Turkey Ham & Cheese Sandwich : JSD  
 Number of Portions: 1  
 Size of Portion: Each

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (Each)

Calories	272	kcal	Cholesterol	45.57	mg	Sugars	4.79	g	Calcium	370.81	mg	26.83%	Calories from Total Fat
Total Fat	8.11	g	Sodium	744.79	mg	Protein	19.39	g	Iron	1.88	mg	11.84%	Calories from Sat Fat
Saturated Fat	3.58	g	Carbohydrate	30.44	g	Vitamin A	305.17	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	2.72	g	Vitamin C	0.91	mg	Ash <sup>1</sup>	*N/A*	g	44.76%	Calories from Carbohydrates
												28.51%	Calories from Protein

Recipe No. 500317 VEGETABLE CHILI BOAT: USDA D-63r  
 Number of Portions: 50  
 Size of Portion: 3/4 CUP

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (3/4 CUP)

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Calories	141	kcal	Cholesterol	4.29	mg	Sugars	3.09	g	Calcium	117.93	mg	26.83%	Calories from Total Fat
Total Fat	4.21	g	Sodium	159.49	mg	Protein	7.27	g	Iron	1.72	mg	7.40%	Calories from Sat Fat
Saturated Fat	1.16	g	Carbohydrate	20.72	g	Vitamin A	1226.43	IU	Water <sup>1</sup>	*N/A*	g	0.10%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.02	g	Dietary Fiber	5.04	g	Vitamin C	14.13	mg	Ash <sup>1</sup>	*N/A*	g	58.76%	Calories from Carbohydrates
												20.61%	Calories from Protein

Recipe No. 000507 WG CHICKEN TENDERS: JSD  
 Number of Portions: 156  
 Size of Portion: SERVINGS  
 Alternate Menu Name: CHICKEN TENDERS

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	216	kcal	Cholesterol	62.00	mg	Sugars	*N/A*	g	Calcium	29.00	mg	50.00%	Calories from Total Fat
Total Fat	12.00	g	Sodium	370.00	mg	Protein	14.00	g	Iron	2.00	mg	8.33%	Calories from Sat Fat
Saturated Fat	2.00	g	Carbohydrate	13.00	g	Vitamin A	73.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	2.00	g	Vitamin C	11.00	mg	Ash <sup>1</sup>	*N/A*	g	24.07%	Calories from Carbohydrates
												25.93%	Calories from Protein

Recipe No. 000238 YOGURT ASSORTED : JSD  
 Number of Portions: 1  
 Size of Portion: CONTAINER

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CONTAINER)

Calories	276	kcal	Cholesterol	90.35	mg	Sugars	*N/A*	g	Calcium	211.66	mg	14.65%	Calories from Total Fat
Total Fat	4.50	g	Sodium	165.40	mg	Protein	7.39	g	Iron	1.66	mg	4.79%	Calories from Sat Fat
Saturated Fat	1.47	g	Carbohydrate	51.33	g	Vitamin A	239.95	IU	Water <sup>1</sup>	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	0.17	g	Vitamin C	4.28	mg	Ash <sup>1</sup>	*N/A*	g	74.29%	Calories from Carbohydrates
												10.70%	Calories from Protein

**FRUIT**

Recipe No. 000064 APPLES,Fresh: JSD  
 Number of Portions: 1.0000  
 Size of Portion: EACH

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	72	kcal	Cholesterol	0.00	mg	Sugars	14.34	g	Calcium	8.28	mg	2.94%	Calories from Total Fat
Total Fat	0.23	g	Sodium	1.38	mg	Protein	0.36	g	Iron	0.17	mg	0.48%	Calories from Sat Fat
Saturated Fat	0.04	g	Carbohydrate	19.06	g	Vitamin A	74.52	IU	Water <sup>1</sup>	118.07	g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A*	g	Dietary Fiber	3.31	g	Vitamin C	6.35	mg	Ash <sup>1</sup>	0.26	g	106.23%	Calories from Carbohydrates
												2.00%	Calories from Protein

Recipe No. 000247 APPLESAUCE:cnnd,unswtnd,+vit C:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process:

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\*Nutrients are based upon 1 Portion Size (CUP)

Calories	102 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	9.76 mg	2.14%	Calories from Total Fat
Total Fat	0.24 g	Sodium	4.88 mg	Protein	0.41 g	Iron	0.56 mg	0.17%	Calories from Sat Fat
Saturated Fat	0.02 g	Carbohydrate	27.50 g	Vitamin A	70.76 IU	Water <sup>1</sup>	215.26 g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	2.68 g	Vitamin C	51.73 mg	Ash <sup>1</sup>	0.59 g	107.33%	Calories from Carbohydrates
								1.62%	Calories from Protein

Recipe No. 000248 APRICOTS: canned,light syrup:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	159 kcal	Cholesterol	0.00 mg	Sugars	37.67 g	Calcium	27.83 mg	0.71%	Calories from Total Fat
Total Fat	0.13 g	Sodium	10.12 mg	Protein	1.34 g	Iron	0.99 mg	0.04%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	41.72 g	Vitamin A	3344.66 IU	Water <sup>1</sup>	208.88 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.05 g	Vitamin C	6.83 mg	Ash <sup>1</sup>	0.94 g	104.70%	Calories from Carbohydrates
								3.37%	Calories from Protein

Recipe No. 000510 BANANAS: JSD  
 Number of Portions: 15  
 Size of Portion: SERVINGS  
 Alternate Menu Name: BANANAS

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	110 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	5.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	0.00 mg	Protein	1.09 g	Iron	0.36 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	30.00 g	Vitamin A	100.00 IU	Water <sup>1</sup>	74.91 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	9.00 mg	Ash <sup>1</sup>	0.82 g	109.09%	Calories from Carbohydrates
								3.97%	Calories from Protein

Recipe No. 000068 BANANAS:  
 Number of Portions: 1.0000  
 Size of Portion: EACH

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	90 kcal	Cholesterol	0.00 mg	Sugars	12.35 g	Calcium	5.05 mg	3.34%	Calories from Total Fat
Total Fat	0.33 g	Sodium	1.01 mg	Protein	1.10 g	Iron	0.26 mg	1.11%	Calories from Sat Fat
Saturated Fat	0.11 g	Carbohydrate	23.07 g	Vitamin A	64.64 IU	Water <sup>1</sup>	75.66 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.63 g	Vitamin C	8.79 mg	Ash <sup>1</sup>	0.83 g	102.65%	Calories from Carbohydrates
								4.90%	Calories from Protein

Recipe No. 000268 CHERRIES,Fresh:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (CUP)

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Calories	91 kcal	Cholesterol	0.00 mg	Sugars	18.59 g	Calcium	18.85 mg	2.86%	Calories from Total Fat
Total Fat	0.29 g	Sodium	0.00 mg	Protein	1.54 g	Iron	0.52 mg	0.43%	Calories from Sat Fat
Saturated Fat	0.04 g	Carbohydrate	23.21 g	Vitamin A	92.80 IU	Water <sup>1</sup>	119.26 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.04 g	Vitamin C	10.15 mg	Ash <sup>1</sup>	0.70 g	101.65%	Calories from Carbohydrates
								6.73%	Calories from Protein

Recipe No. 000138 FRUIT: JSD  
 Number of Portions: 100  
 Size of Portion: SERVINGS

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	88 kcal	Cholesterol	0.00 mg	Sugars	*9.03* g	Calcium	24.63 mg	1.66%	Calories from Total Fat
Total Fat	0.16 g	Sodium	4.28 mg	Protein	0.84 g	Iron	0.34 mg	0.20%	Calories from Sat Fat
Saturated Fat	0.02 g	Carbohydrate	23.00 g	Vitamin A	325.84 IU	Water <sup>1</sup>	143.48 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	3.90 g	Vitamin C	27.72 mg	Ash <sup>1</sup>	0.44 g	103.97%	Calories from Carbohydrates
								3.79%	Calories from Protein

Recipe No. 000419 FRUIT COCKTAIL:canned,lt syrup: JSD  
 Number of Portions: 1.0000  
 Size of Portion: CUP  
 Alternate Menu Name: FRUIT COCKTAIL

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	69 kcal	Cholesterol	0.00 mg	Sugars	16.86 g	Calcium	7.26 mg	1.11%	Calories from Total Fat
Total Fat	0.08 g	Sodium	7.26 mg	Protein	0.48 g	Iron	0.35 mg	0.16%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	18.07 g	Vitamin A	251.68 IU	Water <sup>1</sup>	102.09 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	1.21 g	Vitamin C	2.30 mg	Ash <sup>1</sup>	0.28 g	104.77%	Calories from Carbohydrates
								2.81%	Calories from Protein

Recipe No. 000513 FRUIT PLUMS PEARS GRAPES APPLE: JSD  
 Number of Portions: 10  
 Size of Portion: .5 cup  
 Alternate Menu Name: FRUIT OF THE DAY

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (.5 cup)

Calories	99 kcal	Cholesterol	0.00 mg	Sugars	*7.68* g	Calcium	29.91 mg	3.58%	Calories from Total Fat
Total Fat	0.39 g	Sodium	3.23 mg	Protein	1.25 g	Iron	0.42 mg	1.02%	Calories from Sat Fat
Saturated Fat	0.11 g	Carbohydrate	25.38 g	Vitamin A	271.83 IU	Water <sup>1</sup>	*89.73* g	*0.00*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.63 g	Vitamin C	49.74 mg	Ash <sup>1</sup>	*0.46* g	102.49%	Calories from Carbohydrates
								5.03%	Calories from Protein

Recipe No. 000420 FRUIT SALAD: canned,lt syrup:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process: #1 No Cook

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Calories	146 kcal	Cholesterol	0.00 mg	Sugars	0.00 g	Calcium	17.64 mg	1.09%	Calories from Total Fat
Total Fat	0.18 g	Sodium	15.12 mg	Protein	0.86 g	Iron	0.73 mg	0.14%	Calories from Sat Fat
Saturated Fat	0.02 g	Carbohydrate	38.15 g	Vitamin A	1081.08 IU	Water <sup>1</sup>	212.28 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.52 g	Vitamin C	6.30 mg	Ash <sup>1</sup>	0.53 g	104.41%	Calories from Carbohydrates
								2.34%	Calories from Protein

Recipe No. 000245 FRUIT,FRESH ASSORTED: JSD  
 Number of Portions: 238  
 Size of Portion: EACH

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	75 kcal	Cholesterol	0.00 mg	Sugars	15.05 g	Calcium	35.07 mg	2.64%	Calories from Total Fat
Total Fat	0.22 g	Sodium	0.76 mg	Protein	0.91 g	Iron	0.17 mg	0.39%	Calories from Sat Fat
Saturated Fat	0.03 g	Carbohydrate	19.49 g	Vitamin A	212.69 IU	Water <sup>1</sup>	131.36 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	3.66 g	Vitamin C	44.06 mg	Ash <sup>1</sup>	0.48 g	103.27%	Calories from Carbohydrates
								4.85%	Calories from Protein

Recipe No. 000466 FRUIT,MXD,(PRUNE&APRICOT&PEAR): USDA  
 Number of Portions: 1  
 Size of Portion: SERVING  
 Alternate Menu Name: TRAIL MIX

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	138 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	21.55 mg	1.81%	Calories from Total Fat
Total Fat	0.28 g	Sodium	10.21 mg	Protein	1.39 g	Iron	1.54 mg	0.15%	Calories from Sat Fat
Saturated Fat	0.02 g	Carbohydrate	36.32 g	Vitamin A	1384.59 IU	Water <sup>1</sup>	17.68 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	4.42 g	Vitamin C	2.15 mg	Ash <sup>1</sup>	1.03 g	105.45%	Calories from Carbohydrates
								4.05%	Calories from Protein

Recipe No. 000422 GRAPES,Fresh:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	62 kcal	Cholesterol	0.00 mg	Sugars	14.95 g	Calcium	12.88 mg	4.70%	Calories from Total Fat
Total Fat	0.32 g	Sodium	1.84 mg	Protein	0.58 g	Iron	0.27 mg	1.48%	Calories from Sat Fat
Saturated Fat	0.10 g	Carbohydrate	15.78 g	Vitamin A	92.00 IU	Water <sup>1</sup>	74.80 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.83 g	Vitamin C	3.68 mg	Ash <sup>1</sup>	0.52 g	102.39%	Calories from Carbohydrates
								3.76%	Calories from Protein

Recipe No. 000509 KIWI: JSD  
 Number of Portions: 1  
 Size of Portion: 2 KIWI  
 Alternate Menu Name: KIWI FRUIT

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (2 KIWI)

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Calories	92 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	60.00 mg	7.82%	Calories from Total Fat
Total Fat	0.80 g	Sodium	4.00 mg	Protein	1.80 g	Iron	0.36 mg	3.92%	Calories from Sat Fat
Saturated Fat	0.40 g	Carbohydrate	22.20 g	Vitamin A	100.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.60 g	Vitamin C	140.40 mg	Ash <sup>1</sup>	*N/A* g	96.52%	Calories from Carbohydrates
								7.82%	Calories from Protein

Recipe No. 000430 MELON BALLS: frozen:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	57 kcal	Cholesterol	0.00 mg	Sugars	0.00 g	Calcium	17.30 mg	6.82%	Calories from Total Fat
Total Fat	0.43 g	Sodium	53.63 mg	Protein	1.45 g	Iron	0.50 mg	1.64%	Calories from Sat Fat
Saturated Fat	0.10 g	Carbohydrate	13.74 g	Vitamin A	3069.02 IU	Water <sup>1</sup>	156.15 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.21 g	Vitamin C	10.73 mg	Ash <sup>1</sup>	1.23 g	96.24%	Calories from Carbohydrates
								10.18%	Calories from Protein

Recipe No. 000083 NECTARINES, FRESH:  
 Number of Portions: 1.0000  
 Size of Portion: EACH

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	60 kcal	Cholesterol	0.00 mg	Sugars	10.73 g	Calcium	8.16 mg	6.55%	Calories from Total Fat
Total Fat	0.44 g	Sodium	0.00 mg	Protein	1.44 g	Iron	0.38 mg	0.41%	Calories from Sat Fat
Saturated Fat	0.03 g	Carbohydrate	14.35 g	Vitamin A	451.52 IU	Water <sup>1</sup>	119.12 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.31 g	Vitamin C	7.34 mg	Ash <sup>1</sup>	0.65 g	95.91%	Calories from Carbohydrates
								9.64%	Calories from Protein

Recipe No. 000086 ORANGES: JSD  
 Number of Portions: 1.0000  
 Size of Portion: EACH  
 Alternate Menu Name: ORANGES

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	45 kcal	Cholesterol	0.00 mg	Sugars	8.98 g	Calcium	38.40 mg	2.30%	Calories from Total Fat
Total Fat	0.12 g	Sodium	0.00 mg	Protein	0.90 g	Iron	0.10 mg	0.29%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	11.28 g	Vitamin A	216.00 IU	Water <sup>1</sup>	83.28 g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	2.30 g	Vitamin C	51.07 mg	Ash <sup>1</sup>	0.42 g	100.00%	Calories from Carbohydrates
								8.00%	Calories from Protein

Recipe No. 000085 ORANGES HALVES:  
 Number of Portions: 1.0000  
 Size of Portion: 1/2 EACH

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (1/2 EACH)

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Calories	23 kcal	Cholesterol	0.00 mg	Sugars	4.49 g	Calcium	19.20 mg	2.30%	Calories from Total Fat
Total Fat	0.06 g	Sodium	0.00 mg	Protein	0.45 g	Iron	0.05 mg	0.29%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	5.64 g	Vitamin A	108.00 IU	Water <sup>1</sup>	41.64 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	1.15 g	Vitamin C	25.54 mg	Ash <sup>1</sup>	0.21 g	100.00%	Calories from Carbohydrates
								8.00%	Calories from Protein

Recipe No. 000088 PEACHES,FRESH:  
 Number of Portions: 1.0000  
 Size of Portion: EACH

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	34 kcal	Cholesterol	0.00 mg	Sugars	7.30 g	Calcium	5.22 mg	5.77%	Calories from Total Fat
Total Fat	0.22 g	Sodium	0.00 mg	Protein	0.79 g	Iron	0.22 mg	0.23%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	8.30 g	Vitamin A	283.62 IU	Water <sup>1</sup>	77.32 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.30 g	Vitamin C	5.74 mg	Ash <sup>1</sup>	0.37 g	97.85%	Calories from Carbohydrates
								9.33%	Calories from Protein

Recipe No. 000437 PEACHES: canned,light syrup: JSD  
 Number of Portions: 1.0000  
 Size of Portion: CUP  
 Alternate Menu Name: PEACHES

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	68 kcal	Cholesterol	0.00 mg	Sugars	16.63 g	Calcium	3.77 mg	0.50%	Calories from Total Fat
Total Fat	0.04 g	Sodium	6.28 mg	Protein	0.56 g	Iron	0.45 mg	0.05%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	18.26 g	Vitamin A	444.27 IU	Water <sup>1</sup>	106.32 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	1.63 g	Vitamin C	3.01 mg	Ash <sup>1</sup>	0.31 g	107.78%	Calories from Carbohydrates
								3.33%	Calories from Protein

Recipe No. 000412 PEARS,CND,LT SYRUP,DRND:  
 Number of Portions: 1  
 Size of Portion: CUP  
 Alternate Menu Name: PEARS

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	72 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	7.53 mg	0.63%	Calories from Total Fat
Total Fat	0.05 g	Sodium	6.27 mg	Protein	0.29 g	Iron	0.35 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	18.97 g	Vitamin A	0.00 IU	Water <sup>1</sup>	105.95 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	3.39 g	Vitamin C	0.88 mg	Ash <sup>1</sup>	0.18 g	106.11%	Calories from Carbohydrates
								1.61%	Calories from Protein

Recipe No. 000090 PEARS,FRESH: JSD  
 Number of Portions: 1.0000  
 Size of Portion: EACH  
 Alternate Menu Name: PEARS FRESH

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Calories	95 kcal	Cholesterol	0.00 mg	Sugars	16.19 g	Calcium	14.94 mg	2.21%	Calories from Total Fat
Total Fat	0.23 g	Sodium	1.66 mg	Protein	0.60 g	Iron	0.30 mg	0.35%	Calories from Sat Fat
Saturated Fat	0.04 g	Carbohydrate	25.28 g	Vitamin A	41.50 IU	Water <sup>1</sup>	139.37 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	5.15 g	Vitamin C	7.14 mg	Ash <sup>1</sup>	0.53 g	106.88%	Calories from Carbohydrates
								2.53%	Calories from Protein

Recipe No. 000438 PEARS: canned,light syrup: JSD  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	143 kcal	Cholesterol	0.00 mg	Sugars	30.37 g	Calcium	12.55 mg	0.47%	Calories from Total Fat
Total Fat	0.08 g	Sodium	12.55 mg	Protein	0.48 g	Iron	0.70 mg	0.03%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	38.08 g	Vitamin A	0.00 IU	Water <sup>1</sup>	211.99 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	4.02 g	Vitamin C	1.76 mg	Ash <sup>1</sup>	0.35 g	106.46%	Calories from Carbohydrates
								1.33%	Calories from Protein

Recipe No. 000092 PINEAPPLE CHUNKS:canned,lt syr:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	131 kcal	Cholesterol	0.00 mg	Sugars	31.88 g	Calcium	35.28 mg	2.08%	Calories from Total Fat
Total Fat	0.30 g	Sodium	2.52 mg	Protein	0.91 g	Iron	0.98 mg	0.16%	Calories from Sat Fat
Saturated Fat	0.02 g	Carbohydrate	33.89 g	Vitamin A	95.76 IU	Water <sup>1</sup>	216.04 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	2.02 g	Vitamin C	18.90 mg	Ash <sup>1</sup>	0.88 g	103.46%	Calories from Carbohydrates
								2.77%	Calories from Protein

Recipe No. 000094 PLUMS,FRESH:  
 Number of Portions: 1.0000  
 Size of Portion: EACH

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	30 kcal	Cholesterol	0.00 mg	Sugars	6.55 g	Calcium	3.96 mg	5.48%	Calories from Total Fat
Total Fat	0.18 g	Sodium	0.00 mg	Protein	0.46 g	Iron	0.11 mg	0.20%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	7.54 g	Vitamin A	227.70 IU	Water <sup>1</sup>	57.57 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.92 g	Vitamin C	6.27 mg	Ash <sup>1</sup>	0.24 g	99.30%	Calories from Carbohydrates
								6.09%	Calories from Protein

Recipe No. 000097 RAISINS:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUP)

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Calories	434 kcal	Cholesterol	0.00 mg	Sugars	85.83 g	Calcium	72.50 mg	1.38%	Calories from Total Fat
Total Fat	0.67 g	Sodium	15.95 mg	Protein	4.45 g	Iron	2.73 mg	0.17%	Calories from Sat Fat
Saturated Fat	0.08 g	Carbohydrate	114.81 g	Vitamin A	0.00 IU	Water <sup>1</sup>	22.37 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	5.36 g	Vitamin C	3.33 mg	Ash <sup>1</sup>	2.68 g	105.93%	Calories from Carbohydrates
								4.11%	Calories from Protein

Recipe No. 000099 STRAWBERRIES,FRESH:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	46 kcal	Cholesterol	0.00 mg	Sugars	7.04 g	Calcium	23.04 mg	8.44%	Calories from Total Fat
Total Fat	0.43 g	Sodium	1.44 mg	Protein	0.96 g	Iron	0.59 mg	0.28%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	11.06 g	Vitamin A	17.28 IU	Water <sup>1</sup>	130.97 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.88 g	Vitamin C	84.67 mg	Ash <sup>1</sup>	0.58 g	96.00%	Calories from Carbohydrates
								8.38%	Calories from Protein

Recipe No. 000098 STRAWBERRIES: frozen:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	245 kcal	Cholesterol	0.00 mg	Sugars	61.23 g	Calcium	28.05 mg	1.22%	Calories from Total Fat
Total Fat	0.33 g	Sodium	7.65 mg	Protein	1.35 g	Iron	1.50 mg	0.07%	Calories from Sat Fat
Saturated Fat	0.02 g	Carbohydrate	66.10 g	Vitamin A	61.20 IU	Water <sup>1</sup>	186.61 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.85 g	Vitamin C	105.57 mg	Ash <sup>1</sup>	0.61 g	108.00%	Calories from Carbohydrates
								2.21%	Calories from Protein

Recipe No. 000100 TANGERINES,FRESH:  
 Number of Portions: 1.0000  
 Size of Portion: EACH

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	45 kcal	Cholesterol	0.00 mg	Sugars	8.89 g	Calcium	31.08 mg	5.26%	Calories from Total Fat
Total Fat	0.26 g	Sodium	1.68 mg	Protein	0.68 g	Iron	0.13 mg	0.51%	Calories from Sat Fat
Saturated Fat	0.03 g	Carbohydrate	11.21 g	Vitamin A	572.04 IU	Water <sup>1</sup>	71.54 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.51 g	Vitamin C	22.43 mg	Ash <sup>1</sup>	0.32 g	100.68%	Calories from Carbohydrates
								6.11%	Calories from Protein

Recipe No. 000101 WATERMELON,CHUNKS:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process:

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Calories	48	kcal	Cholesterol	0.00	mg	Sugars	9.92	g	Calcium	11.20	mg	4.50%	Calories from Total Fat
Total Fat	0.24	g	Sodium	1.60	mg	Protein	0.98	g	Iron	0.38	mg	0.30%	Calories from Sat Fat
Saturated Fat	0.02	g	Carbohydrate	12.08	g	Vitamin A	910.39	IU	Water <sup>1</sup>	146.32	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	0.64	g	Vitamin C	12.96	mg	Ash <sup>1</sup>	0.40	g	100.67%	Calories from Carbohydrates
												8.13%	Calories from Protein

Recipe No. 000243 WHOLE FRUIT FROZEN CUP: JSD  
 Number of Portions: 50  
 Size of Portion: CUPS

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUPS)

Calories	80	kcal	Cholesterol	0.00	mg	Sugars	*N/A*	g	Calcium	80.00	mg	0.00%	Calories from Total Fat
Total Fat	0.00	g	Sodium	5.00	mg	Protein	0.00	g	Iron	0.36	mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00	g	Carbohydrate	18.00	g	Vitamin A	500.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	3.00	g	Vitamin C	60.00	mg	Ash <sup>1</sup>	*N/A*	g	90.00%	Calories from Carbohydrates
												0.00%	Calories from Protein

Recipe No. 000174 WHOLE FRUIT JUICE CUP: JSD  
 Number of Portions: 1  
 Size of Portion: SERVING

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	80	kcal	Cholesterol	0.00	mg	Sugars	*N/A*	g	Calcium	80.00	mg	0.00%	Calories from Total Fat
Total Fat	0.00	g	Sodium	5.00	mg	Protein	0.00	g	Iron	0.36	mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00	g	Carbohydrate	18.00	g	Vitamin A	500.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	3.00	g	Vitamin C	60.00	mg	Ash <sup>1</sup>	*N/A*	g	90.00%	Calories from Carbohydrates
												0.00%	Calories from Protein

## JUICE

Recipe No. 000406 JUICE 100% FRUIT PUNCH 4.23 OZ: JSD  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: JUICE 100% FRUIT PUNCH

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	60	kcal	Cholesterol	*N/A*	mg	Sugars	*N/A*	g	Calcium	20.00	mg	*N/A*	Calories from Total Fat
Total Fat	*N/A*	g	Sodium	5.00	mg	Protein	*N/A*	g	Iron	0.36	mg	*N/A*	Calories from Sat Fat
Saturated Fat	*N/A*	g	Carbohydrate	16.00	g	Vitamin A	*N/A*	IU	Water <sup>1</sup>	*N/A*	g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A*	g	Dietary Fiber	*N/A*	g	Vitamin C	12.00	mg	Ash <sup>1</sup>	*N/A*	g	106.66%	Calories from Carbohydrates
												*N/A*	Calories from Protein

Recipe No. 000440 JUICE CHOICE OF ONE: JSD  
 Number of Portions: 70  
 Size of Portion: SERVING  
 Alternate Menu Name: JUICE CHOICE OF ONE

Recipe HACCP Process: #1 No Cook

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\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	70 kcal	Cholesterol	*N/A* mg	Sugars	*N/A* g	Calcium	*N/A* mg	*0.64%*	Calories from Total Fat
Total Fat	*0.05* g	Sodium	*N/A* mg	Protein	*0.16* g	Iron	*N/A* mg	*N/A%*	Calories from Sat Fat
Saturated Fat	*N/A* g	Carbohydrate	*11.99* g	Vitamin A	*267.86* IU	Water <sup>1</sup>	*N/A* g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	*N/A* g	Vitamin C	21.49 mg	Ash <sup>1</sup>	*N/A* g	*68.59%*	Calories from Carbohydrates
								*0.94%*	Calories from Protein

Recipe No. 000407 JUICE GRAPE 4.23 OZ: JSD

Recipe HACCP Process: #1 No Cook

Number of Portions: 1

Size of Portion: EACH

Alternate Menu Name: GRAPE JUICE

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	60 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	20.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	10.00 mg	Protein	0.00 g	Iron	0.36 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	16.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	*N/A* g	Vitamin C	12.00 mg	Ash <sup>1</sup>	*N/A* g	106.66%	Calories from Carbohydrates
								0.00%	Calories from Protein

Recipe No. 000408 JUICE ORANGE 4 OZ: JSD

Recipe HACCP Process:

Number of Portions: 1

Size of Portion: EACH

Alternate Menu Name: ORANGE JUICE

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	51 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	10.21 mg	4.60%	Calories from Total Fat
Total Fat	0.26 g	Sodium	26.54 mg	Protein	0.61 g	Iron	0.11 mg	0.20%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	12.47 g	Vitamin A	88.45 IU	Water <sup>1</sup>	*N/A* g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	0.23 g	Vitamin C	44.11 mg	Ash <sup>1</sup>	*N/A* g	97.78%	Calories from Carbohydrates
								4.80%	Calories from Protein

## MILK

Recipe No. 000550 Chocolate Milk Non Fat 2016:

Recipe HACCP Process: #1 No Cook

Number of Portions: 1

Size of Portion: 8 oz

\*Nutrients are based upon 1 Portion Size (8 oz)

Calories	120 kcal	Cholesterol	5.00 mg	Sugars	*N/A* g	Calcium	300.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	140.00 mg	Protein	9.00 g	Iron	0.00 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	21.00 g	Vitamin A	500.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	1.20 mg	Ash <sup>1</sup>	*N/A* g	70.00%	Calories from Carbohydrates
								30.00%	Calories from Protein

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Recipe No. 000549 White Milk 1 % 2016:  
 Number of Portions: 1  
 Size of Portion: 8 oz

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (8 oz)

Calories	130 kcal	Cholesterol	15.00 mg	Sugars	*N/A* g	Calcium	450.00 mg	17.30%	Calories from Total Fat
Total Fat	2.50 g	Sodium	160.00 mg	Protein	11.00 g	Iron	4.50 mg	10.38%	Calories from Sat Fat
Saturated Fat	1.50 g	Carbohydrate	16.00 g	Vitamin A	500.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	27.00 mg	Ash <sup>1</sup>	*N/A* g	49.23%	Calories from Carbohydrates
								33.85%	Calories from Protein

**MISC**

Recipe No. 000390 CATSUP:  
 Number of Portions: 2  
 Size of Portion: TBSP  
 Alternate Menu Name: KETCHUP

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (TBSP)

Calories	17 kcal	Cholesterol	0.00 mg	Sugars	3.62 g	Calcium	2.55 mg	0.89%	Calories from Total Fat
Total Fat	0.02 g	Sodium	154.19 mg	Protein	0.18 g	Iron	0.06 mg	0.12%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	4.66 g	Vitamin A	89.59 IU	Water <sup>1</sup>	11.65 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	0.05 g	Vitamin C	0.70 mg	Ash <sup>1</sup>	0.50 g	108.51%	Calories from Carbohydrates
								4.12%	Calories from Protein

Recipe No. 000322 CREAM CHEESE:  
 Number of Portions: 1.0000  
 Size of Portion: 1 TBSP

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (1 TBSP)

Calories	50 kcal	Cholesterol	15.95 mg	Sugars	0.47 g	Calcium	14.21 mg	90.11%	Calories from Total Fat
Total Fat	4.96 g	Sodium	52.93 mg	Protein	0.86 g	Iron	0.06 mg	50.76%	Calories from Sat Fat
Saturated Fat	2.80 g	Carbohydrate	0.59 g	Vitamin A	194.74 IU	Water <sup>1</sup>	7.89 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.19 g	4.76%	Calories from Carbohydrates
								6.94%	Calories from Protein

Recipe No. 000124 GARLIC CROUTONS: JSD  
 Number of Portions: 1  
 Size of Portion: PACKAGE  
 Alternate Menu Name: CROUTON GARLIC

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (PACKAGE)

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Calories	35 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	0.00 mg	38.57%	Calories from Total Fat
Total Fat	1.50 g	Sodium	55.00 mg	Protein	1.00 g	Iron	0.00 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	4.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.00 g	45.71%	Calories from Carbohydrates
								11.43%	Calories from Protein

Recipe No. 000222 KETCHUP: individual:  
 Number of Portions: 1.0000  
 Size of Portion: Pkt 6g

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (Pkt 6g)

Calories	6 kcal	Cholesterol	0.00 mg	Sugars	1.28 g	Calcium	0.90 mg	0.89%	Calories from Total Fat
Total Fat	0.01 g	Sodium	54.42 mg	Protein	0.06 g	Iron	0.02 mg	0.12%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	1.64 g	Vitamin A	31.62 IU	Water <sup>1</sup>	4.11 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	0.02 g	Vitamin C	0.25 mg	Ash <sup>1</sup>	0.18 g	108.51%	Calories from Carbohydrates
								4.12%	Calories from Protein

Recipe No. 001050 MAYONNAISE: individual PC:  
 Number of Portions: 1  
 Size of Portion: Pkt 7g

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (Pkt 7g)

Calories	50 kcal	Cholesterol	4.13 mg	Sugars	0.03 g	Calcium	1.26 mg	99.67%	Calories from Total Fat
Total Fat	5.56 g	Sodium	39.76 mg	Protein	0.08 g	Iron	0.04 mg	10.79%	Calories from Sat Fat
Saturated Fat	0.60 g	Carbohydrate	0.19 g	Vitamin A	19.60 IU	Water <sup>1</sup>	1.07 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.11 g	1.51%	Calories from Carbohydrates
								0.61%	Calories from Protein

Recipe No. 000223 MUSTARD: individual PC:  
 Number of Portions: 1.0000  
 Size of Portion: Pkt 5g

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (Pkt 5g)

Calories	3 kcal	Cholesterol	0.00 mg	Sugars	0.05 g	Calcium	3.15 mg	50.10%	Calories from Total Fat
Total Fat	0.17 g	Sodium	55.20 mg	Protein	0.19 g	Iron	0.08 mg	3.21%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	0.29 g	Vitamin A	5.45 IU	Water <sup>1</sup>	4.19 g	0.14%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.20 g	Vitamin C	0.02 mg	Ash <sup>1</sup>	0.17 g	38.87%	Calories from Carbohydrates
								24.93%	Calories from Protein

Recipe No. 000302 Ranch Dressing:  
 Number of Portions: 8.5  
 Size of Portion: CUPS  
 Alternate Menu Name: RANCH DRESSING

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUPS)

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Calories	310 kcal	Cholesterol	29.27 mg	Sugars	*11.94* g	Calcium	287.13 mg	52.93%	Calories from Total Fat
Total Fat	18.24 g	Sodium	558.12 mg	Protein	7.74 g	Iron	0.07 mg	*9.38%*	Calories from Sat Fat
Saturated Fat	*3.23* g	Carbohydrate	22.13 g	Vitamin A	450.11 IU	Water <sup>1</sup>	*207.61* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	*0.00* g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*1.72* g	28.55%	Calories from Carbohydrates
								9.98%	Calories from Protein

Recipe No. 000553 Sliced Cheese:  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (each)

Calories	0 kcal	Cholesterol	0.00 mg	Sugars	0.00 g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	0.00 mg	Protein	0.00 g	Iron	0.00 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	0.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	0.00%	Calories from Carbohydrates
								0.00%	Calories from Protein

## PIZZA

Recipe No. 000514 DOMINO'S CHEESE PIZZA WHOLE GR: JSD  
 Number of Portions: 8  
 Size of Portion: SLICES  
 Alternate Menu Name: DOMINO'S CHEESE PIZZA

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (SLICES)

Calories	290 kcal	Cholesterol	30.00 mg	Sugars	*N/A* g	Calcium	450.00 mg	34.14%	Calories from Total Fat
Total Fat	11.00 g	Sodium	590.00 mg	Protein	19.00 g	Iron	1.80 mg	18.62%	Calories from Sat Fat
Saturated Fat	6.00 g	Carbohydrate	29.00 g	Vitamin A	750.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	6.00 mg	Ash <sup>1</sup>	*N/A* g	40.00%	Calories from Carbohydrates
								26.21%	Calories from Protein

Recipe No. 000526 Dominos Peperoni Pizza:  
 Number of Portions: 1  
 Size of Portion: Slice

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (Slice)

Calories	310 kcal	Cholesterol	35.00 mg	Sugars	*N/A* g	Calcium	200.00 mg	37.74%	Calories from Total Fat
Total Fat	13.00 g	Sodium	740.00 mg	Protein	14.00 g	Iron	2.70 mg	17.42%	Calories from Sat Fat
Saturated Fat	6.00 g	Carbohydrate	34.00 g	Vitamin A	500.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.00 g	Vitamin C	6.00 mg	Ash <sup>1</sup>	*N/A* g	43.87%	Calories from Carbohydrates
								18.06%	Calories from Protein

## SAL

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Recipe No. 000126 BEEF TACO SALAD: JSD  
 Number of Portions: 28  
 Size of Portion: SALADS

Recipe HACCP Process: #3 Complex Food Preparation

\*Nutrients are based upon 1 Portion Size (SALADS)

Calories	409 kcal	Cholesterol	33.28 mg	Sugars	*0.00* g	Calcium	325.93 mg	129.94%	Calories from Total Fat
Total Fat	59.06 g	Sodium	1606.19 mg	Protein	17.86 g	Iron	*2.67* mg	21.12%	Calories from Sat Fat
Saturated Fat	9.60 g	Carbohydrate	41.34 g	Vitamin A	*974.71* IU	Water <sup>1</sup>	*38.32* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.18 g	Vitamin C	*9.20* mg	Ash <sup>1</sup>	*2.05* g	40.42%	Calories from Carbohydrates
								17.46%	Calories from Protein

Recipe No. 000554 Chicken Salad 2016:  
 Number of Portions: 1  
 Size of Portion: Serving

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (Serving)

Calories	186 kcal	Cholesterol	50.00 mg	Sugars	*0.00* g	Calcium	89.30 mg	26.61%	Calories from Total Fat
Total Fat	5.50 g	Sodium	565.30 mg	Protein	15.33 g	Iron	*1.36* mg	4.84%	Calories from Sat Fat
Saturated Fat	1.00 g	Carbohydrate	19.00 g	Vitamin A	*85.00* IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.66 g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*N/A* g	40.85%	Calories from Carbohydrates
								32.97%	Calories from Protein

**SAND**

Recipe No. 000147 Deli Turkey & Cheese Sub Sandw: JSD  
 Number of Portions: 1  
 Size of Portion: EACH  
 Alternate Menu Name: DELI TURKEY/ CHEESE/ROLL

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	276 kcal	Cholesterol	40.01 mg	Sugars	*N/A* g	Calcium	139.30 mg	25.13%	Calories from Total Fat
Total Fat	7.71 g	Sodium	1075.00 mg	Protein	22.62 g	Iron	1.81 mg	11.57%	Calories from Sat Fat
Saturated Fat	3.55 g	Carbohydrate	27.81 g	Vitamin A	168.30 IU	Water <sup>1</sup>	0.00 g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	1.76 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.00 g	40.26%	Calories from Carbohydrates
								32.75%	Calories from Protein

Recipe No. 000458 Submarine Sandwich:  
 Number of Portions: 1  
 Size of Portion: 4.2 OZ SANDWICH  
 Alternate Menu Name: TURKEY SUB

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (4.2 OZ SANDWICH)

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Calories	292 kcal	Cholesterol	53.88 mg	Sugars	*N/A* g	Calcium	111.60 mg	40.52%	Calories from Total Fat
Total Fat	13.13 g	Sodium	587.70 mg	Protein	14.90 g	Iron	0.61 mg	15.95%	Calories from Sat Fat
Saturated Fat	5.17 g	Carbohydrate	27.95 g	Vitamin A	205.55 IU	Water <sup>1</sup>	*N/A* g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	0.98 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	38.33%	Calories from Carbohydrates
								20.44%	Calories from Protein

**SC**

Recipe No. 000582 BBQ Sauce Packet: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (each)

Calories	15 kcal	Cholesterol	0.00 mg	Sugars	2.00 g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	85.00 mg	Protein	0.00 g	Iron	0.36 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	4.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	1.20 mg	Ash <sup>1</sup>	*N/A* g	106.67%	Calories from Carbohydrates
								0.00%	Calories from Protein

Recipe No. 000583 Ketchup Packet: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (each)

Calories	10 kcal	Cholesterol	0.00 mg	Sugars	2.00 g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	85.00 mg	Protein	0.00 g	Iron	0.00 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	3.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	120.00%	Calories from Carbohydrates
								0.00%	Calories from Protein

Recipe No. 000581 Mayonnaise Packet: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (each)

Calories	60 kcal	Cholesterol	0.00 mg	Sugars	1.00 g	Calcium	0.00 mg	90.00%	Calories from Total Fat
Total Fat	6.00 g	Sodium	60.00 mg	Protein	0.00 g	Iron	0.00 mg	15.00%	Calories from Sat Fat
Saturated Fat	1.00 g	Carbohydrate	1.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.60 mg	Ash <sup>1</sup>	*N/A* g	6.67%	Calories from Carbohydrates
								0.00%	Calories from Protein

Recipe No. 000580 Mustard Packet: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (each)

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- <sup>1</sup> - denotes optional nutrient values
- <sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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



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Calories	5 kcal	Cholesterol	0.00 mg	Sugars	0.00 g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	70.00 mg	Protein	0.00 g	Iron	0.00 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	0.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	*N/A* g	0.00%	Calories from Carbohydrates
								0.00%	Calories from Protein

Recipe No. 000584 Ranch Packet Small: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (each)

Calories	27 kcal	Cholesterol	2.26 mg	Sugars	0.00 g	Calcium	*N/A* mg	72.65%	Calories from Total Fat
Total Fat	2.21 g	Sodium	108.45 mg	Protein	*N/A* g	Iron	*N/A* mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	2.00 g	Vitamin A	*N/A* IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	*N/A* mg	Ash <sup>1</sup>	*N/A* g	29.22%	Calories from Carbohydrates
								*N/A*%	Calories from Protein

Recipe No. 000235 Taco Sauce Packet: JSD  
 Number of Portions: 1  
 Size of Portion: each

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (each)

Calories	10 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	190.00 mg	Protein	0.00 g	Iron	0.00 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	2.00 g	Vitamin A	0.00 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.00 g	80.00%	Calories from Carbohydrates
								0.00%	Calories from Protein

**VEG**

Recipe No. 000249 BAKED BEANS: <XXX>  
 Number of Portions: 100.0000  
 Size of Portion: 1/2 CUP

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	161 kcal	Cholesterol	0.00 mg	Sugars	*18.01* g	Calcium	65.66 mg	2.86%	Calories from Total Fat
Total Fat	0.51 g	Sodium	451.90 mg	Protein	6.57 g	Iron	2.02 mg	0.53%	Calories from Sat Fat
Saturated Fat	0.10 g	Carbohydrate	37.04 g	Vitamin A	270.65 IU	Water <sup>1</sup>	108.57 g	*0.00*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	5.70 g	Vitamin C	4.12 mg	Ash <sup>1</sup>	2.58 g	92.08%	Calories from Carbohydrates
								16.34%	Calories from Protein

Recipe No. 000411 BEANS, GREEN, CANNED, DRAINED: JSD  
 Number of Portions: 1  
 Size of Portion: CUP  
 Alternate Menu Name: GREEN BEANS

Recipe HACCP Process: #2 Same Day Service

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\*Nutrients are based upon 1 Portion Size (CUP)

Calories	14 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	17.55 mg	4.50%	Calories from Total Fat
Total Fat	0.07 g	Sodium	169.43 mg	Protein	0.81 g	Iron	0.61 mg	0.90%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	3.04 g	Vitamin A	235.58 IU	Water <sup>1</sup>	62.98 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	1.28 g	Vitamin C	2.90 mg	Ash <sup>1</sup>	0.64 g	90.00%	Calories from Carbohydrates
								24.00%	Calories from Protein

Recipe No. 000386 BEANS, GREEN, CANNED, DRAINED: JSD  
 Number of Portions: 1  
 Size of Portion: CUP  
 Alternate Menu Name: GREEN BEANS

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	14 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	17.55 mg	4.50%	Calories from Total Fat
Total Fat	0.07 g	Sodium	169.43 mg	Protein	0.81 g	Iron	0.61 mg	0.90%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	3.04 g	Vitamin A	235.58 IU	Water <sup>1</sup>	62.98 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	1.28 g	Vitamin C	2.90 mg	Ash <sup>1</sup>	0.64 g	90.00%	Calories from Carbohydrates
								24.00%	Calories from Protein

Recipe No. 000511 BROCCOLI, RAW: JSD  
 Number of Portions: 1  
 Size of Portion: SERVINGS

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	15 kcal	Cholesterol	0.00 mg	Sugars	0.75 g	Calcium	20.68 mg	9.79%	Calories from Total Fat
Total Fat	0.16 g	Sodium	14.52 mg	Protein	1.24 g	Iron	0.32 mg	0.79%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	2.92 g	Vitamin A	274.12 IU	Water <sup>1</sup>	39.29 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.14 g	Vitamin C	39.25 mg	Ash <sup>1</sup>	0.38 g	78.12%	Calories from Carbohydrates
								33.18%	Calories from Protein

Recipe No. 000256 BROCCOLI, raw: fresh:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	15 kcal	Cholesterol	0.00 mg	Sugars	0.75 g	Calcium	20.68 mg	9.79%	Calories from Total Fat
Total Fat	0.16 g	Sodium	14.52 mg	Protein	1.24 g	Iron	0.32 mg	0.79%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	2.92 g	Vitamin A	274.12 IU	Water <sup>1</sup>	39.29 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.14 g	Vitamin C	39.25 mg	Ash <sup>1</sup>	0.38 g	78.12%	Calories from Carbohydrates
								33.18%	Calories from Protein

Recipe No. 000257 BROCCOLI: fresh, boiled:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (CUP)

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Calories	55 kcal	Cholesterol	0.00 mg	Sugars	2.17 g	Calcium	62.40 mg	10.54%	Calories from Total Fat
Total Fat	0.64 g	Sodium	63.96 mg	Protein	3.71 g	Iron	1.05 mg	1.80%	Calories from Sat Fat
Saturated Fat	0.11 g	Carbohydrate	11.20 g	Vitamin A	2414.88 IU	Water <sup>1</sup>	139.23 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	5.15 g	Vitamin C	101.24 mg	Ash <sup>1</sup>	1.20 g	82.06%	Calories from Carbohydrates
								27.20%	Calories from Protein

Recipe No. 000258 BROCCOLI: frozen, boiled:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	52 kcal	Cholesterol	0.00 mg	Sugars	2.70 g	Calcium	60.72 mg	3.86%	Calories from Total Fat
Total Fat	0.22 g	Sodium	20.24 mg	Protein	5.70 g	Iron	1.12 mg	0.32%	Calories from Sat Fat
Saturated Fat	0.02 g	Carbohydrate	9.84 g	Vitamin A	1860.24 IU	Water <sup>1</sup>	166.92 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	5.52 g	Vitamin C	73.78 mg	Ash <sup>1</sup>	1.31 g	76.43%	Calories from Carbohydrates
								44.29%	Calories from Protein

Recipe No. 000259 CABBAGE: boiled:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	35 kcal	Cholesterol	0.00 mg	Sugars	4.19 g	Calcium	72.00 mg	2.35%	Calories from Total Fat
Total Fat	0.09 g	Sodium	12.00 mg	Protein	1.91 g	Iron	0.26 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	8.27 g	Vitamin A	120.00 IU	Water <sup>1</sup>	138.86 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.85 g	Vitamin C	56.25 mg	Ash <sup>1</sup>	0.89 g	95.83%	Calories from Carbohydrates
								22.09%	Calories from Protein

Recipe No. 000022 CARROT STICKS:  
 Number of Portions: 1.0000  
 Size of Portion: CUP  
 Alternate Menu Name: CARROT STICKS

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	36 kcal	Cholesterol	0.00 mg	Sugars	4.17 g	Calcium	29.00 mg	5.27%	Calories from Total Fat
Total Fat	0.21 g	Sodium	60.64 mg	Protein	0.82 g	Iron	0.26 mg	0.81%	Calories from Sat Fat
Saturated Fat	0.03 g	Carbohydrate	8.42 g	Vitamin A	14681.81 IU	Water <sup>1</sup>	77.59 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.46 g	Vitamin C	5.19 mg	Ash <sup>1</sup>	0.85 g	93.46%	Calories from Carbohydrates
								9.07%	Calories from Protein

Recipe No. 000389 CARROTS,RAW,BABY:  
 Number of Portions: 4  
 Size of Portion: OZ  
 Alternate Menu Name: BABY CARROTS

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (OZ)

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Calories	10 kcal	Cholesterol	0.00 mg	Sugars	1.35 g	Calcium	9.07 mg	3.34%	Calories from Total Fat
Total Fat	0.04 g	Sodium	22.11 mg	Protein	0.18 g	Iron	0.25 mg	0.51%	Calories from Sat Fat
Saturated Fat	0.01 g	Carbohydrate	2.34 g	Vitamin A	3909.40 IU	Water <sup>1</sup>	25.61 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.82 g	Vitamin C	0.74 mg	Ash <sup>1</sup>	0.18 g	94.17%	Calories from Carbohydrates
								7.31%	Calories from Protein

Recipe No. 000260 CARROTS: canned, cooked:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	36 kcal	Cholesterol	0.00 mg	Sugars	3.62 g	Calcium	36.50 mg	6.84%	Calories from Total Fat
Total Fat	0.28 g	Sodium	353.32 mg	Protein	0.93 g	Iron	0.93 mg	1.08%	Calories from Sat Fat
Saturated Fat	0.04 g	Carbohydrate	8.09 g	Vitamin A	16308.19 IU	Water <sup>1</sup>	135.71 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.19 g	Vitamin C	3.94 mg	Ash <sup>1</sup>	0.99 g	88.64%	Calories from Carbohydrates
								10.24%	Calories from Protein

Recipe No. 000262 CARROTS: fresh, boiled:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	55 kcal	Cholesterol	0.00 mg	Sugars	5.38 g	Calcium	46.80 mg	4.63%	Calories from Total Fat
Total Fat	0.28 g	Sodium	90.48 mg	Protein	1.19 g	Iron	0.53 mg	0.77%	Calories from Sat Fat
Saturated Fat	0.05 g	Carbohydrate	12.82 g	Vitamin A	26571.48 IU	Water <sup>1</sup>	140.67 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.68 g	Vitamin C	5.62 mg	Ash <sup>1</sup>	1.05 g	93.94%	Calories from Carbohydrates
								8.69%	Calories from Protein

Recipe No. 000264 CAULIFLOWER,raw: fresh:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	25 kcal	Cholesterol	0.00 mg	Sugars	1.91 g	Calcium	22.00 mg	10.08%	Calories from Total Fat
Total Fat	0.28 g	Sodium	30.00 mg	Protein	1.92 g	Iron	0.42 mg	4.68%	Calories from Sat Fat
Saturated Fat	0.13 g	Carbohydrate	4.97 g	Vitamin A	0.00 IU	Water <sup>1</sup>	92.07 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	2.00 g	Vitamin C	48.20 mg	Ash <sup>1</sup>	0.76 g	79.52%	Calories from Carbohydrates
								30.72%	Calories from Protein

Recipe No. 000025 CAULIFLOWER: fresh boiled:  
 Number of Portions: 1.0000  
 Size of Portion: 1/4 CUP

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (1/4 CUP)

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Calories	7 kcal	Cholesterol	0.00 mg	Sugars	0.64 g	Calcium	4.96 mg	17.61%	Calories from Total Fat
Total Fat	0.14 g	Sodium	4.65 mg	Protein	0.57 g	Iron	0.10 mg	2.74%	Calories from Sat Fat
Saturated Fat	0.02 g	Carbohydrate	1.27 g	Vitamin A	3.72 IU	Water <sup>1</sup>	28.83 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.71 g	Vitamin C	13.73 mg	Ash <sup>1</sup>	0.19 g	71.48%	Calories from Carbohydrates
								32.00%	Calories from Protein

Recipe No. 000267 CELERY STICKS:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process: #1 No Cook

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	24 kcal	Cholesterol	0.00 mg	Sugars	1.99 g	Calcium	59.42 mg	9.56%	Calories from Total Fat
Total Fat	0.25 g	Sodium	118.84 mg	Protein	1.03 g	Iron	0.30 mg	2.36%	Calories from Sat Fat
Saturated Fat	0.06 g	Carbohydrate	4.41 g	Vitamin A	667.00 IU	Water <sup>1</sup>	141.76 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	2.38 g	Vitamin C	4.61 mg	Ash <sup>1</sup>	1.11 g	74.25%	Calories from Carbohydrates
								17.25%	Calories from Protein

Recipe No. 000270 CORN: canned, yellow: JSD  
 Number of Portions: 1.0000  
 Size of Portion: serving  
 Alternate Menu Name: CORN

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (serving)

Calories	99 kcal	Cholesterol	0.00 mg	Sugars	0.00 g	Calcium	6.00 mg	11.18%	Calories from Total Fat
Total Fat	1.23 g	Sodium	210.00 mg	Protein	3.22 g	Iron	1.07 mg	1.79%	Calories from Sat Fat
Saturated Fat	0.20 g	Carbohydrate	22.87 g	Vitamin A	99.00 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.40 g	Vitamin C	10.50 mg	Ash <sup>1</sup>	0.00 g	92.38%	Calories from Carbohydrates
								13.02%	Calories from Protein

Recipe No. 000271 CORN: frozen, yellow:  
 Number of Portions: 1.0000  
 Size of Portion: CUP

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	134 kcal	Cholesterol	0.00 mg	Sugars	5.07 g	Calcium	4.95 mg	7.44%	Calories from Total Fat
Total Fat	1.11 g	Sodium	1.65 mg	Protein	4.21 g	Iron	0.78 mg	1.14%	Calories from Sat Fat
Saturated Fat	0.17 g	Carbohydrate	31.85 g	Vitamin A	328.35 IU	Water <sup>1</sup>	127.10 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	3.96 g	Vitamin C	5.78 mg	Ash <sup>1</sup>	0.73 g	95.31%	Calories from Carbohydrates
								12.59%	Calories from Protein

Recipe No. 000551 Cucumbers:  
 Number of Portions: 1  
 Size of Portion: Serving

Recipe HACCP Process: #1 No Cook

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Calories	12 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	15.00 mg	11.23%	Calories from Total Fat
Total Fat	0.15 g	Sodium	1.50 mg	Protein	0.45 g	Iron	0.27 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	2.85 g	Vitamin A	75.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.45 g	Vitamin C	1.80 mg	Ash <sup>1</sup>	*N/A* g	95.00%	Calories from Carbohydrates
								15.00%	Calories from Protein

Recipe No. 000487 FRENCH FRIES: oven heat: JSD  
 Number of Portions: 1.0000  
 Size of Portion: 5 OZ  
 Alternate Menu Name: OVEN FRIES

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (5 OZ)

Calories	283 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	11.34 mg	34.02%	Calories from Total Fat
Total Fat	10.72 g	Sodium	377.05 mg	Protein	4.49 g	Iron	1.76 mg	5.67%	Calories from Sat Fat
Saturated Fat	1.79 g	Carbohydrate	44.21 g	Vitamin A	0.00 IU	Water <sup>1</sup>	81.01 g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	4.54 g	Vitamin C	14.32 mg	Ash <sup>1</sup>	1.32 g	62.38%	Calories from Carbohydrates
								6.34%	Calories from Protein

Recipe No. 000424 GREEN BEANS: canned,cooked: JSD  
 Number of Portions: 1.0000  
 Size of Portion: CUP  
 Alternate Menu Name: GREEN BEANS

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	27 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	35.10 mg	4.50%	Calories from Total Fat
Total Fat	0.14 g	Sodium	338.85 mg	Protein	1.62 g	Iron	1.22 mg	0.90%	Calories from Sat Fat
Saturated Fat	0.03 g	Carbohydrate	6.08 g	Vitamin A	471.15 IU	Water <sup>1</sup>	125.96 g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	2.57 g	Vitamin C	5.81 mg	Ash <sup>1</sup>	1.28 g	90.00%	Calories from Carbohydrates
								24.00%	Calories from Protein

Recipe No. 000555 Kidney Bean:  
 Number of Portions: 1  
 Size of Portion: Serving

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (Serving)

Calories	156 kcal	Cholesterol	0.00 mg	Sugars	3.00 g	Calcium	*N/A* mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	210.00 mg	Protein	10.50 g	Iron	*N/A* mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	28.50 g	Vitamin A	10.00 IU	Water <sup>1</sup>	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	10.50 g	Vitamin C	*N/A* mg	Ash <sup>1</sup>	*N/A* g	73.08%	Calories from Carbohydrates
								26.92%	Calories from Protein

Recipe No. 000552 Mainara Sauce:  
 Number of Portions: 1  
 Size of Portion: Serving

Recipe HACCP Process:

\*Nutrients are based upon 1 Portion Size (Serving)

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Calories	40	kcal	Cholesterol	0.00	mg	Sugars	*N/A*	g	Calcium	20.00	mg	22.49%	Calories from Total Fat
Total Fat	1.00	g	Sodium	230.00	mg	Protein	1.00	g	Iron	0.36	mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00	g	Carbohydrate	8.00	g	Vitamin A	200.00	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	1.00	g	Vitamin C	6.00	mg	Ash <sup>1</sup>	*N/A*	g	80.00%	Calories from Carbohydrates
												10.00%	Calories from Protein

Recipe No. 000432 MIXED VEGETABLES: canned,ckd: JSD  
 Number of Portions: 1.0000  
 Size of Portion: CUP  
 Alternate Menu Name: MIXED VEGETABLES

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	40	kcal	Cholesterol	0.00	mg	Sugars	1.96	g	Calcium	22.01	mg	4.59%	Calories from Total Fat
Total Fat	0.20	g	Sodium	174.41	mg	Protein	2.11	g	Iron	0.86	mg	0.92%	Calories from Sat Fat
Saturated Fat	0.04	g	Carbohydrate	7.55	g	Vitamin A	9495.57	IU	Water <sup>1</sup>	70.91	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	2.45	g	Vitamin C	4.08	mg	Ash <sup>1</sup>	0.73	g	75.59%	Calories from Carbohydrates
												21.14%	Calories from Protein

Recipe No. 000008 REFRIED BEANS: canned: JSD  
 Number of Portions: 1  
 Size of Portion: CUP  
 Alternate Menu Name: REFRIED BEANS

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	235	kcal	Cholesterol	0.00	mg	Sugars	*1.29*	g	Calcium	75.82	mg	18.79%	Calories from Total Fat
Total Fat	4.90	g	Sodium	1124.41	mg	Protein	12.70	g	Iron	4.70	mg	5.82%	Calories from Sat Fat
Saturated Fat	1.52	g	Carbohydrate	36.22	g	Vitamin A	311.84	IU	Water <sup>1</sup>	235.90	g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A*	g	Dietary Fiber	9.60	g	Vitamin C	16.55	mg	Ash <sup>1</sup>	4.98	g	61.75%	Calories from Carbohydrates
												21.66%	Calories from Protein

Recipe No. 000216 SWEET POTATO OVEN FRIES : JSD  
 Number of Portions: 60  
 Size of Portion: SERVINGS

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	144	kcal	Cholesterol	0.00	mg	Sugars	*N/A*	g	Calcium	36.12	mg	33.75%	Calories from Total Fat
Total Fat	5.42	g	Sodium	189.62	mg	Protein	1.81	g	Iron	*N/A*	mg	5.62%	Calories from Sat Fat
Saturated Fat	0.90	g	Carbohydrate	21.67	g	Vitamin A	4063.21	IU	Water <sup>1</sup>	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	3.61	g	Vitamin C	4.33	mg	Ash <sup>1</sup>	*N/A*	g	60.00%	Calories from Carbohydrates
												5.00%	Calories from Protein

Recipe No. 000455 Tator Tots:  
 Number of Portions: 1  
 Size of Portion: SERVING  
 Alternate Menu Name: Tator Tots

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVING)

- \*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
- <sup>1</sup> - denotes optional nutrient values
- <sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

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Calories	150 kcal	Cholesterol	0.00 mg	Sugars	*N/A* g	Calcium	11.06 mg	40.83%	Calories from Total Fat
Total Fat	6.81 g	Sodium	379.20 mg	Protein	1.62 g	Iron	0.51 mg	8.62%	Calories from Sat Fat
Saturated Fat	1.44 g	Carbohydrate	21.92 g	Vitamin A	3.95 IU	Water <sup>1</sup>	47.16 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*N/A* g	Dietary Fiber	1.98 g	Vitamin C	4.98 mg	Ash <sup>1</sup>	1.49 g	58.42%	Calories from Carbohydrates
								4.32%	Calories from Protein

Recipe No. 000512 VEG, RED, GREEN BEANS STRARCHY: JSD  
 Number of Portions: 11  
 Size of Portion: SERVING  
 Alternate Menu Name: VEGETABLE OF THE DAY

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (SERVING)

Calories	54 kcal	Cholesterol	0.00 mg	Sugars	*2.20* g	Calcium	25.88 mg	13.36%	Calories from Total Fat
Total Fat	0.80 g	Sodium	102.73 mg	Protein	1.63 g	Iron	*0.52* mg	2.75%	Calories from Sat Fat
Saturated Fat	0.16 g	Carbohydrate	10.52 g	Vitamin A	*2843.63* IU	Water <sup>1</sup>	*35.87* g	*1.52*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.09* g	Dietary Fiber	2.08 g	Vitamin C	*7.92* mg	Ash <sup>1</sup>	*0.46* g	78.38%	Calories from Carbohydrates
								12.15%	Calories from Protein

Recipe No. 000140 VEGETABLES: JSD  
 Number of Portions: 100  
 Size of Portion: .25 CUP

Recipe HACCP Process: #2 Same Day Service

\*Nutrients are based upon 1 Portion Size (.25 CUP)

Calories	27 kcal	Cholesterol	0.00 mg	Sugars	*1.59* g	Calcium	21.68 mg	6.48%	Calories from Total Fat
Total Fat	0.19 g	Sodium	92.26 mg	Protein	1.17 g	Iron	0.47 mg	0.92%	Calories from Sat Fat
Saturated Fat	0.03 g	Carbohydrate	6.12 g	Vitamin A	3992.51 IU	Water <sup>1</sup>	66.07 g	*0.00*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.75 g	Vitamin C	15.03 mg	Ash <sup>1</sup>	0.65 g	90.58%	Calories from Carbohydrates
								17.33%	Calories from Protein

**\*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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.