

Redmond School District

Recipe Nutrient Composition - Detailed

1389 - BEANS REFRIED VEGETARIAN BAJA

Number of Portions: 48.000

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Size of Portion: 1/2 CUP

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902997 BEANS REFRIED VEGETARIAN	2 #10 Can	113.40	95.952	*N/A*	122.121	0.872	0.419	*N/A*
14429 WATER	1 CUP	4.94	0.000	0.000	0.148	0.000	0.000	0.000
900009 ENCHILADA SAUCE, RED	2 CUP	9.45	2.324	0.000	66.614	*N/A*	0.000	0.000
Totals		128.00	98.276	*0.000*	188.883	*0.872*	0.419	*0.000*
% of Calories				*0.000%*		*3.549%*	3.834%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902997 BEANS REFRIED VEGETARIAN	*N/A*	17.446	4.361	6.106	230.948	40.187	0.166	1.762	*N/A*	*N/A*
14429 WATER	0.000	0.000	0.000	0.000	0.000	0.148	0.000	0.000	4.933	0.005
900009 ENCHILADA SAUCE, RED	0.000	0.465	0.155	0.000	116.186	0.000	0.186	0.418	*N/A*	*N/A*
Totals		*0.000*	17.911	4.516	6.106	347.135	40.335	2.180	*4.933*	*N/A*
% of Calories			72.899%		24.852%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990277 - BRUNCH FOR LUNCH FRENCH TOAST AND TOTS

Number of Portions: 60.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902983 FRENCH TOAST WG 51%	60 (5 STICKS)	167.26	378.491	2.226	667.925	11.132	40.075	*N/A*
900034 POTATO TOTS SIMPLOT	60 (8 piece serving)	64.00	114.286	1.143	167.619	*N/A*	6.857	0.000
Totals		231.00	492.776	3.369	835.544	*11.132*	46.933	*0.000*
% of Calories				6.154%		*9.036%*	85.717%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902983 FRENCH TOAST WG 51%	278.302	55.660	4.453	17.811	8.906	8.906	21.374	17.811	*N/A*	*N/A*
900034 POTATO TOTS SIMPLOT	0.000	12.952	1.524	0.762	0.000	0.000	1.829	*N/A*	*N/A*	*N/A*
Totals		278.302	68.613	5.977	18.573	8.906	23.202	*17.811*	*N/A*	*N/A*
% of Calories			55.695%		15.076%					

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Redmond School District

Recipe Nutrient Composition - Detailed

842 - CHEESEBURGER WITH WG BUN

Number of Portions: 1.000

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902973	CHEESE SLICED AMERICAN	1/2 oz	14.17	50.624	2.531	253.121	0.506	0.000
904020	Beef patty	1 (1 PATTY)	70.87	170.000	5.000	220.000	*N/A*	1.000
904035	Bun Hamburger	1 (1 BUN)	51.03	150.000	*N/A*	190.000	3.000	*N/A*
Totals			136.00	370.624	*7.531*	663.121	*3.506*	*1.000*
% of Calories					*18.288%*		*3.784%*	*2.428%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902973	CHEESE SLICED AMERICAN	12.656	1.012	0.000	2.531	0.000	67.836	0.000	0.000	0.000
904020	Beef patty	35.000	2.000	1.000	12.000	2.000	40.000	*N/A*	1.800	*N/A*
904035	Bun Hamburger	*N/A*	26.000	2.000	7.000	15.000	40.000	*N/A*	1.440	*N/A*
Totals		*47.656*	29.013	3.000	21.531	17.000	147.836	*0.000*	3.240	*0.000*
% of Calories			31.312%		23.238%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990110 - CHICKEN BURGER WG ON WG BUN

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902972 BUN HAMBURGER FRANZ	1 (1 BUN)	60.00	150.000	*N/A*	190.000	3.000	1.500	*N/A*
900189 TYSON BREADED CHICKEN PATTY	1 (1 Patty)	91.00	230.000	2.000	490.000	*N/A*	12.000	0.000
Totals		151.00	380.000	*2.000*	680.000	*3.000*	13.500	*0.000*
% of Calories				*4.737%*		*3.158%*	31.974%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902972 BUN HAMBURGER FRANZ	0.000	26.000	2.000	7.000	15.000	40.000	0.000	1.440	*N/A*	*N/A*
900189 TYSON BREADED CHICKEN PATTY	20.000	15.000	3.000	13.000	0.000	40.000	0.000	1.800	*N/A*	*N/A*
Totals		20.000	41.000	5.000	20.000	80.000	0.000	3.240	*N/A*	*N/A*
% of Calories			43.158%		21.053%					

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Recipe Nutrient Composition - Detailed

1116 - CHICKEN BURGER WITH TOTS

Number of Portions: 1.000

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	
902972	BUN HAMBURGER FRANZ	1 (1 BUN)	60.00	150.000	*N/A*	190.000	3.000	1.500	*N/A*
900189	TYSON BREADED CHICKEN PATTY	1 (1 Patty)	91.00	230.000	2.000	490.000	*N/A*	12.000	0.000
902454	TATER TOTS,FRZ,PREP	1 (8 tot serving)	76.00	144.400	1.383	364.800	*N/A*	6.551	*N/A*
Totals			227.00	524.400	*3.383*	1044.800	*3.000*	20.051	*0.000*
% of Calories					*5.806%*		*2.288%*	34.413%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
902972	BUN HAMBURGER FRANZ	0.000	26.000	2.000	7.000	15.000	40.000	0.000	1.440	*N/A*	*N/A*
900189	TYSON BREADED CHICKEN PATTY	20.000	15.000	3.000	13.000	0.000	40.000	0.000	1.800	*N/A*	*N/A*
902454	TATER TOTS,FRZ,PREP	0.000	21.090	1.900	1.558	3.800	10.640	4.788	0.486	45.372	1.429
Totals		20.000	62.090	6.900	21.558	18.800	90.640	4.788	3.726	*45.372*	*N/A*
% of Calories			47.361%		16.444%						

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Redmond School District

Recipe Nutrient Composition - Detailed

1354 - CHICKEN NUGGETS WG

Number of Portions: 25.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900087 CHICKEN NUGGET TYSON	25 (5 nuggets per serving)	92.14	240.355	2.504	470.694	*N/A*	14.021	0.000
Totals		92.00	240.355	2.504	470.694	*N/A*	14.021	0.000
% of Calories				9.375%		*N/A%*	52.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900087 CHICKEN NUGGET TYSON	20.030	16.024	3.004	13.019	100.148	40.059	0.000	1.803	0.000	0.000
Totals		20.030	16.024	3.004	13.019	40.059	0.000	1.803	0.000	0.000
% of Calories			26.667%		21.666%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990037 - CHICKEN, FAJITA STRIPS BAJA

Number of Portions: 23.000

Size of Portion: 3.4 OZ

*Nutrients are based upon 1 Portion Size (3.4 OZ)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900174 CHICKEN FAJITA STRIPS FULLY COOKED FROZEN	5 LB	98.61	124.808	2.046	619.949	*N/A*	4.092	0.000
Totals		99.00	124.808	2.046	619.949	*N/A*	4.092	0.000
% of Calories				14.754%		*N/A%*	29.508%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900174 CHICKEN FAJITA STRIPS FULLY COOKED FROZEN	75.703	2.046	0.000	18.414	409.207	40.921	9.821	0.634	*N/A*	*N/A*
Totals		75.703	2.046	0.000	18.414	40.921	9.821	0.634	*N/A*	*N/A*
% of Calories			6.557%		59.015%					

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Redmond School District

Recipe Nutrient Composition - Detailed

1326 - CHICKEN, FAJITA STRIPS SEASONED

Number of Portions: 23.000

Size of Portion: 3.4 OZ

*Nutrients are based upon 1 Portion Size (3.4 OZ)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900174 CHICKEN FAJITA STRIPS FULLY COOKED FROZEN	5 LB	98.61	124.808	2.046	619.949	*N/A*	4.092	0.000
Totals		99.00	124.808	2.046	619.949	*N/A*	4.092	0.000
% of Calories				14.754%		*N/A%*	29.508%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900174 CHICKEN FAJITA STRIPS FULLY COOKED FROZEN	75.703	2.046	0.000	18.414	409.207	40.921	9.821	0.634	*N/A*	*N/A*
Totals		75.703	2.046	0.000	18.414	40.921	9.821	0.634	*N/A*	*N/A*
% of Calories			6.557%		59.015%					

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Recipe Nutrient Composition - Detailed

990045 - CHICKEN, NUGGET MS/HS

Number of Portions: 18.000

Size of Portion: 6 NUGGET SER

*Nutrients are based upon 1 Portion Size (6 NUGGET SER)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900087 CHICKEN NUGGET TYSON	18 (6 nuggets per serving)	128.99	336.496	3.505	658.972	*N/A*	19.629	0.000
Totals		129.00	336.496	3.505	658.972	*N/A*	19.629	0.000
% of Calories				9.375%		*N/A%*	52.500%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900087 CHICKEN NUGGET TYSON	28.041	22.433	4.206	18.227	140.207	56.083	0.000	2.524	0.000	0.000
Totals		28.041	22.433	4.206	18.227	56.083	0.000	2.524	0.000	0.000
% of Calories			26.667%		21.667%					

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Redmond School District

Recipe Nutrient Composition - Detailed

1355 - CHICKEN, POPCORN WG K - 5

Number of Portions: 1.000

Size of Portion: 12 piece

*Nutrients are based upon 1 Portion Size (12 piece)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902936 CHICKEN POPCORN WG TYSON	1 (12 pieces)	122.00	298.511	3.245	441.277	*N/A*	16.872	*N/A*
Totals		122.00	298.511	3.245	441.277	*N/A*	16.872	*N/A*
% of Calories				9.783%		*N/A%*	50.869%	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902936 CHICKEN POPCORN WG TYSON	25.957	18.170	2.596	18.170	129.787	51.915	*N/A*	2.336	*N/A*	*N/A*
Totals		25.957	18.170	2.596	18.170	51.915	*N/A*	2.336	*N/A*	*N/A*
% of Calories			24.348%		24.348%					

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Recipe Nutrient Composition - Detailed

1277 - CHICKEN, POPCORN WG MS/HS

Number of Portions: 1.000

Size of Portion: 15 PIECE SRV

*Nutrients are based upon 1 Portion Size (15 PIECE SRV)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902936 CHICKEN POPCORN WG TYSON	1 (15 piece serving)	180.00	440.426	4.787	651.064	*N/A*	24.894	*N/A*
Totals		180.00	440.426	4.787	651.064	*N/A*	24.894	*N/A*
% of Calories				9.783%		*N/A%*	50.869%	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902936 CHICKEN POPCORN WG TYSON	38.298	26.809	3.830	26.809	191.489	76.596	*N/A*	3.447	*N/A*	*N/A*
Totals		38.298	26.809	3.830	26.809	76.596	*N/A*	3.447	*N/A*	*N/A*
% of Calories			24.348%		24.348%					

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Recipe Nutrient Composition - Detailed

5078 - CHIP, TORTILLA BAJA PORTION

Number of Portions: 1.000

Size of Portion: 2 OZ

*Nutrients are based upon 1 Portion Size (2 OZ)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900163 CHIPS TORTILLA	2 oz	56.70	283.495	4.050	303.745	*N/A*	14.175	0.000
Totals		57.00	283.495	4.050	303.745	*N/A*	14.175	0.000
% of Calories				12.857%		*N/A%*	45.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900163 CHIPS TORTILLA	0.000	22.275	2.025	4.050	0.000	40.499	0.000	0.729	0.000	0.000
Totals		0.000	22.275	2.025	4.050	40.499	0.000	0.729	0.000	0.000
% of Calories			31.429%		5.714%					

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Recipe Nutrient Composition - Detailed

990069 - CORN DOG WG BREADING

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900124 CORN DOG FOSTER FARMS CHICKEN LOWER FAT RSD	1 (1)	113.40	280.000	4.500	830.000	*N/A*	15.000	0.000
Totals		113.00	280.000	4.500	830.000	*N/A*	15.000	0.000
% of Calories				14.464%		*N/A%*	48.214%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900124 CORN DOG FOSTER FARMS CHICKEN LOWER FAT RSD	45.000	26.000	1.000	10.000	*N/A*	60.000	*N/A*	3.600	*N/A*	*N/A*
Totals		45.000	26.000	1.000	10.000	*N/A*	*N/A*	3.600	*N/A*	*N/A*
% of Calories			37.143%		14.286%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990333 - CRISPY CHICKEN SALAD

Number of Portions: 1.000

Source: RSD NSL 2019 20

Group Code: SALADS

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	
900180	LETTUCE ROMAINE CHOPPED	1 cup	62.37	10.604	0.022	4.987	*N/A*	0.191	0.000
900087	CHICKEN NUGGET TYSON	1 (5 nuggets per serving)	92.14	240.355	2.504	470.694	*N/A*	14.021	0.000
11313	PEAS GREEN IQF	3 TABLESPOON	85.05	66.338	0.042	61.235	3.742	0.230	0.000
902635	CHERRY TOMATOES	3 EACH	31.47	5.702	0.000	1.478	*N/A*	0.000	0.000
903801	CHEESE CHEDDAR SHREDDED	1/4 oz	7.09	24.806	0.886	68.181	*N/A*	1.954	*N/A*
900122	CROUTONS SEASONED WG 1617	1 oz	28.35	121.498	0.000	303.745	*N/A*	4.050	*N/A*
Totals			306.00	469.302	3.453	910.319	*3.742*	20.445	*0.000*
% of Calories					6.623%		*3.189%*	39.208%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900180	LETTUCE ROMAINE CHOPPED	0.000	2.053	1.313	0.770	366.667	22.000	14.960	0.660	*N/A*	0.000
900087	CHICKEN NUGGET TYSON	20.030	16.024	3.004	13.019	100.148	40.059	0.000	1.803	0.000	0.000
11313	PEAS GREEN IQF	0.000	12.128	3.827	4.380	1786.019	20.412	8.420	1.293	67.631	0.680
902635	CHERRY TOMATOES	0.000	1.267	0.422	0.211	263.992	2.112	*N/A*	0.076	*N/A*	*N/A*
903801	CHEESE CHEDDAR SHREDDED	3.685	0.118	0.000	1.690	130.408	51.454	0.000	0.034	3.006	0.322
900122	CROUTONS SEASONED WG 1617	0.000	16.200	0.000	4.050	0.000	0.000	0.000	0.000	*N/A*	*N/A*
Totals		23.715	47.789	8.567	24.120	2647.233	136.037	*23.380*	3.865	*70.637*	*N/A*
% of Calories			40.732%		20.558%						

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Redmond School District

Recipe Nutrient Composition - Detailed

990334 - CRISPY CHICKEN SALAD MS/HS

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: SALADS

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	
900180	LETTUCE ROMAINE CHOPPED	1 1/2 cup	93.55	15.906	0.033	7.480	*N/A*	0.286	0.000
900087	CHICKEN NUGGET TYSON	1 (5 nuggets per serving)	92.14	240.355	2.504	470.694	*N/A*	14.021	0.000
11313	PEAS GREEN IQF	3 TABLESPOON	85.05	66.338	0.042	61.235	3.742	0.230	0.000
902635	CHERRY TOMATOES	3 EACH	31.47	5.702	0.000	1.478	*N/A*	0.000	0.000
903801	CHEESE CHEDDAR SHREDDED	1/4 oz	7.09	24.806	0.886	68.181	*N/A*	1.954	*N/A*
900122	CROUTONS SEASONED WG 1617	1 oz	28.35	121.498	0.000	303.745	*N/A*	4.050	*N/A*
Totals			338.00	474.604	3.464	912.813	*3.742*	20.540	*0.000*
% of Calories					6.569%		*3.154%*	38.951%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
900180	LETTUCE ROMAINE CHOPPED	0.000	3.080	1.969	1.155	550.000	33.000	22.440	0.990	*N/A*	0.000
900087	CHICKEN NUGGET TYSON	20.030	16.024	3.004	13.019	100.148	40.059	0.000	1.803	0.000	0.000
11313	PEAS GREEN IQF	0.000	12.128	3.827	4.380	1786.019	20.412	8.420	1.293	67.631	0.680
902635	CHERRY TOMATOES	0.000	1.267	0.422	0.211	263.992	2.112	*N/A*	0.076	*N/A*	*N/A*
903801	CHEESE CHEDDAR SHREDDED	3.685	0.118	0.000	1.690	130.408	51.454	0.000	0.034	3.006	0.322
900122	CROUTONS SEASONED WG 1617	0.000	16.200	0.000	4.050	0.000	0.000	0.000	0.000	*N/A*	*N/A*
Totals		23.715	48.816	9.223	24.505	2830.566	147.037	*30.860*	4.195	*70.637*	*N/A*
% of Calories			41.143%		20.653%						

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Redmond School District

Recipe Nutrient Composition - Detailed

990112 - DELI HAM AND CHEESE

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	
902945	HAM PORK SLICED TFS	1 7/8 oz	53.16	45.562	0.000	410.055	*N/A*	1.519	0.000
902892	CHEESE SLICED YELLOW USDA	1/2 oz	14.17	55.000	2.500	135.000	0.500	4.500	0.000
902972	BUN HAMBURGER FRANZ	1 (1 BUN)	60.00	150.000	*N/A*	190.000	3.000	1.500	*N/A*
Totals			127.00	250.562	*2.500*	735.055	*3.500*	7.519	*0.000*
% of Calories					*8.980%*		*5.587%*	27.007%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902945	HAM PORK SLICED TFS	0.000	1.519	0.000	9.112	0.000	0.000	0.547	*N/A*	*N/A*
902892	CHEESE SLICED YELLOW USDA	12.500	1.000	0.000	2.500	150.000	0.000	0.000	*N/A*	*N/A*
902972	BUN HAMBURGER FRANZ	0.000	26.000	2.000	7.000	15.000	40.000	0.000	1.440	*N/A*
Totals		12.500	28.519	2.000	18.612	165.000	40.000	0.000	1.987	*N/A*
% of Calories			45.528%		29.712%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990245 - FISH BITES

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903999 FISH BITES	1 (8 PIECES)	113.40	230.000	2.000	300.000	1.000	11.000	*N/A*
Totals		113.00	230.000	2.000	300.000	1.000	11.000	*N/A*
% of Calories				7.826%		1.739%	43.043%	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903999 FISH BITES	35.000	20.000	1.000	11.000	0.000	*N/A*	*N/A*	1.100	*N/A*	*N/A*
Totals		35.000	20.000	1.000	11.000	0.000	*N/A*	1.100	*N/A*	*N/A*
% of Calories			34.783%		19.130%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990135 - FISH BITES AND TOTS

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900034 POTATO TOTS SIMPLOT	1 (8 piece serving)	64.00	114.286	1.143	167.619	*N/A*	6.857	0.000
903999 FISH BITES	1 (8 PIECES)	113.40	230.000	2.000	300.000	1.000	11.000	*N/A*
Totals		177.00	344.286	3.143	467.619	*1.000*	17.857	*0.000*
% of Calories				8.216%		*1.162%*	46.680%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900034 POTATO TOTS SIMPLOT	0.000	12.952	1.524	0.762	0.000	0.000	1.829	*N/A*	*N/A*	*N/A*
903999 FISH BITES	35.000	20.000	1.000	11.000	0.000	*N/A*	*N/A*	1.100	*N/A*	*N/A*
Totals		35.000	32.952	2.524	11.762	0.000	*1.829*	*1.100*	*N/A*	*N/A*
% of Calories			38.285%		13.665%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990330 - FRIJOLES W/ TORT CHIPS

Number of Portions: 1.000

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Size of Portion: SERVINGS

*Nutrients are based upon 1 Portion Size (SERVINGS)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
16103 BEANS,REFRIED,CANNED	3 oz	85.05	76.544	0.537	314.679	0.459	1.709	0.014
900163 CHIPS TORTILLA	2 oz	56.70	283.495	4.050	303.745	*N/A*	14.175	0.000
601431 Cheese Sauce, Mucho Queso Cheese cup	1 each	85.05	130.000	6.000	830.000	*N/A*	9.000	0.000
900009 ENCHILADA SAUCE, RED	1 tbsp	14.17	3.486	0.000	99.921	*N/A*	0.000	0.000
Totals		241.00	493.524	10.587	1548.345	*0.459*	24.884	0.014
% of Calories				19.306%		*0.372%*	45.379%	0.025%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
16103 BEANS,REFRIED,CANNED	0.000	11.524	3.147	4.235	0.000	24.664	5.103	1.225	66.125	1.454
900163 CHIPS TORTILLA	0.000	22.275	2.025	4.050	0.000	40.499	0.000	0.729	0.000	0.000
601431 Cheese Sauce, Mucho Queso Cheese cup	30.000	4.000	0.000	8.000	300.000	300.000	0.000	0.360	*N/A*	*N/A*
900009 ENCHILADA SAUCE, RED	0.000	0.697	0.232	0.000	174.280	0.000	0.279	0.627	*N/A*	*N/A*
Totals		30.000	38.496	5.404	16.285	474.280	365.163	5.382	*66.125*	*N/A*
% of Calories			31.201%		13.199%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990208 - FRUIT (whole or frozen cup) and Cheese

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
904037 PEACH CUPS FROZEN DICED	1 (1 unit)	124.74	114.993	0.010	7.796	27.023	0.156	*N/A*
903843 STRING CHEESE STICKS 1 OZ EACH	2 (1 stick)	56.70	45.359	1.701	113.398	*N/A*	2.835	0.000
Totals		181.00	160.352	1.711	121.194	*27.023*	2.991	*0.000*
% of Calories				9.602%		*67.409%*	16.787%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904037 PEACH CUPS FROZEN DICED	*N/A*	29.216	2.144	0.770	345.952	3.898	114.798	0.448	*N/A*	*N/A*
903843 STRING CHEESE STICKS 1 OZ EACH	8.505	0.567	0.000	4.536	404.995	404.995	0.000	0.000	*N/A*	*N/A*
Totals		*8.505*	29.783	2.144	5.306	750.948	114.798	0.448	*N/A*	*N/A*
% of Calories			74.294%		13.236%					

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Redmond School District

Recipe Nutrient Composition - Detailed

685 - HAMBURGER WITH WG BUN

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
904020 Beef patty	1 (1 PATTY)	70.87	170.000	5.000	220.000	*N/A*	13.000	1.000
904035 Bun Hamburger	1 (1 BUN)	51.03	150.000	*N/A*	190.000	3.000	1.500	*N/A*
Totals		122.00	320.000	*5.000*	410.000	*3.000*	14.500	*1.000*
% of Calories				*14.062%*		*3.750%*	40.781%	*2.812%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904020 Beef patty	35.000	2.000	1.000	12.000	2.000	40.000	*N/A*	1.800	*N/A*	*N/A*
904035 Bun Hamburger	*N/A*	26.000	2.000	7.000	15.000	40.000	*N/A*	1.440	*N/A*	*N/A*
Totals		*35.000*	28.000	3.000	19.000	80.000	*N/A*	3.240	*N/A*	*N/A*
% of Calories			35.000%		23.750%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990227 - MACARONI AND CHEESE HS MS

Number of Portions: 10.000

Size of Portion: 8 oz

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

Source: RSD NSL 2019 20
Group Code: LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903978 Mac and Cheese	10 (8 OZ HS SERVING)	226.80	466.667	*N/A*	1213.333	4.000	28.000	1.333
Totals		227.00	466.667	*N/A*	1213.333	4.000	28.000	1.333
% of Calories				*N/A%*		3.429%	54.000%	2.571%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903978 Mac and Cheese	86.667	30.667	2.667	22.667	*N/A*	524.000	*N/A*	1.333	*N/A*	*N/A*
Totals		86.667	30.667	2.667	22.667	524.000	*N/A*	1.333	*N/A*	*N/A*
% of Calories			26.286%		19.429%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990267 - MACARONI AND CHEESE WG ELEM

Number of Portions: 13.000

Size of Portion: 6 oz

*Nutrients are based upon 1 Portion Size (6 oz)

Source: RSD NSL 2019 20

Group Code: LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903978 Mac and Cheese	13 (1 serving)	170.10	350.000	*N/A*	910.000	3.000	21.000	1.000
Totals		170.00	350.000	*N/A*	910.000	3.000	21.000	1.000
% of Calories				*N/A%*		3.429%	54.000%	2.571%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903978 Mac and Cheese	65.000	23.000	2.000	17.000	*N/A*	393.000	*N/A*	1.000	*N/A*	*N/A*
Totals		65.000	23.000	2.000	17.000	393.000	*N/A*	1.000	*N/A*	*N/A*
% of Calories			26.286%		19.429%					

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Redmond School District

Recipe Nutrient Composition - Detailed

1325 - NACHO CHEESE SAUCE SEASONED BAJA

Number of Portions: 60.000

Size of Portion: 2 OZ

*Nutrients are based upon 1 Portion Size (2 OZ)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902764	NACHO CHEESE SAUCE TRENTON	1 #10 CAN	50.08	63.599	0.795	445.192	*N/A*	*N/A*
900136	MILK 1%	1 cup	3.78	1.762	0.024	2.082	*N/A*	0.000
904019	Salsa, Pouch	4 oz	1.89	0.591	*N/A*	2.067	0.059	*N/A*
Totals			56.00	65.951	*0.819*	449.341	*0.059*	*4.810*
% of Calories					*11.176%*		*0.358%*	*65.640%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902764	*N/A*	3.975	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
900136	0.160	0.208	0.000	0.128	8.008	4.805	0.019	0.000	*N/A*	*N/A*
904019	*N/A*	0.118	0.059	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Totals		*0.160*	4.301	0.059	*0.128*	*8.008*	*0.019*	*0.000*	*0.000*	*N/A*
% of Calories			26.088%		*0.776%*					

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Redmond School District

Recipe Nutrient Composition - Detailed

990261 - PIZZA BBQ CHICKEN 8 CT WG

Number of Portions: 1.000

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902964 Pizza Cheese 8 CT WG Wild Mikes	1 (1 SLICE)	156.00	360.000	8.000	510.000	*N/A*	17.000	*N/A*
900174 CHICKEN FAJITA STRIPS FULLY COOKED FROZEN	12 oz	340.19	430.588	7.059	2138.824	*N/A*	14.118	0.000
900254 BBQ SAUCE	8 oz	226.80	266.819	0.000	2001.141	53.364	0.000	0.000
Totals		723.00	1057.407	15.059	4649.965	*53.364*	31.118	*0.000*
% of Calories				12.817%		*20.187%*	26.485%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902964 Pizza Cheese 8 CT WG Wild Mikes	30.000	34.000	3.000	20.000	500.000	450.000	6.000	2.700	*N/A*	*N/A*
900174 CHICKEN FAJITA STRIPS FULLY COOKED FROZEN	261.176	7.059	0.000	63.529	1411.765	141.176	33.882	2.188	*N/A*	*N/A*
900254 BBQ SAUCE	0.000	66.705	*N/A*	0.000	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Totals		291.176	107.764	*3.000*	83.529	*1911.765*	*39.882*	*4.888*	*N/A*	*N/A*
% of Calories			40.765%		31.598%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990238 - PIZZA CHEESE 8 CT WG

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902964 Pizza Cheese 8 CT WG Wild Mikes	1 (1 SLICE)	156.00	360.000	8.000	510.000	*N/A*	17.000	*N/A*
Totals		156.00	360.000	8.000	510.000	*N/A*	17.000	*N/A*
% of Calories				20.000%		*N/A%*	42.500%	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902964 Pizza Cheese 8 CT WG Wild Mikes	30.000	34.000	3.000	20.000	500.000	450.000	6.000	2.700	*N/A*	*N/A*
Totals		30.000	34.000	3.000	20.000	450.000	6.000	2.700	*N/A*	*N/A*
% of Calories			37.778%		22.222%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990263 - Pizza Cheese W PEPPERONI, GF Spec Diet

Number of Portions: 1.000

Size of Portion: 6 oz. Pizza

*Nutrients are based upon 1 Portion Size (6 oz. Pizza)

Source: RSD NSL 2019 20

Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903788	Pizza Round Dough GF 3 oz.	1 Each	85.05	234.000	7.100	655.250	1.130	0.000
902824	PIZZA SAUCE	1 oz	28.35	15.504	0.000	137.318	*N/A*	0.000
903802	CHEESE, MOZZARELLA SHREDDED	2 oz	56.70	169.530	4.394	458.695	*N/A*	*N/A*
902879	PEPPERONI CHICKEN ADDED TYSON	1 (7 slices)	14.17	70.874	2.278	263.246	*N/A*	*N/A*
Totals			184.00	489.908	13.772	1514.509	*1.130*	*0.000*
% of Calories					25.301%		*0.923%*	*55.163%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903788	52.710	27.260	0.270	6.410	19600.000	1960.000	0.000	12.960	*N/A*	*N/A*
902824	0.000	2.658	0.443	0.443	132.888	35.437	2.658	0.319	*N/A*	*N/A*
903802	17.577	1.162	0.000	14.804	742.757	421.841	0.000	0.397	26.603	2.313
902879	15.187	0.506	*N/A*	2.531	*N/A*	0.000	0.000	1.012	*N/A*	*N/A*
Totals		85.474	31.586	*0.713*	24.188	*20475.645*	2.658	14.688	*26.603*	*N/A*
% of Calories			25.790%		19.749%					

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Redmond School District

Recipe Nutrient Composition - Detailed

1318 - PIZZA CHEESE WG 10 CT

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903979 PIZZA CHEESE 10 CT	1 (1 SLICE)	156.00	377.040	9.171	591.035	4.076	18.342	*N/A*
Totals		156.00	377.040	9.171	591.035	4.076	18.343	*N/A*
% of Calories				21.892%		4.324%	43.784%	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903979 PIZZA CHEESE 10 CT	35.666	34.647	3.057	20.381	10.190	40.761	15.285	10.190	*N/A*	*N/A*
Totals		35.666	34.647	3.057	20.381	40.761	15.285	10.190	*N/A*	*N/A*
% of Calories			36.757%		21.622%					

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Redmond School District

Recipe Nutrient Composition - Detailed

1443 - Pizza Cheese, GF Spec Diet

Number of Portions: 1.000

Size of Portion: 6 oz. Pizza

*Nutrients are based upon 1 Portion Size (6 oz. Pizza)

Source: RSD NSL 2019 20
Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903788	Pizza Round Dough GF 3 oz.	1 Each	85.05	234.000	7.100	655.250	1.130	0.000
902824	PIZZA SAUCE	1 oz	28.35	15.504	0.000	137.318	*N/A*	0.000
903802	CHEESE, MOZZARELLA SHREDDED	2 oz	56.70	169.530	4.394	458.695	*N/A*	*N/A*
Totals			170.00	419.034	11.494	1251.263	*1.130*	*0.000*
% of Calories					24.687%		50.359%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903788	52.710	27.260	0.270	6.410	19600.000	1960.000	0.000	12.960	*N/A*	*N/A*
902824	0.000	2.658	0.443	0.443	132.888	35.437	2.658	0.319	*N/A*	*N/A*
903802	17.577	1.162	0.000	14.804	742.757	421.841	0.000	0.397	26.603	2.313
Totals		70.287	31.080	0.713	21.657	20475.645	2417.277	2.658	*26.603*	*N/A*
% of Calories			29.668%		20.673%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990303 - PIZZA COMBO HAM OLIVE PEPPERONI 8 CT

Number of Portions: 8.000

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902963 Pizza Pepperoni 8 CT WG Wild Mikes	8 slice	155.92	340.000	9.000	580.000	*N/A*	18.000	*N/A*
900094 HAM, DICED	4 oz	14.17	12.000	0.000	108.000	*N/A*	0.400	0.004
902740 OLIVES SLICED RIPE	4 oz	14.17	22.148	0.000	84.163	*N/A*	1.772	0.000
Totals		184.00	374.148	9.000	772.163	*N/A*	20.172	*0.004*
% of Calories				21.649%		*N/A%*	48.523%	*0.010%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902963 Pizza Pepperoni 8 CT WG Wild Mikes	35.000	34.000	3.000	20.000	500.000	400.000	9.000	1.800	*N/A*	*N/A*
900094 HAM, DICED	0.000	0.400	0.000	2.400	0.000	0.000	0.000	0.144	*N/A*	*N/A*
902740 OLIVES SLICED RIPE	0.000	0.886	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Totals		35.000	35.286	*3.000*	*22.400*	*500.000*	*9.000*	*1.944*	*N/A*	*N/A*
% of Calories			37.724%		*23.948%*					

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Redmond School District

Recipe Nutrient Composition - Detailed

990260 - PIZZA COMBO PEPPERONI 8 CT

Number of Portions: 8.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	
902963	Pizza Pepperoni 8 CT WG Wild Mikes	8 slice	155.92	340.000	9.000	580.000	*N/A*	18.000	*N/A*
900094	HAM, DICED	4 oz	14.17	12.000	0.000	108.000	*N/A*	0.400	0.004
903957	PEPPER/ONION BLEND	8 oz	28.35	5.000	*N/A*	2.000	0.750	*N/A*	*N/A*
902740	OLIVES SLICED RIPE	4 oz	14.17	22.148	0.000	84.163	*N/A*	1.772	0.000
Totals			213.00	379.148	*9.000*	774.163	*0.750*	*20.172*	*0.004*
% of Calories					*21.364%*		*0.791%*	*47.883%*	*0.009%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
902963	Pizza Pepperoni 8 CT WG Wild Mikes	35.000	34.000	3.000	20.000	500.000	400.000	9.000	1.800	*N/A*	*N/A*
900094	HAM, DICED	0.000	0.400	0.000	2.400	0.000	0.000	0.144	*N/A*	*N/A*	
903957	PEPPER/ONION BLEND	*N/A*	1.250	0.250	0.250	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
902740	OLIVES SLICED RIPE	0.000	0.886	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
Totals		*35.000*	36.536	*3.250*	*22.650*	*500.000*	*400.000*	*9.000*	*1.944*	*N/A*	*N/A*
% of Calories			38.545%		*23.896%*						

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Redmond School District

Recipe Nutrient Composition - Detailed

990262 - PIZZA FAJITA CHICKEN 8 CT WG

Number of Portions: 8.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902964 Pizza Cheese 8 CT WG Wild Mikes	8 (1 SLICE)	156.00	360.000	8.000	510.000	*N/A*	17.000	*N/A*
900174 CHICKEN FAJITA STRIPS FULLY COOKED FROZEN	12 oz	42.52	53.824	0.882	267.353	*N/A*	1.765	0.000
903957 PEPPER/ONION BLEND	8 oz	28.35	5.000	*N/A*	2.000	0.750	*N/A*	*N/A*
Totals		227.00	418.824	*8.882*	779.353	*0.750*	*18.765*	*0.000*
% of Calories				*19.087%*		*0.716%*	*40.323%*	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902964 Pizza Cheese 8 CT WG Wild Mikes	30.000	34.000	3.000	20.000	500.000	450.000	6.000	2.700	*N/A*	*N/A*
900174 CHICKEN FAJITA STRIPS FULLY COOKED FROZEN	32.647	0.882	0.000	7.941	176.471	17.647	4.235	0.274	*N/A*	*N/A*
903957 PEPPER/ONION BLEND	*N/A*	1.250	0.250	0.250	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Totals		*62.647*	36.132	3.250	28.191	*676.471*	*10.235*	*2.974*	*N/A*	*N/A*
% of Calories			34.508%		26.924%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990073 - PIZZA PEPPERONI 8 CT

Number of Portions: 8.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902963 Pizza Pepperoni 8 CT WG Wild Mikes	8 slice	155.92	340.000	9.000	580.000	*N/A*	18.000	*N/A*
Totals		156.00	340.000	9.000	580.000	*N/A*	18.000	*N/A*
% of Calories				23.824%		*N/A%*	47.647%	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902963 Pizza Pepperoni 8 CT WG Wild Mikes	35.000	34.000	3.000	20.000	500.000	400.000	9.000	1.800	*N/A*	*N/A*
Totals		35.000	34.000	3.000	20.000	400.000	9.000	1.800	*N/A*	*N/A*
% of Calories			40.000%		23.529%					

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Redmond School District

Recipe Nutrient Composition - Detailed

1317 - PIZZA PEPPERONI WG 10 CT

Number of Portions: 10.000

Size of Portion: each

*Nutrients are based upon 1 Portion Size (each)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
904017 Pizza Pepperoni 10 cut	1 (1 SLICE)	5.60	15.600	0.900	58.000	0.400	1.800	*N/A*
Totals		6.00	15.600	0.900	58.000	0.400	1.800	*N/A*
% of Calories				51.923%		10.256%	103.846%	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904017 Pizza Pepperoni 10 cut	3.500	3.400	0.300	2.000	1.000	4.000	1.500	1.000	*N/A*	*N/A*
Totals		3.500	3.400	0.300	2.000	4.000	1.500	1.000	*N/A*	*N/A*
% of Calories			87.179%		51.282%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990276 - POPCORN CHICKEN WG BOWL

Number of Portions: 30.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: ENTREES

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902936 CHICKEN POPCORN WG TYSON	30 (12 pieces)	122.00	298.511	3.245	441.277	*N/A*	16.872	*N/A*
900128 MASHED POTATO, IDAHOAN DRY	30 (1/2 cup prepared)	113.40	394.428	0.000	1528.408	*N/A*	4.930	0.000
903783 Turkey Gravy Mix, Trio 20 oz. bag	1 Bag	18.90	70.874	*N/A*	566.990	0.000	1.181	0.000
900113 CHEESE, CHEDDAR, SHREDDED YELLOW	8 oz	7.56	30.133	1.600	48.000	*N/A*	2.400	*N/A*
903802 CHEESE, MOZZARELLA SHREDDED	7 oz	6.61	19.779	0.513	53.514	*N/A*	1.371	*N/A*
Totals		268.00	813.724	*5.357*	2638.189	*0.000*	26.755	*0.000*
% of Calories				*5.925%*		*0.000%*	29.592%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902936 CHICKEN POPCORN WG TYSON	25.957	18.170	2.596	18.170	129.787	51.915	*N/A*	2.336	*N/A*	*N/A*
900128 MASHED POTATO, IDAHOAN DRY	0.000	83.816	4.930	9.861	0.000	98.607	147.910	1.775	*N/A*	*N/A*
903783 Turkey Gravy Mix, Trio 20 oz. bag	0.000	14.175	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
900113 CHEESE, CHEDDAR, SHREDDED YELLOW	8.000	0.000	0.000	1.867	0.000	54.400	0.000	0.000	*N/A*	*N/A*
903802 CHEESE, MOZZARELLA SHREDDED	2.051	0.136	0.000	1.727	86.655	49.215	0.000	0.046	3.104	0.270
Totals		36.008	116.297	7.526	31.625	216.442	*147.910*	4.157	*3.104*	*N/A*
% of Calories			57.168%		15.546%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990035 - PORK CHILI VERDE

Number of Portions: 84.000

Size of Portion: 2.5 OZ

*Nutrients are based upon 1 Portion Size (2.5 OZ)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903869 Salsa Verde	2 (100 oz. Can)	67.50	105.298	0.000	3.375	8.100	0.000	0.000
902708 TOMATOES, CANNED, DICED	1 #10 CAN	34.42	7.112	0.000	62.590	*N/A*	0.000	0.000
799986 SALT, KOSHER	1 oz	0.34	0.000	0.000	131.623	*N/A*	0.000	*N/A*
904022 Pork Pulled USDA	15 3/4 LB	85.05	85.500	1.500	180.750	0.000	3.750	0.750
Totals		187.00	197.910	1.500	378.338	*8.100*	3.750	*0.750*
% of Calories				6.821%		*16.371%*	17.053%	*3.411%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903869 Salsa Verde	0.000	26.325	14.175	4.050	4.050	2.700	2.700	2.700	*N/A*	*N/A*
902708 TOMATOES, CANNED, DICED	0.000	1.422	0.286	0.286	213.373	11.381	3.415	0.207	*N/A*	*N/A*
799986 SALT, KOSHER	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	*N/A*	*N/A*
904022 Pork Pulled USDA	37.500	0.000	0.000	8.250	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Totals		37.500	27.746	14.460	12.586	*217.423*	*14.081*	*6.115*	*2.906*	*N/A*
% of Calories			56.079%		25.438%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990140 - POTATOES, CURLY FRIES

Number of Portions: 26.000

Size of Portion: 3 OZ SERVING

*Nutrients are based upon 1 Portion Size (3 OZ SERVING)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903782 Twister Fries Seasoned Lamb Weston	1 (5 lb Bag)	87.23	164.103	2.051	430.769	1.026	8.205	0.000
Totals		87.00	164.103	2.051	430.769	1.026	8.205	0.000
% of Calories				11.250%		2.501%	45.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903782 Twister Fries Seasoned Lamb Weston	0.000	20.513	2.051	2.051	5.128	0.000	4.923	1.108	*N/A*	*N/A*
Totals		0.000	20.513	2.051	2.051	5.128	4.923	1.108	*N/A*	*N/A*
% of Calories			50.000%		4.999%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990153 - PULLED PORK SANDWICH ELEMENTARY

Number of Portions: 20.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902972 BUN HAMBURGER FRANZ	20 (1 BUN)	60.00	150.000	*N/A*	190.000	3.000	1.500	*N/A*
904022 Pork Pulled USDA	3 3/4 LB	85.05	85.500	1.500	180.750	0.000	3.750	0.750
Totals		145.00	235.500	*1.500*	370.750	3.000	5.250	*0.750*
% of Calories				*5.732%*		5.096%	20.064%	*2.866%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902972 BUN HAMBURGER FRANZ	0.000	26.000	2.000	7.000	15.000	40.000	0.000	1.440	*N/A*	*N/A*
904022 Pork Pulled USDA	37.500	0.000	0.000	8.250	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Totals		37.500	26.000	2.000	15.250	*40.000*	*0.000*	*1.440*	*N/A*	*N/A*
% of Calories			44.161%		25.902%					

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Redmond School District

Recipe Nutrient Composition - Detailed

1107 - RICE SEASONED BAJA BAR

Number of Portions: 50.000

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Size of Portion: 1 CUP

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900004 RICE WHOLE GRAIN SYSCO	4 3/4 LB	43.09	156.695	0.000	0.000	*N/A*	1.469	0.000
14429 WATER	2 qt + 1/2 qt	47.40	0.000	0.000	1.422	0.000	0.000	0.000
2047 SALT, TABLE	1 TBSP	0.36	0.000	0.000	139.529	0.000	0.000	0.000
2020 GARLIC POWDER	1 TSP	0.06	0.205	0.000	0.037	0.002	0.000	0.000
2026 ONION POWDER	1 TSP	0.05	0.164	0.000	0.035	0.003	0.000	0.000
2028 PAPRIKA	1/2 TSP	0.02	0.065	0.000	0.016	0.002	0.003	0.000
901180 CUMIN, GROUND	1/2 TSP	0.02	0.079	0.000	0.035	*N/A*	0.005	*N/A*
902708 TOMATOES, CANNED, DICED	2 CUP	9.68	2.000	0.000	17.600	*N/A*	0.000	0.000
Totals		101.00	159.208	0.001	158.674	*0.007*	1.478	*0.000*
% of Calories				0.006%		*0.018%*	8.353%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900004 RICE WHOLE GRAIN SYSCO	0.000	32.318	1.959	3.917	0.000	0.000	0.000	*N/A*	*N/A*	*N/A*
14429 WATER	0.000	0.000	0.000	0.000	0.000	1.422	0.000	0.000	47.353	0.047
2047 SALT, TABLE	0.000	0.000	0.000	0.000	0.000	0.086	0.000	0.001	0.001	0.359
2020 GARLIC POWDER	0.000	0.045	0.006	0.010	0.000	0.049	0.001	0.004	0.004	0.002
2026 ONION POWDER	0.000	0.038	0.007	0.005	0.000	0.184	0.011	0.002	0.003	0.002
2028 PAPRIKA	0.000	0.012	0.008	0.003	11.328	0.053	0.000	0.005	0.003	0.002
901180 CUMIN, GROUND	0.000	0.009	0.002	0.004	0.267	0.196	0.002	0.014	0.002	0.002
902708 TOMATOES, CANNED, DICED	0.000	0.400	0.080	0.080	60.000	3.200	0.960	0.058	*N/A*	*N/A*
Totals		0.000	32.823	2.062	4.020	71.595	5.190	0.974	*47.364*	*N/A*
% of Calories			82.466%		10.100%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990231 - SANDWICH SMUCKERS PBJ WG MS HS

Number of Portions: 72.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903976 PBJ SMUCKERS MS HS	72 (1 SANDWICH)	150.00	600.000	6.000	540.000	29.000	34.000	*N/A*
Totals		150.00	600.000	6.000	540.000	29.000	34.000	*N/A*
% of Calories				9.000%		19.333%	51.000%	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903976 PBJ SMUCKERS MS HS	*N/A*	64.000	7.000	18.000	*N/A*	6.000	*N/A*	15.000	*N/A*	*N/A*
Totals		*N/A*	64.000	7.000	18.000	6.000	*N/A*	15.000	*N/A*	*N/A*
% of Calories			42.667%		12.000%					

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Redmond School District

Recipe Nutrient Composition - Detailed

1426 - SANDWICH TURKEY AND CHEESE MSHS

Number of Portions: 1.000

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902951	TURKEY BREAST, DELI USDA	3 oz	85.05	91.123	0.607	607.489	*N/A*	0.000
902973	CHEESE SLICED AMERICAN	1 oz	28.35	101.248	5.062	506.241	1.012	0.000
902974	BREAD SANDWICH FRANZ	1 (2 SLICES)	64.00	160.000	*N/A*	210.000	*N/A*	*N/A*
Totals			177.00	352.372	*5.670*	1323.730	*1.012*	*0.000*
% of Calories					*14.482%*		34.201%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902951	TURKEY BREAST, DELI USDA	37.968	1.519	0.000	18.225	0.000	0.000	1.822	0.547	0.000
902973	CHEESE SLICED AMERICAN	25.312	2.025	0.000	5.062	0.000	135.673	0.000	0.000	0.000
902974	BREAD SANDWICH FRANZ	*N/A*	28.000	2.000	8.000	*N/A*	40.000	*N/A*	1.440	*N/A*
Totals		*63.280*	31.544	2.000	31.287	*0.000*	175.673	*1.822*	1.987	*0.000*
% of Calories			35.807%		35.516%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990332 - SANDWICH, BBQ PULLED PORK & TOTS MS/HS

Number of Portions: 27.000

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)	
902972	BUN HAMBURGER FRANZ	26 (1 BUN)	57.78	144.444	*N/A*	182.963	2.889	1.444	*N/A*
900254	BBQ SAUCE	2 LB + 9 oz	43.05	50.646	0.000	379.846	10.129	0.000	0.000
904022	Pork Pulled USDA	5 LB	84.00	84.444	1.481	178.519	0.000	3.704	0.741
Totals			185.00	279.535	*1.482*	741.328	13.018	5.148	*0.741*
% of Calories					*4.770%*		18.628%	16.575%	*2.385%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)	
902972	BUN HAMBURGER FRANZ	0.000	25.037	1.926	6.741	14.444	38.519	0.000	1.387	*N/A*	*N/A*
900254	BBQ SAUCE	0.000	12.662	*N/A*	0.000	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
904022	Pork Pulled USDA	37.037	0.000	0.000	8.148	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Totals		37.037	37.699	*1.926*	14.889	*14.444*	*38.519*	*0.000*	*1.387*	*N/A*	*N/A*
% of Calories			53.945%		21.305%						

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Redmond School District

Recipe Nutrient Composition - Detailed

990136 - SANDWICH, BBQ PULLED PORK ELEMENTARY

Number of Portions: 27.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902972 BUN HAMBURGER FRANZ	26 (1 BUN)	57.78	144.444	*N/A*	182.963	2.889	1.444	*N/A*
900254 BBQ SAUCE	2 LB + 9 oz	43.05	50.646	0.000	379.846	10.129	0.000	0.000
904022 Pork Pulled USDA	5 LB	84.00	84.444	1.481	178.519	0.000	3.704	0.741
Totals		185.00	279.535	*1.482*	741.328	13.018	5.148	*0.741*
% of Calories				*4.770%*		18.628%	16.575%	*2.385%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902972 BUN HAMBURGER FRANZ	0.000	25.037	1.926	6.741	14.444	38.519	0.000	1.387	*N/A*	*N/A*
900254 BBQ SAUCE	0.000	12.662	*N/A*	0.000	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
904022 Pork Pulled USDA	37.037	0.000	0.000	8.148	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Totals		37.037	37.699	*1.926*	14.889	*38.519*	*0.000*	*1.387*	*N/A*	*N/A*
% of Calories			53.945%		21.305%					

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Redmond School District

Recipe Nutrient Composition - Detailed

5120 - SANDWICH, SMUCKERS GRAPE WG K - 5

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900037 PB&J SMUCKERS GRAPE WG	1 (1 SANDWICH)	76.00	300.000	3.000	280.000	14.000	17.000	0.000
Totals		76.00	300.000	3.000	280.000	14.000	17.000	0.000
% of Calories				9.000%		18.667%	51.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900037 PB&J SMUCKERS GRAPE WG	0.000	32.000	4.000	9.000	0.000	20.000	0.000	1.440	*N/A*	*N/A*
Totals		0.000	32.000	4.000	9.000	20.000	0.000	1.440	*N/A*	*N/A*
% of Calories			42.667%		12.000%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990247 - SANDWICH, SMUCKERS STRAW WG K - 5

Number of Portions: 1.000

Source: RSD NSL 2019 20

Group Code: ENTREES

Size of Portion: 2.6 OZ

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

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903989 Sandwich PBJ Straw 2.6	2 5/8 oz	73.71	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Totals		74.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories				*N/A%*		*N/A%*	*N/A%*	*N/A%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903989 Sandwich PBJ Straw 2.6	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Totals		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories			*N/A%*		*N/A%*					

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Redmond School District

Recipe Nutrient Composition - Detailed

883 - SANDWICH, TUNA

Number of Portions: 50.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
15121 TUNA,LIGHT,WATER PAK,DRAINED	2 CAN (66.5 OZ CAN)	57.83	49.736	0.122	142.847	0.000	0.555	0.001
4026 MAYONNAISE	1 LB + 10 oz	14.74	105.698	1.268	83.733	0.071	11.705	*N/A*
11945 PICKLE RELISH, SWEET	4 oz	2.27	2.948	0.001	18.393	0.661	0.011	0.000
902974 BREAD SANDWICH FRANZ	5 loaf 19 slices	69.17	172.932	*N/A*	226.973	*N/A*	2.162	*N/A*
Totals		144.00	331.315	*1.391*	471.947	*0.731*	14.432	*0.001*
% of Calories				*3.779%*		*0.883%*	39.205%	*0.003%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
15121 TUNA,LIGHT,WATER PAK,DRAINED	20.820	0.000	0.000	11.243	32.965	9.832	0.000	0.943	45.191	0.549
4026 MAYONNAISE	8.698	0.398	0.000	0.162	41.277	2.654	0.000	0.074	2.255	0.221
11945 PICKLE RELISH, SWEET	0.000	0.795	0.025	0.008	27.624	0.068	0.023	0.020	1.408	0.046
902974 BREAD SANDWICH FRANZ	*N/A*	30.263	2.162	8.647	*N/A*	43.233	*N/A*	1.556	*N/A*	*N/A*
Totals		*29.517*	31.456	2.187	20.060	*101.865*	*0.023*	2.593	*48.854*	*N/A*
% of Calories			37.978%		24.219%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990155 - SANDWICH, TURKEY AND CHEESE K - 5

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
902951	TURKEY BREAST, DELI USDA	2 oz	56.70	60.749	0.405	404.993	*N/A*	0.000
902974	BREAD SANDWICH FRANZ	1 (2 SLICES)	64.00	160.000	*N/A*	210.000	*N/A*	*N/A*
902973	CHEESE SLICED AMERICAN	1 oz	28.35	101.248	5.062	506.241	1.012	0.000
Totals			149.00	321.997	*5.467*	1121.234	*1.012*	*0.000*
% of Calories					*15.282%*		*1.257%*	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
902951	TURKEY BREAST, DELI USDA	25.312	1.012	0.000	12.150	0.000	0.000	1.215	0.364	0.000
902974	BREAD SANDWICH FRANZ	*N/A*	28.000	2.000	8.000	*N/A*	40.000	*N/A*	1.440	*N/A*
902973	CHEESE SLICED AMERICAN	25.312	2.025	0.000	5.062	0.000	135.673	0.000	0.000	0.000
Totals		*50.624*	31.037	2.000	25.212	*0.000*	175.673	*1.215*	*0.000*	*N/A*
% of Calories			38.556%		31.320%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990331 - SPAGHETTI W MEATBALLS

Number of Portions: 32.000

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Size of Portion: serving

*Nutrients are based upon 1 Portion Size (serving)

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900079 SPAGHETTI	4 LB	7.09	26.250	0.000	0.000	*N/A*	0.125	0.000
902362 SPAGHETTI SAUCE,CND	1 #10 CAN	91.25	99.462	0.620	452.600	*N/A*	4.353	*N/A*
904064 MEATBALLS ADVANCE PIERRE	32 (5 PIECES)	70.87	190.000	6.000	220.000	1.000	14.000	*N/A*
Totals		169.00	315.713	6.621	672.600	*1.000*	18.478	*0.000*
% of Calories				18.873%		*1.267%*	52.674%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900079 SPAGHETTI	0.000	5.125	0.250	0.875	0.000	0.000	0.000	0.225	*N/A*	*N/A*
902362 SPAGHETTI SAUCE,CND	0.000	14.536	3.102	1.661	1119.637	25.550	10.220	0.593	68.775	1.934
904064 MEATBALLS ADVANCE PIERRE	35.000	4.000	1.000	14.000	100.000	40.000	1.200	1.440	*N/A*	*N/A*
Totals		35.000	23.661	4.352	16.536	1219.637	65.550	11.420	*68.775*	*N/A*
% of Calories			29.978%		20.951%					

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Redmond School District

Recipe Nutrient Composition - Detailed

1457 - TACO BOWL, BAJA

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900262 TORTILLA WW 10" DON PONCHO	1 (1 TORTILLA)	68.00	180.000	3.500	360.000	*N/A*	5.000	0.000
Totals		68.00	180.000	3.500	360.000	*N/A*	5.000	0.000
% of Calories				17.500%		*N/A%*	25.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900262 TORTILLA WW 10" DON PONCHO	0.000	29.000	4.000	5.000	0.000	100.000	0.000	2.700	*N/A*	*N/A*
Totals		0.000	29.000	4.000	5.000	100.000	0.000	2.700	*N/A*	*N/A*
% of Calories			64.444%		11.111%					

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Redmond School District

Recipe Nutrient Composition - Detailed

990139 - TACO MEAT, BEEF

Number of Portions: 24.000

Size of Portion: 3.3 OZ

*Nutrients are based upon 1 Portion Size (3.3 OZ)

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
904032 Beef TACO MEAT	5 LB	94.50	150.000	2.500	416.667	1.667	7.500	*N/A*
900009 ENCHILADA SAUCE, RED	1 CUP	9.45	2.324	0.000	66.614	*N/A*	0.000	0.000
Totals		104.00	152.324	2.500	483.280	*1.667*	7.500	*0.000*
% of Calories				14.771%		*4.378%*	44.313%	*0.000%*

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
904032 Beef TACO MEAT	33.333	8.333	1.667	11.667	*N/A*	*N/A*	10.000	2.400	*N/A*	*N/A*
900009 ENCHILADA SAUCE, RED	0.000	0.465	0.155	0.000	116.186	0.000	0.186	0.418	*N/A*	*N/A*
Totals		33.333	8.798	1.822	11.667	*116.186*	10.186	2.818	*N/A*	*N/A*
% of Calories			23.104%		30.637%					

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Redmond School District

Recipe Nutrient Composition - Detailed

5089 - TORTILLA WG 8" DON PONCHO, BAJA MS

Number of Portions: 24.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20
Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
903845 TORTILLA 8" WG Don Poncho	24 (1 tortilla)	56.70	144.527	2.779	277.936	1.112	3.891	0.000
Totals		57.00	144.527	2.779	277.936	1.112	3.891	0.000
% of Calories				17.308%		3.078%	24.231%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
903845 TORTILLA 8" WG Don Poncho	0.000	23.347	3.335	4.447	*N/A*	88.940	*N/A*	3.002	*N/A*	*N/A*
Totals		0.000	23.347	3.335	4.447	*N/A*	88.940	3.002	*N/A*	*N/A*
% of Calories			64.615%		12.308%					

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Redmond School District

Recipe Nutrient Composition - Detailed

1391 - TORTILLA, WG 10" BAJA HIGH SCHOOL

Number of Portions: 1.000

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Source: RSD NSL 2019 20
Group Code: GRAINS

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900262 TORTILLA WW 10" DON PONCHO	1 (1 TORTILLA)	68.00	180.000	3.500	360.000	*N/A*	5.000	0.000
Totals		68.00	180.000	3.500	360.000	*N/A*	5.000	0.000
% of Calories				17.500%		*N/A%*	25.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900262 TORTILLA WW 10" DON PONCHO	0.000	29.000	4.000	5.000	0.000	100.000	0.000	2.700	*N/A*	*N/A*
Totals		0.000	29.000	4.000	5.000	100.000	0.000	2.700	*N/A*	*N/A*
% of Calories			64.444%		11.111%					

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Redmond School District

Recipe Nutrient Composition - Detailed

1439 - TOTS TATER

Number of Portions: 30.000

Size of Portion: 1/2 CUP

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

Source: RSD NSL 2019 20

Group Code: NATIONAL SCHOOL LUNCH

Ingredient	Quantity	Weight (g)	Calories ¹ (kcal)	Sat Fat ¹ (g)	Sodium ¹ (mg)	Sugars (g)	Total Fat (g)	Trans Fat ² (g)
900034 POTATO TOTS SIMPLOT	30 (8 piece serving)	64.00	114.286	1.143	167.619	*N/A*	6.857	0.000
2047 SALT, TABLE	2 tsp	0.40	0.000	0.000	155.032	0.000	0.000	0.000
Totals		64.00	114.286	1.143	322.651	*0.000*	6.857	0.000
% of Calories				9.000%		*0.000%*	54.000%	0.000%

Ingredient	Chol (mg)	Carbs (g)	Fiber (g)	Protein (g)	Vit-A (IU)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Water (g)	Ash (g)
900034 POTATO TOTS SIMPLOT	0.000	12.952	1.524	0.762	0.000	0.000	1.829	*N/A*	*N/A*	*N/A*
2047 SALT, TABLE	0.000	0.000	0.000	0.000	0.000	0.096	0.000	0.001	0.001	0.399
Totals		0.000	12.952	1.524	0.762	0.096	1.829	*0.001*	*0.001*	*N/A*
% of Calories			45.333%		2.667%					

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