

Palo Alto Unified School District

Recipe Audit Report - Summary

Recipe No. Recipe Name	Portion Size	Weight (g)	Cals (kcal)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (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	10.49 79.9%	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	9.00 72.0%	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	*N/A* *N/A%*	1.29 4.9%	76	10.3	6	0.31
850209 BBQ SAUCE DISPENSER	.5 OZ	14	17	0.00 0.0%	0.00 0.0%	0	188	3.75 90.0%	0.00	*N/A* *N/A%*	0.00 0.0%	83	0.0	0	0.00
850066 BEANS PINTO	1/2 CUP	130	100	0.00 0.0%	0.00 0.0%	0	140	18.00 72.0%	7.00	0.00 0.00%	6.00 24.0%	0	0.0	40	1.44
000004 BURRITO BOWL BAR	SERVING	491	825	27.89 30.4%	11.55 12.6%	107	1937	95.46 46.3%	15.58	*5.06* *2.5%*	42.94 20.8%	*2053*	*25.0*	*439*	8.33
000013 BURRITO- GRILLED BEAN &	BURRITO	177	360	14.00 35.0%	0.00 0.0%	15	480	45.00 50.0%	6.00	4.00 4.4%	14.00 15.6%	100	0.0	150	5.40
850075 CARROT STICKS	HALF CUP	61	25	0.15 5.3%	0.02 0.8%	0	42	5.84 93.5%	1.71	2.89 46.2%	0.57 9.1%	10191	3.6	20	0.18
850845 CHEESEBURGER 15-320-09G	EACH	128	355	20.00 50.7%	8.75 22.2%	50	460	27.00 30.4%	3.00	4.00 4.5%	17.50 19.7%	521	0.0	381	2.46
850734 CHICKEN POPCORN WG 703	12 pieces	94	254	14.23 50.4%	2.54 9.0%	25	386	15.25 24.0%	3.05	1.02 1.6%	15.25 24.0%	102	0.0	41	1.83
850828 CHICKEN TENDER SPICY TY	3 tenders	97	260	15.00 51.9%	2.50 8.7%	25	390	17.00 26.2%	3.00	1.00 1.5%	15.00 23.1%	100	0.0	40	1.80
851108 CHIPOTLE BBQ PULL TURKE	1 SANDWIC H	211	292	7.59 23.4%	2.02 6.2%	51	1456	37.04 50.8%	3.05	*11.61* *15.9%*	19.58 26.8%	176	1.6	22	3.15
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	*N/A* *N/A%*	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	5.00 8.3%	9.00 15.0%	25	0.0	80	1.80
850388 CUCUMBER SLICES	1/2 CUP	60	9	0.07 6.6%	0.02 2.4%	0	1	2.16 96.8%	0.30	0.99 44.5%	0.39 17.3%	62	1.7	10	0.17
850402 DRESSING RANCH DISPENS	.5 OZ	14	76	8.03 95.6%	1.42 16.9%	5	113	0.47 2.5%	0.00	*N/A* *N/A%*	0.00 0.0%	0	0.0	0	0.00
850210 DRESSING RANCH LF DISPE	.5 OZ	14	21	1.04 45.0%	0.21 9.0%	0	133	3.34 64.0%	0.42	*N/A* *N/A%*	0.00 0.0%	0	0.5	8	0.00
851148 FLATBREAD BBQ CHICKEN s	1 Flatbread	153	315	11.92 34.0%	4.77 13.6%	26	1068	35.52 45.1%	2.70	*8.76* *11.1%*	18.07 22.9%	370	0.9	224	1.85
826477 GRAPES WHOLE	1/2 cup	85	57	0.30 4.7%	0.09 1.5%	0	2	14.59 102.4%	0.77	13.82 97.0%	0.54 3.8%	85	3.4	12	0.25
850814 GRILLED CHEESE WG C1340	EA 4.19 OZ	119	284	10.15 32.1%	5.75 18.2%	32	655	30.54 43.0%	2.27	*N/A* *N/A%*	18.54 26.1%	524	0.0	468	1.23
851057 HAMBURGER 1-15-320-09 GI	EACH	114	310	16.50 47.9%	6.50 18.9%	40	365	27.00 34.8%	3.00	4.00 5.2%	14.00 18.1%	20	0.0	20	2.16

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850211 KETCHUP DISPENSER	.5 OZ	14	17	0.00 0.0%	0.00 0.0%	0	133	4.17 100.0%	0.00	*N/A* *N/A%*	0.00 0.0%	83	1.0	0	0.00
825275 KIWI FRUIT FRESH	EACH	76	46	0.40 7.7%	0.02 0.4%	0	2	11.14 96.1%	2.28	6.83 59.0%	0.87 7.5%	66	70.5	26	0.24
851096 MAC & CHEESE LOL	#6 SCOOP	174	284	11.08 35.1%	5.54 17.6%	28	692	29.77 42.0%	1.39	6.23 8.8%	17.31 24.4%	692	0.0	415	1.00
850208 MAYONNAISE DISPENSER	.5 OZ	14	94	10.39 99.0%	1.42 13.5%	5	80	0.00 0.0%	0.00	*N/A* *N/A%*	0.00 0.0%	0	0.0	0	0.00
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	18.00 60.0%	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	15.00 46.2%	10.00 30.8%	500	2.4	400	0.00
850202 MUSTARD DISPENSER	.5 OZ	14	0	0.00 0.00%	0.00 0.00%	0	177	0.00 0.00%	0.00	*N/A* *N/A%*	0.00 0.00%	0	0.0	0	0.00
000014 NEW YORK PIZZA BAR	SLICE	269	459	20.55 40.2%	12.07 23.6%	81	1905	38.65 33.7%	4.63	*3.99* *3.5%*	33.19 28.9%	700	24.5	*531*	3.29
850370 ORANGE FRESH WHOLE 138	EACH	133	63	0.16 2.3%	0.03 0.4%	0	0	15.66 100.0%	3.20	*N/A* *N/A%*	1.25 8.0%	300	70.9	53	0.13
850824 PASTA ALFREDO w/CHICKEN	2 #8 SCOOPS	129	268	9.96 33.4%	4.91 16.4%	49	633	29.42 43.8%	2.70	*0.00* *0.00%*	16.79 25.0%	328	0.0	288	1.55
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	*N/A* *N/A%*	0.00 0.0%	300	1.2	0	0.00
825233 PEARS DICED CND	1/2 CUP	130	60	0.00 0.0%	0.00 0.0%	0	10	14.00 93.3%	2.00	12.00 80.0%	0.00 0.0%	60	0.0	0	0.00
850244 PEAS GREEN	1/2 CUP	92	65	0.76 10.5%	0.05 0.8%	0	151	10.73 66.3%	3.78	*N/A* *N/A%*	4.22 26.1%	818	4.0	22	0.87
851061 PHILLY CHEESE STEAK SUB	EACH	242	448	14.81 29.7%	5.05 10.1%	98	716	37.95 33.9%	3.14	7.72 6.9%	41.30 36.9%	337	43.5	242	4.00
850109 PIZZA BIG DADDY'S HT CHEE	SLICE	141	340	14.01 37.1%	7.01 18.5%	35	571	36.04 42.4%	4.00	6.01 7.1%	18.02 21.2%	400	0.0	350	1.80
850138 PIZZA BIG DADDY'S HT HAW	SLICE	167	358	14.39 36.2%	7.13 17.9%	38	623	38.16 42.7%	4.13	*6.01* *6.7%*	19.27 21.5%	400	1.9	350	1.89
850115 PIZZA BIG DADDY'S HT PEPP	SLICE	148	373	16.93 40.8%	8.10 19.5%	42	681	36.16 38.8%	4.00	6.13 6.6%	19.35 20.7%	401	0.0	350	1.85
850137 PIZZA BIG DADDY'S HT SAUS	SLICE	162	409	19.89 43.7%	9.02 19.8%	48	759	37.05 36.2%	4.33	6.32 6.2%	20.91 20.4%	426	0.2	364	2.11
850141 PIZZA BIG DADDY'S HT VEG	SLICE	192	366	15.35 37.7%	7.02 17.3%	35	642	38.35 41.9%	4.64	*7.28* *8.0%*	18.53 20.2%	570	12.3	356	1.93
826344 PIZZA SCR 16" BROCC RANCH:	1/8th slice	166	446	23.56 47.6%	9.94 20.1%	52	724	36.97 33.2%	3.90	3.91 3.5%	21.97 19.7%	621	14.7	421	1.95
000005 POTATO BAR	SERVING	395	428	18.29 38.5%	10.34 21.7%	75	1545	42.66 39.9%	5.97	*0.74* *0.7%*	23.89 22.3%	1347	42.6	265	1.76
850179 POTATO FRENCH FRIES	1/2 CUP	69	110	3.50 28.6%	0.50 4.1%	0	130	18.00 65.5%	1.00	*N/A* *N/A%*	2.00 7.3%	0	3.6	0	0.36

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850176 POTATO TATER TOTS	1/2 cup	71	130	6.00 41.5%	1.00 6.9%	0	310	16.00 49.2%	2.00	*N/A* *N/A%*	2.00 6.2%	0	3.6	0	0.00
851014 PROTEIN PACK w/egg	CONTAINER	148	440	14.39 29.4%	4.82 9.8%	178	558	62.88 57.1%	5.00	*29.88* *27.1%*	16.27 14.8%	984	*0.0*	*318*	*2.07*
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	*N/A* *N/A%*	1.00 3.1%	0	0.0	20	1.08
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	3.00 7.5%	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	0.41 1.9%	2.24 10.4%	2519	1.7	47	0.30
850996 SALAD CAESAR veg:6-12	PORTION	162	468	43.02 82.7%	9.67 18.6%	42	837	11.28 9.6%	3.19	*3.65* *3.1%*	16.12 13.8%	5252	2.3	308	1.63
851045 SALAD CHICKEN CAESAR shr	PORTION	168	316	25.87 73.7%	5.79 16.5%	71	708	4.10 5.2%	1.21	0.69 0.9%	18.84 23.9%	5037	2.3	88	1.09
825857 SALAD FT GARDEN:G612	1 salad	281	130	3.36 23.3%	0.80 5.5%	92	141	16.97 52.2%	5.41	*3.70* *11.4%*	8.49 26.1%	11104	20.0	103	2.77
850952 SALAD GREEK:G612 shredded	1 salad	341	242	8.50 31.7%	2.15 8.0%	49	613	18.36 30.4%	5.62	*2.65* *4.4%*	22.29 36.9%	10952	20.6	117	2.67
850554 SALAD TACO VEG G6-12	1 SALAD	389	463	19.04 37.0%	8.62 16.8%	15	276	56.90 49.2%	11.61	*0.78* *0.7%*	15.42 13.3%	922	10.3	214	3.04
850409 SALSA MILD PACE	OZ	28	12	0.03 2.0%	0.01 0.7%	0	191	2.44 83.1%	0.22	*N/A* *N/A%*	0.45 15.3%	87	3.1	12	0.13
825577 SAND BURGER BLACKBEAN:	1 burger	139	310	9.00 26.1%	1.00 2.9%	0	650	39.00 50.3%	10.00	5.00 6.5%	20.00 25.8%	25	0.0	80	2.88
825038 SAND BURGER CHICKEN:K12	1 sandwich	146	330	13.00 35.5%	2.50 6.8%	55	660	29.00 35.2%	5.00	3.00 3.6%	22.00 26.7%	115	0.0	60	3.24
850975 SAND COLD AMERICAN SUB	EACH	158	286	8.01 25.2%	3.50 11.0%	34	760	32.50 45.5%	5.00	2.00 2.8%	23.12 32.4%	511	9.0	381	2.01
850340 SAND COLD TURKEY & CHEE	EACH	126	271	9.76 32.5%	4.50 15.0%	38	683	26.00 38.4%	2.00	4.00 5.9%	20.12 29.8%	1022	2.4	761	2.22
850980 SAND COLD TURKEY & CHZ	EACH	150	311	10.76 31.2%	5.50 15.9%	38	753	32.00 41.2%	5.00	2.00 2.6%	24.12 31.1%	1012	9.0	741	2.22
851126 SPAGHETTI & MEAT SAUCE	2 #6 SCOOPS	280	279	8.74 28.2%	3.00 9.7%	25	158	35.41 50.8%	7.26	9.87 14.2%	15.70 22.5%	673	8.9	30	3.80
850527 SPICY CHICKEN SAND 70314	1 sandwich	157	410	17.50 38.4%	3.50 7.7%	25	680	44.00 42.9%	6.00	5.00 4.9%	19.00 18.5%	120	0.0	60	3.78
826662 TACO BEEF CORN:K8	2 tacos	139	259	9.90 34.5%	3.86 13.4%	41	370	27.40 42.4%	3.36	*1.36* *2.1%*	16.03 24.8%	605	4.1	153	2.44
000003 TERIYAKI BOWL BAR	SERVING	327	412	7.61 16.6%	1.71 3.7%	77	1723	60.01 58.3%	4.39	*1.60* *1.6%*	22.54 21.9%	*2571*	*6.5*	*34*	2.38
850564 WRAP CHICKEN CAESAR K-5	WRAP	171	328	15.74 43.1%	4.03 11.0%	55	538	26.06 31.7%	2.56	*2.00* *2.4%*	20.90 25.5%	141	1.5	144	2.17
826863 WRAP FT TUNA SALAD:G6-12	1 wrap	272	267	4.72 15.9%	1.54 5.2%	28	655	35.03 52.5%	4.61	*3.84* *5.8%*	21.01 31.5%	5680	15.8	188	2.78

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