

Ingredient Number :825222
Ingredient Description :SAUSAGE Link, Turkey 1.025oz
Class :Provisions
Source :Local

Date Added :03/18/2008
 Date Modified :07/23/2010

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
Link	1.0250	OZS.			

Nutrients

Per 1.025 OZS.

Calories	61.20 kcal	Cholesterol	30.80 mg	Protein	6.24 g	Calcium	11.80 mg
Total Fat	4.05 g	Sodium	122.10 mg	Vitamin A	8.36 RE	Iron	0.50 mg
Saturated Fat	1.10 g	Carbohydrates	0.16 g	Vitamin A	41.80 IU	Water ¹	0.00 g
Trans. Fat ¹	0.09 g	Dietary Fiber	0.00 g	Vitamin C	0.50 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Per 100 Grams

Calories	210.61 kcal	Cholesterol	105.99 mg	Protein	21.47 g	Calcium	40.61 mg
Total Fat	13.94 g	Sodium	420.19 mg	Vitamin A	28.77 RE	Iron	1.72 mg
Saturated Fat	3.79 g	Carbohydrates	0.55 g	Vitamin A	143.85 IU	Water ¹	0.00 g
Trans. Fat ¹	0.31 g	Dietary Fiber	0.00 g	Vitamin C	1.72 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Purchase Information

Manufacturer Name : JennieO 6140
 Product Number : 6515316

Purchase Unit Description : Case
 Stock Unit Description : Link
 Stock Units Per Purchase Units : 160
 Available as commodity :
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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Ingredient Number :826357
Ingredient Description :MIX, Pancake Whole Grain
Class :MIXES
Source :Local

Date Added :07/02/2010
 Date Modified :07/21/2010

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
each	50.0000	GRAMS			

Nutrients

Per 50 GRAMS

Calories	190.00 kcal	Cholesterol	5.00 mg	Protein	5.00 g	Calcium	40.00 mg
Total Fat	3.50 g	Sodium	560.00 mg	Vitamin A	0.00 RE	Iron	1.08 mg
Saturated Fat	1.50 g	Carbohydrates	34.00 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Per 100 Grams

Calories	380.00 kcal	Cholesterol	10.00 mg	Protein	10.00 g	Calcium	80.00 mg
Total Fat	7.00 g	Sodium	1120.0 mg	Vitamin A	0.00 RE	Iron	2.16 mg
Saturated Fat	3.00 g	Carbohydrates	68.00 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	6.00 g	Vitamin C	0.00 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Purchase Information

Manufacturer Name : General Mills 31527000
 Product Number : 7275425

Purchase Unit Description : case
 Stock Unit Description : each
 Stock Units Per Purchase Units : 6
 Available as commodity :
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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Ingredient Number :826428
Ingredient Description :CHICKEN Drumstick 2.7oz
Class :POULTRY PRODUCTS
Source :Local

Date Added :07/22/2010
 Date Modified :07/22/2010

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
Each	61.0000	GRAMS			
2 Pieces	122.0000	GRAMS			

Nutrients

Per 122 GRAMS

Calories	170.00 kcal	Cholesterol	125.00 mg	Protein	23.00 g	Calcium	0.00 mg
Total Fat	8.00 g	Sodium	95.00 mg	Vitamin A	0.00 RE	Iron	1.08 mg
Saturated Fat	2.50 g	Carbohydrates	0.00 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Per 100 Grams

Calories	139.34 kcal	Cholesterol	102.46 mg	Protein	18.85 g	Calcium	0.00 mg
Total Fat	6.56 g	Sodium	77.87 mg	Vitamin A	0.00 RE	Iron	0.89 mg
Saturated Fat	2.05 g	Carbohydrates	0.00 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Purchase Information

Manufacturer Name : Tyson 16681-895
 Product Number : 7917683

Purchase Unit Description : Case
 Stock Unit Description : Each
 Stock Units Per Purchase Units : 96
 Available as commodity : No
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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Ingredient Number :825264
Ingredient Description :BEEF, Salisbury Steak 3oz
Class :BEEF PRODUCTS
Source :Local

Date Added :04/01/2008
 Date Modified :07/17/2010

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
Steak	3.0000	OZS.			

Nutrients

Per 3 OZS.

Calories	200.00 kcal	Cholesterol	45.00 mg	Protein	14.00 g	Calcium	40.00 mg
Total Fat	15.00 g	Sodium	350.00 mg	Vitamin A	0.00 RE	Iron	1.80 mg
Saturated Fat	6.00 g	Carbohydrates	4.00 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	1.00 g	Vitamin C	1.20 mg	Ash ¹	0.00 g

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Per 100 Grams

Calories	235.16 kcal	Cholesterol	52.91 mg	Protein	16.46 g	Calcium	47.03 mg
Total Fat	17.64 g	Sodium	411.53 mg	Vitamin A	0.00 RE	Iron	2.12 mg
Saturated Fat	7.06 g	Carbohydrates	4.70 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	1.18 g	Vitamin C	1.41 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Purchase Information

Manufacturer Name : Advance 16-530-0
 Product Number : 7390396

Purchase Unit Description : Case
 Stock Unit Description : Steak
 Stock Units Per Purchase Units : 53
 Available as commodity :
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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Ingredient Number :825234
Ingredient Description :TURKEY Breast, Deli
Class :POULTRY PRODUCTS
Source :Local

Date Added :03/19/2008
 Date Modified :07/23/2010

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
LB, sliced	16.0000	OZS.			
LB, diced	16.0000	OZS.			

Nutrients

Per 56 GRAMS

Calories	60.00 kcal	Cholesterol	0.00 mg	Protein	7.00 g	Calcium	20.00 mg
Total Fat	2.50 g	Sodium	460.00 mg	Vitamin A	0.00 RE	Iron	0.36 mg
Saturated Fat	0.50 g	Carbohydrates	2.00 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Per 100 Grams

Calories	107.14 kcal	Cholesterol	0.00 mg	Protein	12.50 g	Calcium	35.71 mg
Total Fat	4.46 g	Sodium	821.43 mg	Vitamin A	0.00 RE	Iron	0.64 mg
Saturated Fat	0.89 g	Carbohydrates	3.57 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash ¹	0.00 g

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Purchase Information

Manufacturer Name : Butterball-Carolina 91405
 Product Number : 5676434

Purchase Unit Description : LB
 Stock Unit Description : LB
 Stock Units Per Purchase Units : 1
 Available as commodity :
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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Ingredient Number :825513
Ingredient Description :FISH, Pollock 3.6oz
Class :Fish / Seafood
Source :Local

Date Added :05/21/2008
 Date Modified :07/20/2010

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
Each	3.6000	OZS.			

Nutrients

Per 101 GRAMS

Calories	220.00 kcal	Cholesterol	50.00 mg	Protein	14.00 g	Calcium	0.00 mg
Total Fat	11.00 g	Sodium	270.00 mg	Vitamin A	20.00 RE	Iron	1.08 mg
Saturated Fat	1.50 g	Carbohydrates	16.00 g	Vitamin A	100.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Per 100 Grams

Calories	217.82 kcal	Cholesterol	49.51 mg	Protein	13.86 g	Calcium	0.00 mg
Total Fat	10.89 g	Sodium	267.33 mg	Vitamin A	19.80 RE	Iron	1.07 mg
Saturated Fat	1.49 g	Carbohydrates	15.84 g	Vitamin A	99.01 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Purchase Information

Manufacturer Name : Icelandic 22065
 Product Number : 8984437

Purchase Unit Description : Case
 Stock Unit Description : Each
 Stock Units Per Purchase Units : 44
 Available as commodity :
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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Ingredient Number :825848
Ingredient Description :LETTUCE, Salad Iceberg Mix
Class :Vegetable, Fresh
Source :Local

Date Added :07/14/2004
 Date Modified :07/21/2010

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
Bag	5.0000	LBS.			
Case	20.0000	LBS.			
Cup	2.0900	OZS.			

Nutrients

Per 89 GRAMS

Calories	16.00 kcal	Cholesterol	0.00 mg	Protein	1.00 g	Calcium	20.00 mg
Total Fat	0.00 g	Sodium	0.00 mg	Vitamin A	150.00 RE	Iron	0.36 mg
Saturated Fat	0.00 g	Carbohydrates	3.00 g	Vitamin A	750.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	1.00 g	Vitamin C	4.80 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Per 100 Grams

Calories	17.98 kcal	Cholesterol	0.00 mg	Protein	1.12 g	Calcium	22.47 mg
Total Fat	0.00 g	Sodium	0.00 mg	Vitamin A	168.54 RE	Iron	0.40 mg
Saturated Fat	0.00 g	Carbohydrates	3.37 g	Vitamin A	842.70 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	1.12 g	Vitamin C	5.39 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Purchase Information

Manufacturer Name : Sys Imp
 Product Number : 1675602

Purchase Unit Description : Case
 Stock Unit Description : LB
 Stock Units Per Purchase Units : 20
 Available as commodity : No
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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Ingredient Number :825635
Ingredient Description :LETTUCE, Salad Romaine Mix
Class :Vegetable, Fresh
Source :Local

Date Added :08/20/2008
 Date Modified :07/21/2010

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
Bag	5.0000	LBS.			
Case	20.0000	LBS.			
Cup	34.0000	GRAMS			

Nutrients

Per 85 GRAMS

Calories	15.00 kcal	Cholesterol	0.00 mg	Protein	1.00 g	Calcium	40.00 mg
Total Fat	0.00 g	Sodium	5.00 mg	Vitamin A	150.00 RE	Iron	1.08 mg
Saturated Fat	0.00 g	Carbohydrates	2.00 g	Vitamin A	2250.0 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	1.00 g	Vitamin C	21.00 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Per 100 Grams

Calories	17.65 kcal	Cholesterol	0.00 mg	Protein	1.18 g	Calcium	47.06 mg
Total Fat	0.00 g	Sodium	5.88 mg	Vitamin A	176.47 RE	Iron	1.27 mg
Saturated Fat	0.00 g	Carbohydrates	2.35 g	Vitamin A	2647.0 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	1.18 g	Vitamin C	24.71 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Purchase Information

Manufacturer Name : Sys Imp
 Product Number : 6196778

Purchase Unit Description : Case
 Stock Unit Description : LB
 Stock Units Per Purchase Units : 20
 Available as commodity : No
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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Ingredient Number :825365
Ingredient Description :COM_BEANS, Pinto Dry Whole
Class :USDA Commodity
Source :Local

Date Added :04/01/2008
 Date Modified :09/11/2008

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
CUP	193	GRAMS			
TBSP	12	GRAMS			

Nutrients

Per 100 Grams

Calories	347.00 kcal	Cholesterol	0.00 mg	Protein	21.42 g	Calcium	113.00 mg
Total Fat	1.23 g	Sodium	12.00 mg	Vitamin A	0.00 RE	Iron	5.07 mg
Saturated Fat	0.24 g	Carbohydrates	62.55 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	15.50 g	Vitamin C	6.30 mg	Ash ¹	0.00 g

Purchase Information

Manufacturer Name : A942 16042 Mneed
 Product Number :

Purchase Unit Description : Bag
 Stock Unit Description : LB
 Stock Units Per Purchase Units : 25
 Available as commodity : Yes
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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Ingredient Number :826430
Ingredient Description :POTATO Mashed, Pearls
Class :Vegetable Dehydrated
Source :Local

Date Added :07/22/2010
 Date Modified :07/23/2010

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.			
Bag	28.0000	OZS.			
1/4 cup	26.0000	GRAMS			

Nutrients

Per 24 GRAMS

Calories	76.00 kcal	Cholesterol	0.00 mg	Protein	1.50 g	Calcium	10.00 mg
Total Fat	1.00 g	Sodium	345.00 mg	Vitamin A	0.00 RE	Iron	0.18 mg
Saturated Fat	0.10 g	Carbohydrates	15.00 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.30 g	Dietary Fiber	1.30 g	Vitamin C	3.60 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Per 100 Grams

Calories	316.67 kcal	Cholesterol	0.00 mg	Protein	6.25 g	Calcium	41.67 mg
Total Fat	4.17 g	Sodium	1437.5 mg	Vitamin A	0.00 RE	Iron	0.75 mg
Saturated Fat	0.42 g	Carbohydrates	62.50 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	1.25 g	Dietary Fiber	5.42 g	Vitamin C	15.00 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Purchase Information

Manufacturer Name : Basic American Foods/Sysco 3327848
 Product Number : 3327848

Purchase Unit Description : Case
 Stock Unit Description : Bag
 Stock Units Per Purchase Units : 12
 Available as commodity :
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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Ingredient Number :825654
Ingredient Description :POTATO FF, Russ-ettes Oven Crinkle Cut
Class :Vegetable, Frozen
Source :Local

Date Added :08/25/2008
 Date Modified :07/22/2010

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
OZ	28	GRAMS			
Serving	3.0000	OZS.			

Nutrients

Per 3 OZS.

Calories	120.00 kcal	Cholesterol	0.00 mg	Protein	2.00 g	Calcium	0.00 mg
Total Fat	4.00 g	Sodium	35.00 mg	Vitamin A	0.00 RE	Iron	0.72 mg
Saturated Fat	0.00 g	Carbohydrates	20.00 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	2.00 g	Vitamin C	6.00 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Per 100 Grams

Calories	141.10 kcal	Cholesterol	0.00 mg	Protein	2.35 g	Calcium	0.00 mg
Total Fat	4.70 g	Sodium	41.15 mg	Vitamin A	0.00 RE	Iron	0.85 mg
Saturated Fat	0.00 g	Carbohydrates	23.52 g	Vitamin A	0.00 IU	Water ¹	0.00 g
Trans. Fat ¹	0.00 g	Dietary Fiber	2.35 g	Vitamin C	7.06 mg	Ash ¹	0.00 g

(*N/A* - denotes missing nutrient values) (¹ - denotes optional nutrient values)

Purchase Information

Manufacturer Name : Lamb Weston R45
 Product Number : 6746630

Purchase Unit Description : Case
 Stock Unit Description : LB
 Stock Units Per Purchase Units : 30
 Available as commodity :
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$:
 Commodity Value \$:

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