

EAT Enterprises Nutrition Report

Menu: K-8 Hot Lunch A

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Mini Corn Dogs A - SA

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 30 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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Chicken Enchilada Pocket - SA

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 Pocket	1 ea	300	17	36	4	10	4	0	30	570	3
Corn Frozen 30 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
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	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:		644.29	34.14	99	11.43	13.21	5.5	0	45	830	3

% Calories from:

Total Fat:	18.45%
Saturated fat%:	7.68%

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Stuffed Shells & Marinara - SA

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
Sauce Marinara Canned	1 cup	120	4	20	0	3	0	0	0	270	2
Broccoli Cut Frozen 20 lbs	1 cup	35	3	7	3	0	0	0	0	35	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	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:		656	33.91	100.67	7.43	14.89	5.96	0	35	962.32	2

% Calories from:

Total Fat:	20.43%
Saturated fat%:	8.18%

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Pancakes & Sausage - SA

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 Link	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
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:		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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Turkey Sausage Pizza - SA

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
Zucchini Fresh	0.5 cup	18	1.4	3	1.2	0.4	0.1	0	0	286.8	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Applesauce Strawberry Cup 4.5 oz	1 ea	60	0	15	1	0	0	0	0	17	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:		607.1	26.5	95	14.3	15.6	5.6	0	50	985.5	3

% Calories from:	
Total Fat:	23.13%
Saturated fat%:	8.30%

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Chicken Strips A - SA

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
Peas Frozen 30 lbs	1 cup	119.4	7.46	20.9	7.46	0	0	0	0	164.18	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
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 - SA

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
Sauce Cheese Canned	2 oz	60	0	6	0	3.5	1	0	0	430	0
Carrots Diced Frozen 30 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
Chip Tortilla Round Bulk	1.25 oz	150	2.5	25	2.5	5.63	0.63	0	0	93.75	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		589.13	27.45	86.23	11.66	15.69	4.29	0	38.77	979.26	0

% Calories from:

Total Fat:	23.97%
Saturated fat%:	6.55%

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Garlic Mozzarella Bites - SA

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)
Cheese Mozzarella Garlic Bites	4 ea	290	14	31	2	12	6	0	30	570	1
Sauce Marinara 1oz Cup	2 ea	30	2	6	2	0	0	0	0	240	2
Corn Frozen 30 lbs	1 cup	128.57	4.29	30	2.86	1.43	0	0	0	0	0
Grapes Red Seedless 18lbs	0.5 cup	53.33	0.67	14.67	0.67	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:		601.9	28.96	92.67	7.53	15.93	7.5	0	45	930	3

% Calories from:	
Total Fat:	23.82%
Saturated fat%:	11.21%

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Red Beans & Rice - SA

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
Beans Red Kidney	0.25 cup	50	4	10	3	0.25	0	0	0	70	0
Rice Brown	0.5 cup	85	2	18	0.5	0.75	0	0	0	0	0
Beans Green Frozen 30 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Mandarin Orange Cup 4.5 oz	1 ea	80	1	20	1	0	0	0	0	0	0
Cornbread Loaf 2 oz WG	1 ea	180	3	28	1	6	0.5	0	15	90	15
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		644.85	31.49	96.97	7.74	16.5	4	0	90	910	16

% Calories from:

Total Fat:	23.03%
Saturated fat%:	5.58%

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Galaxy Pepperoni Pizza A - SA

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
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Potatoes Sweet Potato Tot	10 ea	170	1	34	3	4	0	0	0	230	9
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
Totals:		611.6	24.1	95.5	11.6	16.7	6	0	45	759.2	11

% Calories from:

Total Fat:	24.57%
Saturated fat%:	8.83%

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Hamburger A - SA

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
Corn Frozen 30 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
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Pickle Dill Spear	1 ea	0	0	0	0	0	0	0	0	260	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:		591.7	29.59	87.45	9.99	15.81	4.32	0	45	1159.51	0

% Calories from:

Total Fat:	24.05%
Saturated fat%:	6.57%

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Buffalo Chicken Pocket - SA

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 Buffalo Pocket	1 ea	310	19	36	4	10	5	0	30	680	3
Peas Frozen 30 lbs	0.25 cup	29.85	1.87	5.22	1.87	0	0	0	0	41.04	0
Carrots Diced Frozen 30 lbs	0.25 cup	11.67	0.33	2.67	1	0	0	0	0	23.33	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:		651.52	37.2	96.89	12.87	12.5	6.5	0	45	1004.37	3

% Calories from:

Total Fat: 17.27%

Saturated fat%: 8.98%

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Spaghetti & Meatballs - SA

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 Marinara Canned	0.5 cup	60	2	10	0	1.5	0	0	0	135	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
Cantaloupe Fresh	0.5 cup	30.1	0.75	7	0.8	0.15	0.05	0	0	14.15	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		620.1	35.42	102	7.13	9.82	2.8	0	52.5	674.15	1

% Calories from:	
Total Fat:	14.25%
Saturated fat%:	4.06%

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Chicken Nuggets A - SA

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 WG Goldkist	5 ea	190	15	13	2	9	2	0	35	390	0.9
Peas Frozen 30 lbs	1 cup	119.4	7.46	20.9	7.46	0	0	0	0	164.18	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	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:		599.4	32.46	80.9	11.46	15	4.5	0	50	914.18	3.9

% Calories from:	
Total Fat:	22.52%
Saturated fat%:	6.76%

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Beef Ranchero Pizza - SA

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 Beef Ranchero	1 ea	320	18	30	4	15	7	0	40	610	1
Lettuce Shredded	1 cup	6.67	0	1.33	0.67	0	0	0	0	3.33	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
Applesauce Mixed Berry Cup 4.5 oz	1 ea	60	0	15	2	0	0	0	0	30	0
Sauce Taco SS (200 ct)	1 ea	5	0	1	0	0	0	0	0	70	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		610.77	27.1	89.33	13.77	17.7	8.5	0	55	880.03	1

% Calories from:

Total Fat:	26.08%
Saturated fat%:	12.53%

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Chicken Patty Sandwich - SA

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 Tyson	1 ea	240	14	16	3	14	2.5	0	25	440	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 30 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Carrots Diced Frozen 30 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		656.63	32.94	92.25	14.48	18.64	4.32	0	40	1028.2	3

% Calories from:

Total Fat:	25.55%
Saturated fat%:	5.92%

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Sloppy Joe A - SA

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
Beans Green Frozen 30 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
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	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
Totals:		609.8	33.52	95.82	12.17	9.61	3.79	0.31	53.78	1077.15	0

% Calories from:	
Total Fat:	14.18%
Saturated fat%:	5.59%

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BBQ Meatballs - SA

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
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Potatoes Sweet Potato Tot	5 ea	85	0.5	17	1.5	2	0	0	0	115	4.5
Pasta Egg Noodles	0.5 cup	220	8	40	2	2.5	0.5	0	60	15	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
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:		656.6	30.27	106.5	10.93	13.7	3.92	0	112.5	765.87	7.5

% Calories from:

Total Fat: 18.78%

Saturated fat%: 5.37%

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Chicken & Waffles - SA

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 30 lbs	0.25 cup	32.14	1.07	7.5	0.71	0.36	0	0	0	0	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	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:		632.14	35.57	88.5	6.71	18.61	4	0	70	920	0

% Calories from:

Total Fat:	26.50%
Saturated fat%:	5.69%

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Garlic Cheese Bread - SA

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 Garlic Cheese	1 ea	390	18	33	3	21	7	0	40	650	1
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Cucumbers 40lbs	0.5 cup	10	0	2	0	0	0	0	0	0	0
Mandarin Orange Cup 4.5 oz	1 ea	80	1	20	1	0	0	0	0	0	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:		635	27.5	74	6	26	8.5	0	60	870	2

% Calories from:

Total Fat:	36.85%
Saturated fat%:	12.05%

EAT Enterprises Nutrition Report

Cheeseburger Pocket - SA

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)
Cheeseburger Pocket	1 ea	310	16	35	4	10	4	0	20	660	3
Peas Frozen 30 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	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
Pickle Dill Spear	1 ea	0	0	0	0	0	0	0	0	260	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		626.3	29.03	88.45	12.83	16.2	5.5	0	35	1293.39	3

% Calories from:

Total Fat: 23.28%

Saturated fat%: 7.90%

EAT Enterprises Nutrition Report

Chicken Fingers - SA

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 Finger Breaded WG Brakebush	4 ea	220	14	11	0	13	3	0	45	570	0
Beans Green Frozen 30 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Beans Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	0
Applesauce Mixed Berry Cup 4.5 oz	1 ea	60	0	15	2	0	0	0	0	30	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	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:		649.85	32.49	82.97	10.24	19	5.5	0	60	1100	3

% Calories from:

Total Fat:	26.31%
Saturated fat%:	7.62%

EAT Enterprises Nutrition Report

Meatball Sub A - SA

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	3 ea	60	7	3	0.5	2.5	0.75	0	22.5	225	0
Cheese Mozzarella Shredded 30 lbs	1 oz	80	8	1	0	6	3.5	0	15	170	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
Sauce Marinara Canned	0.375 cup	45	1.5	7.5	0	1.13	0	0	0	101.25	0.75
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Potatoes Sweet Potato Tot	5 ea	85	0.5	17	1.5	2	0	0	0	115	4.5
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
Totals:		631.65	32.83	95.16	11.3	16.51	6.16	0	52.5	1013.25	5.25

% Calories from:

Total Fat: 23.52%

Saturated fat%: 8.78%

EAT Enterprises Nutrition Report

French Toast Sticks - SA

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 Link	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

Cheese Pizza - SA

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 Nardones	1 ea	280	19	29	4	10	4.5	0	25	390	1
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Zucchini Fresh	0.5 cup	18	1.4	3	1.2	0.4	0.1	0	0	286.8	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	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:		659.6	30.2	105	12.3	15.6	6.1	0	45	908.1	2

% Calories from:	
Total Fat:	21.29%
Saturated fat%:	8.32%

EAT Enterprises Nutrition Report

BBQ Pulled Chicken - SA

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
Beans Green Frozen 30 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
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:		588.97	29.04	93.25	8	15.49	2.86	0	62.67	994.67	13.76

% Calories from:

Total Fat:	23.67%
Saturated fat%:	4.37%

EAT Enterprises Nutrition Report

Walking Taco - SA

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 oz	30	0	3	0	1.75	0.5	0	0	215	0
Corn Frozen 30 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
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		622.99	33.05	89.35	11.17	16.05	4.74	0	50.65	903.26	0

% Calories from:

Total Fat:	23.19%
Saturated fat%:	6.85%

EAT Enterprises Nutrition Report

Chicken Cacciatore - SA

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 Grilled Brakebush	1 ea	160	12	4	0	11	2.5	0	40	410	0
Pasta Penne Rigate	0.5 cup	200	7	42	2	1	0	0	0	0	0
Sauce Marinara Canned	0.5 cup	60	2	10	0	1.5	0	0	0	135	1
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Peppers & Onions	0.25 cup	15	0.33	3	0.67	0.17	0	0	0	96.67	0
Mandarin Orange Cup 4.5 oz	1 ea	80	1	20	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:		632.5	31.83	93.5	5.17	16.17	4	0	55	779.17	1

% Calories from:

Total Fat: 23.01%

Saturated fat%: 5.69%

EAT Enterprises Nutrition Report

Hot Dog A - SA

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 30 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Beans Vegetarian in Sauce Canned	0.25 cup	55	3	10	2.5	0	0	0	0	165	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	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
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
Totals:		615.88	23.4	79.49	8.2	20.68	7.91	0	50	1204.47	0

% Calories from:

Total Fat:	30.22%
Saturated fat%:	11.56%

EAT Enterprises Nutrition Report

Galaxy Cheese Pizza A - SA

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
Peas Frozen 30 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Potatoes Sweet Potato Tot	8 ea	136	0.8	27.2	2.4	3.2	0	0	0	184	7.2
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
Totals:		609.8	25.13	94.65	13.23	15.9	6.5	0	40	717.79	9.2

% Calories from:

Total Fat:	23.47%
Saturated fat%:	9.59%

