

EAT Enterprises Nutrition Report

Menu: K-8 Hot Lunch B

Table of Contents

BBQ Chicken Chunks	3
Hamburger B	4
Chicken Fingers	5
Turkey Polish Sausage	6
Grilled Cheese	7
Taco B	8
Hot Dog	9
Orange Chicken	10
Swedish Meatballs	11
Bosco Sticks	12
Grilled Chicken Sandwich	13
Mini Corn Dogs B	14
Galaxy Cheese Pizza B	15
Chicken Nuggets B	16
Chili Mac	17
BBQ Rib Patty	18
Beef Enchilada	19
Galaxy Turkey Pepperoni Pizza B	20

<u>Sweet & Sour Meatballs</u>	<u>21</u>
<u>Chicken Parmesan</u>	<u>22</u>
<u>Chicken Strips B</u>	<u>23</u>
<u>Meatball Sub B</u>	<u>24</u>
<u>Honey Mustard Chicken</u>	<u>25</u>
<u>Sloppy Joe</u>	<u>26</u>
<u>Cheese French Bread</u>	<u>27</u>
<u>Sloppy Joe Totchos</u>	<u>28</u>
<u>Hot Dog 2B</u>	<u>29</u>
<u>Chicken Patty Sandwich B</u>	<u>30</u>
<u>Meatloaf</u>	<u>31</u>
<u>Cheese Ravioli B</u>	<u>32</u>

EAT Enterprises Nutrition Report

BBQ Chicken Chunks

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
Chicken Nugget Grilled Brakebush	4 ea	150	11	0	0	10	2.5	0	35	370	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
Cornbread Loaf 2 oz WG	1 ea	180	3	28	1	6	0.5	0	15	90	15
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Sugar Brown	0.25 oz	22.5	0	6	0	0	0	0	0	0	0
Totals:		678.95	29.79	93.97	11.34	18.7	4.5	0	65	1001.3	18

% Calories from:

Total Fat: 24.79%

Saturated fat%: 5.97%

EAT Enterprises Nutrition Report

Hamburger B

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
Corn Frozen 20 lbs	1 cup	128.57	4.29	30	2.86	1.43	0	0	0	0	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
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
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
Totals:		570.57	29.53	88.47	7.51	12.87	4.32	0	45	728.14	0

% Calories from:

Total Fat: 20.30%

Saturated fat%: 6.81%

EAT Enterprises Nutrition Report

Chicken Fingers

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
Peas Frozen 20 lbs	1 cup	119.4	7.46	20.9	7.46	0	0	0	0	164.18	0
Chicken Finger Breaded WG Brakebush	4 ea	220	14	11	0	13	3	0	45	570	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	0
Totals:		619.4	31.46	77.9	9.46	19	5.5	0	60	1094.18	3

% Calories from:

Total Fat: 27.61%

Saturated fat%: 7.99%

EAT Enterprises Nutrition Report

Turkey Polish 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)
Turkey Kielbasa 3 oz	1 ea	120	12	4	0	7	2	0	60	630	1
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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Mustard SS	1 ea	5	0	0	0	0	0	0	0	65	0
Carrots Diced Frozen 20 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Ketchup SS	1 ea	10	0	2	0	0	0	0	0	85	0
Totals:		592.48	28	88.49	11.8	15.38	3.91	0	75	1381.17	1

% Calories from:

Total Fat: 23.36%

Saturated fat%: 5.94%

EAT Enterprises Nutrition Report

Grilled 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)
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
Cranberries Dried 1oz	1 ea	110	0	27	2	0	0	0	0	0	22
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Dressing Ranch SS	2 ea	60	0	4	0	5	0	0	10	110	2
Grilled Cheese Sandwich WG IW	1 ea	280	19	31	3	10	6	0	30	580	0
Totals:		638	28.4	92.75	7.55	17.6	7.53	0	55	832.25	24

% Calories from:

Total Fat:	24.83%
Saturated fat%:	10.62%

EAT Enterprises Nutrition Report

Taco B

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	2.5 oz	107.25	11.59	3.62	1.45	5.07	1.45	0	29.71	198.55	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
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
Tortilla Ultragrain 8 in	1 ea	170	5	30	4	5	3	0	0	150	0
Sauce Taco SS (200 ct)	1 ea	5	0	1	0	0	0	0	0	70	0
Beans Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	0
Totals:		667.36	37.03	94.05	17.09	15.23	7.2	0	44.71	907.01	0

% Calories from:

Total Fat: 20.54%

Saturated fat%: 9.71%

EAT Enterprises Nutrition Report

Hot Dog

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 Hot Dog 2 oz	1 ea	180	6	1	0	16	6	0	35	460	0
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
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
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	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
Totals:		638.38	27.4	82.49	10.7	20.68	7.91	0	50	1169.47	0

% Calories from:

Total Fat: 29.16%

Saturated fat%: 11.15%

EAT Enterprises Nutrition Report

Orange 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)
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Sauce Orange	1.5 oz	105	1.5	24	0	0	0	0	0	585	0
Rice Brown	0.5 cup	85	2	18	0.5	0.75	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
Chicken Popcorn Breaded WG Tyson	10 ea	208.33	12.5	13.33	2.5	12.5	2.08	-0.83	20.83	316.67	0.83
Totals:		594.93	26.8	90.33	8.6	15.95	3.58	-0.83	35.83	1052.97	0.83

% Calories from:

Total Fat:	24.13%
Saturated fat%:	5.42%

EAT Enterprises Nutrition Report

Swedish 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	6 ea	120	14	6	1	5	1.5	0	45	450	0
Pasta Egg Noodles	0.5 cup	220	8	40	2	2.5	0.5	0	60	15	0
Corn Frozen 20 lbs	1 cup	128.57	4.29	30	2.86	1.43	0	0	0	0	0
Applesauce Cinnamon Cup 4.5 oz	1 ea	50	0	14	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
Gravy Beef Base	2 fl oz	3.75	0	0.5	0	0.25	0	0	0	222.5	0
Totals:		622.32	34.29	101.5	6.86	11.68	3.5	0	120	807.5	0

% Calories from:

Total Fat: 16.89%

Saturated fat%: 5.06%

EAT Enterprises Nutrition Report

Bosco 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)
BOSCO STICKS	2 ea	300	20	34	4	10	5	0	30	440	2
Sauce Marinara 1oz Cup	1 ea	15	1	3	1	0	0	0	0	120	1
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
Applesauce Mixed Berry Cup 4.5 oz	1 ea	60	0	15	2	0	0	0	0	30	0
Dressing Ranch SS	1 ea	30	0	2	0	2.5	0	0	5	55	1
Totals:		605.41	30.71	89.98	11.91	15.16	6.5	0	50	811.37	4

% Calories from:

Total Fat: 22.54%

Saturated fat%: 9.66%

EAT Enterprises Nutrition Report

Grilled Chicken 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)
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
Chicken Patty Grilled Brakebush	1 ea	160	12	4	0	11	2.5	0	40	410	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
Totals:		608.45	28.53	87.44	9.49	17.64	4.32	0	55	984.44	7.5

% Calories from:

Total Fat: 26.09%

Saturated fat%: 6.39%

EAT Enterprises Nutrition Report

Mini Corn Dogs B

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 Black Canned	0.5 cup	110	7	20	5	0	0	0	0	130	0
Ketchup SS	1 ea	10	0	2	0	0	0	0	0	85	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Totals:		604.29	27.14	95	10.43	13.21	4	0	75	685	0

% Calories from:

Total Fat: 19.67%

Saturated fat%: 5.96%

EAT Enterprises Nutrition Report

Galaxy Cheese Pizza B

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 Galaxy Round WG	1 ea	220	12	21	2	10	5	0	25	330	2
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Cranberries Dried 1oz	1 ea	110	0	27	2	0	0	0	0	0	22
Totals:		631.6	23.1	101.5	12.6	16.2	6.5	0	40	639.2	24

% Calories from:

Total Fat: 23.08%

Saturated fat%: 9.26%

EAT Enterprises Nutrition Report

Chicken Nuggets B

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 Breaded 30 lbs	5 ea	240	13	16	3	14	2.5	0	20	470	0
Peas Frozen 20 lbs	0.75 cup	89.55	5.6	15.67	5.6	0	0	0	0	123.13	0
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Applesauce Cinnamon Cup 4.5 oz	1 ea	50	0	14	1	0	0	0	0	0	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
Sugar Brown	0.25 oz	22.5	0	6	0	0	0	0	0	0	0
Totals:		632.05	32.6	87.67	14.6	16.5	4	0	35	1133.13	3

% Calories from:

Total Fat: 23.49%

Saturated fat%: 5.70%

EAT Enterprises Nutrition Report

Chili Mac

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)
Chili Beef	5.83 oz	158	14	16	5	5	1.7	0	31	266	0
Pasta Macaroni	0.5 cup	211.11	7.78	45.56	4.44	1.11	0	0	0	0	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	4 ea	45	0.5	7	1	1.75	0	0	0	85	0
Carrots Diced Frozen 20 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Totals:		631.54	31.55	109.89	17.54	10.56	3.2	0	46	519.37	0

% Calories from:

Total Fat: 15.05%

Saturated fat: 4.56%

EAT Enterprises Nutrition Report

BBQ Rib Patty

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 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
Beef Rib Patty	1 ea	200	13	12	1	11	5	0.5	30	650	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
Peas Frozen 20 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Carrots Diced Frozen 20 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Totals:		619.56	32.43	89.31	12.4	19.48	6.76	0.5	45	1226.8	6.76

% Calories from:

Total Fat: 28.30%

Saturated fat%: 9.82%

EAT Enterprises Nutrition Report

Beef Enchilada

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 Monterey Jack	2 oz	72.73	0.91	3.64	0	5.45	1.36	0	4.55	400	0
Beef Enchilada WG	2 ea	160	8	14	2	7	2	0	20	250	0
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
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
Totals:		597.02	27.05	85.64	9.43	15.66	4.86	0	39.55	910	0

% Calories from:

Total Fat:	23.61%
Saturated fat%:	7.33%

EAT Enterprises Nutrition Report

Galaxy Turkey Pepperoni Pizza B

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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Carrots Diced Frozen 20 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Cranberries Dried 1oz	1 ea	110	0	27	2	0	0	0	0	0	22
Totals:		619.93	22.97	97.33	11.1	16.2	6	0	45	727.97	24

% Calories from:

Total Fat: 23.52%

Saturated fat%: 8.71%

EAT Enterprises Nutrition Report

Sweet & Sour 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	6 ea	120	14	6	1	5	1.5	0	45	450	0
Rice Brown	1 cup	170	4	36	1	1.5	0	0	0	0	0
Mandarin Orange Cup 4.5 oz	1 ea	80	1	20	1	0	0	0	0	0	0
Sauce Sweet n Sour Gallon	1.5 oz	90	0	21	0	0	0	0	0	165	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Beans Green Frozen 20 lbs	1 cup	59.7	2.99	11.94	4.48	0	0	0	0	0	0
Totals:		619.7	29.99	105.94	7.48	9	3	0	60	735	0

% Calories from:

Total Fat: 13.07%

Saturated fat%: 4.36%

EAT Enterprises Nutrition Report

Chicken Parmesan

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
Sauce Spaghetti Canned	0.25 cup	30	1	6.5	1.5	0	0	0	0	250	0.5
Cheese Mozzarella Shredded 30 lbs	1 oz	80	8	1	0	6	3.5	0	15	170	0
Pasta Penne Rigate	0.25 cup	100	3.5	21	1	0.5	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
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
Totals:		640	39	85.5	10	18	7	0	65	960	1.5

% Calories from:

Total Fat: 25.31%

Saturated fat%: 9.84%

EAT Enterprises Nutrition Report

Chicken Strips B

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 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
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	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
Chicken Tender Breaded WG Tyson	3 ea	240	22.5	13.5	1.5	10.5	2.25	0	52.5	375	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	0
Totals:		645.26	36.2	80.45	9.65	20.16	4.75	0	67.5	906.37	3

% Calories from:

Total Fat: 28.12%

Saturated fat%: 6.63%

EAT Enterprises Nutrition Report

Meatball Sub B

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
Corn Frozen 20 lbs	0.75 cup	96.43	3.21	22.5	2.14	1.07	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
Totals:		616.48	36.61	92.41	6.67	15.17	5.79	0	63.75	952.8	0.5

% Calories from:

Total Fat: 22.15%

Saturated fat%: 8.45%

EAT Enterprises Nutrition Report

Honey Mustard 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 Nugget Grilled Brakebush	4 ea	150	11	0	0	10	2.5	0	35	370	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	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 Honey Mustard Bulk	1 oz	110	0	7	0	9	1.5	0	5	105	6
Cornbread Loaf 2 oz WG	1 ea	180	3	28	1	6	0.5	0	15	90	15
Totals:		636.6	24.8	70	6.6	27.7	6	0	70	716.3	21

% Calories from:

Total Fat:	39.16%
Saturated fat%:	8.48%

EAT Enterprises Nutrition Report

Sloppy Joe

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)
Sloppy Joe Frozen 30lbs	3 oz	130.45	11.79	9.38	1.28	5.17	1.97	0.31	38.78	379.01	0
Bun Hamburger 2 oz WG	1 ea	147	6.24	26.47	2.65	1.94	0.32	0	0	248.14	0
Peas Frozen 20 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Sugar Brown	0.25 oz	22.5	0	6	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
Honeydew	0.5 cup	70	0	16	1	0	0	0	0	20	0
Totals:		639.65	35.76	99.3	13.66	9.61	3.79	0.31	53.78	1179.24	0

% Calories from:

Total Fat: 13.52%

Saturated fat%: 5.33%

EAT Enterprises Nutrition Report

Cheese French Bread

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 Bread, Cheese	1 ea	300	17	32	3	11	3.5	0	15	430	1
Lettuce Romaine Chopped	1 cup	10	1	2	1	0	0	0	0	0	0
Tomatoes Grape	0.5 cup	16	0.8	3.5	1.1	0.2	0.05	0	0	4.5	0
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	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:		575.1	27.9	81.5	12.2	16.4	5.05	0	35	656.2	2

% Calories from:

Total Fat: 25.67%

Saturated fat%: 7.90%

EAT Enterprises Nutrition Report

Sloppy Joe Totchos

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)
Sloppy Joe Frozen 30lbs	3 oz	130.45	11.79	9.38	1.28	5.17	1.97	0.31	38.78	379.01	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
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Sauce Cheese Canned	1.5 oz	45	0	4.5	0	2.63	0.75	0	0	322.5	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	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
Totals:		629.74	25.93	94.88	7.71	19.01	4.72	0.31	53.78	1066.51	0

% Calories from:

Total Fat: 27.17%

Saturated fat%: 6.75%

EAT Enterprises Nutrition Report

Hot Dog 2B

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 Hot Dog 2 oz	1 ea	180	6	1	0	16	6	0	35	460	0
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 Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	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 Cinnamon Cup 4.5 oz	1 ea	50	0	14	1	0	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
Totals:		632.55	28.23	79.66	10.2	20.68	7.91	0	50	1150.3	0

% Calories from:

Total Fat: 29.42%

Saturated fat%: 11.25%

EAT Enterprises Nutrition Report

Chicken Patty Sandwich B

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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	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	1 cup	59.7	2.99	11.94	4.48	0	0	0	0	0	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Totals:		583.3	32.53	85.41	12.23	13.64	3.82	0	50	849.44	4

% Calories from:

Total Fat: 21.05%

Saturated fat%: 5.89%

EAT Enterprises Nutrition Report

Meatloaf

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)
Meatloaf 3oz	1 ea	170	11	10	1	10	4.5	0.5	25	410	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
Bread White Wheat 1 oz WG	2 ea	142	5.82	25.34	2.86	2.12	0.58	0	0	251.3	0
Ketchup SS	1 ea	10	0	2	0	0	0	0	0	85	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
Peas Frozen 20 lbs	0.25 cup	29.85	1.87	5.22	1.87	0	0	0	0	41.04	0
Carrots Diced Frozen 20 lbs	0.25 cup	11.67	0.33	2.67	1	0	0	0	0	23.33	0
Totals:		629.05	29.33	92.09	12.97	17.15	7.25	0.5	40	1061.18	0

% Calories from:

Total Fat: 24.54%

Saturated fat%: 10.37%

EAT Enterprises Nutrition Report

Cheese Ravioli B

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
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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		605.1	28.1	105.7	12.5	8.9	3	0	20	1057.8	8.2

% Calories from:

Total Fat: 13.24%

Saturated fat%: 4.46%

