



TAHER NUTRITION ANALYSIS

8/17/2015	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
HOT ENTREES									
Alfredo Sauce (2 oz, no pasta)	32	3.68	1.26	Same	Same	Same	Same	Same	Same
American Turkey Pot Pie	290	36.7	15.3	Same	Same	Same	Same	Same	Same
Apple Cider Pork Loin	172	10.37	17.04	Same	Same	Same	Same	Same	Same
Asian Chicken Noodle Bowl (8 oz bowl, USDA Dice Chicken)	293	46.93	20.43	Same	Same	Same	N/A	N/A	N/A
Asian Chicken Noodle Bowl (8 oz bowl, RH Diced Chicken)	283	44.74	20.76	Same	Same	Same	N/A	N/A	N/A
Asian Chicken Noodle Bowl (12oz bowl, USDA Dice Chicken)	N/A	N/A	N/A	N/A	N/A	N/A	460	76.11	31.23
Asian Chicken Noodle Bowl (12 oz bowl, RH Diced Chicken)	N/A	N/A	N/A	N/A	N/A	N/A	474	78.82	30.49
Baked Chicken Legs	132	0.41	16.18	Same	Same	Same	503	0.8	26.37
Baked Potato Halves (VEG 023)	134	26.65	3.46	Same	Same	Same	Same	Same	Same
BBQ Burger	353	44.67	19	Same	Same	Same	Same	Same	Same
BBQ Chicken Leg (1 each, RH F8146)	133	5.8	16.01	Same	Same	Same	Same	Same	Same
BBQ Chicken Pizza (BB 14" crust)	N/A	N/A	N/A	375	39.34	19.98	Same	Same	Same
BBQ Meatball Sub	469	50.59	17.82	Same	Same	Same	Same	Same	Same
BBQ Meatball Sub (WW-DD)	329			Same	Same	Same	Same	Same	Same
Beef n' Cheese Quesadilla (2 each)	305	27.36	17.05	Same	Same	Same	Same	Same	Same
Beef Patty w/Gravy (1.5 oz patty, 2 oz gravy)	138	4.75	10.56	Same	Same	Same	N/A	N/A	N/A
Beef Patty w/Gravy (2 oz patty, 2 oz gravy)	N/A	N/A	N/A	N/A	N/A	N/A	138	5.75	14.56
Beef Shepherd Pie (6x4 cup)	305	24.84	13.87	Same	Same	Same	Same	Same	Same
Beef Soft Taco (2 each)	305	26.93	14.93	Same	Same	Same	Same	Same	Same
Beef Teriyaki Dippers (RH F4588)	205	7.84	14.65	Same	Same	Same	Same	Same	Same
Beefy Nachos w/Cheese Sauce	483	38.6	13.9	Same	Same	Same	Same	Same	Same
Breakfast Bake (Ham)	230	25.8	13.21	Same	Same	Same	Same	Same	Same
Buffalo Chicken Pizza (BB 14" crust)	N/A	N/A	N/A	347	30	18.63	Same	Same	Same
Cheese Bread	336	36.22	15.36	Same	Same	Same	382	36.72	18.9
Cheese Calzini (BB 12x16 crust)	377	34.6	22.05	Same	Same	Same	Same	Same	Same
Cheese Calzini (BB 12x16 crust)	402	39.1	23.55	Same	Same	Same	Same	Same	Same
Cheese Omelet (Michaels 3")	206	3	12.54	Same	Same	Same	Same	Same	Same
Cheese Omelet (C812 WI Commodity)	130	2	7	Same	Same	Same	Same	Same	Same
Cheese Pizza (12x16" BB Crust)	343	36.1	16.9	Same	Same	Same	N/A	N/A	N/A
Cheese Pizza (12x16" Richs Crust)	368	40.6	18.4	Same	Same	Same	N/A	N/A	N/A

Various selections offered daily.

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8/17/2015	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Cheese Pizza (14" BB Crust)	N/A	N/A	N/A	N/A	N/A	N/A	389	36.6	20.4
Cheese Pizza (14" Richs Crust)	N/A	N/A	N/A	N/A	N/A	N/A	349	28.63	19.4
Cheesebread Dunkers	372	34.28	16.72	Same	Same	Same	417	34.81	20.24
Cheeseburger Pizza (Richs 14" crust)	363	37.87	19.85	Same	Same	Same	Same	Same	Same
Cheeseburger Pizza (BB 14" crust)	323	29.87	18.85	Same	Same	Same	Same	Same	Same
Chicken & Cheese Quesadilla (6" tortilla, diced chix)	303	26.42	20.55	Same	Same	Same	Same	Same	Same
Chicken & Cheese Quesadilla (6" tortilla, WI Faj chix)	299	26.92	18.97	Same	Same	Same	Same	Same	Same
Chicken and Gravy (1/2 cup)	106	3.75	18.11	Same	Same	Same	Same	Same	Same
Chicken Alfredo w/Pasta (224	224	25.27	22.28	Same	Same	Same	Same	Same	Same
Chicken Alfredo Pizza (BB 14")	N/A	N/A	N/A	355	35.9	21.49	Same	Same	Same
Chicken Alfredo Pizza (Richs 14")	N/A	N/A	N/A	315	27.9	20.49	Same	Same	Same
Chicken and Penne (1 cup)	227	22.25	24.65	Same	Same	Same	Same	Same	Same
Chicken Bacon Ranch Pizza (14" BB Crust)	409	36.27	20.96	Same	Same	Same	Same	Same	Same
Chicken Bacon Ranch Pizza (14" Richs Crust)	369	28.27	19.96	Same	Same	Same	Same	Same	Same
Chicken Bacon Ranch Melt (1/2 sandwich)	442	27.59	25.59	Same	Same	Same	Same	Same	Same
Chicken Express (Chicken Nuggets, M. Potato, Corn)	N/A	N/A	N/A	432	46.67	18.28	Same	Same	Same
Chicken Fajita (Random Chicken, 2 each)	271	29.05	21.12	Same	Same	Same	Same	Same	Same
Chicken Fajita (USDA Fajita Strips, 2 each)	315	30.12	24.68	Same	Same	Same	Same	Same	Same
Chicken Fajita (WI Fajita Strips, 2 each)	256	30.04	19.41	Same	Same	Same	Same	Same	Same
Chicken Fajita Boat (Random Chicken, 1 boat)	241	16.05	19.12	Same	Same	Same	Same	Same	Same
Chicken Nuggets (GK, 5 each)	170	9	15	Same	Same	Same	Same	Same	Same
Chicken Nuggets (C515, 5 each)	180	13	15	Same	Same	Same	Same	Same	Same
Chicken Parmesan over WG Pasta	330	35.5	21.3	Same	Same	Same	Same	Same	Same
Chicken Pasta Alfredo (1/2 cup)	228	25.92	19.56	Same	Same	Same	Same	Same	Same
Chicken Taco Boat	366	28.06	18.67	Same	Same	Same	Same	Same	Same
Chicken Tenders (RH BD336, 3 each)	190	13	15	Same	Same	Same	Same	Same	Same
Chicken Soft Taco (2 each)	250	28.45	19.52	Same	Same	Same	Same	Same	Same
Chicken-n-Cheese Quesadilla (2 halves)	303	26.42	20.55	Same	Same	Same	Same	Same	Same
Chicken-n-Cheese Quesadilla (2 halves, USDA Diced Chicken)	303	26.42	20.48	Same	Same	Same	Same	Same	Same
Chili, Beef (1/2 cup)	222	11	15	Same	Same	Same	Same	Same	Same
Chili Dog (Lentil Chili)	360	33.69	13.81	Same	Same	Same	Same	Same	Same
Corn Dog (69988)	290	30	10	Same	Same	Same	Same	Same	Same
Fish Taco w/Slaw (9' soft shell)	418	44.51	19.82	Same	Same	Same	Same	Same	Same
Egg & Cheese Omelet	206	3	12.54	Same	Same	Same	Same	Same	Same
French Bread Pizza	318	25.81	20.62	Same	Same	Same	Same	Same	Same
French Toast (Homemade Vienna Bread-1 slice)	154	20.79	8.19	Same	Same	Same	Same	Same	Same
Garden Pasta Alfredo	310	39.22	16.9	Same	Same	Same	389	50.69	21.27

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8/17/2015	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Hawaiian Pizza (BB 14" crust)	N/A	N/A	N/A	332	36.28	18.64	Same	Same	Same
Ham, Broccoli Tator Tot Casserole (RH 40136 Ham)	332	23.32	16.53	Same	Same	Same	Same	Same	Same
Ham, Broccoli Tator Tot Casserole (USDA Diced Ham)	329	25.13	17.01	Same	Same	Same	Same	Same	Same
Ham, Broccoli Tator Tot Casserole (USDA Turkey Ham)	334	24.3	17.18	332	36.28	18.64	Same	Same	Same
Ham Slice, Baked (2 oz)	74	1.4	8.8	Same	Same	Same	Same	Same	Same
Ham Steak, Baked (2.5 oz)	99	2.69	11.26	Same	Same	Same	Same	Same	Same
Italian Veggie Calzini (BB Crust)	326	37.38	16.19	Same	Same	Same	Same	Same	Same
Italian Beef Lasagna (4x6" K-8, 3x6" 9-12)	256	24.26	13.02	Same	Same	Same	368	31.76	20.38
Italian Meatball Sub	397	32.81	18.48	Same	Same	Same	Same	Same	Same
Italian Meatball Sub (WI-DD)	394	32.67	18.33	Same	Same	Same	Same	Same	Same
Italian Pasta Bake (6x4 or 1 cup)	275	31.73	14.27	Same	Same	Same	N/A	N/A	N/A
Italian Pasta Bake (3x6 or 1 cup)	N/A	N/A	N/A	N/A	N/A	N/A	366	42.31	19.02
Jambalaya (1 cup, made with brown rice)	254	28.04	23.54	Same	Same	Same	Same	Same	Same
Macaroni & Cheese (1/2 cup)	240	21.02	10.07	Same	Same	Same	Same	Same	Same
Meatloaf	196	8.57	12.13	Same	Same	Same	Same	Same	Same
Meatloaf USDA grd beef)	200	8.57	18.09	Same	Same	Same	Same	Same	Same
Mexican Bar (Taco Bar)	N/A	N/A	N/A	551	49.32	21.91	Same	Same	Same
Mini Corn Dogs (RH A2409, 8 each)	300	30	9	Same	Same	Same	Same	Same	Same
Mini Corn Dogs (WI Commodity, C306, 6 each)	230	35	12	Same	Same	Same	Same	Same	Same
Mozzarella Dippers (Max Stix, RH 58612, 2 each)	300	34	14	Same	Same	Same	Same	Same	Same
Mozzarella Pizza Sticks (C710 WI Commodity)	300	32	16	Same	Same	Same	Same	Same	Same
Orange Chicken	287	30.43	16.45	Same	Same	Same	Same	Same	Same
Oven Fried Chicken	205	18.18	18.39	Same	Same	Same	Same	Same	Same
Pancake, USDA (2 each)	160	27.4	3.4	Same	Same	Same	Same	Same	Same
Parmesan Chicken Bites (with pasta)	395	42.64	21.2	Same	Same	Same	Same	Same	Same
Parmesan Chicken Bites (without pasta)	297	21.36	17.05	Same	Same	Same	Same	Same	Same
Parmesan Crusted Fish Filet	251	13.42	15.86	Same	Same	Same	Same	Same	Same
Pasta Bar	N/A	N/A	N/A	448	55.7	23.18	Same	Same	Same
Pepperoni Pizza (12x16" BB Crust)	378	36.1	18.1	Same	Same	Same	N/A	N/A	N/A
Pepperoni Pizza (12x16" Richs Crust)	403	40.6	19.6	Same	Same	Same	N/A	N/A	N/A
Pepperoni Pizza (14" BB Crust)	N/A	N/A	N/A	N/A	N/A	N/A	378	36.1	18.1
Pepperoni Pizza (14" Richs Crust)	N/A	N/A	N/A	N/A	N/A	N/A	384	28.6	20.7
Peruvian Beef Stir Fry over Rice	450	63.21	23.96	Same	Same	Same	Same	Same	Same
Pizza Bake (casserole)	310	28.28	17.56	Same	Same	Same	410	37.7	23.28

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Pizza Dippers (Max Stix, 2 each)	300	34	14	Same	Same	Same	Same	Same	Same
Pizza Topped Potato (110-120 count potato)	303	32	14.5	Same	Same	Same	Same	Same	Same
Popcorn Chicken (13 each)	220	14	16	Same	Same	Same	Same	Same	Same
Popcorn Chicken Bowl (Mashed Pot, Corn, Gravy)	412	47.67	20.28	Same	Same	Same	Same	Same	Same
Pork and Gravy	289	0.52	7.25	Same	Same	Same	Same	Same	Same
Potato Bar (estimate of items selected)	N/A	N/A	N/A	397	36	19.09	Same	Same	Same
Potato Crusted Fish Nuggets (4 ea)	290	21	15	Same	Same	Same	Same	Same	Same
Pulled Pork Nachos w/Cheese Sauce	552	46.92	16.9	Same	Same	Same	Same	Same	Same
Rotini w/Meat Sauce (K-8 1/2 cup rotini, 9-12 3/4 cup)	251	29.34	12.23	Same	Same	Same	399	52.4	18.57
Salsa Chicken Bowl (Mexican Salsa Chicken)	504	61.75	27.08	Same	Same	Same	Same	Same	Same
Salisbury Steak (RH53296)	140	4	16	Same	Same	Same	Same	Same	Same
Sausage Patty (40332)	180	1	6	Same	Same	Same	Same	Same	Same
Sausage Patty (44786)	80	1	7	Same	Same	Same	Same	Same	Same
Sausage Patty, Turkey (C7380)	230	1	7	Same	Same	Same	Same	Same	Same
Sausage Pizza (12x16" BB Crust)	359	36.5	18.1	Same	Same	Same	N/A	N/A	N/A
Sausage Pizza (12x16" Richs Crust)	384	41	19.6	Same	Same	Same	N/A	N/A	N/A
Sausage Pizza (14" BB Crust)	N/A	N/A	N/A	N/A	N/A	N/A	405	37	21.6
Sausage Pizza (14" Richs Crust)	N/A	N/A	N/A	N/A	N/A	N/A	365	29	20.6
Sausage/Pepperoni Pizza (12x16" BB Crust)	369	36.3	18.1	Same	Same	Same	N/A	N/A	N/A
Sausage/Pepperoni Pizza (12x16" Richs Crust)	394	40.8	19.6	Same	Same	Same	N/A	N/A	N/A
Sausage/Pepperoni Pizza (14" BB Crust)	N/A	N/A	N/A	N/A	N/A	N/A	414	36.8	21.7
Sausage/Pepperoni Pizza (14" Richs Crust)	N/A	N/A	N/A	N/A	N/A	N/A	374	28.8	20.7
Scalloped Ham and Potatoes (pit ham RH 40138)	226	21.29	13.1	Same	Same	Same	Same	Same	Same
Scalloped Ham and Potatoes (USDA 100184)	208	22.21	12.13	Same	Same	Same	Same	Same	Same
Scrambled Eggs (1/4 c.)	60	1.5	5.5	Same	Same	Same	Same	Same	Same
Southwest Turkey Crunch	538	59.93	22.02	Same	Same	Same	Same	Same	Same
Spaghetti w/Meatsauce	301	39.12	14.66	Same	Same	Same	429	57.89	20.66
Swedish Style Meatballs	276	9.15	13.22	276	9.15	13.22	321	9.66	15.57
Sweet -n-Sour Chicken Bites (6 oz)	450	67.54	16.2	Same	Same	Same	Same	Same	Same
Taco Bar	N/A	N/A	N/A	551	49.32	21.91	Same	Same	Same

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	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Taco Pizza (14" round BB)	N/A	N/A	N/A	391	31.96	19.64	Same	Same	Same
Tator Tot Casserole	392	34.39	15.19	Same	Same	Same	Same	Same	Same
Tex Mex Chicken Leg (1 each)	138	7.12	16.09	Same	Same	Same	Same	Same	Same
Turkey ala King (3/4 cup/1 biscuit)	390	41.31	25.85	Same	Same	Same	Same	Same	Same
Turkey and Gravy (1/2 cup)	112	4.32	16.58	Same	Same	Same	Same	Same	Same
Turkey Tetrazzini (3/4 cup)	269	27.51	24.52	Same	Same	Same	Same	Same	Same
Veggie Pizza (BB 14" crust)	N/A	N/A	N/A	383	33.85	19.66	Same	Same	Same
Waffle Sticks (A9496, 3 each)	210	30	3	Same	Same	Same	Same	Same	Same
Walking Taco	521	30.53	18.94	Same	Same	Same	Same	Same	Same
Western Quesadilla Omelet	297	28.94	16.12	Same	Same	Same	Same	Same	Same
HOT SANDWICHES / WRAPS/FLATBREAD									
BBQ Chicken on Bun	315	36.4	18.56	Same	Same	Same	Same	Same	Same
BBQ Meatball Sandwich	469	51.59	18.82	Same	Same	Same	Same	Same	Same
BBQ Meatball Sub	469	50.75	18.55	Same	Same	Same	Same	Same	Same
BBQ Meatball Sub (WI-DD)	474	51.13	17.99	Same	Same	Same	Same	Same	Same
BBQ Pork Riblet (B4570, Hoagie Bun)	318	40.5	17	Same	Same	Same	Same	Same	Same
Beef Hotdog on WG Bun (42170)	320	28	12	Same	Same	Same	Same	Same	Same
Cheese Calzini	377	34.6	22.05	Same	Same	Same	Same	Same	Same
Cheeseburger on Bun (1.5 oz, 1 slice cheese)	290	23.5	16.5	Same	Same	Same	Same	Same	Same
Cheesy Flatbread									
Chicken Cordon Bleu Sandwich (WG Hamburger Bun)	475	42.21	26.25	Same	Same	Same	Same	Same	Same
Chicken Patty on WG Bun (GK)	291	31	20	Same	Same	Same	Same	Same	Same
Chicken Tender Wrap (RH 38042 tenders)	435	36.48	20.33	Same	Same	Same	Same	Same	Same
Chili Dog	360	33.69	13.81	Same	Same	Same	Same	Same	Same
Crispy Chicken Sub (35738)	396	36.66	17.62	Same	Same	Same	Same	Same	Same
Fish Patty w/Cheese on WG Bun	290	32.5	14.5	Same	Same	Same	340	33	17
Grilled Cheese Sandwich	356	29.52	13.59	Same	Same	Same	406	30.02	16.12
Grilled Chicken on WG Bun (C524 WI)	215	23	19	Same	Same	Same	Same	Same	Same
Hamburger on a Bun (1.5 oz patty)	240	23	14	Same	Same	Same	N/A	N/A	N/A
Hamburger on a Bun (2 oz patty)	N/A	N/A	N/A	N/A	N/A	N/A	240	24	18
Hot Dog on Bun	330	28	12	Same	Same	Same	Same	Same	Same
Hot Ham & Cheese on a Bagel	375	35.49	21.95	Same	Same	Same	Same	Same	Same

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Hot Ham & Cheese on a Bun	302	23.52	21.4	Same	Same	Same	Same	Same	Same
Hot Shredded Turkey on WG Bun	223	22.93	20.74	Same	Same	Same	Same	Same	Same
Hot Turkey on a Bun (Turkey Gravy)	223	22.93	20.74	Same	Same	Same	Same	Same	Same
Italian Meatball Sub	407	34.46	18.78	Same	Same	Same	Same	Same	Same
Mex-a-Munchie (salsa, chips, shredded cheese)	566	44.27	18.22	Same	Same	Same	Same	Same	Same
Pizza Burger Melt (2 halves)	288	26.73	16.69	Same	Same	Same	Same	Same	Same
Popcorn Chicken Bowl(WG Tyson, 1 cup potatoes)	504	58.32	21.96	Same	Same	Same	Same	Same	Same
Porcupine Sliders (2 each)	455	57.63	19.32	Same	Same	Same	Same	Same	Same
Pulled Pork on Bun (RH 34106, SL Bun, BBQ sauce=35 cal)	292	32.35	14.38	Same	Same	Same	Same	Same	Same
Pulled Pork on Bun (USDA Pork Leg, SL Bun, BBQ sauce=35 cal)	303	32.35	15.15	Same	Same	Same	Same	Same	Same
Pulled Pork Sliders (2 each, RH 34106, SL Bun, BBQ sauce=35 cal)	332	40.34	15.38	Same	Same	Same	Same	Same	Same
Pulled Pork Sliders (2 each, USDA Pork Leg, SL Bun, BBQ sauce=35 cal)	343	40.34	16.15	Same	Same	Same	Same	Same	Same
Salisbury Steak Sandwich	338	40.96	23.24	Same	Same	Same	Same	Same	Same
Sloppy Joe on a WG Bun	300	31.99	15.52	Same	Same	Same	Same	Same	Same
Sloppy Joe Slider (1 slider)	199	23	9.66	Same	Same	Same	Same	Same	Same
Southwest Burger (RH F4588 burger 2.5 oz)	473	54.4	23.61	Same	Same	Same	Same	Same	Same
Spicy Chicken Sandwich (RH 78476)	320	34	19	Same	Same	Same	Same	Same	Same
Stromboli	339	37.47	17.75	Same	Same	Same	385	37.97	21.3
Toasted Cheese Sandwich	356	29.52	13.59	Same	Same	Same	406	30.02	16.12
Tuna Melt (cheesy)	271	31.94	22.85	Same	Same	Same	Same	Same	Same
Turkey BLT Flatbread	310	28.54	17.55	Same	Same	Same	Same	Same	Same
Vegetable Focaccia, Roasted (BB Crust)	484	51.8	23.89	Same	Same	Same	Same	Same	Same
Vegetable Focaccia, Roasted (Richs Crust)	517	57.8	25.89	Same	Same	Same	Same	Same	Same
ENTRÉE SALADS									
7 Layer Salad (2 mini garlic toast)	534	32.11	16.04	Same	Same	Same	548	33.84	16.04
Asian Chicken Noodle Bowl (WG Noodles)	283	44.74	20.76	Same	Same	Same	460	76.11	31.23
Asian Chicken Noodle Bowl (USDA WG Spag. Noodles)	357	60.87	23.87	Same	Same	Same	450	78.38	31.53
Asian Chicken Salad (2 Tortillas RH 22110)	289	40.02	22.66	Same	Same	Same	426	58.96	35.54
Buffalo Chicken Pasta Salad (includes 1 WG roll)	478	52.58	25.93	Same	Same	Same	Same	Same	Same
Chef Salad (2 WG Roll)	387	37.3	21.7	Same	Same	Same	417	39.3	24.2
Chicken Caesar Salad (Random Chicken,1 WG Roll)	411	40.39	26.99	Same	Same	Same	N/A	N/A	N/A
Chicken Caesar Salad (Random Chicken,2 WG Roll)	N/A	N/A	N/A	N/A	N/A	N/A	526	60.13	29.99
Confetti Ham Pasta Salad (includes dinner roll)	403	40.3	17.48	Same	Same	Same	Same	Same	Same
Cravin Craisin Chicken Salad (diced chicken, 2 WG Roll)	478	50.09	24.95	Same	Same	Same	495	52.22	26.21

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Crispy Chicken Salad (chicken patty 43536, 1 WG Roll)	427	30.07	19.07	Same	Same	Same	N/A	N/A	N/A
Crispy Chicken Salad (chicken patty 43536, 2 WG Roll)	N/A	N/A	N/A	N/A	N/A	N/A	541	49.81	22.05
Crispy Chicken Wrap (1 each 9")	355	32.9	20.1	Same	Same	Same	Same	Same	Same
Garden Vegetable Salad (2 WG Roll)	365	41.14	14.29	Same	Same	Same	379	42.87	14.29
Popeye Salad (Strawberries, no bread)	401	16.67	11.05	Same	Same	Same	410	17.93	12.32
Popeye Salad (Mandarin Oranges, no bread)	413	19.98	10.77	Same	Same	Same	422	21.24	12.04
Southwest Chicken Salad (Diced Chicken, Chips 14400, tortilla 22110)	490	50	24.26	Same	Same	Same	505	51.74	24.26
Taco Salad (ground beef)	378	24.22	14.27	385	25.09	14.27	392	25.95	14.27
Turkey BLT Salad (2 WG BB Garlic Toast)	689	30.38	42.74	Same	Same	Same	704	32.12	42.74
Turkey Lunch Box Salad (1.25 cup)	479	58.38	26.39	Same	Same	Same	Same	Same	Same
COLD SANDWICHES / WRAPS									
Cheese and Vegetable Hoagie	347	33.49	16.92	Same	Same	Same	Same	Same	Same
Chicken Caesar Wrap (9")	299	27.64	24.6	Same	Same	Same	Same	Same	Same
Chicken Salad on WG Bun	281	27.46	20.33	Same	Same	Same	Same	Same	Same
Chicken Salad Slider (2 each)	339	42.29	23.99	Same	Same	Same	Same	Same	Same
Chicken Salad Sliders	341	37.46	22.33	Same	Same	Same	Same	Same	Same
Cold Meat Sub	364	29.22	18.58	Same	Same	Same	Same	Same	Same
Combo Sliders (2 each)	321	45.83	16.94	Same	Same	Same	Same	Same	Same
Crispy Chicken Wrap (2-6" wraps)	438	37.23	19.12	Same	Same	Same	Same	Same	Same
Crispy Chicken Wrap (1-9" wrap)	448	36.23	20.12	Same	Same	Same	Same	Same	Same
Deli Sandwich (Ham)	299	30.98	15.28	Same	Same	Same	Same	Same	Same
Deli Sandwich (Turkey)	281	30.73	16.3	Same	Same	Same	Same	Same	Same
Deli Sub (Ham)	299	30.98	15.28	Same	Same	Same	Same	Same	Same
Deli Sub (Turkey)	281	30.73	16.3	Same	Same	Same	Same	Same	Same
Egg Salad Sandwich	282	30.77	10.14	Same	Same	Same	Same	Same	Same
Ham & Cheese on a Bagel	375	40.53	21.95	Same	Same	Same	Same	Same	Same
Ham & Cheese Pinwheel	339	35.49	14.82	Same	Same	Same	Same	Same	Same
Ham Wrap (2-6" wraps)	267	27.87	15.8	Same	Same	Same	Same	Same	Same
Ham Wrap (1-9" wrap)	277	26.89	16.8	Same	Same	Same	Same	Same	Same
Honey Mustard Ham Wrap (2-6" wraps)	294	29.22	15.8	Same	Same	Same	Same	Same	Same
Honey Mustard Ham Wrap (1-9" wrap)	304	28.22	16.8	Same	Same	Same	Same	Same	Same

Various selections offered daily.

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TAHER NUTRITION ANALYSIS

8/17/2015	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Italian Sub	392	29.72	21.19	Same	Same	Same	Same	Same	Same
Made to Order Sub	N/A	N/A	N/A	361	37.83	18.94	Same	Same	Same
Salad Sliders (2 ea)	394	45.2	29.27	Same	Same	Same	Same	Same	Same
Turkey BLT Wrap (2-6" wraps)	310	28.54	16.55	Same	Same	Same	Same	Same	Same
Turkey BLT Wrap (1-9" wrap)	320	27.54	17.55	Same	Same	Same	Same	Same	Same
Turkey Ranch Wrap (2-6" wraps)	219	31.65	12.74	Same	Same	Same	Same	Same	Same
Turkey Ranch Wrap (1-9" wrap)	229	30.65	13.74	Same	Same	Same	Same	Same	Same
Veggie Hoagie	347	33.49	16.92	Same	Same	Same	Same	Same	Same
Yogurt Pak	390	51	18	Same	Same	Same	Same	Same	Same
SIDE SALADS / DRESSINGS									
Black Eyed Pea Salad (1/4 cup)	59	11.66	3.57	Same	Same	Same	Same	Same	Same
Broccoli Salad (1/4 cup)	50	4.8	0.4	Same	Same	Same	Same	Same	Same
Calico Bean Bake (1/4 cup)	65	14.5	3.5	Same	Same	Same	Same	Same	Same
Coleslaw (creamy coleslaw, 1/4 cup)	21	4.17	0.47	Same	Same	Same	Same	Same	Same
Corn Salad, Firenze (1/4 cup)	70	8.88	1.33	Same	Same	Same	Same	Same	Same
Corn Salad, Spring (1/4 cup)	98	12.85	1.51	Same	Same	Same	Same	Same	Same
Cucumber Ranch (1/2 cup)	24	1.67	0.5	Same	Same	Same	Same	Same	Same
Firenze Corn Salad (1/4 cup)	70	8.88	1.33	Same	Same	Same	Same	Same	Same
Italian Pasta Salad (1/3 cup)	131	15.56	3.47	Same	Same	Same	Same	Same	Same
Lemon Garbanzo Bean Salad (1/4 cup)	83.5	9.59	2.5	Same	Same	Same	Same	Same	Same
Kale Salad (2/3 cup)	96	10.03	1.08	Same	Same	Same	Same	Same	Same
Pasta Salad (1/3 cup)	131	15.56	3.47	Same	Same	Same	Same	Same	Same
Pomegranate Vinaigrette (1 TbspP)	55	2.5	0.02	Same	Same	Same	Same	Same	Same
Potato Salad, Creamy (1/4 cup)	86	14.73	2.11	Same	Same	Same	Same	Same	Same
Romaine Salad (1/4 cup)	2.5	0.49	0.17	Same	Same	Same	Same	Same	Same
Shredded Lettuce Salad	0	0.01	0	Same	Same	Same	Same	Same	Same
Side Salad	23	1.26	0.36	Same	Same	Same	Same	Same	Same
Slaw - for Fish Taco/Wrap (1/4 cup)	14	3.26	0.67	Same	Same	Same	Same	Same	Same
Spinach Salad	6	0.46	0.32	Same	Same	Same	Same	Same	Same
Three Bean Salad (1/2 cup)	170	17.9	4.72	Same	Same	Same	Same	Same	Same
BREADS, TORTILLA CHIPS, CHIPS									
Bread Stuffing (1/2 cup)	133	20.03	3.97	Same	Same	Same	Same	Same	Same

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TAHER NUTRITION ANALYSIS

8/17/2015	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Cheesy Garlic Bread (BB W9998, 2 each)	205	22.5	7.52	Same	Same	Same	Same	Same	Same
Cheesy Garlic Toast (BB W9998, 2 each)	205	22.5	7.52	Same	Same	Same	Same	Same	Same
Cinnamon Roll, WG (2.5 oz)	190	33	5	Same	Same	Same	Same	Same	Same
Cinnamon Roll, WG (Petite, 1 each)	100	16	2	Same	Same	Same	Same	Same	Same
Cornbread, Whole Grain	116	20.2	3.59	Same	Same	Same	Same	Same	Same
Garlic Toast (BB, 1 each)	80	11	2	Same	Same	Same	Same	Same	Same
Kettle Chips (RH C6448, 1 oz or approx. 12 chips)	140	17	2	Same	Same	Same	Same	Same	Same
Stuffing (1/2 cup)	133	20.03	3.97	Same	Same	Same	Same	Same	Same
Tortilla Chips (RH 67614, 1 oz)	140	19	2	Same	Same	Same	Same	Same	Same
Whole Grain Bread Stick (BB)	90	14	2	Same	Same	Same	Same	Same	Same
STARCHES									
Alfredo Rotini (1/2 cup)	136	25.12	4.89	Same	Same	Same	Same	Same	Same
Alfredo Rotini (1/2 cup, USDA Rotini)	133	25.65	5.52	Same	Same	Same	Same	Same	Same
AuGratin Potatoes RH 31390, 1/2 cup)	165	31.5	4.5	Same	Same	Same	Same	Same	Same
Breakfast Potatoes (24086, 1/2 cup)	122	22.45	2.81	Same	Same	Same	Same	Same	Same
Brown Rice (25368, 1/2 cup)	85	18	2	Same	Same	Same	Same	Same	Same
Cheese Fries	268	37.42	5.42	Same	Same	Same	Same	Same	Same
French Fries, KK (RH 60816, 4oz)	227	34.67	2.67	Same	Same	Same	Same	Same	Same
Hashbrowns (RH24192, 1/2 cup)	70	15	2	Same	Same	Same	Same	Same	Same
Lemon Herb Pasta (1/2 cup)	127	20.9	3.56	Same	Same	Same	Same	Same	Same
Lime Cilantro Rice (brown rice, 1/2 cup serving)	123	26.28	2.88	Same	Same	Same	Same	Same	Same
Lime Cilantro Slaw	130	28.23	2.59	Same	Same	Same	Same	Same	Same
Lo Mein (3/4 cup)	188	36.05	7.43	Same	Same	Same	Same	Same	Same
Mashed Potatoes (1/2 cup)	79	14.6	1.4	Same	Same	Same	Same	Same	Same
Mexican Brown Rice (1/2 cup)	136	23.96	3.09	Same	Same	Same	Same	Same	Same
Oven Fries (RH60816-4 oz)	227	34.67	2.67	Same	Same	Same	Same	Same	Same
Parmesan Pasta (1/2 cup)	157	23.44	5.87	Same	Same	Same	Same	Same	Same
Parsley Noodles	121	22.02	3.92	Same	Same	Same	Same	Same	Same
Potatoes Ole (1/2 cup, sweet potatoes)	107	17.78	1.79	Same	Same	Same	Same	Same	Same
Potatoes Ole (1/2 cup, tator tots 60926)	125	15.15	1.79	Same	Same	Same	Same	Same	Same
Potatoes Ole (1/2 cup, USDA rounds 100358 sweet potatoes)	119	20.99	0.92	Same	Same	Same	Same	Same	Same
Penne Pasta (no fat added)	108	21.82	3.83	Same	Same	Same	Same	Same	Same
Potato, Baked (Russet 76004)	134	31	0.4	Same	Same	Same	Same	Same	Same

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TAHER NUTRITION ANALYSIS

8/17/2015	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Potato Wedges (RH 50504, 4 oz)	148	26.68	2.68	Same	Same	Same	Same	Same	Same
Potato Wedges (USDA FF 100356, 1/2 cup)	60	13.2	1.32	Same	Same	Same	Same	Same	Same
Potato Wedges (USDA 100355, 1/2 cup)	90	19.38	2.06	Same	Same	Same	Same	Same	Same
Potatoes Ole (1/3 cup)	88	15.55	0.68	Same	Same	Same	Same	Same	Same
Rice Pilaf (1/2 cup)	118	24.54	3.42	Same	Same	Same	Same	Same	Same
Rotini Noodles, WG (1/2 cup)	108	21.82	3.83	Same	Same	Same	Same	Same	Same
Sweet Potato Fries (31836, 4oz)	200	29.35	1.33	Same	Same	Same	Same	Same	Same
Sweet Potato Puffs (RH V7270, 4oz)	173	30.66	1.36	Same	Same	Same	Same	Same	Same
Tator Tots (RH60926, 4oz)	187	22.68	2.67	Same	Same	Same	Same	Same	Same
Tri-tator (RH66156-1 each)	110	13	1	Same	Same	Same	Same	Same	Same
White Rice (1/2 cup)	125	26.23	2.7	Same	Same	Same	Same	Same	Same
GRAVY/ MISC / SAUCES / SOUPS/DIP									
Beef Gravy (1 oz, Karlsburger)	9	1.87	0.28	Same	Same	Same	Same	Same	Same
Cheese Sauce (USDA G-04, 3 Tbsp)	132	2.27	6	Same	Same	Same	Same	Same	Same
Cheese, Shredded (1 Tbsp)	28	0.2	1.7	Same	Same	Same	Same	Same	Same
Chicken Gravy (1 oz, Karlsburger)	9	1.87	0.28	Same	Same	Same	Same	Same	Same
Chicken Noodle Soup (Side 018, 1/2 cup)	52	6.98	3.73	Same	Same	Same	Same	Same	Same
Chicken Noodle Soup (RH 23276 Campbell, 1 cup)	60	7	3	Same	Same	Same	Same	Same	Same
Dill Dip (1 oz)	133	2.63	0.63	Same	Same	Same	Same	Same	Same
Maple Syrup (1 oz bulk)	102	25.5	0	Same	Same	Same	Same	Same	Same
Marinara Sauce (Homemade 1/4 c.)	25	4.65	1.12	Same	Same	Same	Same	Same	Same
Mediterranean Vegetable Soup									
Orange Sauce (1.5 oz)	65	16.57	0.29	Same	Same	Same	Same	Same	Same
Salsa (F6922, 1 Tbsp)	5	1	0	Same	Same	Same	Same	Same	Same
Salsa (USDA 100330, 1 Tbsp)	7.5	1	0	Same	Same	Same	Same	Same	Same
Sour Cream (1 Tbsp)	28	0.4	0.3	Same	Same	Same	Same	Same	Same
Sweet & Sour Sauce (1 Tbsp)	29	7	0	Same	Same	Same	Same	Same	Same
Syrup (31492, 1 oz)	102	25.5	0	Same	Same	Same	Same	Same	Same
Tomato Soup (made w/Water, 3/4 cup)	60	14.25	1.5	Same	Same	Same	Same	Same	Same
VEGETABLES - FRESH									
Baby Carrots (1/4 cup)	22	5.26	0.41	Same	Same	Same	Same	Same	Same
Black Beans (1/4 cup)	60	10.5	3.5	Same	Same	Same	Same	Same	Same
Black Eyed Peas (1/4 cup)	59	11.7	3.6	Same	Same	Same	Same	Same	Same
Broccoli Florettes (1/4 cup)	5	0.67	0	Same	Same	Same	Same	Same	Same

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TAHER NUTRITION ANALYSIS

	Grades K-5			Grades 6-8			Grades 9-12		
8/17/2015	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Carrots (1/4 cup, strips or slices)	12.5	2.9	0.27	Same	Same	Same	Same	Same	Same
Cauliflower (fresh, 1/4 cup)	6.25	1.25	0.5	Same	Same	Same	Same	Same	Same
Celery Sticks (1/4 cup)	6	1.1	0.25	Same	Same	Same	Same	Same	Same
Cherry Tomato (4 each)	12	2.68	0.6	Same	Same	Same	Same	Same	Same
Corn (1/4 cup, WK, frozen not cooked)	30	7.05	1.02	Same	Same	Same	Same	Same	Same
Cucumber Slices (1/4 cup)	4	1	0	Same	Same	Same	Same	Same	Same
Garbanzo Beans (1/4 cup - USDA 100360)	83	13.52	4.23	Same	Same	Same	Same	Same	Same
Garbanzo Beans (1/4 cup)	65	9.5	2.5	Same	Same	Same	Same	Same	Same
Green Pepper (1 Tb)	2	0.43	0.08	Same	Same	Same	Same	Same	Same
Green Pepper Strips (10 strips)	5	1	0	Same	Same	Same	Same	Same	Same
Jicama Sticks (1/4 cup)	13	2.5	0	Same	Same	Same	Same	Same	Same
Kale (1/4 cup)	8.25	1.75	0.5	Same	Same	Same	Same	Same	Same
Kidney Beans (1/4 cup - USDA 100370)	65	9.3	3.3	Same	Same	Same	Same	Same	Same
Kidney Beans (1/4 cup)	52	9.3	3.3	Same	Same	Same	Same	Same	Same
Pickles, Dill (spear)	4.2	0.9	0.2	Same	Same	Same	Same	Same	Same
Radish (1 medium)	1	0	0	Same	Same	Same	Same	Same	Same
Refried Beans (1/4 cup - RH 14228)	60	9	3	Same	Same	Same	Same	Same	Same
Refried Beans (1/4 cup - USDA 100362)	57	9.61	3.41	Same	Same	Same	Same	Same	Same
Squash, Winter (1/4 cup)	19	4.5	0.4	Same	Same	Same	Same	Same	Same
Sugar Snap Peas (1/4 cup)	6.5	1.25	0.5	Same	Same	Same	Same	Same	Same
Tomato Wedge (1 wedge, 1/4 med tomato)	6	1.22	0.27	Same	Same	Same	Same	Same	Same
Winter Squash (1/4 cup)	19	4.5	0.4	Same	Same	Same	Same	Same	Same
VEGETABLES - COOKED									
Asparagus, Roasted (1/4 cup)	23	3.45	3.44	Same	Same	Same	Same	Same	Same
Baked Beans (1/4 cup - USDA 100364)	60	13.53	3.02	Same	Same	Same	Same	Same	Same
Baked Beans (1/4 cup)	70	14.5	3	Same	Same	Same	Same	Same	Same
Beets n' Sweets (1/4 cup)	55.5	10.46	0.82						
Broccoli, Roasted (1/4 cup)	4	0.52	0	Same	Same	Same	Same	Same	Same
Cauliflower (1/4 cup)	7	1.5	0.5	Same	Same	Same	Same	Same	Same
Carrots (1/4 cup, USDA 100352)	14	2.86	0.21	Same	Same	Same	Same	Same	Same
Carrots, Glazed (1/2 cup)	79	17.8	0.01	Same	Same	Same	Same	Same	Same

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TAHER NUTRITION ANALYSIS

	Grades K-5			Grades 6-8			Grades 9-12		
8/17/2015	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
Carrots, Glazed (1/2 cup, USDA 100352)	75	17.33	0.55	Same	Same	Same	Same	Same	Same
Corn (1/4 cup - USDA 100348)	33	7.96	1.05	Same	Same	Same	Same	Same	Same
Garlic Herb Broccoli (1/4 cup)	7.5	1	0.5	Same	Same	Same	Same	Same	Same
Great Northern Beans (1/4 cup)	45	8	3	Same	Same	Same	Same	Same	Same
Green Beans (1/4 cup - USDA 100351)	9	2.18	0.5	Same	Same	Same	Same	Same	Same
Green Beans (1/4 cup)	11	1.88	0.38	Same	Same	Same	Same	Same	Same
Green Peas (1/4 cup - RH 61126)	26	4.5	1.9	Same	Same	Same	Same	Same	Same
Green Peas (1/4 cup - USDA 100350)	31	5.7	2.06	Same	Same	Same	Same	Same	Same
Spicy Pinto Beans (1/4 cup)	50	8.96	3.21	Same	Same	Same	Same	Same	Same
Sweet Potato Fluff (1/3 cup, USDA A220)	129	31.05	0.96	Same	Same	Same	Same	Same	Same

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TAHER NUTRITION ANALYSIS

8/17/2015	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
FRUIT: FRESH, CANNED, COOKED									
Per 1/4 cup unless otherwise noted	Calories (kcal)	Carbs (g)	Protein (g)	Calories (kcal)	Carbs (g)	Protein (g)	Calories (kcal)	Carbs (g)	Protein (g)
Apple Slices (canned unsweetened - USDA 100206)	18	4.5	0	Same	Same	Same	Same	Same	Same
Apples,(fresh, red delicious, with skin (small 158g)	93	22.21	0.43	Same	Same	Same	Same	Same	Same
Applesauce, Sweetened (RH 10738)	45	11.5	0	Same	Same	Same	Same	Same	Same
Applesauce, Unsweetened (USDA 100208)	26	6.89	0.1	Same	Same	Same	Same	Same	Same
Bananas, raw (6-6 7/8in. Long)	72	18.5	0.88	Same	Same	Same	Same	Same	Same
Blueberries (frozen - USDA 100244)	20	4.75	0.16	Same	Same	Same	Same	Same	Same
Cinnamon Apples (Side 008 - 1/2 cup)	67	16.5	0.01	Same	Same	Same	Same	Same	Same
Cranberry Sauce (RH 12798 - 1/4 cup)	100	26	0	Same	Same	Same	Same	Same	Same
Grapes,(red or green)	26	6.83	0.27	Same	Same	Same	Same	Same	Same
Kiwi (1/4 cup)	27	6.47	0.5	Same	Same	Same	Same	Same	Same
Mandarin Oranges (RH 10868, 1/2 cup)	70	17	1	Same	Same	Same	Same	Same	Same
Melons, cantaloupe, (fresh cubed)	14	3.26	0.34	Same	Same	Same	Same	Same	Same
Melons, honeydew, (Fresh cubed)	15	3.86	0.23	Same	Same	Same	Same	Same	Same
Mixed Fruit (canned in lite syrup - RH 10668)	30	9	0.5	Same	Same	Same	Same	Same	Same
Mixed Fruit (canned in lite syrup - USDA 100212)	34	8.94	0.26	Same	Same	Same	Same	Same	Same
Oranges, (fresh, all commercial varieties small 2 3/8 dia)	45	11.28	0.9	Same	Same	Same	Same	Same	Same
Oranges,(fresh, all commercial varieties 1/4 cup sections)	21	5.29	0.42	Same	Same	Same	Same	Same	Same
Peaches, Diced (canned in lite syrup - USDA 100220)	26.5	6.7	0.25	Same	Same	Same	Same	Same	Same
Peaches, Fresh (small 2 1/2 " dia)	51	12.4	1.18	Same	Same	Same	Same	Same	Same
Peaches, Sliced (canned in Juice - RH 10704)	25	6	0	Same	Same	Same	Same	Same	Same
Peaches, Sliced (canned in lite syrup - USDA 100219)	26.5	6.7	0.25	Same	Same	Same	Same	Same	Same
Pears, Diced (canned in lite syrup - USDA 100225)	29	7.55	0.19	Same	Same	Same	Same	Same	Same
Pears, Fresh (small 148g)	84	22.54	0.53	Same	Same	Same	Same	Same	Same
Pears, Sliced (canned in juice - RH 10716)	30	7	0.5	Same	Same	Same	Same	Same	Same
Pears, Sliced (canned in lite syrup - USDA 100239)	29	7.56	0.19	Same	Same	Same	Same	Same	Same
Pineapple, Fresh (3.5"x3/4 thick slice)	42	11	0.5	Same	Same	Same	Same	Same	Same
Pineapple Tidbits	35	8.5	0.5	Same	Same	Same	Same	Same	Same
Spiced Apples									
Strawberries,(fresh)	13	3.19	0.28	Same	Same	Same	Same	Same	Same
Strawberries,(frozen, sweetened, sliced)	61	16.28	0.34	Same	Same	Same	Same	Same	Same
Strawberries (USDA sliced, sweet, frozen)	61	16.52	0.34	Same	Same	Same	Same	Same	Same
Strawberries (USDA whole, frozen)	19	5.04	0.24	Same	Same	Same	Same	Same	Same
Warm Cinnamon Apples									
Watermelon, (Fresh diced)	11.5	2.75	0.25	Same	Same	Same	Same	Same	Same
DESSERT									
Apple Fruit Crisp	134	23.75	0.09	Same	Same	Same	Same	Same	Same
Brownie, Chewy - not frosted (60 cut)	187	31.11	2.92	Same	Same	Same	Same	Same	Same
Chocolate Chip Cookie (CO284)	120	17	1	Same	Same	Same	Same	Same	Same

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TAHER NUTRITION ANALYSIS

	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
8/17/2015									
Sugar Cookie (CO286)	120	18	1	Same	Same	Same	Same	Same	Same
Ultimate Brownie-not frosted (60 cut)	187	31.11	2.92	Same	Same	Same	Same	Same	Same

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