

San Jose 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)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
001071 Apple Juice, 6 oz.	carton	170	83	0.00 0.0%	0.00 0.0%	0	11	21.00 101.8%	0.00	0.15 0.7%	0	1.8	17	0.30
001253 Apple Juice, Suncup 4 oz 100%	ea	113	55	0.00 0.0%	0.00 0.0%	0	8	14.00 101.8%	0.00	0.10 0.7%	0	1.2	11	0.20
000826 APPLE SLICES, FUJI,3/8c	3/8 cup	72	41	0.21 4.7%	0.04 0.8%	0	0	10.60 103.9%	1.36	0.14 1.4%	32	2.9	3	0.07
000562 Applesauce : USDA 3/8 CUP	3/8 CUP	92	63	0.16 2.3%	0.03 0.4%	0	2	16.13 102.9%	1.11	0.15 0.9%	6	1.6	3	0.11
001287 Bagel & Yogurt	serving	227	360	5.00 12.5%	2.50 6.2%	15	625	63.02 70.0%	0.00	12.00 13.3%	400	2.4	360	0.00
000141 Bagel & Yogurt HS	1 BAGEL	255	490	10.67 19.6%	2.50 4.6%	15	725	97.00 79.2%	2.67	17.00 13.9%	400	1.2	340	*4.32*
000469 Bagel w/cream cheese	Bagel	113	270	5.00 16.7%	2.50 8.3%	15	550	44.02 65.2%	0.00	9.00 13.3%	400	1.2	60	*0.00*
000374 Bagel w/cream cheeseHS	bagel	142	400	10.67 24.0%	2.50 5.6%	15	650	78.00 78.0%	2.67	14.00 14.0%	400	0.0	40	*4.32*
001371 BagelSand-Bacon,Egg&Cheese	ea	202	541	21.11 35.1%	5.80 9.6%	204	1224	78.20 57.8%	2.67	25.52 18.9%	572	0.2	134	5.13
001373 BagelSand-Ham,Egg,Cheese	ea	241	508	15.38 27.2%	3.48 6.2%	220	1359	79.96 62.9%	2.67	29.76 23.4%	602	0.2	138	5.70
001372 BagelSand-Sausage,Egg&Chee	ea	218	520	18.71 32.4%	4.70 8.1%	206	1038	78.70 60.5%	2.67	26.62 20.5%	585	0.2	143	5.43
000165 BANANAS,Fresh: 1/2 cup (150'	EACH	142	126	0.47 3.3%	0.16 1.1%	0	1	32.38 102.7%	3.69	1.55 4.9%	91	12.3	7	0.37
000032 Beefy Macaroni & Roll	3/4 cup	228	251	5.66 20.3%	1.45 5.2%	24	1107	38.39 61.2%	4.47	12.68 20.2%	435	5.0	50	2.98
001469 Beefy Macaroni & RollHS	1 cup	292	308	7.21 21.1%	1.93 5.6%	32	1412	45.85 59.5%	5.63	15.91 20.7%	580	6.6	67	3.73
000920 Breadstick, Stuffed Cheese	each	57	164	7.85 43.1%	1.93 10.6%	9	431	15.08 36.8%	0.54	8.22 20.1%	534	0.1	230	0.53
100004 Breakfast Bagel Ham & Cheese	Each	139	325	9.10 25.2%	3.57 9.9%	40	1315	39.07 48.1%	1.43	20.62 25.4%	375	15.9	154	3.01
001477 Breakfast Bar	Bar	71	290	9.00 27.9%	3.00 9.3%	20	240	47.00 64.8%	3.00	5.00 6.9%	0	0.0	20	1.80
005001 Breakfast Burrito	each	92	210	7.00 30.0%	2.00 8.6%	60	450	30.00 57.1%	3.00	9.00 17.1%	300	2.4	100	1.80
001283 Breakfast Burrito-Secondary	each	98	244	11.23 41.5%	4.34 16.0%	86	634	25.95 42.6%	1.19	8.84 14.5%	188	0.1	64	1.95
000472 Breakfast Pizza	each	91	227	11.16 44.2%	3.37 13.3%	14	628	22.51 39.6%	1.10	9.41 16.6%	281	0.4	140	1.75
100007 Breakfast Quesadilla	ea	73	199	8.82 39.8%	3.54 16.0%	15	423	22.47 45.1%	4.00	10.76 21.6%	522	0.0	246	1.22
000084 Breakfast Sausage Sandwich	each	88	249	7.41 26.8%	2.51 9.1%	34	547	30.82 49.6%	1.26	13.78 22.2%	20	0.0	74	2.64

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001500 Breakfast Taco	Each	91	180	10.00 50.0%	3.50 17.5%	200	500	14.00 31.1%	0.00	9.00 20.0%	354	0.0	94	1.40
000131 Breakfast4Lunch--Pancakes	each	133	292	6.80 20.9%	1.30 4.0%	46	524	47.14 64.5%	1.00	11.39 15.6%	50	0.5	44	1.84
000130 Breakfast4Lunch-Fr.Toast Stix	each	126	290	8.80 27.3%	2.20 6.8%	65	372	43.42 59.8%	0.70	11.15 15.4%	105	0.6	66	1.78
000204 Breakfast4Lunch-Waffles	ea	125	293	6.80 20.9%	1.30 4.0%	37	535	49.19 67.3%	1.00	10.40 14.2%	50	0.5	94	2.38
000347 Broccoli, Fresh:(3/8 cup)	SERVING	70	24	0.26 9.8%	0.03 1.0%	0	23	4.62 78.1%	1.81	1.96 33.2%	433	62.1	33	0.51
000550 Burrito Bean & Cheese Elem.	EACH	163	350	8.00 20.6%	4.00 10.3%	20	590	54.00 61.7%	6.00	16.00 18.3%	400	2.4	150	4.50
000660 Burrito-SJUSD HS	EACH	189	409	15.26 33.5%	4.72 10.4%	21	898	50.51 49.4%	4.87	17.27 16.9%	324	2.7	143	3.38
000352 CANTALOUPE:Fresh 3/8 cup	1 slice	60	21	0.18 7.7%	0.00 0.0%	0	5	5.04 96.0%	0.48	0.54 10.3%	1934	25.3	7	0.12
000251 Carroteenies	SERVING	28	12	0.07 5.3%	0.01 0.9%	0	20	2.72 93.5%	0.79	0.26 9.1%	4766	1.7	9	0.09
000302 Celery Sticks :(3/8 cup)	SERVING	57	9	0.10 9.6%	0.02 2.4%	0	45	1.68 74.3%	0.91	0.39 17.3%	255	1.8	23	0.11
001297 Cereal & Graham Cracker	1 ea	42	161	2.19 12.2%	0.00 0.0%	0	220	32.40 80.4%	2.16	2.97 7.4%	298	2.9	96	5.02
000375 Cereal, Variety (2) H.S.	serving	56	202	1.39 6.2%	0.00 0.0%	0	309	44.80 88.5%	4.33	3.95 7.8%	596	5.8	72	9.33
000819 CHEESE, STRING MOZZAREL	1 oz	28	86	5.68 59.7%	3.59 37.8%	15	150	1.09 5.1%	0.00	7.36 34.4%	147	0.0	207	0.07
001311 Cheeseburger Minis	ea	156	420	20.00 42.9%	7.00 15.0%	50	790	42.00 40.0%	1.00	21.00 20.0%	200	6.0	100	1.80
000571 Cheeseburger on Wh Bun	EACH	174	419	14.53 31.2%	5.87 12.6%	53	908	47.42 45.2%	4.62	27.03 25.8%	168	0.0	173	4.25
000135 Chef Salad w/Roll HS	1 SALAD	421	414	21.23 46.1%	4.57 9.9%	71	1371	30.92 29.9%	4.40	24.07 23.2%	1893	47.3	149	2.18
000174 Chicken Caesar Salad HS	ea	374	451	19.60 39.2%	6.09 12.2%	87	1775	42.15 37.4%	11.71	30.87 27.4%	4627	36.0	309	2.69
001242 Chicken Caesar Wrap	ea	176	359	13.50 33.8%	2.88 7.2%	29	616	42.91 47.8%	4.97	16.17 18.0%	1255	11.6	142	3.11
000349 Chicken Fingers & Pot Wedges	SERV(4 Nuggets)	196	390	21.00 48.5%	4.50 10.4%	55	910	34.00 34.9%	3.00	18.00 18.5%	500	3.2	29	2.36
000996 Chicken Nuggets	Serving	155	283	13.16 41.9%	4.12 13.1%	34	634	31.43 44.5%	0.85	12.75 18.1%	7	7.5	36	1.88
000513 Chicken Nuggets w/Pot HS	7 NUGGETS	211	386	18.05 42.1%	5.61 13.1%	47	865	42.41 44.0%	1.13	17.68 18.3%	9	10.0	50	2.56
001438 Chicken Popcorn w/Pot HS	serving	227	410	16.02 35.2%	3.23 7.1%	47	357	48.68 47.5%	3.31	20.75 20.2%	104	12.7	38	2.67

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001437 Chicken Spicy Popcorn w/Pot H	serving	227	431	21.22 44.3%	4.26 8.9%	42	919	44.52 41.3%	3.31	18.67 17.3%	104	12.7	38	2.67
001404 Chicken SpicyTenders w/Pot H	3 tenders	207	359	14.49 36.3%	3.12 7.8%	70	456	41.92 46.6%	3.27	19.06 21.2%	500	12.7	37	2.59
001403 Chicken Tenders w/Pot HS	3 tenders	217	379	14.49 34.4%	3.12 7.4%	40	786	44.92 47.3%	2.27	19.06 20.1%	200	12.7	37	2.59
300004 Chicken Teriyaki w/Rice	servings	133	204	2.25 9.9%	0.68 3.0%	30	1354	30.93 60.8%	1.82	15.04 29.6%	238	1.5	16	0.55
001418 Chicken Teriyaki w/RiceHS	servings	186	282	4.78 15.3%	1.01 3.2%	85	313	34.47 48.9%	2.42	24.68 35.0%	418	5.5	24	1.81
001308 Chicken, Oven Baked Tyson	3 oz	170	354	14.70 37.3%	4.12 10.5%	67	748	31.57 35.6%	2.24	23.36 26.4%	5	27.5	15	2.05
001475 Chicken, Oven Breaded Tyson	3 oz	170	404	18.70 41.6%	5.62 12.5%	67	728	38.57 38.1%	2.24	20.36 20.1%	105	27.5	35	2.05
001386 Chow Mein & Egg Rolls (2) HS	each	199	370	4.00 9.7%	0.50 1.2%	0	640	70.00 75.7%	5.00	12.00 13.0%	5000	45.0	80	4.14
000304 CORN: Canned (3/8 cup)	SERVING	65	53	0.60 10.3%	0.11 1.9%	0	193	12.19 92.8%	1.23	1.71 13.0%	29	0.5	3	0.47
000305 CORN: Frozen (3/8 cup)	SERVING	63	55	0.49 8.0%	0.07 1.2%	0	2	13.05 94.1%	1.32	1.90 13.7%	123	4.0	3	0.26
000527 Corndog, Turkey-Foster Farms	EACH	113	270	12.00 40.0%	3.00 10.0%	35	930	30.00 44.4%	1.00	10.00 14.8%	0	0.0	0	1.08
000932 CRACKERS, SALTINE	20 GRAMS	20	87	2.36 24.5%	0.42 4.4%	0	260	14.30 65.9%	0.54	1.84 8.5%	0	0.0	24	1.08
001073 Crackers- Bear	package	26	108	3.43 28.6%	0.98 8.2%	0	88	18.65 69.1%	0.98	1.96 7.3%	491	7.9	16	2.94
000361 Cucumber Slices :(3/8 cup)	SERVING	65	10	0.07 6.6%	0.02 2.2%	0	1	2.35 96.8%	0.32	0.42 17.3%	68	1.8	10	0.18
001115 Dinner Roll, Wheat	1 oz.	28	93	1.75 17.0%	1.00 9.7%	4	113	15.12 65.1%	0.50	2.54 10.9%	42	0.6	4	0.79
001395 Enchilada Plate-Beef	plates	342	426	11.29 23.8%	3.76 8.0%	28	1503	64.21 60.3%	7.61	19.06 17.9%	545	8.6	192	2.50
001491 Enchilada Plate-Cheese	plates	248	368	10.29 25.1%	4.26 10.4%	14	1454	58.91 64.0%	3.86	12.29 13.3%	545	9.0	245	1.27
001396 Enchilada Plate-Chicken	plates	411	564	13.46 21.5%	5.62 9.0%	16	1723	91.72 65.1%	10.14	22.54 16.0%	311	10.5	387	4.66
001370 EngMuffin-Bacon,Egg&Cheese	ea	148	351	15.94 40.8%	5.80 14.9%	204	954	30.20 34.4%	1.00	14.52 16.5%	572	0.2	194	2.61
000389 EngMuffin-Ham, Egg, & Cheese	ea	172	302	9.65 28.8%	3.31 9.9%	211	961	31.52 41.8%	1.00	16.45 21.8%	595	0.2	197	3.04
001369 EngMuffin-SausageEgg&Chees	ea	164	330	13.55 36.9%	4.70 12.8%	206	768	30.70 37.2%	1.00	15.62 18.9%	585	0.2	203	2.91
000123 Fr. Toast Stix (2) & Sausage	each	107	282	9.09 29.0%	2.11 6.7%	33	343	43.62 61.9%	0.50	8.81 12.5%	42	0.5	32	1.57

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000496 French Toast Stix (3)	3 EA	103	290	7.48 23.3%	1.50 4.7%	3	319	54.68 75.5%	0.75	3.74 5.2%	0	0.0	30	1.62
000470 French Toast Swirls (2)	2 SLICE	181	352	6.00 15.3%	1.60 4.1%	109	445	64.01 72.7%	1.80	10.00 11.4%	*220*	*0.4*	*168*	*2.64*
000058 French Toast w/Sausage-H.S.	ea	215	431	11.60 24.2%	3.50 7.3%	131	639	64.51 59.9%	1.80	16.10 14.9%	*233*	*0.4*	*177*	*2.94*
001296 FrToastStix (4) w/Sausage HS	4 STICKS	162	438	15.58 32.0%	3.90 8.0%	26	613	66.41 60.6%	1.00	11.09 10.1%	13	0.0	49	2.46
000234 Fruit-Mixed: Canned #10 SCO	Serving	99	56	0.00 0.0%	0.00 0.0%	0	6	14.56 104.4%	1.08	0.46 3.3%	102	1.9	6	0.31
001076 Goldfish Crackers	1 Bag	21	99	4.56 41.5%	1.52 13.8%	0	159	12.91 52.3%	1.52	2.28 9.2%	0	0.0	0	0.53
000197 GRAPES,Fresh: 1/2 cup	SERVING	91	61	0.32 4.7%	0.10 1.5%	0	2	15.56 102.4%	0.82	0.57 3.8%	91	3.6	13	0.26
000310 GREEN BEANS:3/8c FZN USD	SERV (3/8 CUP)	60	23	0.13 4.8%	0.03 1.1%	0	2	4.50 77.3%	1.55	1.07 18.4%	326	7.7	25	0.51
000311 GREEN BEANS:Cut,Canned 3/	SERVING	57	11	0.06 5.0%	0.02 1.4%	0	150	2.52 88.2%	1.31	0.67 23.6%	201	2.5	16	0.50
001201 Grilled Cheese Sand, Don Lee	each	116	315	11.12 31.8%	5.11 14.6%	32	831	31.16 39.6%	4.01	15.63 19.9%	575	0.0	360	1.90
001327 Grilled Chicken on Wh Bun	1 each	167	380	13.50 32.0%	4.00 9.5%	49	600	45.00 47.4%	5.00	21.00 22.1%	100	0.0	100	3.78
000122 Hamburger on a Wheat Bun	EACH	159	385	12.50 29.2%	4.60 10.8%	45	680	45.90 47.7%	4.62	24.50 25.5%	31	*0.0*	97	4.22
000077 Hamburger Patty w/MP & Gravy	each	249	310	17.10 49.7%	*0.88* *2.5%*	51	468	17.74 22.9%	*0.26*	19.40 25.1%	175	2.4	21	1.70
000313 HONEYDEW MELON,Fresh: 3/	SERVING	142	51	0.20 3.5%	0.05 1.0%	0	26	12.88 101.0%	1.13	0.77 6.0%	71	25.5	9	0.24
001205 Hot Dog on Bun	1 HOT DOG/BUN	104	251	12.12 43.4%	3.04 10.9%	46	898	25.01 39.8%	1.00	10.07 16.0%	0	1.2	60	2.17
000507 Hot Dog--Jumbo Beef HS	each	138	425	27.85 59.0%	10.70 22.7%	53	1178	29.44 27.7%	1.00	13.53 12.7%	5	14.6	176	7.81
000462 Jicama Sticks: (1/2c)	SERVING	45	19	0.08 3.6%	0.00 0.0%	0	3	3.84 80.0%	0.38	0.77 16.0%	0	9.2	8	0.28
000121 Juice-4 oz	4 oz	227	125	0.01 0.1%	0.01 0.1%	0	3	28.35 91.0%	0.04	0.07 0.2%	253	56.1	21	0.47
001498 Lasagna Roll-up w/Meat Sauce	serving	230	375	12.05 28.9%	6.71 16.1%	64	1401	38.71 41.3%	2.77	28.98 30.9%	1062	12.9	494	3.12
001503 Lasagna Roll-up w/Meat Sauce	serving	307	545	19.22 31.7%	10.45 17.3%	87	1194	50.37 37.0%	3.29	42.91 31.5%	846	1.4	713	4.36
001499 Lasagna Roll-ups w/Marinara	serving	215	348	11.38 29.4%	6.34 16.4%	50	797	35.60 40.9%	2.38	26.07 29.9%	680	1.4	479	2.91
001504 Lasagna Roll-ups w/MarinaraH	servings	308	515	16.84 29.4%	9.45 16.5%	75	1146	52.14 40.5%	3.34	38.76 30.1%	957	1.8	714	4.17

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001496 Lasagna w/Meat Sauce	Serving	227	312	14.38 41.5%	6.40 18.5%	42	799	29.57 37.9%	3.99	15.17 19.5%	432	4.8	160	2.38
000191 Macaroni & Cheese	5oz	147	200	10.64 47.9%	5.22 23.5%	0	1003	23.26 46.6%	0.63	3.80 7.6%	121	0.0	112	0.45
001434 Macaroni & CheeseHS	8 oz	194	304	13.90 41.1%	4.26 12.6%	0	1133	41.13 54.1%	1.77	6.73 8.8%	97	0.0	151	1.16
100010 Milk_SJUSD Assorted	carton	227	140	1.25 8.0%	0.75 4.8%	9	180	22.50 64.3%	0.25	9.50 27.1%	500	2.4	350	0.18
001310 Muffin, Apple 3.6	muffin	102	340	10.00 26.5%	2.00 5.3%	60	320	54.00 63.5%	2.00	6.00 7.1%	2500	30.0	80	10.80
001309 Muffin, Blueberry	2.25 oz	51	217	11.11 46.0%	2.00 8.3%	49	210	27.33 50.3%	0.48	2.18 4.0%	81	0.2	29	1.19
001349 Muffin,Blueberry 3.6	muffin	102	320	10.00 28.1%	2.00 5.6%	60	380	54.00 67.5%	2.00	6.00 7.5%	2500	30.0	80	9.00
000655 Muffin-Apple	EACH	57	159	5.97 33.7%	1.49 8.4%	60	219	22.88 57.5%	0.00	2.98 7.5%	99	0.0	40	0.72
000659 Muffin-Banana	EACH	57	170	6.00 31.8%	1.50 7.9%	65	230	24.00 56.5%	0.00	4.00 9.4%	0	0.0	40	0.72
000055 Muffin-Banana 3.6 oz	muffin	102	340	10.00 26.5%	2.00 5.3%	60	360	54.00 63.5%	2.00	6.00 7.1%	2500	30.0	80	10.80
001392 Nachos-Super w/Chips	EACH	212	315	11.27 32.3%	3.65 10.5%	22	1084	39.70 50.5%	5.91	12.56 16.0%	212	2.5	145	2.79
001421 Nachos-Super w/ChipsHS	serving	307	515	21.84 38.2%	6.93 12.1%	15	1078	59.18 46.0%	10.00	16.88 13.1%	544	5.3	265	4.47
000081 Oatmeal Raisin Cookie	each	55	185	4.86 23.6%	0.95 4.6%	19	112	32.98 71.2%	1.77	3.40 7.3%	207	0.3	17	1.06
001455 Omelet-Cheese & Potatoes	serving	135	245	13.71 50.4%	4.96 18.2%	195	482	21.26 34.7%	1.24	10.06 16.4%	381	5.8	98	1.30
001463 Omelet-Cheese & Sausage	serving	94	183	12.80 63.1%	4.30 21.2%	232	355	1.19 2.6%	0.00	15.40 33.7%	426	0.5	99	1.24
001497 Omelet-Cheese,Pot,SausageH	serving	169	318	18.51 52.5%	6.26 17.7%	232	627	21.45 27.0%	1.24	17.46 22.0%	430	6.4	112	1.88
001417 Orange Chicken w/chow meinH	servings	234	430	9.88 20.7%	1.98 4.1%	60	481	60.16 56.0%	2.88	21.68 20.2%	2500	25.9	58	3.67
001398 Orange Chicken w/rice SJUSD	servings	158	307	10.35 30.4%	1.98 5.8%	35	370	39.06 51.0%	1.63	14.57 19.0%	239	1.3	22	1.95
001397 Orange Chicken w/riceKitHS	servings	192	254	7.30 25.9%	1.54 5.4%	60	332	29.51 46.5%	1.27	15.94 25.1%	338	1.9	29	1.89
001252 Orange Juice, Suncup 4 oz 100	ea	113	60	0.00 0.0%	0.00 0.0%	0	0	13.00 86.7%	0.00	0.00 0.0%	188	42.0	10	0.20
001070 ORANGE JUICE,6 OZ.	EACH	170	90	0.00 0.0%	0.00 0.0%	0	0	19.50 86.7%	0.00	0.00 0.0%	281	63.0	15	0.30
001451 Orange PopcornChicken w/rice	servings	212	485	12.07 22.4%	2.30 4.3%	37	493	76.11 62.7%	3.39	18.25 15.0%	*464*	*2.3*	*29*	*2.32*

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Recipe Audit Report - Summary

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001415 Orange PopcornChicken w/rice	servings	213	488	12.89 23.8%	2.33 4.3%	42	475	74.40 61.0%	3.61	19.81 16.2%	*446*	*2.2*	*23*	*2.47*
000415 Orange-whole (138)	SERVING (3/8c)	108	51	0.13 2.3%	0.02 0.4%	0	0	12.72 100.0%	2.60	1.02 8.0%	244	57.6	43	0.11
000682 Pancakes (2) w/Sausage	each	133	292	6.80 20.9%	1.30 4.0%	46	524	47.14 64.5%	1.00	11.39 15.6%	50	0.5	44	1.84
001457 Pancakes (4)-Mini w/Sausage	serving	98	233	5.80 22.4%	1.30 5.0%	37	365	36.19 62.3%	1.00	9.40 16.2%	2050	0.5	14	1.30
001464 Pancakes (6)-Mini	serving	82	200	1.50 6.8%	0.00 0.0%	0	320	43.50 87.0%	1.50	3.00 6.0%	3000	0.0	0	1.08
001459 Pancakes (8)-Mini w/SausageH	serving	134	313	6.80 19.6%	1.30 3.7%	37	565	51.19 65.5%	2.00	11.40 14.6%	4050	0.5	14	2.02
000387 Panini-Bacon, Egg, & Cheese	ea	153	381	16.44 38.8%	5.80 13.7%	204	984	34.20 35.9%	2.00	19.52 20.5%	572	0.2	134	2.97
000381 Panini-Ham & Cheese	ea	149	317	8.77 24.9%	3.68 10.4%	51	1205	35.76 45.1%	2.00	22.24 28.1%	680	0.0	185	2.83
000049 Panini-Ham, Egg, & Cheese	ea	177	332	10.15 27.5%	3.31 9.0%	211	991	35.52 42.8%	2.00	21.45 25.9%	595	0.2	137	3.40
001374 Panini-Roast Beef & Cheese	ea	149	330	9.50 25.9%	4.00 10.9%	40	1180	35.00 42.4%	2.00	24.00 29.1%	650	0.0	181	3.34
000388 Panini-Turkey & Cheese	ea	149	320	9.50 26.7%	4.00 11.2%	50	1140	34.00 42.5%	2.00	24.00 30.0%	669	3.2	191	2.86
001303 PB&J--Smuckers-2.8oz	ea	79	294	12.60 38.6%	2.45 7.5%	0	357	34.30 46.7%	2.10	11.20 15.2%	*N/A*	0.0	28	1.89
001474 PB&J--Smuckers-4.8ozHS	ea	136	504	21.60 38.6%	4.20 7.5%	0	612	58.80 46.7%	3.60	19.20 15.2%	*N/A*	0.0	48	3.24
000316 PEACHES :Canned (3/8 cup)	SERV (3/8 CUP)	96	42	0.03 0.6%	0.00 0.0%	0	4	11.14 105.2%	1.25	0.61 5.7%	367	3.5	6	0.26
000983 Pears :Canned (3/8 cup)	3/8 CUP	86	40	0.09 1.9%	0.01 0.1%	0	2	10.47 103.8%	1.37	0.26 2.6%	0	1.7	6	0.17
000318 PEAS :Canned (3.5oz)	SERV (3.5oz)	99	68	0.62 8.1%	0.06 0.8%	0	289	11.29 66.0%	4.86	4.44 25.9%	858	9.5	23	1.21
000319 PEAS :Frozen (3/8 cup)	SERV (3/8 CUP)	65	50	0.26 4.7%	0.04 0.8%	0	70	8.83 70.8%	2.92	3.38 27.1%	1334	11.7	14	0.99
000984 PINEAPPLE :Canned (3/8cup)	SERV (3/8 CUP)	96	58	0.08 1.2%	0.01 0.1%	0	1	15.12 104.7%	0.77	0.40 2.8%	37	9.1	13	0.27
000370 Pizza -Big Daddy's Veggie	slice	226	449	15.69 31.5%	5.02 10.1%	35	798	54.14 48.2%	3.83	25.66 22.9%	596	16.5	307	4.27
001505 Pizza Crunchers w/Tots	serving	164	389	18.69 43.2%	8.39 19.4%	15	1044	46.42 47.7%	2.50	12.88 13.2%	264	6.7	251	2.23
001506 Pizza Crunchers w/Vegetable	serving	203	350	14.35 36.8%	6.00 15.4%	23	645	41.88 47.8%	3.75	17.43 19.9%	375	1.8	338	1.35
000064 Pizza Pocket	each	142	319	9.98 28.1%	3.00 8.4%	10	599	41.92 52.5%	3.99	15.97 20.0%	499	0.0	349	3.59

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Recipe Audit Report - Summary

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001268 Pizza, Cheese -Big Daddy's	slice	163	430	15.00 31.4%	5.00 10.5%	35	770	51.00 47.4%	3.00	25.00 23.3%	400	0.0	300	4.00
000108 Pizza, Cheese SJUSD 10 pc.	slices	123	289	10.56 32.8%	5.13 16.0%	20	588	33.32 46.1%	3.60	15.35 21.2%	282	1.7	354	0.78
000334 Pizza, Cheese SJUSD 8 pc.	slices	154	362	13.20 32.8%	6.42 16.0%	25	735	41.65 46.1%	4.50	19.19 21.2%	352	2.1	443	0.98
000919 Pizza, Cheese, Tony'sGalaxy	each	142	381	21.15 50.0%	8.25 19.5%	31	694	29.40 30.9%	1.16	18.45 19.4%	421	0.5	372	1.85
001444 Pizza-Big Daddy's Hawaiian	slice	195	459	15.72 30.8%	5.21 10.2%	46	931	53.77 46.8%	3.11	27.95 24.3%	415	1.3	303	4.22
000331 Pizza-Big Daddy's Pepperoni	slice	170	463	18.31 35.6%	6.18 12.0%	42	895	51.00 44.1%	3.00	26.42 22.8%	400	0.0	300	4.00
000088 Pizza-Pepp-Big Daddy	each	190	515	20.11 35.2%	6.78 11.9%	46	988	57.12 44.4%	3.36	29.42 22.9%	448	0.0	336	4.48
000322 Potato Rounds :Oven (3/8 cup)	SERV (3/8 CUP)	62	139	6.75 43.7%	3.22 20.9%	0	465	19.03 54.8%	0.00	2.12 6.1%	10	4.0	19	0.98
001334 Potato Wedges.Simplot	ea	85	130	3.50 24.2%	0.00 0.0%	0	230	22.00 67.7%	2.00	2.00 6.2%	*N/A*	6.0	20	0.72
001428 Quesadilla-Cheese Plate	plates	290	539	15.88 26.5%	6.15 10.3%	49	1695	73.24 54.3%	6.85	26.25 19.5%	679	10.9	361	4.11
001427 Quesadilla-Chicken Plate	plates	290	522	14.12 24.3%	2.96 5.1%	36	1785	73.96 56.7%	6.85	25.06 19.2%	822	10.9	303	4.19
001389 Quesadilla-SJUSD-Cheese	each	213	491	23.81 43.7%	13.93 25.6%	59	1191	41.90 34.2%	3.79	29.18 23.8%	525	2.3	498	4.08
001390 Quesadilla-SJUSD-Chicken	each	240	471	19.24 36.8%	10.63 20.3%	70	1382	43.26 36.8%	3.79	33.07 28.1%	454	2.3	397	4.04
000933 Raisins, Box, Seedless, USDA	1.33 OZ	38	113	0.17 1.4%	0.02 0.2%	0	4	29.85 105.9%	1.40	1.16 4.1%	0	0.9	19	0.71
000927 Ranch Salad Dressing Packet	EACH	12	70	7.00 90.0%	1.00 12.9%	5	100	1.00 5.7%	0.00	0.00 0.0%	0	0.0	0	0.00
000011 Rib B' Que Sandwich	each	176	407	14.29 31.6%	4.33 9.6%	63	1081	43.97 43.2%	2.00	21.68 21.3%	262	2.9	49	4.09
000156 Roast Beef & Cheese Deli HS	each	213	378	9.67 23.0%	4.05 9.6%	40	1434	45.92 48.6%	2.57	23.57 24.9%	1933	9.0	200	4.14
000588 Salad, Chef	Salad	316	290	18.91 58.7%	4.15 12.9%	53	935	12.98 17.9%	2.90	15.51 21.4%	1631	44.7	135	1.16
000162 Salad, Chef w/Roll HS	1 SALAD	353	363	17.84 44.2%	3.62 9.0%	58	1322	28.28 31.2%	3.99	22.06 24.3%	6038	29.4	144	1.94
000072 Salad, Veggie	Serving	322	343	23.78 62.5%	5.40 14.2%	131	885	15.89 18.6%	2.96	13.45 15.7%	7154	51.9	262	0.94
000170 Salad,Dinner w/Roll HS	salad	415	462	27.32 53.3%	6.20 12.1%	237	1100	32.71 28.3%	4.38	19.08 16.5%	6508	17.0	267	1.66
001509 Salad--Chicken Strip HS	each	361	507	27.62 49.0%	6.21 11.0%	52	1405	38.03 30.0%	3.41	23.05 18.2%	1594	11.5	245	2.01

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000669 Salad--Fiesta	each	242	280	18.01 57.9%	3.94 12.7%	48	821	10.35 14.8%	1.74	16.51 23.6%	1039	9.1	138	0.09
001436 Salad--Fiesta Chicken HS	each	384	435	21.75 45.0%	5.38 11.1%	63	1361	30.75 28.3%	3.68	26.75 24.6%	1650	14.4	251	0.87
000262 Salad--Popcorn Chicken HS	each	362	523	29.70 51.1%	6.49 11.2%	53	1282	38.41 29.4%	4.06	22.79 17.4%	1526	11.5	245	1.98
001383 Salad--Popcorn HS	each	350	459	31.57 61.9%	9.11 17.8%	66	735	22.58 19.7%	3.33	19.55 17.0%	1558	14.4	79	1.32
001508 Salad--Spicy Chicken HS	each	352	481	26.99 50.5%	6.21 11.6%	62	1226	35.40 29.4%	4.08	22.44 18.7%	1796	11.5	245	2.02
001340 Salad-Chicken Caesar	ea	222	354	22.32 56.8%	5.86 14.9%	53	959	17.59 19.9%	7.38	19.65 22.2%	3127	24.0	237	1.49
000101 Salad-Popcorn Chicken	each	357	383	17.62 41.4%	*3.06* *7.2%*	27	946	42.48 44.4%	4.32	12.84 13.4%	10715	27.9	84	1.71
001510 Sandwich, Cheese	each	94	290	11.95 37.1%	6.32 19.6%	27	712	34.29 47.3%	2.40	11.82 16.3%	312	0.2	186	2.03
001336 Sandwich, Sub Elementary	ea	151	323	7.16 20.0%	2.61 7.3%	43	1191	42.40 52.5%	2.00	19.65 24.3%	162	1.6	123	3.31
000139 Sandwich, Sub HS	ea	213	366	9.31 22.9%	3.89 9.6%	51	1426	45.80 50.0%	2.57	22.69 24.8%	1957	10.6	207	3.64
000899 Sandwich-Roast Beef	EACH	151	334	7.52 20.3%	2.77 7.4%	33	1198	42.52 50.9%	2.00	20.53 24.6%	138	0.0	116	3.81
000048 Sandwich-Spicy Chicken	sandwich	181	430	14.50 30.3%	3.50 7.3%	59	890	56.00 52.1%	5.00	23.00 21.4%	500	0.0	100	4.50
000380 Sandwich-Veggie HS	each	321	384	11.11 26.1%	*4.34* *10.2%*	23	1538	53.93 56.3%	3.88	16.24 16.9%	7133	19.9	312	3.58
000074 Scrambled Eggs, Pot., Biscuit	each	289	544	28.28 46.8%	9.13 15.1%	413	1315	54.05 39.7%	2.29	19.39 14.3%	621	1.3	97	3.63
001425 Smoothie--SJUSD	12 oz	344	274	2.31 7.6%	0.08 0.3%	0	53	63.65 93.1%	2.79	4.95 7.2%	72	63.0	123	1.09
000194 Spaghetti w/Marinara & Roll	servings	187	213	4.11 17.3%	0.84 3.5%	0	502	37.69 70.6%	3.60	7.54 14.1%	507	1.8	54	2.63
001405 Spaghetti w/Marinara & Roll HS	servings	404	332	4.34 11.8%	0.60 1.6%	0	1964	63.14 76.0%	8.57	10.55 12.7%	1007	11.7	65	4.33
000203 Spaghetti w/Meat Sauce & Roll	serving	210	249	4.08 14.7%	1.01 3.6%	18	1137	43.92 70.4%	4.15	12.10 19.4%	991	16.7	60	3.04
001407 Spaghetti w/Meatballs&Roll HS	servings	340	429	15.85 33.2%	5.51 11.5%	51	1531	54.28 50.6%	6.75	18.21 17.0%	652	7.0	221	5.23
001406 Spaghetti w/MeatSauce&Roll H	servings	338	368	8.94 21.9%	2.64 6.4%	24	1547	54.22 58.9%	6.87	18.79 20.4%	635	7.1	58	4.36
000889 Taco Salad	1 EACH	299	326	21.65 59.7%	5.06 13.9%	50	1034	15.14 18.6%	3.28	15.14 18.6%	1515	13.2	180	2.91
000309 Taco Salad HS	salad	423	591	32.95 50.2%	8.38 12.8%	58	1359	43.29 29.3%	7.28	24.17 16.4%	2029	17.0	326	3.84

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001511 Tacos--2 Beef Hard Shell HS	Serving	383	591	31.00 47.2%	13.98 21.3%	70	1406	43.74 29.6%	8.13	37.89 25.6%	1627	11.0	624	6.67
001394 Taquito-Chicken Plate	plates	341	467	14.35 27.6%	3.28 6.3%	28	1575	68.37 58.5%	6.63	20.13 17.2%	*245*	*8.6*	*132*	*1.42*
000964 Teriyaki Dunkers w/Rice	4 SLAM DUNKERS	157	305	8.73 25.7%	3.21 9.5%	30	1156	42.61 55.8%	2.77	14.55 19.1%	365	1.8	36	1.88
001385 Teriyaki Dunkers w/Rice HS	containers	188	308	12.15 35.4%	4.83 14.1%	45	1460	31.12 40.4%	2.20	18.23 23.7%	577	2.2	58	2.57
001399 TeriyakiChicken w/rice-Ling's	servings	170	249	4.78 17.3%	1.14 4.1%	85	323	26.73 42.9%	1.45	23.45 37.6%	261	4.9	27	1.55
001401 TeriyakiChickw/ChowMeinLing's	servings	238	400	7.00 15.8%	1.50 3.4%	85	500	52.00 52.0%	3.00	29.00 29.0%	2600	30.6	60	3.78
000357 Tortilla Chips (1 oz)	1 OZ. BAG	43	208	9.00 38.8%	2.06 8.9%	0	64	24.70 47.4%	3.19	4.72 9.1%	0	0.0	38	0.90
900081 Tuna Salad	30oz per sandwi	148	193	7.08 33.0%	1.47 6.9%	33	540	2.30 4.8%	0.41	28.11 58.3%	193	2.0	24	1.87
001391 Tuna Salad Sandwich SJUSD	#10 scoop	173	277	7.29 23.6%	0.65 2.1%	47	732	26.17 37.7%	2.32	21.76 31.4%	*65*	*0.5*	*48*	*2.01*
000142 Turkey & Cheese Deli HS	each	213	368	9.67 23.7%	4.05 9.9%	50	1394	44.92 48.9%	2.57	23.57 25.6%	1952	12.3	210	3.66
001144 Turkey & Cheese Sub	EACH	151	324	7.52 20.9%	2.77 7.7%	43	1158	41.52 51.2%	2.00	20.53 25.3%	156	3.2	126	3.33
001507 Turkey Casserole	servings	222	236	6.88 26.3%	2.51 9.6%	19	668	21.26 36.1%	0.84	22.16 37.6%	107	0.6	16	1.60
001052 Turkey Ham, & Cheese Deli HS	each	213	365	8.94 22.1%	3.73 9.2%	51	1459	46.68 51.2%	2.57	21.81 23.9%	1963	9.0	204	3.63
001337 Turkey w/Mashed Potatoes Gra	servings	180	327	2.71 7.4%	0.73 2.0%	65	306	44.08 53.9%	4.35	26.68 32.6%	93	65.2	29	2.25
000096 Turkey Wrap	each	270	346	10.63 27.6%	1.67 4.3%	39	1465	39.13 45.2%	2.71	23.25 26.9%	844	16.4	59	2.58
001512 Turkey, MashedPotatoes&Grav	servings	307	428	11.63 24.5%	4.21 8.8%	43	1194	51.05 47.7%	4.35	27.24 25.5%	123	65.9	14	1.93
000004 Vegetarian Sandwich	each	327	360	9.14 22.9%	*3.08* *7.7%*	15	1268	54.86 61.0%	4.57	13.92 15.5%	11606	21.5	242	3.60
000068 Waffle Stix (3) w/Sausage HS	ea	156	369	8.60 21.0%	1.90 4.6%	22	769	63.50 68.8%	1.50	10.60 11.5%	13	0.0	129	3.00
000078 Waffle Stix w/Sausage	each	124	292	7.66 23.6%	2.31 7.1%	22	580	47.52 65.1%	0.00	10.30 14.1%	11	0.0	72	2.24
000102 Waffle Stix-Belgian (3)	each	122	290	3.00 9.3%	0.00 0.0%	0	575	63.00 86.9%	1.50	4.50 6.2%	0	0.0	120	2.70
000475 Waffles (2) w/ Sausage	serving	142	353	10.83 27.6%	2.30 5.9%	37	426	53.34 60.4%	1.00	11.42 12.9%	1306	0.5	74	3.29
000052 Waffles w/Sausage-H.S.	ea	142	360	11.63 29.1%	2.90 7.3%	22	475	53.65 59.6%	1.00	10.12 11.2%	1269	0.0	69	3.01

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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San Jose 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)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
000066 Waffles-Stix w/Sausage	ea	125	293	6.80 20.9%	1.30 4.0%	37	535	49.19 67.3%	1.00	10.40 14.2%	50	0.5	94	2.38
001176 Whole Wheat Honey Bun	each	79	249	5.74 20.7%	1.80 6.5%	9	273	39.00 62.7%	3.00	5.60 9.0%	0	0.0	150	1.98
001381 Wrap--Chicken Caesar	each	286	432	16.13 33.6%	6.29 13.1%	65	1470	46.61 43.1%	8.90	27.79 25.7%	2778	21.2	391	3.68
001380 Wrap--Ham & Cheese	each	257	488	23.39 43.1%	6.88 12.7%	71	1887	43.22 35.4%	3.67	25.31 20.7%	548	2.4	377	3.41
001378 Wrap--Oriental Chicken	each	279	453	11.79 23.4%	3.50 7.0%	80	551	56.53 49.9%	3.89	33.19 29.3%	*334*	*2.5*	*165*	*3.91*
001379 Wrap--Spicy Chicken	each	263	564	29.28 46.7%	7.26 11.6%	73	1450	52.01 36.9%	4.67	25.21 17.9%	922	2.4	298	4.50
001382 Wrap--Turkey & Cheese	each	257	492	24.31 44.5%	7.28 13.3%	69	1805	41.02 33.4%	3.67	27.50 22.4%	534	6.5	384	3.45
000094 Wrap-Spicy Chicken	each	213	556	29.53 47.8%	9.57 15.5%	60	1243	48.03 34.5%	2.09	24.27 17.5%	467	1.2	235	2.89
000136 Yogurt & 3.6 Muffin HS	each	215	430	10.00 20.9%	2.00 4.2%	60	422	73.00 67.9%	2.00	9.00 8.4%	2500	31.2	380	10.80
001423 Yogurt & Small Muffin	each	164	260	5.00 17.3%	1.00 3.5%	30	248	46.00 70.8%	1.00	6.00 9.2%	1250	16.2	340	5.40
100003 Yogurt w/Graham Cracker	carton	127	150	1.50 9.0%	0.00 0.0%	0	140	29.00 77.3%	0.00	4.00 10.7%	0	1.2	360	0.36
001293 Yogurt, 4oz	1 ea	113	115	0.81 6.3%	0.51 4.0%	6	83	21.55 75.2%	0.08	5.22 18.2%	29	2.8	171	0.23

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