

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
<i>EAST PENN</i>													
001129	AARON HOT SANDWICH	EAST PENN	EACH	\$0.00	253	18.21	64.76%	807.94	59.72	1.07	5.71	20.31%	5.08
001041	Alt Cheesesteak Hoagie	EAST PENN	each	\$0.00	513	29.41	51.60%	654.09	70.64	1.67	12.29	21.57%	35.79
001037	Alt Chicken Nugget	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
001012	ALT Chicken patty	EAST PENN	EACH	\$0.20	340	17.00	45.00%	640.00	45.00*	1.00	3.50*	9.27%	31.00
001008	ALT CHICKEN STRIPS	EAST PENN	4 x .9 oz eac	\$0.00	266	16.90	57.18%	520.00	34.00	0.00*	3.50	11.84%	14.40
001017	ALT EGG PATTY w/ CHZ	EAST PENN	EACH	\$0.00	305	17.30	51.05%	871.83	156.83	3.00*	6.49	19.14%	23.28
001009	ALT Ham & Cheese Sandwich	EAST PENN	each	\$0.00	274	9.83	32.35%	1304.17	67.76	2.00	3.81	12.54%	26.86
001019	ALT Hamburger on Bun	EAST PENN	each	\$0.00	332	18.00	48.80%	962.00	49.50	4.00*	7.40	20.06%	22.50
001114	ALT Hornet Hoagie	EAST PENN	each	\$0.00	385	15.16	35.48%	1325.84	58.29	2.00*	6.85*	16.02%	40.72
001014	ALT Hotdog on Bun	EAST PENN	each	\$0.00	240	12.00	45.00%	820.00	40.00*	1.00	4.00*	15.00%	23.00
001010	ALT MEATBALL & MOZZ SUB 6"	EAST PENN	EACH	\$0.00	408	15.05	33.21%	1024.95	46.07	2.35*	5.79	12.78%	44.40
000999	ALT PIZZA	EAST PENN	EACH	\$0.00	356	13.25	33.47%	949.79	16.11	2.28	4.61	11.64%	40.75
001016	ALT Pizza Schoolmade	EAST PENN	each	\$0.00	404	15.03	33.47%	920.97	36.29	1.00	6.73	15.00%	43.57
001101	ALT SALAD TURKEY CHEF	EAST PENN	3/4 CUP	\$0.00	193	14.17	66.06%	462.85	146.87	1.07	3.73*	17.40%	5.64
001011	ALT TURKEY & CHEESE SANDWICH	EAST PENN	each	\$0.00	280	9.50	30.54%	1135.00	57.50	2.00*	2.50*	8.04%	28.00
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
001125	ANTIPASTO/ITALIAN BOXED SALAD	EAST PENN	each	\$0.00	122	4.96	36.48%	510.20	13.47	4.34	1.46	10.76%	12.99
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	194	8.00	37.02%	79.99	19.50	2.11	4.77	22.06%	30.33
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	52	0.00*	0.00%	9.26	0.00*	0.50*	0.00*	0.00%	11.87
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
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
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	286	5.83	18.35%	1096.23	50.75	3.00	1.19	3.75%	34.34
001031	BBQ CHICKEN ON wrap	EAST PENN	EACH	\$0.00	481	16.36	30.58%	1429.00	82.47	2.34	5.04	9.42%	47.42
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
001138	Beef Blaster Wrap	EAST PENN	EACH	\$0.00	586	29.95	45.97%	1761.36	81.35	2.64	9.72	14.92%	47.05
001105	Beef Sliders	EAST PENN	SERVINGS	\$0.00	158	9.40*	53.55%	322.00*	54.00*	0.00*	3.60*	20.51%	2.00*
001043	Beef Teriyaki Blasters	EAST PENN	2 OZ PORTI	\$0.00	311	11.61	33.63%	810.47	58.58	2.58	3.84	11.12%	26.51
001094	Beef Teriyaki Open Face	EAST PENN	2 OZ PORTI	\$0.00	276	11.77	38.45%	927.59	59.42	1.69	4.16	13.59%	19.86
001093	Beef Teriyaki stir fry	EAST PENN	2 OZ PORTI	\$0.00	358	11.05*	27.80%	631.63	58.58*	5.29	4.03*	10.14%	38.84
000754	BOLOGNA (Turk) & Chz sandwich	EAST PENN	EACH	\$0.20	328	18.97	52.11%	1320.50	72.21*	1.00	8.11*	22.28%	24.48
001027	BOXED CHICKEN CAESAR SALAD	EAST PENN	serving	\$0.00	375	20.18	48.47%	661.71	15.95	5.76	6.64	15.95%	11.79
001035	Bread garlic	EAST PENN	ROLL	\$0.00	91	1.00	9.88%	190.10	0.00	2.04	0.00	0.01%	17.29
000996	Bread Italian Milano Holsum	EAST PENN	each	\$0.00	70	1.00	12.86%	180.00	0.00	1.00	0.00	0.00%	13.00
000499	BREAD WHITE HOLSUM	EAST PENN	SLICE	\$0.00	65	1.00	13.85%	160.00	0.00	0.50	0.00	0.00%	11.50
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
000899	BREAKFAST BAR	EAST PENN	EACH	\$0.10	528	20.25	34.55%	1121.65	100.72*	3.00	3.73*	6.36%	73.63
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

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000922	BROCCOLI PASTA SLAW	EAST PENN	1/2 CUP	\$0.00	332	16.13*	43.74%	191.33	25.92*	2.68*	2.70*	7.33%	39.80
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	cup	\$0.00	102	5.72	50.67%	222.79	0.00*	5.53*	1.29	11.40%	9.88*
001032	BUFFALO CHICKEN ON wrap	EAST PENN	EACH	\$0.00	393	14.36	32.88%	1272.35	82.47	2.34	4.04	9.25%	32.08
000880	BURGER BAR (RH)	EAST PENN	each	\$0.20	393	21.27	48.69%	1228.90	57.60*	2.88*	8.01*	18.32%	32.71
000397	BURGER TEX MEX ON BUN	EAST PENN	each	\$0.20	396	20.01	45.46%	495.65	89.07*	1.40	8.04*	18.27%	24.38
000807	BURRITO, BEAN	EAST PENN	EACH	\$0.00	268	3.50	11.76%	622.22	0.00	10.91	0.86	2.88%	47.07
000027	BURRITO, BEAN with cheese	EAST PENN	1 EACH	\$0.00	334	9.21	24.84%	513.54	7.08	6.99	2.81	7.58%	49.56
000148	BURRITO, BEEF & CHEESE	EAST PENN	EACH	\$0.00	391	18.01	41.43%	975.93	38.47	2.98	6.45	14.84%	37.71
000804	BURRITO, BEEF NO CHZ	EAST PENN	EACH	\$0.00	282	9.23	29.42%	520.61	22.91	2.98	2.61	8.32%	37.17
000857	BURRITO, BEEF W/ CHEESE	EAST PENN	EACH	\$0.00	466	20.11	38.84%	2710.82	53.27	5.88	8.67	16.74%	47.90
000808	BURRITO, CHEESE	EAST PENN	EACH	\$0.00	424	22.51	47.84%	981.05	33.02	2.05	8.94	19.00%	34.34
000806	BURRITO, CHICKEN	EAST PENN	EACH	\$0.00	233	6.94	26.83%	402.93	0.00	2.01	2.03	7.86%	21.67
001108	BURRITO, CHICKEN w/ cheese	EAST PENN	EACH	\$0.00	385	16.76	39.14%	700.67	14.74	2.01	6.24	14.58%	22.14
000960	CAESAR SALAD	EAST PENN	1/2 CUP	\$0.00	56	2.95	47.58%	132.11	2.69	0.79	0.77	12.40%	4.69
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
000022	CARROT STICKS	EAST PENN	1/2 cup	\$0.00	46	0.27	5.27%	78.24	0.00	3.18	0.05	0.88%	10.86
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	92	7.28	71.15%	105.80	0.00*	2.30*	1.64	16.05%	6.40*
000261	CARROTS: GLAZED	EAST PENN	1/2 CUP	\$0.00	75	2.55	30.74%	84.01	0.00*	3.74*	0.54	6.51%	13.05*
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	55	4.01	65.25%	45.75	0.00*	2.30*	0.88	14.31%	4.10*
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
000768	Cheese	EAST PENN	slice	\$0.00	50	4.50	81.00%	255.00	12.50	0.00*	2.50	45.00%	0.50
000752	CHEESE SANDWICH	EAST PENN	EACH	\$0.00	330	20.00	54.55%	1340.00	50.00	1.00*	10.00	27.27%	25.00
000859	CHEESE SAUCE: Rh a2600	EAST PENN	2 oz	\$0.00	80	6.00	67.50%	570.00	0.00	0.00	3.00	33.75%	6.00
001123	Cheeseburger on Bun	EAST PENN	each	\$0.00	332	17.50	47.44%	992.00	49.50*	3.00*	7.40*	20.06%	23.50
000357	Cheesesteak Hoagie	EAST PENN	3 OZ	\$0.00	550	29.54	48.38%	1122.65	58.33	1.00	10.00	16.37%	48.54
001136	CHEF BOXED SALAD	EAST PENN	each	\$0.00	155	6.45	37.49%	411.96	115.97	4.03	2.08*	12.08%	12.48
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
001096	CHICKEN AND WAFFLES	EAST PENN	SERVINGS	\$0.00	450	17.35	34.73%	1146.02	14.39	1.04	4.58	9.17%	41.41
000895	Chicken buffalo Sand (BREADED)	EAST PENN	each	\$0.20	343	17.03	44.70%	939.49	45.00*	1.16	3.50*	9.19%	31.35
001110	Chicken buffalo Sand (grilled)	EAST PENN	each	\$0.20	263	11.03	37.79%	863.75	45.00*	2.15	3.00*	10.28%	23.32
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
001124	CHICKEN CAESAR SALAD	EAST PENN	1/2 CUP	\$0.00	214	8.87	37.36%	206.15	2.69	0.79	2.74	11.55%	4.69
000970	CHICKEN CAESAR WRAP	EAST PENN	EA	\$0.00	462	15.58	30.37%	1139.80	4.39	2.30	4.47	8.71%	41.03
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
000736	Chicken Cheese Steak 6"	EAST PENN	each	\$0.00	495	20.63	37.49%	1183.54	45.36	1.46	10.38	18.86%	38.53
000882	Chicken Cordon Bleu	EAST PENN	each	\$0.20	289	10.70	33.30%	967.02	54.48*	2.00	3.45*	10.74%	30.99
000975	Chicken Cordon Bleu Casserole	EAST PENN	8 OZ	\$0.00	168	7.36	39.38%	626.49	26.81	1.88	2.47	13.22%	7.30
000726	CHICKEN CUT UP, USDA #A515, TH	EAST PENN	SERVING	\$0.00	139	7.81	50.56%	46.25	50.00	0.10	2.20	14.26%	0.66
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	3 OZ SERV	\$0.00	161	6.01	33.65%	169.42	0.00	0.03	2.00	11.21%	0.14
000902	CHICKEN DIVAN	EAST PENN	1/2 CUP	\$0.00	289	12.26*	38.14%	609.91	13.23*	3.07	4.27*	13.28%	15.88

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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	4 OZ	\$0.00	420	11.04	23.67%	732.82	0.00	3.02	2.94	6.31%	47.95
001121	Chicken Grill BBQ Salad	EAST PENN	each	\$0.00	246	10.11	37.07%	368.60	7.37	2.02	3.80	13.93%	8.31
001026	Chicken Grill buffalo Salad	EAST PENN	each	\$0.00	239	10.13	38.22%	428.60	7.37	2.12	3.80	14.34%	6.52
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
001127	Chicken Grilled Salad	EAST PENN	each	\$0.00	232	14.17	55.06%	545.85	52.37	3.55	4.81	18.69%	8.24
000621	Chicken Nugget w/ Pro Plus Gol	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
000730	Chicken Parmesan Sandwich	EAST PENN	each	\$0.00	304	11.71	34.67%	774.79	43.14	4.34	4.08	12.08%	30.29
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
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
000871	Chicken pty,SPICY Goldkist,	EAST PENN	EACH	\$0.20	340	17.00	45.00%	640.00	45.00*	1.00	3.50*	9.27%	31.00
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	409	12.03	26.50%	1021.94	50.16	4.01	2.01*	4.42%	53.04
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
001128	Chicken spicy patty wrap	EAST PENN	EACH	\$0.00	568	28.34	44.90%	1284.34	46.82	3.34	5.69	9.01%	56.02
000775	Chicken Steak 6"	EAST PENN	each	\$0.00	320	7.00	19.69%	375.00	0.00	1.00	2.00	5.63%	32.00
000787	CHICKEN STIR FRY	EAST PENN	1 CUP	\$0.00	142	4.15*	26.33%	472.81	0.00*	1.27	1.37*	8.72%	6.03
001122	Chicken strip BOXED SALAD	EAST PENN	EACH	\$0.00	360	21.01	52.60%	720.22	40.24	4.76*	6.25	15.65%	24.68
000864	CHICKEN STRIP WRAP	EAST PENN	EACH	\$0.00	558	31.34	50.55%	1274.34	66.82	2.34*	7.70	12.41%	49.02
000623	Chicken Strips GOLDKIST	EAST PENN	serving	\$0.00	210	12.00	51.43%	510.00	50.00	0.00*	3.50	15.00%	14.00
000773	Chicken Strips BBQ	EAST PENN	4 x .9 oz eac	\$0.00	295	16.90	51.53%	928.57	34.00	0.00*	3.50	10.67%	21.07
000774	Chicken Strips Buffalo	EAST PENN	4 x .9 oz eac	\$0.00	266	16.90	57.18%	945.24	34.00	0.00*	3.50	11.84%	14.40
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
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	1/2 CUP	\$0.00	149	6.88	41.51%	163.73	37.19	2.15	2.62	15.83%	9.49
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*
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	91	1.68*	16.56%	24.03	0.00*	0.95*	0.38*	3.76%	18.07*
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*
001126	COTTAGE CHEESE W/ FRUIT	EAST PENN	EACH	\$0.00	187	1.59*	7.65%	495.51	15.00*	2.22	1.02*	4.90%	31.04
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
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
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

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
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
000777	EGG /SAUSAGE SANDWICH	EAST PENN	EACH	\$0.20	305	16.80	49.58%	551.83	161.83*	1.00*	4.49*	13.24%	24.28
000723	EGG PATTY W/ CHZ	EAST PENN	EACH	\$0.00	305	17.30	51.05%	871.83	156.83	3.00*	6.49	19.14%	23.28
001137	EGG PATTY W/ CHZ BURRITO	EAST PENN	EACH	\$0.00	187	15.85	76.38%	645.16	156.83	0.02*	6.50	31.32%	2.55
000778	EGG, SAUSAGE, CHZ PATTY	EAST PENN	EACH	\$0.20	366	20.62	50.71%	799.04	145.19*	1.00	7.29*	17.93%	25.64
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
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	EAST PENN	each	\$0.20	310	12.51	36.31%	715.00	37.51*	2.00*	3.00*	8.71%	37.50
000575	FISH STICK,POLLOCK,CKD,FRZ,BR	EAST PENN	4 PIECES	\$0.00	210	8.00	34.29%	390.00	30.00	1.00	1.50	6.43%	20.00
<u>EAST PENN</u>													
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
<u>EAST PENN</u>													
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
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	15	0.05	3.23%	1.03	0.00	0.56	0.01	0.82%	3.79
001028	GARDEN SALAD W/ EGG	EAST PENN	EACH	\$0.00	121	8.06	59.96%	292.65	16.89	1.59	3.59	26.69%	5.01*
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
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
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	EAST PENN	1/2 CUP	\$0.00	57	3.36*	52.87%	39.62	0.00*	2.12*	0.76*	12.02%	4.28*
000579	GRILL CHZ SAND SPRAY	EAST PENN	EACH	\$0.00	330	20.00	54.55%	1350.00	50.00	2.00*	10.00	27.27%	27.00
000410	GRILLED CHICKEN FAJITA WRAP	EAST PENN	EA	\$0.00	412	22.59	49.40%	1173.17	74.33	2.00	5.91	12.92%	35.13
000753	GRILLED CHICKEN on bun	EAST PENN	EA	\$0.00	270	11.50	38.33%	600.00	45.00	4.00	3.00	10.00%	22.00
001109	GRILLED CHICKEN W/CHZ on bun	EAST PENN	EA	\$0.00	320	16.00	45.00%	855.00	57.50	4.00*	5.50	15.47%	22.50
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
000360	Ham & Cheese HOAGIE 6"roll	EAST PENN	each	\$0.00	353	9.52	24.32%	1766.80	12.50*	2.22*	2.50*	6.39%	43.03
001023	Ham & Cheese Sandwich (HOT)	EAST PENN	each	\$0.20	260	8.90	30.77%	1248.10	66.93*	1.00*	3.52*	12.17%	25.14
000853	Ham & Cheese Sandwich (SLICED)	EAST PENN	each	\$0.00	280	10.06	32.31%	1355.71	71.39	2.00	3.88	12.46%	27.04
000780	HAM & CHZ HOT ON WW BUN	EAST PENN	EACH	\$0.00	203	7.12	31.56%	739.52	30.42	3.00*	2.84	12.57%	22.37
000962	HAM SALAD SANDWICH	EAST PENN	3 OZ SERV	\$0.20	230	6.31	24.72%	1797.58	0.00*	1.45	0.45*	1.78%	26.68
000782	HAM SANDWICH ON BUN	EAST PENN	EACH	\$0.20	199	3.98	17.96%	1322.75	0.00*	1.00	0.00*	0.00%	24.98
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*

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
001095	HAM TETRAZZINI (HAM & NOODLES	EAST PENN	1 CUP	\$0.00	367	12.02*	29.46%	1499.64	68.87*	4.28	4.05*	9.92%	37.02
000781	HAM, EGG, CHZ PATTY	EAST PENN	EACH	\$0.20	188	6.44	30.80%	823.24	12.50*	1.00*	2.50*	11.95%	23.44
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
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	385	15.16	35.48%	1325.84	58.29	2.00*	6.85*	16.02%	40.72
000869	HOMEMADE BBQ Pizza	EAST PENN	each	\$0.00	476	14.63	27.68%	1879.44	8.79	0.00	4.11	7.78%	56.59
000866	HOMEMADE BUFF PERSONAL Pizza	EAST PENN	each	\$0.00	482	29.65	55.38%	1816.14	52.69	1.40	6.73	12.56%	34.88
000867	Homemade Buffalo Pizza	EAST PENN	each	\$0.00	480	23.67	44.37%	1497.14	18.24	0.40	6.00	11.25%	37.90
000868	HOMEMADE CHEESE Pizza	EAST PENN	each	\$0.00	428	17.79	37.40%	976.78	17.58	1.07	5.40	11.36%	45.89
000875	Homemade Pepperoni Pizza	EAST PENN	each	\$0.00	478	22.29	41.96%	1161.78	27.58	1.07	7.15	13.47%	45.89
000898	HOMEMADE PIZZA W/ BROCCOLI	EAST PENN	1 EACH	\$0.00	321	25.87	72.46%	510.41	17.58	0.33	6.53	18.27%	6.24
000917	HOMEMADE PIZZA, MOZZ/BASIL	EAST PENN	SLICES	\$0.00	524	31.76	54.54%	848.94	17.58	0.06	6.39	10.97%	38.86
000870	Homemade Sausage Pizza	EAST PENN	each	\$0.00	565	27.07	43.11%	1189.63	48.79	2.37	9.69	15.44%	55.74
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
000873	HOT ITALIAN HOAGIE	EAST PENN	EACH	\$0.00	325	14.20	39.33%	1267.06	45.46*	1.00*	6.31	17.48%	33.95*
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	427	16.71	35.27%	1312.19	51.02	2.00	5.19*	10.96%	41.06
000816	Hotdog on Bun	EAST PENN	each	\$0.00	240	12.00	45.00%	820.00	40.00*	1.00	4.00*	15.00%	23.00
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
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
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
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
000164	MACARONI & CHEESE	EAST PENN	2/3 CUP	\$0.00	379	22.00	52.24%	907.29	54.47*	1.29*	12.13	28.81%	26.00*
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
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
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 SUB 6"	EAST PENN	EACH	\$0.00	408	15.05	33.21%	1024.95	46.07	2.35*	5.79	12.78%	44.40

EAST PENN

000725	MEATBALL STROGANOFF	EAST PENN	3/4 CUP	\$0.00	294	11.14	34.13%	669.95	37.00	1.55*	3.92	12.02%	30.08
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EAST PENN

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
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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
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	225	5.62*	22.43%	661.22	2.50*	5.16*	0.77*	3.06%	37.44
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	127	3.56*	25.24%	59.83	0.00*	3.61*	0.81*	5.74%	18.89*
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
000896	NACHO BAR	EAST PENN	SERVINGS	\$0.00	611	38.67	56.91%	1504.23	79.26	2.30	13.59	20.00%	37.91
000694	NACHOS W/ GROUND BEEF ELEM E	EAST PENN	SERVINGS	\$0.00	348	18.00	46.60%	697.33	45.82	2.10	7.37	19.09%	28.84
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	110	1.66	13.50%	4.00	23.20	0.96	0.34	2.74%	20.13
000912	NOT FRIED RICE	EAST PENN	CUP	\$0.00	247	4.80	17.52%	1119.28	37.92	1.72	1.43	5.23%	36.91
000086	ORANGES	EAST PENN	EACH	\$0.00	45	0.12	2.30%	0.00	0.00	2.30	0.02	0.38%	11.28
000306	Oranges Mandarin light syrup c	EAST PENN	1/2 cup	\$0.00	35	0.00*	0.00%	5.00	0.00*	0.50	0.00*	0.00%	8.50
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
000988	PANINI, BBQ	EAST PENN	servings	\$0.00	393	13.45	30.81%	1247.39	68.17*	1.26	5.04	11.54%	35.75
001091	PANINI, BEEF TERIYAKI	EAST PENN	servings	\$0.00	375	15.27	36.66%	988.94	45.07*	1.69	4.40	10.57%	31.75
001090	PANINI, CHICKEN BUFFALO	EAST PENN	servings	\$0.00	338	12.36	32.90%	1111.87	1.42*	1.51	2.83	7.53%	28.26
000983	PANINI, CHICKEN PARMESAN	EAST PENN	servings	\$0.00	383	17.69	41.61%	850.42	29.26*	1.49	3.71	8.73%	34.64
000982	PANINI, CHICKEN RANCH	EAST PENN	servings	\$0.00	391	16.89	38.92%	733.14	3.50*	1.26*	3.56	8.21%	28.09
000837	PANINI, HAM & CHEESE	EAST PENN	servings	\$0.00	308	11.05	32.28%	1236.13	50.46*	1.26	4.39	12.81%	29.51
000986	PANINI, ITALIAN HAM	EAST PENN	servings	\$0.00	321	11.05	30.98%	1048.19	55.85*	1.96	5.83	16.34%	31.62
000984	PANINI, PIPERATO	EAST PENN	servings	\$0.00	443	23.48	47.67%	1152.44	51.01*	2.23*	5.42*	11.00%	30.66
000987	PANINI, SPICY ITALIAN	EAST PENN	servings	\$0.00	444	23.92	48.54%	1562.35	51.93*	1.26*	8.35	16.95%	28.65*
000989	PANINI, TACO	EAST PENN	servings	\$0.00	425	17.57	37.22%	1956.00	65.37*	2.14	6.91	14.65%	35.69
000985	PANINI, THREE CHEESE	EAST PENN	servings	\$0.00	357	17.61	44.42%	1025.62	22.54*	1.26	6.43	16.21%	28.29
000990	PANINI, TURKEY & CHEESE	EAST PENN	servings	\$0.00	301	10.78	32.21%	1080.72	44.17*	1.26	3.70*	11.07%	28.75
000897	PASTA BAR	EAST PENN	SERVINGS	\$0.00	576	24.29	37.97%	1304.97	37.00	5.62*	6.95	10.86%	65.60
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
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	.25 cup	\$0.00	18	0.00*	0.00%	2.50	0.00*	0.25	0.00*	0.00%	4.25
000336	PEANUT B&J (2 SLICES)	EAST PENN	each	\$0.00	440	18.10	37.02%	494.00	0.00*	2.90*	3.10*	6.34%	59.70
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	CUP	\$0.00	143	0.08	0.47%	12.55	0.00	4.02	0.00	0.00%	38.08
000328	Peas	EAST PENN	1/2 CUP	\$0.00	109	2.53	20.98%	100.88	0.00*	6.24*	0.56	4.66%	16.17*
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*
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
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*

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
000304	Pineapple canned tidbits	EAST PENN	.25 Cup	\$0.00	40	0.00	0.00%	5.00	0.00	1.00	0.00*	0.00%	10.50
001132	Pizza 4 x 6 BUFFALO CHICKEN	EAST PENN	each	\$0.00	385	14.27	33.38%	1144.80	16.11	2.38	4.94	11.56%	40.96
001130	Pizza 4 x 6 PEPPERONI	EAST PENN	each	\$0.00	391	16.50	37.95%	1074.79	22.36	2.28	5.73	13.19%	40.75
001131	Pizza 4 x 6 SAUSAGE	EAST PENN	each	\$0.00	411	17.75	38.84%	1049.79	31.11	2.28*	6.11	13.37%	41.25
000307	Pizza 4 x 6 Tony's Smart thick	EAST PENN	each	\$0.00	356	13.25	33.47%	949.79	16.11	2.28	4.61	11.64%	40.75
000720	PIZZA STIX, MAX, 96 SERV CASE,	EAST PENN	2 piece serv	\$0.00	404	17.58	39.20%	1214.41	0.00	6.70	5.71	12.74%	46.01
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
000739	PIZZA, THREE CHEESE personal	EAST PENN	1 EACH	\$0.00	270	13.26	44.27%	636.65	32.33*	1.15	7.25	24.20%	16.19
000733	PIZZABURGER ON BUN	EAST PENN	EACH	\$0.00	333	15.95	43.09%	896.04	46.07	4.38	6.36	17.19%	25.70
000906	POPCORN CHICKEN Bowl	EAST PENN	BOWL	\$0.00	269	15.66*	52.32%	1047.12	24.81*	1.14*	5.13*	17.13%	21.92*
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
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	283	12.76	40.55%	997.83	44.89*	1.86	3.00*	9.53%	35.56
000995	Pork Roast, BBQpulled sandwich	EAST PENN	3 OZ SERV	\$0.00	390	10.86	25.09%	885.29	108.00	3.54	2.67	6.17%	29.34
000727	Pork Roast, pulled sandwich	EAST PENN	3 OZ SERV	\$0.00	360	10.86	27.12%	476.73	108.00	3.54	2.67	6.67%	22.67
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
000886	PULLED BBQ SANDWICH	EAST PENN	each	\$0.00	315	7.50	21.43%	795.04	0.00	3.00	2.00	5.72%	29.00
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
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
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	413	15.78*	34.36%	476.17	63.37*	3.61	8.17*	17.80%	36.08
000817	ROAST BEEF SANDWICH	EAST PENN	each	\$0.00	230	9.00	35.21%	920.00	25.00	2.00	1.50	5.86%	21.00
000905	ROAST BEEF/CHEESE SANDWICH	EAST PENN	each	\$0.00	263	13.06	44.66%	1000.68	31.40	2.00*	3.90	13.36%	21.25
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
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
000771	SALAMI AND CHEESE SANDWICH	EAST PENN	EACH	\$0.00	307	16.26	47.62%	1376.62	26.65*	2.00*	7.61	22.28%	24.45*
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	\$0.20	301	15.81	47.33%	804.32	44.72*	2.66	4.57*	13.69%	26.22
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
000835	SAUERKRAUT:canned	EAST PENN	1/4 CUP	\$0.00	10	0.00	0.00%	354.00	0.00	1.97	0.00	0.00%	1.97
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
000854	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
001022	Sausage Sandwich	EAST PENN	1 ea	\$0.20	550	37.00	60.55%	1020.00	120.00*	1.00*	12.00*	19.64%	26.00
000779	SAUSAGE, CHZ PATTY	EAST PENN	EACH	\$0.20	320	19.00	53.44%	930.00	55.00*	1.00*	8.00*	22.50%	24.00
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	245	9.68*	35.54%	383.06	46.57*	2.35	3.56*	13.08%	22.25
000860	SLOPPY JOE buffalo ON BUN	EAST PENN	SERVINGS	\$0.00	468	16.36	31.49%	1042.56	81.00	2.36	5.70	10.98%	43.21

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
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
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	295	9.96	30.35%	611.41	37.00	1.62*	3.67	11.19%	33.71
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
000863	Spicy Chicken MG Goldkist	EAST PENN	each	\$0.00	350	17.50	45.00%	650.00	45.00	3.00	3.50	9.00%	30.00
000856	Spicy Chicken Patty	EAST PENN	each	\$0.20	350	18.99	48.84%	699.99	39.99*	2.00	4.49*	11.56%	33.00
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
000313	Stromboli ham & Chz w/ sauce	EAST PENN	1ea	\$0.00	302	9.66	28.81%	1252.09	64.07	1.34	3.68	10.97%	25.53
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	3oz	\$0.00	128	4.04	28.42%	251.83	0.06	0.12	1.34	9.41%	4.87
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	130	1.90	13.18%	24.34	0.00*	2.19*	0.44	3.01%	26.75*
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	302	11.02	32.79%	502.18	46.21	2.12	5.28	15.72%	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
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	46	0.59	11.53%	584.92	0.00	1.61	0.04	0.74%	7.99
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 TK HAM*CHEESE SAND	EAST PENN	EACH	\$0.00	337	13.56	36.23%	1358.51	61.57	3.32*	6.11	16.32%	32.68
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	48	0.37	6.93%	514.68	0.00	1.25	0.05	0.95%	10.88
001106	Toppings- Lettuce, salsa, chz	EAST PENN	SERVINGS	\$0.00	79	5.26	59.72%	315.55	0.91	0.49	0.99	11.20%	2.24
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
000965	Tuna Melt	EAST PENN	each	\$0.00	340	14.69	38.92%	759.30	48.89	1.03*	4.73	12.52%	23.57
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
001029	TUNA SALAD BOX	EAST PENN	1 CUP	\$0.00	372	28.39	68.75%	610.07	76.11	1.67	6.53	15.81%	7.28
001030	TUNA W/ CHEESE SANDWICH	EAST PENN	each	\$0.00	337	14.77	39.48%	803.57	48.08	1.03*	4.44	11.87%	23.85
000993	TURKEY & CHEESE SANDWICH	EAST PENN	each	\$0.00	303	14.43	42.84%	961.07	58.32	2.00	3.79*	11.25%	21.73
001135	TURKEY & CHEESE SANDWICH HO	EAST PENN	each	\$0.20	253	8.43	29.97%	971.07	58.32*	1.00	2.79*	9.92%	23.73
000737	TURKEY & GRAVY OVER BREAD	EAST PENN	serving	\$0.00	213	6.77	28.66%	989.83	44.69	1.03	1.75	7.41%	17.36
000735	TURKEY /CHEESE WRAP	EAST PENN	each	\$0.00	509	20.89	36.92%	1564.01	71.65	3.23	7.59*	13.41%	51.55
001107	TURKEY ALA KING	EAST PENN	3/4 CUP	\$0.00	384	14.63	34.24%	1144.02	46.63*	2.11*	3.83	8.95%	39.00*
000414	TURKEY and CHEZ Seeded ROLL 6"	EAST PENN	each	\$0.00	370	13.00	31.62%	1270.00	55.00	2.00*	5.00*	12.16%	41.00
000382	Turkey and Waffles	EAST PENN	serving	\$0.00	295	9.48	28.95%	1357.73	34.90	1.14	2.63	8.05%	34.61
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	\$0.20	300	11.52	34.61%	1599.61	61.88*	1.43*	5.47*	16.43%	26.59
000732	TURKEY POT PIE	EAST PENN	CUP	\$0.00	303	6.02	17.89%	1046.34	46.04	2.37	1.76	5.23%	35.88
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
000793	TURKEY SALAD SANDWICH	EAST PENN	EACH	\$0.00	232	15.47	60.10%	190.38	65.71	0.33*	3.11	12.07%	3.75
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*
001120	Vegetable wrap	EAST PENN	EACH	\$0.00	327	16.57	45.59%	672.12	9.45	3.60	2.94	8.08%	38.82
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

East Penn School District

Recipe Master List

No.	Description	Source	Portion Size	unit Cost \$	Cals	G Fat	% Fat Cals	MG Sodium	MG Cholst	G Fiber	Sat Fat	% Sat Fat	G Carb
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	115	0.73	5.74%	442.12	0.00	6.12	0.20	1.53%	24.62
000751	VEGETARIAN CHILI	EAST PENN	1 CUPS	\$0.00	239	6.34	23.84%	1197.21	0.00	8.93	0.49	1.85%	36.08
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
000920	Veggy Burger - Rh Vegi Max	EAST PENN	each	\$0.00	356	12.57	31.74%	1202.66	14.17*	7.00	3.90*	9.84%	35.57
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
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*
000786	Yogurt Colombo Lowfat Strawber	EAST PENN	CUP	\$0.00	220	2.00	8.18%	115.00	15.00	0.00	1.50	6.13%	42.00
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