

Recipe List Report

Organization: Pickens School District

Included Recipes: All Recipes

Include Ingredients: No

Category: Vegetables

Status: Active, Inactive

Name	Number	Category	Serving Size	Cal. (kcal)	Sat. Fat (gm)	Sod. (mg)	Added Sugars (gm)	Cholesterol (mg)	Potassium	Dietary Fiber (gm)	Total Sugars (gm)	Iron	Calcium	Vitamin A (mcg RAE)	Vitamin C	Vitamin D	Protein (gm)	Total Carbohydrate (gm)	Total Fat (gm)	Trans Fat (gm)	Cost	HA
Asian Bean Salad V-55 SDPC	2073339	Vegetables	1/2 Cup	69.306*	0.001*	219.008*	2.088*	0.000*	127.228*	3.355*	4.525*	1.243*	23.371*	0.000*	0.065*	0.000*	3.791*	12.188*	0.681*	0.000*		#2
Baked Beans (Bush's) V-23 SDPC	2063347	Vegetables	1/2 Cup	147.199	0.000	539.731	10.795	0.000	372.905	4.907	11.776	1.766	39.253	N/A*	N/A*	0.000	6.869	29.440	0.000	0.000		#2
Baked Beans (Monarch) V23 SDPC	2080311	Vegetables	1/2 Cup	179.184	0.000	527.010	12.648	0.000	73.781	5.270	14.756	0.379	42.161	N/A*	N/A*	0.000	8.432	34.783	1.054	0.000		#2
Baked French Fries V-4 (Crinkle Cut) SDPC	2040120	Vegetables	0.5 cup	60.606	0.000	74.152	0.000*	0.000	190.699	0.505	0.000	0.033	2.400	N/A*	0.000*	0.000	0.505	12.121	2.020	0.000		#2
Baked French Fries V-4 (Hash Browns) SDPC	2056131	Vegetables	0.5 cup	183.007	2.179	538.844	0.000*	0.000	184.287	2.614	0.000	0.489	21.269	N/A*	0.000*	0.000	1.743	24.401	8.715	0.000		#2
Baked French Fries V-4 (Shoestring) SDPC	2040127	Vegetables	0.5 cup	111.576	0.507	396.100	0.000*	0.000	203.835	1.014	0.000	0.040	2.909	N/A*	0.000*	0.000	1.014	16.229	3.550	0.000		#2
Baked French Fries V-4 (Smiley) SDPC	2040146	Vegetables	0.5 cup	127.862	0.492	264.448	0.000*	0.000	247.074	1.967	0.000	0.442	13.391	N/A*	0.000*	0.000	1.967	19.671	4.426	0.000		#2
Baked French Fries V-4 (Spiral) SDPC	2040123	Vegetables	0.5 cup	99.146	0.000	267.044	0.000*	0.000	219.188	0.991	0.000	0.044	3.200	N/A*	0.000*	0.000	0.991	16.855	2.974	0.000		#2
Baked French Fries V-4 (Sweet Potato) SDPC	2046362	Vegetables	0.5 cup	162.478	1.015	371.825	0.508	0.000	286.404	1.015	7.108	0.367	20.420	0.000*	0.000*	0.000	1.015	23.356	7.108	0.000		#2
Baked French Fries V-4 (Tater Tots) SDPC	2040132	Vegetables	0.5 cup	109.127	0.992	381.290	0.000*	0.000	209.333	0.992	0.000	0.041	3.000	N/A*	0.000*	0.000	0.992	13.889	5.952	0.000		#2
Baked French Fries V-4 (Waffle) SDPC	2040148	Vegetables	0.5 cup	173.326	1.529	453.924	0.000*	0.000	288.971	1.020	0.510	0.427	4.364	N/A*	0.000*	0.000	2.039	20.391	10.196	0.000		#2
Baked Potatoes V-3 SDPC	2040017	Vegetables	1 each	164.010	0.053	107.180	0.000*	0.000	906.530	4.473	1.747	1.778*	29.400*	0.000*	41.961*	0.000*	4.366	37.254	0.192	0.000		#2
Baked Sweet Potatoes and Apples V-27 SDPC	2067907	Other Vegetables	1/2 Cup	91.001	0.533	17.975	6.675*	0.000	90.750	2.390	15.876	0.004*	3.576*	0.000*	0.002*	0.000*	0.002	21.039	1.173	0.000		#2
Baked Whipped Squash V-42 SDPC	2079245	Vegetables	1/2 Cup	123.846*	1.039*	34.267*	6.174*	0.000*	443.795*	2.911*	10.850*	0.936*	59.572*	643.505*	25.638*	0.000*	1.367*	26.118*	2.378*	0.000*		#3 - (F
Beets and Sweet Potatoes V-39 SDPC	2080813	Vegetables	1/2 Cup	113.581	0.063	128.934	0.600*	0.000	129.681*	3.124	16.720	1.088*	37.734*	0.756*	4.502*	0.000*	1.026	26.853	0.419	0.000		#2
Black Bean and Corn Salad V-61 SDPC	2074703	Vegetables	1/2 Cup	117.978	0.021	275.527	0.000*	0.000	463.948*	4.936	2.778	1.356*	27.665*	21.861*	17.166*	0.000*	5.942	22.906	0.671	0.000		#1
Black Bean Soup V-51 SDPC	2076820	Vegetables	6 OZ	107.557	0.549	633.447	0.800*	15.042	534.943	3.859	3.900	1.521	41.223	69.675*	9.434*	0.000*	7.502	15.765	1.713	0.000*		#2
Black Beans with Red Peppers (with bulk seasonings) V-64 SDPC	2074914	Vegetables	1/2 Cups	126.155	0.003	345.683	0.000*	0.000	539.424	5.860	1.098	1.857*	43.871*	4.679*	3.823*	0.000*	7.733	22.387	0.499	0.000		#2
Black Beans with Red Peppers (with taco seasoning) V-64 SDPC	2074893	Vegetables	1/2 Cup	131.891	0.002	613.450	0.638*	0.000	545.993	5.820	1.723	1.964	43.389	4.679*	3.805*	0.000*	7.706	23.524	0.489	0.000		#2
Broccoli Salad (0.125F, 0.5 DG Veg) South Carolina-Greenville Co.	1028128	Dark Green Vegetables	1/2 cup	142.239	0.719	156.746	7.984	6.575	238.958	1.662	21.736	0.564	28.046	9.843*	28.828*	0.013	1.547	25.946	4.684	0.000*		#2
Broccoli Salad V-26 SDPC	2067788	Red/Orange Vegetables	1/2 Cup	156.130	0.962	113.920	6.982*	5.594	430.396*	3.061	23.579	0.884*	64.731*	21.855*	56.658*	0.092*	3.758	30.434	3.188	0.000		#1
Broccoli (with Cheese Sauce) V-9 SDPC	2075321	Dark Green Vegetables	1/2 Cup	101.557	2.692	247.467	0.000*	14.285	443.569	4.002	1.884	1.441	138.761	N/A*	N/A*	0.000	7.299	7.769	4.945	0.000		#2
Butternut Squash-Apple Casserole V-43	2077056	Vegetables	1/2 Cup	149.550	2.032	55.646	8.035*	7.071	286.924	2.411*	14.558*	0.505*	36.746*	344.774*	13.676*	0.034*	1.391	27.018*	4.571	0.000		#3 - (F

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Caesar Salad V-56 SDPC	2074688	Vegetables	1/2 Cups	358.313	9.443	809.643	1.000	32.216	115.952*	1.334	2.868	0.107*	318.251	N/A*	N/A*	0.000*	13.601	8.242	31.813	0.000		#1
Carrot-Raisin Salad V-21 SDPC	2080211	Vegetables	1/2 Cup	117.773	0.398	159.535	0.873*	3.734	257.948*	3.229	15.992	0.318*	34.348*	7.422*	0.067*	0.000*	1.847	22.844	2.202	0.005*		#3 - (F
Cole Slaw V-24 SDPC	2063361	Vegetables	5.3 OZ	116.832	0.722	206.412	9.333*	7.179	4.603*	2.449	14.427	0.019*	2.551*	0.786*	0.000*	0.016*	1.266	17.213	4.997	0.000*		#1
Comfy Collards (using Canned Collards) V-32 SDPC	2106862	Dark Green Vegetables	0.5 Cup	27.904	0.014	37.554	0.545*	0.000	137.045*	1.414	1.335	0.734*	132.418*	0.000*	0.031*	0.000*	2.148	4.175	0.091	0.000		#2
Comfy Collards (using Fresh Collards) V-32 SDPC	2071555	Dark Green Vegetables	0.5 Cup	24.936	0.043	33.341	0.545*	0.000	118.383*	2.178	0.923	0.275*	122.251*	129.377*	18.226*	0.000*	1.759	4.374	0.405	0.000		#2
Cooked Cabbage V-13 SDPC	1418201	Vegetables	1/2 Cup	20.530	0.027	59.328	0.193*	0.000	127.197	1.865	2.538	0.358	29.950	3.658*	26.786*	0.000	0.989	4.686	0.077	0.000		#2
CORN, Canned V-10 SDPC	1418298	Vegetables	1/2 Corn	80.255	0.001	188.693	0.000*	0.000	110.832	1.014	7.012	0.005*	0.242*	0.000*	0.000	0.000	2.008	17.059	1.003	0.000		#2
Corn on the Cob, V-11 SDPC	1417154	Starchy Vegetables	2 each	213.333	1.667	180.342	0.000*	0.000	0.030	2.000	10.000	0.001*	0.090*	0.000*	0.000*	0.000	6.000	38.000	5.667	0.000*		#2
Country Club Broccoli Salad	1553411	Dark Green Vegetables	0.25 cup	148.673	2.190	241.846	6.387*	15.335	191.167*	1.330	17.389	0.451*	22.437*	7.874*	23.063*	0.010*	3.855	20.757	6.370	0.000*		#1
🥦 Broccoli Salad (0.125F, 0.5 DG Veg) South Carolina-Greenville Co.	1028128	Dark Green Vegetables	1/2 c., 1 tbsp., 1/4 tsp.	113.791	0.575	125.397	6.387	5.260	191.167	1.330	17.389	0.451	22.437	7.874*	23.063*	0.010	1.238	20.757	3.747	0.000*		#2
Cowboy Bean Salsa V-54	2074164	Vegetables	1/2 Cup	85.751*	0.002*	289.281*	0.000*	0.000*	353.387*	4.256*	2.033*	1.219*	40.372*	0.836*	0.720*	0.000*	5.147*	15.839*	0.255*	0.000*		#1
Cream of Potato Soup V-34	2072065	Starchy Vegetables	6 OZ	89.156	1.478	119.317	0.000*	3.660	222.020*	1.840	5.192*	2.757*	97.200*	43.158*	0.072*	0.878*	3.526	12.352	2.966	0.000*		#2
Cream of Vegetable Soup V-30 SDPC	2107642	Vegetables	8 oz	120.383	2.216	464.669	0.000*	5.525	101.314*	2.326	2.470	0.472*	45.817*	0.000*	0.153*	0.160*	3.195	11.596	6.610	0.000		#2
Cucumber Coins and Baby Carrots V-28 SDPC	2071470	Vegetables	1/2 Cup	65.865	0.528	149.393	0.000	5.000	166.015	1.324	2.636	0.475	20.321	253.105*	2.468*	0.000	0.586	5.966	4.607	0.000		#1
Cucumber & Tomato Salad V-57 SDPC	2074666	Vegetables	1/2 Cups	27.479	0.048	124.266	0.000*	0.199	253.947	1.271	3.623	0.384	21.531	4.322*	1.894*	0.000	0.819	5.924	0.145	0.000*		#1
Dirty Potatoes V-6 SDPC	2040537	Vegetables	0.5 cup	62.664*	0.012*	39.197*	0.000*	0.001*	203.070*	0.710*	0.054*	0.122*	2.714*	N/A*	0.071*	0.000*	0.596*	13.518	2.087*	0.000*		#2
English Pea Salad V-35 SDPC	2080833	Starchy Vegetables	1/2 Cup	115.761	2.567	176.201	0.000	30.000	137.023	3.614	3.537	0.853	89.125	7.111*	0.247*	0.089	5.601	9.775	5.533	0.002		#1
Four Bean Salad V-53 SDPC	2080451	Vegetables	1/2 Cup	77.935	0.079	430.847	1.164*	0.000	253.154*	4.847	2.689	2.947*	67.591*	70.822*	3.579*	0.000*	4.169	14.106	0.654	0.000*		#2
Fresh Steamed Squash V-37 SDPC	2072285	Other Vegetables	1/2 Cup	20.979*	0.064*	7.371*	0.000*	0.000*	266.486*	1.247*	1.417*	0.482*	19.278*	13.608*	13.778*	0.000*	1.157*	4.485*	0.261*	0.000*		#1
Green Beans V-12 (Canned) SDPC	1417438	Vegetables	1/2 Cup	31.388	0.003	169.860	0.000*	0.000	81.544	2.092	1.025	0.402	41.733	N/A*	0.106*	0.000	1.230	7.097	0.010	0.000*		#2
Green Beans V-12 (Frozen) SDPC	1417506	Vegetables	1/2 Cup	38.743	0.002	25.457	0.000*	0.000	190.123	4.098	1.365	1.371	49.862	N/A*	0.085*	0.000	1.529	7.615	0.008	0.000		#2
Ham and Bean Soup V-52 SDPC	2079997	Vegetables	1/2 Cup	181.475	1.516	430.798	0.000*	18.835	251.267*	4.123	3.953*	2.756*	27.839*	N/A*	0.338*	0.133*	9.469	26.404	5.097	0.000		#2
Hawaiian Sweet Potatoes V-33 SDPC	2071666	Red/Orange Vegetables	0.5 Cups	129.944	0.067	31.898	10.206*	7.556	15.419*	1.370	20.202*	0.529*	13.773*	N/A*	3.196*	0.044*	0.444	31.126	0.217	0.000		#2
Honey Carrots V-71 SDPC	1555584	Red/Orange Vegetables	1/2 Cup	54.837	0.416	65.219	3.480	0.340	139.954	1.653	6.479	0.524	18.918	414.442*	1.498*	0.000	0.384	8.536	2.351	0.424*		#2
Honey Cinnamon Roasted Sweet Potato Casserole (with Maple Raisins & Sugar free Marshmallows & Toasted Pecan), .5 R/O	1554640	Red/Orange Vegetables	1/2 cup	330.533	2.283	330.422	8.623	0.000	338.321	14.498	12.452*	1.170	45.447	502.317*	1.933	0.000	3.692	36.935	22.586	0.000*		#2
Hummus V-50 SDPC	1409167	Beans, Peas and Lentils	0.5 cup	101.529	0.293	668.017	0.000*	0.000	69.007*	4.030	2.417*	1.603*	35.600*	0.264*	5.289*	0.000*	4.344	14.323	3.395	0.000*		#3 - (F

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Lettuce/Tomato V-16 SDPC	1419047	Vegetables	1/2 Cup	9.720	0.014	3.800	0.000	0.000	120.180	0.696	1.407	0.182	7.240	21.300	5.984	0.000	0.514	2.091	0.105	0.000		#1
Levantine Fatoush	1553264	Other Vegetables	0.5 cup	239.682	0.202	339.270	18.034*	0.000	814.820*	7.799	30.814	2.125*	72.304*	147.361*	81.730*	0.000*	6.133	54.103	1.290	0.000*		#1
🥗 Tomato & Cumber salad with Scallions, Citrus, & Onion	1553262	Other Vegetables	3/4 c., 2 1/2 tsp.	151.435	0.114	225.294	18.034	0.000	658.779*	5.049	27.024	1.115*	58.835*	91.117*	73.001*	0.000*	3.054	34.881	0.569	0.000*		#1
🥗 Tomato and Cucumber Salad	1030036	Red/Orange Vegetables	1 1/2 c., 1/2 tsp.	133.409	0.108	223.246	18.034	0.000	618.346	3.308	25.082	0.903	39.951	86.140	59.576	0.000	2.477	30.053	0.524	0.000*		#1
Mashed Potatoes (0.5SV) South Carolina - Greenville	1418793	Starchy Vegetables	1/2 cup	86.472	0.238	349.069	0.025*	0.038	2.041*	1.498	0.902*	0.288	16.239	0.000*	3.314*	0.000*	1.982	18.373	0.852	0.000		
Mashed Potatoes (Ranch) V-2 SDPC	1407205	Starchy Vegetables	1/2 Cup	137.969	2.531	581.714	0.000	0.000	401.314	1.248	0.000	0.374	13.490	N/A*	0.000*	0.000*	2.496	17.469	6.816	0.000		#1
Mashed Potatoes V-2 SDPC	2040003	Vegetables	0.5 cup	100.001	0.633	400.100	0.000	0.000	399.289	1.248	0.000	0.374	12.478	N/A*	N/A*	0.000	2.496	17.469	2.640	0.000		#2
Mashed Winter Squash V-41 SDPC	2076074	Vegetables	1/2 Cup	72.873*	0.858*	32.020*	1.890*	1.000*	462.233*	1.849*	5.752*	0.717*	59.520*	82.251*	14.880*	0.200*	1.952*	13.633*	1.893*	0.000*		#2
Mean Green Salad V-47	2079278	Dark Green Vegetables	1 Cups	25.699	0.019	144.802	0.640	0.000	60.600*	1.453	1.987	0.172*	41.143	97.613*	9.008*	0.000*	0.856	5.351	0.157	0.000		#1
Mexicali Corn V-38 SDPC	2072550	Vegetables	1/2 Cup	30.240	0.004	3.825	0.000*	0.000	90.135	0.963	1.208*	0.215*	2.651*	0.885*	2.789*	0.000*	0.889	6.895	0.223	0.000		#3 - (F
Mexican Street Corn V-70 SDPC	2076062	Vegetables	1/2 Cup	136.062	2.827	226.856	0.000	14.133	520.114	2.145	3.217	0.428*	123.380*	0.202*	0.443*	0.000*	5.907	18.514	5.246	0.000		#2
Okra and Tomatoes V-36 SDPC	2072080	Vegetables	1/2 Cups	77.530	0.029	228.755	0.000	0.000	677.853	6.743	5.988	0.703	120.676	40.823*	26.082*	0.000	2.786	16.470	0.215	0.000		#2
Orange Glazed Carrots (1/4 c. RO) Dillon-04	1409140	Red/Orange Vegetables	1/4 cup	68.069	1.452	42.706	5.870	6.101	199.902	1.654	8.771	0.223	25.298	511.907	4.099	0.000	0.588	11.714	2.445	0.000*		#2
Orange Glazed Carrots V-5 SDPC	2040511	Vegetables	0.5 cup	73.741	0.810	83.906	3.480	0.000	4.800*	3.107	8.380	0.016*	1.800*	N/A*	N/A*	0.000*	0.000	13.200	1.782	0.000		#2
Orange Glazed Sweet Potatoes V-5 (A) SDPC	2040206	Vegetables	0.5 cup	121.494	0.810	20.559	11.069	0.000	80.695	2.760	18.899	0.016*	1.800*	N/A*	N/A*	0.000*	0.000	27.338	1.782	0.000		#2
Orange Glazed Sweet Potatoes V-5 SDPC	2087687	Vegetables	0.5 cup	134.255	0.810	47.943	3.480*	0.000	4.800*	1.984	17.645	0.730	21.690	N/A*	3.572*	0.000*	0.000	28.737	1.782	0.000		#2
Peas, Sugar Snap, Frozen, 12/2#, Simplot Simple Goodness, 10071179189336	2137298	Other Vegetables	1 serving	40.000	0.000	0.000	0.000	0.000	190.000	2.000	4.000	1.600	34.000	N/A*	N/A*	0.000	3.000	7.000	0.000	0.000		
Pesto Roasted Vegetables V-73 SDPC	1715047	Vegetables	1/2 cup	24.626	0.074	94.328	0.000*	0.403	188.276	2.234	2.227	1.219	27.227	0.000*	0.010*	0.002	2.376	4.555	0.155	0.004		#2
Pickled Beets V-19 SDPC	2080294	Vegetables	1/2 Cup	102.897	0.010	131.913	19.200*	0.000	146.768	1.121	25.215	0.680	17.957	0.920*	2.577*	0.000	0.673	25.802	0.083	0.000		#1
Pico de Gallo	1418817	Red/Orange Vegetables	2 oz	24.553	0.035	87.049	0.000	0.000	207.737	1.971	2.719	0.448	19.156	32.693	31.561	0.000	1.045	6.532	0.252	0.000		#1
Potato Salad V-7 SDPC	2040541	Vegetables	0.5 cup	98.865	0.843	391.946	1.920*	45.600*	226.476*	1.272	3.948	0.591*	17.621*	N/A*	0.009*	0.240*	2.527	12.613	4.605	0.000		#1
Potato, Tater Tots, 190/2.52oz, 30#, Ore-Ida OIF00215A, W714 OSPI	2138001	Vegetables	1 serving	440.000	4.000	1,240.000	N/A*	0.000	752.000	4.000	0.000	0.000	0.000	N/A*	N/A*	0.000	4.000	56.000	24.000	0.000		
Raw Vegetables (Broccoli) V-20 SDPC	2106662	Red/Orange Vegetables	1/2 Cup	55.520	0.186	53.887	0.000	0.000	516.007	4.246	2.776	1.192	76.748	50.621	145.658	0.000	4.605	10.843	0.604	0.000		#1
Raw Vegetables (Cherry Tomatoes) V-20 SDPC	2056117	Red/Orange Vegetables	1/2 Cup	17.010	N/A*	5.670	N/A*	N/A*	226.796	1.134	2.268	0.408	N/A*	N/A*	N/A*	N/A*	1.134	3.402	N/A*	N/A*		#1
Raw Vegetables with Dip (Broccoli) V-20 SDPC	2063306	Dark Green Vegetables	1/2 Cup	83.555	0.629	157.421	0.000	5.000	358.338	2.948	1.928	0.828	53.297	35.153*	101.151*	0.000	3.198	8.530	4.920	0.000		#1
Raw Vegetables with Dip (Carrots) V-20 SDPC	2062054	Vegetables	1/2 Cup	91.493	0.536	198.245	0.000	5.000	362.874	3.175	5.375	0.340	37.421	946.874*	6.690*	0.000	1.055	11.864	4.772	0.000		
Raw Vegetables with Dip (Celery) V-20 SDPC	2063316	Dark Green Vegetables	1/2 Cup	60.876	0.548	210.718	0.000	5.000	294.835	1.814	1.520	0.227	45.359	24.948*	3.515*	0.000	0.782	4.368	4.693	0.000		#1

Name	Number	Category	Serving Size	Cal. (kcal)	Sat. Fat (gm)	Sod. (mg)	Added Sugars (gm)	Cholesterol (mg)	Potassium (mg)	Dietary Fiber (gm)	Total Sugars (gm)	Iron	Calcium	Vitamin A (mcg RAE)	Vitamin C	Vitamin D	Protein (gm)	Total Carbohydrate (gm)	Total Fat (gm)	Trans Fat (gm)	Cost	HA
Raw Vegetables with Dip (Cucumbers) V-20 SDPC	2063313	Dark Green Vegetables	1/2 Cup	62.010	0.542	122.268	0.000	5.000	166.695	0.567	1.894	0.318	18.144	5.670*	3.175*	0.000	0.737	5.116	4.625	0.000		#1
Red Beans over Rice V-14 SDPC	1418919	Vegetables	1/2 Cup	222.754*	0.125*	213.182*	0.000*	0.000*	336.852*	5.416*	1.717*	1.345*	57.219*	0.721*	3.033*	0.000*	8.680*	44.491*	1.883*	0.000*		#2
Red Ranch Potatoes V-66 SDPC	2075441	Vegetables	1/2 Cups	109.836	2.199	234.757	0.000	14.987	368.836	1.285	1.676	0.558	65.603	1.829*	6.632*	0.000*	5.157	12.859	4.585	0.000*		#3 - (F
Refried Beans V-29 (with bulk seasonings) SDPC	2071476	Vegetables	1/2 Cup	118.552	0.989	438.202	0.000*	4.802	359.613*	4.215	0.440	1.376*	42.227*	N/A*	0.061*	0.000*	8.029	16.458	1.791	0.000		#2
Refried Beans (with taco seasoning) V-29 SDPC	2071478	Vegetables	0.5 Cup	103.943	0.960	619.760	0.638	4.800	290.882*	3.271	0.965	1.174*	32.711*	N/A*	N/A*	0.000*	6.820	14.346	1.600	0.000		#2
Roasted Asian Vegetables SDPC	1984599	Vegetables	4 oz	38.061	0.034	159.995	0.000*	0.000	226.098*	2.703	1.344	0.983*	53.715*	0.000*	1.606*	0.000*	2.857	7.077	0.237	0.000		#2
Roasted Brussels Sprouts V-58	1409144	Other Vegetables	1/2 cup	40.839	0.080	301.772	0.000*	0.000	355.265	3.491	1.997	1.289*	39.045*	34.473*	77.111*	0.000*	3.084	8.231	0.428	0.000		#2
Roasted Mexi-Veggies V-72 SDPC	1662682	Vegetables	1/2 cup	65.230	0.506	98.859	0.000*	0.000	426.464	2.773	5.600	0.870*	36.635*	222.163*	38.335*	0.000*	1.804	8.641	3.110	0.000		#2
Roasted Potatoes (whole/diced) V-1 SDPC	2040002	Vegetables	1/2 cup	40.242	0.018	103.697	0.000*	0.000	141.372	1.192	0.570	0.077*	82.812*	N/A*	0.087*	0.000*	1.161	7.898	0.112	0.000		#2
Roasted Squash and Zucchini V-75 SDPC	2042529	Other Vegetables	1/2 cup	46.858	1.348	29.058	0.000	0.000	309.777	1.308	3.114	0.485	22.006	11.269*	22.389*	0.000*	1.387	5.205	3.059	0.000		#2
Roasted Sweet Potatoes V-25 SDPC	1984899	Red/Orange Vegetables	4 oz	157.838	2.028	52.785	10.687*	0.001	97.500	3.555	20.184	0.030*	1.660*	N/A*	0.023*	0.000*	0.021	30.687	4.469	0.000		#2
Roasted Vegetables V-74 SDPC	1715694	Vegetables	1/2 cup	38.188	0.910	39.098	0.000*	0.000	166.887*	1.999	1.999	1.079*	19.986*	N/A*	N/A*	0.000*	1.999	3.997	2.002	0.000		#2
Salsa, Low-sodium, Canned, 6/#10, USDA, 100330	2137319	Red/Orange Vegetables	1/4 cup	19.375	0.000	67.809	N/A*	0.000	N/A*	1.934	1.934	0.521	9.684	N/A*	11.625	N/A*	0.000	3.875	0.000	0.000		
Sauerkraut V-15 SDPC	1419027	Vegetables	1/2 Cup	21.606	0.039	749.566	0.000*	0.000	193.095	3.295	2.019	1.669	34.126	1.134*	16.670	0.000	1.034	4.869	0.160	0.000		#2
Seasoned Green Beans V-12 (Garden Seasoning) SDPC	2073414	Vegetables	1/2 Cup	52.366*	0.230*	235.492*	0.215*	3.780*	206.528*	4.308*	1.734*	1.462*	51.671*	N/A*	N/A*	0.000*	2.522*	7.842*	0.964*	0.000*		#2
Side Salad (Garden) V-31 SDPC	2056070	Dark Green Vegetables	1 Salad	43.014	1.944	64.665	0.000	9.720	53.653*	0.631	1.048	0.064*	66.481*	N/A*	N/A*	0.000*	2.255	1.799	3.023	0.000		
Side Salad (Spinach) V-31 SDPC	1409142	Dark Green Vegetables	1 Salad	49.322	1.967	91.293	0.000	9.720	256.137	1.225	0.793	1.047	102.406	170.188*	10.197*	0.000	3.089	2.709	3.164	0.000		
Spiced Stewed Tomatoes V-40 SDPC	2107680	Vegetables	1/2 Cup	46.577*	0.619*	192.422*	0.000*	0.001*	243.331*	1.589*	4.023*	0.097*	6.409*	1.646*	7.334*	0.000*	1.277*	7.293*	1.387*	0.000*		#2
Squapple Crisp V-45 SDPC	2077032	Vegetables	1/2 Cup	220.716	3.314	102.959	10.012*	0.000	290.358	3.772	21.954*	0.521*	30.028*	241.311*	9.534*	0.000*	1.895	37.545	7.691	0.000		#3 - (F
Steamed/Boiled Vegetables Canned V-10 (Black Beans) SDPC	2041314	Vegetables	0.5 cup	135.044	0.003	408.081	0.000*	0.000	561.699	6.108	1.030	1.858	45.342	0.000*	0.075*	0.000*	8.187	23.918	0.510	0.000		#2
Steamed/Boiled Vegetables Canned V-10 (Black Eyed Peas) SDPC	2041313	Vegetables	0.5 cup	113.055	0.003	401.539	0.000*	0.000	551.704	4.036	1.993	1.825	44.615	0.000*	0.075*	0.000*	8.042	20.556	0.010	0.000		#2
Steamed/Boiled Vegetables Canned V-10 (Green Beans) SDPC	2045250	Vegetables	0.5 cup	16.824	0.003	218.123	0.000*	0.000	78.747	0.697	0.616	0.411	27.034	0.000*	0.075*	0.000	0.777	3.273	0.010	0.000		#2
Steamed/Boiled Vegetables Canned V-10 (Lima Beans) SDPC	2041338	Vegetables	0.5 cup	98.335	0.003	193.279	0.000*	0.000	298.903	5.290	0.030	2.131	7.433	0.000*	0.075*	0.000	6.406	17.503	0.010	0.000		#2
Steamed/Boiled Vegetables Canned V-10 (Pinto Beans) SDPC	2041318	Vegetables	0.5 cup	115.054	0.003	188.191	0.000*	0.000	471.744	5.109	1.030	1.858	45.342	0.000*	0.075*	0.000	7.188	21.919	0.010	0.000		#2
Steamed Frozen Vegetables V-9 (Broccoli Florets) SDPC	2040622	Vegetables	0.5 cup	65.676	1.267	267.866	0.000*	0.000	295.639	4.037	1.335	1.578	36.284	N/A*	0.000*	0.000	4.016	6.757	2.789	0.000		#2
Steamed Frozen Vegetables V-9 (Corn) SDPC	2040771	Vegetables	0.5 cup	113.682	1.013	80.266	0.000*	0.000	267.860	2.673	4.002	0.568	6.483	N/A*	0.000*	0.000	2.670	21.357	2.895	0.000		#2
Steamed Frozen Vegetables V-9 (Mixed Vegetables) SDPC	2040750	Vegetables	0.5 cup	89.701	1.266	135.224	0.000*	0.000	1.301*	4.367	3.271	0.043*	3.100*	N/A*	0.000*	0.000*	3.273	13.099	2.785	0.000		#2

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Steamed Frozen Vegetables V-9 (Normandy Blend) SDPC	2040767	Vegetables	0.5 cup	58.721	1.266	140.355	0.000*	0.000	210.754	2.674	2.668	1.484	29.782	N/A*	0.000*	0.000	2.671	6.685	2.785	0.000		#2
Steamed Frozen Vegetables V-9 (Oriental Veggies) SDPC	2040764	Vegetables	0.5 cup	50.383	1.266	110.338	0.000*	0.000	167.396	2.007	1.001	0.764	43.123	N/A*	1.201*	0.000	2.003	5.017	2.785	0.000		#2
Steamed Frozen Vegetables V-9 (Peas and Carrots) SDPC	2041208	Vegetables	0.5 cup	62.865	1.013	250.244	0.000*	0.000	130.455	3.789	3.780	1.123	26.260	N/A*	0.000*	0.000	1.894	8.528	2.229	0.000		#2
Steamed Frozen Vegetables V-9 (Sliced Carrots) SDPC	2040757	Vegetables	0.5 cup	55.386	1.266	160.366	0.000*	0.000	201.415	3.007	4.002	0.043*	23.112	N/A*	0.000*	0.000	1.003	7.018	2.785	0.000		#2
Succotash V-60 SDPC	2029175	Starchy Vegetables	4 oz	133.380	0.362	39.957	0.000*	0.000	471.176*	6.023	4.222	1.828*	16.374	1.073*	4.864*	0.000*	6.562	25.369	1.238	0.000		#2
Summer Salad V-75 SDPC	2199106	Vegetables	4 oz	71.569	2.018*	135.238	0.000*	10.000*	79.104*	0.830	2.722*	0.188*	8.294*	2.108*	11.220*	0.000*	5.115	5.803	3.461*	0.000*		#1
Sweet Potatoes Casserole V-25 SDPC	2063370	Red/Orange Vegetables	1/2 Cup	144.660	0.080	15.423	14.041*	0.533	100.748*	2.920	22.270*	0.024*	15.733*	N/A*	0.000*	0.107*	0.907	35.736	0.213	0.000		#2
Sweet Potato Pudding V-44 SDPC	2076937	Vegetables	3.5 oz	204.823	5.033	157.422	12.216*	43.710	186.588*	1.024	16.607	1.083*	110.449*	0.000*	0.866*	1.328*	5.972	31.588	6.251	0.005		#2
Sweet Potato Souffle V-48 SDPC	2072718	Red/Orange Vegetables	1/2 Cup	190.214	3.893	125.245	5.141*	67.453	41.234*	1.374	14.108	0.855	35.494	N/A*	2.187*	0.474*	2.699	23.469	9.007	0.000		#2
Taco Soup V-18 SDPC	1419585	Vegetables	6 Oz	138.035	1.255	293.935	0.000*	11.111	331.856*	4.104	3.491	0.828*	16.446*	8.282*	3.697*	0.000*	7.444	19.209	3.646	0.139		#2
Tomato and Cucumber Salad	1030036	Red/Orange Vegetables	1/2 cup	44.296	0.036	74.124	5.988	0.000	205.310	1.098	8.328	0.300	13.265	28.601	19.781	0.000	0.822	9.978	0.174	0.000*		#1
Tomato & Cumber salad with Scallions, Citrus, & Onion	1553262	Other Vegetables	0.5 cup	94.647	0.071	140.808	11.272	0.000	411.737*	3.155	16.890	0.697*	36.772*	56.948*	45.626*	0.000*	1.909	21.801	0.356	0.000*		#1
 Tomato and Cucumber Salad	1030036	Red/Orange Vegetables	3/4 c., 3 tbsp., 1/4 tsp.	83.381	0.067	139.528	11.272	0.000	386.466	2.067	15.676	0.565	24.970	53.837	37.235	0.000	1.548	18.783	0.328	0.000*		#1
Tomatoes, Fresh, Diced, 3/8", 2/5#, Cross Valley Farms, 449280	2137316	Red/Orange Vegetables	1/4 cup	10.006	0.000	0.000	0.000	0.000	134.410	0.667	1.334	0.133	5.670	N/A*	N/A*	0.000	0.334	2.001	0.000	0.000		
Tomato Soup V-69 SDPC	2075725	Vegetables	1/2 Cup	55.217*	0.534*	218.700*	0.000*	2.541*	290.138*	1.585*	5.171*	0.059*	10.155*	7.042*	0.293*	0.000*	2.070*	8.808*	1.265*	0.034*		#2
Tossed Salad- V-22 SDPC	2107641	Vegetables	1/2 Cup	54.966	1.944	334.472	0.000	9.720	101.583*	1.425	2.494	0.107*	67.818*	0.000*	0.000*	0.000*	2.835	4.189	3.094	0.000		#1
V4-1 Potatoes, Oven Baked,Crinkle Cut French Fries, (1/2 c V), McCain OIF00055A (SDPC)	1408465	Starchy Vegetables	1/2 Cup	121.212*	0.000*	30.303*	0.000*	0.000*	379.798*	1.010*	0.000*	0.000*	0.000*	N/A*	N/A*	0.000*	1.010*	24.314	4.040*	0.000*		#2
V4-2 Spiral Cut French Fries, 1/2 Cup V, McCain (SDPC) #MCL03622	1408484	Starchy Vegetables	1/2 cup	166.038	1.509	377.358	0.000	0.000	256.604	0.000	0.000	0.000	0.000	N/A*	N/A*	0.000	1.509	21.132	9.057	0.000		#2
V4-3 Potato, Hash Brown Patty, Triangle, 2 EA. McCain OIF00049A, 1/2c. Starchy V(SDPC)	1408494	Starchy Vegetables	2 Each	102.742	1.142	285.394	0.000	0.000	182.652	1.142	0.000	0.000	0.000	N/A*	N/A*	0.000	0.000	12.557	6.849	0.000		#2
V4-4 Potato, French Fry, 1/4" PXL Shoestring Cut, McCain MCF03786 (1/2c. Starchy Veg.) (SDPC)	1408711	Starchy Vegetables	1/2 Cup	184.100*	0.837*	535.565*	0.000*	0.000*	334.728*	1.674*	0.000*	0.000*	0.000*	N/A*	N/A*	0.000*	1.674*	26.850	5.858*	0.000*		#2
V4-5 Tater Tots, McCain 1/2 Cup V (SDPC) #OIF00215A	1408738	Starchy Vegetables	1/2 cup	124.717	1.134	351.474	0.000	0.000	238.095	1.134	0.000	0.000	0.000	N/A*	N/A*	0.000	1.134	15.873	6.803	0.000		#2
V4-6 Smile Shaped Potatoes, 1/2 c V, McCain, 5 Each, (SDPC) OIF03456	1414448	Starchy Vegetables	5 Each	156.922	0.604	217.276	0.000	0.000	301.773	2.414	0.000	0.483	12.071	N/A*	N/A*	0.000	2.414	24.142	5.432	0.000		#2
V4-7 Waffle Cut French Fry, 1/2 cup V, McCain (SDPC) MCL03623	1414458	Starchy Vegetables	0.5 Cup	190.658	1.682	381.317	0.000	0.000	316.269	1.122	0.561	0.404	0.000	N/A*	N/A*	0.000	2.243	22.430	11.215	0.000		#2
Vegetable Soup V-17 SDPC	1419146	Vegetables	6 Oz	66.929	0.900	563.191	0.480*	8.000	189.168*	1.627	2.832	0.711	6.729	0.000*	0.150*	0.000	3.545	8.381	2.341	0.100		#2
Vegetable Soup (w/o-meat) V-17 SDPC	2106659	Vegetables	6 Oz	38.829	0.000	555.691	0.480*	0.000	189.168	1.627	2.832	0.495	6.729	0.000*	0.030*	0.000	1.645	8.381	0.041	0.000		#2
Veggie Taco's V-46 SDPC	2081461	Vegetables	1 Tortilla	116.674*	1.525*	359.575*	0.000*	7.293*	348.263*	3.073*	2.349*	1.140*	30.153*	26.847*	7.049*	0.000*	7.634*	16.701*	2.898*	0.000*		#2
White Bean and Spinach Soup V-68 SDPC	2076971	Vegetables	6 OZ	47.287	198.585	176.075	0.315*	0.000*	157.862*	2.999*	1.499*	0.942*	32.736*	10.624*	0.760*	0.000*	2.271*	8.795	0.334	0.000*		#2

* Indicates missing Nutrient Information.