

EAT Enterprises Nutrition Report

Menu: K-8 Hot Lunch A

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Mini Corn Dogs

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Corn Dog Mini Turkey WG	6 ea	250	10	30	3	10	2.5	0	60	350	0
Beans Green Frozen 20 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Ketchup SS	1 ea	10	0	2	0	0	0	0	0	85	0
Sugar Brown	0.5 oz	44.99	0	12	0	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		611.44	25.79	98.97	13.34	12.7	4	0	75	886.3	0

% Calories from:

Total Fat:	18.69%
Saturated fat%:	5.89%

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Walking Taco

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Taco Meat Turkey JTM	3 oz	128.7	13.91	4.35	1.74	6.09	1.74	0	35.65	238.26	0
Sauce Cheese Canned	1.5 oz	45	0	4.5	0	2.63	0.75	0	0	322.5	0
Corn Frozen 20 lbs	0.25 cup	32.14	1.07	7.5	0.71	0.36	0	0	0	0	0
Beans Black Canned	0.5 cup	110	7	20	5	0	0	0	0	130	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Chip Doritos Nacho 1 oz WG	1 ea	130	2	20	2	5	1	0	0	200	0
Sauce Picante Packet	1 ea	0	0	1	0	0	0	0	0	125	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		615.84	31.98	85.35	10.45	16.58	4.99	0	50.65	1135.76	0

% Calories from:

Total Fat: 24.23%

Saturated fat%: 7.29%

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Pasta Shells & Cheese

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pasta Stuffed Shells WG	2 ea	230	15	29	2	6	3.5	0	20	380	0
Peas Frozen 20 lbs	1 cup	119.4	7.46	20.9	7.46	0	0	0	0	164.18	0
Sauce Spaghetti Canned	0.5 cup	60	2	13	3	0	0	0	0	500	1
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Breadstick 1 oz WG	1 ea	60	2	12	1	0.5	0	0	0	80	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		629.4	34.46	101.9	14.46	9	5	0	35	1244.18	1

% Calories from:

Total Fat: 12.87%

Saturated fat%: 7.15%

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Pancakes & Sausage

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pancakes WG	2 ea	160	4	30	2	2	0	0	0	200	0
Sausage Turkey Patty	2 ea	120	12	0	0	8	2	0	60	180	0
Potatoes Tater Tot	16 ea	180	2	28	4	7	0	0	0	340	0
Blueberries Fresh	0.5 cup	40	0.5	10.5	2	0.25	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Syrup Sugar Free	1 ea	25	0	10	0	0	0	0	0	75	0
Totals:		625	26.5	89.5	8	19.75	3.5	0	75	915	0

% Calories from:

Total Fat: 28.44%

Saturated fat%: 5.04%

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Cheese Pizza

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Cheese 4x6 WG	1 ea	300	16	34	4	11	4	0	15	470	0
Lettuce Romaine Chopped	1 cup	10	1	2	1	0	0	0	0	0	0
Tomatoes Grape	0.25 cup	8	0.4	1.75	0.55	0.1	0.03	0	0	2.25	0
Honeydew	0.5 cup	70	0	16	1	0	0	0	0	20	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Dressing Ranch SS	1 ea	30	0	2	0	2.5	0	0	5	55	1
Totals:		583.41	26.61	83.73	9.46	16.26	5.53	0	35	668.62	1

% Calories from:

Total Fat:	25.08%
Saturated fat%:	8.53%

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Chicken Strips

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Tender Breaded WG Tyson	4 ea	320	30	18	2	14	3	0	70	500	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Peas Frozen 20 lbs	1 cup	119.4	7.46	20.9	7.46	0	0	0	0	164.18	0
Totals:		624.81	46.67	71.88	12.37	16.66	4.5	0	85	875.55	3

% Calories from:

Total Fat: 24.00%

Saturated fat%: 6.48%

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Nachos

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Taco Meat Turkey JTM	2 oz	85.8	9.28	2.9	1.16	4.06	1.16	0	23.77	158.84	0
Carrots Diced Frozen 20 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Beans Black Canned	0.5 cup	110	7	20	5	0	0	0	0	130	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Chip Tortilla Round Bulk	1.5 oz	180	3	30	3	6.75	0.75	0	0	112.5	0
Sauce Cheese Canned	2 oz	60	0	6	0	3.5	1	0	0	430	0
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Totals:		619.13	27.95	91.23	12.16	16.81	4.41	0	38.77	998.01	0

% Calories from:

Total Fat:	24.44%
Saturated fat%:	6.41%

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Cheese Ravioli

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Sauce Spaghetti Canned	0.5 cup	60	2	13	3	0	0	0	0	500	1
Pasta Cheese Ravioli WG	7 ea	230	16	34	3	3	1.5	0	5	240	0
Potatoes Sweet Potato Tot	8 ea	136	0.8	27.2	2.4	3.2	0	0	0	184	7.2
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		610.1	28.6	106.7	13	8.9	3	0	20	1062.8	8.2

% Calories from:

Total Fat: 13.13%

Saturated fat%: 4.43%

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Chicken & Waffles

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Tender Breaded WG Tyson	3 ea	240	22.5	13.5	1.5	10.5	2.25	0	52.5	375	0
Waffle 1.25 oz WG	1 ea	65	2	11.5	1.5	1.75	0.25	0	2.5	180	0
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Syrup Sugar Free	1 ea	25	0	10	0	0	0	0	0	75	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Blueberries Fresh	0.5 cup	40	0.5	10.5	2	0.25	0	0	0	0	0
Totals:		624.29	36.14	85.5	8.43	19.21	4	0	70	920	0

% Calories from:

Total Fat:	27.69%
Saturated fat%:	5.77%

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Stuffed Crust Pizza

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Cheese Stuffed Crust WG	1 ea	280	16	36	3	9	3	0	15	490	0
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Cucumbers 40lbs	0.5 cup	10	0	2	0	0	0	0	0	0	0
Dressing Ranch SS	2 ea	60	0	4	0	5	0	0	10	110	2
Applesauce Mixed Berry Cup 4.5 oz	1 ea	60	0	15	2	0	0	0	0	30	0
Totals:		600.41	25.71	90.98	9.91	16.66	4.5	0	40	796.37	2

% Calories from:

Total Fat:	24.97%
Saturated fat%:	6.75%

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Meatball Sub

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Meatballs Turkey	5 ea	100	11.67	5	0.83	4.17	1.25	0	37.5	375	0
Cheese Mozzarella Shredded 30 lbs	0.75 oz	60	6	0.75	0	4.5	2.63	0	11.25	127.5	0
Sauce Marinara Canned	0.25 cup	30	1	5	0	0.75	0	0	0	67.5	0.5
Bun Hot Dog 2 oz WG	1 ea	150.05	5.73	27.16	2.7	2.18	0.41	0	0	262.8	0
Beans Green Frozen 20 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Potatoes Sweet Potato Tot	5 ea	85	0.5	17	1.5	2	0	0	0	115	4.5
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		621.5	34.69	89.88	10.37	16.3	5.79	0	63.75	1069.1	5

% Calories from:

Total Fat: 23.60%

Saturated fat%: 8.38%

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Chicken Enchiladas

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Enchilada WG	2 ea	200	12	20	4	7	3	0	40	340	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Sauce Monterey Jack	2 oz	72.73	0.91	3.64	0	5.45	1.36	0	4.55	400	0
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Beans Black Canned	0.5 cup	110	7	20	5	0	0	0	0	130	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Totals:		617.02	30.05	86.64	11.43	15.66	5.86	0	59.55	990	0

% Calories from:

Total Fat: 22.84%

Saturated fat%: 8.55%

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Cheese Lasagna

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Lasagna Cheese Roll WG	1 ea	240	15	29	2	6	3.5	0	20	390	0
Sauce Spaghetti Canned	0.5 cup	60	2	13	3	0	0	0	0	500	1
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Cauliflower Frozen	0.5 cup	12.5	1	2.5	1	0	0	0	0	12.5	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Bread White Wheat 1 oz WG	1 ea	71	2.91	12.67	1.43	1.06	0.29	0	0	125.65	0
Margarine Whipped Cup	1 ea	20	0	0	0	2.33	0.67	0	0	31.67	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		615.1	31.01	96.67	14.03	12.09	5.96	0	35	1199.02	1

% Calories from:

Total Fat:	17.69%
Saturated fat%:	8.72%

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Philly Cheese Steak

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Beef Steak Philly	2.75 oz	179.68	13.35	3.54	0.08	12.05	4.55	0	53.94	216.91	1.97
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Bun Hoagie 2 oz WG	1 ea	151.12	5.82	28.55	2.76	5.82	0.26	0	0	236.67	3.76
Sauce Monterey Jack	1.5 oz	54.55	0.68	2.73	0	4.09	1.02	0	3.41	300	0
Peas Frozen 20 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Peppers & Onions	0.5 cup	30	0.67	6	1.33	0.33	0	0	0	193.33	0
Applesauce Cinnamon Cup 4.5 oz	1 ea	50	0	14	1	0	0	0	0	0	0
Totals:		625.05	32.25	76.27	8.9	24.79	7.33	0	72.35	1149	5.73

% Calories from:

Total Fat:	35.69%
Saturated fat%:	10.55%

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Galaxy Turkey Pepperoni Pizza

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Turkey Pepperoni Galaxy Round WG	1 ea	230	13	22	2	10	4.5	0	30	390	2
Carrots Diced Frozen 20 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Applesauce Strawberry Cup 4.5 oz	1 ea	60	0	15	1	0	0	0	0	17	0
Totals:		597.43	23.27	92.33	12.1	16.2	6	0	45	745.37	2

% Calories from:

Total Fat: 24.40%

Saturated fat%: 9.04%

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Chicken Patty Sandwich

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Patty Breaded WG Goldkist	1 ea	190	15	13	2	9	2	0	35	390	1
Carrots Diced Frozen 20 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Peas Frozen 20 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Bun Hamburger 2 oz WG	1 ea	147	6.24	26.47	2.65	1.94	0.32	0	0	248.14	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		605.44	34.85	88.23	13.29	13.6	3.82	0	50	978.27	4

% Calories from:

Total Fat: 20.22%

Saturated fat%: 5.68%

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Taco

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Cheese Cheddar Shredded 20 lbs	0.5 oz	40	0.5	0	0	2.5	1.25	0	0	145	0
Tortilla Ultragrain 6 in	1 ea	90	2	15	2	2.5	1.5	0	0	75	0
Taco Meat Turkey JTM	2.4 oz	102.96	11.13	3.48	1.39	4.87	1.39	0	28.52	190.61	0
Beans Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	0
Totals:		597.25	31.77	86.48	10.82	13.08	5.64	0	43.52	670.61	0

% Calories from:

Total Fat: 19.71%

Saturated fat%: 8.50%

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Chicken Alfredo

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Nugget Grilled Brakebush	4 ea	150	11	0	0	10	2.5	0	35	370	0
Pasta Penne Rigate	0.75 cup	300	10.5	63	3	1.5	0	0	0	0	0
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Cauliflower Frozen	0.5 cup	12.5	1	2.5	1	0	0	0	0	12.5	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Sauce Alfredo Powdered	3 oz	0.42	0.01	0.07	0	0.01	0.01	0	0.05	2.01	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		647.02	32.31	98.07	8.6	14.21	4.01	0	50.05	523.31	0

% Calories from:

Total Fat: 19.77%

Saturated fat%: 5.58%

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French Toast Sticks

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
French Toast Stick .8 oz WG	3 ea	195	4.5	28.5	2.25	7.5	1.13	0	0	225	0
Sausage Turkey Patty	2 ea	120	12	0	0	8	2	0	60	180	0
Potatoes Tater Tot	12 ea	135	1.5	21	3	5.25	0	0	0	255	0
Blueberries Fresh	0.5 cup	40	0.5	10.5	2	0.25	0	0	0	0	0
Syrup Sugar Free	1 ea	25	0	10	0	0	0	0	0	75	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		615	26.5	81	7.25	23.5	4.63	0	75	855	0

% Calories from:

Total Fat:	34.39%
Saturated fat%:	6.78%

EAT Enterprises Nutrition Report

Turkey Sausage Pizza

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Turkey Sausage 4x6 WG	1 ea	280	16	33	5	10	4	0	30	460	2
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Lettuce Salad Mix	1 cup	15	0	2	1	0	0	0	0	20	0
Banana Institutional Pack (150 ct)	1 ea	110	1	27	3	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Dressing Ranch SS	1 ea	30	0	2	0	2.5	0	0	5	55	1
Tomatoes Grape	0.5 cup	16	0.8	3.5	1.1	0.2	0.05	0	0	4.5	0
Totals:		576	26.3	84.5	12.1	15.2	5.55	0	50	704.5	3

% Calories from:

Total Fat:	23.75%
Saturated fat%:	8.67%

EAT Enterprises Nutrition Report

Hamburger

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Beef Patty 2.2 oz	1 ea	110	11	2	1	7	2.5	0	30	210	0
Bun Hamburger 2 oz WG	1 ea	147	6.24	26.47	2.65	1.94	0.32	0	0	248.14	0
Beans Green Frozen 20 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Ketchup SS	1 ea	10	0	2	0	0	0	0	0	85	0
Mustard SS	1 ea	5	0	0	0	0	0	0	0	65	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Applesauce Mixed Berry Cup 4.5 oz	1 ea	60	0	15	2	0	0	0	0	30	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Totals:		617.26	28.94	93.42	12.8	15.1	4.32	0	45	929.51	0

% Calories from:

Total Fat: 22.02%

Saturated fat%: 6.30%

EAT Enterprises Nutrition Report

Chicken Fajitas

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Beans Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	0
Peppers & Onions	0.25 cup	15	0.33	3	0.67	0.17	0	0	0	96.67	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Tortilla Ultragrain 8 in	1 ea	170	5	30	4	5	3	0	0	150	0
Chicken Fajita Wht/ Drk 30 lbs	2.5 oz	108.33	10.83	0	0	5	1.67	0	79.17	408.33	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Sauce Taco SS (200 ct)	1 ea	5	0	1	0	0	0	0	0	70	0
Totals:		662.62	34.3	102	12.1	13.38	6.17	0	94.17	985	0

% Calories from:

Total Fat: 18.17%

Saturated fat%: 8.38%

EAT Enterprises Nutrition Report

Spaghetti & Meatballs

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Meatballs Turkey	5 ea	100	11.67	5	0.83	4.17	1.25	0	37.5	375	0
Pasta Penne Rigate	0.75 cup	300	10.5	63	3	1.5	0	0	0	0	0
Sauce Spaghetti Canned	0.5 cup	60	2	13	3	0	0	0	0	500	1
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Cauliflower Frozen	0.5 cup	12.5	1	2.5	1	0	0	0	0	12.5	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Totals:		656.6	34.97	116	12.43	8.37	2.75	0	52.5	1026.3	1

% Calories from:

Total Fat: 11.47%

Saturated fat%: 3.77%

EAT Enterprises Nutrition Report

Chicken Nuggets

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Sugar Brown	0.5 oz	44.99	0	12	0	0	0	0	0	0	0
Honeydew	0.5 cup	70	0	16	1	0	0	0	0	20	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Peas Frozen 20 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Chicken Nugget Breaded 30 lbs	5 ea	240	13	16	3	14	2.5	0	20	470	0
Totals:		644.69	30.73	90.45	12.73	16.5	4	0	35	1112.09	3

% Calories from:

Total Fat: 23.03%

Saturated fat%: 5.58%

EAT Enterprises Nutrition Report

Galaxy Cheese Pizza

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Pizza Cheese Galaxy Round WG	1 ea	220	12	21	2	10	5	0	25	330	2
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Potatoes Sweet Potato Tot	8 ea	136	0.8	27.2	2.4	3.2	0	0	0	184	7.2
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Totals:		614.39	23.54	99.2	10.93	16.61	6.5	0	40	635.7	9.2

% Calories from:

Total Fat:	24.33%
Saturated fat%:	9.52%

EAT Enterprises Nutrition Report

BBQ Pulled Chicken

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Pulled Tyson	2.2 oz	88	11.73	0.73	0	3.67	1.1	0	47.67	88	0
Bun Hoagie 2 oz WG	1 ea	151.12	5.82	28.55	2.76	5.82	0.26	0	0	236.67	3.76
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Sauce BBQ Gallon	2 oz	50	0	12	0	0	0	0	0	380	10
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		623.41	29.69	102.28	7.19	16.2	2.86	0	62.67	994.67	13.76

% Calories from:

Total Fat:	23.39%
Saturated fat%:	4.13%

EAT Enterprises Nutrition Report

Taco Mac & Cheese

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Taco Meat Turkey JTM	1.5 oz	64.35	6.96	2.17	0.87	3.04	0.87	0	17.83	119.13	0
Macaroni & Cheese	3 oz	145	8.5	14	1	6	4	0	20	275	0
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Beans Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	0
Applesauce Cinnamon Cup 4.5 oz	1 ea	50	0	14	1	0	0	0	0	0	0
Chip Tortilla Round Bulk	1 oz	120	2	20	2	4.5	0.5	0	0	75	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		616.85	33.96	85.67	11.37	16.04	6.87	0	52.83	746.63	0

% Calories from:

Total Fat: 23.40%

Saturated fat%: 10.02%

EAT Enterprises Nutrition Report

Pierogi & Keilbasa

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pasta Pierogi Potato & Cheese WG	6 ea	180	9	24	3	5	3	0	50	230	0
Turkey Kielbasa 3 oz	0.5 ea	60	6	2	0	3.5	1	0	30	315	0.5
Beans Green Frozen 20 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Potatoes Sweet Potato Tot	10 ea	170	1	34	3	4	0	0	0	230	9
Sauerkraut	0.25 cup	10	0	2	0	0	0	0	0	400	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		616.45	25.79	96.97	11.34	15.2	5.5	0	95	1296.3	9.5

% Calories from:

Total Fat: 22.19%

Saturated fat%: 8.03%

EAT Enterprises Nutrition Report

Chicken Drumstick

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Drumstick Breaded WG Goldkist	1 ea	290	21	15	2	17	3.5	0	95	550	0
Peas Frozen 20 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Potatoes Mashed Canned	0.5 cup	51.43	1.71	10.86	1.14	0	0	0	0	97.14	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Gravy Chicken Base	2 oz	2.5	0	0.5	0	0	0	0	0	312.5	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		597.73	35.04	72.81	11.97	19.7	5	0	110	1163.43	0

% Calories from:

Total Fat: 29.66%

Saturated fat%: 7.53%

EAT Enterprises Nutrition Report

Cheese Pizza Slice

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Cheese Wedge WG	1 ea	260	15	32	6	8	3	0	15	660	1
Lettuce Romaine Chopped	1 cup	10	1	2	1	0	0	0	0	0	0
Tomatoes Grape	0.25 cup	8	0.4	1.75	0.55	0.1	0.03	0	0	2.25	0
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Honeydew	0.5 cup	70	0	16	1	0	0	0	0	20	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	0
Dressing Ranch SS	1 ea	30	0	2	0	2.5	0	0	5	55	1
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		603	26.9	84.75	11.55	16.6	5.53	0	35	1052.25	2

% Calories from:

Total Fat: 24.78%

Saturated fat%: 8.25%

