

**Nutritional Values - Food Service Recipes**

<b>Recipe #</b>	<b>Recipe Name</b>	<b>Portion</b>	<b>Cal</b>	<b>Pro</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>Sod</b>
<b><u>APPETIZERS</u></b>								
B 002 01	FRIED CHINESE EGG ROLLS	1 Egg Roll	180	10	10	13	50	247
B 002 03	FRIED PHILIPPINE STYLE EGG ROLLS	1 Egg Roll	133	7	8	8	33	165
B 004 00	SHRIMP COCKTAIL	4 Shrimp	83	10	1	12	84	480
<b><u>BEVERAGES</u></b>								
C 002 00	COFFEE WITHOUT CREAM AND SUGAR	1 Cup	5	0	0	1	0	8
C 001 00	HOT COCOA	1 Cup	107	4	0	23	2	98
C 004 00	HOT TEA WITHOUT CREAM AND SUGAR	1 Cup	0	0	0	0	0	7
C 009 00	ICED TEA UNSWEETENED	1 Cup	6	0	0	1	0	14
C 009 02	ICED TEA SWEETENED	1-1/4 Cups	175	0	0	44	0	4
<b><u>BREADS</u></b>								
<b><i>BAGELS</i></b>								
D 013 00	BAGEL	1 Bagel	242	8	2	48	0	375
<b><i>BISCUITS</i></b>								
D 001 00	BAKING POWDER BISCUITS	1 Biscuit	148	4	4	24	0	345
D 001 02	CHEESE BISCUITS	1 Biscuit	166	5	6	24	5	373
<b><i>BREADS</i></b>								
D 030 00	BANANA BREAD	1 Slice	258	6	12	33	37	140
D 014 00/D 015 00	CORN BREAD	1 Piece	212	5	8	30	30	359
D 503 00	DATE NUT BREAD	1 Slice	189	3	4	38	0	189
D 004 00	FRENCH BREAD	2 Slices	189	6	2	37	0	328
D 014 03/D 015 03	JALAPENO CORN BREAD	1 Piece	224	5	9	30	33	391
D 052 00	OATMEAL BREAD	2 Slices	211	7	4	37	0	216
D 011 00	PUMPKIN BREAD	1 Slice	272	4	12	40	30	302
D 005 00	RAISIN BREAD	2 Slices	201	6	2	40	0	264
D 006 00	RYE BREAD	2 Slices	187	6	2	37	0	398
D 007 02	TEXAS TOAST	2 Slices	202	5	6	31	0	359

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<b><i>BREADS - continued</i></b>								
D 007 00	TOASTED GARLIC BREAD	2 Slices	259	5	13	31	0	487
D 007 01	TOASTED PARMESAN BREAD	2 Slices	277	7	14	31	3	561
D 008 00/D 009 00	WHITE BREAD	2 Slices	181	6	2	33	0	334
D 055 00/D 056 00	WHOLE WHEAT BREAD	2 Slices	169	5	3	31	0	288
<b><i>BREAKFAST SQUARES</i></b>								
D 060 00	OATS AND FRUIT BREAKFAST SQUARES	1 Each	254	6	8	42	0	116
<b><i>CAKES, COFFEE</i></b>								
D 057 00	APPLE COFFEE CAKE	1 Piece	206	4	5	39	0	213
D 012 00/D 012 01	CRUMB CAKE SNICKERDOODLE	1 Piece	303	5	12	46	36	212
D 037 01	QUICK APPLE COFFEE CAKE	1 Piece	210	3	6	36	24	400
D 037 03	QUICK CHERRY COFFEE CAKE	1 Piece	286	4	9	47	24	437
D 037 00	QUICK COFFEE CAKE	1 Piece	273	4	9	44	24	437
D 037 02	QUICK FRENCH COFFEE CAKE	1 Piece	339	6	12	52	24	438
D 037 04	QUICK ORANGE-COCONUT COFFEE CAKE	1 Piece	405	4	20	53	37	519
D 036 09	STREUSEL COFFEE CAKE	1 Piece	319	8	10	84	65	377
D 036 11	TWIST COFFEE CAKES	1 Piece	303	7	9	90	36	270
<b><i>CROUTONS</i></b>								
D 016 00	CROUTONS	8 Croutons	24	1	0	4	0	49
D 016 01	GARLIC CROUTONS	8 Croutons	49	1	3	4	8	77
D 016 02	PARMESAN CROUTONS	8 Croutons	55	1	4	4	9	105
<b><i>DOUGHNUTS</i></b>								
D 019 01	BEIGNETS (NEW ORLEANS DOUGHNUTS)	2 Each	289	5	13	38	13	219
D 018 00/D 018 02	CAKE DOUGHNUTS	1 Doughnut	186	3	7	26	24	197
D 018 03	CHOCOLATE DOUGHNUTS	1 Doughnut	190	4	8	27	24	198
D 018 04	CINNAMON SUGAR DOUGHNUTS	1 Doughnut	195	3	7	29	24	198
D 019 04	CRULLERS	1 Doughnut	191	4	8	26	11	170

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<i><b>DOUGHNUTS - continued</b></i>								
D 018 06	GLAZED COCONUT DOUGHNUTS	1 Doughnut	300	4	10	49	26	222
D 018 05	GLAZED NUT DOUGHNUTS	1 Doughnut	298	5	11	47	26	208
D 019 03	LONGJOHNS	1 Each	191	4	8	26	11	170
D 019 00	RAISED DOUGHNUTS	1 Doughnut	191	4	8	26	11	170
D 018 01	SUGAR COATED DOUGHNUTS	1 Doughnut	203	3	7	31	24	197
<i><b>DUMPLINGS</b></i>								
D 020 00	DUMPLINGS	2 Each	175	3	6	26	1	521
<i><b>FRENCH TOAST</b></i>								
D 022 00	FRENCH TOAST	2 Slices	206	9	6	29	148	324
<i><b>FRITTERS, APPLE</b></i>								
D 024 00	APPLE FRITTERS	2 Fritters	248	3	12	34	20	273
<i><b>HUSH PUPPIES</b></i>								
D 014 02/D 015 02	HUSH PUPPIES	3 Each	240	5	12	28	30	359
<i><b>MUFFINS</b></i>								
D 029 04	APPLE MUFFINS	1 Muffin	218	4	9	31	39	168
D 508 00	APPLESAUCE BLUEBERRY MUFFINS	1 Muffin	195	3	4	36	0	209
D 507 00	APPLESAUCE CINNAMON CRUMB TOP MUFFIN	1 Muffin	204	3	5	38	0	217
D 053 00	APPLESAUCE MUFFINS	1 Muffin	181	3	4	33	12	213
D 053 02	APPLESAUCE ORANGE MUFFINS	1 Muffin	191	4	4	35	12	213
D 053 01	APPLESAUCE RAISIN MUFFINS	1 Muffin	207	4	4	40	12	214
D 028 04	APRICOT BRAN MUFFINS	1 Muffin	196	4	4	40	10	240
D 028 03	BANANA BRAN MUFFINS	1 Muffin	181	3	4	36	10	239
D 029 03	BANANA MUFFINS	1 Muffin	223	4	9	32	39	169
D 028 02	BLUEBERRY BRAN MUFFINS	1 Muffin	174	3	4	34	10	239
D 029 01/D 031 01	BLUEBERRY MUFFINS	1 Muffin	211	4	9	29	39	169

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<i><b>MUFFINS - continued</b></i>								
D 028 00	BRAN MUFFINS	1 Muffin	173	3	4	34	12	240
D 029 05	CINNAMON CRUMB TOP MUFFINS	1 Muffin	220	4	10	30	41	176
D 021 01	CINNAMON RAISIN ENGLISH MUFFINS	1 Muffin	321	8	8	53	20	132
D 014 01/D 015 01	CORN MUFFINS	1 Muffin	160	4	6	22	24	252
D 509 00	CRAN-APPLE MUFFINS	1 Muffin	201	3	4	38	10	209
D 028 05	CRANBERRY BRAN MUFFINS	1 Muffin	177	3	4	35	10	239
D 029 06	CRANBERRY MUFFINS	1 Muffin	212	4	9	30	39	169
D 029 07	DATE MUFFINS	1 Muffin	224	4	9	33	39	169
D 021 00	ENGLISH MUFFINS	1 Muffin	281	8	8	43	20	130
D 029 00/D 031 00	MUFFINS	1 Muffin	205	4	9	28	39	168
D 029 08	NUT MUFFINS	1 Muffin	256	6	13	29	39	169
D 044 00	OAT BRAN RAISIN MUFFINS	1 Muffin	196	5	7	29	40	189
D 029 09	OATMEAL RAISIN MUFFINS	1 Muffin	262	6	10	39	39	170
D 054 00	PINEAPPLE CARROT MUFFINS	1 Muffin	144	4	4	24	0	204
D 502 00	PUMPKIN PATCH MUFFINS	1 Muffin	154	3	5	25	0	208
D 028 01	RAISIN BRAN MUFFINS	1 Muffin	199	4	4	41	10	240
D 029 02	RAISIN MUFFINS	1 Muffin	225	4	9	33	39	169
<i><b>PANCAKES</b></i>								
D 025 02	BLUEBERRY PANCAKES	2 Cakes	265	8	7	43	53	512
D 025 03	BUCKWHEAT PANCAKES	2 Cakes	253	6	7	40	12	689
D 025 04/D 025 01	BUTTERMILK PANCAKES	2 Cakes	296	7	8	48	14	827
D 025 00	PANCAKES	2 Cakes	253	7	6	41	53	512
D 025 09	WHOLE WHEAT PANCAKES	2 Cakes	236	8	7	37	53	513
<i><b>ROLLS/BUNS</b></i>								
D 033 04	CLOVERLEAF OR TWIN ROLLS	2 Rolls	357	9	11	56	5	377
D 033 05	FRANKFURTER ROLLS	1 Roll	243	7	6	40	1	264
D 033 06	HAMBURGER ROLLS	1 Roll	243	7	6	40	1	264
D 032 00	HARD ROLLS	2 Rolls	259	8	3	49	0	425

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

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<b><u>WAFFLES</u></b>								
D 025 08/D 025 07	WAFFLES	1 Each	253	7	6	41	53	512
<b><u>HOT CEREAL</u></b>								
E 003 00	BUTTERED HOMINY	1/3 Cup	86	1	4	12	7	208
E 003 01	FRIED HOMINY	1/3 Cup	134	1	9	12	0	180
E 002 00	HOMINY GRITS	2/3 Cup	84	2	1	16	2	107
E 001 02	HOT FARINA	3/4 Cup	104	3	0	22	0	216
E 001 00	HOT OATMEAL	3/4 Cup	106	5	2	18	0	216
<b><u>PASTA</u></b>								
E 004 00/E 013 00	BOILED PASTA	1 Cup	207	7	1	41	0	292
E 004 01	BUTTERED PASTA	1 Cup	239	7	5	41	10	329
E 012 00	NOODLES JEFFERSON	3/4 Cup	241	10	9	29	58	509
E 510 00	PASTA PROVENCAL	1 Cup	235	10	2	46	2	391
<b><u>RICE</u></b>								
E 019 00	BROWN RICE WITH TOMATOES	3/4 Cup	167	4	1	35	0	163
E 007 02	FILIPINO RICE	3/4 Cup	250	9	10	31	59	458
E 020 00	GINGER RICE	3/4 Cup	183	6	2	34	73	567
E 010 01	HOPPING JOHN (BLACK-EYE PEAS WITH RICE)	2/3 Cup	177	8	3	30	3	430
E 016 00	ISLANDER'S RICE	3/4 Cup	149	5	1	31	0	644
E 005 03	LONG GRAIN AND WILD RICE	3/4 Cup	168	7	1	34	0	7
E 005 01	LYONNAISE RICE	3/4 Cup	164	3	2	33	0	215
E 017 00	MEDITERRANEAN BROWN RICE	3/4 Cup	199	4	4	38	0	699
E 011 00	MEXICAN RICE	3/4 Cup	193	3	5	34	0	244
E 021 00	NUTTY RICE AND CHEESE	1 Cup	323	22	8	40	12	835
E 008 01	ORANGE RICE	3/4 Cup	221	4	4	42	4	812
E 007 00	PORK FRIED RICE	3/4 Cup	211	8	6	29	55	462
E 010 00	RED BEANS WITH RICE	1 Cup	225	10	3	41	3	630
E 008 00	RICE PILAF	3/4 Cup	201	4	4	37	4	927

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<b><u>RICE</u> - continued</b>								
E 005 04	RICE WITH PARMESAN CHEESE	3/4 Cup	187	5	4	32	4	329
E 007 03	SHRIMP FRIED RICE	3/4 Cup	234	12	7	29	90	502
E 015 00	SICILIAN BROWN RICE AND VEGETABLES	3/4 Cup	156	6	2	29	4	542
E 508 00	SOUTHWESTERN RICE	3/4 Cup	131	5	1	25	2	192
E 009 00	SPANISH RICE	3/4 Cup	153	4	2	31	2	409
E 018 00	SPICY BROWN RICE PILAF	3/4 Cup	151	4	2	30	0	766
E 014 00	SPRING GARDEN RICE	3/4 Cup	170	7	2	31	5	302
E 005 05	STEAMED BROWN RICE	3/4 Cup	168	4	2	34	0	216
E 005 00	STEAMED RICE	3/4 Cup	148	3	1	32	0	214
E 005 02	TOSSED GREEN RICE	3/4 Cup	163	3	2	33	0	217
<b><u>CHEESE &amp; EGGS</u></b>								
<b><i>BREAKFAST ITEMS</i></b>								
F 012 00	BREAKFAST BURRITO	1 Each	302	16	14	26	167	499
F 012 01	BREAKFAST PITA	1 Pita	418	21	12	55	167	801
F 015 00	BREAKFAST PIZZA	1 Piece	346	24	7	44	12	930
F 015 02	ITALIAN BREAKFAST PIZZA	1 Piece	388	27	10	45	24	798
F 015 01	MEXICAN BREAKFAST PIZZA	1 Piece	364	26	6	50	6	880
F 014 00	MONTEREY EGG BAKE	6 Ounces	181	19	6	14	5	473
F 013 00	VEGGIE EGG POCKET	1 Serving	319	20	6	45	5	952
<b><i>EGGS</i></b>								
F 004 00	COOKED EGGS	2 Each	149	12	10	1	425	126
F 005 00	DEVILED EGGS	2 Halves	115	6	9	2	214	137
F 006 00	EGG FOO YOUNG	1 Omelet	157	10	12	4	134	490
F 003 00	EGGS AU GRATIN (SCOTCH WOODSTOCK)	2/3 Cup	223	12	16	7	243	241
F 007 00	FRIED EGGS	2 Each	168	12	12	1	425	126
F 009 00	POACHED EGGS	2 Each	149	12	10	1	425	127
F 010 00	SCRAMBLED EGGS	1/3 Cup	144	11	10	1	392	121
F 010 01	SCRAMBLED EGGS AND CHEESE	1/3 Cup	217	15	16	1	411	233

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<i><b>EGGS - continued</b></i>								
F 010 02	SCRAMBLED EGGS AND HAM	1/3 Cup	171	14	12	1	401	352
<i><b>OMELETS</b></i>								
F 008 03	CHEESE OMELET	1 Omelet	198	14	15	1	407	212
F 008 04	GREEN PEPPER OMELET	1 Omelet	152	11	10	3	392	121
F 008 06	HAM AND CHEESE OMELET	1 Omelet	180	14	13	1	404	278
F 008 05	HAM OMELET	1 Omelet	166	14	11	1	401	352
F 008 08	MUSHROOM OMELET	1 Omelet	151	11	10	3	392	258
F 008 09	ONION OMELET	1 Omelet	150	11	10	3	392	121
F 008 00	PLAIN OMELET	1 Omelet	139	11	10	1	392	121
F 008 12	SPANISH OMELET	1 Omelet	183	12	11	9	392	364
F 008 11	TOMATO OMELET	1 Omelet	145	11	10	2	392	123
F 008 10	WESTERN OMELET	1 Omelet	170	13	11	4	396	237
<i><b>QUICHES</b></i>								
F 011 01	BROCCOLI QUICHE	4-1/2 Ounces	201	12	10	16	114	194
F 011 00	MUSHROOM QUICHE	4-1/2 Ounces	199	11	10	16	114	267
<i><b>OTHER</b></i>								
F 001 00	BAKED MACARONI AND CHEESE	1 Cup	359	17	16	37	39	721
F 002 00	NACHOS	1-1/2 Ounces	403	14	27	28	47	1259
<i><b>CAKES</b></i>								
G 010 01	ALMOND CAKE	1 Piece	333	2	14	51	1	318
G 021 01	ALMOND POUND CAKE	1 Piece	201	3	14	15	56	177
G 001 00	ANGEL FOOD CAKE	1 Piece	93	2	0	21	0	185
G 002 00	APPLESAUCE CAKE	1 Piece	304	3	12	47	34	172
G 006 00/G 006 01	BANANA CAKE	1 Piece	306	3	9	54	11	311
G 032 01	BANANA-FILLED LAYER CAKE	1 Piece	369	4	13	60	57	352
G 010 02	BLACK WALNUT CAKE	1 Piece	333	2	14	51	1	318



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<b><i>CAKES - continued</i></b>								
G 032 02	BOSTON CREAM PIE	1 Slice	330	4	10	57	48	457
G 013 00	CARROT CAKE	1 Piece	308	4	11	51	20	311
G 026 00/G 026 01	CHEESE CAKE	1 Piece	357	6	24	30	98	323
G 026 02/G 026 03	CHEESE CAKE WITH FRUIT TOPPING	1 Piece	393	6	24	40	98	343
G 026 04	CHEESE CAKE WITH SOUR CREAM TOPPING	1 Piece	387	6	25	35	103	333
G 026 05	CHEESE CAKE WITH STRAWBERRY GLAZE	1 Piece	392	6	24	39	98	325
G 034 01	CHOCOLATE CUPCAKES	1 Cupcake	286	3	10	48	7	376
G 003 00	CHOCOLATE MACARON CAKE	1 Piece	332	4	13	51	30	496
G 035 00	CHOCO-LITE CAKE	1 Piece	225	5	2	50	0	234
G 032 04	COCONUT CAKE	1 Piece	305	4	14	42	52	330
G 032 05	COTTAGE PUDDING	1 Piece	282	4	9	47	45	283
G 012 00/G 012 01	DEVIL'S FOOD CAKE	1 Piece	329	4	14	49	49	333
G 032 06	DUTCH APPLE CAKE	1 Piece	321	4	10	55	45	330
G 011 00	EASY CHOCOLATE CAKE	1 Piece	345	3	13	56	0	315
G 023 00	EASY VANILLA CAKE	1 Piece	356	3	13	58	0	271
G 032 07	FILLED CAKE (WASHINGTON PIE)	1 Slice	308	4	8	56	45	290
G 008 00	FLORIDA LEMON CAKE	1 Piece	417	4	22	52	53	313
G 029 03/G 029 02	FRUIT COCKTAIL UPSIDE DOWN CAKE	1 Piece	322	4	14	47	60	341
G 012 02	GERMAN CHOCOLATE CAKE	1 Piece	335	5	16	45	102	363
G 017 00/G 017 01	GINGERBREAD	1 Piece	265	3	10	42	24	266
G 034 03	GINGERBREAD CUPCAKES	1 Cupcake	298	2	10	50	0	318
G 033 00	JELLY ROLL	1 Slice	240	3	2	53	59	120
G 010 03	LEMON CAKE	1 Piece	369	2	14	58	13	370
G 030 02	LEMON FILLED CAKE	1 Piece	361	2	11	64	12	370
G 021 03	LEMON POUND CAKE	1 Piece	206	3	15	15	54	176
G 036 00	LITE CHEESE CAKE	1 Piece	262	9	6	44	4	424
G 010 04	MAPLE NUT CAKE	1 Piece	403	4	17	60	13	370
G 032 03/G 010 05	MARBLE CAKE	1 Piece	321	4	13	50	47	329
G 010 06	ORANGE CAKE	1 Piece	333	2	14	51	1	318
G 020 01	PEANUT BUTTER CAKE	1 Piece	290	6	14	38	11	345

**Nutritional Values - Food Service Recipes**

<b>Recipe #</b>	<b>Recipe Name</b>	<b>Portion</b>	<b>Cal</b>	<b>Pro</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>Sod</b>
<b><u>CAKES</u></b> - <i>continued</i>								
G 020 00	PEANUT BUTTER CRUMB CAKE	1 Piece	340	6	13	52	11	340
G 029 00/G 029 01	PINEAPPLE UPSIDE DOWN CAKE	1 Piece	341	4	14	52	60	340
G 021 00	POUND CAKE	1 Slice	284	4	14	35	60	186
G 030 03	RASPBERRY FILLED CAKE	1 Piece	286	3	12	42	0	299
G 025 00/G 025 01	SPICE CAKE	1 Piece	337	4	14	50	40	320
G 034 02	SPICE CAKE CUPCAKES	1 Cupcake	278	3	7	52	11	311
G 028 00	STRAWBERRY CAKE	1 Piece	209	2	5	38	0	288
G 030 04	STRAWBERRY FILLED CAKE	1 Piece	313	3	12	50	0	296
G 016 00/G 016 01	STRAWBERRY SHORTCAKE	1 Piece	293	4	10	47	5	550
G 034 04	VANILLA CUPCAKES	1 Cupcake	292	2	9	50	0	299
G 021 02	VELVET POUND CAKE	1 Piece	289	3	12	42	26	398
G 030 00/G 030 01	WHITE CAKE	1 Piece	306	3	11	49	0	338
G 032 00/G 010 00	YELLOW CAKE	1 Piece	323	4	12	50	45	300
G 034 00	YELLOW CUPCAKES	1 Cupcake	276	3	7	52	11	311
<b><u>COOKIES</u></b>								
H 025 00	ABRACADABRA BARS	2 Bars	218	3	4	42	0	205
H 021 01	ALMOND COOKIES	2 Cookies	310	4	16	38	52	231
H 001 00/H 001 01	APPLE CAKE BROWNIES	1 Brownie	257	4	11	36	24	246
H 024 00	BANANA SPLIT BROWNIES	1 Brownie	250	3	4	53	0	190
H 002 00/H 002 01	BROWNIES	1 Brownie	364	6	19	46	55	132
H 003 00	BUTTERSCOTCH BROWNIES	1 Brownie	328	6	17	39	57	287
H 004 00	CHEWY NUT BARS	2 Each	225	5	12	25	63	178
H 020 02	CHOCOLATE CHIP BARS	2 Cookies	223	1	10	32	0	191
H 020 00/H 020 01	CHOCOLATE CHIP COOKIES	2 Cookies	266	3	15	30	22	196
H 010 01	CHOCOLATE COOKIES	2 Cookies	277	2	16	35	0	137
H 012 00/H 012 01	CHOCOLATE DROP COOKIES	2 Cookies	241	4	13	30	20	158
H 016 00	COCONUT CEREAL COOKIES	2 Cookies	241	3	12	31	20	177
H 014 00	COCONUT RAISIN DROP COOKIES	2 Cookies	192	3	9	25	8	102
H 004 01	CONGO BARS	2 Bars	240	4	12	31	41	175

**Nutritional Values - Food Service Recipes**

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<b><u>COOKIES</u></b> - continued								
H 010 00	CRISP CHOCOLATE COOKIES	2 Cookies	338	4	16	47	34	167
H 015 00	CRISP DROP COOKIES	2 Each	249	3	10	37	6	233
H 006 00	CRISP TOFFEE BARS	2 Bars	223	4	14	21	26	102
H 023 00	CRISPY MARSHMALLOW SQUARES	2 Bars	269	2	6	52	0	364
H 010 02	DOUBLE CHOCOLATE CHIP BARS	2 Bars	254	2	10	41	2	146
H 010 03	DOUBLE CHOCOLATE CHIP COOKIES	2 Each	254	2	10	41	2	146
H 022 00	FUDGY BROWNIES	1 Brownie	232	5	4	50	0	234
H 018 01	GINGER RAISIN BARS	1 Bar	100	1	3	19	8	48
H 019 01	GINGER MOLASSES BARS	2 Bars	231	1	10	34	0	192
H 019 00	GINGER MOLASSES COOKIES	2 Cookies	231	1	10	34	0	192
H 008 00	GINGERBREAD COOKIES	2 Cookies	222	2	9	33	0	244
H 017 00	HERMITS	2 Each	229	3	7	39	17	50
H 021 00	LEMON COOKIES	2 Cookies	310	4	16	38	52	231
H 007 01/H 009 02	OATMEAL CHOCOLATE CHIP COOKIES	2 Cookies	322	6	15	42	18	177
H 007 00/H 009 00	OATMEAL COOKIES	2 Cookies	296	6	12	43	16	169
H 007 02	OATMEAL NUT COOKIES	2 Cookies	296	7	14	37	16	169
H 009 01	OATMEAL RAISIN BARS	2 Bars	125	2	5	22	17	34
H 009 03	OATMEAL RAISIN COOKIES	2 Cookies	125	2	5	22	17	34
H 021 02	ORANGE COOKIES	2 Cookies	310	4	16	38	52	231
H 011 02	PEANUT BUTTER BARS	2 Bars	287	4	16	34	0	245
H 002 02	PEANUT BUTTER BROWNIES	1 Brownie	377	10	18	49	55	195
H 011 00/H 011 01	PEANUT BUTTER COOKIES	2 Cookies	257	5	15	27	24	211
H 018 00	RAISIN NUT BARS	1 Bar	275	6	12	37	18	191
H 005 00	SHORTBREAD COOKIES	2 Cookies	269	3	15	31	40	151
H 013 02/H 013 03	SNICKERDOODLE COOKIES	2 Cookies	246	3	8	41	20	223
H 009 04	SPICED OATMEAL NUT COOKIES	2 Cookies	172	2	10	21	17	34
H 013 00/H 013 01	SUGAR COOKIES	2 Cookies	243	3	8	40	20	223
H 021 03	VANILLA COOKIES	2 Cookies	310	4	16	38	52	231

**Nutritional Values - Food Service Recipes**

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

**Nutritional Values - Food Service Recipes**

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<i><b>PIES - continued</b></i>								
I 032 00	LEMON CHIFFON PIE	1 Slice	216	3	10	30	0	151
I 033 00/I 033 01/I 033 02	LEMON MERINGUE PIE	1 Slice	327	3	12	53	39	317
I 003 00	MINCEMEAT PIE	1 Slice	330	3	17	42	0	236
I 024 00/I 025 00/I 020 00/I 023 00/I 024 01	PEACH PIE	1 Slice	374	4	17	54	0	262
I 031 00	PECAN PIE	1 Slice	504	6	21	77	126	396
I 032 01	PINEAPPLE CHIFFON PIE	1 Slice	216	3	10	30	0	149
I 007 03	PINEAPPLE CREAM PIE	1 Slice	310	3	13	45	1	506
I 014 00/I 018 00	PINEAPPLE PIE	1 Slice	334	3	17	43	0	229
I 013 00	PUMPKIN PIE	1 Slice	242	4	10	35	46	370
I 032 02	STRAWBERRY CHIFFON PIE	1 Slice	209	3	10	28	0	145
I 007 01	STRAWBERRY GLAZED CREAM PIE	1 Slice	335	3	13	52	1	508
I 012 00	SWEET POTATO PIE	1 Slice	252	4	10	36	37	221
I 006 00/I 007 00	VANILLA CREAM PIE	1 Slice	326	4	17	38	46	268
I 031 01	WALNUT PIE	1 Slice	502	6	21	76	126	397
<i><b>OTHER</b></i>								
I 035 00	FRUIT DUMPLINGS	1 Each	378	4	21	44	0	287
I 034 00	FRUIT TURNOVERS	1 Turnover	315	3	17	38	0	236
<b><u>PUDDINGS and OTHER DESSERTS</u></b>								
<i><b>CRISP</b></i>								
J 001 00/J 001 01	APPLE CRISP	1 Piece	244	2	8	42	0	153
J 008 04	BLUEBERRY CRISP	1 Piece	219	1	10	35	8	158
J 008 02/J 008 01	CHERRY CRISP	1 Piece	232	2	8	39	0	209
J 008 00/J 008 03	PEACH CRISP	1 Piece	203	2	8	32	0	211
<i><b>CRUNCH</b></i>								
J 010 01	APPLE CRUNCH	1 Piece	231	2	7	42	6	236
J 010 02	BLUEBERRY CRUNCH	1 Piece	235	2	7	43	6	249
J 010 03/J 010 04	CHERRY CRUNCH	1 Piece	243	2	7	44	6	207

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<i><b>CRUNCH - continued</b></i>								
J 010 05/J 010 06	PEACH CRUNCH	1 Piece	269	2	7	52	6	227
J 010 00	PINEAPPLE CRUNCH	1 Piece	245	2	7	45	6	213
<i><b>FRUIT CUP</b></i>								
J 006 01	AMBROSIA FRUIT CUP	1/2 Cup	85	1	2	18	0	15
J 006 02	BANANA FRUIT CUP	1/2 Cup	82	1	0	21	0	1
J 005 00	FLUFFY FRUIT CUP	1/2 Cup	82	1	0	20	0	5
J 006 05	FRUIT COCKTAIL FRUIT CUP	1/2 Cup	58	1	0	15	0	4
J 006 00	FRUIT CUP	1/2 Cup	61	1	0	16	0	3
J 006 07	MANDARIN ORANGE AND PINEAPPLE FRUIT CUP	1/2 Cup	74	1	0	19	0	4
J 006 03	MELON FRUIT CUP	1/2 Cup	54	1	0	14	0	3
J 006 06	SPICED FRUIT CUP	1/2 Cup	58	0	0	15	0	3
J 006 04	STRAWBERRY FRUIT CUP	1/2 Cup	58	1	0	14	0	3
J 005 01	YOGURT FRUIT CUP	1/2 Cup	90	2	0	21	1	16
<i><b>FRUIT DESSERTS</b></i>								
J 003 00	BAKED APPLES	1 Serving	207	0	1	51	2	34
J 003 02	BAKED APPLES WITH RAISIN COCONUT FILLING	1 Serving	241	0	2	58	2	42
J 003 01	BAKED APPLES WITH RAISIN NUT FILLING	1 Serving	264	1	5	58	2	35
J 504 00	BAKED BANANAS	1/2 Cup	169	1	0	44	0	4
J 023 00	BAKED CINNAMON APPLE SLICES	1/2 Cup	106	0	1	26	0	4
J 009 00	STEWED PRUNES	1/2 Cup	77	1	0	20	0	4
<i><b>GELATIN</b></i>								
J 007 02	FRUIT FLAVORED GELATIN	1/2 Cup	90	2	0	21	0	63
J 007 00	FRUIT GELATIN	2/3 Cup	116	2	0	28	0	65
<i><b>ICE CREAM DESSERTS</b></i>								
J 011 00	BANANA SPLIT	1 Each	359	6	15	53	30	110

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<b><i>PUDDING</i></b>								
J 015 00	BAKED RICE PUDDING	1/2 Cup	173	4	4	30	48	156
J 014 01	BANANA CREAM PUDDING	1/2 Cup	134	2	0	32	1	403
J 016 00	BREAD PUDDING	2/3 Cup	205	5	6	34	30	310
J 500 00	BREAD PUDDING WITH HARD SAUCE	1 Piece	243	5	6	43	1	206
J 022 00	BREAKFAST BREAD PUDDING	2/3 Cup	206	7	3	39	1	300
J 014 04	BUTTERSCOTCH CREAM PUDDING	1/2 Cup	136	2	0	32	1	485
J 016 01	CHOCOLATE CHIP BREAD PUDDING	2/3 Cup	218	6	9	30	32	318
J 018 01/J 014 05	CHOCOLATE CREAM PUDDING	1/2 Cup	181	2	4	36	11	180
J 016 02	COCONUT BREAD PUDDING	2/3 Cup	208	5	8	28	30	331
J 014 02	COCONUT CREAM PUDDING	1/2 Cup	178	2	3	36	1	525
J 020 00	CREAMY RICE PUDDING	1/2 Cup	170	3	4	30	49	254
J 021 00	FLUFFY PINEAPPLE RICE CUP	1/2 Cup	139	2	6	22	0	55
J 014 03	PINEAPPLE CREAM PUDDING	1/2 Cup	128	2	0	31	1	403
J 013 00	TAPIOCA PUDDING	1/2 Cup	119	3	3	21	36	139
J 018 00/J 014 00	VANILLA CREAM PUDDING	1/2 Cup	154	3	5	25	58	193
<b><i>OTHER DESSERTS</i></b>								
J 017 00	CREAM PUFFS	1 Each	139	3	10	10	90	121
J 017 01	ECLAIRS	1 Each	139	3	10	10	90	121
<b><u>MEAT</u></b>								
<b><i>BACON</i></b>								
L 002 02	GRILLED OR OVEN FRIED BACON	2 Slices	88	5	8	0	13	243
L 002 03	GRILLED OR OVEN FRIED CANADIAN BACON	2 Slices	29	4	1	0	9	245
<b><i>BEEF, BRAISING STEAK</i></b>								
L 053 00	BEEF STROGANOFF	6 Ounces	250	31	9	8	93	844
L 012 00	COUNTRY STYLE STEAK	6-1/2 Ounces	393	39	19	14	137	624
L 013 01	ORIENTAL STEAK	5-1/2 Ounces	227	30	8	8	86	463
L 013 00	PEPPER STEAK	5-1/2 Ounces	225	30	8	7	86	443

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<b><i>BEEF, BRAISING STEAK - continued</i></b>								
L 054 00	STEAK RANCHERO	4-1/2 Ounces	296	37	10	12	108	432
L 015 00/L 015 01	STEAK SMOTHERED WITH ONIONS	3-1/2 Ounces	329	37	16	8	108	297
L 016 01	SWISS STEAK WITH BROWN GRAVY	7-1/2 Ounces	329	37	16	7	108	545
L 016 04	SWISS STEAK WITH MUSHROOM GRAVY	7-1/2 Ounces	338	37	18	6	108	451
L 016 00/L 016 03	SWISS STEAK WITH TOMATO SAUCE	7-1/2 Ounces	328	37	16	8	108	388
<b><i>BEEF, CORNED</i></b>								
L 112 01	APPLE GLAZED CORNED BEEF	4 Ounces	467	32	33	10	168	2038
L 112 02/L 112 00	BAKED OR SIMMERED CORNED BEEF	4 Ounces	342	25	26	1	133	1543
L 110 00	CORNED BEEF HASH	3-1/2 Ounces	208	12	13	11	58	730
L 111 00/L 111 01	NEW ENGLAND BOILED DINNER	1 Serving	620	36	33	44	168	2004
<b><i>BEEF, DICED</i></b>								
L 018 00/L 018 01	BARBECUED BEEF CUBES	6-1/2 Ounces	287	23	10	29	59	1231
L 021 00/L 047 00	BEEF POT PIE WITH BISCUIT TOPPING	1 Cup	412	28	15	41	66	825
L 021 01	BEEF POT PIE WITH PIE CRUST TOPPING	1 Cup	332	26	15	24	66	515
L 022 00/L 172 00	BEEF STEW	1-1/4 Cups	286	25	11	22	66	593
L 017 00	BRAISED BEEF AND NOODLES	1-1/4 Cups	294	26	11	21	81	716
L 017 01	BRAISED BEEF CUBES	6-1/2 Ounces	223	24	10	7	66	428
L 022 02	EL RANCHO STEW	1 Cup	278	25	11	20	66	396
L 065 00	HUNGARIAN GOULASH	6-1/2 Ounces	382	30	12	37	104	637
<b><i>BEEF, DRIED</i></b>								
L 052 00	CREAMED CHIPPED BEEF	6 Ounces	169	13	7	12	15	1219
<b><i>BEEF, FAJITA STRIPS</i></b>								
L 053 04	BEEF STROGANOFF	6 Ounces	291	35	12	8	103	871
L 195 01	TERIYAKI BEEF STRIPS	5 Ounces	269	34	11	8	96	718
L 506 00	THAI BEEF STRIP SALAD	1-1/2 Cups	297	29	9	25	74	631
L 043 00	BEEF FAJITAS	2 Fajitas	447	26	13	56	51	1037



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<i><b>BEEF, GROUND, 90% LEAN</b></i>								
L 046 00	BEEF AND BEAN TOSTADAS	2 Tostadas	541	32	26	46	102	859
L 020 00	BEEF AND CORN PIE	1-1/2 Cups	372	33	19	18	113	674
L 027 00	BEEF BALLS STROGANOFF	3-1/2 Ounces	268	23	13	13	87	668
L 029 00	BEEF PORCUPINES	5 Ounces	290	26	14	14	85	555
L 035 03	CAJUN MEAT LOAF	6 Ounces	403	35	19	23	154	989
L 170 00	CHILI (WITHOUT BEANS)	1 Cup	346	34	17	16	106	677
L 028 00	CHILI CON CARNE	1 Cup	286	24	9	30	50	912
L 042 00	CHILI CONQUISTADOR	8-1/2 Ounces	462	29	18	45	86	908
L 028 02	CHILI MACARONI	1-1/4 Cups	330	22	9	42	50	501
L 074 00	CHILIES RELLENOS	1 Serving	278	7	17	27	15	582
L 167 00	CHUCK WAGON STEW (BEANS WITH BEEF)	1-1/4 Cups	416	28	12	54	70	1138
L 030 00	CREAMED GROUND BEEF	5-1/2 Ounces	214	21	10	9	65	283
L 064 00	CREOLE MACARONI	1 Cup	267	18	8	32	43	869
L 063 00	ENCHILADAS	2 Enchiladas	440	27	22	34	83	690
L 037 02	GRILLED HAMBURGER STEAK	4-1/2 Ounces	345	38	20	0	133	79
L 014 00	GROUND BEEF CORDON BLEU	5 Ounces	377	36	22	7	111	729
L 060 00	HAMBURGER PARMESAN	5 Ounces	334	28	17	16	101	451
L 053 02	HAMBURGER STROGANOFF	6 Ounces	330	32	18	8	113	862
L 062 01	HAMBURGER YAKISOBA	1 Cup	392	35	16	24	106	813
L 205 00	ITALIAN RICE AND BEEF	9 Ounces	363	30	15	25	92	539
L 025 00/L 025 03	LASAGNA	9.5 Ounces	403	33	14	35	131	963
L 035 00	MEAT LOAF	6 Ounces	343	33	18	11	154	648
L 036 00	MINCED BEEF	5 Ounces	249	23	11	15	71	301
L 037 00/L 037 02	SALISBURY STEAK	4.5 Ounces	327	31	16	12	119	514
L 039 01	SPAGHETTI WITH MEATBALLS	1 Cup	500	31	13	66	87	1590
L 038 01/L 038 03	SPAGHETTI WITH MEAT SAUCE	1 Cup	441	26	10	63	57	1388
L 024 00	STUFFED CABBAGE ROLLS	2 Rolls	325	27	13	25	85	751
L 040 00	STUFFED GREEN PEPPERS	1 Half	342	27	15	24	85	960
L 041 00	SWEDISH MEATBALLS	3-1/2 Ounces	244	23	12	11	84	753
L 034 00	TACOS	2 Tacos	443	32	26	21	106	810

**Nutritional Values - Food Service Recipes**

<b>Recipe #</b>	<b>Recipe Name</b>	<b>Portion</b>	<b>Cal</b>	<b>Pro</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>Sod</b>
<b><i>BEEF, GROUND, 90% LEAN - continued</i></b>								
L 057 00	TAMALE PIE	9-1/2 Ounces	385	24	16	36	71	514
L 057 02	TAMALE PIZZA	5 Ounces	335	22	18	22	71	676
L 061 00	TEXAS HASH	1 Cup	325	27	13	24	85	320
L 035 02	TOMATO MEAT LOAF	6 Ounces	372	34	18	16	154	717
<b><i>BEEF, LIVER</i></b>								
L 107 00	BRAISED LIVER WITH ONIONS	4 Ounces	268	22	13	15	326	480
L 108 00	BREADED LIVER	4-1/2 Ounces	337	24	18	20	357	552
L 108 01	BREADED LIVER WITH ONION AND MUSHROOM GRAVY	4-1/2 Ounces	414	25	23	25	357	917
L 107 01	GRILLED LIVER	4 Ounces	182	22	5	12	326	478
<b><i>BEEF, OVEN, ROAST</i></b>								
L 045 01	BEEF BROGUL	7 Ounces	347	32	16	18	81	512
L 055 00	BEEF CORDON BLEU	5 Ounces	369	32	22	9	128	727
L 193 00	CAJUN ROAST BEEF	4 Ounces	280	39	12	1	112	226
L 193 01	CAJUN ROAST TENDERLOIN OF BEEF	4 Ounces	292	34	16	1	104	216
L 005 00	ROAST BEEF	4 Ounces	276	39	12	0	112	86
L 045 00	STUFFED BEEF ROLLS	1 Roll	373	30	16	24	76	790
L 006 00	SUKIYAKI	1 Cup	219	27	8	9	70	770
L 195 00	TERIYAKI BEEF STRIPS	5 Ounces	213	26	8	8	70	699
L 062 00	YAKISOBA (BEEF AND SPAGHETTI)	1 Cup	329	30	8	31	70	1002
<b><i>BEEF, POT ROAST</i></b>								
L 010 00	BEEF POT ROAST	3-1/2 Ounces	406	35	26	6	114	411
L 010 01	GINGER POT ROAST	3-1/2 Ounces	415	36	26	8	114	475
L 033 00/L 033 02	ROAST BEEF HASH	1/2 Cup	159	15	6	12	39	315
L 004 00	ROAST RIB OF BEEF	6 Ounces	743	67	50	0	222	161
L 066 00	SAUERBRATEN	3-1/2 Ounces	467	36	27	19	114	491
L 011 00	SIMMERED BEEF	4 Ounces	397	35	26	4	114	416
L 004 01	STEAMSHIP ROUND OF BEEF (ROUND, BONE-IN)	6 Ounces	470	71	18	0	216	115

**Nutritional Values - Food Service Recipes**

<b>Recipe #</b>	<b>Recipe Name</b>	<b>Portion</b>	<b>Cal</b>	<b>Pro</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>Sod</b>
<i><b>BEEF, POT ROAST - continued</b></i>								
L 010 02	YANKEE POT ROAST	3-1/2 Ounces	419	36	26	9	114	479
<i><b>BEEF, STEAK</b></i>								
L 007 00	GRILLED STEAK	1 Steak	433	45	27	0	144	101
L 008 00	TERIYAKI STEAK	1 Steak	434	48	23	6	144	1551
<i><b>FRANFURTERS AND SAUSAGE</b></i>								
L 113 00	BAKED FRANKFURTERS WITH SAUERKRAUT	2 Each	312	11	27	7	45	1765
L 088 01	BAKED ITALIAN SAUSAGE (HOT OR SWEET)	1 Each	201	12	16	1	48	573
L 113 01	BAKED KNOCKWURST WITH SAUERKRAUT	1 Each	301	12	25	6	53	1665
L 088 03	GRILLED BRATWURST	1 Each	256	12	22	2	51	474
L 091 00	GRILLED OR BAKED SAUSAGE LINKS	2 Pieces	176	6	16	1	38	461
L 088 02	GRILLED OR SIMMERED FRANKFURTERS	2 Each	290	10	26	2	45	1016
L 088 00	GRILLED OR SIMMERED POLISH SAUSAGE	3 Ounces	202	9	18	1	43	544
L 089 00	GRILLED OR BAKED SAUSAGE PATTIES	2 Patties	197	10	17	0	44	690
L 208 00	PASTA WITH ITALIAN SAUSAGE, PEPPERS AND ONIONS	9 Ounces	443	24	24	32	85	1341
L 088 05	SIMMERED KNOCKWURST	1 Each	279	11	25	2	53	916
<i><b>HAM, CANNED OR COOKED</b></i>								
L 069 00/L 071 00	BAKED HAM	3 Ounces	172	22	9	0	57	1446
L 072 00/L 072 02	BAKED HAM, MACARONI, AND TOMATOES	1 Cup	258	16	11	25	36	947
L 070 00/L 070 01	BARBECUED HAM STEAK	3 Ounces	224	22	9	13	57	1567
L 067 00	GLAZED HAM LOAF	5 Ounces	297	28	16	8	114	1126
L 071 03	GRILLED HAM SLICE	2-1/2 Ounces	140	17	7	0	45	1157
L 069 01/L 071 01/L 071 02/L 069 00	GRILLED OR BAKED HAM STEAK	3 Ounces	174	22	9	0	57	1446
L 096 00	ROAST FRESH HAM	4 Ounces	247	31	12	0	82	2082
L 068 00	SCALLOPED HAM AND NOODLES/MACARONI	1 Cup	238	22	8	18	61	1208
L 073 00	SCALLOPED HAM AND POTATOES	1 Cup	335	23	21	12	86	1363

**Nutritional Values - Food Service Recipes**

<b>Recipe #</b>	<b>Recipe Name</b>	<b>Portion</b>	<b>Cal</b>	<b>Pro</b>	<b>Fat</b>	<b>Carbs</b>	<b>Chol</b>	<b>Sod</b>
<b>LAMB</b>								
L 077 00	SAVORY ROAST LAMB	4 Ounces	333	37	19	1	122	92
<b>MANICOTTI/RAVIOLI</b>								
L 076 00	BEEF MANICOTTI (CANNELLONI)	2 Shells	588	27	26	63	63	1037
L 031 00	BEEF RAVIOLI	8 Ounces	330	15	12	39	81	754
L 076 01	CHEESE MANICOTTI	2 Shells	307	16	12	34	37	1132
L 031 01	CHEESE RAVIOLI	8 Ounces	181	7	5	27	7	713
<b>PORK CHOPS, BONELESS</b>								
L 084 00	BAKED STUFFED PORK CHOPS	3 Ounces	342	31	19	10	91	209
L 083 01	BARBECUED PORK CHOPS	3 Ounces	324	30	19	6	81	452
L 085 00	BRAISED PORK CHOPS	3 Ounces	286	29	18	0	81	184
L 083 00	CREOLE PORK CHOPS	3 Ounces	326	31	18	9	81	282
L 197 00	DIJON BAKED PORK CHOPS	3 Ounces	315	33	15	11	78	422
L 085 01	GRILLED PORK CHOPS	3 Ounces	286	29	18	0	81	44
L 087 00	PORK CHOPS MEXICANA	5 Ounces	319	30	19	7	81	376
L 084 01	PORK CHOPS WITH APPLE RINGS	3 Ounces	315	29	18	7	81	45
L 085 02	PORK CHOPS WITH MUSHROOM GRAVY	3 Ounces	344	30	21	6	81	343
L 079 00	SWEET AND SOUR PORK CHOPS	3 Ounces	355	29	18	18	81	126
L 194 00	TROPICAL BAKED PORK CHOPS	3 Ounces	321	31	14	17	77	156
<b>PORK, DICED</b>								
L 050 00	CHALUPA	1 Cup	380	36	14	27	98	543
L 099 00	PORK ADOBO	5 Ounces	262	28	13	6	98	325
L 080 00	PORK CHOP SUEY	1-1/4 Cups	384	32	18	23	98	859
L 082 00	SWEET AND SOUR PORK	1 Cup	348	29	13	28	98	329
<b>PORK, LOIN, BONELESS</b>								
L 081 02	BARBECUED PORK LOIN	4 Ounces	302	28	15	14	81	627
L 523 00	MAMBO PORK ROAST	4 Ounces	358	29	15	26	81	204

**Nutritional Values - Food Service Recipes**

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<i><b>PORK, LOIN, BONELESS - continued</b></i>								
L 081 00	ROAST PORK	3-1/2 Ounces	247	27	14	0	81	59
L 081 01	ROAST PORK TENDERLOIN	4 Ounces	186	30	6	0	93	65
<i><b>PORK SPARERIBS</b></i>								
L 092 00	BARBECUED SPARERIBS	7 Ounces	594	40	41	16	161	1022
L 093 00	BRAISED SPARERIBS	7 Ounces	536	39	40	2	161	451
L 095 00	CANTONESE SPARERIBS	8 Ounces	585	41	40	13	161	1529
L 093 01	SPARERIBS AND SAUERKRAUT	7 Ounces	548	40	40	5	161	865
L 094 00	SWEET AND SOUR SPARERIBS	7 Ounces	607	39	40	21	161	294
<i><b>PORK STEAKS, BREADED</b></i>								
L 086 02	BREADED PORK STEAKS	6-1/2 Ounces	509	33	27	31	163	401
L 086 01	CREOLE PORK STEAKS	4 Ounces	409	25	22	29	114	484
L 086 03	PORK SCHNITZEL	4 Ounces	371	24	20	23	114	281
<i><b>MISCELLANEOUS</b></i>								
L 165 05	PEPPERONI PIZZA	1 Slice	248	10	11	29	19	541
L 165 07	PORK OR ITALIAN SAUSAGE PIZZA	1 Slice	265	11	12	29	25	545
L 098 00	SCRAPPLE	2 Slices	293	12	18	20	60	1304
L 100 00	SIMMERED PORK HOCKS	7 Ounces	461	33	35	1	94	2171
<i><b>VEAL</b></i>								
L 101 00	ITALIAN STYLE VEAL STEAKS	3 Ounces	190	13	12	9	39	471
L 104 00	JAEGERSCHNITZEL (VEAL STEAK W/MUSHROOM SAUCE)	4-1/2 Ounces	408	25	26	17	99	850
L 106 00	ROAST VEAL	4 Ounces	296	34	17	0	140	127
L 106 01	ROAST VEAL WITH HERBS	4 Ounces	296	34	17	0	140	127
L 105 00	VEAL CUBES PARMESAN	5-1/2 Ounces	276	29	15	6	114	568
L 102 00	VEAL PAPRIKA STEAK	3 Ounces	229	14	15	9	47	659
L 103 00	VEAL PARMESAN	6-1/2 Ounces	414	28	26	17	109	736
L 103 01	VEAL STEAK	6-1/2 Ounces	358	24	24	10	96	383

**Nutritional Values - Food Service Recipes**

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<b><u>FISH</u></b>								
<b><i>CLAM STRIPS</i></b>								
L 026 01	FRENCH FRIED BREADED CLAM STRIPS	3 Ounces	325	12	19	27	13	623
<b><i>CRAB MEAT</i></b>								
L 127 03	BOILED OR STEAMED CRAB LEGS, ALASKAN KING	5 Ounces	173	34	3	0	94	1906
L 141 00	CRAB CAKES	5 Ounces	404	20	14	48	128	1474
<b><i>FISH, BREADED</i></b>								
L 124 05	BAKED FISH NUGGETS	4 Ounces	262	14	14	18	54	452
L 124 00	BAKED FISH PORTIONS	3-1/2 Ounces	278	16	13	24	114	594
L 124 01	BAKED FISH PORTIONS (BATTER DIPPED)	6 Ounces	583	24	38	36	221	1078
L 135 01	CREOLE FISH PORTIONS	3-1/2 Ounces	360	17	18	32	114	803
L 124 04	FISH AND CHIPS	6 Ounces	681	27	32	70	171	902
L 124 06	FRENCH FRIED FISH NUGGETS	4-1/2 Ounces	302	14	19	18	54	452
L 124 02	FRENCH FRIED FISH PORTIONS	3-1/2 Ounces	318	16	17	24	114	594
L 124 03	FRENCH FRIED FISH PORTIONS (BATTER DIP)	6 Ounces	503	27	25	40	191	990
<b><i>FISH FILLETS OR STEAKS</i></b>								
L 119 00	BAKED FISH	4 Ounces	162	26	6	0	72	364
L 119 06	BAKED FISH AMANDINE	4 Ounces	181	26	7	1	72	364
L 504 00	BAKED FISH SCANDIA	4 Ounces	179	28	4	5	79	192
L 119 01	BAKED FISH WITH GARLIC BUTTER	4 Ounces	178	26	8	0	72	246
L 120 00	BAKED STUFFED FISH	4-1/2 Ounces	275	28	7	22	85	380
L 169 01	BAKED TROUT FILLETS	5 Ounces	298	32	16	4	105	247
L 119 07	CAJUN BAKED FISH	4 Ounces	163	26	6	1	72	364
L 185 00	CARIBBEAN CATFISH	4 Ounces	229	21	12	9	68	183
L 185 01	CARIBBEAN FLOUNDER	4 Ounces	192	27	5	9	72	210
L 125 00	CHIPPER FISH	4-1/2 Ounces	251	29	10	10	85	406
L 135 02	CREOLE FISH FILLETS	4-1/2 Ounces	167	27	3	8	72	321
L 122 02	DEEP FAT FRIED FISH	4 Ounces	247	27	11	8	72	309

**Nutritional Values - Food Service Recipes**

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<b><i>FISH FILLETS OR STEAKS - continued</i></b>								
L 211 00	GRILLED FISH WITH MINT AND HONEY GLAZE	5 Ounces	137	26	2	3	72	176
L 119 04	HERBED BAKED FISH	4 Ounces	162	26	6	0	72	364
L 119 03	LEMON BAKED FISH	4 Ounces	154	26	5	0	72	354
L 119 05	MUSTARD-DILL BAKED FISH	4 Ounces	168	26	6	2	72	183
L 119 02	ONION-LEMON BAKED FISH	4 Ounces	166	26	6	1	72	365
L 123 00	OVEN FRIED FISH	4 Ounces	236	27	9	9	73	373
L 122 00	PAN FRIED FISH	4 Ounces	239	27	10	8	72	309
L 032 00	PARMESAN FISH	4 Ounces	212	32	8	1	88	395
L 502 00	ROLLED FISH IN RED PEPPER GLAZE	4 Ounces	200	23	10	4	73	430
L 140 00	SEAFOOD NEWBURG	6 Ounces	210	24	9	7	128	401
L 056 00	SOUTHERN FRIED CATFISH FILLETS	4 Ounces	250	21	13	10	68	248
L 115 00	SPICY BAKED FISH	4-1/2 Ounces	191	27	5	8	72	585
L 019 00	STUFFED FLOUNDER CREOLE	4-1/2 Ounces	305	32	6	30	97	380
L 122 01	TEMPURA FISH	4 Ounces	255	28	10	11	94	382
L 524 00	WHITE FISH WITH MUSHROOMS	4 Ounces	142	27	2	3	72	409
<b><i>LOBSTER</i></b>								
L 127 02	BOILED OR STEAMED LOBSTER, WHOLE	16 Ounces	224	47	2	3	163	1500
L 127 01	BOILED OR STEAMED SPINY LOBSTER TAIL	8 Ounces	174	36	1	2	127	957
<b><i>OYSTERS</i></b>								
L 126 00	FRIED OYSTERS	6 Each	407	16	13	54	89	457
<b><i>SALMON, CANNED</i></b>								
L 128 00	SALMON CAKES	2 Cakes	245	21	14	7	78	319
L 129 00	SALMON LOAF	4-1/2 Ounces	186	21	6	9	73	176
L 132 01	SALMON SALAD	3/4 Cup	264	20	16	10	118	332
L 130 00	SCALLOPED SALMON AND PEAS	6-1/2 Ounces	273	23	13	15	55	465

**Nutritional Values - Food Service Recipes**

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<b><i>SCALLOPS</i></b>								
L 168 00	BAKED SCALLOPS	4-1/2 Ounces	124	14	5	6	37	257
L 135 00	CREOLE SCALLOPS	1 Cup	166	18	3	18	31	571
L 134 00	FRIED SCALLOPS	5 Ounces	269	18	11	24	51	769
<b><i>SHRIMP</i></b>								
L 136 00	CREOLE SHRIMP	8 Ounces	319	21	4	50	140	870
L 137 00	FRENCH FRIED SHRIMP	4 Each	272	19	12	22	179	569
L 080 01	SHRIMP CHOP SUEY	1-1/4 Cups	221	19	6	23	140	1640
L 138 00	SHRIMP CURRY	3/4 Cup	191	16	9	12	140	480
L 097 00	SHRIMP JAMBALAYA	1-1/2 Cups	352	25	6	49	100	1792
L 139 00	SHRIMP SALAD	1/2 Cup	124	16	5	3	143	408
L 121 00	SHRIMP SCAMPI	5-1/2 Ounces	199	24	9	6	210	583
L 207 00	SOUTHWESTERN SHRIMP LINGUINE	10 Ounces	283	24	4	36	168	656
L 137 01	TEMPURA SHRIMP	4 Shrimp	238	18	11	16	173	567
<b><i>TUNA, CANNED</i></b>								
L 133 00/L 133 01	BAKED TUNA AND NOODLES	1 Cup	305	24	12	25	45	606
L 131 00	CHOPSTICK TUNA	1 Cup	387	25	21	26	20	666
L 116 00	MACARONI TUNA SALAD	3/4 Cup	201	14	10	13	66	367
L 202 00	ORIENTAL TUNA PATTIES	4-1/2 Ounces	225	24	5	20	105	674
L 130 00	SCALLOPED TUNA AND PEAS	6-1/2 Ounces	273	23	13	15	55	465
L 132 00	TUNA SALAD	3/4 Cup	240	22	12	10	110	526
L 152 01	TUNA TETRAZZINI	1 Cup	223	21	3	28	20	950
<b><u>POULTRY</u></b>								
<b><i>CHICKEN, 8 PIECE, WITHOUT SKIN</i></b>	<b>NOTE: ADD 12 GM OF FAT IF SKIN IS LEFT ON *</b>							
L 143 00	BAKED CHICKEN	2 Pieces	260	39	10 *	0	119	394
L 149 00	BAKED CHICKEN AND GRAVY	2 Pieces	300	40	11 *	7	120	1025
L 149 01	BAKED CHICKEN WITH MUSHROOM GRAVY	2 Pieces	319	42	11 *	11	120	1264
L 146 00	BARBECUED CHICKEN	2 Pieces	324	40	11 *	16	120	981



**Nutritional Values - Food Service Recipes**

Recipe #	Recipe Name	Portion	Cal	Pro	Fat	Carbs	Chol	Sod
<i>CHICKEN, 8 PIECE, WITHOUT SKIN - continued</i>								
L 177 00	BOMBAY CHICKEN	2 Pieces	368	39	10 *	31	119	119
L 078 00	CHICKEN ADOBO	2 Pieces	321	41	11 *	14	119	1091
L 148 00	CHICKEN CACCIATORE	2 Pieces	348	42	11 *	21	119	764
L 145 00	CHICKEN VEGA	2 Pieces	479	45	12 *	45	121	1249
L 153 00	CHINESE FIVE-SPICE CHICKEN	2 Pieces	273	40	10 *	2	119	760
L 154 00	CREOLE CHICKEN	2 Pieces	308	41	11 *	11	119	420
L 143 02	HERBED BAKED CHICKEN	2 Pieces	262	39	10 *	1	119	395
L 187 00	HOT AND SPICY CHICKEN	2 Pieces	430	45	11 *	35	120	627
L 143 01	MEXICAN BAKED CHICKEN	2 Pieces	267	39	11 *	1	119	403
L 156 00	OVEN BAKED CHICKEN	2 Pieces	341	41	12 *	15	119	487
L 157 00	PINEAPPLE CHICKEN	2 Pieces	338	40	10 *	20	119	317
L 158 00	SAVORY BAKED CHICKEN	2 Pieces	269	40	10 *	2	119	658
L 079 01	SWEET AND SOUR CHICKEN	2 Pieces	351	39	10 *	23	119	198
L 159 00	SZECHWAN CHICKEN	2 Pieces	311	40	10 *	12	119	751
L 114 00	TERIYAKI CHICKEN	2 Pieces	296	42	10 *	6	119	1726
<i>CHICKEN, 8 PIECE, WITH SKIN</i>								
L 183 00	BUFFALO CHICKEN	8 Ounces	421	45	23	7	144	363
L 155 00/L 155 02	FRIED CHICKEN	8 Ounces	496	46	27	14	144	553
L 155 01	SOUTHERN FRIED CHICKEN	2 Pieces	496	46	27	14	144	553
<i>CHICKEN, BREAST, BONELESS, SKINLESS</i>								
L 143 03	BAKED CHICKEN	5 Ounces	179	32	4	0	88	286
L 186 00	BAKED YOGURT CHICKEN	5 Ounces	257	35	5	15	89	230
L 206 00	BAYOU CHICKEN	5 Ounces	186	32	4	3	88	435
L 177 01	BOMBAY CHICKEN	5 Ounces	287	32	4	31	88	81
L 023 00	CARIBBEAN CHICKEN BREAST	5 Ounces	202	32	4	7	88	212
L 181 00	CHICKEN IN ORANGE SAUCE	5 Ounces	209	33	4	8	88	264
L 051 01	CHICKEN PARMESAN	5 Ounces	261	38	8	7	100	319
L 190 00	CRANBERRY GLAZED CHICKEN	5 Ounces	254	32	4	21	88	88

**Nutritional Values - Food Service Recipes**

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<i><b>CHICKEN, BREAST, BONELESS, SKINLESS - continued</b></i>								
L 143 05	HERBED BAKED CHICKEN	5 Ounces	176	32	4	0	88	286
L 179 00	HONEY GINGER CHICKEN	5 Ounces	217	33	4	11	88	481
L 192 00	HONEY LEMON CHICKEN BREAST	5 Ounces	219	32	4	13	88	88
L 503 00	JAMAICAN RUM CHICKEN	5 Ounces	212	33	4	9	88	344
L 143 04	MEXICAN BAKED CHICKEN	5 Ounces	180	32	4	1	88	293
L 210 00	SANTE FE GLAZED CHICKEN	5 Ounces	262	33	5	21	88	288
L 159 01	SZECHWAN CHICKEN	5 Ounces	226	33	4	12	88	712
<i><b>CHICKEN, COOKED/DICED</b></i>								
L 144 01	BAKED CHICKEN AND NOODLES	1 Cup	250	21	9	20	62	1401
L 048 00/L 048 01	BAKED CHICKEN AND RICE	1 Cup	341	28	9	34	79	1282
L 147 00/L 147 01	CHICKEN A LA KING	1 Cup	246	27	7	17	74	1235
L 148 01	CHICKEN CACCIATORE	1-1/4 Cups	245	27	7	21	73	721
L 160 00/L 160 01	CHICKEN CHOW MEIN	1 Cup	230	28	7	14	73	1762
L 003 01	CHICKEN ENCHILADAS	2 Enchiladas	533	44	17	48	105	1769
L 150 01	CHICKEN POT PIE	1 Cup	314	23	8	37	46	1099
L 116 02/L 116 01	CHICKEN ROTINI SALAD	3/4 Cup	268	19	14	16	102	403
L 151 00/L 151 01	CHICKEN SALAD	3/4 Cup	229	24	12	4	77	371
L 152 02/L 152 00	CHICKEN TETRAZZINI	1 Cup	270	23	6	28	52	1028
L 154 01	CREOLE CHICKEN	1-1/4 Cups	204	26	6	11	73	375
L 079 02	SWEET AND SOUR CHICKEN	8 Ounces	420	25	6	68	73	398
L 178 00/L 178 01	TROPICAL CHICKEN SALAD	1 Cup	419	26	25	24	82	254
<i><b>CHICKEN, FAJITA STRIPS</b></i>								
L 191 00	CHICKEN & ITALIAN VEGETABLE PASTA	1-1/4 Cups	329	24	5	48	41	665
L 043 01	CHICKEN FAJITAS	2 Fajitas	449	32	10	56	65	985
L 182 00	FIESTA CHICKEN	6 Ounces	150	18	2	14	44	488
<i><b>CHICKEN, FILLETS/NUGGETS, BREADED</b></i>								
L 051 00	CHICKEN PARMESAN	7 Ounces	559	29	38	25	77	1224

**Nutritional Values - Food Service Recipes**

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<b><i>CHICKEN, FILLETS/NUGGETS, BREADED - continued</i></b>								
L 109 05	FRIED CHICKEN FILLET NUGGETS	10 Each	521	24	39	20	57	1020
L 109 00	OVEN FRIED CHICKEN FILLETS	2 Fillets	551	28	39	21	73	1165
L 109 01	FRIED CHICKEN FILLETS	2 Fillets	611	28	46	21	73	1165
L 109 04	OVEN FRIED CHICKEN NUGGETS	10 Each	481	24	34	20	57	1020
<b><i>CHICKEN, THIGHS</i></b>								
L 158 01	SAVORY BAKED CHICKEN	4 Ounces	310	38	16	2	135	667
L 114 01	TERIYAKI CHICKEN	4 Ounces	308	38	16	1	135	487
<b><i>DUCK</i></b>								
L 164 01	HAWAIIAN BAKED DUCK	7 Ounces	677	37	55	5	164	116
L 164 03	HONEY GLAZED DUCK	7 Ounces	701	37	55	11	164	370
L 164 00	ROAST DUCK	7 Ounces	657	37	55	0	164	115
L 164 02	ROAST DUCK WITH APPLE JELLY GLAZE	7 Ounces	690	37	56	8	165	145
<b><i>ROCK CORNISH HEN</i></b>								
L 142 02	HERBED CORNISH HENS	6 Ounces	295	25	20	1	147	369
L 142 00	HONEY GLAZED ROCK CORNISH HENS	6 Ounces	342	25	21	12	147	92
L 142 01	ROCK CORNISH HENS WITH SYRUP GLAZE	6 Ounces	348	25	21	14	147	108
<b><i>TURKEY BACON/SAUSAGE</i></b>								
L 515 00	OVEN FRIED TURKEY BACON	2 Slices	57	4	4	0	21	308
L 180 00	TURKEY SAUSAGE PATTIES, BAKED OR GRILLED	2 Ounces	106	13	5	3	42	244
L 200 00	TURKEY SAUSAGE LINKS, BAKED OR GRILLED	2 Ounces	82	9	4	0	30	176
<b><i>TURKEY, BONELESS</i></b>								
L 144 00	BAKED TURKEY AND NOODLES	1 Cup	277	23	10	22	74	985
L 198 00	GREEK LEMON TURKEY PASTA	1-1/3 Cups	354	23	7	50	40	1585
L 162 00	ROAST TURKEY	3-1/2 Ounces	257	31	12	4	95	1010
L 162 01	ROAST TURKEY WITH BARBECUE SAUCE	3-1/2 Ounces	309	32	13	13	95	1581

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<i><b>TURKEY, BONELESS - continued</b></i>								
L 500 00	RUSSIAN TURKEY STEW	1 Cup	327	24	8	39	79	711
L 147 02	TURKEY A LA KING	1 Cup	212	18	7	18	46	1639
L 044 00	TURKEY CURRY	7 Ounces	245	15	10	27	39	840
L 049 00	TURKEY CUTLET	4-1/2 Ounces	319	30	12	21	81	987
L 043 02	TURKEY FAJITAS	2 Fajitas	491	30	15	59	65	1620
L 188 00	TURKEY FINGERS	3-1/2 Ounces	253	24	9	18	65	692
L 163 00	TURKEY NUGGETS	3-1/2 Ounces	298	25	11	23	65	1631
L 204 00	TURKEY PEACH PASTA SALAD	1-1/2 Cups	312	22	7	41	51	749
L 150 00	TURKEY POT PIE	1 Cup	368	28	10	40	65	964
L 151 02	TURKEY SALAD	3/4 Cup	193	15	12	6	49	770
<i><b>TURKEY, GROUND</b></i>								
L 028 03	CHILI CON CARNE	1 Cup	255	22	6	30	45	972
L 042 01	CHILI CONQUISTADOR	8-1/2 Ounces	390	25	13	45	68	949
L 028 04	CHILI MACARONI	1-1/4 Cups	300	21	6	42	45	533
L 030 01	CREAMED GROUND TURKEY	5-1/2 Ounces	160	18	6	10	52	455
L 064 01	CREOLE MACARONI	1 Cup	242	16	6	32	38	646
L 063 02	ENCHILADAS	2 Enchiladas	329	23	18	22	70	692
L 184 00	GRILLED OR BAKED TURKEY PATTIES	4-1/2 Ounces	204	23	9	9	72	313
L 053 03	GROUND TURKEY STROGANOFF	6 Ounces	244	27	11	8	91	913
L 025 01	LASAGNA	9-1/2 Ounces	396	33	12	40	126	1077
L 038 00	SPAGHETTI WITH MEAT SAUCE	1 Cup	405	25	7	63	51	1422
L 039 00	SPAGHETTI WITH MEATBALLS	1 Serving	443	28	8	66	72	1630
L 024 02	STUFFED CABBAGE ROLLS	2 Rolls	258	23	8	26	68	681
L 040 02	STUFFED GREEN PEPPERS	1 Half	269	23	10	24	68	1000
L 041 01	SWEDISH MEATBALLS	3-1/2 Ounces	186	19	7	11	70	917
L 034 01	TACOS	2 Tacos	377	28	21	21	90	847
L 201 00	TAMALE PIE	9-1/2 Ounces	305	21	9	36	48	856
L 061 01	TEXAS HASH	1 Cup	255	23	8	24	68	362
L 020 01	TURKEY AND CORN PIE	1-1/2 Cups	284	28	12	18	92	731

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<b><i>TURKEY, GROUND - continued</i></b>								
L 027 01	TURKEY BALLS STROGANOFF	3-1/2 Ounces	208	20	8	13	72	733
L 035 01	TURKEY LOAF	6 Ounces	253	28	11	11	132	699
L 029 01	TURKEY PORCUPINES	5 Ounces	218	21	8	14	68	596
L 062 02	TURKEY YAKISOBA	1 Cup	315	31	10	24	90	871
<b><i>TURKEY, READY TO COOK</i></b>								
L 161 00	ROAST TURKEY	4 Ounces	172	27	7	0	69	901
<b><u>SALADS</u></b>								
<b><i>CABBAGE</i></b>								
M 001 01	CABBAGE, APPLE, AND CELERY SALAD	1/2 Cup	73	1	5	8	3	77
M 001 02	CABBAGE, APPLE, AND RAISIN SALAD	1/2 Cup	105	1	5	17	3	66
<b><i>CARROTS</i></b>								
M 005 01	CARROT AND PINEAPPLE SALAD	1/2 Cup	96	1	6	11	4	204
M 005 00	CARROT SALAD	1/2 Cup	109	1	6	15	4	214
M 005 02	CARROT, CELERY, AND APPLE SALAD	1/2 Cup	95	1	6	11	4	210
M 015 00	CARROT, CUCUMBER AND ONION SALAD	1/2 Cup	30	0	0	8	0	118
M 020 00	MARINATED CARROTS	1/2 Cup	135	1	5	24	0	109
<b><i>COLE SLAW</i></b>								
M 009 02	CABBAGE AND CARROT SLAW WITH CREAMY DRESSING	1/2 Cup	78	1	5	9	3	190
M 008 00	COLE SLAW	1/2 Cup	115	1	9	9	6	258
M 009 00	COLE SLAW WITH CREAMY DRESSING	1/2 Cup	75	1	5	8	3	188
M 009 01	COLE SLAW WITH VINEGAR DRESSING	1/2 Cup	47	1	0	12	0	127
M 027 00	GERMAN COLE SLAW	1/2 Cup	60	1	4	5	0	153
M 008 01	MEXICAN COLE SLAW	1/2 Cup	121	1	9	10	6	268
M 009 03	PINEAPPLE COLE SLAW	1/2 Cup	87	1	5	12	3	184
M 009 04	PINEAPPLE MARSHMALLOW COLE SLAW	2/3 Cup	106	1	5	16	3	186
M 009 05	VEGETABLE SLAW WITH CREAMY DRESSING	1/2 Cup	79	1	5	9	3	189

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<b><i>COTTAGE CHEESE</i></b>								
M 013 01	COTTAGE CHEESE AND APRICOT SALAD	1/4 Cup	91	8	3	10	8	232
M 013 00	COTTAGE CHEESE AND PEACH SALAD	1/4 Cup	102	8	3	12	8	233
M 013 02	COTTAGE CHEESE AND PEAR SALAD	1/4 Cup	107	8	3	14	8	233
M 013 03	COTTAGE CHEESE AND PINEAPPLE SALAD	1/4 Cup	98	8	3	12	8	230
M 014 00	COTTAGE CHEESE AND TOMATO SALAD	1/4 Cup	74	8	3	5	8	234
M 012 00	COTTAGE CHEESE SALAD	1/4 Cup	62	7	3	2	8	229
M 001 00	APPLE, CELERY, AND PINEAPPLE SALAD	1/2 Cup	86	0	5	12	3	68
<b><i>FRUIT</i></b>								
M 001 00	APPLE, CELERY, AND PINEAPPLE SALAD	1/2 Cup	86	0	5	12	3	68
M 050 01	APPLE, CELERY, AND RAISIN SALAD	1/2 Cup	115	1	6	17	4	87
M 032 00	FRUIT MEDLEY SALAD	1/2 Cup	101	1	4	16	0	23
M 017 00	FRUIT SALAD	1/2 Cup	79	1	0	19	1	10
M 073 00	KIWI FRUIT SALAD	1/2 Cup	106	2	1	25	1	22
M 035 00	MIXED FRUIT SALAD	1/2 Cup	79	1	0	20	0	3
M 050 00	WALDORF SALAD	1/2 Cup	119	1	9	10	4	83
<b><i>JELLIED</i></b>								
M 025 05	JELLIED BANANA SALAD	5 Ounces	93	2	0	22	0	44
M 023 00	JELLIED CRANBERRY AND ORANGE SALAD	4 Ounces	106	2	0	26	0	50
M 024 00	JELLIED CRANBERRY AND PINEAPPLE SALAD	5-1/2 Ounces	149	2	2	33	0	54
M 026 00	JELLIED FRUIT COCKTAIL SALAD	4-1/2 Ounces	125	3	3	23	0	48
M 025 00	JELLIED FRUIT SALAD	5 Ounces	105	2	0	26	0	47
M 036 01	JELLIED GOLDEN GLOW SALAD	3-1/2 Ounces	92	2	0	22	0	52
M 025 01	JELLIED ORANGE SALAD	5 Ounces	107	2	0	26	0	43
M 025 02	JELLIED PEAR SALAD	5 Ounces	93	2	0	23	0	46
M 036 00	PERFECTION SALAD	3 Ounces	72	2	0	17	0	56
M 025 03	JELLIED PINEAPPLE, PEAR, AND BANANA SALAD	5 Ounces	120	2	0	30	0	47
M 036 02	JELLIED SPRING SALAD	3 Ounces	70	2	0	16	0	47
M 025 04	JELLIED STRAWBERRY SALAD	4-1/2 Ounces	90	2	0	22	0	44

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<b>LETTUCE</b>								
M 019 00	GARDEN VEGETABLE SALAD	3/4 Cup	12	1	0	3	0	18
M 033 00	LETTUCE AND TOMATO SALAD	3-1/2 Ounces	24	1	0	5	0	11
M 033 01	LETTUCE WEDGE SALAD	2 Ounces	11	1	0	2	0	6
M 044 00	SPRING SALAD	3/4 Cup	16	1	0	4	0	7
M 046 01	TOSSED GARDEN SALAD	1 Cup	17	1	0	4	0	16
<b>PASTA</b>								
M 029 00	ITALIAN STYLE PASTA SALAD	1/2 Cup	157	6	8	15	13	380
M 034 00	MACARONI SALAD	1/2 Cup	141	3	6	20	26	217
M 038 00	PASTA SALAD	1/2 Cup	172	5	10	17	3	300
M 071 00	SALSA PASTA SALAD	1/2 Cup	98	4	1	19	0	221
M 070 00	ZESTY ROTINI SALAD	1/2 Cup	106	4	2	18	1	382
<b>POTATO</b>								
M 040 01	DEVEILED POTATO SALAD	2/3 Cup	234	4	15	22	48	650
M 042 00/M 043 01/M 043 00	HOT POTATO SALAD	2/3 Cup	168	3	6	26	7	355
M 062 00	MEXICAN POTATO SALAD	3/4 Cup	162	3	8	20	0	115
M 040 00/M 041 00	POTATO SALAD	2/3 Cup	196	2	13	19	45	571
M 040 02	POTATO SALAD WITH VINEGAR DRESSING	2/3 Cup	130	2	0	31	0	455
<b>SPINACH</b>								
M 002 01	SPINACH AND APPLE SALAD, WITHOUT DRESSING	1-1/3 Cups	60	2	0	15	0	30
M 002 02	SPINACH AND MUSHROOM SALAD, WITHOUT DRESSING	1-3/4 Cups	18	2	0	3	0	30
M 002 00	SPINACH SALAD, WITHOUT DRESSING	1 Cup	49	4	3	3	32	99
<b>TOMATO</b>								
M 053 01	COUNTRY STYLE TOMATO SALAD	1/2 Cup	53	1	2	8	0	119
M 053 00	GERMAN STYLE TOMATO SALAD	1/3 Cup	68	1	5	5	5	171

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<b>VEGETABLE</b>								
M 504 00	BROCCOLI SALAD	1/2 Cup	266	4	15	33	6	129
M 004 00	FRIJOLE SALAD	3/4 Cup	63	2	2	12	0	247
M 031 00	KIDNEY BEAN SALAD	1/2 Cup	152	5	8	16	47	404
M 074 00	MARINATED BLACK BEAN SALAD	3/4 Cup	179	10	1	36	0	149
M 037 00	PICKLED BEET AND ONION SALAD	1/2 Cup	71	1	0	18	0	417
M 045 01	PICKLED GREEN BEAN SALAD	1/3 Cup	113	1	7	14	0	435
M 045 00	THREE BEAN SALAD	1/3 Cup	120	2	7	15	0	366
<b>OTHER</b>								
M 007 00	CHEF'S SALAD	1 Cup	102	9	5	5	71	228
M 007 01	CHEF'S SALAD (ENTREE)	1-1/2 Cups	193	16	11	8	92	363
M 030 00	COBB SALAD	1 Cup	213	9	17	8	57	351
M 072 00	CONFETTI RICE SALAD	1/2 Cup	97	2	2	18	2	250
M 072 01	CREAMY CUCUMBER RICE SALAD	1/2 Cup	105	3	2	18	3	260
M 052 00	GUACAMOLE	2 Tablespoons	67	1	6	3	2	101
M 028 00	TACO SALAD	1-1/2 Cups	307	18	14	29	41	908
<b><u>SALAD DRESSINGS &amp; RELISHES</u></b>								
<b>SALAD DRESSING</b>								
M 068 01	BLUE CHEESE AND SOUR CREAM DRESSING	1 Tablespoon	54	1	4	2	9	146
M 059 00	BLUE CHEESE DRESSING	1 Tablespoon	19	1	1	1	3	47
M 065 00	CREAMY HORSERADISH DRESSING	1 Tablespoon	59	0	5	4	3	103
M 064 00	CREAMY ITALIAN DRESSING	1 Tablespoon	69	0	7	2	5	82
M 058 00	FRENCH DRESSING	1 Tablespoon	41	0	4	2	0	113
M 060 00	GARLIC FRENCH DRESSING	1 Tablespoon	40	0	4	2	0	53
M 010 00	HONEY MUSTARD DRESSING	1 Tablespoon	27	0	0	7	0	36
M 021 01	LOW CALORIE BASIL DRESSING	2 Tablespoons	20	0	0	6	0	117
M 058 01	LOW CALORIE FRENCH DRESSING	2 Tablespoons	14	0	0	3	0	490
M 021 00	LOW CALORIE TANGY TARRAGON DRESSING	2 Tablespoons	20	0	0	6	0	117
M 016 00	LOW CALORIE THOUSAND ISLAND DRESSING	2 Tablespoons	29	2	1	4	2	242



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<b><i>SALAD DRESSING - continued</i></b>								
M 066 00	LOW CALORIE TOMATO DRESSING	2 Tablespoons	26	1	0	6	0	196
M 011 00	LOW CALORIE YOGURT DRESSING	2 Tablespoons	25	2	0	4	2	93
M 056 00	QUICK FRUIT DRESSING	1 Tablespoon	16	1	0	3	1	8
M 003 00	RED WINE VINAIGRETTE DRESSING	1 Tablespoon	50	0	5	1	0	0
M 067 00	RUSSIAN DRESSING	1 Tablespoon	72	0	7	3	5	106
M 068 00	SOUR CREAM DRESSING	1 Tablespoon	39	0	3	2	6	89
M 061 00	TANGY SALAD DRESSING	1 Tablespoon	41	0	4	2	0	167
M 022 00	TANGY YOGURT SALAD DRESSING	1 Tablespoon	18	1	0	3	1	13
M 063 00	THOUSAND ISLAND DRESSING	1 Tablespoon	63	0	6	3	10	150
M 054 00	TOMATO FRENCH DRESSING	1 Tablespoon	29	0	2	2	0	53
M 055 00	VINAIGRETTE DRESSING	1 Tablespoon	42	0	4	1	0	117
M 069 00	VINEGAR AND OIL DRESSING	1 Tablespoon	40	0	4	0	0	117
M 057 00	ZERO SALAD DRESSING	2 Tablespoons	7	0	0	2	0	184
<b><i>RELISH</i></b>								
M 039 00	CORN RELISH	2-1/2 Tablespoons	27	1	0	6	0	95
M 006 01	COTTAGE CHEESE STUFFED CELERY	2 Pieces	14	1	0	1	1	68
M 006 03	CREAM CHEESE STUFFED CELERY	2 Pieces	37	1	3	1	10	51
M 006 02	PEANUT BUTTER STUFFED CELERY	2 Pieces	50	2	3	6	0	48
M 006 00	PIMIENTO CHEESE STUFFED CELERY	2 Pieces	57	3	4	2	11	101
<b><u>SANDWICHES</u></b>								
<b><i>BACON</i></b>								
N 001 01	BACON, LETTUCE, AND TOMATO SANDWICH	1 Sandwich	281	10	14	29	17	573
N 007 00	ENGLISH MUFFIN WITH BACON, EGG AND CHEESE	1 Sandwich	345	18	18	27	228	601
N 007 02	ENGLISH MUFFIN WITH CANADIAN BACON, EGG, & CHEESE	1 Sandwich	356	22	17	28	237	909
N 037 01	GRILLED BACON, EGG, AND CHEESE SANDWICH	1 Sandwich	389	20	24	23	236	729
<b><i>BEEF, CORNED</i></b>								
N 009 01	CORNED BEEF AND CHEESE SANDWICH	1 Sandwich	464	27	24	34	97	1433

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<b><i>BEEF, CORNED - continued</i></b>								
N 009 00	CORNED BEEF SANDWICH	1 Sandwich	358	19	16	33	71	1359
N 020 00	GRILLED REUBEN SANDWICH	1 Sandwich	608	27	39	37	130	1699
<b><i>BEEF, DICED</i></b>								
N 024 01/N 024 00	BARBECUED BEEF SANDWICH	1 Sandwich	346	27	13	30	66	456
<b><i>BEEF, GROUND, 90% LEAN</i></b>								
N 027 00	BARBECUED BEEF SANDWICH (SLOPPY JOE)	1 Sandwich	352	24	12	36	66	881
N 022 00	CANNONBALL SANDWICH (MEATBALL)	1 Sandwich	417	28	15	40	92	980
N 049 00	MEXICAN BEEF WRAP	1 Each	399	30	14	40	74	734
N 038 00	MOROCCAN POCKETS	1 Serving	429	24	9	66	46	587
N 040 00	TACO BURGER	1 Sandwich	348	24	16	27	70	580
<b><i>BEEF, OVEN OR POT ROAST</i></b>								
N 042 00	BEEF FAJITA PITA	1/2 Pita	379	35	10	34	87	837
N 002 00	GYROS	1 Sandwich	447	37	11	49	79	725
N 047 01	HOT ROAST BEEF & CHEESE ROLLUP SANDWICH	1 Sandwich	335	29	9	35	54	1020
N 035 00/N 035 01	HOT ROAST BEEF SANDWICH W/GRAVY	1 Sandwich	453	31	20	35	74	1022
N 028 00	ITALIAN PEPPER BEEF SANDWICH	1 Sandwich	520	35	13	63	70	997
N 047 00	ROAST BEEF & CHEESE ROLLUP SANDWICH	1 Sandwich	335	29	9	35	54	1020
N 004 04	ROAST BEEF CROISSANT	1 Sandwich	519	27	32	28	115	551
N 004 00	ROAST BEEF SANDWICH	1 Sandwich	368	31	14	29	76	430
<b><i>BEEF, PATTIES, 90% LEAN GROUND BEEF</i></b>								
N 012 01	CHEESEBURGER	1 Burger, 2 oz	400	25	23	22	77	461
N 012 02	CHEESY BACONBURGER	1 Burger, 2 oz	444	28	26	22	83	582
N 012 04	CHILIBURGER	1 Burger, 2 oz	329	22	15	25	53	419
N 012 07	DELUXE CHEESEBURGER	1 Burger, 2 oz	434	26	23	30	77	884
N 012 05	DELUXE HAMBURGER	1 Burger, 2 oz	328	20	14	29	50	700
N 012 03	DOUBLE DECKER CHEESEBURGER	1 Burger, 4 oz	683	47	43	24	153	863

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<b><i>BEEF, PATTIES, 90% LEAN GROUND BEEF - continued</i></b>								
N 012 00	GRILLED HAMBURGER	1 Burger, 2 oz	294	19	14	22	50	277
N 012 06	PIZZABURGER	1 Burger, 2 oz	389	25	20	27	70	464
<b><i>BEEF STEAK, SANDWICH</i></b>								
N 003 00	STEAK AND CHEESE SUBMARINE	1 Sandwich	475	32	29	20	102	468
N 003 01	STEAK, CHEESE AND ONION SUBMARINE	1 Sandwich	510	33	29	27	102	471
N 003 02	STEAK AND ONION SUBMARINE	1 Sandwich	403	26	20	27	75	287
<b><i>CHEESE</i></b>								
N 039 00	DELI CHEESE SANDWICH	1 Sandwich	479	21	26	45	57	775
N 016 00	CREAM CHEESE BAGEL	1 Bagel	346	12	12	48	32	561
N 006 01	GERMAN STYLE HAMWICH	1 Sandwich	418	16	28	26	61	1032
N 006 00	GRILLED CHEESE SANDWICH	1 Sandwich	411	17	27	26	74	713
N 006 03	GRILLED CHEESE AND HAM SANDWICH	1 Sandwich	391	21	22	25	76	1251
<b><i>CHICKEN, BONELESS, SKINLESS/DICED</i></b>								
N 052 00	CAJUN CHICKEN SANDWICH	6 Ounces	389	39	7	41	88	600
N 045 00	CHICKEN CAESAR ROLLUP SANDWICH	1 Sandwich	316	26	6	41	52	718
N 042 01	CHICKEN FAJITA PITA	1/2 Pita	293	29	4	33	65	758
N 043 00	CHICKEN PITA POCKET SANDWICH	1 Sandwich	293	30	4	32	67	337
N 008 00	CHICKEN SALAD SANDWICH	1 Sandwich	364	28	14	30	78	650
N 044 00	GRILLED CHICKEN BREAST SANDWICH	1 Sandwich	362	36	12	26	92	385
N 048 00	JAMAICAN JERK CHICKEN SANDWICH	1 Sandwich	387	38	7	41	88	623
<b><i>CHICKEN FILLET, BREADED</i></b>								
N 021 00	BAKED CHICKEN FILLET SANDWICH	1 Sandwich	482	19	27	40	40	900
N 021 02	CHICKEN FILLET AND CHEESE SANDWICH	1 Sandwich	527	22	31	41	52	978
N 021 01	DEEP FAT FRIED CHICKEN FILLET SANDWICH	5-1/2 Ounces	522	19	32	40	40	900

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<b><i>CHICKEN FILLET, UNBREADED</i></b>								
N 021 03/N 021 04	GRILLED CHICKEN FILLET SANDWICH	1 Sandwich	350	29	14	25	79	381
<b><i>EGG</i></b>								
N 010 00	EGG SALAD SANDWICH	1 Sandwich	335	14	17	32	323	578
N 010 01	NEW YORK EGG SALAD SANDWICH (EGG AND TOMATO)	1 Sandwich	345	14	17	34	323	582
N 018 00	WESTERN SANDWICH (DENVER)	1 Sandwich	245	15	8	26	165	750
<b><i>FISH</i></b>								
N 032 01	CHEESE FISHWICH	1 Sandwich	472	22	25	40	72	815
N 032 00	FISHWICH	1 Sandwich	498	20	24	49	118	940
<b><i>FRANKFURTERS/SAUSAGE</i></b>								
N 041 02/N 041 01	CHILI DOG	1 Sandwich	350	15	21	25	46	890
N 034 00	CORN DOG	1 Sandwich	258	8	16	20	35	674
N 030 01	GRILLED POLISH SAUSAGE SANDWICH	1 Sandwich	325	12	20	23	43	785
N 030 00/N 030 04	SIMMERED/GRILLED FRANKFURTER ON ROLL	1 Each	262	9	15	22	22	732
N 030 02	SIMMERED KNOCKWURST ON ROLL	1 Each	385	14	26	23	49	1101
N 030 03	SIMMERED QUARTER POUND FRANKFURTER	1 Each	462	17	34	21	69	1396
<b><i>HAM</i></b>								
N 007 01	ENGLISH MUFFIN WITH HAM, EGG, AND CHEESE	1 Sandwich	355	22	17	27	237	871
N 011 01	FRIED HAM SANDWICH	1 Sandwich	344	22	14	32	43	1620
N 037 02	GRILLED HAM AND EGG SANDWICH	1 Sandwich	237	15	9	22	210	663
N 037 00	GRILLED HAM, EGG AND CHEESE SANDWICH	1 Sandwich	344	21	18	23	237	847
N 005 01	HAM AND BISCUIT	1 Sandwich	196	9	7	24	14	707
N 011 02	HAM AND CHEESE SANDWICH	1 Sandwich	368	25	15	33	54	1333
N 011 03	HAM AND TOMATO SANDWICH	1 Sandwich	360	25	10	45	43	1644
N 013 00	HAM SALAD SANDWICH	1 Sandwich	347	20	16	31	116	1338
N 011 00	HAM SANDWICH	1 Sandwich	304	22	9	32	43	1620

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<b><i>PASTRAMI</i></b>								
N 020 02	GRILLED REUBEN PASTRAMI SANDWICH	1 Sandwich	679	26	46	39	126	1767
N 023 00	HOT PASTRAMI SANDWICH	1 Sandwich	426	18	24	34	67	1425
<b><i>PORK</i></b>								
N 027 01/N 027 02	BARBECUED PORK SANDWICH	1 Sandwich	328	19	14	32	53	624
N 036 00	HOT ROAST PORK SANDWICH W/GRAVY	1 Sandwich	485	29	25	35	71	1016
N 004 01	ROAST PORK SANDWICH	1 Sandwich	411	29	19	31	72	451
<b><i>SAUSAGE</i></b>								
N 007 03	ENGLISH MUFFIN WITH SAUSAGE, EGG, AND CHEESE	1 Sandwich	459	24	27	28	256	1026
N 037 03	GRILLED SAUSAGE, EGG, AND CHEESE SANDWICH	1 Sandwich	448	23	29	23	256	1003
N 022 01	HOT ITALIAN SAUSAGE SANDWICH	1 Sandwich	400	20	20	35	54	1127
N 005 00	SAUSAGE AND BISCUIT	1 Sandwich	242	9	12	24	22	690
<b><i>TUNA/SALMON</i></b>								
N 015 01	GRILLED TUNA AND CHEESE SANDWICH	1 Sandwich	470	23	27	33	48	902
N 015 02	SALMON SALAD SANDWICH	1 Sandwich	397	24	18	35	118	601
N 015 03	TUNA AND TOMATO SANDWICH	1 Sandwich	342	20	14	35	102	663
N 015 00	TUNA SALAD SANDWICH	1 Sandwich	339	20	13	35	102	702
<b><i>TURKEY</i></b>								
N 502 00	BAKED TURKEY MELT	1 Sandwich	363	30	13	32	80	622
N 033 00	HOT ROAST TURKEY SANDWICH W/GRAVY	1 Sandwich	376	23	16	34	54	1720
N 049 01	MEXICAN TURKEY WRAP	1 Each	339	26	9	40	59	768
N 004 02	ROAST TURKEY SANDWICH	1 Sandwich	343	23	13	33	55	959
N 027 03	TURKEY BARBECUE SANDWICH	1 Sandwich	303	21	9	36	56	918
N 004 05	TURKEY CROISSANT	1 Sandwich	414	22	22	30	93	1056
N 008 02	TURKEY SALAD SANDWICH	1 Sandwich	331	20	14	31	50	1058

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<b><i>OTHER</i></b>								
N 017 00	COLD CUT SANDWICH	1 Sandwich	377	19	16	41	44	1124
N 017 01	COLD CUT SANDWICH WITH CHEESE	1 Sandwich	410	22	19	40	55	1023
N 050 00	CRUNCHY VEGETABLE BURRITO	1 Burrito	280	14	3	50	4	753
N 046 00	GARDEN VEGETABLE WRAP	1 Sandwich	212	6	2	44	0	403
N 019 01	ITALIAN STYLE SUBMARINE	1 Sandwich	582	35	34	35	87	1608
N 026 00	ITALIAN VEAL CUTLET SUBMARINE	1 Sandwich	496	31	24	37	103	833
N 031 00	MONTE CARLO SANDWICH (OPEN-FACED TURKEY AND HAM)	1 Sandwich	511	20	36	27	131	1543
N 025 00	MONTE CRISTO SANDWICH	1 Sandwich	439	26	25	27	154	905
N 014 00	PEANUT BUTTER AND JELLY SANDWICH	1 Sandwich	376	12	18	44	1	426
N 019 00	SUBMARINE SANDWICH	1 Sandwich	564	35	32	36	90	1662
N 051 00	VEGETARIAN HEARTY BURGER	1 Burger	409	21	13	52	11	647
<b><u>SAUCES, GRAVIES, &amp; DRESSING</u></b>								
<b><i>SAUCES</i></b>								
O 002 00	BARBECUE SAUCE	1/4 Cup	56	1	0	14	0	569
O 001 01	CHEESE SAUCE	1 Ounce	61	2	4	3	13	142
O 022 00	CHINESE MUSTARD SAUCE	1 Teaspoon	17	1	1	1	0	0
O 027 00	DILL SAUCE	2 Tablespoons	31	1	1	3	6	22
O 025 00	HERBED MAYONNAISE	2 Tablespoons	141	0	14	4	10	170
O 029 00	HONEY MUSTARD SAUCE	2 Tablespoons	74	1	0	19	0	169
O 028 00	HORSERADISH DIJON SAUCE	2 Tablespoons	34	1	2	2	9	39
O 023 00	HORSERADISH SAUCE	1 Tablespoon	40	0	3	2	3	62
O 004 00	MARINARA SAUCE	3/4 Cup	93	4	1	21	0	891
O 004 01	MARINARA SAUCE WITH CLAMS	3/4 Cup	95	4	1	21	2	1014
O 006 00	MUSTARD SAUCE	2 Tablespoons	19	0	1	3	1	221
O 026 00	ORIENTAL SWEET AND SOUR SAUCE	2 Tablespoons	35	0	0	9	0	41
O 030 01	PINEAPPLE SALSA	1/4 Cup	27	0	0	7	0	2
O 009 00	PINEAPPLE SAUCE	1/4 Cup	71	0	0	18	0	2
O 009 01	RAISIN SAUCE	3 Tablespoons	49	0	0	13	0	4
O 007 01	SALSA	2 Tablespoons	13	1	0	3	0	228

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<i><b>SAUCES - continued</b></i>								
O 031 00	SHRIMP SAUCE	3/4 Cup	178	19	6	10	130	387
O 008 00	SWEET AND SOUR SAUCE	2 Tablespoons	94	0	0	25	0	46
O 013 00	TARTAR SAUCE	2 Tablespoons	103	0	9	6	6	189
O 030 00	TROPICAL FRUIT SALSA	1/4 Cup	26	0	0	6	0	1
O 024 00	YOGURT-CUCUMBER SAUCE	3 Tablespoons	22	2	0	3	2	21
<i><b>GRAVIES</b></i>								
O 016 00	BROWN GRAVY	1/4 Cup	73	1	5	5	0	363
O 016 02	CHICKEN OR TURKEY GRAVY	1/4 Cup	47	1	3	3	0	414
<i><b>BREAD DRESSING</b></i>								
O 021 01	APPLE BREAD DRESSING	3-1/2 Ounces	151	4	3	27	1	517
O 021 00	BREAD DRESSING	3-1/2 Ounces	142	4	3	24	1	682
O 020 00	CORN BREAD DRESSING	3-1/2 Ounces	175	5	6	25	35	611
O 021 03	OYSTER BREAD DRESSING	3-1/2 Ounces	173	8	4	26	22	496
O 021 02	SAUSAGE BREAD DRESSING	3-1/2 Ounces	191	7	7	24	12	759
<i><b>SOUPS</b></i>								
<i><b>BEEF</b></i>								
P 001 01	BEEF BARLEY SOUP	1 Cup	70	3	1	13	1	1699
P 001 02	BEEF NOODLE SOUP	1 Cup	45	2	1	6	5	1698
P 001 00	BEEF RICE SOUP	1 Cup	61	2	1	11	1	1698
P 007 00	VEGETABLE SOUP	1 Cup	57	3	1	10	1	1278
P 004 01	FRENCH ONION SOUP	1 Cup	163	3	11	13	9	1377
P 007 01	MINESTRONE SOUP	1 Cup	75	3	1	14	1	1157
P 004 00	ONION SOUP	1 Cup	107	2	8	8	1	1271
P 005 00	TOMATO BOUILLON	1 Cup	35	2	0	7	0	974
P 006 01	TOMATO RICE SOUP	1 Cup	86	2	1	17	0	1089
P 006 00	TOMATO SOUP	1 Cup	61	2	1	12	0	1028

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<b>CHICKEN</b>								
P 010 00	CHICKEN GUMBO SOUP	1 Cup	117	5	5	14	7	1376
P 002 01	CHICKEN NOODLE SOUP	1 Cup	62	4	2	6	7	1995
P 002 00	CHICKEN RICE SOUP	1 Cup	73	4	2	9	7	1995
P 020 00	CHICKEN VEGETABLE (MULLIGATAWNY) SOUP	1 Cup	80	4	3	9	11	1521
<b>CHOWDERS</b>								
P 011 01	CHICKEN CORN CHOWDER	1 Cup	179	6	8	25	9	1088
P 011 00	CORN CHOWDER	1 Cup	136	5	3	25	2	761
P 012 00	MANHATTAN CLAM CHOWDER	1 Cup	80	3	1	17	2	442
P 013 01	NEW ENGLAND CLAM CHOWDER	1 Cup	128	4	6	15	16	335
P 013 00	NEW ENGLAND FISH CHOWDER	1 Cup	168	12	6	15	39	348
<b>CREAMED SOUPS</b>								
P 014 01	CREAM OF BROCCOLI SOUP	1 Cup	128	6	6	14	16	1156
P 014 00	CREAM OF MUSHROOM SOUP	1 Cup	153	5	8	14	22	1316
P 015 00/P 015 01/P 016 00	CREAM OF POTATO SOUP	1 Cup	63	4	1	10	2	1162
<b>DEHYDRATED SOUPS</b>								
P 017 02	MEXICAN ONION CORN SOUP	1 Cup	76	3	1	16	0	951
P 017 00	SPANISH SOUP	1 Cup	88	4	4	10	11	1087
<b>OTHER SOUPS</b>								
P 500 00	ASIAN STIR FRY SOUP	6 Ounces	112	7	5	10	16	842
P 008 01	BEAN SOUP WITH SMOKED, CURED HAM HOCKS	1 Cup	140	9	2	23	4	650
P 003 00	CREOLE SOUP	1 Cup	69	3	2	10	1	1535
P 028 00	CURRIED VEGETABLE SOUP	1 Cup	66	2	1	14	0	197
P 008 02	KNICKERBOCKER SOUP (BEAN,TOMATO AND BACON)	1 Cup	143	8	1	26	2	446
P 027 00	LENTIL VEGETABLE SOUP	1 Cup	113	7	0	22	0	432
P 008 00	NAVY BEAN SOUP	1 Cup	122	8	0	23	1	582
P 008 03	OLD FASHIONED BEAN SOUP	1 Cup	130	8	0	25	1	535



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<i>OTHER SOUPS - continued</i>								
P 019 00	PEPPER POT SOUP	1 Cup	97	3	5	11	1	1228
P 010 01	SHRIMP GUMBO	1 Cup	115	5	5	14	22	1397
P 023 00	SPLIT PEA SOUP WITH HAM	1 Cup	150	11	1	24	5	585
P 025 00	TEXAS TORTILLA SOUP	1 Cup	135	6	4	22	8	1256
P 026 00	TORTELLINI SOUP	1 Cup	140	7	4	20	14	1309
P 029 00	TURKEY VEGETABLE SOUP	1 Cup	91	7	3	10	13	1475
P 021 00/P 021 01	ZESTY BEAN SOUP	1 Cup	110	6	1	20	0	1211
<i>CANNED SOUP</i>								
P 009 01	BEAN WITH BACON SOUP	1 Cup	166	9	3	26	4	1046
P 009 02	BEEF NOODLE SOUP	1 Cup	95	6	4	10	6	1079
P 009 00	BEEF WITH VEGETABLES AND BARLEY SOUP	1 Cup	86	6	2	12	9	1005
P 022 00	CHICKEN MUSHROOM SOUP	1 Cup	154	4	10	13	7	1080
P 009 03	CHICKEN NOODLE SOUP	1 Cup	86	5	3	11	7	1076
P 009 04	CHICKEN WITH RICE SOUP	1 Cup	69	4	2	8	7	946
P 024 00	CREAM OF BROCCOLI SOUP	1 Cup	235	7	16	14	34	825
P 024 01	CREAM OF CHICKEN SOUP	1 Cup	149	6	8	13	12	1143
P 024 02	CREAM OF MUSHROOM SOUP	1 Cup	163	4	11	13	2	1010
P 022 01	DOUBLY GOOD CHICKEN SOUP	1 Cup	106	4	5	10	10	1047
P 022 02	LOGGING SOUP	1 Cup	129	8	3	19	5	980
P 009 05	MANHATTAN CLAM CHOWDER	1 Cup	79	4	2	11	9	594
P 009 06	MINISTRONE SOUP	1 Cup	96	5	3	13	1	1058
P 023 01	PUREE MONGOLE	1 Cup	113	6	2	20	3	609
P 009 07	SPLIT PEA SOUP WITH HAM	1 Cup	200	11	5	30	9	1066
P 022 03	TOMATO NOODLE SOUP	1 Cup	96	4	3	15	3	941
P 009 08	TOMATO SOUP	1 Cup	96	2	2	19	0	788
P 022 04	VEGETABLE BEEF SUPREME SOUP	1 Cup	94	4	2	15	3	850
P 009 09	VEGETABLE SOUP	1 Cup	84	2	2	14	0	956
P 009 10	VEGETABLE WITH BEEF SOUP	1 Cup	89	6	2	12	6	898

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<b><u>VEGETABLES</u></b>								
<i>ASPARAGUS</i>								
Q 100 00/Q 100 02	ASPARAGUS (FROZEN/FRESH)	3/4 Cup	23	2	0	4	0	74
Q 100 01	ASPARAGUS (CANNED)	3/4 Cup	22	3	0	4	0	409
<i>BEANS, DRY, PINTO</i>								
Q 004 00	ITALIAN-STYLE BAKED BEANS	1/2 Cup	133	8	2	23	1	426
Q 003 01	SAVORY BAKED BEANS	1/2 Cup	195	10	2	36	1	374
Q 005 01	SAVORY STYLE BEANS	2/3 Cup	126	9	0	23	0	21
Q 006 00	SPANISH STYLE BEANS	1/2 Cup	161	9	1	32	0	468
<i>BEANS, GREEN</i>								
Q 101 00	BEANS, GREEN, OR WAX (FROZEN OR FRESH)	3/4 Cup	23	2	0	4	0	74
Q 101 01	BEANS, GREEN, WAX (CANNED)	3/4 Cup	22	3	0	4	0	409
Q 007 01	GREEN BEANS CREOLE	1/2 Cup	54	2	1	11	0	221
Q 007 03	GREEN BEANS NICOISE	1/2 Cup	59	2	3	8	7	144
Q 042 01	GREEN BEANS PARISIENNE	1/2 Cup	75	3	4	9	6	216
Q 007 04	GREEN BEANS SOUTHERN STYLE	1/2 Cup	41	2	2	6	2	24
Q 039 00/Q 039 01	GREEN BEANS WITH CORN	1/2 Cup	63	2	1	13	1	220
Q 007 02	GREEN BEANS WITH MUSHROOMS	1/2 Cup	52	2	3	6	7	170
Q 081 00	HACIENDA GREEN BEANS	3/4 Cup	87	4	1	20	0	494
Q 026 00	HERBED GREEN BEANS	3/4 Cup	58	2	2	9	0	484
Q 007 00	LYONNAISE GREEN OR WAX BEANS	1/2 Cup	54	2	3	7	7	102
Q 072 00	SESAME GLAZED GREEN BEANS	3/4 Cup	90	4	3	14	0	412
<i>BEANS, LIMA</i>								
Q 102 00	BEANS, LIMA (FROZEN)	3/4 Cup	162	9	0	31	0	136
Q 102 01	BEANS, LIMA (CANNED)	3/4 Cup	126	7	0	24	0	449

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<b><i>BEANS, KIDNEY, CANNED</i></b>								
Q 002 01	BAKED BEANS (KIDNEY BEANS)	1/2 Cup	139	7	1	26	1	543
Q 004 01	ITALIAN-STYLE BAKED BEANS	1/2 Cup	117	7	2	20	1	741
<b><i>BEANS, REFRIED, CANNED</i></b>								
Q 038 00	REFRIED BEANS WITH CHEESE	1/2 Cup	145	8	6	15	14	382
<b><i>BEANS, WHITE</i></b>								
Q 103 01	BEANS, WHITE IN TOMATO SAUCE (CANNED)	3/4 Cup	198	10	3	37	13	775
<b><i>BEETS</i></b>								
Q 104 01	BEETS (CANNED)	3/4 Cup	50	1	0	12	0	446
Q 008 01	BEETS IN ORANGE-LEMON SAUCE	3/4 Cup	41	1	0	10	0	427
Q 008 00	HARVARD BEETS	3/4 Cup	53	2	0	12	0	152
Q 009 00	HOT SPICED BEETS	3/4 Cup	26	2	0	5	0	98
<b><i>BLACK-EYED PEAS</i></b>								
Q 117 01	BLACK-EYED PEAS (CANNED)	3/4 Cup	139	8	1	25	0	539
<b><i>BROCCOLI</i></b>								
Q 105 00/Q 105 02	BROCCOLI (FROZEN/FRESH)	3/4 Cup	38	4	0	7	0	105
Q 024 00	BROCCOLI PARMESAN	2 Stalks	77	7	2	10	5	222
Q 010 00	BROCCOLI POLONAISE	3 Ounces	60	4	3	7	24	188
Q 065 00	HERBED BROCCOLI	1/2 Cup	27	3	0	5	0	23
Q 076 00	SOUTH OF THE BORDER BROCCOLI	2/3 Cup	40	4	0	7	0	421
<b><i>BRUSSELS SPROUTS</i></b>								
Q 106 00	BRUSSELS SPROUTS (FROZEN)	3/4 Cup	57	5	0	11	0	104
Q 024 01	BRUSSELS SPROUTS PARMESAN	3/4 Cup	92	8	2	13	5	221
Q 010 01	BRUSSELS SPROUTS POLONAISE	1/2 Cup	73	4	3	10	24	187
Q 011 00	SPROUTS SUPERBA	1/2 Cup	71	4	3	10	0	304

**Nutritional Values - Food Service Recipes**

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<b><i>CABBAGE</i></b>								
Q 107 02	CABBAGE (FRESH)	4-1/2 Ounces	33	2	0	7	0	99
Q 012 01	CALICO CABBAGE	1/2 Cup	93	1	8	7	7	187
Q 012 00	FRIED CABBAGE	1/2 Cup	47	1	3	5	7	184
Q 012 02	FRIED CABBAGE WITH BACON	1/2 Cup	101	2	9	5	10	155
Q 015 00	ORIENTAL STIR-FRY CABBAGE	3/4 Cup	56	3	0	12	0	384
Q 043 00	RED CABBAGE WITH SWEET AND SOUR SAUCE	1/2 Cup	81	1	5	10	12	337
Q 107 01	SWEET AND SOUR CABBAGE (CANNED)	3/4 Cup	34	2	0	8	0	1169
<b><i>CARROTS</i></b>								
Q 016 00	CARROT AND CELERY AMANDINE	1/2 Cup	37	1	3	2	0	213
Q 108 01	CARROT SLICES (CANNED)	3/4 Cup	41	1	0	10	0	427
Q 108 00/Q 108 02/Q 108 03	CARROT SLICES (FROZEN/FRESH)	3/4 Cup	53	2	0	12	0	152
Q 017 01	GLAZED CARROTS	1/2 Cup	73	1	2	14	5	166
Q 017 00	LYONNAISE CARROTS	1/2 Cup	61	1	2	10	5	167
Q 014 00	ORANGE CARROTS AMANDINE	1/2 Cup	76	2	4	9	0	119
<b><i>CAULIFLOWER</i></b>								
Q 109 00/Q 109 02	CAULIFLOWER (FROZEN/FRESH)	3/4 Cup	26	2	0	5	0	98
Q 018 00	CAULIFLOWER AU GRATIN	1/2 Cup	125	5	8	9	23	226
Q 024 02	CAULIFLOWER PARMESAN	3/4 Cup	67	5	2	8	5	216
Q 010 02	CAULIFLOWER POLONAISE	1/2 Cup	52	2	3	6	24	182
Q 020 00	FRENCH FRIED CAULIFLOWER	3-1/2 Ounces	159	6	7	19	27	382
<b><i>CORN, CREAM STYLE</i></b>								
Q 021 00	CORN FRITTERS	2 Fritters	208	5	8	30	44	565
Q 112 01	CREAM STYLE CORN (CANNED)	3/4 Cup	130	3	1	33	0	514
Q 023 00	SCALLOPED CREAM STYLE CORN	1/2 Cup	148	3	5	26	9	447

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<b><i>CORN, WHOLE KERNAL</i></b>								
Q 027 00	CALICO CORN	3/4 Cup	114	4	2	24	1	301
Q 027 01	CORN O'BRIEN	3/4 Cup	136	4	4	26	1	302
Q 111 00/Q 111 02	CORN ON THE COB (FROZEN/FRESH)	1 Ear	123	4	1	29	0	83
Q 110 01	CORN, WHOLE KERNEL (CANNED)	3/4 Cup	115	4	1	28	0	384
Q 110 00	CORN, WHOLE KERNEL (FROZEN)	3/4 Cup	108	4	1	26	0	75
Q 080 00	HACIENDA CORN AND BLACK BEANS	3/4 Cup	160	7	1	34	0	484
Q 027 02	MEXICAN CORN	3/4 Cup	117	4	2	25	2	288
Q 023 01	SCALLOPED WHOLE KERNEL CORN	1/2 Cup	133	3	5	22	9	365
Q 124 00	SUCCOTASH	3/4 Cup	114	5	1	24	0	127
<b><i>EGGPLANT</i></b>								
Q 028 00	EGGPLANT PARMESAN	6-1/2 Ounces	201	9	5	34	31	1209
Q 022 00	RATATOUILLE	1/2 Cup	45	2	0	10	0	407
<b><i>GREENS, COLLARDS</i></b>								
Q 113 00/Q 113 02/Q 113 03	GREENS, COLLARD, MUSTARD, KALE OR TURNIP (FROZEN/FRESH)	3/4 Cup	88	7	1	17	0	774
Q 029 03	SOUTHERN STYLE GREENS (KALE)	1/2 Cup	101	7	6	6	15	306
Q 029 01	SOUTHERN STYLE GREENS	1/2 Cup	107	8	6	7	15	542
Q 029 02	SWEET SOUR GREENS	1/2 Cup	137	7	6	14	16	295
<b><i>MUSHROOMS</i></b>								
Q 030 01	SAUTEED MUSHROOMS AND ONIONS	2 Ounces	67	1	6	4	15	137
<b><i>OKRA</i></b>								
Q 020 01	FRENCH FRIED OKRA	3/4 Cup	196	5	11	21	3	356
Q 114 01	OKRA (CANNED)	3/4 Cup	35	1	0	8	0	556
Q 114 00	OKRA (FROZEN)	3/4 Cup	37	2	0	8	0	75
Q 031 00	OKRA AND TOMATO GUMBO	1/2 Cup	100	3	4	14	9	391
Q 503 00	OKRA MELANGE	1/2 Cup	47	2	1	10	0	196
Q 032 00	SOUTHERN FRIED OKRA	1/3 Cup	184	2	13	15	0	212

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<b><i>ONIONS</i></b>								
Q 035 00	FRENCH FRIED ONION RINGS	2-1/2 Ounces	274	7	10	40	1	656
Q 036 00	FRIED ONIONS	1/4 Cup	100	1	7	10	0	3
Q 115 01	ONION (CANNED)	3/4 Cup	33	2	0	7	0	635
Q 115 02	ONIONS (FRESH)	3/4 Cup	52	2	0	12	0	79
Q 034 00	SPANISH ONIONS	1/2 Cup	97	2	5	13	0	446
Q 035 02	TEMPURA FRIED ONION RINGS	2-1/2 Ounces	190	5	6	29	45	547
<b><i>PEAS</i></b>								
Q 116 01	PEAS (CANNED)	3/4 Cup	95	6	0	18	0	448
Q 116 00	PEAS (FROZEN)	3/4 Cup	103	7	0	19	0	76
Q 041 01	PEAS WITH CARROTS	3/4 Cup	137	6	2	24	0	196
Q 041 02	PEAS WITH CELERY	3/4 Cup	111	6	2	18	0	148
Q 041 00	PEAS WITH MUSHROOMS	3/4 Cup	126	7	2	21	0	216
Q 041 03	PEAS WITH ONIONS	3/4 Cup	130	7	2	22	0	96
<b><i>POTATOES, FROZEN SHREDDED</i></b>								
Q 077 00	BAKED POTATO PANCAKES (FROZEN SHREDDED POTATO)	1 Cake	129	6	3	22	30	230
<b><i>POTATOES, INSTANT GRANUALS</i></b>								
Q 056 00	GOLDEN POTATO BALLS	3 Each	123	2	9	9	0	226
Q 057 01	GRILLED POTATO CAKES	1 Cake	79	2	3	10	31	193
<b><i>POTATOES, SWEET</i></b>								
Q 066 00	BAKED SWEET POTATOES (FRESH)	1 Each	191	3	0	44	0	24
Q 067 00	CANDIED SWEET POTATOES	1/2 Cup	179	1	4	34	10	253
Q 067 01	GLAZED SWEET POTATOES	1/2 Cup	176	1	4	34	10	253
Q 069 02	MARSHMALLOW SWEET POTATOES	1/2 Cup	172	2	3	36	5	229
Q 069 00	MASHED SWEET POTATOES	1/2 Cup	158	2	3	32	5	227
Q 118 01	POTATOES, SWEET (CANNED)	3/4 Cup	161	2	0	38	0	80
Q 118 02	POTATOES, SWEET (FRESH)	3/4 Cup	164	3	0	38	0	95

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<i>POTATOES, SWEET - continued</i>								
Q 013 00	SCALLOPED SWEET POTATOES AND APPLES	1/2 Cup	166	1	3	35	0	168
Q 069 01	SWEET POTATOES SOUTHERN STYLE	1/2 Cup	156	2	2	33	4	223
<i>POTATOES, WHITE</i>								
Q 044 00	BAKED POTATOES	1 Each	146	3	0	34	0	9
Q 046 01	COTTAGE FRIED POTATOES	2/3 Cup	175	2	6	28	0	242
Q 075 00	DEVILED OVEN FRIES	4 Pieces	113	2	1	24	0	227
Q 050 01	FRANCONIA POTATOES	1/2 Cup	126	2	4	22	10	231
Q 045 00	FRENCH FRIED POTATOES	3-1/2 Ounces	265	3	14	34	0	11
Q 500 00	GARLIC CHEESE POTATOES	1/2 Cup	121	4	2	23	3	234
Q 070 00	GARLIC ROASTED POTATO WEDGES	4 Wedges	105	2	1	23	0	192
Q 019 00	GERMAN POTATO GRIDDLE CAKES	2 Cakes	117	3	6	12	46	244
Q 048 01	GRILLED POTATO PATTIES	2 Patties	124	3	2	23	18	203
Q 079 00	HACIENDA POTATOES	3/4 Cup	145	4	1	33	0	498
Q 046 00	HASHED BROWN POTATOES	2/3 Cup	175	2	6	28	0	242
Q 047 00	HOME FRIED POTATOES	2/3 Cup	168	3	9	32	0	217
Q 502 00	ITALIAN ROASTED POTATOES	1/2 Cup	129	3	1	29	0	237
Q 046 03	LYONNAISE POTATOES	2/3 Cup	204	3	6	35	0	218
Q 048 00	MASHED POTATOES	1/2 Cup	105	2	2	20	0	172
Q 049 00	O'BRIEN POTATOES	2/3 Cup	175	3	6	29	0	194
Q 050 00	OVEN BROWNED POTATOES	1/2 Cup	126	2	4	22	0	234
Q 050 02	OVEN-GLO POTATOES	1/2 Cup	130	2	4	23	10	268
Q 033 01	PAPRIKA BUTTERED POTATOES	4 Pieces	170	3	4	32	10	608
Q 033 00	PARSLEY BUTTERED POTATOES	4 Pieces	170	3	4	32	10	609
Q 078 00	POTATOES AND HERBS	2/3 Cup	132	3	0	31	0	57
Q 051 00	POTATOES AU GRATIN	2/3 Cup	228	6	10	30	28	444
Q 119 01	POTATOES, WHITE (CANNED)	3/4 Cup	76	2	0	17	0	376
Q 119 02	POTATOES, WHITE (FRESH)	3/4 Cup	137	3	0	32	0	83
Q 044 01	QUICK BAKED POTATO HALVES	2 Halves	151	3	1	34	0	9
Q 052 00	RISSOLE POTATOES	2/3 Cup	217	3	9	32	0	8

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<i><b>POTATOES, WHITE - continued</b></i>								
Q 504 00	ROASTED PEPPER POTATOES	2/3 Cup	103	2	2	19	0	170
Q 071 00	ROSEMARY ROASTED POTATO WEDGES	4 Wedges	112	2	1	25	0	193
Q 053 00	SCALLOPED POTATOES	2/3 Cup	152	4	3	28	1	339
<i><b>SAUERKRAUT</b></i>								
Q 059 00	GERMAN SAUERKRAUT	1/2 Cup	36	1	1	7	1	583
Q 120 01	SAUERKRAUT (CANNED)	3/4 Cup	32	2	0	7	0	1113
<i><b>SPINACH</b></i>								
Q 060 00	CLUB SPINACH	1/2 Cup	163	9	8	14	19	682
Q 121 01	SPINACH (CANNED)	3/4 Cup	32	4	1	5	0	532
Q 121 00/Q 121 02	SPINACH (FROZEN/FRESH)	3/4 Cup	34	4	0	6	0	176
Q 063 00	TANGY SPINACH	1/2 Cup	30	3	1	5	0	187
<i><b>SQUASH</b></i>								
Q 061 00	BAKED HUBBARD SQUASH	3-1/2 Ounces	97	3	4	14	10	118
Q 062 00	CREOLE SUMMER SQUASH	2/3 Cup	43	2	1	8	2	259
Q 064 00	LOUISIANA STYLE SMOTHERED SQUASH	1/2 Cup	57	1	3	8	7	241
Q 064 01	SAVORY SUMMER SQUASH	1/2 Cup	35	1	1	7	0	212
Q 074 00	SQUASH AND CARROT MEDLEY	3/4 Cup	42	2	0	9	0	132
Q 123 02	SQUASH, FALL AND WINTER (FRESH)	3/4 Cup	54	3	1	12	0	81
Q 122 00/Q 122 02	SQUASH, SUMMER (FROZEN/FRESH)	3/4 Cup	46	3	0	10	0	76
<i><b>SUCCOTASH</b></i>								
Q 124 00	SUCCOTASH (FROZEN)	3/4 Cup	114	5	1	24	0	127
<i><b>TOMATOES</b></i>								
Q 058 00	STEWED TOMATOES	1/2 Cup	23	1	0	5	0	172
Q 125 01	TOMATOES (CANNED)	3/4 Cup	33	2	0	8	0	257



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<b><i>TURNIPS</i></b>								
Q 040 00	TURNIPS AND BACON	1/2 Cup	30	1	1	5	1	217
<b><i>VEGETABLE COMBOS</i></b>								
Q 001 02	BEAN COMBO	3/4 Cup	113	4	4	17	0	83
Q 001 01	BROCCOLI COMBO	3/4 Cup	107	4	4	17	0	67
Q 001 04	BRUSSELS SPROUTS COMBO	3/4 Cup	114	4	4	18	0	73
Q 001 03	CAULIFLOWER COMBO	3/4 Cup	93	4	4	13	0	130
Q 001 06	CORN COMBO	3/4 Cup	107	3	4	18	0	66
Q 001 05	GREEN BEAN COMBO	3/4 Cup	77	2	4	10	0	81
<b><i>VEGETABLES, MIXED</i></b>								
Q 083 00	CORN AND GREEN BEAN CASSEROLE	3/4 Cup	361	8	25	29	19	431
Q 082 00	HONEY DIJON VEGETABLES	3/4 Cup	62	3	0	14	0	121
Q 073 00	JAPANESE VEGETABLE STIR FRY	3/4 Cup	81	4	2	13	0	475
Q 126 00	MIXED VEGETABLES (FROZEN)	3/4 Cup	78	4	1	16	0	130
Q 076 01	SOUTH OF THE BORDER MEDLEY (CAULIFLOWER & BROCCOLI)	2/3 Cup	33	2	0	6	0	417
Q 068 00	TEMPURA VEGETABLES	3-1/2 Ounces	143	5	6	19	36	420
Q 025 00	VEGETABLE STIR FRY	1/2 Cup	53	1	3	6	0	108
<b><u>MEATLESS ENTREES</u></b>								
<b><i>FRITTATA</i></b>								
L 175 00	POTATO FRITTATA	12 Ounces	243	18	7	28	213	568
L 174 00	RICE FRITTATA	11 Ounces	391	24	22	25	220	805
<b><i>PASTA</i></b>								
L 173 00	CHEESE TORTELLINI MARINARA	1 Cup	273	13	5	46	26	1004
L 189 00	ITALIAN BROCCOLI PASTA	11 Ounces	464	21	4	90	5	1382
L 501 00	PASTA PRIMAVERA	1 Cup	267	11	3	49	2	518
L 009 00	SPINACH LASAGNA	9-1/2 Ounces	370	25	12	45	89	1142
L 173 01	SPINACH TORTELLINI MARINARA	1 Cup	341	19	15	33	111	640

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<i>PASTA - continued</i>								
L 508 00	VEGETABLE LASAGNA	8 Ounces	292	22	7	38	16	1036
<i>PIZZA</i>								
L 171 00	CHEESE PITA PIZZA	2-1/2 Ounces	234	10	5	37	15	450
L 171 01	MUSHROOM, ONION, AND GREEN PEPPER PITA PIZZA	4 Ounces	242	10	5	38	15	490
L 165 00	PIZZA	1 Slice	226	9	9	28	16	449
<i>OTHER</i>								
F 001 00	BAKED MACARONI AND CHEESE	1 Cup	359	17	16	37	39	721
F 011 01	BROCCOLI QUICHE	4-1/2 Ounces	201	12	10	16	114	194
L 075 00	BROCCOLI, CHEESE, AND RICE	1 Cup	317	15	17	28	35	718
N 050 00	CRUNCHY VEGETABLE BURRITO	1 Burrito	280	14	3	50	4	753
N 010 00	EGG SALAD SANDWICH	1 Sandwich	335	14	17	32	323	578
N 046 00	GARDEN VEGETABLE WRAP	1 Sandwich	212	6	2	44	0	403
N 006 00	GRILLED CHEESE SANDWICH	1 Sandwich	411	17	27	26	74	713
F 014 00	MONTEREY EGG BAKE	6 Ounces	181	19	6	14	5	473
F 011 00	MUSHROOM QUICHE	4-1/2 Ounces	199	11	10	16	114	267
N 010 01	NEW YORK EGG SALAD SANDWICH (EGG AND TOMATO)	1 Sandwich	345	14	17	34	323	582
E 021 00	NUTTY RICE AND CHEESE	1 Cup	323	22	8	40	12	835
L 196 00	SOUTHWESTERN SWEET POTATOES, BLACK BEANS & CORN	1-1/4 Cups	356	15	2	74	0	197
L 203 00	VEGETABLE CURRY WITH RICE	2-1/2 Cups	458	12	3	98	0	688
L 176 00	VEGETABLE STUFFED PEPPERS	2 Halves	368	13	15	50	21	1163
L 507 00	VEGETARIAN BURRITO	2 Burritos	520	25	20	61	40	1058