

# East Penn School District

No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
<b><i>EAST PENN</i></b>													
000820	AMBROSIA	EAST PENN	1/2 Cup	\$0.00	134	0.02*	0.13%	92.05	0.00*	1.00*	0.01*	0.06%	32.92
000711	Apple Cinnamon Cheerios	EAST PENN	3/4 CUP	\$0.00	100	1.50	13.50%	105.00	0.00	1.00	0.00	0.00%	22.00
000202	APPLE CRISP	EAST PENN	1/2 CUP	\$0.00	205	6.19	27.20%	74.41	0.00*	3.32*	1.35	5.94%	37.19*
000064	APPLES,Fresh	EAST PENN	EACH	\$0.00	72	0.23	2.94%	1.38	0.00	3.31	0.04	0.52%	19.06
000979	APPLESAUCE SPICE CAKE	EAST PENN	SQUARES	\$0.00	171	4.11	21.60%	223.50	9.24*	0.78*	0.94	4.91%	32.54*
000522	APPLESAUCE W/ 1/2 TSPJELLO PW	EAST PENN	1/2 CUP	\$0.00	102	0.00*	0.00%	16.76	0.00*	1.00*	0.00*	0.00%	23.37
000356	APPLESAUCE,SWEETENED	EAST PENN	1/2 CUP	\$0.00	97	0.23	2.13%	3.83	0.00	1.53	0.04	0.36%	25.39
001299	Assorted Sliders	EAST PENN	SERVINGS	\$0.00	357	12.66	31.89%	829.71	51.78*	5.00	2.79*	7.02%	41.99
000830	AU GRATIN POTATO	EAST PENN	1/2 CUP	\$0.00	175	9.62	49.55%	566.78	2.00	2.00	2.29	11.81%	15.99
001371	BABY CARROTS steamed	EAST PENN	1/2 cup	\$0.00	58	3.39	52.29%	75.81	0.00*	2.47*	0.76	11.75%	6.78*
001360	BAKED MACARONI	EAST PENN	3/4 CUP	\$0.00	298	13.54	40.90%	300.15	55.63	1.38	6.20	18.73%	19.47
000068	BANANAS	EAST PENN	EACH	\$0.00	90	0.33	3.34%	1.01	0.00	2.63	0.11	1.11%	23.07
000879	BANANAS W/ CINNAMON	EAST PENN	1/2 CUP	\$0.00	105	0.42	3.55%	19.60	0.00	3.86	0.13	1.12%	26.83
000748	BBQ CHICKEN ON BUN	EAST PENN	EACH	\$0.00	296	7.39	22.50%	705.34	69.01	3.00	1.62	4.93%	27.67
001280	BBQ CHICKEN ON BUN EHS	EAST PENN	EACH	\$0.00	309	7.56	22.01%	742.16	69.01	1.67	1.62	4.71%	31.68
001329	BBQ SAUCE 1 OZ	EAST PENN	1 OZ	\$0.00	29	0.00	0.00%	408.57	0.00	0.00	0.00	0.00%	6.67
000848	BBQ sauce Reinhart # 25854	EAST PENN	OZ	\$0.00	29	0.00	0.00%	408.57	0.00	0.00	0.00	0.00%	6.67
001218	BEAN SOUP	EAST PENN	CUP	\$0.00	136	0.61	4.04%	1020.77	0.88	5.20	0.13	0.83%	25.16
001307	BEEF MACARONI	EAST PENN	8 OZ	\$0.00	240	9.10	34.13%	74.89	38.08	1.50	3.42	12.81%	24.42
001308	BEEF MACARONI W/ BEAN/CORN eh	EAST PENN	8 OZ	\$0.00	353	12.26*	31.28%	244.74	48.08*	3.27	3.46*	8.83%	40.24
001105	Beef Sliders	EAST PENN	SERVINGS	\$0.00	338	12.40	33.02%	682.00	54.00*	4.00	3.60*	9.59%	36.00
001340	BEEF STEW	EAST PENN	CUP	\$0.00	288	12.68	39.61%	1287.19	58.58	3.30	4.19	13.09%	21.43
001094	Beef Teriyaki Open Face	EAST PENN	1.5 OZ POR	\$0.00	243	8.58	31.78%	763.53	43.93	2.44	2.88	10.66%	22.14
001255	Beef Teriyaki Open Face SECOND	EAST PENN	2 OZ PORTI	\$0.00	291	11.11	34.39%	911.15	58.58	2.58	3.84	11.89%	23.52
001043	Beef Teriyaki Sandwich	EAST PENN	2 OZ PORTI	\$0.00	311	11.61	33.63%	820.47	58.58	3.58	3.84	11.12%	26.51
001288	Beef Teriyaki Sandwich EHS	EAST PENN	2 OZ PORTI	\$0.00	324	11.78	32.70%	857.29	58.58	2.25	3.84	10.66%	30.52
001093	Beef Teriyaki stir fry	EAST PENN	each	\$0.00	358	11.05*	27.80%	631.63	58.58*	5.29	4.03*	10.14%	38.84
001210	BLACK BEAN MARINATED SALAD	EAST PENN	1/2 CUP	\$0.00	83	1.12*	12.15%	294.10	0.00*	3.26	0.17*	1.82%	15.43
001367	BLACK BEAN SALSA	EAST PENN	1/2 CUP	\$0.00	83	0.09*	0.99%	406.32	0.00*	3.41	0.01*	0.14%	16.80
000754	BOLOGNA & CHZ ON HOT DOG ROL	EAST PENN	EACH	\$0.00	237	12.13	46.17%	855.27	46.67	3.00	4.40	16.74%	20.17
001256	BOLOGNA & CHZ ON WHITE BREAD	EAST PENN	EACH	\$0.00	277	13.13	42.75%	1015.27	46.67	2.00	4.40	14.31%	28.17
001244	BOXChicken Grill BUFFALO Salad	EAST PENN	each	\$0.00	166	7.23	39.08%	871.15	10.00	1.38	1.35	7.32%	3.35
001333	BOXED Chick Grilled RanchSalad	EAST PENN	each	\$0.00	173	11.17	58.17%	501.03	38.87	2.42	3.91	20.33%	4.52
001122	BOXED CHICK STRIP SALAD	EAST PENN	EACH	\$0.00	221	11.83	48.25%	575.48	48.82	3.12	2.03	8.27%	15.61
001027	BOXED CHICKEN CAESAR SALAD	EAST PENN	EACH	\$0.00	270	8.71	29.09%	367.54	6.00	3.00	3.11	10.37%	17.22
001121	BOXED Chicken Grill BBQ Salad	EAST PENN	each	\$0.00	170	7.16	37.91%	288.15	10.00	0.98	1.35	7.17%	4.90
001127	BOXED Chicken Grilled Salad	EAST PENN	each	\$0.00	182	12.06	59.55%	438.48	43.37	1.78	4.19	20.69%	3.53
001028	BOXED GARDEN SALAD W/ EGG	EAST PENN	EACH	\$0.00	140	8.68	55.72%	213.48	127.50	1.22	0.82	5.24%	4.54*
001176	BOXED HUM W/ VEG AND PITA EHS	EAST PENN	EACH	\$0.00	387	11.91	27.71%	714.70	0.00	7.08	1.83	4.27%	59.18
001125	BOXED SALAD ANTIPASTO/ITALIAN	EAST PENN	each	\$0.00	165	8.73	47.63%	692.77	142.74	1.35	2.63	14.36%	4.99*
001029	BOXED TUNA SALAD	EAST PENN	EACH	\$0.00	264	20.54	69.96%	324.24	61.36	1.07	2.98	10.13%	4.76
001269	BOXHUMMUS W/ VEG AND LOCO	EAST PENN	EACH	\$0.00	292	9.66	29.79%	514.70	0.00	6.58	1.58	4.89%	43.18
001035	BREAD GARLIC 1/2	EAST PENN	servings	\$0.00	46	0.50	9.88%	95.05	0.00	1.02	0.00	0.01%	8.65

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001300	BREAD GARLIC WHOLE DR	EAST PENN	servings	\$0.00	91	1.00	9.91%	190.08	0.00	2.03	0.00	0.00%	17.22
000996	BREAD ITALIAN SLICE	EAST PENN	each	\$0.00	70	1.00	12.86%	180.00	0.00	1.00	0.00	0.00%	13.00
001315	BREAD STICK	EAST PENN	each	\$0.00	137	1.15	7.58%	243.83	0.00*	1.21	0.29	1.90%	26.29
000747	BREAD, HOAGIE, 6", WHEAT	EAST PENN	EA	\$0.00	140	1.50	9.64%	320.00	0.00	2.00	0.00	0.00%	28.00
001088	Breakfast Bar Benefit L0516	EAST PENN	1 each	\$0.00	288	8.78	27.40%	251.55	17.97	2.99	2.40	7.47%	47.91
001045	Breakfast Bar Benefit L0606	EAST PENN	1 each	\$0.00	283	8.49	26.94%	220.61	16.97	2.99	2.80	8.87%	47.91
000922	BROCCOLI SLAW	EAST PENN	1/2 CUP	\$0.00	231	15.55*	60.54%	189.41	25.92*	1.86*	2.59*	10.09%	19.50
000971	BROCCOLI SALAD	EAST PENN	1/2 CUP	\$0.00	188	6.90	33.00%	180.51	0.94	2.41	1.47	7.05%	31.54
000256	BROCCOLI,raw: fresh	EAST PENN	1/2 CUP	\$0.00	15	0.17	9.79%	15.02	0.00	1.18	0.02	1.06%	3.02
000258	BROCCOLI: frozen, Steamed	EAST PENN	1/2 cup	\$0.00	23	0.12	4.48%	9.69	0.00*	2.47*	0.02	0.79%	4.41*
001335	BURGER TEX MEX ON BUN 2 oz	EAST PENN	each	\$0.00	323	15.79	43.97%	855.69	46.07	4.20	6.34	17.65%	23.38
000397	BURGER TEX MEX ON BUN 2.25	EAST PENN	each	\$0.00	310	14.69	42.61%	872.77	41.54	4.40	5.63	16.32%	24.18
001257	BURRITO, BEAN W/CHZ SECONDAR	EAST PENN	1 EACH	\$0.00	450	20.03	40.08%	797.83	29.48	5.12	7.68	15.36%	44.66
000027	BURRITO, BEAN with cheese	EAST PENN	1 EACH	\$0.00	420	17.13	36.68%	791.47	22.11	6.12	6.41	13.72%	47.42
000148	BURRITO, BEEF & CHEESE	EAST PENN	EACH	\$0.00	360	15.70	39.23%	494.42	48.32	1.97	3.82	9.56%	34.17
001277	BURRITO, BEEF & CHEESE EHS	EAST PENN	EACH	\$0.00	360	15.70	39.23%	494.42	48.32	1.97	3.82	9.56%	34.17
000804	BURRITO, BEEF NO CHZ	EAST PENN	EACH	\$0.00	350	19.03	48.98%	324.34	76.16	1.47	6.86	17.66%	19.17
001276	BURRITO, BEEF NO CHZ EHS	EAST PENN	EACH	\$0.00	440	21.03	43.05%	444.34	76.16	1.97	7.11	14.56%	34.17
000806	BURRITO, CHICKEN	EAST PENN	EACH	\$0.00	245	7.38	27.09%	296.26	0.00	1.41	2.10	7.69%	17.89
001279	BURRITO, CHICKEN EHS	EAST PENN	EACH	\$0.00	342	9.67	25.45%	438.34	0.00	1.92	2.35	6.19%	33.69
001108	BURRITO, CHICKEN w/ cheese	EAST PENN	EACH	\$0.00	353	12.14	30.93%	556.69	7.37	1.92	3.64	9.28%	33.93
000960	CAESAR SALAD	EAST PENN	1/2 CUP	\$0.00	33	2.30	62.57%	96.47	2.69	0.79	0.77	20.90%	1.45
000718	CANTALOUPE	EAST PENN	1/2 CUP	\$0.00	25	0.00	0.00%	12.50	0.00	0.50	0.00	0.00%	6.00
001168	CARROT & BROCCOLI STEAMED	EAST PENN	1/2 cup	\$0.00	99	7.23*	65.36%	105.64	0.00*	2.88*	1.64*	14.80%	6.98*
000022	CARROT STICKS	EAST PENN	1/2 cup	\$0.00	38	0.17	3.98%	30.76	0.00	2.64	0.03	0.63%	8.91
000858	CARROT-RAISIN SALAD	EAST PENN	1/2 CUP	\$0.00	187	12.74	61.33%	98.17	11.34	1.60	1.72*	8.29%	20.08
000731	CARROTS: Dill, steamed	EAST PENN	1/2 cup	\$0.00	59	3.40	51.93%	76.28	0.00*	2.50*	0.76	11.64%	6.90*
000261	CARROTS: GLAZED	EAST PENN	1/2 CUP	\$0.00	45	1.37	27.16%	56.43	0.00*	2.72*	0.28	5.61%	8.32*
000831	CAULIFLOWER,raw: fresh	EAST PENN	1/2 CUP	\$0.00	13	0.05	3.60%	15.00	0.00	1.25	0.02	1.08%	2.65
000832	CAULIFLOWER: fresh boiled	EAST PENN	1/2 cup	\$0.00	53	3.75	63.52%	43.62	0.00*	2.32*	0.82	13.89%	4.14*
000267	CELERY STICKS	EAST PENN	1/2 CUP	\$0.00	10	0.11	9.56%	50.80	0.00	1.02	0.03	2.25%	1.89
000752	CHEESE SANDWICH- DEBT	EAST PENN	EACH	\$0.00	325	17.05	47.14%	852.75	43.75	2.00	8.75	24.19%	28.27
000859	CHEESE SAUCE: Rh a2600	EAST PENN	1 oz	\$0.00	40	3.00	67.50%	285.00	0.00	0.00	1.50	33.75%	3.00
001232	Cheese, Cheddar R/S RH E3062	EAST PENN	2 OZ	\$0.00	160	12.00	67.50%	340.00	40.00	0.00	0.00	0.00%	0.00
001241	CHEESE, MOZZ RH 70968	EAST PENN	OZ	\$0.00	90	7.00	70.00%	170.00	25.00	0.00	4.50	45.00%	0.00
001240	CHEESE, PROVOLONE	EAST PENN	OZ	\$0.00	100	8.00	72.00%	250.00	20.00	0.00	5.00	45.00%	1.00
000768	Cheese, Rh purchased	EAST PENN	slice	\$0.00	50	4.50	81.00%	255.00	12.50	0.00*	2.50	45.00%	0.50
001208	Cheese, USDA R/S	EAST PENN	slice	\$0.00	53	4.30	73.02%	146.50	12.50	0.00	2.50	42.45%	0.65
001123	Cheeseburger on Bun	EAST PENN	each	\$0.00	257	11.30	39.57%	608.50	32.50*	2.00	4.50*	15.76%	23.15
001312	Cheeseburger on Bun EHS	EAST PENN	each	\$0.00	326	10.30	28.44%	1091.50	34.50*	2.40	5.50*	15.18%	36.65
000357	Cheesesteak Hoagie	EAST PENN	2 OZ	\$0.00	466	29.81	57.60%	680.30	58.97	2.00	9.57	18.50%	31.00
001345	Cheesesteak Hoagie elem	EAST PENN	2 OZ	\$0.00	531	33.90	57.50%	779.00	71.47	3.35	11.43	19.39%	34.65
000207	CHERRY CRISP	EAST PENN	SERVINGS	\$0.00	192	7.85	36.88%	83.68	19.50	1.41	4.75	22.30%	29.33
001243	Chic CHZ Stk 6" WHEAT BUFF	EAST PENN	each	\$0.00	312	9.98	28.77%	1612.53	12.50	2.60	3.86	11.12%	29.92
001271	Chic CHZ Stk 6" white BUFF	EAST PENN	each	\$0.00	332	9.49	25.69%	1592.53	12.50	1.60	3.86	10.45%	33.92
001219	CHICKEN ALA KING BISCUIT	EAST PENN	3/4 CUP	\$0.00	467	18.32*	35.29%	962.18	8.54*	2.81	6.27*	12.08%	42.28

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001194	CHICKEN AND BISCUITS	EAST PENN	SERVINGS	\$0.00	432	19.12	39.83%	1249.23	10.24	1.00	5.02	10.46%	37.19
001096	CHICKEN AND WAFFLES	EAST PENN	SERVINGS	\$0.00	408	13.23	29.21%	1031.83	4.15	1.04	4.56	10.06%	41.22
000895	Chicken brd buffalo WG bun	EAST PENN	each	\$0.00	353	17.53	44.71%	949.49	45.00	3.16	3.50	8.93%	30.35
000909	CHICKEN CACCIATORE	EAST PENN	CUP	\$0.00	184	3.51	17.21%	1020.04	50.00	2.34	0.60	2.96%	26.83
000928	Chicken Carbanera	EAST PENN	6 OZ	\$0.00	365	13.56	33.41%	1009.31	44.07	1.67	4.57	11.27%	36.56
000957	chicken cheese enchiladas	EAST PENN	each	\$0.00	398	18.60	42.08%	1685.18	26.56	3.16	6.97	15.77%	26.52
001264	Chicken Cheese Steak 6" wheat	EAST PENN	each	\$0.00	302	9.88	29.45%	518.55	12.50	2.00	3.86	11.51%	28.67
001272	Chicken Cheese Steak 6" white	EAST PENN	each	\$0.00	322	9.38	26.23%	498.55	12.50	1.00	3.86	10.80%	32.67
001189	Chicken Cheese Steak 6" Buffal	EAST PENN	each	\$0.00	322	9.38	26.24%	1773.26	12.50	1.00	3.86	10.80%	32.65
000736	Chicken Cheese Steak 6" CLUB	EAST PENN	each	\$0.00	307	10.28	30.15%	566.59	12.50	2.13	4.09	12.00%	27.76
000882	Chicken Cordon Bleu	EAST PENN	each	\$0.00	279	9.78	31.57%	870.95	49.39	4.00	2.59	8.36%	29.20
000975	Chicken Cordon Bleu Casserole	EAST PENN	6 OZ	\$0.00	278	14.18	45.85%	929.37	36.04	3.01	5.24	16.93%	11.23
000726	CHICKEN CUT UP, USDA #A515, TH	EAST PENN	SERVING	\$0.00	154	7.81	45.75%	777.85	50.00	0.10	2.20	12.90%	3.59
000910	CHICKEN CUT UP,BBQ USDA #A515,	EAST PENN	SERVING	\$0.00	232	7.81	30.24%	1353.67	50.00	0.10	2.20	8.53%	22.01
000791	CHICKEN DICED	EAST PENN	2.72 OZ SER	\$0.00	146	5.45	33.64%	68.11	0.00	0.03	1.82	11.21%	0.14
000902	CHICKEN DIVAN	EAST PENN	6 oz	\$0.00	422	13.56*	28.89%	991.82	16.24*	5.27	2.50*	5.32%	42.20
000738	Chicken Fajita	EAST PENN	3 OZ	\$0.00	446	15.32	30.93%	1031.08	15.00	1.12	5.50	11.11%	35.33
000883	CHICKEN FIESTA BOWL	EAST PENN	3 OZ	\$0.00	256	10.82	38.08%	631.08	15.00	0.12	5.00	17.61%	3.33
000968	CHICKEN FIESTA BOWL- PBS	EAST PENN	bowls	\$0.00	417	12.21	26.36%	492.85	17.52	3.84	5.00	10.79%	43.99
000991	CHICKEN FIESTA SOFT TACO	EAST PENN	5 oz	\$0.00	400	10.04	22.60%	602.82	0.00	2.02	2.44	5.50%	44.95
001366	Chicken Fryz Goldkist	EAST PENN	5 x .6 oz ea	\$0.00	266	16.90	57.18%	520.00	34.00	0.00*	3.50	11.84%	14.40
001278	Chicken grill buff WG bun EHS	EAST PENN	each	\$0.00	286	11.69	36.79%	910.57	45.00	2.82	3.00	9.44%	26.33
001110	Chicken grill buffalo WG bun	EAST PENN	each	\$0.00	273	11.53	38.05%	873.75	45.00	4.15	3.00	9.90%	22.32
001134	CHICKEN GRILLED BBQ ON BUN	EAST PENN	EACH	\$0.00	299	11.50	34.59%	1008.57	45.00	4.00	3.00	9.02%	28.67
001282	CHICKEN GRILLED BBQ ON BUN EH	EAST PENN	EACH	\$0.00	313	11.67	33.59%	1045.39	45.00	2.67	3.00	8.64%	32.69
001129	CHICKEN GRILLED RANCH/BBQ	EAST PENN	EACH	\$0.00	320	14.45	40.62%	1001.89	52.33	4.07	3.49	9.82%	26.58
001275	CHICKEN GRILLED RANCH/BBQ EH	EAST PENN	EACH	\$0.00	333	14.61	39.44%	1038.71	52.33	2.74	3.49	9.42%	30.60
001343	Chicken Nugget breaded Goldkis	EAST PENN	5 x .6 oz ea	\$0.00	266	16.90	57.18%	520.00	34.00	0.00*	3.50	11.84%	14.40
000621	Chicken Nugget UNBREADED Gol	EAST PENN	5 x .6 oz ea	\$0.00	117	6.00	46.15%	360.00	42.00	0.00	1.00	7.69%	2.00
001349	Chicken Nugget UNBREADED sauce	EAST PENN	5 x .6 oz ea	\$0.00	117	6.00	46.15%	360.00	42.00	0.00	1.00	7.69%	2.00
001245	Chicken Parmesan Sandwich	EAST PENN	each	\$0.00	311	12.00	34.73%	748.30	40.00	4.34	4.21	12.20%	29.50
000730	Chicken Parmesan Sandwich 1.5	EAST PENN	each	\$0.00	271	9.60	31.82%	673.80	32.50	4.34	2.71	9.00%	29.50
000907	CHICKEN PASTA BAKE	EAST PENN	1 CUP	\$0.00	314	11.21*	32.12%	434.42	18.62*	1.52	4.24*	12.14%	27.47
001306	CHICKEN PASTA BAKE EHS	EAST PENN	1 CUP	\$0.00	342	12.25*	32.26%	447.43	18.62*	1.52	4.58*	12.07%	27.47
000626	Chicken patty, Goldkist, 18698	EAST PENN	EACH	\$0.00	350	17.50	45.00%	650.00	45.00	3.00	3.50	9.00%	30.00
001309	Chicken patty, mini on WG BUN	EAST PENN	EACH	\$0.00	219	6.50	26.71%	540.00	25.00	4.00	1.00	4.11%	28.00
001348	Chicken pty,SPICY no bun	EAST PENN	EACH	\$0.00	230	16.00	62.61%	420.00	45.00	0.00	3.50	13.70%	9.00
000871	Chicken pty,SPICY Goldkist,	EAST PENN	EACH	\$0.00	350	17.50	45.00%	650.00	45.00	3.00	3.50	9.00%	30.00
000789	CHICKEN SALAD	EAST PENN	4 OZ	\$0.00	246	14.77	53.95%	166.36	89.89	0.10*	3.17	11.56%	1.72
001103	CHICKEN SLIDERS	EAST PENN	SERVINGS	\$0.00	380	13.10	31.02%	986.47	50.50	6.02	2.02	4.78%	48.16
000892	CHICKEN SPAGHETTI CASSEROLE	EAST PENN	CUP	\$0.00	351	15.29	39.25%	419.41	22.00	0.84	6.22	15.97%	22.98
001270	Chicken Steak 6" wheat	EAST PENN	each	\$0.00	275	6.98	22.85%	489.63	0.00	2.67	1.79	5.86%	31.00
000775	Chicken Steak 6" white	EAST PENN	each	\$0.00	295	6.48	19.78%	469.63	0.00	1.67	1.79	5.46%	35.00
000787	CHICKEN STIR FRY	EAST PENN	1 CUP	\$0.00	180	5.59*	27.91%	490.82	0.00*	1.27	1.85*	9.26%	6.03
000623	Chicken Strips GOLDKIST	EAST PENN	serving	\$0.00	239	13.00	48.95%	733.00	59.00	2.00	3.00	11.30%	16.00
000773	Chicken Strips BBQ	EAST PENN	4 x .9 oz eac	\$0.00	268	13.00	43.63%	1141.57	59.00	2.00	3.00	10.07%	22.67

# East Penn School District

No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
000774	Chicken Strips Buffalo	EAST PENN	4 x .9 oz eac	\$0.00	239	13.00	48.95%	1158.24	59.00	2.00	3.00	11.30%	16.00
000759	CHICKEN TACOS	EAST PENN	each	\$0.00	361	16.41	40.96%	751.41	89.99	1.46	5.92	14.79%	18.27
005025	CHICKEN TETRAZZINI	EAST PENN	3/4 CUP	\$0.00	331	11.51	31.27%	435.10	56.43	2.13	3.10	8.41%	31.49
000921	Chicken Tetrazzini- LMMS	EAST PENN	6 OZ SCOOP	\$0.00	155	6.19	35.92%	167.91	2.14	0.27	2.10	12.17%	5.71
001202	CHICKEN W/ BOW TIES	EAST PENN	8 OZ	\$0.00	305	11.91*	35.12%	230.75	16.08*	1.12*	3.67*	10.80%	24.14*
000878	CHICKEN, BREADED, GOV'T 7 PC	EAST PENN	each	\$0.00	365	19.72	48.65%	379.58	120.28	0.39	4.93	12.16%	11.83
000652	CHICKEN,herbed PIECES	EAST PENN	SERVING	\$0.00	195	10.53	48.60%	103.05	72.97	0.09	2.93	13.52%	0.67
000155	CHILI CON CARNE & BEANS	EAST PENN	6 OZ	\$0.00	189	8.64	41.15%	263.11	36.56	3.55	3.28	15.63%	14.22
000981	CHOCOLATE APPLESAUCE CAKE	EAST PENN	SQUARES	\$0.00	182	6.45*	31.85%	161.78	18.48*	1.19*	1.60*	7.88%	29.69*
000980	CHOCOLATE BANANA CAKE	EAST PENN	SQUARES	\$0.00	170	5.84	30.89%	151.60	15.54*	0.97*	2.15	11.35%	28.12*
001151	choose 2 CAESAR	EAST PENN	1 cup	\$0.00	48	2.35	43.99%	129.31	4.34	1.03	1.02	19.05%	3.00
001167	choose 2 CHICKEN RANCH WRAP	EAST PENN	SERVINGS	\$0.00	307	18.54	54.38%	810.84	24.88	0.54*	3.53	10.36%	21.20
001155	choose 2 EGG SALAD DELI BUN	EAST PENN	SERVINGS	\$0.00	344	20.82	54.51%	528.32	301.41*	5.26	5.60*	14.66%	24.58
001160	choose 2 EGG SALAD SLICED BRD	EAST PENN	SERVINGS	\$0.00	315	20.83	59.54%	530.32	301.41	1.32	5.60	16.00%	17.80
001150	choose 2 GARDEN	EAST PENN	1 cup	\$0.00	20	0.19	8.77%	24.18	0.00	1.47	0.03	1.56%	3.96
001153	choose 2 GREEK	EAST PENN	1 cup	\$0.00	78	3.99	46.24%	216.88	4.69	1.77	1.29	14.98%	5.82
001166	choose 2 GRILLED CHICKEN BK	EAST PENN	SERVINGS	\$0.00	258	11.03	38.48%	572.13	45.00	2.26	3.00*	10.48%	21.13
001162	choose 2 HAM & CHZ DELI BUN	EAST PENN	SERVINGS	\$0.00	216	7.46	31.10%	961.84	41.00*	5.28	3.24*	13.51%	21.92
001163	choose 2 HAM & CHZ PINWHEEL	EAST PENN	SERVINGS	\$0.00	229	10.58	41.49%	974.25	47.25	0.50	4.73	18.57%	16.62
001152	choose 2 ORIENTAL	EAST PENN	1 cup	\$0.00	71	1.58	20.05%	44.32	0.00	1.84	0.22	2.77%	13.80
001157	choose 2 TUNA SALAD DELI BUN	EAST PENN	SERVINGS	\$0.00	533	35.91	60.61%	804.52	104.55*	5.41	6.94*	11.72%	24.67
001159	choose 2 TUNA SALAD SLICED BRD	EAST PENN	SERVINGS	\$0.00	504	35.92	64.10%	806.51	104.55	1.47	6.94	12.39%	17.89
001164	choose 2 TURKEY & CHZ DELI BUN	EAST PENN	SERVINGS	\$0.00	212	6.76	28.68%	663.48	39.66*	5.28	2.40*	10.18%	21.92
001165	choose 2 TURKEY & CHZ WRAP	EAST PENN	SERVINGS	\$0.00	199	7.73	34.92%	602.64	39.66	0.50	2.64*	11.94%	16.30
000315	Cooked carrots	EAST PENN	.5 cup	\$0.00	54	1.83*	30.62%	69.41	0.00*	2.13	0.34*	5.71%	6.42
001115	Cookie Emmaus High Red/Fat	EAST PENN	1 cookie	\$0.00	160	5.00	28.13%	140.00	10.00	1.00	4.50	25.31%	29.00
000317	CORN	EAST PENN	.5 cup	\$0.00	88	1.62*	16.56%	23.15	0.00*	0.92*	0.37*	3.76%	17.41*
001303	CORN & PEA MEDLEY	EAST PENN	.5 cup	\$0.00	84	1.62*	17.40%	18.57	0.00*	2.31*	0.37*	3.95%	14.27*
001316	CORN DOG NUGGETS	EAST PENN	6 NUGGETS	\$0.00	370	22.00	53.51%	940.00	50.00	0.00	5.00	12.16%	33.00
000032	CORN ON THE COB: frozen,boiled	EAST PENN	EACH	\$0.00	75	2.32	27.70%	168.85	0.00*	1.76*	0.49	5.86%	14.07*
000188	CORNBREAD	EAST PENN	EACH	\$0.00	206	4.47	19.57%	232.87	26.12	1.96	0.78	3.41%	36.07
001220	CRACKER, SALTINE RH 26274	EAST PENN	PACK	\$0.00	53	1.00	16.87%	180.00	0.00	0.67	0.00	0.00%	8.67
001217	CRACKERS,GRAHAM pk Reinhart	EAST PENN	PACK	\$0.00	121	3.04	22.50%	182.25	0.00	0.00	0.00	0.00%	22.27
001352	CREAM OF BROCCOLI SOUP:scrтч	EAST PENN	CUP	\$0.00	377	25.57	61.12%	794.21	28.41	3.43	10.13	24.21%	27.73
001227	CROUTON, HOMEMADE	EAST PENN	1 OZ	\$0.00	70	1.00	12.86%	170.00	0.00	1.00	0.00	0.00%	13.25
005047	CUCUMBER SALAD	EAST PENN	1/4 cup	\$0.00	43	3.12	65.61%	91.95	0.00	0.49	0.61	12.86%	3.21
000377	CUCUMBER,RAW	EAST PENN	1/2 CUP	\$0.00	7	0.09	12.00%	1.13	0.00	0.40	0.01	0.75%	1.22
001116	CUTIE PIE APPLE	EAST PENN	1 pie	\$0.00	270	9.00	30.00%	320.00	0.00	3.00	2.50	8.33%	47.00
001117	CUTIE PIE CHERRY	EAST PENN	1 PIE	\$0.00	290	9.00	27.93%	320.00	0.00	3.00	2.50	7.76%	50.00
001118	CUTIE PIE PEACH	EAST PENN	1 PIE	\$0.00	290	9.00	27.93%	320.00	0.00	3.00	2.50	7.76%	50.00
001238	DELI BAR BOLOGNA	EAST PENN	2 oz	\$0.00	111	9.11	73.63%	678.36	45.56	0.00	2.53	20.45%	2.02
001236	DELI BAR HAM	EAST PENN	2 oz	\$0.00	80	2.84	31.95%	846.00	38.00	0.00	0.98	11.02%	0.86
001239	DELI BAR ROAST BEEF	EAST PENN	2 oz	\$0.00	70	2.00	25.70%	710.00	25.00	0.00	0.50	6.41%	1.00
001237	DELI BAR SALAMI	EAST PENN	2 oz	\$0.00	81	5.40	60.00%	634.49	0.00*	0.00*	2.02	22.50%	0.00*
001235	DELI BAR- TURKEY (SLICED)	EAST PENN	2 oz	\$0.00	90	3.00	30.00%	540.00	45.00	0.00	0.00*	0.00%	1.50
000717	DOMINO PIZZA PIE, 8 SLICES PER	EAST PENN	1 SLICE	\$0.00	306	8.17	24.00%	551.30	20.42	4.08	3.57	10.50%	38.80

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No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
001113	Dressing BLUE CHEESE RH 17242	EAST PENN	2 Tbsp	\$0.00	140	14.00	90.00%	320.00	15.00	0.00	2.50	16.07%	2.00
000544	Dressing French FF RH 17394	EAST PENN	1 oz	\$0.00	35	0.00	0.00%	200.00	0.00	0.00	0.00	0.00%	9.00
001111	DRESSING ITALIAN LITE RH J2820	EAST PENN	2 Tbsp	\$0.00	9	0.00	0.00%	457.25	0.00	0.00	0.00	0.00%	1.83
000849	DRESSING ITALIAN Rh 58588	EAST PENN	2 Tbsp	\$0.00	15	0.48	30.00%	551.61	0.00	0.00	0.00	0.00%	1.94
000393	Dressing Ranch FULL RH 23084	EAST PENN	2 Tbsp	\$0.00	100	11.00	99.00%	270.00	10.00	0.00	1.50	13.50%	1.00
001112	Dressing Ranch R/CAL RH J2688	EAST PENN	2 Tbsp	\$0.00	180	20.00	100.00	240.00	5.00	0.00	3.00	15.00%	1.00
001250	EGG /SAUSAGE ON A BAGEL	EAST PENN	EACH	\$0.00	356	16.81	42.50%	624.56	161.83	1.01*	4.49	11.35%	34.47
000777	EGG /SAUSAGE SANDWICH	EAST PENN	EACH	\$0.00	315	17.30	49.43%	561.83	161.83	3.00*	4.49	12.82%	23.28
001281	EGG /SAUSAGE SANDWICH EHS	EAST PENN	EACH	\$0.00	328	17.47	47.87%	598.64	161.83	1.67*	4.49	12.30%	27.29
001139	EGG PATTY BREAKFAST NO CHZ	EAST PENN	EACH	\$0.00	205	8.30	36.45%	361.83	131.83	3.00	1.49	6.53%	22.28
001017	EGG PATTY w/ CHZ 2oz	EAST PENN	EACH	\$0.00	311	16.90	48.91%	654.83	156.83	3.00	6.49	18.77%	23.58
001201	EGG PATTY W/ CHZ BAGEL	EAST PENN	EACH	\$0.00	371	16.40	39.79%	924.83	156.83	3.00	6.49	15.74%	38.58
000723	EGG PATTY W/ CHZ elem	EAST PENN	EACH	\$0.00	258	12.60	43.96%	508.33	144.33	3.00	3.99	13.91%	22.93
001156	EGG SALAD	EAST PENN	SERVINGS	\$0.00	144	11.65	72.85%	152.86	216.68	0.24	2.32	14.54%	3.11
000778	EGG, SAUSAGE, CHZ PATTY cluEHS	EAST PENN	EACH	\$0.00	373	20.30	48.97%	726.71	140.89	1.67	6.67	16.08%	27.66
000785	EGGS, Scramble from USDA froz	EAST PENN	2 OZ COOK	\$0.00	101	7.04	62.56%	99.22	299.80	0.00	2.20	19.51%	0.55
001221	Fish Patty NO BUN	EAST PENN	each	\$0.00	150	7.01	42.03%	240.00	25.01	1.00	0.50	3.00%	15.00
000900	Fish Sandwich	EAST PENN	each	\$0.00	270	8.51	28.35%	470.00	25.01	4.00	0.50	1.67%	36.00
000576	Fish Sandwich W/ Cheese EHS	EAST PENN	each	\$0.00	323	12.81	35.68%	616.50	37.51	4.00	3.00	8.36%	36.65
001263	FISH STICK,POLLOCK, 3 PC	EAST PENN	3 piece	\$0.00	158	6.04	34.29%	294.34	22.64	0.75	1.13	6.43%	15.09
000575	FISH STICK,POLLOCK,4 pc	EAST PENN	4 PIECES	\$0.00	210	8.00	34.29%	390.00	30.00	1.00	1.50	6.43%	20.00
<b><u>EAST PENN</u></b>													
000927	FRENCH TOAST SLICE	EAST PENN	ENTREE	\$0.00	157	5.00	28.64%	278.57	100.00	0.00*	1.07	6.14%	22.86
<b><u>EAST PENN</u></b>													
001036	FRENCH TOAST STICKS 3 EACH	EAST PENN	3 sticks	\$0.00	155	3.32	19.29%	302.21	110.56	0.74	0.74	4.29%	25.06
000823	FRIED RICE CHICKEN	EAST PENN	6 OZ	\$0.00	318	7.51	21.27%	884.87	0.00	1.87	2.26	6.41%	31.00
000822	FRIED RICE PORK	EAST PENN	6 OZ	\$0.00	287	6.72	21.06%	854.22	60.48	1.58	1.72	5.40%	30.98
000846	FRIES, 3/8" KRINKLE	EAST PENN	1/2 CUP	\$0.00	161	5.40	30.25%	17.13	0.00	1.32	1.45	8.11%	25.04
000844	FRIES, SWEET POT	EAST PENN	3 OZ	\$0.00	180	8.00	39.99%	200.00	0.00	3.00	2.00	10.00%	25.00
000419	FRUIT COCKTAIL:canned,lt syrup	EAST PENN	1/2 CUP	\$0.00	69	0.08	1.11%	7.26	0.00	1.21	0.01	0.16%	18.07
000246	FRUIT JUICE,ASSORTED	EAST PENN	4 fl.oz.	\$0.00	63	0.14	1.99%	3.13	0.00	0.19	0.03	0.35%	15.44
000245	FRUIT,FRESH ASSORTED	EAST PENN	EACH	\$0.00	23	0.08	2.97%	0.27	0.00	0.92	0.02	0.75%	5.93
001144	FRUITED CAKE EHS	EAST PENN	servings	\$0.00	303	6.25*	18.57%	508.46	0.00*	1.19	3.12*	9.28%	57.61
000365	Gelatin fruited no topping	EAST PENN	3/4 Cup	\$0.00	105	0.00*	0.00%	55.00	0.00*	1.00*	0.00*	0.00%	26.50
<b><u>EAST PENN</u></b>													
005000	GRANOLA	EAST PENN	1/4 CUP	\$0.00	120	2.22	16.60%	49.76	0.00	1.94	0.34	2.56%	23.28
<b><u>EAST PENN</u></b>													
000422	GRAPES,Fresh	EAST PENN	1/2 CUP	\$0.00	31	0.16	4.70%	0.92	0.00	0.41	0.05	1.48%	7.89

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No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
001222	GRAVY TURKEY RH CANNED	EAST PENN	OZ	\$0.00	16	0.93	51.43%	111.54	2.32	0.00	0.00	0.00%	1.39
001171	GRAVY,bag Rh 15080	EAST PENN	1 oz	\$0.00	20	0.50	22.50%	250.85	0.00	0.00	0.50	22.50%	4.00
000746	GRAVY,BROWN,CND	EAST PENN	1 oz	\$0.00	15	0.67	40.08%	158.76	0.85	0.11	0.33	19.53%	1.36
000745	GRAVY,CHICKEN,CANNED Rh 28226	EAST PENN	1 oz	\$0.00	20	0.50	22.50%	250.00	0.00	0.00	0.50	22.50%	4.00
000761	Green Bean Salad	EAST PENN	1/2 cup	\$0.00	107	0.87*	7.30%	809.27	0.00*	5.03	0.04*	0.33%	18.08
000318	GREEN BEANS Canned USDA	EAST PENN	1/4 CUP	\$0.00	8	0.06	7.67%	70.46	0.00*	0.85*	0.02	2.57%	1.47*
001336	GREEN BEANS STEAMED	EAST PENN	1/2 cup	\$0.00	32	1.02	28.71%	7.69	0.00*	2.67*	0.20	5.67%	6.06*
001265	GRILL CHZ SAND milano	EAST PENN	EACH	\$0.00	352	19.20	49.09%	946.00	50.00	2.00	10.00	25.57%	28.60
000579	GRILL CHZ SAND SPRAY wheat	EAST PENN	EACH	\$0.00	352	19.20	49.09%	926.00	50.00	2.00	10.00	25.57%	28.60
001224	GRILLED CHICKEN BREAST	EAST PENN	EA	\$0.00	100	4.00	36.00%	310.00	40.00	0.00	0.00	0.00%	1.00
000753	GRILLED CHICKEN on bun	EAST PENN	EA	\$0.00	220	5.50	22.50%	540.00	40.00	3.00	0.00	0.00%	22.00
001289	GRILLED CHICKEN on club	EAST PENN	EA	\$0.00	233	5.67	21.85%	576.82	40.00	1.67	0.00	0.00%	26.01
001109	GRILLED CHICKEN W/CHZ clubEHS	EAST PENN	EA	\$0.00	336	15.97	42.72%	783.32	57.50	2.67	5.50	14.71%	26.66
001193	GRINDER BBQ ranch peppeCHICKEN	EAST PENN	servings	\$0.00	403	17.15	38.33%	1302.20	58.75	2.30	7.26	16.22%	39.47
001181	GRINDER, CHEESEBURGER	EAST PENN	servings	\$0.00	364	16.49	40.73%	877.74	46.50	1.98	7.44	18.36%	34.48
001252	GRINDER, CHICKEN BUFFALO	EAST PENN	servings	\$0.00	340	10.37	27.43%	935.43	18.98	1.31	4.75	12.57%	32.72
001183	GRINDER, Chicken Cordon Bleu	EAST PENN	each	\$0.00	369	12.73	31.04%	1061.22	66.66	2.00	4.84	11.81%	40.10
001248	GRINDER, Chicken PARMESAN	EAST PENN	each	\$0.00	376	14.48	34.66%	900.73	50.31	2.67	5.98	14.32%	42.00
000987	GRINDER, SPICY ITALIAN	EAST PENN	EACH	\$0.00	353	14.91	37.97%	1107.76	45.17*	1.12*	6.95	17.71%	33.03*
001188	GRINDER, SW TURKEY & CHEESE	EAST PENN	servings	\$0.00	327	8.79	24.18%	1883.11	54.98	4.51	3.43*	9.43%	41.56
000160	GROUND BEEF & SPANISH RICE A	EAST PENN	2/3 CUP	\$0.00	246	8.36	30.66%	479.32	45.82	1.62	3.21	11.78%	25.82
000159	GROUND BEEF STROGANOFF	EAST PENN	1/2 CUP	\$0.00	203	12.77	56.57%	502.12	49.14	0.22	4.35	19.27%	6.35
000792	GROUND TURKEY	EAST PENN	3 OZ	\$0.00	184	13.09	64.06%	163.44	83.53	0.88	3.83	18.73%	3.79
001190	Halupki	EAST PENN	6 OZ	\$0.00	197	8.44	38.63%	61.23	50.62	2.30	3.11	14.22%	12.11
000934	Ham & Cheese HOAGIE 6"roll	EAST PENN	each	\$0.00	273	7.58	24.97%	1260.37	13.32*	0.97	2.79*	9.21%	34.26
001023	Ham & Cheese on bun cold	EAST PENN	each	\$0.00	233	7.93	30.63%	1011.00	41.00	3.00	3.23	12.50%	22.30
001305	HAM & CHZ HOT ON BAGEL	EAST PENN	EACH	\$0.00	293	7.43	22.82%	1281.00	41.00	3.00	3.23	9.94%	37.29
001368	HAM & CHZ HOT ON PRETZEL BUN	EAST PENN	EACH	\$0.00	396	12.73	28.93%	1247.50	53.50*	0.90	6.24	14.17%	45.95
000780	HAM & CHZ HOT ON WG BUN	EAST PENN	EACH	\$0.00	233	7.93	30.63%	1011.00	41.00	3.00	3.23	12.50%	22.30
001283	HAM & CHZ HOT ON WG BUN EHS	EAST PENN	EACH	\$0.00	246	8.10	29.58%	1047.82	41.00	1.67	3.23	11.82%	26.31
000853	Ham & Chz Sndwich Grilled sl.	EAST PENN	each	\$0.00	286	12.02	37.83%	1056.00	44.00	2.00	5.49	17.28%	27.73
001361	HAM SLICE	EAST PENN	1 oz	\$0.00	34	1.15	30.51%	261.14	18.39	0.00	0.34	9.15%	0.89
001169	HAM SLICE	EAST PENN	3 oz	\$0.00	102	3.45	30.51%	783.41	55.16	0.00	1.03	9.15%	2.67
000963	HAM SLICE WITH PINEAPPLE GLAZ	EAST PENN	each	\$0.00	308	16.01	46.74%	1163.41	68.04*	0.27*	5.25*	15.35%	20.92*
001095	HAM TETRAZZINI (HAM & NOODLES	EAST PENN	1 CUP	\$0.00	381	12.02*	28.36%	1499.64	68.87*	5.10	4.05*	9.55%	39.47
001253	HAM, EGG, CHZ BAGEL EHS	EAST PENN	EACH	\$0.00	356	14.04	35.50%	1008.98	175.16	1.01	4.57	11.55%	35.61
000781	HAM, EGG, CHZ PATTY EHS	EAST PENN	EACH	\$0.00	328	14.70	40.29%	983.07	175.16	1.67	4.57	12.52%	28.43
000744	Hamburger Bun, Butterkrust	EAST PENN	each	\$0.20	110	1.00	8.18%	220.00	0.00*	1.00	0.00*	0.00%	22.00
000483	Hamburger on Bun	EAST PENN	each	\$0.00	282	13.00	41.49%	737.00	37.00*	3.00	4.90*	15.64%	23.00
001344	Hamburger on Bun 1.5 OZ	EAST PENN	each	\$0.00	204	7.00	30.88%	462.00	20.00*	2.00	2.00*	8.82%	22.50
000838	HASHBROWN PATTY B4798	EAST PENN	1 EACH	\$0.00	110	6.00	49.09%	270.00	0.00	2.00	0.00	0.00%	14.00
000291	HEARTY MACARONI DINNER	EAST PENN	CUP	\$0.00	348	8.58	22.17%	1040.45	0.00	9.82	1.30	3.35%	58.88
000399	HOAGIE, 3 MEAT	EAST PENN	EACH	\$0.00	281	9.60	30.72%	950.21	44.14	1.00*	3.77	12.05%	33.92
001323	HOAGIE, 3 MEAT on club	EAST PENN	EACH	\$0.00	255	10.27	36.28%	917.03	44.14	1.67*	3.77	13.30%	26.93
000869	HOMEMADE BBQ Pizza	EAST PENN	each	\$0.00	496	15.38	27.92%	1888.82	8.79	0.00	4.36	7.92%	56.59
000867	Homemade Buffalo Pizza	EAST PENN	each	\$0.00	376	20.95	50.14%	1414.59	35.31*	1.27	7.92	18.95%	18.95

# East Penn School District

No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
000868	HOMEMADE CHEESE Pizza	EAST PENN	each	\$0.00	283	14.99	47.66%	542.50	50.62*	1.16	9.32	29.62%	22.00
000875	Homemade Pepperoni Pizza	EAST PENN	each	\$0.00	295	14.81	45.15%	749.45	22.58*	1.16	5.47	16.68%	23.17
000898	HOMEMADE PIZZA W/ BROCCOLI	EAST PENN	1 EACH	\$0.00	403	28.38	63.29%	514.91	50.62*	1.46	11.32	25.25%	19.14
000917	HOMEMADE PIZZA, MOZZ/BASIL	EAST PENN	SLICES	\$0.00	294	15.01	45.91%	575.97	50.62*	1.61	9.31	28.49%	22.83
001357	HOMEMADE THREE CHEESE Pizza	EAST PENN	each	\$0.00	292	16.31	50.35%	761.74	45.18*	1.16*	9.03	27.88%	22.74
001249	HOMEMADE WHITE PIZZA	EAST PENN	1 EACH	\$0.00	395	28.29	64.40%	510.46	50.62*	0.83	11.31	25.74%	17.97
000828	HOT APPLE SLICES	EAST PENN	1/2 cup	\$0.00	93	2.22	21.42%	18.12	0.00*	2.87*	0.47	4.53%	19.92*
000642	HOT DOG BAR	EAST PENN	EACH	\$0.00	374	22.92	55.09%	1462.10	47.41*	1.33	6.40*	15.38%	30.02
001267	HOT ITAL HOAGIE 6" wheat stk	EAST PENN	EACH	\$0.00	258	9.99	34.88%	923.56	32.96*	2.00*	3.81	13.30%	29.59*
001321	HOT ITAL HOAGIE wheat, marinara	EAST PENN	EACH	\$0.00	269	10.22	34.15%	1025.81	32.96*	2.46*	4.04	13.50%	31.68*
001310	HOT ITALIAN HOAGIE WG BUN	EAST PENN	EACH	\$0.00	238	9.99	37.82%	833.56	32.96*	3.00*	3.81	14.41%	22.60*
000873	HOT ITALIAN HOAGIE wheat club	EAST PENN	EACH	\$0.00	251	10.16	36.41%	870.38	32.96*	1.67*	3.81	13.65%	26.61*
001273	HOT ITALIAN HOAGIE white 6"stk	EAST PENN	EACH	\$0.00	278	9.50	30.76%	903.56	32.96*	1.00*	3.81	12.34%	33.60*
000874	HOT POCKET	EAST PENN	1 EACH	\$0.00	72	2.75	34.12%	150.00	18.75	0.75	1.12	13.96%	9.00
000908	HOT TUSCAN HOAGIE	EAST PENN	EACH	\$0.00	373	16.22	39.17%	1127.44	66.49	1.00	7.29	17.60%	33.41
001274	HOT TUSCAN HOAGIE 6" wheat	EAST PENN	EACH	\$0.00	353	16.72	42.66%	1147.44	66.49	2.00	7.29	18.60%	29.40
001322	HOT TUSCAN HOAGIE wheat marina	EAST PENN	EACH	\$0.00	364	16.95	41.87%	1249.68	66.49	2.46	7.52	18.58%	31.50
000816	Hotdog on Bun	EAST PENN	each	\$0.00	230	12.00	46.96%	800.00	40.00	3.00	4.00	15.65%	19.00
000877	Hotdog on Bun W/ CHEESE	EAST PENN	each	\$0.00	300	17.00	51.00%	1095.00	42.50*	1.00	5.00*	15.00%	26.00
001259	HUMMUS	EAST PENN	1/2 CUP	\$0.00	174	7.42	38.42%	304.94	0.00	3.46*	0.78	4.03%	26.28
001330	ITALIAN DRESSING 2 OZ	EAST PENN	2 OZ	\$0.00	18	0.00	0.00%	914.50	0.00	0.00	0.00	0.00%	3.66
000992	ITALIAN DUNKERS STICKS	EAST PENN	each	\$0.00	315	10.07	28.72%	780.41	19.28*	2.55	5.03	14.36%	34.07
001355	jelly bread	EAST PENN	2 SLICES	\$0.00	300	1.00	3.00%	278.35	0.00*	2.00*	0.00*	0.00%	67.52
001332	JUICE BAR FROZEN RH P4572	EAST PENN	EACH	\$0.00	59	0.00	0.00%	11.00	0.00	3.00	0.00	0.00%	15.00
001326	KETCHUP 1 OZ	EAST PENN	1 OZ	\$0.00	30	0.14	4.21%	396.89	0.00	0.26	0.00	0.00%	6.95
000847	Ketchup Fancy canned Furmano's	EAST PENN	oz	\$0.00	40	0.00	0.00%	441.14	0.00	0.86	0.00	0.00%	10.00
000749	LASAGNA WITH GROUND BEEF	EAST PENN	SERVINGS	\$0.00	276	7.19	23.41%	237.66	31.06	2.75	3.50	11.39%	36.73
001213	LENTIL SOUP	EAST PENN	6 OZ	\$0.00	151	2.08	12.39%	21.19	0.00	10.68	0.30	1.76%	24.59
000729	LETTUCE,ICEBERG (INCL CRISPHE	EAST PENN	CUP	\$0.00	4	0.04	9.00%	2.83	0.00	0.34	0.01	1.29%	0.84
001170	LIMA BEANS: canned,cooked	EAST PENN	1/2 CUP	\$0.00	116	1.87	14.56%	396.22	0.00*	5.44*	0.41	3.20%	19.62*
001337	LOCO PITA BREAD	EAST PENN	EACH	\$0.00	120	1.50	11.25%	135.00	0.00	2.00	0.00	0.00%	22.00
000164	MACARONI & CHEESE	EAST PENN	2/3 CUP	\$0.00	355	19.60	49.66%	585.14	45.73*	1.29*	9.88	25.03%	27.41*
001318	MACARONI & CHEESE EHS	EAST PENN	2/3 CUP	\$0.00	381	21.69	51.24%	656.34	51.80*	1.29*	11.09	26.21%	27.73*
000961	MACARONI AND CHEESE w/ HAM	EAST PENN	CUP	\$0.00	535	23.67	39.79%	1407.05	39.99	2.56	7.89	13.26%	53.88
000914	MACARONI CARBONARA	EAST PENN	CUP	\$0.00	427	17.13	36.09%	1028.73	34.65	3.14	5.90	12.43%	42.47
000818	MACARONI SALAD	EAST PENN	1/2 CUP	\$0.00	219	11.81	48.57%	141.93	10.00	1.46	1.63	6.72%	24.38
000306	Mandarin Oranges light syrup c	EAST PENN	1/2 cup	\$0.00	70	0.00*	0.00%	10.00	0.00*	1.00	0.00*	0.00%	17.00
000721	MARINARA	EAST PENN	FL OZ	\$0.00	26	1.40	48.46%	118.60	0.00	0.67	0.43	14.87%	3.00
001098	Marinara sauce homemade	EAST PENN	4oz portions	\$0.00	61	0.78*	11.51%	405.17	0.00*	1.53	0.12*	1.81%	13.21
000719	MASHED POTATO, DRY CANNED, R	EAST PENN	1/2 cup	\$0.00	86	1.49	15.55%	222.72	0.00*	1.22*	0.34	3.54%	16.12*
000547	Mayonaise REDUCED FAT	EAST PENN	2 TBSP	\$0.00	120	12.00	90.00%	130.00	20.00	0.00*	2.00	15.00%	2.00
000850	Mayonnaise heavy duty Reinhart	EAST PENN	TBSP	\$0.00	100	11.11	99.99%	65.00	10.00	0.00	1.50	13.50%	1.00
001328	MAYONNAISE PK	EAST PENN	EACH	\$0.00	90	8.89	88.90%	70.00	5.00	0.00	1.50	15.00%	1.00
000851	MAYONNAISE:individual PC	EAST PENN	Pkt 7g	\$0.00	50	5.56	99.67%	39.76	4.13	0.00	0.60	10.79%	0.19
000815	MEAT SAUCE	EAST PENN	3/4 CUP	\$0.00	165	8.20	44.64%	125.93	45.82	1.63	3.18	17.29%	8.90
000501	MEATBALL & MOZZ CLUB wheat	EAST PENN	EACH	\$0.00	310	12.04	34.93%	748.45	35.93	2.34*	4.37	12.68%	32.82

# East Penn School District

No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
001284	MEATBALL & MOZZ CLUB wheat EHS	EAST PENN	EACH	\$0.00	342	13.84	36.40%	828.45	43.33	2.34*	5.07	13.33%	34.02
001262	MEATBALL & MOZZ SUB 6" WHEAT	EAST PENN	EACH	\$0.00	330	12.35	33.69%	846.35	38.67	2.67*	4.66	12.72%	36.19
001246	MEATBALL & MOZZ SUB 6" white	EAST PENN	EACH	\$0.00	350	11.85	30.48%	826.35	38.67	1.67*	4.66	11.99%	40.20
001180	MEATBALL GRINDER	East Penn	each	\$0.00	424	13.67	29.02%	1026.92	41.39	1.46*	4.83	10.25%	50.38
001290	MEATBALL no chz SUB 6" WHEAT	EAST PENN	EACH	\$0.00	326	11.89	32.84%	838.60	37.00	2.67*	3.93	10.85%	37.00
001247	MEATBALL no chz SUB 6" white	EAST PENN	EACH	\$0.00	346	11.40	29.65%	818.60	37.00	1.67*	3.93	10.22%	41.00
<b><u>EAST PENN</u></b>													
000725	MEATBALL STROGANOFF	EAST PENN	3/4 CUP	\$0.00	262	9.34	32.11%	589.95	29.60	1.55*	3.22	11.08%	28.88
<b><u>EAST PENN</u></b>													
001261	MEATBALL SUB NO CHZ 1.5	EAST PENN	EACH	\$0.00	314	9.60	27.51%	738.60	29.60	1.67*	3.23	9.26%	39.80
000814	MEATBALLS	EAST PENN	5 ball serv	\$0.00	160	9.00	50.62%	400.00	37.00	0.00*	3.50	19.69%	6.00
001234	MEATBALLS SECONDARY	EAST PENN	SERVINGS	\$0.00	160	9.00	50.62%	400.00	37.00	0.00*	3.50	19.69%	6.00
000810	MEATLOAF	EAST PENN	3/4" SLICE	\$0.00	178	8.89	45.09%	101.92	62.33	1.41	3.33	16.90%	8.52
000958	Mexican Side Salad	EAST PENN	1/2 cup	\$0.00	239	5.99*	22.55%	819.27	14.66*	5.16	1.00*	3.75%	38.90
001119	MILK, FAT FREE Chocolate	EAST PENN	HALF PINT	\$0.00	130	0.00	0.00%	200.00	5.00	0.00	0.00	0.00%	24.00
000230	MILK,1% Lowfat	EAST PENN	HALF PINT	\$0.00	102	2.37	20.79%	107.36	12.20	0.00	1.54	13.50%	12.18
000433	MIXED VEGETABLES:frozen,boiled	EAST PENN	1/2 CUP	\$0.00	67	1.62*	21.85%	29.95	0.00*	1.98*	0.37*	4.97%	10.38*
000766	Muffin Otis Rh 61418	EAST PENN	each	\$0.00	165	5.00	27.27%	190.00	30.00	1.00	1.00	5.46%	27.00
000756	MULTI-GRAIN BUN #795	EAST PENN	ROLL	\$0.00	120	1.50	11.25%	230.00	0.00	3.00	0.00	0.00%	21.00
001327	MUSTARD	EAST PENN	EACH	\$0.00	0	0.00	0.00%	80.00	0.00	0.00	0.00	0.00%	0.00
001292	NACHO BAR beef high	EAST PENN	SERVINGS	\$0.00	673	36.86	49.30%	1149.80	88.64	3.75	15.14	20.24%	53.77
000896	NACHO BAR beef middle	EAST PENN	SERVINGS	\$0.00	513	29.03	50.91%	991.56	88.64	2.23	13.37	23.45%	33.82
001293	NACHO BAR chicken high	EAST PENN	SERVINGS	\$0.00	614	31.19	45.72%	893.48	20.00	3.52	12.81	18.78%	51.33
001294	NACHO BAR chicken MIDDLE	EAST PENN	SERVINGS	\$0.00	454	23.36	46.29%	735.25	20.00	2.00	11.05	21.89%	31.39
001230	NACHO MEAT MIDDLE	EAST PENN	SERVINGS	\$0.00	185	11.41	55.47%	496.23	50.81	0.69	4.42	21.47%	4.98
001346	NACHOS CHIPS / BREAD ELEM	EAST PENN	SERVINGS	\$0.00	266	10.80	36.54%	380.00	0.00	2.40	4.20	14.21%	36.80
001231	NACHOS CHIPS / BREAD MIDDLE	EAST PENN	SERVINGS	\$0.00	223	8.64	34.91%	333.80	0.00	2.09	3.28	13.23%	31.56
001350	NACHOS CHIPS ELEM	EAST PENN	SERVINGS	\$0.00	196	9.80	45.00%	210.00	0.00	1.40	4.20	19.29%	23.80
001225	NACHOS W/ CHICKEN ELEM EP	EAST PENN	SERVINGS	\$0.00	353	15.44	39.36%	491.17	0.00	1.58	6.06	15.46%	25.72
000694	NACHOS W/ GROUND BEEF ELEM E	EAST PENN	2 OZ PORTI	\$0.00	334	18.44	49.63%	545.42	38.59	1.86	7.55	20.32%	27.16
000998	NO ALTERNATE	EAST PENN	EACH	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000167	NO BREAKFAST	EAST PENN	SERVING	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000763	NO EHS LUNCH	EAST PENN	each	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000156	NO LUNCH	EAST PENN	SERVING	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000762	NO MIDDLE LUNCH	EAST PENN	each	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
000145	NO SCHOOL TODAY	EAST PENN	SERVING	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
001100	NOODLES, Egg	EAST PENN	1/2 CUP	\$0.00	135	4.41	29.29%	27.75	23.20*	0.96*	0.96	6.39%	20.13*
000086	ORANGES	EAST PENN	EACH	\$0.00	45	0.12	2.30%	0.00	0.00	2.30	0.02	0.38%	11.28
001342	ORANGES MEDLEY MIX	EAST PENN	1/2 CUP	\$0.00	50	0.28	4.96%	1.25	0.00	2.33	0.03	0.52%	12.30
000784	Pancakes, Mrs Buttwrth, RH#415	EAST PENN	2 each	\$0.00	140	2.34	15.04%	393.34	16.66	1.34	0.34	2.19%	30.00
000956	Pancakes, W/ topping	EAST PENN	2 each	\$0.00	198	2.56	11.66%	393.86	16.66	2.44	0.37	1.70%	44.70
001185	PANINI CHICKEN SOUTHWEST	EAST PENN	1 EACH	\$0.00	382	10.30	24.27%	663.98	15.00*	2.26	1.77	4.18%	40.48



# East Penn School District

No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
001182	PANINI, BBQ CHICKEN	EAST PENN	servings	\$0.00	503	18.59	33.26%	1340.79	37.50*	1.74	9.26	16.56%	47.94
001091	PANINI, BEEF TERIYAKI	EAST PENN	servings	\$0.00	435	16.27	33.63%	974.11	68.93*	2.17	7.80	16.12%	42.12
001090	PANINI, CHICKEN BUFFALO	EAST PENN	servings	\$0.00	382	11.05	26.05%	996.63	18.98*	1.99	5.17	12.19%	38.52
000982	PANINI, CHICKEN RANCH	EAST PENN	servings	\$0.00	452	17.98	35.77%	720.43	27.67*	1.74*	7.02	13.97%	38.46
001186	PANINI, EL FAJITA MOZZ/PEP	EAST PENN	servings	\$0.00	380	13.44	31.80%	1029.42	45.19*	1.99	1.31	3.11%	41.53
000986	PANINI, ITALIAN HAM	EAST PENN	servings	\$0.00	379	11.53	27.40%	1151.39	55.85*	2.44	5.95	14.14%	42.42
001254	PANINI, MOZZ/BASIL	EAST PENN	SLICES	\$0.00	389	15.92	36.79%	706.96	50.62*	2.06	9.54	22.05%	42.00
000984	PANINI, PIPERATO	EAST PENN	servings	\$0.00	490	23.89	43.86%	1214.78	63.04*	2.71*	7.99*	14.66%	41.84
000989	PANINI, TACO	EAST PENN	servings	\$0.00	401	14.75	33.07%	860.93	53.11*	2.26	3.73	8.38%	41.72
000990	PANINI, TURKEY & CHEESE	EAST PENN	servings	\$0.00	370	12.40	30.17%	1017.92	55.31*	1.74	5.49*	13.35%	40.30
001297	PASTA BAR HIGH RED CHICKEN	EAST PENN	SERVINGS	\$0.00	510	16.45	29.04%	763.14	0.00	5.02	4.50	7.95%	56.91
001295	PASTA BAR HIGH RED SAUCE	EAST PENN	SERVINGS	\$0.00	525	20.01	34.32%	1095.11	37.00	5.02*	6.19	10.62%	62.91
001298	PASTA BAR HIGH white CHICKEN	EAST PENN	SERVINGS	\$0.00	474	14.89	28.26%	432.53	6.20	2.74	4.63	8.78%	49.88
001296	PASTA BAR MIDDLE RED CHICKEN	EAST PENN	SERVINGS	\$0.00	436	16.05	33.11%	761.74	0.00	4.42	4.43	9.13%	42.14
000897	PASTA BAR MIDDLE RED SAUCE	EAST PENN	SERVINGS	\$0.00	451	19.61	39.11%	1093.71	37.00	4.42*	6.11	12.19%	48.14
001334	PASTA BAR MIDDLE white CHICKEN	EAST PENN	SERVINGS	\$0.00	401	14.49	32.54%	431.13	6.20	2.14	4.55	10.22%	35.11
000819	PASTA SALAD	EAST PENN	1/2 CUP	\$0.00	111	3.84	31.12%	540.51	4.80	0.90	1.04	8.41%	13.19
000973	PASTA SALAD- RANCH	EAST PENN	1/2 CUP	\$0.00	102	2.61	22.98%	154.68	5.27	0.96	1.26	11.15%	13.94
001233	PASTA SECONDARY	EAST PENN	4 oz	\$0.00	105	0.57	4.89%	8.83	0.00	0.86	0.11	0.94%	21.10
000855	PEACH CUP FROZEN USDA	EAST PENN	4 OZ	\$0.00	107	0.15	1.24%	6.80	0.00	2.04	0.01	0.10%	27.19
000327	Peaches diced light syrup cann	EAST PENN	1/2 cup	\$0.00	70	0.00*	0.00%	10.00	0.00*	1.00	0.00*	0.00%	17.00
000437	PEACHES: canned,light syrup	EAST PENN	1/2 CUP	\$0.00	68	0.04	0.50%	6.28	0.00	1.63	0.00	0.00%	18.26
001301	PEACHES: HOT	EAST PENN	1/2 CUP	\$0.00	84	1.82	19.50%	21.66	0.00*	1.63*	0.40	4.34%	18.26*
000336	PEANUT B&J (2 SLICES)	EAST PENN	each	\$0.00	530	23.10	39.23%	724.00	15.00*	3.90*	6.10*	10.36%	62.70
001038	PEARS HOT WITH RAISINS	EAST PENN	1/2 cup	\$0.00	105	0.05	0.40%	7.01	0.00	2.62	0.01	0.12%	26.66
000438	PEARS: canned,light syrup	EAST PENN	1/2 Cup	\$0.00	72	0.04	0.47%	6.28	0.00	2.01	0.00	0.00%	19.04
000328	Peas	EAST PENN	1/2 CUP	\$0.00	97	2.25	20.98%	89.67	0.00*	5.54*	0.50	4.66%	14.37*
000596	PEAS & CARROTS	EAST PENN	.5 cup	\$0.00	70	1.90*	24.40%	72.06	0.00*	3.56*	0.43*	5.48%	9.67*
001212	Peas, Canned	EAST PENN	1/2 CUP	\$0.00	90	2.65	26.60%	23.77	0.00*	4.40*	0.59	5.96%	12.51*
000888	PEPPER STRIPS CANNED	EAST PENN	1/4 CUP	\$0.00	10	0.00	0.00%	55.00	0.00	1.00	0.00	0.00%	2.00
001362	PEPPERONI PIZZA SANDWICH	EAST PENN	SANDWICH	\$0.00	0	0.00	0.00%	0.00	0.00	0.00	0.00	0.00%	0.00
001363	Pepperoni Pizza Sandwich	EAST PENN	each	\$0.00	361	19.25	47.94%	1297.70	29.61	2.55*	6.85	17.07%	31.03
000042	PICKLES,DILL	EAST PENN	EACH	\$0.00	8	0.09	10.50%	568.75	0.00	0.71	0.03	3.00%	1.68
000903	PIEROGIE CASSEROLE	EAST PENN	6 OZ	\$0.00	427	24.99	52.62%	1160.39	30.03*	2.08*	9.25	19.47%	32.15*
000304	Pineapple canned tidbits	EAST PENN	1/2 CUP	\$0.00	80	0.00	0.00%	10.00	0.00	2.00	0.00*	0.00%	21.00
001209	Pizza 4 x 6 MAX Wheat crust	EAST PENN	each	\$0.00	270	9.00	30.00%	750.00	10.00	4.00	3.00	10.00%	33.00
001130	Pizza 4 x 6 PEPPERONI	EAST PENN	each	\$0.00	305	12.25	36.15%	875.00	16.25	4.00	4.12	12.17%	33.00
000720	PIZZA STIX, MAX, 96 SERV CASE,	EAST PENN	2 piece serv	\$0.00	352	14.79	37.84%	977.21	0.00	5.35	4.86	12.42%	40.01
001099	Pizza, Breakfast	EAST PENN	each	\$0.00	157	7.44	42.76%	356.31	12.12	0.77	2.70	15.52%	15.03
001324	PIZZA, Buffalo personal	EAST PENN	1 EACH	\$0.00	255	9.64	34.05%	1549.17	14.87	2.08	4.34	15.33%	20.99
000739	PIZZA, THREE CHEESE personal	EAST PENN	1 EACH	\$0.00	261	12.64	43.61%	634.98	31.12	2.08	6.76	23.31%	21.64
001313	PIZZA, WHITE personal	EAST PENN	1 EACH	\$0.00	269	12.64*	42.29%	641.50	31.12*	2.73	6.76*	22.60%	22.95
000733	PIZZABURGER ON BUN	EAST PENN	EACH	\$0.00	326	16.02	44.25%	869.47	41.54	4.67	6.05	16.69%	25.20
001353	PIZZABURGER ON BUN AMSLICED	EAST PENN	EACH	\$0.00	283	13.20	41.98%	697.10	32.50	3.67	4.93	15.68%	25.15
000906	POPCORN CHICKEN Bowl	EAST PENN	BOWL	\$0.00	277	15.75*	51.10%	1201.72	24.58*	1.13*	5.55*	18.00%	23.15*
000740	PORK CUTLET	EAST PENN	1 EACH	\$0.00	404	15.56	34.70%	931.12	0.00	3.09	5.62	12.54%	52.03

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## Recipe Master List

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No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
000728	Pork Ham Roast, USDA #A672	EAST PENN	2 OZ SLICE	\$0.00	118	4.67	35.74%	38.78	54.00	0.07	1.33	10.21%	0.22
000714	PORK RIBLET 200/ 2.5OZ,RH	EAST PENN	PATTY	\$0.00	273	12.76	42.04%	977.83	44.89	3.86	3.00	9.88%	31.56
001285	PORK RIBLET 200/ 2.5OZ,RH EHS	EAST PENN	PATTY	\$0.00	307	13.43	39.42%	1044.65	44.89	2.53	3.00	8.81%	38.57
001320	PORK RIBLET 200/ 2.5OZ,RH HAMB	EAST PENN	PATTY	\$0.00	293	13.26	40.70%	1007.83	44.89	3.86	3.00	9.21%	34.56
000995	Pork Roast, BBQ CLUB EHS	EAST PENN	EACH	\$0.00	323	7.91	22.05%	839.87	72.00	2.03	1.78	4.97%	32.80
001268	Pork Roast, pulled HAMsandwich	EAST PENN	2 OZ	\$0.00	381	11.62	27.47%	517.27	116.64	3.65	2.89	6.83%	23.01
000727	Pork Roast, pulled HD sandwich	EAST PENN	2 OZ	\$0.00	361	11.12	27.75%	487.27	116.64	3.65	2.89	7.21%	20.01
000772	POTATO & PARSLEY w/ butter	EAST PENN	1/2 CUP	\$0.00	106	3.83	32.44%	299.40	0.00*	2.84*	0.87	7.39%	16.71*
000839	POTATO BAKED & SKIN	EAST PENN	EACH	\$0.00	188	0.26	1.26%	20.20	0.00	4.44	0.08	0.39%	42.72
000840	POTATO BAR	EAST PENN	EACH	\$0.00	481	14.95*	27.99%	588.19	41.40*	7.16	6.13*	11.48%	67.76
000526	POTATO PUFFS CAVENDISH	EAST PENN	8 EACH	\$0.00	160	8.00	45.00%	370.00	0.00	2.00	1.00	5.63%	20.00
000841	POTATO SALAD	EAST PENN	1/2 CUP	\$0.00	176	10.92	55.84%	257.87	8.03	1.73	1.20	6.15%	18.62
000442	POTATO WEDGES CAVENDISH	EAST PENN	1/2 CUP	\$0.00	133	2.67	18.00%	46.67	0.00	2.67	0.00	0.00%	25.33
000904	QUESADILLA, MEAT/CHEESE	EAST PENN	3 OZ	\$0.00	432	16.71	34.84%	690.91	9.84	2.00	5.17	10.78%	33.65
000097	RAISINS	EAST PENN	CUP	\$0.00	434	0.67	1.38%	15.95	0.00	5.36	0.09	0.18%	114.81
001331	RANCH DRESSING R/C 1 OZ	EAST PENN	1 OZ	\$0.00	68	5.87	77.14%	303.05	14.66	0.00	0.98	12.86%	1.96
001325	RANCH DRESSING R/C 2 OZ	EAST PENN	2 OZ	\$0.00	137	11.73	77.14%	606.09	29.33	0.00	1.95	12.86%	3.91
000852	RANCH GALLON	EAST PENN	2 OZ	\$0.00	200	22.00	99.00%	540.00	20.00	0.00	3.00	13.50%	2.00
001197	RANCH RST CHIC PEA SALAD	EAST PENN	1/2 CUP	\$0.00	229	11.33	44.51%	1110.04	0.00	5.34	1.63	6.42%	26.54
000008	REFRIED BEANS: canned	EAST PENN	CUP	\$0.00	237	3.18	12.06%	753.48	20.16	13.36	1.18	4.50%	39.14
000826	RICE CHICKEN CHEESY	EAST PENN	6 oz	\$0.00	418	17.09	36.77%	765.94	5.40	0.29	4.25	9.14%	34.29
000825	RICE, CHEESY	EAST PENN	1/2 cup	\$0.00	342	18.20	47.84%	1085.90	9.00	0.29	3.66	9.61%	38.61
000829	RICE,Cooked Brown	EAST PENN	1/2 CUP	\$0.00	160	7.83	44.11%	158.23	0.00*	1.53*	1.76	9.93%	19.94*
001097	RIGATONI BAKED	EAST PENN	3/4 CUP	\$0.00	311	9.01*	26.06%	305.29	32.99*	3.78	4.09*	11.84%	39.10
001339	RIGATONI BAKED EHS	EAST PENN	3/4 CUP	\$0.00	354	11.85*	30.12%	380.01	40.63*	3.78	5.89*	14.97%	39.64
001223	ROASTED Edamame	EAST PENN	1/2 cup	\$0.00	246	14.78	54.03%	529.52	12.00	5.85	3.93	14.37%	11.71
001319	ROASTED RED POTATOES	EAST PENN	1/2 CUP	\$0.00	78	0.95	11.05%	186.88	0.00	2.00	0.15	1.77%	15.85
001211	Roll 6" steak wheat	EAST PENN	1 EACH	\$0.00	140	1.50	9.62%	320.00	0.00	2.00	0.00	0.00%	28.00
000724	Roll, multi-grain dinner, butt	EAST PENN	EACH	\$0.00	80	1.00	11.25%	170.00	0.00	1.00	0.00	0.00%	15.00
001136	SALAD BAR	EAST PENN	each	\$0.00	357	13.16*	33.20%	758.91	108.47*	6.80	2.89*	7.28%	44.51
000715	SALAD, GREEN	EAST PENN	CUP	\$0.00	8	0.14	15.88%	3.76	0.00	0.99	0.02	2.12%	1.55
000139	SALAD,TOSSed: no dressing	EAST PENN	1/2 CUP	\$0.00	6	0.05	7.84%	4.46	0.00	0.47	0.01	1.10%	1.27
000673	Salisbury Steak RH # 53296 Adv	EAST PENN	EACH	\$0.00	198	15.15	68.79%	663.70	45.14	1.71	4.74	21.50%	4.90
001133	Salisbury Steak SANDWICH	EAST PENN	EACH	\$0.00	311	16.31	47.26%	814.32	44.72	4.66	4.57	13.25%	25.22
001286	Salisbury Steak SANDWICH EHS	EAST PENN	EACH	\$0.00	324	16.48	45.77%	851.14	44.72	3.32	4.57	12.70%	29.24
000618	Salsa, Peach	EAST PENN	1/4 c	\$0.00	33	0.08	2.10%	141.97	0.00	0.88	0.01	0.27%	7.98
000658	SALSA,COMMODITY	EAST PENN	OZ	\$0.00	10	0.06	5.00%	121.90	0.00	0.40	0.01	0.75%	1.98
001251	SAUERKRAUT 1 oz	EAST PENN	OZ	\$0.00	5	0.00	0.00%	170.10	0.00	0.94	0.00	0.00%	0.94
000835	SAUERKRAUT:canned 2 oz	EAST PENN	1/4 CUP	\$0.00	10	0.00	0.00%	354.00	0.00	1.97	0.00	0.00%	1.97
001022	Sausage & CHEESE Sandwich	EAST PENN	1 ea	\$0.00	393	23.80	54.50%	776.50	72.50	3.00*	8.50	19.47%	23.65
001287	Sausage & CHEESE Sandwich EHS	EAST PENN	1 ea	\$0.00	459	28.27	55.38%	959.82	85.00	1.67*	11.00	21.55%	28.31
001192	Sausage (4) LINK LUNCH f8090	EAST PENN	4 LINK	\$0.00	204	15.99	70.71%	436.15	79.96	0.00*	5.82	25.72%	1.45
000854	Sausage 2 PATTY	EAST PENN	1 each	\$0.00	220	18.00	73.64%	400.00	60.00	0.00*	6.00	24.55%	2.00
001024	Sausage LINK LUNCH f8090	EAST PENN	2 link	\$0.00	101	7.92	70.71%	216.00	39.60	0.00*	2.88	25.72%	0.72
000926	Sausage Pancake Wrap Brk Rh F7	EAST PENN	each	\$0.00	210	10.00	42.86%	470.00	15.00	1.00	3.50	15.00%	23.00
001228	Sausage PATTY	EAST PENN	1 each	\$0.00	110	9.00	73.64%	200.00	30.00	0.00*	3.00	24.55%	1.00

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No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
001302	Sausage sandwich brkfst	EAST PENN	1 each	\$0.00	230	10.50	41.09%	430.00	30.00	3.00*	3.00	11.74%	22.00
001199	SAUSAGE, CHZ bagel	EAST PENN	EACH	\$0.00	396	18.60	42.27%	993.00	55.00	3.00*	8.00	18.18%	38.30
001200	SAUSAGE, CHZ BISCUIT	EAST PENN	EACH	\$0.00	343	20.30	53.27%	966.49	42.50	1.00*	7.49	19.67%	30.65
000713	Scalloped Potatoes, Dry Mix, R	EAST PENN	4 oz	\$0.00	116	3.81	29.57%	571.64	0.00*	1.33*	0.56	4.37%	18.67*
000800	SHEPHERD'S PIE	EAST PENN	6 OZ	\$0.00	255	12.21*	43.09%	485.40	50.27*	1.78	4.59*	16.21%	18.60
000114	SLOPPY JOE ON BUN	EAST PENN	EACH	\$0.00	258	8.38	29.23%	463.22	38.92	3.47	2.68	9.36%	28.37
001365	SOFT TACO BEEF & CHEESE	EAST PENN	EACH	\$0.00	330	15.70	42.79%	564.42	48.32	1.97	4.32	11.78%	28.17
000757	SPAGHETTI	EAST PENN	1/2 cup ckd	\$0.00	210	1.14	4.89%	73.12	0.00	1.72	0.22	0.94%	42.20
000734	SPAGHETTI AND MEATBALLS	EAST PENN	3/4 CUP	\$0.00	283	10.45	33.27%	556.54	29.60	2.15*	3.73	11.88%	31.67
001141	SPAGHETTI PIE	EAST PENN	8OZ	\$0.00	367	13.29	32.62%	476.41	83.72	1.77	6.51	15.98%	35.39
000824	SPANISH RICE	EAST PENN	1/2 cup	\$0.00	139	1.59	10.32%	519.45	0.00	2.21	0.23	1.50%	26.98
001206	SPANISH RICE w/ corn & Limas	EAST PENN	1/2 cup	\$0.00	180	1.00*	5.00%	395.32	0.00*	5.52	0.16*	0.82%	36.35
000959	SPINACH MANDARIN SALAD	EAST PENN	1/2 CUP	\$0.00	209	13.22	56.98%	36.65	0.00	1.79	1.98	8.52%	22.62
000300	stewed tomatoes	EAST PENN	.5 cup	\$0.00	83	0.03*	0.34%	279.68	0.00*	1.27	0.01*	0.09%	19.43
000706	Strawberry w/ whip topping	EAST PENN	1/2 cup	\$0.00	118	0.16	1.19%	21.40	0.00	2.15	0.02	0.12%	31.34
000313	Stromboli ham & Chz w/ sauce	EAST PENN	EACH	\$0.00	323	12.36	34.47%	1171.61	51.29	2.35	5.04	14.05%	28.26
001370	Stromboli ham & Chz w/ sauce	EAST PENN	EACH	\$0.00	326	13.43	37.10%	1427.21	53.00	1.35	5.34	14.74%	24.87
001191	SUCCOTASH	EAST PENN	4 OZ	\$0.00	135	5.23*	34.99%	126.34	0.00*	2.98*	1.19*	7.95%	18.20*
001173	SUNBUTTER & JELLY	EAST PENN	each	\$0.00	418	21.07	45.37%	552.50	12.50*	3.00*	4.10*	8.83%	45.42
001291	SUNBUTTER DEBT LUNCH	EAST PENN	each	\$0.00	338	20.57	54.77%	512.50	12.50	3.00*	4.10	10.92%	27.42
000811	SWEDISH MEATBALLS	EAST PENN	EACH	\$0.00	205	11.50	50.49%	825.00	37.00	1.00*	4.00	17.56%	10.50
000788	SWEET AND SOUR CHICKEN	EAST PENN	1/2 cup	\$0.00	174	5.49	28.42%	342.92	0.08	0.17	1.82	9.41%	6.63
001216	SWEET AND SOUR CHICKEN W/ VE	EAST PENN	3/4 CUP	\$0.00	240	6.41*	23.99%	901.16	0.29*	2.93	1.68*	6.29%	26.48
001258	SWEET AND SOUR CHICKEN w/pepp	EAST PENN	1/2 cup	\$0.00	195	5.53	25.49%	371.43	0.08	0.93	1.82	8.40%	11.85
000865	Sweet and sour meatballs	EAST PENN	3OZ	\$0.00	218	9.09	37.60%	956.51	37.16	0.30*	3.51	14.51%	20.03
000741	SWEET POTATO BAKE	EAST PENN	1/2 CUP	\$0.00	157	1.93*	11.08%	92.93	0.00*	2.04*	0.41*	2.33%	32.57*
000887	SWEET POTATOES	EAST PENN	1/2 CUP	\$0.00	122	1.02	7.55%	16.74	0.00*	2.19*	0.24	1.74%	26.75*
001311	SWT AND SOUR CHICK W/ VEG EHS	EAST PENN	3/4 CUP	\$0.00	294	8.41*	25.76%	926.18	0.29*	2.93	2.35*	7.19%	26.48
000769	Syrup cup 1.5 oz Rh	EAST PENN	each	\$0.00	120	0.00	0.00%	25.00	0.00	0.00	0.00	0.00%	31.00
005028	TACO BAKE W/ GR. BEEF	EAST PENN	3/4 cup servi	\$0.00	295	11.11	33.85%	499.07	40.13	2.12	5.31	16.18%	28.21
000141	TACO,BEAN	EAST PENN	2 EACH	\$0.00	264	6.16	20.97%	112.68	0.00	9.44	1.33	4.54%	42.30
000976	TATOR TOT BAKE	EAST PENN	2/3 CUP	\$0.00	296	15.63	47.49%	831.74	50.60	1.95	4.60	13.96%	19.36
001147	Tex Mex dipping sauce	EAST PENN	2 oz	\$0.00	109	10.42	86.18%	332.56	4.73	0.19*	1.42	11.75%	1.90
000972	Tex Mex Pasta Side Salad	EAST PENN	1/2 cup	\$0.00	163	3.10*	17.10%	337.26	1.25*	2.99*	0.44*	2.42%	28.87
000821	THREE BEAN SALAD	EAST PENN	.5 CUP	\$0.00	113	0.87	6.92%	755.47	0.00	4.61	0.12	0.97%	20.86
001044	TOAST,WHEAT BREAD CINNAMON	EAST PENN	1 SLICE	\$0.00	76	1.07	12.71%	170.59	0.00	2.23	0.01	0.17%	14.81
000407	TOASTED HAM*CHEESE WHEAT	EAST PENN	EACH	\$0.00	286	12.02	37.83%	1056.00	44.00	2.00	5.49	17.28%	27.73
001266	TOASTED TK HAM*CHEESE WHITE	EAST PENN	EACH	\$0.00	286	12.02	37.82%	1076.00	44.00	2.00	5.49	17.28%	27.73
000798	TOMATO SOUP	EAST PENN	6 OZ	\$0.00	117	2.13	16.37%	735.30	4.72	1.94	1.23	9.43%	21.22
000058	TOMATOES: canned SEASONED	EAST PENN	1/2 CUP	\$0.00	25	0.01	0.44%	351.49	0.00	1.05	0.00	0.11%	5.56
001260	Topping Sandwich	EAST PENN	EACH	\$0.00	11	0.12	10.00%	186.65	0.00	0.82	0.02	1.82%	2.38
001215	Toppings Lettuce, salsa NO CHZ	EAST PENN	SERVINGS	\$0.00	12	0.07	5.54%	123.04	0.00	0.53	0.01	0.80%	2.32
001106	Toppings- Lettuce, salsa, chz	EAST PENN	SERVINGS	\$0.00	49	2.46	45.28%	159.21	7.50	0.49	1.51	27.73%	1.89
001025	TROPICAL FRUIT SALAD 11196	EAST PENN	1/2 CUP	\$0.00	100	0.00*	0.00%	0.00*	0.00*	2.00	0.00*	0.00%	24.00
000813	TUNA AND NOODLES	EAST PENN	CUP	\$0.00	270	6.02*	20.02%	601.90	52.57*	2.59	2.85*	9.48%	30.02
000019	TUNA SALAD	EAST PENN	1/2 CUP	\$0.00	252	20.39	72.94%	318.11	61.36	0.09	2.96	10.58%	2.27

# East Penn School District

No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
000993	TURKEY & CHEESE ON WG BUN	EAST PENN	each	\$0.00	248	8.43	30.57%	891.07	50.82	3.00	2.79*	10.12%	22.48
001196	TURKEY & Cheese Sand (SLICED)	EAST PENN	each	\$0.00	253	8.30	29.53%	846.50	42.50	2.00	2.50*	8.89%	27.65
000414	TURKEY & CHEZ WHT CLUB ROLL 6	EAST PENN	each	\$0.00	246	7.97	29.10%	773.32	42.50	1.67	2.50*	9.13%	26.66
001354	TURKEY & CHEZ WHT DELI THIN	EAST PENN	each	\$0.00	212	7.29	30.96%	684.51	42.50*	4.94	2.50*	10.62%	21.43
000737	TURKEY & GRAVY OVER BREAD	EAST PENN	serving	\$0.00	257	5.93	20.81%	1110.20	57.32	2.03	1.00	3.51%	27.47
001314	TURKEY & GRAVY OVER BREAD EH	EAST PENN	serving	\$0.00	205	5.50	24.09%	1046.70	67.14	1.04	1.19	5.20%	14.62
001107	TURKEY ALA KING	EAST PENN	3/4 CUP	\$0.00	408	16.11	35.56%	909.54	54.00	1.91	5.53	12.21%	39.55
001359	TURKEY AND BISCUITS W/GRVY	EAST PENN	serving	\$0.00	354	13.54	34.43%	1929.04	69.80	1.12	3.18	8.08%	32.30
000382	TURKEY AND WAFFLES W/GRVY	EAST PENN	serving	\$0.00	357	11.65	29.34%	1826.26	73.86	1.14	2.71	6.82%	35.83
001317	TURKEY BBQ pulled ON HOT DOG	EAST PENN	each	\$0.00	227	4.04	15.97%	1104.12	55.69	3.00	1.01	4.00%	24.00
000886	TURKEY BBQ pulled SANDWICH	EAST PENN	each	\$0.00	247	4.54	16.50%	1134.12	55.69	3.00	1.01	3.68%	27.00
001304	TURKEY BBQ pulled SANDWICH ehs	EAST PENN	each	\$0.00	278	5.21	16.88%	1260.37	64.97	1.67	1.18	3.83%	31.01
000885	TURKEY HAM SMOKED DELI	EAST PENN	1 OZ	\$0.00	67	2.27	30.51%	515.40	36.29	0.00	0.68	9.15%	1.76
000389	turkey melt	EAST PENN	each	\$0.00	261	7.69	26.46%	1308.78	41.91	2.34*	2.86	9.84%	29.37
000732	TURKEY POT PIE	EAST PENN	CUP	\$0.00	327	6.82	18.78%	1143.24	53.25	2.57	2.02	5.56%	37.03
000665	TURKEY ROAST SLICED	EAST PENN	3 OZ	\$0.00	102	3.71	32.78%	441.20	33.92	0.20	1.22	10.76%	2.59
000783	TURKEY SAUSAGE LINKS	EAST PENN	EACH	\$0.00	100	9.00	80.99%	205.00	25.00	0.00	3.00	26.99%	1.00
000881	Vegetable Frz. Cal. Blend (Rh)	EAST PENN	1/2 cup	\$0.00	74	3.71*	45.29%	145.77	0.00*	2.67*	0.84*	10.29%	6.67*
001214	VEGETABLE SOUP: beans	EAST PENN	6 OZ	\$0.00	161	0.71	3.96%	759.83	0.59	6.57	0.16	0.91%	30.09
001356	VEGETABLE SOUP: beans 2	EAST PENN	CUP	\$0.00	70	0.47	6.03%	1003.08	0.73	2.40	0.07	0.85%	13.48
001351	VEGETABLE SOUP: scratch	EAST PENN	CUP	\$0.00	62	0.31*	4.44%	973.55	0.73*	2.19	0.02*	0.29%	12.48
000834	VEGETABLES MARINATED	EAST PENN	.5 CUP	\$0.00	80	1.06*	11.96%	1115.04	0.00*	2.65	0.02*	0.24%	12.97
000531	Vegetables, Fresh, Assorted	EAST PENN	1/2 CUP SE	\$0.00	9	0.08	8.08%	13.50	0.00	0.74	0.01	1.53%	1.76
000743	VEGETABLES, MXD, FRZ, RH b3460	EAST PENN	1/2 cup	\$0.00	129	7.66	53.45%	120.44	0.00*	2.14*	1.62	11.30%	11.78*
001061	VEGETARIAN BEANS	EAST PENN	1/2 CUP	\$0.00	160	1.50	8.41%	530.00	0.00	8.00	0.49	2.78%	29.99
000751	VEGETARIAN CHILI	EAST PENN	1 CUPS	\$0.00	337	6.59	17.61%	1298.45	0.00	13.28	0.57	1.52%	53.61
000283	VEGGIE FRIED RICE	EAST PENN	1 CUP	\$0.00	231	6.78	26.39%	410.29	221.71	3.57	1.82	7.06%	31.62
000767	Waffles Rh 41484 breakfast	East Penn	each	\$0.00	200	6.00	27.00%	440.00	4.00	1.00	1.50	6.75%	32.00
000722	Wheat Penne Casserole	EAST PENN	3/4 CUP	\$0.00	288	11.52	36.00%	417.46	30.00	3.27	6.43	20.09%	23.80
000716	WHEAT SLICE SCHOOL (BUTTERKR	EAST PENN	SERVING	\$0.00	70	1.00	12.86%	170.00	0.00	1.00	0.00	0.00%	13.00
000612	Whipped Topping	EAST PENN	Tbs	\$0.00	9	0.01	0.91%	18.00	0.00	0.00	0.00	0.45%	1.95
001226	WHITE CHICKEN CHILI	EAST PENN	CUP	\$0.00	417	7.85*	16.96%	321.79	0.00*	11.13	2.30*	4.96%	49.40
001140	WHITE SAUCE: ALFREDO	EAST PENN	SERV	\$0.00	68	4.02	53.13%	143.80	6.20	0.42	1.84	24.28%	4.99
000978	WHOLE GRAIN BANANA OATMEAL	EAST PENN	EACH	\$0.00	208	5.89	25.44%	362.62	0.24*	2.29*	1.29	5.58%	34.27*
001338	WRAP 10" DELI	EAST PENN	EACH	\$0.00	180	4.00	20.00%	240.00	0.00	1.00	0.50	2.50%	30.00
001031	WRAP BBQ CHICKEN	EAST PENN	EACH	\$0.00	360	9.93	24.85%	718.18	69.01	1.34	2.12	5.32%	37.51
001032	WRAP BUFFALO CHICKEN	EAST PENN	EACH	\$0.00	330	9.93	27.05%	1160.10	69.01	1.34	2.12	5.79%	30.84
001369	WRAP CHICK STRIP SNACKER ALT	EAST PENN	EACH	\$0.00	348	17.66	45.61%	870.90	51.75	5.42	4.37	11.29%	33.58
000864	WRAP CHICK STRIP SNACKER HIG	EAST PENN	EACH	\$0.00	428	21.07	44.24%	943.14	53.82	2.42	3.23	6.77%	41.29
000970	WRAP CHICKEN CAESAR	EAST PENN	EA	\$0.00	392	11.02	25.32%	1193.92	4.50	1.49	3.28	7.53%	34.37
001128	WRAP Chicken spicy patty HIGH	EAST PENN	EACH	\$0.00	424	17.85	37.87%	810.91	32.50	2.40	2.39	5.06%	48.24
000410	WRAP GRILLED CHICKEN FAJITA	EAST PENN	EA	\$0.00	253	5.07	18.04%	651.50	32.38	1.82	0.52	1.84%	33.36
001341	WRAP GRILLED CHICKEN RANCH	EAST PENN	EA	\$0.00	291	8.12	25.10%	652.83	40.00	1.82	0.52	1.60%	33.41
001148	WRAP SMOKED HAM w/ cheddar chz	EAST PENN	EACH	\$0.00	312	9.92	28.58%	966.85	55.00	1.62	1.36	3.92%	34.19
001030	WRAP TUNA W/ CHEESE	EAST PENN	each	\$0.00	566	35.22	56.01%	806.92	93.50	1.19	6.90	10.98%	33.83
001120	WRAP Vegetable	EAST PENN	EACH	\$0.00	509	31.77	56.16%	1098.12	59.45	2.60	11.94	21.10%	38.42

# East Penn School District

No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
001229	Yogurt 8 oz Diary Pocono	EAST PENN	8 oz	\$0.00	180	0.00	0.00%	150.00	5.00	0.00	0.00	0.00%	38.00
001358	Yogurt Parfait	EAST PENN	CUP	\$0.00	352	9.77	24.94%	207.86	15.00	1.90	5.05	12.89%	56.53
000955	Yogurt Parfait	EAST PENN	CUP	\$0.00	280	8.56	27.55%	140.64	7.50	2.44	4.30	13.85%	45.98
001347	YOGURT WITH CINN ROLL UP	EAST PENN	SERVING	\$0.00	387	6.30	14.63%	359.09	13.13	2.85	1.83	4.26%	69.92