

Sodexo K-12 Nutrition Program

Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
850076 APPLE, WHOLE 198 COUNT	EACH	101	53	0.17 2.9%	0.03 0.5%	0	1	13.95 106.2%	2.42	0.26 2.0%	55	4.6	6	0.12
850381 APPLESAUCE CND	1/2 CUP	122	50	0.00 0.0%	0.00 0.0%	0	10	13.00 104.0%	2.00	0.00 0.0%	45	0.0	0	0.00
850425 BANANAS:150ct	EACH	118	105	0.39 3.3%	0.13 1.1%	0	1	26.95 102.7%	3.07	1.29 4.9%	76	10.3	6	0.31
850068 BEANS KIDNEY	1/2 CUP	130	120	0.00 0.0%	0.00 0.0%	0	140	22.00 73.3%	8.00	7.00 23.3%	15	0.0	80	1.80
851021 BREADSTICK 2 OZ	EACH	57	140	0.67 4.3%	0.00 0.0%	0	160	29.33 83.8%	4.00	4.00 11.4%	3	0.0	1	1.33
850860 BREAKFAST 4 LUNCH WAFFL SAUS	2 WAF + 2 SAUS	137	320	13.99 39.4%	3.00 8.4%	65	689	31.92 40.0%	2.99	16.99 21.3%	20	0.0	140	4.31
850191 BROCCOLI FRESH	1/2 CUP	44	15	0.16 9.8%	0.02 1.1%	0	15	2.92 78.1%	1.14	1.24 33.2%	274	39.2	21	0.32
850572 BURRITO BEAN & CHZ WG K-	1 burrito	142	310	8.00 23.2%	3.00 8.7%	15	500	46.00 59.4%	10.00	15.00 19.4%	1000	3.6	200	3.60
851078 BURRITO BEAN:pinto scratch	EACH	195	305	8.50 25.1%	3.50 10.3%	15	430	42.00 55.1%	9.00	13.50 17.7%	160	0.0	240	2.88
850580 BURRITO BEAN:refriedscratch	EACH	193	325	10.50 29.1%	3.50 9.7%	15	830	43.00 52.9%	8.00	13.50 16.6%	160	0.0	220	3.24
850075 CARROT STICKS	HALF CUP	61	25	0.15 5.3%	0.02 0.8%	0	42	5.84 93.5%	1.71	0.57 9.1%	10191	3.6	20	0.18
825225 CARROTS BABY FRESH	1/2 cup	71	25	0.09 3.1%	0.01 0.5%	0	55	5.78 92.4%	2.05	0.45 7.1%	9772	1.9	23	0.64
850190 CELERY STICKS	1/2 cup	74	12	0.13 9.6%	0.03 2.3%	0	60	2.21 74.3%	1.19	0.51 17.3%	334	2.3	30	0.15
851102 CHEESEBURGER 68001 GIUL	EACH	117	295	14.50 44.2%	6.00 18.3%	45	415	23.50 31.9%	3.00	17.50 23.7%	160	6.0	120	1.80
851103 CHEESEBURGER 68001 GOL	EACH	112	305	14.50 42.8%	5.50 16.2%	45	375	26.50 34.8%	2.00	15.50 20.3%	165	6.0	140	2.16
851104 CHEESEBURGER 69001 GIUL	EACH	116	275	12.50 40.9%	5.25 17.2%	40	425	23.00 33.5%	3.00	17.50 25.5%	511	6.0	381	2.10
851105 CHEESEBURGER 69001 GOL	EACH	112	285	12.50 39.5%	4.75 15.0%	40	385	26.00 36.5%	2.00	15.50 21.8%	516	6.0	401	2.46
851113 CHICKEN BURRITO BOWL	SERVING	390	402	8.68 19.4%	3.38 7.5%	50	692	58.42 58.1%	8.02	23.21 23.1%	350	0.0	150	2.05
850768 CHICKEN NUGGETS WG:KO	7 nuggets	137	350	18.20 46.8%	3.50 9.0%	77	756	25.20 28.8%	2.80	22.40 25.6%	140	1.7	28	3.78
850078 CHICKEN NUGGETS:tyson 21	7 EACH	131	336	19.60 52.5%	3.50 9.4%	28	658	22.40 26.7%	4.20	18.20 21.7%	140	0.0	56	2.52
851201 CHICKEN ORANGE POPCOR	12 EACH	128	299	14.23 42.9%	2.54 7.7%	25	451	26.14 35.0%	3.05	15.25 20.4%	146	4.8	41	1.83
850733 CHICKEN ORANGE POPCOR	12 EACH	122	321	14.23 39.9%	2.54 7.1%	25	506	30.92 38.5%	3.05	15.25 19.0%	102	0.0	41	1.83

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850800 CORN CANNED 15483	1/2 CUP	120	80	0.00 0.0%	0.00 0.0%	0	360	17.00 85.0%	2.00	3.00 15.0%	0	1.2	0	0.36
850240 CORN DOG CHICKEN WG	EACH	113	240	8.00 30.0%	2.50 9.4%	40	390	30.00 50.0%	5.00	9.00 15.0%	25	0.0	80	1.80
851123 CRISPY CHICKEN KOCH GIU	1 sandwich	146	330	13.00 35.5%	3.00 8.2%	55	650	27.00 32.7%	4.00	22.00 26.7%	110	6.0	40	2.88
851124 CRISPY CHICKEN KOCH GS	1 sandwich	141	340	13.00 34.4%	2.50 6.6%	55	610	30.00 35.3%	3.00	20.00 23.5%	115	6.0	60	3.24
850713 CRISPY CHICKEN SAND GS K	1 sandwich	153	410	17.00 37.3%	2.50 5.5%	25	610	42.00 41.0%	5.00	20.00 19.5%	115	6.0	80	3.24
851125 CRISPY CHICKEN SAND GUIL	1 sandwich	157	400	17.00 38.3%	3.00 6.7%	25	650	39.00 39.0%	6.00	22.00 22.0%	110	6.0	60	2.88
850388 CUCUMBER SLICES	1/2 CUP	60	9	0.07 6.6%	0.02 2.4%	0	1	2.16 96.8%	0.30	0.39 17.3%	62	1.7	10	0.17
851111 DRESSING CAESAR SCRATC	1.5 OZ	40	224	23.57 94.5%	5.01 20.1%	25	324	0.87 1.5%	0.06	2.12 3.8%	2	1.7	43	0.07
851121 DRESSING RANCH SCRATCH	1.5 OZ	43	80	7.03 79.1%	1.91 21.5%	11	169	3.01 15.1%	0.23	1.62 8.1%	115	1.0	58	0.14
850816 FRUIT MIX CANNED IN JUICE	1/2 CUP	124	60	0.00 0.0%	0.00 0.0%	0	10	14.00 93.3%	1.00	0.00 0.0%	200	1.2	0	0.00
851101 GARDENBURGER GIULIANO	EACH	128	210	5.00 21.4%	0.50 2.1%	0	650	30.00 57.1%	8.00	17.00 32.4%	10	6.0	80	2.88
851052 GARDENBURGER GOLDSTA	EACH	123	220	5.00 20.5%	0.00 0.0%	0	610	33.00 60.0%	7.00	15.00 27.3%	15	6.0	100	3.24
851199 GRILLED CHEESE 1.5MMA GI	1 sandwich	98	275	12.50 40.9%	6.75 22.1%	30	565	26.00 37.8%	2.00	14.50 21.1%	1523	2.4	1122	2.34
850834 GRILLED CHEESE 1.5MMA G	1 sandwich	98	275	12.50 40.9%	6.75 22.1%	30	505	28.00 40.7%	4.00	16.50 24.0%	1503	9.6	1162	2.34
850915 HOT DOG TURKEY 51% WW	EACH	115	260	11.50 39.8%	3.00 10.4%	60	550	28.00 43.1%	3.00	13.00 20.0%	20	0.0	120	2.52
850563 HOT DOG TURKEY 51% WW	EACH	113	280	11.00 35.4%	3.00 9.6%	60	490	32.00 45.7%	2.00	14.00 20.0%	0	9.0	160	2.88
850541 ITALIAN DUNKERS WG 73338	2 breadsticks	119	310	13.00 37.7%	7.00 20.3%	40	590	31.00 40.0%	3.00	18.00 23.2%	200	0.0	400	1.80
850071 JICAMA STICKS	HALF CUP	73	38	0.12 2.9%	0.02 0.5%	0	1	10.10 106.2%	1.76	0.19 2.0%	39	3.4	4	0.09
850062 MILK CHOCOLATE FF TRU M	HALF PINT	227	120	0.00 0.0%	0.00 0.0%	5	190	20.00 66.7%	0.00	9.00 30.0%	500	1.2	300	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	227	130	2.50 17.3%	1.50 10.4%	15	160	16.00 49.2%	0.00	10.00 30.8%	500	2.4	400	0.00
850560 NACHOS CHEESE & BEANS K	EACH	189	473	24.40 46.4%	5.32 10.1%	32	1005	49.17 41.5%	3.43	15.52 13.1%	450	0.0	286	1.75
850370 ORANGE FRESH WHOLE 138	EACH	133	63	0.16 2.3%	0.03 0.4%	0	0	15.66 100.0%	3.20	1.25 8.0%	300	70.9	53	0.13

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850679 PARFAIT TROPICAL K-5	1 parfait	235	303	6.75 20.0%	1.17 3.5%	2	198	55.79 73.6%	3.31	7.39 9.7%	818	64.1	122	0.72
850823 PASTA ALFREDO JTM 5722	#6 SCOOP	143	320	12.24 34.4%	6.67 18.7%	42	753	36.44 45.5%	3.35	17.50 21.9%	487	0.0	415	1.81
850070 PEACHES CANNED DICED IN	1/2 CUP	122	50	0.00 0.0%	0.00 0.0%	0	10	12.00 96.0%	0.00	0.00 0.0%	300	1.2	0	0.00
850069 PEARS CANNED IN JUICE	1/2 CUP	125	60	0.00 0.0%	0.00 0.0%	0	5	14.00 93.3%	2.00	0.00 0.0%	0	1.2	0	0.36
850244 PEAS GREEN	1/2 CUP	92	65	0.76 10.5%	0.05 0.8%	0	151	10.73 66.3%	3.78	4.22 26.1%	818	4.0	22	0.87
850006 PIZZA SMART CHEESE 100%.	PIECE	128	300	11.00 33.0%	5.00 15.0%	25	560	34.00 45.3%	4.00	18.00 24.0%	400	0.0	300	1.80
850805 PIZZA SMART HAWAIIAN 100	PIECE	154	318	11.38 32.2%	5.12 14.5%	28	612	36.12 45.5%	4.12	19.25 24.3%	400	1.9	300	1.89
850080 PIZZA SMART W/PEP 100%.	PIECE	133	325	13.19 36.6%	5.82 16.1%	30	643	34.09 42.0%	4.00	19.00 23.4%	400	0.0	300	1.83
851014 PROTEIN PACK w/egg	CONTAIN ER	148	440	14.39 29.4%	4.82 9.8%	178	558	62.88 57.1%	5.00	16.27 14.8%	984	*0.0*	*318*	*2.07*
851051 PROTEIN PACK w/sunflower s	CONTAIN ER	132	538	24.82 41.5%	4.98 8.3%	15	569	68.91 51.2%	6.98	15.94 11.9%	735	*0.0*	*320*	*2.51*
850129 RAISINS BOX 1.5 OZ	BOX	42	130	0.00 0.0%	0.00 0.0%	0	10	31.00 95.4%	2.00	1.00 3.1%	0	0.0	20	1.08
850005 RICE BROWN WG COOKED	1/2 CUP	100	117	0.69 5.3%	0.00 0.0%	0	2	25.51 87.1%	1.38	2.76 9.4%	0	0.0	2	0.50
851070 RICE SAC VALLEY BLEND	#8 scoop	102	101	0.63 5.6%	0.00 0.0%	0	2	21.42 85.0%	1.26	2.52 10.0%	0	0.0	15	0.45
850725 ROLL DINNER 2 OZ WG ARTI	EACH	57	160	2.00 11.2%	0.00 0.0%	0	270	34.00 85.0%	5.00	5.00 12.5%	15	9.0	80	1.80
850594 SALAD CAESAR BULK SIDE	CUP	44	86	8.26 86.2%	2.17 22.6%	11	176	1.22 5.6%	0.62	2.24 10.4%	2519	1.7	47	0.30
850894 SALAD CHEF:K5	1 salad	191	127	6.07 43.1%	2.28 16.2%	115	309	4.80 15.1%	1.36	13.21 41.7%	5806	11.4	96	1.40
851020 SALAD CHICKEN CAESAR shr	PORTION	127	294	25.12 77.0%	5.58 17.1%	63	690	3.02 4.1%	0.61	15.82 21.6%	2519	1.2	79	0.71
850773 SALAD GREEN TOSSED BUL	CUP	88	16	0.17 9.5%	0.03 1.6%	0	24	2.90 73.8%	1.14	1.23 31.3%	4773	10.4	34	0.84
825846 SALAD MIX	1/2 CUP	35	6	0.06 9.5%	0.01 1.3%	0	12	1.04 71.8%	0.49	0.53 36.6%	2688	3.9	15	0.36
850553 SALAD TACO CHICKEN FAJIT	1 SALAD	225	438	23.58 48.4%	3.92 8.1%	71	569	39.64 36.2%	1.29	19.63 17.9%	536	5.1	157	1.41
850601 SAND COLD AMERICAN SUB	EACH	135	256	7.01 24.7%	2.50 8.8%	34	640	29.50 46.2%	2.00	20.12 31.5%	516	12.0	400	2.01
850600 SAND COLD HAM & CHEDDA	EACH	128	280	10.50 33.8%	5.00 16.1%	33	625	30.00 42.9%	2.00	17.00 24.3%	1017	12.0	761	2.22

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850336 SAND COLD TUNA GIULIANO	1 sandwich	139	352	19.25 49.3%	3.14 8.0%	41	616	26.63 30.3%	2.00	17.09 19.4%	20	2.4	40	1.85
850748 SAND COLD TUNA GOLD STA	1 sandwich	139	352	19.25 49.3%	3.14 8.0%	41	556	28.63 32.6%	4.00	19.09 21.7%	0	9.6	80	1.85
850597 SAND COLD TURKEY & CHD	EACH	127	281	9.76 31.3%	4.50 14.4%	38	633	29.00 41.3%	2.00	21.12 30.1%	1017	12.0	761	2.22
850542 SAND PB & J GIULIANO'S	EACH	104	370	17.01 41.4%	2.50 6.1%	0	412	47.67 51.5%	4.07	11.05 11.9%	23	2.4	61	2.19
850744 SAND PB & J GOLD STAR	EACH	104	370	17.01 41.4%	2.50 6.1%	0	352	49.67 53.7%	6.07	13.05 14.1%	3	9.6	101	2.19
850335 SAND SB & JELLY GIULIANO	1 sandwich	107	390	18.01 41.6%	2.00 4.6%	0	402	45.67 46.8%	6.07	11.05 11.3%	38	2.4	61	2.91
850747 SAND SB & JELLY GOLD STA	SANDWIC H	107	390	18.01 41.6%	2.00 4.6%	0	342	47.67 48.9%	8.07	13.05 13.4%	18	9.6	101	2.91
851130 SOPES CHICKEN BEAN & CH	1 EACH	175	289	12.48 38.8%	6.56 20.4%	52	562	27.50 38.0%	4.20	18.40 25.5%	763	1.0	230	1.90
851173 SPAGHETTI & MEATBALLS C	2#8 +3 MEATBAL L	229	423	16.00 34.0%	3.40 7.2%	58	462	51.27 48.4%	8.09	21.37 20.2%	446	3.6	67	4.32
851145 SPICY CHICKEN SAND 70314	1 sandwich	157	400	17.00 38.3%	3.50 7.9%	25	650	40.00 40.0%	6.00	21.00 21.0%	110	6.0	60	3.78
851146 SPICY CHICKEN SAND 70314	1 sandwich	152	410	17.00 37.3%	3.00 6.6%	25	610	43.00 42.0%	5.00	19.00 18.5%	115	6.0	80	4.14
850441 SYRUP PKT 1OZ 13951	POUCH 1 OZ	28	80	0.00 0.0%	0.00 0.0%	0	0	21.00 105.0%	0.00	0.00 0.0%	0	0.0	0	0.00
851114 TACO BEEF SOFT 1-320410	2 TACOS	133	324	15.74 43.7%	6.38 17.7%	34	496	29.78 36.7%	2.27	16.57 20.4%	372	0.8	226	2.44
851115 TACO BEEF SOFT 320410-20	2 TACOS	133	324	15.74 43.7%	5.88 16.3%	34	491	29.27 36.1%	2.27	16.57 20.4%	372	0.8	226	2.44
850567 TACO CHICKEN SOFT (2) WG	2 EACH	136	326	14.40 39.8%	4.90 13.5%	71	571	29.40 36.1%	2.00	20.70 25.4%	160	0.0	220	1.69
850074 TOMATOES, CHERRY	HALF CUP	74	13	0.15 10.0%	0.02 1.5%	0	4	2.87 86.4%	0.88	0.65 19.6%	614	10.1	7	0.20
850096 TUNA SALAD FILLING	#16 SCOOP	83	212	17.25 73.4%	3.14 13.3%	41	336	0.63 1.2%	0.00	13.09 24.7%	0	0.0	0	0.41

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