

Wilson County Schools

Recipe No. 010826 Apples - Baked 22: * Wilson County
 Number of Portions: 22
 Size of Portion: 1/2 Cup

Calories	115	Iron	0.02* mg	Protein	0.01 g	0.03%	Cals from Prot
Cholesterol	0 mg	Calcium	2* mg	Carbohydrates	23.31 g	80.93%	Cals from Carb
Sodium	32 mg	Vitamin A	93* IU	Total Fat	2.03 g	15.84%	Cals from T Fat
Dietary Fiber	1.94 g	Vitamin A	18* RE	Saturated Fat	0.37 g	2.88%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001051 Apples - C. Slices 22: * Wilson County
 Number of Portions: 22
 Size of Portion: 1/2 Cup

Calories	97	Iron	0.04* mg	Protein	0.02 g	0.08%	Cals from Prot
Cholesterol	0 mg	Calcium	5* mg	Carbohydrates	23.52 g	96.55%	Cals from Carb
Sodium	14 mg	Vitamin A	1* IU	Total Fat	0.01 g	0.05%	Cals from T Fat
Dietary Fiber	2.08 g	Vitamin A	0* RE	Saturated Fat	0.00 g	0.01%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000133 Apples - Fresh 7: * Wilson County
 Number of Portions: 7
 Size of Portion: 1/2 Apple

Calories	36	Iron	0.09 mg	Protein	0.20 g	2.29%	Cals from Prot
Cholesterol	0 mg	Calcium	13 mg	Carbohydrates	9.51 g	107.12%	Cals from Carb
Sodium	11 mg	Vitamin A	36 IU	Total Fat	0.14 g	3.43%	Cals from T Fat
Dietary Fiber	1.59 g	Vitamin A	3 RE	Saturated Fat	0.02 g	0.58%	Cals from S Fat
		Vitamin C	5.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000356 Applesauce 24: * Wilson County
 Number of Portions: 24
 Size of Portion: 1/2 Cup

Calories	91	Iron	0.00* mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0* mg	Carbohydrates	23.29 g	102.22%	Cals from Carb
Sodium	15 mg	Vitamin A	0* IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	2.02 g	Vitamin A	0* RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 010866 Bacon Cheeseburger 1 : *Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	534	Iron	4.02 mg	Protein	28.19 g	21.13%	Cals from Prot
Cholesterol	83 mg	Calcium	310 mg	Carbohydrates	34.81 g	26.10%	Cals from Carb
Sodium	1524 mg	Vitamin A	350 IU	Total Fat	33.47 g	56.46%	Cals from T Fat
Dietary Fiber	3.41 g	Vitamin A	70 RE	Saturated Fat	14.60 g	24.63%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000107 Bacon Scramble Pizza 1: * WC Schools
 Number of Portions: 1
 Size of Portion: 1 Slice

Calories	230	Iron	1.40 mg	Protein	10.00 g	17.39%	Cals from Prot
Cholesterol	45 mg	Calcium	150 mg	Carbohydrates	23.00 g	40.00%	Cals from Carb
Sodium	480 mg	Vitamin A	300 IU	Total Fat	10.00 g	39.13%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	60 RE	Saturated Fat	4.50 g	17.61%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	1.00 g	3.91%	Cals from Trans Fat

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Recipe No. 000301 Baked Beans 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1/2 Cup

Calories	155	Iron	0.89 mg	Protein	5.95 g	15.35%	Cals from Prot
Cholesterol	0 mg	Calcium	57 mg	Carbohydrates	32.88 g	84.77%	Cals from Carb
Sodium	451 mg	Vitamin A	39 IU	Total Fat	0.79 g	4.57%	Cals from T Fat
Dietary Fiber	5.95 g	Vitamin A	8 RE	Saturated Fat	0.20 g	1.14%	Cals from S Fat
		Vitamin C	1.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 010245 Baked Chips - Variety 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1 Bag

Calories	142	Iron	0.35 mg	Protein	1.77 g	5.00%	Cals from Prot
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	11.53 g	32.49%	Cals from Carb
Sodium	328 mg	Vitamin A	0 IU	Total Fat	7.98 g	50.62%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.33 g	8.43%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 990006 Beef & Bean Tamale Pie 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 1/25 Piece

Calories	271	Iron	2.29* mg	Protein	14.26 g	21.08%	Cals from Prot
Cholesterol	47 mg	Calcium	258 mg	Carbohydrates	30.93 g	45.72%	Cals from Carb
Sodium	555 mg	Vitamin A	825* IU	Total Fat	10.33 g	34.34%	Cals from T Fat
Dietary Fiber	2.62* g	Vitamin A	159* RE	Saturated Fat	4.52 g	15.04%	Cals from S Fat
		Vitamin C	6.8* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 010288 Beef Stock 64: *Wilson County
 Number of Portions: 64
 Size of Portion: 2 oz.

Calories	3	Iron	0.00 mg	Protein	0.21 g	26.67%	Cals from Prot
Cholesterol	0 mg	Calcium	2 mg	Carbohydrates	0.00* g	0.00%	Cals from Carb
Sodium	218 mg	Vitamin A	0 IU	Total Fat	0.21 g	60.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.10 g	30.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 011227 Biscuit - Bacon, Egg & Ch. 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	440	Iron	1.80 mg	Protein	19.00 g	17.27%	Cals from Prot
Cholesterol	215 mg	Calcium	190 mg	Carbohydrates	26.00 g	23.64%	Cals from Carb
Sodium	1596 mg	Vitamin A	600 IU	Total Fat	30.50 g	62.39%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	120 RE	Saturated Fat	13.00 g	26.59%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000288 Biscuit - Garlic & Cheddar 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Biscuit

Calories	110	Iron	0.72 mg	Protein	3.00 g	10.91%	Cals from Prot
Cholesterol	5 mg	Calcium	40 mg	Carbohydrates	11.00 g	40.00%	Cals from Carb
Sodium	420 mg	Vitamin A	100 IU	Total Fat	6.00 g	49.09%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	20 RE	Saturated Fat	2.50 g	20.46%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000390 Biscuit - Pillsbury 1 : * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Biscuit

Calories	200	Iron	1.08 mg	Protein	4.00 g	8.00%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	23.00 g	46.00%	Cals from Carb
Sodium	600 mg	Vitamin A	0 IU	Total Fat	10.00 g	45.00%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	2.50 g	11.25%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 011229 Biscuit - Saus. Egg & Ch. 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwhich

Calories	590	Iron	2.16 mg	Protein	22.00 g	14.92%	Cals from Prot
Cholesterol	240 mg	Calcium	214 mg	Carbohydrates	26.00 g	17.63%	Cals from Carb
Sodium	1725 mg	Vitamin A	600 IU	Total Fat	45.50 g	69.41%	Cals from T Fat
Dietary Fiber	1.00* g	Vitamin A	120 RE	Saturated Fat	18.00 g	27.46%	Cals from S Fat
		Vitamin C	2.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000113 Biscuit - Whole Grain 1: * WC Schools
 Number of Portions: 1
 Size of Portion: 1 Biscuit

Calories	190	Iron	1.08 mg	Protein	4.00 g	8.42%	Cals from Prot
Cholesterol	0 mg	Calcium	40 mg	Carbohydrates	23.00 g	48.42%	Cals from Carb
Sodium	670 mg	Vitamin A	0 IU	Total Fat	9.00 g	42.63%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	6.00 g	28.42%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000237 Biscuit w/ Bacon 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Biscuit

Calories	380	Iron	1.08 mg	Protein	14.00 g	14.74%	Cals from Prot
Cholesterol	30 mg	Calcium	20 mg	Carbohydrates	23.00 g	24.21%	Cals from Carb
Sodium	1362 mg	Vitamin A	0 IU	Total Fat	26.00 g	61.58%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	8.50 g	20.13%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011213 Biscuit w/ Chicken 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Biscuit

Calories	308	Iron	1.08* mg	Protein	13.00 g	16.88%	Cals from Prot
Cholesterol	28 mg	Calcium	20* mg	Carbohydrates	30.80 g	40.00%	Cals from Carb
Sodium	920 mg	Vitamin A	0* IU	Total Fat	16.00 g	46.75%	Cals from T Fat
Dietary Fiber	1.00* g	Vitamin A	0* RE	Saturated Fat	2.50* g	7.30%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000082 Biscuit w/ Gravy 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Biscuit

Calories	231	Iron	1.45 mg	Protein	4.00 g	6.91%	Cals from Prot
Cholesterol	0 mg	Calcium	42 mg	Carbohydrates	28.18 g	48.70%	Cals from Carb
Sodium	920 mg	Vitamin A	0 IU	Total Fat	12.11 g	47.08%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	7.04 g	27.36%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

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Recipe No. 000081 Biscuit w/ Sausage 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Biscuit

Calories	440	Iron	1.44 mg	Protein	12.00 g	10.91%	Cals from Prot
Cholesterol	40 mg	Calcium	44 mg	Carbohydrates	23.00 g	20.91%	Cals from Carb
Sodium	1110 mg	Vitamin A	0 IU	Total Fat	33.00 g	67.50%	Cals from T Fat
Dietary Fiber	1.00* g	Vitamin A	0 RE	Saturated Fat	10.50 g	21.48%	Cals from S Fat
		Vitamin C	2.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000131 Blueberries, Comm. - Frozen 1: *WC Schools
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	40	Iron	0.14 mg	Protein	0.33 g	3.30%	Cals from Prot
Cholesterol	0 mg	Calcium	6 mg	Carbohydrates	9.43 g	94.30%	Cals from Carb
Sodium	1 mg	Vitamin A	36 IU	Total Fat	0.50 g	11.25%	Cals from T Fat
Dietary Fiber	2.10 g	Vitamin A	2 RE	Saturated Fat	0.04 g	0.90%	Cals from S Fat
		Vitamin C	1.9 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000102 Bosco Stick - Pepperoni 1:
 Number of Portions: 1
 Size of Portion: 3 Bosco Sticks

Calories	390	Iron	2.70 mg	Protein	19.50 g	20.00%	Cals from Prot
Cholesterol	30 mg	Calcium	0 mg	Carbohydrates	46.50 g	47.69%	Cals from Carb
Sodium	855 mg	Vitamin A	150 IU	Total Fat	13.50 g	31.15%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	30 RE	Saturated Fat	6.00 g	13.85%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000384 Bosco Sticks 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 2 Sticks

Calories	440	Iron	0.72 mg	Protein	24.00 g	21.82%	Cals from Prot
Cholesterol	30 mg	Calcium	400 mg	Carbohydrates	52.00 g	47.27%	Cals from Carb
Sodium	620 mg	Vitamin A	400 IU	Total Fat	14.00 g	28.64%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	80 RE	Saturated Fat	8.00 g	16.36%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001018 Breakfast Pocket 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Pocket

Calories	170	Iron	1.44 mg	Protein	8.00 g	18.82%	Cals from Prot
Cholesterol	10 mg	Calcium	200 mg	Carbohydrates	19.00 g	44.71%	Cals from Carb
Sodium	350 mg	Vitamin A	400 IU	Total Fat	7.00 g	37.06%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	80 RE	Saturated Fat	2.50 g	13.23%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011190 Broccoli Cuts - Frozen 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	20	Iron	0.18* mg	Protein	1.00 g	20.08%	Cals from Prot
Cholesterol	0 mg	Calcium	17* mg	Carbohydrates	1.99 g	40.16%	Cals from Carb
Sodium	174 mg	Vitamin A	249* IU	Total Fat	0.81 g	36.70%	Cals from T Fat
Dietary Fiber	1.00* g	Vitamin A	50* RE	Saturated Fat	0.10 g	4.67%	Cals from S Fat
		Vitamin C	17.9* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 010525 Broccoli Spears - Frozen 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	20	Iron	0.18* mg	Protein	1.00 g	20.08%	Cals from Prot
Cholesterol	0 mg	Calcium	10* mg	Carbohydrates	1.99 g	40.16%	Cals from Carb
Sodium	167 mg	Vitamin A	249* IU	Total Fat	0.81 g	36.70%	Cals from T Fat
Dietary Fiber	1.00* g	Vitamin A	50* RE	Saturated Fat	0.10 g	4.67%	Cals from S Fat
		Vitamin C	17.9* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 011179 Broccoli w/ Cheese Sauce 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	72	Iron	0.18 mg	Protein	1.99 g	11.04%	Cals from Prot
Cholesterol	0 mg	Calcium	30 mg	Carbohydrates	9.97 g	55.17%	Cals from Carb
Sodium	329 mg	Vitamin A	249 IU	Total Fat	2.49 g	31.03%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	50 RE	Saturated Fat	1.00 g	12.41%	Cals from S Fat
		Vitamin C	17.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 001019 Burrito - Beef & Bean 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Burrito

Calories	517	Iron	4.89 mg	Protein	26.18 g	20.25%	Cals from Prot
Cholesterol	70 mg	Calcium	337 mg	Carbohydrates	49.88 g	38.59%	Cals from Carb
Sodium	1492 mg	Vitamin A	660 IU	Total Fat	23.91 g	41.61%	Cals from T Fat
Dietary Fiber	4.69 g	Vitamin A	132 RE	Saturated Fat	10.59 g	18.43%	Cals from S Fat
		Vitamin C	0.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000125 Burrito, Los Cabos Ala Carte 1: *WC Schools
 Number of Portions: 1
 Size of Portion: 1 Burrito H.S.

Calories	401	Iron	3.75 mg	Protein	16.68 g	16.64%	Cals from Prot
Cholesterol	29 mg	Calcium	147 mg	Carbohydrates	49.61 g	49.49%	Cals from Carb
Sodium	961 mg	Vitamin A	536 IU	Total Fat	15.04 g	33.76%	Cals from T Fat
Dietary Fiber	5.03 g	Vitamin A	45 RE	Saturated Fat	5.78 g	12.97%	Cals from S Fat
		Vitamin C	11.3 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000120 Burrito, Los Cabos Fiesta 1: *WC Schools
 Number of Portions: 1
 Size of Portion: 1 Burrito

Calories	330	Iron	3.61 mg	Protein	13.79 g	16.69%	Cals from Prot
Cholesterol	18 mg	Calcium	166 mg	Carbohydrates	48.48 g	58.69%	Cals from Carb
Sodium	783 mg	Vitamin A	572 IU	Total Fat	8.86 g	24.13%	Cals from T Fat
Dietary Fiber	7.50 g	Vitamin A	91 RE	Saturated Fat	4.11 g	11.19%	Cals from S Fat
		Vitamin C	2.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000430 Cantaloupe 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	35	Iron	0.21 mg	Protein	0.86 g	9.88%	Cals from Prot
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	8.32 g	96.00%	Cals from Carb
Sodium	16 mg	Vitamin A	3450 IU	Total Fat	0.19 g	5.03%	Cals from T Fat
Dietary Fiber	0.92 g	Vitamin A	328 RE	Saturated Fat	0.05 g	1.35%	Cals from S Fat
		Vitamin C	37.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000022 Carrot & Celery Sticks 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 6 Sticks

Calories	18	Iron	0.24 mg	Protein	0.56 g	12.14%	Cals from Prot
Cholesterol	0 mg	Calcium	25 mg	Carbohydrates	4.25 g	92.76%	Cals from Carb
Sodium	53 mg	Vitamin A	5176 IU	Total Fat	0.12 g	6.09%	Cals from T Fat
Dietary Fiber	1.47 g	Vitamin A	863 RE	Saturated Fat	0.03 g	1.26%	Cals from S Fat
		Vitamin C	4.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000260 Carrots - Canned 18: * Wilson County
 Number of Portions: 18
 Size of Portion: 1/2 Cup

Calories	27	Iron	0.69 mg	Protein	0.69 g	10.24%	Cals from Prot
Cholesterol	0 mg	Calcium	27 mg	Carbohydrates	5.93 g	88.64%	Cals from Carb
Sodium	259 mg	Vitamin A	11963 IU	Total Fat	0.20 g	6.84%	Cals from T Fat
Dietary Fiber	1.61 g	Vitamin A	1475 RE	Saturated Fat	0.04 g	1.30%	Cals from S Fat
		Vitamin C	2.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000261 Carrots - Frozen 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	45	Iron	0.00* mg	Protein	1.08 g	9.56%	Cals from Prot
Cholesterol	0 mg	Calcium	22* mg	Carbohydrates	6.48 g	57.35%	Cals from Carb
Sodium	205 mg	Vitamin A	5400* IU	Total Fat	0.81 g	16.13%	Cals from T Fat
Dietary Fiber	2.16* g	Vitamin A	1080* RE	Saturated Fat	0.10 g	2.05%	Cals from S Fat
		Vitamin C	1.3* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000351 Cereal 9: * Wilson County
 Number of Portions: 9
 Size of Portion: 1 Bowl

Calories	103	Iron	4.30 mg	Protein	1.11 g	4.30%	Cals from Prot
Cholesterol	0 mg	Calcium	40 mg	Carbohydrates	22.78 g	88.17%	Cals from Carb
Sodium	158 mg	Vitamin A	411 IU	Total Fat	0.89 g	7.74%	Cals from T Fat
Dietary Fiber	0.78 g	Vitamin A	82 RE	Saturated Fat	0.06 g	0.48%	Cals from S Fat
		Vitamin C	7.8 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000358 Ch. Sauce, Cheddar & Nacho 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 2 oz.

Calories	49	Iron	0.00 mg	Protein	0.50* g	4.03%	Cals from Prot
Cholesterol	0 mg	Calcium	57 mg	Carbohydrates	7.53 g	61.01%	Cals from Carb
Sodium	468 mg	Vitamin A	0 IU	Total Fat	1.65 g	30.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010727 Cheese Sauce - Trio Mix 70: * Wilson County
 Number of Portions: 70
 Size of Portion: 2 oz. Serving

Calories	60	Iron	0.00 mg	Protein	1.00 g	6.67%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	7.98 g	53.33%	Cals from Carb
Sodium	319 mg	Vitamin A	0 IU	Total Fat	2.49 g	37.50%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.00 g	15.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Wilson County Schools

Recipe No. 010010 Cheese Sauce for Machines 70: * Wilson County
 Number of Portions: 70
 Size of Portion: 2 oz.

Calories	110	Iron	0.00 mg	Protein	1.00 g	3.64%	Cals from Prot
Cholesterol	5 mg	Calcium	60 mg	Carbohydrates	6.00 g	21.82%	Cals from Carb
Sodium	550 mg	Vitamin A	2250 IU	Total Fat	9.00 g	73.63%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	450 RE	Saturated Fat	2.00 g	16.36%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011265 Cheeseburger - IWC 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	444	Iron	4.02 mg	Protein	23.19 g	20.91%	Cals from Prot
Cholesterol	68 mg	Calcium	310 mg	Carbohydrates	34.81 g	31.39%	Cals from Carb
Sodium	1143 mg	Vitamin A	350 IU	Total Fat	25.47 g	51.68%	Cals from T Fat
Dietary Fiber	3.41 g	Vitamin A	70 RE	Saturated Fat	11.60 g	23.54%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010231 Cheeseburger - Processed 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	440	Iron	3.24 mg	Protein	27.00 g	24.54%	Cals from Prot
Cholesterol	85 mg	Calcium	230 mg	Carbohydrates	30.00 g	27.27%	Cals from Carb
Sodium	900 mg	Vitamin A	300 IU	Total Fat	24.50 g	50.11%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	60 RE	Saturated Fat	11.70 g	23.93%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000337 Chicken and Dumplings 55.5: * Wilson County
 Number of Portions: 55.5
 Size of Portion: 4 oz/6 Dumpling

Calories	251	Iron	2.10 mg	Protein	20.90 g	33.24%	Cals from Prot
Cholesterol	68 mg	Calcium	48 mg	Carbohydrates	22.04 g	35.06%	Cals from Carb
Sodium	1302 mg	Vitamin A	73 IU	Total Fat	8.10 g	29.00%	Cals from T Fat
Dietary Fiber	1.21 g	Vitamin A	14 RE	Saturated Fat	2.44 g	8.75%	Cals from S Fat
		Vitamin C	0.1* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000122 Chicken Breaded & Baked 1: *WC Schools
 Number of Portions: 1
 Size of Portion: 1 pc. or 2 legs

Calories	375	Iron	1.85 mg	Protein	33.17 g	35.38%	Cals from Prot
Cholesterol	121 mg	Calcium	26 mg	Carbohydrates	12.24 g	13.05%	Cals from Carb
Sodium	386 mg	Vitamin A	109 IU	Total Fat	20.49 g	49.18%	Cals from T Fat
Dietary Fiber	0.40 g	Vitamin A	32 RE	Saturated Fat	5.43 g	13.04%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000339 Chicken Broccoli Rice Cass. 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 6 oz

Calories	307	Iron	1.52 mg	Protein	31.16 g	40.64%	Cals from Prot
Cholesterol	88 mg	Calcium	201 mg	Carbohydrates	16.83 g	21.96%	Cals from Carb
Sodium	539 mg	Vitamin A	504 IU	Total Fat	12.75 g	37.43%	Cals from T Fat
Dietary Fiber	1.88 g	Vitamin A	101 RE	Saturated Fat	5.23 g	15.35%	Cals from S Fat
		Vitamin C	20.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Wilson County Schools

Recipe No. 011155 Chicken CluxDelux Regular 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	360	Iron	2.44 mg	Protein	24.00 g	26.67%	Cals from Prot
Cholesterol	50 mg	Calcium	101 mg	Carbohydrates	44.00 g	48.89%	Cals from Carb
Sodium	940 mg	Vitamin A	50 IU	Total Fat	9.50 g	23.75%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	10 RE	Saturated Fat	2.00 g	5.00%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001052 Chicken CluxDelux Spicy 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	360	Iron	2.44 mg	Protein	24.00 g	26.67%	Cals from Prot
Cholesterol	50 mg	Calcium	101 mg	Carbohydrates	44.00 g	48.89%	Cals from Carb
Sodium	940 mg	Vitamin A	50 IU	Total Fat	9.50 g	23.75%	Cals from T Fat
Dietary Fiber	1.00* g	Vitamin A	10 RE	Saturated Fat	2.00 g	5.00%	Cals from S Fat
		Vitamin C	5.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000132 Chicken Fajitas 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Fajita

Calories	331	Iron	1.29 mg	Protein	42.91 g	51.86%	Cals from Prot
Cholesterol	128 mg	Calcium	168 mg	Carbohydrates	6.35 g	7.67%	Cals from Carb
Sodium	948 mg	Vitamin A	326 IU	Total Fat	14.34 g	39.00%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	65 RE	Saturated Fat	7.46 g	20.29%	Cals from S Fat
		Vitamin C	4.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000371 Chicken Nuggets 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 5 nuggets

Calories	180	Iron	0.00* mg	Protein	15.00 g	33.33%	Cals from Prot
Cholesterol	47 mg	Calcium	0* mg	Carbohydrates	13.00 g	28.89%	Cals from Carb
Sodium	533 mg	Vitamin A	0* IU	Total Fat	10.00 g	50.00%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	0* RE	Saturated Fat	0.00* g	0.00%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000400 Chicken Parmesan on Noodles 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1/2 c + 1 patty

Calories	469	Iron	1.67* mg	Protein	26.56 g	22.65%	Cals from Prot
Cholesterol	72 mg	Calcium	171* mg	Carbohydrates	47.01 g	40.09%	Cals from Carb
Sodium	1303 mg	Vitamin A	1021* IU	Total Fat	22.56 g	43.29%	Cals from T Fat
Dietary Fiber	2.24* g	Vitamin A	204* RE	Saturated Fat	6.00* g	11.51%	Cals from S Fat
		Vitamin C	5.8* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990114 Chicken Popcorn Bites 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 10 Pieces

Calories	510	Iron	1.08 mg	Protein	16.00 g	12.55%	Cals from Prot
Cholesterol	25 mg	Calcium	20 mg	Carbohydrates	18.00 g	14.12%	Cals from Carb
Sodium	780 mg	Vitamin A	0 IU	Total Fat	41.00 g	72.35%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	6.50 g	11.47%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Wilson County Schools

Recipe No. 000154 Chicken Pot Pie 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 4 oz. & Biscuit

Calories	357	Iron	15.63 mg	Protein	21.21 g	23.79%	Cals from Prot
Cholesterol	53 mg	Calcium	61 mg	Carbohydrates	32.66 g	36.62%	Cals from Carb
Sodium	1151 mg	Vitamin A	1329 IU	Total Fat	14.80 g	37.35%	Cals from T Fat
Dietary Fiber	2.49 g	Vitamin A	266 RE	Saturated Fat	7.24 g	18.27%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001057 Chicken Pretzel 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 3 Pretzels

Calories	680	Iron	2.70 mg	Protein	24.00 g	14.12%	Cals from Prot
Cholesterol	52 mg	Calcium	30 mg	Carbohydrates	21.00 g	12.35%	Cals from Carb
Sodium	795 mg	Vitamin A	0 IU	Total Fat	53.00 g	70.15%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	0 RE	Saturated Fat	10.00 g	13.24%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010194 Chicken Shooters 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 3 Shooters

Calories	444	Iron	2.28 mg	Protein	24.45 g	22.03%	Cals from Prot
Cholesterol	67 mg	Calcium	47 mg	Carbohydrates	17.07 g	15.38%	Cals from Carb
Sodium	1081 mg	Vitamin A	82 IU	Total Fat	27.09 g	54.91%	Cals from T Fat
Dietary Fiber	0.63 g	Vitamin A	16 RE	Saturated Fat	5.04 g	10.22%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000479 Chicken Soft Tacos 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 2 Tacos

Calories	497	Iron	3.51 mg	Protein	48.19 g	38.76%	Cals from Prot
Cholesterol	130 mg	Calcium	295 mg	Carbohydrates	28.80 g	23.17%	Cals from Carb
Sodium	1270 mg	Vitamin A	299 IU	Total Fat	18.20 g	32.94%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	87 RE	Saturated Fat	8.04 g	14.56%	Cals from S Fat
		Vitamin C	4.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 005020 Chicken Stir Fry 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 3/4 cup

Calories	213	Iron	1.23* mg	Protein	25.31 g	47.44%	Cals from Prot
Cholesterol	74 mg	Calcium	37* mg	Carbohydrates	9.40 g	17.61%	Cals from Carb
Sodium	391 mg	Vitamin A	3857* IU	Total Fat	7.12 g	30.04%	Cals from T Fat
Dietary Fiber	2.37* g	Vitamin A	771* RE	Saturated Fat	1.82 g	7.67%	Cals from S Fat
		Vitamin C	16.2* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010295 Chicken Stock 64: *Wilson County
 Number of Portions: 64
 Size of Portion: 2 oz.

Calories	3	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	1 mg	Calcium	2 mg	Carbohydrates	0.63 g	80.00%	Cals from Carb
Sodium	176 mg	Vitamin A	0 IU	Total Fat	0.10 g	30.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Wilson County Schools

Recipe No. 010450 Chicken Tenders 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 3 Tenders

Calories	450	Iron	0.00 mg	Protein	25.50 g	22.67%	Cals from Prot
Cholesterol	37 mg	Calcium	0 mg	Carbohydrates	39.00 g	34.67%	Cals from Carb
Sodium	1395 mg	Vitamin A	0 IU	Total Fat	22.50 g	45.00%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	0 RE	Saturated Fat	3.00 g	6.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000155 Chili con Carne with Beans 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 6 oz.

Calories	164	Iron	1.96 mg	Protein	15.18 g	36.93%	Cals from Prot
Cholesterol	45 mg	Calcium	50 mg	Carbohydrates	8.56 g	20.83%	Cals from Carb
Sodium	219 mg	Vitamin A	844 IU	Total Fat	8.11 g	44.38%	Cals from T Fat
Dietary Fiber	0.50* g	Vitamin A	151 RE	Saturated Fat	3.13 g	17.11%	Cals from S Fat
		Vitamin C	15.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011266 Chili Dog - All Meat 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Hot Dog w/bun

Calories	435	Iron	1.73* mg	Protein	20.06 g	18.45%	Cals from Prot
Cholesterol	75 mg	Calcium	207* mg	Carbohydrates	28.85 g	26.55%	Cals from Carb
Sodium	1263 mg	Vitamin A	581* IU	Total Fat	29.20 g	60.45%	Cals from T Fat
Dietary Fiber	1.17 g	Vitamin A	110* RE	Saturated Fat	13.04 g	26.99%	Cals from S Fat
		Vitamin C	5.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010357 Chili Dog - Turkey 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Hot Dog

Calories	285	Iron	5.69 mg	Protein	17.06 g	23.96%	Cals from Prot
Cholesterol	60 mg	Calcium	57 mg	Carbohydrates	24.86 g	34.91%	Cals from Carb
Sodium	933 mg	Vitamin A	281 IU	Total Fat	14.20 g	44.88%	Cals from T Fat
Dietary Fiber	1.17 g	Vitamin A	50 RE	Saturated Fat	4.04 g	12.77%	Cals from S Fat
		Vitamin C	6.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000309 Chili Mac 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 6 oz.

Calories	322	Iron	3.82 mg	Protein	22.96 g	28.52%	Cals from Prot
Cholesterol	46 mg	Calcium	62 mg	Carbohydrates	39.56 g	49.13%	Cals from Carb
Sodium	884 mg	Vitamin A	508* IU	Total Fat	8.77 g	24.51%	Cals from T Fat
Dietary Fiber	3.04* g	Vitamin A	79* RE	Saturated Fat	3.22 g	9.00%	Cals from S Fat
		Vitamin C	17.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000310 Cinnamon Tastries 1: * WC Schools
 Number of Portions: 1
 Size of Portion: 1 Tastry

Calories	220	Iron	3.60 mg	Protein	5.00 g	9.09%	Cals from Prot
Cholesterol	4 mg	Calcium	60 mg	Carbohydrates	39.00 g	70.91%	Cals from Carb
Sodium	420 mg	Vitamin A	50 IU	Total Fat	8.00 g	32.73%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	10 RE	Saturated Fat	3.00 g	12.27%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	9.00 g	36.82%	Cals from Trans Fat

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Wilson County Schools

Recipe No. 000002 Con Queso Max Snax 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 3 pieces

Calories	260	Iron	2.70 mg	Protein	15.00 g	23.08%	Cals from Prot
Cholesterol	10 mg	Calcium	200 mg	Carbohydrates	29.00 g	44.61%	Cals from Carb
Sodium	620 mg	Vitamin A	100 IU	Total Fat	9.00 g	31.15%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	20 RE	Saturated Fat	2.50 g	8.66%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000222 Condiment, Variety Bulk 100: * Wilson County
 Number of Portions: 100
 Size of Portion: 1 to 2 oz.

Calories	42	Iron	0.05 mg	Protein	0.14 g	1.36%	Cals from Prot
Cholesterol	1 mg	Calcium	0 mg	Carbohydrates	8.48 g	80.07%	Cals from Carb
Sodium	314 mg	Vitamin A	111 IU	Total Fat	0.93 g	19.76%	Cals from T Fat
Dietary Fiber	0.10 g	Vitamin A	22 RE	Saturated Fat	0.14 g	3.04%	Cals from S Fat
		Vitamin C	0.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000445 Condiments, Variety Pkts. 100: * Wilson County
 Number of Portions: 100
 Size of Portion: 1 or 2 Packets

Calories	26	Iron	0.05* mg	Protein	0.14 g	2.22%	Cals from Prot
Cholesterol	0 mg	Calcium	0* mg	Carbohydrates	3.28 g	51.11%	Cals from Carb
Sodium	119 mg	Vitamin A	136* IU	Total Fat	1.21 g	42.50%	Cals from T Fat
Dietary Fiber	0.14 g	Vitamin A	27* RE	Saturated Fat	0.21 g	7.50%	Cals from S Fat
		Vitamin C	0.7* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010820 Cookies - Hopes 6: * Wilson County
 Number of Portions: 6
 Size of Portion: 3 Cookies

Calories	455	Iron	2.16 mg	Protein	6.50 g	5.71%	Cals from Prot
Cholesterol	30 mg	Calcium	20 mg	Carbohydrates	65.50 g	57.58%	Cals from Carb
Sodium	435 mg	Vitamin A	350 IU	Total Fat	19.50 g	38.57%	Cals from T Fat
Dietary Fiber	1.00* g	Vitamin A	70 RE	Saturated Fat	7.00 g	13.85%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000270 Corn - Canned 17: * Wilson County
 Number of Portions: 17
 Size of Portion: 1/2 Cup

Calories	112	Iron	0.02 mg	Protein	1.78 g	6.33%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	17.71 g	63.07%	Cals from Carb
Sodium	323 mg	Vitamin A	119 IU	Total Fat	3.50 g	28.08%	Cals from T Fat
Dietary Fiber	0.92 g	Vitamin A	24 RE	Saturated Fat	0.48 g	3.83%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000271 Corn - Frozen 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	87	Iron	0.14* mg	Protein	2.98 g	13.69%	Cals from Prot
Cholesterol	0 mg	Calcium	3* mg	Carbohydrates	17.97 g	82.45%	Cals from Carb
Sodium	166 mg	Vitamin A	0* IU	Total Fat	1.79 g	18.50%	Cals from T Fat
Dietary Fiber	1.22* g	Vitamin A	0* RE	Saturated Fat	0.11 g	1.13%	Cals from S Fat
		Vitamin C	0.2* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Wilson County Schools

Recipe No. 001053 Corn Dog
 Number of Portions: 1
 Size of Portion: 1 Corn Dog

1: * Wilson County

Calories	270	Iron	2.70 mg	Protein	10.00 g	14.81%	Cals from Prot
Cholesterol	25 mg	Calcium	60 mg	Carbohydrates	22.00 g	32.59%	Cals from Carb
Sodium	750 mg	Vitamin A	0* IU	Total Fat	14.00 g	46.67%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0* RE	Saturated Fat	4.00 g	13.33%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000414 Corn Dog Nuggets
 Number of Portions: 1
 Size of Portion: 6 Nuggets

1: * Wilson County

Calories	322	Iron	1.93 mg	Protein	10.72 g	13.33%	Cals from Prot
Cholesterol	67 mg	Calcium	80 mg	Carbohydrates	28.14 g	35.00%	Cals from Carb
Sodium	1099 mg	Vitamin A	0 IU	Total Fat	20.10 g	56.25%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	0 RE	Saturated Fat	4.69 g	13.12%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000188 Cornbread
 Number of Portions: 50
 Size of Portion: 1 Piece

50: *Wilson County

Calories	192	Iron	1.24* mg	Protein	4.81 g	10.03%	Cals from Prot
Cholesterol	51 mg	Calcium	222 mg	Carbohydrates	25.89 g	54.01%	Cals from Carb
Sodium	538 mg	Vitamin A	59* IU	Total Fat	8.23 g	38.65%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	23* RE	Saturated Fat	1.25 g	5.86%	Cals from S Fat
		Vitamin C	0.2* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011262 Cornbread Dressing
 Number of Portions: 130
 Size of Portion: 1/3 Cup

130: *Wilson County

Calories	125	Iron	1.11 mg	Protein	4.06 g	13.03%	Cals from Prot
Cholesterol	59 mg	Calcium	116 mg	Carbohydrates	17.23 g	55.22%	Cals from Carb
Sodium	508 mg	Vitamin A	84 IU	Total Fat	4.42 g	31.86%	Cals from T Fat
Dietary Fiber	0.26* g	Vitamin A	28 RE	Saturated Fat	0.78 g	5.62%	Cals from S Fat
		Vitamin C	0.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000402 Country Fried Steak
 Number of Portions: 1
 Size of Portion: 1 steak 2 oz.

1: * Wilson County

Calories	309	Iron	3.01 mg	Protein	13.33 g	17.28%	Cals from Prot
Cholesterol	60 mg	Calcium	49 mg	Carbohydrates	16.35 g	21.19%	Cals from Carb
Sodium	838 mg	Vitamin A	21 IU	Total Fat	20.36 g	59.37%	Cals from T Fat
Dietary Fiber	1.54 g	Vitamin A	21 RE	Saturated Fat	7.23 g	21.07%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000272 Cranberry Sauce
 Number of Portions: 42
 Size of Portion: 1/4 Cup

42: * Wilson County

Calories	124	Iron	0.00* mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0* mg	Carbohydrates	29.33 g	94.55%	Cals from Carb
Sodium	39 mg	Vitamin A	0* IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	1.13 g	Vitamin A	0* RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Wilson County Schools

Recipe No. 011181 Creamy Cole Slaw 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1/2 Cup

Calories	38	Iron	0.09* mg	Protein	0.25 g	2.59%	Cals from Prot
Cholesterol	5 mg	Calcium	7* mg	Carbohydrates	2.14 g	22.30%	Cals from Carb
Sodium	50 mg	Vitamin A	667* IU	Total Fat	3.18 g	74.68%	Cals from T Fat
Dietary Fiber	0.40 g	Vitamin A	113* RE	Saturated Fat	0.53 g	12.45%	Cals from S Fat
		Vitamin C	4.5* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000396 Curly Fries 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Cup

Calories	313	Iron	0.94 mg	Protein	2.61 g	3.34%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	26.13 g	33.40%	Cals from Carb
Sodium	457 mg	Vitamin A	0 IU	Total Fat	21.84 g	62.81%	Cals from T Fat
Dietary Fiber	3.92 g	Vitamin A	0 RE	Saturated Fat	3.96 g	11.39%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000346 Dipping Sauce 80: * Wilson County
 Number of Portions: 80
 Size of Portion: 2 oz.

Calories	115	Iron	0.22 mg	Protein	0.62 g	2.15%	Cals from Prot
Cholesterol	10 mg	Calcium	15 mg	Carbohydrates	9.79 g	34.11%	Cals from Carb
Sodium	281 mg	Vitamin A	113 IU	Total Fat	7.49 g	58.68%	Cals from T Fat
Dietary Fiber	0.15 g	Vitamin A	23 RE	Saturated Fat	1.14 g	8.92%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000461 Donut - Homestyle 1: * WC Schools
 Number of Portions: 1
 Size of Portion: 1 Donut

Calories	220	Iron	1.35 mg	Protein	4.00 g	7.27%	Cals from Prot
Cholesterol	0 mg	Calcium	7 mg	Carbohydrates	25.00 g	45.45%	Cals from Carb
Sodium	220 mg	Vitamin A	51 IU	Total Fat	11.00 g	45.00%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	51 RE	Saturated Fat	2.50 g	10.23%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	2.50 g	10.23%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000394 Donut w/ Chocolate Glaze 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Donut & Glaze

Calories	306	Iron	1.35 mg	Protein	4.35 g	5.69%	Cals from Prot
Cholesterol	0 mg	Calcium	10 mg	Carbohydrates	43.79 g	57.25%	Cals from Carb
Sodium	230 mg	Vitamin A	97 IU	Total Fat	12.02 g	35.35%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	60 RE	Saturated Fat	2.66 g	7.83%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	2.50 g	7.35%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000106 Donut w/ Cinnamon & Sugar 1: * WC Schools
 Number of Portions: 1
 Size of Portion: 1 Donut & S/C

Calories	276	Iron	1.42 mg	Protein	4.03 g	5.83%	Cals from Prot
Cholesterol	0 mg	Calcium	15 mg	Carbohydrates	39.25 g	56.79%	Cals from Carb
Sodium	220 mg	Vitamin A	54 IU	Total Fat	11.01 g	35.84%	Cals from T Fat
Dietary Fiber	0.43* g	Vitamin A	51 RE	Saturated Fat	2.50 g	8.15%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	2.50 g	8.14%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Wilson County Schools

Recipe No. 011211 Donut w/ Vanilla Frosting 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Donut & Glaze

Calories	299	Iron	1.35 mg	Protein	4.07 g	5.44%	Cals from Prot
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	43.18 g	57.72%	Cals from Carb
Sodium	227 mg	Vitamin A	85 IU	Total Fat	11.67 g	35.10%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	58 RE	Saturated Fat	2.62 g	7.88%	Cals from S Fat
		Vitamin C	0.1 mg	Trans Fat	2.50 g	7.52%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011167 Egg Rolls 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 2 Egg Rolls

Calories	600	Iron	3.74 mg	Protein	13.86 g	9.24%	Cals from Prot
Cholesterol	25 mg	Calcium	66 mg	Carbohydrates	40.06 g	26.71%	Cals from Carb
Sodium	849 mg	Vitamin A	2177 IU	Total Fat	41.86 g	62.79%	Cals from T Fat
Dietary Fiber	4.14 g	Vitamin A	435 RE	Saturated Fat	7.98 g	11.97%	Cals from S Fat
		Vitamin C	18.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010151 Egg Salad Mix 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 1/3 Cup Serving

Calories	109	Iron	0.97 mg	Protein	6.37 g	23.38%	Cals from Prot
Cholesterol	217 mg	Calcium	31 mg	Carbohydrates	2.29 g	8.39%	Cals from Carb
Sodium	164 mg	Vitamin A	257 IU	Total Fat	8.16 g	67.36%	Cals from T Fat
Dietary Fiber	0.19 g	Vitamin A	97 RE	Saturated Fat	2.08 g	17.20%	Cals from S Fat
		Vitamin C	0.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011153 Fish Treasures - Baked 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 4 Treasures

Calories	260	Iron	0.72 mg	Protein	18.00 g	27.69%	Cals from Prot
Cholesterol	30 mg	Calcium	200 mg	Carbohydrates	17.00 g	26.15%	Cals from Carb
Sodium	360 mg	Vitamin A	0 IU	Total Fat	13.00 g	45.00%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	2.50 g	8.66%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000366 Fish Wedge - Baked 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Wedge

Calories	200	Iron	0.58 mg	Protein	14.00 g	28.00%	Cals from Prot
Cholesterol	50 mg	Calcium	6 mg	Carbohydrates	13.00 g	26.00%	Cals from Carb
Sodium	490 mg	Vitamin A	48 IU	Total Fat	10.00 g	45.00%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	10 RE	Saturated Fat	1.50 g	6.75%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000382 Flav. Applesauce - Cinnamon 24: * Wilson County
 Number of Portions: 24
 Size of Portion: 1/2 Cup

Calories	91	Iron	0.01* mg	Protein	0.01 g	0.02%	Cals from Prot
Cholesterol	0 mg	Calcium	1* mg	Carbohydrates	23.40 g	102.33%	Cals from Carb
Sodium	15 mg	Vitamin A	0* IU	Total Fat	0.00 g	0.02%	Cals from T Fat
Dietary Fiber	2.10 g	Vitamin A	0* RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Wilson County Schools

Recipe No. 000474 Frank & Beans 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Frank & 4 oz.

Calories	295	Iron	4.99 mg	Protein	14.82 g	20.07%	Cals from Prot
Cholesterol	45 mg	Calcium	69 mg	Carbohydrates	38.40 g	51.99%	Cals from Carb
Sodium	1113 mg	Vitamin A	138 IU	Total Fat	10.85 g	33.05%	Cals from T Fat
Dietary Fiber	6.58 g	Vitamin A	27 RE	Saturated Fat	3.21 g	9.78%	Cals from S Fat
		Vitamin C	5.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010017 French Toast Sticks w/ Syrup 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 2 Sticks

Calories	250	Iron	1.40* mg	Protein	6.00 g	9.60%	Cals from Prot
Cholesterol	10 mg	Calcium	20* mg	Carbohydrates	44.00 g	70.40%	Cals from Carb
Sodium	235 mg	Vitamin A	22* IU	Total Fat	6.00 g	21.60%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	4* RE	Saturated Fat	2.00 g	7.20%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000245 Fresh Oranges/Banana's 7: * Wilson County
 Number of Portions: 7
 Size of Portion: 1 Whole Fruit

Calories	40	Iron	0.10 mg	Protein	0.66 g	6.65%	Cals from Prot
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	10.08 g	101.15%	Cals from Carb
Sodium	0 mg	Vitamin A	120 IU	Total Fat	0.12 g	2.75%	Cals from T Fat
Dietary Fiber	1.66 g	Vitamin A	12 RE	Saturated Fat	0.03 g	0.71%	Cals from S Fat
		Vitamin C	27.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011256 Frito Chili Pie 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1/2 cup + Chips

Calories	426	Iron	1.96 mg	Protein	22.20 g	20.83%	Cals from Prot
Cholesterol	70 mg	Calcium	220 mg	Carbohydrates	25.75 g	24.16%	Cals from Carb
Sodium	871 mg	Vitamin A	1144 IU	Total Fat	27.23 g	57.48%	Cals from T Fat
Dietary Fiber	1.51 g	Vitamin A	211 RE	Saturated Fat	10.64 g	22.47%	Cals from S Fat
		Vitamin C	15.1 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000419 Fruit Cocktail - Canned 18: * Wilson County
 Number of Portions: 18
 Size of Portion: 1/2 Cup

Calories	69	Iron	0.00 mg	Protein	0.86 g	5.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	15.53 g	90.00%	Cals from Carb
Sodium	4 mg	Vitamin A	172 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.86 g	Vitamin A	34 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011199 Fruit Salad 75: * Wilson County
 Number of Portions: 75
 Size of Portion: 1/2 Cup

Calories	103	Iron	0.12 mg	Protein	1.12 g	4.37%	Cals from Prot
Cholesterol	0 mg	Calcium	3 mg	Carbohydrates	24.26 g	94.43%	Cals from Carb
Sodium	4 mg	Vitamin A	198 IU	Total Fat	0.20 g	1.78%	Cals from T Fat
Dietary Fiber	2.06 g	Vitamin A	36 RE	Saturated Fat	0.06 g	0.51%	Cals from S Fat
		Vitamin C	4.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Wilson County Schools

Recipe No. 000449 Gravy - Trio Brown 69: * Wilson County
 Number of Portions: 69
 Size of Portion: 2 oz. Serving

Calories	28	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	2 mg	Carbohydrates	4.70 g	66.67%	Cals from Carb
Sodium	274 mg	Vitamin A	0 IU	Total Fat	0.94 g	30.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000450 Gravy - Trio Chicken 71: * Wilson County
 Number of Portions: 71
 Size of Portion: 2 oz. Serving

Calories	35	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	2 mg	Carbohydrates	6.02 g	68.57%	Cals from Carb
Sodium	282 mg	Vitamin A	0 IU	Total Fat	1.00 g	25.71%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000448 Gravy - Trio Peppered 73: * Wilson County
 Number of Portions: 73
 Size of Portion: 2 oz. Serving

Calories	41	Iron	0.37 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	2 mg	Carbohydrates	5.18 g	50.00%	Cals from Carb
Sodium	250 mg	Vitamin A	0 IU	Total Fat	3.11 g	67.50%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.04 g	22.50%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011269 Great Northern Beans 18: * Wilson County
 Number of Portions: 18
 Size of Portion: 1/2 Cup

Calories	92	Iron	1.23 mg	Protein	5.82 g	25.43%	Cals from Prot
Cholesterol	0 mg	Calcium	50 mg	Carbohydrates	17.50 g	76.45%	Cals from Carb
Sodium	299 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.04%	Cals from T Fat
Dietary Fiber	5.84 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.01%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000311 Green Bean Casserole 36: * Wilson County
 Number of Portions: 36
 Size of Portion: 1/2 Cup

Calories	28	Iron	0.02 mg	Protein	0.35 g	5.13%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	4.16 g	60.38%	Cals from Carb
Sodium	209 mg	Vitamin A	0 IU	Total Fat	0.87 g	28.38%	Cals from T Fat
Dietary Fiber	1.72 g	Vitamin A	0 RE	Saturated Fat	0.17 g	5.68%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000424 Green Beans - Canned 24: * Wilson County
 Number of Portions: 24
 Size of Portion: 1/2 Cup

Calories	18	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	3.54 g	80.00%	Cals from Carb
Sodium	189 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	1.77 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 011254 Green Beans - Frozen 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	19	Iron	1.53 mg	Protein	0.76 g	16.01%	Cals from Prot
Cholesterol	0 mg	Calcium	2 mg	Carbohydrates	3.06 g	64.51%	Cals from Carb
Sodium	163 mg	Vitamin A	2 IU	Total Fat	0.00 g	0.15%	Cals from T Fat
Dietary Fiber	1.53 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.05%	Cals from S Fat
		Vitamin C	1.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011276 Ham - Baked 64: * Wilson County
 Number of Portions: 64
 Size of Portion: 2.5 oz.

Calories	89	Iron	0.37 mg	Protein	10.00 g	45.16%	Cals from Prot
Cholesterol	31 mg	Calcium	0 mg	Carbohydrates	4.65 g	20.98%	Cals from Carb
Sodium	675 mg	Vitamin A	0 IU	Total Fat	2.50 g	25.40%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.63 g	6.35%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000401 Hamb Steak w/Gravy Comm Proc 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 1 burger & 2 oz

Calories	148	Iron	1.80 mg	Protein	14.00 g	37.79%	Cals from Prot
Cholesterol	35 mg	Calcium	22 mg	Carbohydrates	6.70 g	18.08%	Cals from Carb
Sodium	644 mg	Vitamin A	100 IU	Total Fat	6.94 g	42.15%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	20 RE	Saturated Fat	2.50 g	15.18%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000009 Hamb. Steak w/Gravy IWC 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 1 Burger & 2 oz

Calories	232	Iron	2.58 mg	Protein	14.19 g	24.50%	Cals from Prot
Cholesterol	43 mg	Calcium	82 mg	Carbohydrates	9.51 g	16.41%	Cals from Carb
Sodium	646 mg	Vitamin A	50 IU	Total Fat	15.91 g	61.79%	Cals from T Fat
Dietary Fiber	2.41 g	Vitamin A	10 RE	Saturated Fat	5.60 g	21.75%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001043 Hamburger - Comm. Proc. 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	260	Iron	3.24 mg	Protein	18.00 g	27.69%	Cals from Prot
Cholesterol	35 mg	Calcium	100 mg	Carbohydrates	30.00 g	46.15%	Cals from Carb
Sodium	660 mg	Vitamin A	100 IU	Total Fat	7.50 g	25.96%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	20 RE	Saturated Fat	2.50 g	8.65%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000161 Hamburger - IWC 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	344	Iron	4.02 mg	Protein	18.19 g	21.18%	Cals from Prot
Cholesterol	43 mg	Calcium	160 mg	Carbohydrates	32.81 g	38.20%	Cals from Carb
Sodium	663 mg	Vitamin A	50 IU	Total Fat	16.47 g	43.15%	Cals from T Fat
Dietary Fiber	3.41 g	Vitamin A	10 RE	Saturated Fat	5.60 g	14.67%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Wilson County Schools

Recipe No. 000162 Hot Dog - All Meat 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	280	Iron	1.08* mg	Protein	10.00 g	14.29%	Cals from Prot
Cholesterol	35 mg	Calcium	40* mg	Carbohydrates	24.00 g	34.29%	Cals from Carb
Sodium	710 mg	Vitamin A	0* IU	Total Fat	17.50 g	56.25%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0* RE	Saturated Fat	6.00 g	19.29%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010259 Hot Dog - Turkey 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	230	Iron	5.04 mg	Protein	12.00 g	20.87%	Cals from Prot
Cholesterol	45 mg	Calcium	40 mg	Carbohydrates	22.00 g	38.26%	Cals from Carb
Sodium	860 mg	Vitamin A	0 IU	Total Fat	11.50 g	45.00%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	3.00 g	11.74%	Cals from S Fat
		Vitamin C	1.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000360 Hot Dog Bar 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Each

Calories	477	Iron	1.78* mg	Protein	20.20 g	16.94%	Cals from Prot
Cholesterol	76 mg	Calcium	207* mg	Carbohydrates	37.33 g	31.29%	Cals from Carb
Sodium	1577 mg	Vitamin A	692* IU	Total Fat	30.13 g	56.84%	Cals from T Fat
Dietary Fiber	1.26 g	Vitamin A	133* RE	Saturated Fat	13.18 g	24.87%	Cals from S Fat
		Vitamin C	5.5* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000375 Hot Pocket - Direct. Choice 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Hot Pocket

Calories	390	Iron	3.60 mg	Protein	16.00 g	16.41%	Cals from Prot
Cholesterol	10 mg	Calcium	350 mg	Carbohydrates	42.00 g	43.08%	Cals from Carb
Sodium	640 mg	Vitamin A	750 IU	Total Fat	17.00 g	39.23%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	150 RE	Saturated Fat	4.50 g	10.38%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000137 Hot Pocket - Ham & Ch. 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Hot Pocket

Calories	230	Iron	3.60 mg	Protein	11.00 g	19.13%	Cals from Prot
Cholesterol	40 mg	Calcium	200 mg	Carbohydrates	35.00 g	60.87%	Cals from Carb
Sodium	710 mg	Vitamin A	0 IU	Total Fat	10.00 g	39.13%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	5.00 g	19.57%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000306 Hot Pockets - Pepperoni 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Hot Pocket

Calories	390	Iron	3.60 mg	Protein	16.00 g	16.41%	Cals from Prot
Cholesterol	10 mg	Calcium	350 mg	Carbohydrates	42.00 g	43.08%	Cals from Carb
Sodium	640 mg	Vitamin A	750 IU	Total Fat	17.00 g	39.23%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	150 RE	Saturated Fat	4.50 g	10.38%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 011263 Hot Pockets - Pizza Stick 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Stick

Calories	230	Iron	1.80 mg	Protein	7.00 g	12.17%	Cals from Prot
Cholesterol	20 mg	Calcium	150 mg	Carbohydrates	30.00 g	52.17%	Cals from Carb
Sodium	490 mg	Vitamin A	300 IU	Total Fat	9.00 g	35.22%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	60 RE	Saturated Fat	3.50 g	13.70%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000404 Hushpuppies 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 3 pieces

Calories	130	Iron	1.08 mg	Protein	2.00 g	6.15%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	18.00 g	55.39%	Cals from Carb
Sodium	320 mg	Vitamin A	100 IU	Total Fat	5.00 g	34.62%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	20 RE	Saturated Fat	1.00 g	6.92%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 005013 Icing - Chocolate Glaze 25 : *Wilson County
 Number of Portions: 25
 Size of Portion: 2 Tbsp

Calories	86	Iron	0.00* mg	Protein	0.35 g	1.63%	Cals from Prot
Cholesterol	0 mg	Calcium	3* mg	Carbohydrates	18.79 g	87.46%	Cals from Carb
Sodium	10 mg	Vitamin A	45* IU	Total Fat	1.02 g	10.64%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	9* RE	Saturated Fat	0.16* g	1.70%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000103 Icing - Sugar & Cinnamon 25: * WC Schools
 Number of Portions: 25
 Size of Portion: 1 Tbsp

Calories	56	Iron	0.07 mg	Protein	0.03 g	0.23%	Cals from Prot
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	14.25 g	100.99%	Cals from Carb
Sodium	0 mg	Vitamin A	2 IU	Total Fat	0.01 g	0.16%	Cals from T Fat
Dietary Fiber	0.43 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.04%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000219 Icing - Vanilla Creme 25: * WC Schools
 Number of Portions: 25
 Size of Portion: 2 Tbsp

Calories	79	Iron	0.00 mg	Protein	0.07 g	0.34%	Cals from Prot
Cholesterol	0 mg	Calcium	2 mg	Carbohydrates	18.18 g	91.80%	Cals from Carb
Sodium	7 mg	Vitamin A	34 IU	Total Fat	0.67 g	7.59%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	7 RE	Saturated Fat	0.12 g	1.38%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001014 Kolache w/Ham & Cheese 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1 Kolache

Calories	696	Iron	4.86 mg	Protein	26.65 g	15.31%	Cals from Prot
Cholesterol	78 mg	Calcium	315 mg	Carbohydrates	85.42 g	49.07%	Cals from Carb
Sodium	1673 mg	Vitamin A	500 IU	Total Fat	28.18 g	36.42%	Cals from T Fat
Dietary Fiber	2.85 g	Vitamin A	104 RE	Saturated Fat	13.00 g	16.80%	Cals from S Fat
		Vitamin C	0.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Wilson County Schools

Recipe No. 000163 Lasagna w/Ground Beef 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1/25 piece

Calories	285	Iron	1.79 mg	Protein	17.65 g	24.75%	Cals from Prot
Cholesterol	45 mg	Calcium	263 mg	Carbohydrates	27.05 g	37.92%	Cals from Carb
Sodium	492 mg	Vitamin A	769 IU	Total Fat	12.64 g	39.87%	Cals from T Fat
Dietary Fiber	1.41* g	Vitamin A	152 RE	Saturated Fat	6.89 g	21.73%	Cals from S Fat
		Vitamin C	8.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000017 Layered Salad 25: * Wilson County
 Number of Portions: 25
 Size of Portion: 1/2 Cup

Calories	156	Iron	0.99 mg	Protein	6.45 g	16.54%	Cals from Prot
Cholesterol	70 mg	Calcium	120 mg	Carbohydrates	9.00 g	23.08%	Cals from Carb
Sodium	299 mg	Vitamin A	1564 IU	Total Fat	10.56 g	60.88%	Cals from T Fat
Dietary Fiber	2.32 g	Vitamin A	184 RE	Saturated Fat	3.25 g	18.73%	Cals from S Fat
		Vitamin C	13.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010670 Lima Beans - Frozen 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	113	Iron	1.07* mg	Protein	5.77 g	20.38%	Cals from Prot
Cholesterol	0 mg	Calcium	20* mg	Carbohydrates	21.19 g	74.82%	Cals from Carb
Sodium	291 mg	Vitamin A	0* IU	Total Fat	1.29 g	10.28%	Cals from T Fat
Dietary Fiber	4.83* g	Vitamin A	0* RE	Saturated Fat	0.10 g	0.83%	Cals from S Fat
		Vitamin C	2.3* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000123 Loco Bread Chicken Fajita 1: *WC Schools
 Number of Portions: 1
 Size of Portion: 1 Loco Fajita

Calories	365	Iron	2.09 mg	Protein	28.95 g	31.74%	Cals from Prot
Cholesterol	77 mg	Calcium	219 mg	Carbohydrates	31.06 g	34.05%	Cals from Carb
Sodium	1163 mg	Vitamin A	313* IU	Total Fat	14.17 g	34.95%	Cals from T Fat
Dietary Fiber	3.00* g	Vitamin A	63* RE	Saturated Fat	7.23 g	17.83%	Cals from S Fat
		Vitamin C	4.5* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000129 Loco Bread Taco 1: *WC Schools
 Number of Portions: 1
 Size of Portion: 1 Loco Taco

Calories	398	Iron	2.88 mg	Protein	23.05 g	23.16%	Cals from Prot
Cholesterol	70 mg	Calcium	226 mg	Carbohydrates	33.18 g	33.34%	Cals from Carb
Sodium	1437 mg	Vitamin A	660* IU	Total Fat	19.36 g	43.77%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	132* RE	Saturated Fat	9.59 g	21.68%	Cals from S Fat
		Vitamin C	5.1* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000124 Los Cabos Breakfast Burrito 1: *WC Schools
 Number of Portions: 1
 Size of Portion: 1 Burrito K-8

Calories	189	Iron	1.83 mg	Protein	8.69 g	18.40%	Cals from Prot
Cholesterol	56 mg	Calcium	81 mg	Carbohydrates	26.91 g	57.01%	Cals from Carb
Sodium	382 mg	Vitamin A	285 IU	Total Fat	4.97 g	23.67%	Cals from T Fat
Dietary Fiber	1.18 g	Vitamin A	44 RE	Saturated Fat	1.89 g	9.01%	Cals from S Fat
		Vitamin C	2.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

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Wilson County Schools

Recipe No. 001003 Macaroni & Cheese w/ Ham 50: * Wilson County
 Number of Portions: 96
 Size of Portion: 1/2 c. - 2 oz.

Calories	172	Iron	1.06 mg	Protein	11.43 g	26.51%	Cals from Prot
Cholesterol	25 mg	Calcium	10 mg	Carbohydrates	21.00 g	48.71%	Cals from Carb
Sodium	859 mg	Vitamin A	89 IU	Total Fat	4.30 g	22.44%	Cals from T Fat
Dietary Fiber	0.86 g	Vitamin A	18 RE	Saturated Fat	0.85 g	4.46%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 011250 Macaroni and Cheese 96: * Wilson County
 Number of Portions: 96
 Size of Portion: 1/2 cup

Calories	102	Iron	0.77 mg	Protein	3.43 g	13.51%	Cals from Prot
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	17.29 g	68.05%	Cals from Carb
Sodium	319 mg	Vitamin A	89 IU	Total Fat	2.30 g	20.37%	Cals from T Fat
Dietary Fiber	0.86 g	Vitamin A	18 RE	Saturated Fat	0.35 g	3.14%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000314 Marinara Sauce 53: * Wilson County
 Number of Portions: 53
 Size of Portion: 2 oz.

Calories	46	Iron	0.49* mg	Protein	1.36* g	11.96%	Cals from Prot
Cholesterol	0 mg	Calcium	9* mg	Carbohydrates	5.44* g	47.82%	Cals from Carb
Sodium	213 mg	Vitamin A	680* IU	Total Fat	1.81 g	35.87%	Cals from T Fat
Dietary Fiber	0.91* g	Vitamin A	136* RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	5.4* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010706 Marinara Sauce (Scratch) 96 : * Wilson County
 Number of Portions: 96
 Size of Portion: 2 oz.

Calories	94	Iron	1.64 mg	Protein	2.76 g	11.74%	Cals from Prot
Cholesterol	1 mg	Calcium	54 mg	Carbohydrates	13.68 g	58.29%	Cals from Carb
Sodium	677 mg	Vitamin A	1242 IU	Total Fat	4.23 g	40.55%	Cals from T Fat
Dietary Fiber	2.72 g	Vitamin A	152 RE	Saturated Fat	0.49 g	4.69%	Cals from S Fat
		Vitamin C	18.4 mg	Trans Fat	0.01* g	0.13%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000165 Meatloaf 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 1 (3/4") slice

Calories	170	Iron	1.47 mg	Protein	14.73 g	34.61%	Cals from Prot
Cholesterol	64 mg	Calcium	42 mg	Carbohydrates	8.11 g	19.07%	Cals from Carb
Sodium	134 mg	Vitamin A	95 IU	Total Fat	8.58 g	45.37%	Cals from T Fat
Dietary Fiber	1.11 g	Vitamin A	22 RE	Saturated Fat	3.19 g	16.88%	Cals from S Fat
		Vitamin C	1.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990131 Mexi Corn 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1/2 Cup

Calories	88	Iron	0.12 mg	Protein	1.54 g	6.95%	Cals from Prot
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	14.89 g	67.33%	Cals from Carb
Sodium	222 mg	Vitamin A	207 IU	Total Fat	2.43 g	24.72%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	30 RE	Saturated Fat	0.33 g	3.38%	Cals from S Fat
		Vitamin C	4.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Wilson County Schools

Recipe No. 990129 Mexi-Ranch Sauce 64: * Wilson County
 Number of Portions: 64
 Size of Portion: 2 oz.

Calories	145	Iron	0.34 mg	Protein	2.31 g	6.35%	Cals from Prot
Cholesterol	20 mg	Calcium	75 mg	Carbohydrates	6.79 g	18.68%	Cals from Carb
Sodium	457 mg	Vitamin A	333 IU	Total Fat	11.38 g	70.45%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	67 RE	Saturated Fat	1.92 g	11.86%	Cals from S Fat
		Vitamin C	0.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000441 Mexicali Bake w/Chicken 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 8 oz.

Calories	319	Iron	2.43 mg	Protein	24.67 g	30.96%	Cals from Prot
Cholesterol	51 mg	Calcium	137 mg	Carbohydrates	40.03 g	50.24%	Cals from Carb
Sodium	1100 mg	Vitamin A	697 IU	Total Fat	6.57 g	18.55%	Cals from T Fat
Dietary Fiber	1.28* g	Vitamin A	139 RE	Saturated Fat	1.20 g	3.39%	Cals from S Fat
		Vitamin C	10.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000440 Mexicali Bake w/Ground Beef 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 8 oz.

Calories	344	Iron	2.89 mg	Protein	20.60 g	23.99%	Cals from Prot
Cholesterol	46 mg	Calcium	141 mg	Carbohydrates	41.03 g	47.78%	Cals from Carb
Sodium	1093 mg	Vitamin A	666 IU	Total Fat	10.03 g	26.29%	Cals from T Fat
Dietary Fiber	1.17* g	Vitamin A	133 RE	Saturated Fat	3.21 g	8.41%	Cals from S Fat
		Vitamin C	10.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000489 Milk - Average of Variety 6: * Wilson County
 Number of Portions: 6
 Size of Portion: 1 Carton - 8 oz

Calories	128	Iron	0.00 mg	Protein	8.33 g	25.97%	Cals from Prot
Cholesterol	12 mg	Calcium	300 mg	Carbohydrates	18.33 g	57.14%	Cals from Carb
Sodium	138 mg	Vitamin A	542 IU	Total Fat	2.08 g	14.61%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	108 RE	Saturated Fat	1.25 g	8.76%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001001 Milk, Powdered Reconstituted 16: *Wilson County
 Number of Portions: 16
 Size of Portion: 8 oz.

Calories	81	Iron	0.07 mg	Protein	8.14 g	39.96%	Cals from Prot
Cholesterol	5 mg	Calcium	289 mg	Carbohydrates	11.70 g	57.44%	Cals from Carb
Sodium	127 mg	Vitamin A	5 IU	Total Fat	0.17 g	1.91%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	2 RE	Saturated Fat	0.11 g	1.24%	Cals from S Fat
		Vitamin C	1.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000128 Mixed Vegetable Casserole 48: * Wilson County
 Number of Portions: 48
 Size of Portion: 1/2 Cup

Calories	163	Iron	0.68 mg	Protein	7.36 g	18.11%	Cals from Prot
Cholesterol	18 mg	Calcium	127 mg	Carbohydrates	13.59 g	33.43%	Cals from Carb
Sodium	584 mg	Vitamin A	4265 IU	Total Fat	9.49 g	52.54%	Cals from T Fat
Dietary Fiber	4.34 g	Vitamin A	871 RE	Saturated Fat	4.31 g	23.84%	Cals from S Fat
		Vitamin C	8.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000432 Mixed Vegetables - Canned 18: * Wilson County
 Number of Portions: 18
 Size of Portion: 1/2 Cup

Calories	34	Iron	51.11 mg	Protein	0.84 g	10.00%	Cals from Prot
Cholesterol	0 mg	Calcium	37 mg	Carbohydrates	6.70 g	80.00%	Cals from Carb
Sodium	243 mg	Vitamin A	4800 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	1.68 g	Vitamin A	960 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	4.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011277 Mixed Vegetables - Frozen 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	29	Iron	0.36 mg	Protein	1.50 g	20.69%	Cals from Prot
Cholesterol	0 mg	Calcium	10 mg	Carbohydrates	6.00 g	82.76%	Cals from Carb
Sodium	176 mg	Vitamin A	2250 IU	Total Fat	0.25 g	7.76%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	450 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	4.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011054 Mozzarella Maxstix 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 2 Sticks

Calories	280	Iron	2.16 mg	Protein	20.00 g	28.57%	Cals from Prot
Cholesterol	30 mg	Calcium	400 mg	Carbohydrates	28.00 g	40.00%	Cals from Carb
Sodium	700 mg	Vitamin A	400 IU	Total Fat	12.00 g	38.57%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	80 RE	Saturated Fat	6.00 g	19.29%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 011255 Nacho Salad 1: *WC Schools
 Number of Portions: 1
 Size of Portion: 1 serving

Calories	512	Iron	3.12 mg	Protein	25.08 g	19.61%	Cals from Prot
Cholesterol	70 mg	Calcium	240 mg	Carbohydrates	46.12 g	36.06%	Cals from Carb
Sodium	1541 mg	Vitamin A	872 IU	Total Fat	27.04 g	47.56%	Cals from T Fat
Dietary Fiber	6.36* g	Vitamin A	169 RE	Saturated Fat	10.36 g	18.23%	Cals from S Fat
		Vitamin C	10.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000295 Nachos w/ Taco Filling 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Portion

Calories	544	Iron	4.61 mg	Protein	29.46 g	21.65%	Cals from Prot
Cholesterol	70 mg	Calcium	371 mg	Carbohydrates	60.66 g	44.58%	Cals from Carb
Sodium	4626 mg	Vitamin A	2445 IU	Total Fat	25.84 g	42.73%	Cals from T Fat
Dietary Fiber	10.78 g	Vitamin A	499 RE	Saturated Fat	10.27 g	16.99%	Cals from S Fat
		Vitamin C	13.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000276 Open Faced Turkey Sand. 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Each

Calories	196	Iron	1.52 mg	Protein	15.35 g	31.39%	Cals from Prot
Cholesterol	43 mg	Calcium	49 mg	Carbohydrates	17.48 g	35.74%	Cals from Carb
Sodium	949 mg	Vitamin A	0 IU	Total Fat	5.77 g	26.53%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	0 RE	Saturated Fat	1.24 g	5.68%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000084 Orange Juice, Cartons 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 4 oz.

Calories	56	Iron	0.12 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	11 mg	Carbohydrates	13.00 g	92.86%	Cals from Carb
Sodium	1 mg	Vitamin A	30 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	6 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	49.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000315 Orange Juice, Concentrate 32: * Wilson County
 Number of Portions: 32
 Size of Portion: 4 oz.

Calories	14	Iron	0.01 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	3.50 g	100.73%	Cals from Carb
Sodium	4 mg	Vitamin A	2 IU	Total Fat	0.02 g	1.29%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	1 RE	Saturated Fat	0.00 g	0.04%	Cals from S Fat
		Vitamin C	16.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000243 P - Au Gratin Potatoes 33: * Wilson County
 Number of Portions: 33
 Size of Portion: 1/2 Cup

Calories	50	Iron	0.00 mg	Protein	0.73 g	5.82%	Cals from Prot
Cholesterol	0 mg	Calcium	11 mg	Carbohydrates	5.45 g	43.64%	Cals from Carb
Sodium	203 mg	Vitamin A	123 IU	Total Fat	3.06 g	55.15%	Cals from T Fat
Dietary Fiber	0.36 g	Vitamin A	25 RE	Saturated Fat	0.49 g	8.84%	Cals from S Fat
		Vitamin C	1.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010618 P - Baked Potato 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Potato

Calories	101	Iron	1.09* mg	Protein	2.52 g	9.97%	Cals from Prot
Cholesterol	0 mg	Calcium	15* mg	Carbohydrates	21.36 g	84.32%	Cals from Carb
Sodium	12 mg	Vitamin A	10* IU	Total Fat	0.94 g	8.36%	Cals from T Fat
Dietary Fiber	2.22* g	Vitamin A	0* RE	Saturated Fat	0.14 g	1.27%	Cals from S Fat
		Vitamin C	9.7* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000484 P - French Fries 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	250	Iron	0.72 mg	Protein	2.00 g	3.19%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	19.00 g	30.35%	Cals from Carb
Sodium	15 mg	Vitamin A	0 IU	Total Fat	19.63 g	70.53%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	3.30 g	11.84%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000263 P - Hash Brown Casserole 48: * Wilson County
 Number of Portions: 48
 Size of Portion: 2/3 cup

Calories	94	Iron	0.20 mg	Protein	3.31 g	14.16%	Cals from Prot
Cholesterol	9 mg	Calcium	57 mg	Carbohydrates	7.94 g	33.95%	Cals from Carb
Sodium	311 mg	Vitamin A	175 IU	Total Fat	5.45 g	52.48%	Cals from T Fat
Dietary Fiber	0.47 g	Vitamin A	44 RE	Saturated Fat	2.32 g	22.35%	Cals from S Fat
		Vitamin C	4.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 000069 P - Mashed Potatoes 140: * Wilson County
 Number of Portions: 140
 Size of Portion: 1/2 Cup

Calories	75	Iron	0.22 mg	Protein	1.49 g	7.96%	Cals from Prot
Cholesterol	0 mg	Calcium	7 mg	Carbohydrates	14.46 g	77.50%	Cals from Carb
Sodium	184 mg	Vitamin A	60 IU	Total Fat	1.35 g	16.23%	Cals from T Fat
Dietary Fiber	1.18 g	Vitamin A	12 RE	Saturated Fat	0.26 g	3.15%	Cals from S Fat
		Vitamin C	14.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011196 P - Potato Salad 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 2/3 Cup

Calories	150	Iron	0.55 mg	Protein	3.09 g	8.23%	Cals from Prot
Cholesterol	60 mg	Calcium	19 mg	Carbohydrates	19.33 g	51.43%	Cals from Carb
Sodium	280 mg	Vitamin A	78 IU	Total Fat	6.74 g	40.38%	Cals from T Fat
Dietary Fiber	1.81 g	Vitamin A	25 RE	Saturated Fat	1.31 g	7.82%	Cals from S Fat
		Vitamin C	7.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000451 P - Potato Smiles 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 4 Smiles

Calories	130	Iron	0.00 mg	Protein	2.00 g	6.15%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	20.00 g	61.54%	Cals from Carb
Sodium	320 mg	Vitamin A	0 IU	Total Fat	4.50 g	31.15%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	0.50 g	3.46%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000458 P - Potato Stars 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 5 Stars

Calories	99	Iron	0.40 mg	Protein	1.10 g	4.45%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	10.45 g	42.22%	Cals from Carb
Sodium	193 mg	Vitamin A	0 IU	Total Fat	6.05 g	55.00%	Cals from T Fat
Dietary Fiber	1.10 g	Vitamin A	0 RE	Saturated Fat	0.55 g	5.00%	Cals from S Fat
		Vitamin C	1.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011152 P - Potato Wedges 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 3 oz.

Calories	140	Iron	0.72 mg	Protein	2.00 g	5.72%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	15.00 g	42.86%	Cals from Carb
Sodium	250 mg	Vitamin A	0 IU	Total Fat	7.00 g	45.00%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	1.50 g	9.64%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000443 P - Scalloped Potatoes 35: * Wilson County
 Number of Portions: 35
 Size of Portion: 1/2 Cup

Calories	123	Iron	0.00* mg	Protein	1.66 g	5.41%	Cals from Prot
Cholesterol	0 mg	Calcium	4* mg	Carbohydrates	21.53 g	70.30%	Cals from Carb
Sodium	557 mg	Vitamin A	116* IU	Total Fat	4.20 g	30.87%	Cals from T Fat
Dietary Fiber	1.66 g	Vitamin A	23* RE	Saturated Fat	0.46 g	3.40%	Cals from S Fat
		Vitamin C	4.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 001008 P - Sweet Potato Cass. 100: * Wilson County
 Number of Portions: 100
 Size of Portion: 1/2 Cup

Calories	129	Iron	0.36 mg	Protein	1.74* g	5.39%	Cals from Prot
Cholesterol	1 mg	Calcium	67 mg	Carbohydrates	26.08 g	80.97%	Cals from Carb
Sodium	81 mg	Vitamin A	333 IU	Total Fat	1.82 g	12.71%	Cals from T Fat
Dietary Fiber	0.73 g	Vitamin A	67 RE	Saturated Fat	0.35 g	2.43%	Cals from S Fat
		Vitamin C	1.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000043 P - Tater Tots 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 8 Tater Tots

Calories	142	Iron	0.30 mg	Protein	1.67 g	4.71%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	15.83 g	44.71%	Cals from Carb
Sodium	283 mg	Vitamin A	0 IU	Total Fat	8.33 g	52.94%	Cals from T Fat
Dietary Fiber	1.67 g	Vitamin A	0 RE	Saturated Fat	2.08 g	13.23%	Cals from S Fat
		Vitamin C	4.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000374 P - Triangle Potatoes 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 2 Triangles

Calories	180	Iron	0.72 mg	Protein	2.00 g	4.45%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	24.00 g	53.33%	Cals from Carb
Sodium	400 mg	Vitamin A	0 IU	Total Fat	9.00 g	45.00%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	0 RE	Saturated Fat	2.00 g	10.00%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000362 P - Whole Potatoes and Ch. 20: * Wilson County
 Number of Portions: 20
 Size of Portion: 1/2 Cup

Calories	103	Iron	0.95 mg	Protein	2.16 g	8.38%	Cals from Prot
Cholesterol	0 mg	Calcium	61 mg	Carbohydrates	20.82 g	80.65%	Cals from Carb
Sodium	419 mg	Vitamin A	0 IU	Total Fat	1.00 g	8.69%	Cals from T Fat
Dietary Fiber	1.76 g	Vitamin A	0 RE	Saturated Fat	0.40 g	3.48%	Cals from S Fat
		Vitamin C	13.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000108 Pancake Pup Mini Bites 1: *WC Schools
 Number of Portions: 1
 Size of Portion: 3 Mini Bites

Calories	280	Iron	1.80* mg	Protein	11.00 g	15.71%	Cals from Prot
Cholesterol	20 mg	Calcium	0* mg	Carbohydrates	42.00 g	60.00%	Cals from Carb
Sodium	615 mg	Vitamin A	0* IU	Total Fat	7.00 g	22.50%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	0* RE	Saturated Fat	2.00 g	6.43%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001045 Pancake Pup w/ Syrup 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Pancake Pup

Calories	300	Iron	1.44* mg	Protein	9.00 g	12.00%	Cals from Prot
Cholesterol	15 mg	Calcium	0* mg	Carbohydrates	41.00 g	54.67%	Cals from Carb
Sodium	445 mg	Vitamin A	0* IU	Total Fat	12.00 g	36.00%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0* RE	Saturated Fat	3.00 g	9.00%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 011286 Pancakes w/ Syrup 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 2 Pancakes

Calories	217	Iron	1.20* mg	Protein	4.00 g	7.38%	Cals from Prot
Cholesterol	17 mg	Calcium	27* mg	Carbohydrates	46.00 g	84.92%	Cals from Carb
Sodium	408 mg	Vitamin A	0* IU	Total Fat	2.33 g	9.69%	Cals from T Fat
Dietary Fiber	1.33 g	Vitamin A	0* RE	Saturated Fat	2.33 g	9.69%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000074 Pasta Bar 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Cup Pasta

Calories	503	Iron	4.11 mg	Protein	24.35 g	19.37%	Cals from Prot
Cholesterol	42 mg	Calcium	70 mg	Carbohydrates	61.13 g	48.63%	Cals from Carb
Sodium	1223 mg	Vitamin A	1500 IU	Total Fat	17.38 g	31.10%	Cals from T Fat
Dietary Fiber	3.76 g	Vitamin A	300 RE	Saturated Fat	5.15 g	9.21%	Cals from S Fat
		Vitamin C	12.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000138 Pasta Salad - F.F. Italian 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 3/8 Cup

Calories	68	Iron	0.55 mg	Protein	2.73 g	16.16%	Cals from Prot
Cholesterol	0 mg	Calcium	16 mg	Carbohydrates	14.16 g	83.75%	Cals from Carb
Sodium	431 mg	Vitamin A	180* IU	Total Fat	0.30 g	3.96%	Cals from T Fat
Dietary Fiber	0.96* g	Vitamin A	36* RE	Saturated Fat	0.00 g	0.01%	Cals from S Fat
		Vitamin C	3.8* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000079 Pasta Salad - Ranch 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 3/8 Cup

Calories	85	Iron	0.55 mg	Protein	3.03 g	14.27%	Cals from Prot
Cholesterol	3 mg	Calcium	14 mg	Carbohydrates	13.62 g	64.12%	Cals from Carb
Sodium	323 mg	Vitamin A	180 IU	Total Fat	2.12 g	22.44%	Cals from T Fat
Dietary Fiber	0.96 g	Vitamin A	36 RE	Saturated Fat	0.31 g	3.25%	Cals from S Fat
		Vitamin C	3.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000437 Peach Slices - Canned 18: *Wilson County
 Number of Portions: 18
 Size of Portion: 1/2 Cup

Calories	63	Iron	0.00 mg	Protein	0.90 g	5.72%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	15.30 g	97.14%	Cals from Carb
Sodium	9 mg	Vitamin A	225 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.90 g	Vitamin A	45 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	1.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000061 Peaches - Frozen 25: * Wilson County
 Number of Portions: 25
 Size of Portion: 4.4 oz. Serving

Calories	117	Iron	0.46 mg	Protein	0.79 g	2.68%	Cals from Prot
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	29.91 g	102.04%	Cals from Carb
Sodium	7 mg	Vitamin A	354 IU	Total Fat	0.16 g	1.24%	Cals from T Fat
Dietary Fiber	2.25 g	Vitamin A	35 RE	Saturated Fat	0.01 g	0.10%	Cals from S Fat
		Vitamin C	117.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 001046 Pears - Baked 15: * Wilson County
 Number of Portions: 15
 Size of Portion: 1/2 Cup

Calories	160	Iron	0.03 mg	Protein	0.01 g	0.03%	Cals from Prot
Cholesterol	0 mg	Calcium	3 mg	Carbohydrates	32.47 g	81.02%	Cals from Carb
Sodium	41 mg	Vitamin A	136 IU	Total Fat	2.97 g	16.69%	Cals from T Fat
Dietary Fiber	1.06 g	Vitamin A	27 RE	Saturated Fat	0.54 g	3.04%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000438 Pears - Canned 15: * Wilson County
 Number of Portions: 15
 Size of Portion: 1/2 Cup

Calories	72	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	17.13 g	95.00%	Cals from Carb
Sodium	14 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.90 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010676 Peas - Canned 18: * Wilson County
 Number of Portions: 18
 Size of Portion: 1/2 Cup

Calories	51	Iron	0.00 mg	Protein	3.43 g	26.67%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	8.57 g	66.67%	Cals from Carb
Sodium	317 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	2.57 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000040 Peas - Frozen 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	79	Iron	1.40* mg	Protein	4.43 g	22.32%	Cals from Prot
Cholesterol	0 mg	Calcium	22* mg	Carbohydrates	13.28 g	66.96%	Cals from Carb
Sodium	262 mg	Vitamin A	664* IU	Total Fat	0.81 g	9.19%	Cals from T Fat
Dietary Fiber	4.43* g	Vitamin A	133* RE	Saturated Fat	0.10 g	1.17%	Cals from S Fat
		Vitamin C	50.5* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011284 Peas and Carrots - Canned 54: * Wilson County
 Number of Portions: 54
 Size of Portion: 1/2 Cup

Calories	43	Iron	0.23 mg	Protein	2.51 g	23.27%	Cals from Prot
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	7.69 g	71.21%	Cals from Carb
Sodium	298 mg	Vitamin A	3988 IU	Total Fat	0.07 g	1.41%	Cals from T Fat
Dietary Fiber	2.25 g	Vitamin A	492 RE	Saturated Fat	0.01 g	0.27%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000439 Peas and Carrots - Frozen 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	57	Iron	0.00* mg	Protein	3.00 g	20.91%	Cals from Prot
Cholesterol	0 mg	Calcium	0* mg	Carbohydrates	9.00 g	62.72%	Cals from Carb
Sodium	237 mg	Vitamin A	0* IU	Total Fat	0.81 g	12.70%	Cals from T Fat
Dietary Fiber	3.00* g	Vitamin A	0* RE	Saturated Fat	0.10 g	1.61%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 000041 Pickles - Dill Slices 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 2 Slices

Calories	4	Iron	0.00 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	0.00 g	0.00%	Cals from Carb
Sodium	390 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010260 Pig in a Blanket 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 1 Each

Calories	220	Iron	4.50 mg	Protein	10.00 g	18.18%	Cals from Prot
Cholesterol	45 mg	Calcium	10 mg	Carbohydrates	12.50 g	22.73%	Cals from Carb
Sodium	930 mg	Vitamin A	0 IU	Total Fat	15.00 g	61.36%	Cals from T Fat
Dietary Fiber	0.50 g	Vitamin A	0 RE	Saturated Fat	4.25 g	17.39%	Cals from S Fat
		Vitamin C	1.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000092 Pineapple Tidbits - Canned 18: * Wilson County
 Number of Portions: 18
 Size of Portion: 1/2 Cup

Calories	56	Iron	0.33 mg	Protein	0.00 g	0.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0* mg	Carbohydrates	13.95 g	100.00%	Cals from Carb
Sodium	9 mg	Vitamin A	0* IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	0* RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	13.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011177 Pinto Beans - Canned 18: * Wilson County
 Number of Portions: 18
 Size of Portion: 1/2 Cup

Calories	90	Iron	1.47 mg	Protein	4.90 g	21.82%	Cals from Prot
Cholesterol	0 mg	Calcium	49 mg	Carbohydrates	16.33 g	72.73%	Cals from Carb
Sodium	286 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	4.08 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001029 Pizza - 7" Solo Pepperoni 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Pizza

Calories	560	Iron	5.40 mg	Protein	26.00 g	18.57%	Cals from Prot
Cholesterol	35 mg	Calcium	300 mg	Carbohydrates	70.00 g	50.00%	Cals from Carb
Sodium	1350 mg	Vitamin A	400 IU	Total Fat	19.00 g	30.54%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	80 RE	Saturated Fat	11.00 g	17.68%	Cals from S Fat
		Vitamin C	3.6 mg	Trans Fat	0.50 g	0.80%	Cals from Trans Fat

Recipe No. 000169 Pizza - Mini Pepperoni 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Pizza

Calories	469	Iron	2.93 mg	Protein	16.13 g	13.77%	Cals from Prot
Cholesterol	32 mg	Calcium	185 mg	Carbohydrates	41.16 g	35.13%	Cals from Carb
Sodium	986 mg	Vitamin A	201 IU	Total Fat	26.75 g	51.37%	Cals from T Fat
Dietary Fiber	1.63 g	Vitamin A	40 RE	Saturated Fat	8.81 g	16.92%	Cals from S Fat
		Vitamin C	0.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 010269 Pizza, Double Stuff 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Slice

Calories	240	Iron	2.70 mg	Protein	17.00 g	28.33%	Cals from Prot
Cholesterol	20 mg	Calcium	300 mg	Carbohydrates	28.00 g	46.67%	Cals from Carb
Sodium	550 mg	Vitamin A	400 IU	Total Fat	7.00 g	26.25%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	80 RE	Saturated Fat	4.00 g	15.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010493 Popcorn Shrimp 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 21 Pieces

Calories	440	Iron	1.08 mg	Protein	8.00 g	7.27%	Cals from Prot
Cholesterol	35 mg	Calcium	20 mg	Carbohydrates	18.00 g	16.36%	Cals from Carb
Sodium	850 mg	Vitamin A	0 IU	Total Fat	36.00 g	73.64%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	6.00 g	12.27%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001036 Pork and Beans 24: * Wilson County
 Number of Portions: 24
 Size of Portion: 1/2 Cup

Calories	122	Iron	0.92 mg	Protein	6.13 g	20.00%	Cals from Prot
Cholesterol	0 mg	Calcium	57 mg	Carbohydrates	24.50 g	80.00%	Cals from Carb
Sodium	470 mg	Vitamin A	41 IU	Total Fat	0.82 g	6.00%	Cals from T Fat
Dietary Fiber	6.13 g	Vitamin A	8 RE	Saturated Fat	0.20 g	1.50%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000026 Pork Roast 80: * Wilson County
 Number of Portions: 80
 Size of Portion: 2 oz. Serving

Calories	90	Iron	3.00 mg	Protein	12.00 g	53.32%	Cals from Prot
Cholesterol	35 mg	Calcium	1 mg	Carbohydrates	0.00 g	0.00%	Cals from Carb
Sodium	35 mg	Vitamin A	0* IU	Total Fat	4.45 g	44.45%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0* RE	Saturated Fat	1.50 g	15.00%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000340 Potato Wedges w/Chili & Ch 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Cup

Calories	255	Iron	1.37 mg	Protein	8.06 g	12.66%	Cals from Prot
Cholesterol	15 mg	Calcium	37 mg	Carbohydrates	25.83 g	40.58%	Cals from Carb
Sodium	642 mg	Vitamin A	281 IU	Total Fat	12.20 g	43.11%	Cals from T Fat
Dietary Fiber	2.17 g	Vitamin A	50 RE	Saturated Fat	3.54 g	12.51%	Cals from S Fat
		Vitamin C	7.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010462 Quesadilla - Chicken 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Quesadilla

Calories	376	Iron	2.81 mg	Protein	27.95 g	29.74%	Cals from Prot
Cholesterol	77 mg	Calcium	279 mg	Carbohydrates	28.28 g	30.09%	Cals from Carb
Sodium	1105 mg	Vitamin A	313 IU	Total Fat	15.67 g	37.51%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	63 RE	Saturated Fat	7.73 g	18.50%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 011261 Ranch Dressing - Dry Mix 64: * Wilson County
 Number of Portions: 64
 Size of Portion: 2 oz. Serving

Calories	132	Iron	0.02* mg	Protein	1.86 g	5.65%	Cals from Prot
Cholesterol	20 mg	Calcium	66* mg	Carbohydrates	4.57 g	13.85%	Cals from Carb
Sodium	200 mg	Vitamin A	1* IU	Total Fat	11.38 g	77.54%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0* RE	Saturated Fat	1.92 g	13.05%	Cals from S Fat
		Vitamin C	0.4* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011193 Refried Beans 25: * Wilson County
 Number of Portions: 25
 Size of Portion: 1/2 Cup

Calories	136	Iron	1.50 mg	Protein	6.26 g	18.46%	Cals from Prot
Cholesterol	0 mg	Calcium	42 mg	Carbohydrates	22.95 g	67.69%	Cals from Carb
Sodium	386 mg	Vitamin A	0 IU	Total Fat	2.09 g	13.85%	Cals from T Fat
Dietary Fiber	9.39 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000119 Rice - Cheese Infused 48: * WC Schools
 Number of Portions: 48
 Size of Portion: 1/2 Cup

Calories	112	Iron	0.00* mg	Protein	2.26 g	8.06%	Cals from Prot
Cholesterol	0 mg	Calcium	10* mg	Carbohydrates	21.87 g	78.21%	Cals from Carb
Sodium	379 mg	Vitamin A	55* IU	Total Fat	1.81 g	14.54%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	11* RE	Saturated Fat	0.26 g	2.10%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000475 Rice - Fried Rice 62.5: *Wilson County
 Number of Portions: 62.5
 Size of Portion: 1/2 Cup

Calories	134	Iron	1.01 mg	Protein	4.93 g	14.75%	Cals from Prot
Cholesterol	88 mg	Calcium	16 mg	Carbohydrates	20.43 g	61.13%	Cals from Carb
Sodium	363 mg	Vitamin A	102 IU	Total Fat	4.03 g	27.14%	Cals from T Fat
Dietary Fiber	1.14 g	Vitamin A	40 RE	Saturated Fat	0.98 g	6.59%	Cals from S Fat
		Vitamin C	1.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011244 Rice - Uncle Ben's Fiesta 24: * Wilson County
 Number of Portions: 24
 Size of Portion: 1/2 Cup

Calories	113	Iron	0.81 mg	Protein	2.55 g	8.99%	Cals from Prot
Cholesterol	0 mg	Calcium	3 mg	Carbohydrates	21.25 g	74.91%	Cals from Carb
Sodium	667 mg	Vitamin A	84 IU	Total Fat	2.21 g	17.50%	Cals from T Fat
Dietary Fiber	0.90 g	Vitamin A	17 RE	Saturated Fat	0.54 g	4.26%	Cals from S Fat
		Vitamin C	7.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011192 Rice - Uncle Ben's Pilaf 28: * Wilson County
 Number of Portions: 28
 Size of Portion: 1/2 Cup

Calories	108	Iron	0.81* mg	Protein	2.65 g	9.80%	Cals from Prot
Cholesterol	0 mg	Calcium	2* mg	Carbohydrates	20.26 g	74.86%	Cals from Carb
Sodium	385 mg	Vitamin A	72 IU	Total Fat	1.88 g	15.65%	Cals from T Fat
Dietary Fiber	0.35* g	Vitamin A	14 RE	Saturated Fat	0.44 g	3.64%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 000198 Rice - White/Par Boiled 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1/2 Cup

Calories	80	Iron	0.99 mg	Protein	2.00 g	10.00%	Cals from Prot
Cholesterol	0 mg	Calcium	19 mg	Carbohydrates	22.00 g	110.00%	Cals from Carb
Sodium	5 mg	Vitamin A	0 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990249 Rice Bowl w/ Orange Chicken 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 1 c. + 4 oz.

Calories	403	Iron	2.78 mg	Protein	3.56* g	3.53%	Cals from Prot
Cholesterol	15 mg	Calcium	0 mg	Carbohydrates	77.50 g	76.84%	Cals from Carb
Sodium	403 mg	Vitamin A	0 IU	Total Fat	6.48 g	14.46%	Cals from T Fat
Dietary Fiber	0.87 g	Vitamin A	0 RE	Saturated Fat	1.69 g	3.78%	Cals from S Fat
		Vitamin C	408.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990109 Rice Bowl w/ S & S Chick. 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 1 c. + 4 oz.

Calories	403	Iron	2.78 mg	Protein	3.56* g	3.53%	Cals from Prot
Cholesterol	15 mg	Calcium	0 mg	Carbohydrates	76.50 g	75.84%	Cals from Carb
Sodium	423 mg	Vitamin A	0 IU	Total Fat	6.48 g	14.46%	Cals from T Fat
Dietary Fiber	0.87* g	Vitamin A	0 RE	Saturated Fat	1.69 g	3.78%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001005 Roll-Up - Ham & Cheese 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Roll-Up

Calories	383	Iron	3.06 mg	Protein	19.76 g	20.63%	Cals from Prot
Cholesterol	55 mg	Calcium	300 mg	Carbohydrates	37.22 g	38.85%	Cals from Carb
Sodium	1639 mg	Vitamin A	300 IU	Total Fat	17.44 g	40.96%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	60 RE	Saturated Fat	8.11 g	19.05%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001006 Roll-Up - Turkey & Cheese 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Roll-Up

Calories	395	Iron	2.70 mg	Protein	19.76 g	19.99%	Cals from Prot
Cholesterol	55 mg	Calcium	300 mg	Carbohydrates	37.22 g	37.65%	Cals from Carb
Sodium	1578 mg	Vitamin A	300 IU	Total Fat	18.66 g	42.47%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	60 RE	Saturated Fat	8.72 g	19.85%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000115 Rolls - Ma's Whole Wheat 1: * WC Schools
 Number of Portions: 1
 Size of Portion: 1 Roll

Calories	160	Iron	0.90 mg	Protein	5.00 g	12.50%	Cals from Prot
Cholesterol	5 mg	Calcium	20 mg	Carbohydrates	28.00 g	70.00%	Cals from Carb
Sodium	105 mg	Vitamin A	0 IU	Total Fat	3.50 g	19.69%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	0 RE	Saturated Fat	1.00 g	5.63%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 000289 Salad - Chicken Nugget 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 C & 5 Nuggets

Calories	346	Iron	0.89* mg	Protein	18.80 g	21.72%	Cals from Prot
Cholesterol	67 mg	Calcium	107* mg	Carbohydrates	24.97 g	28.85%	Cals from Carb
Sodium	763 mg	Vitamin A	3314* IU	Total Fat	21.69 g	56.38%	Cals from T Fat
Dietary Fiber	2.80* g	Vitamin A	447* RE	Saturated Fat	1.96* g	5.09%	Cals from S Fat
		Vitamin C	9.2* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001023 Salad - Large Chef 1: * Wilson County
 Number of Portions: 1
 Size of Portion: Large Salad

Calories	417	Iron	4.52 mg	Protein	27.88 g	26.73%	Cals from Prot
Cholesterol	159 mg	Calcium	298 mg	Carbohydrates	38.83 g	37.23%	Cals from Carb
Sodium	1599 mg	Vitamin A	8911 IU	Total Fat	17.97 g	38.77%	Cals from T Fat
Dietary Fiber	8.26 g	Vitamin A	1263 RE	Saturated Fat	7.84 g	16.90%	Cals from S Fat
		Vitamin C	28.8 mg	Trans Fat	0.86* g	1.86%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001022 Salad - Small Chef 1: * Wilson County
 Number of Portions: 1
 Size of Portion: Small Salad

Calories	382	Iron	3.67 mg	Protein	25.86 g	27.11%	Cals from Prot
Cholesterol	159 mg	Calcium	273 mg	Carbohydrates	31.14 g	32.65%	Cals from Carb
Sodium	1552 mg	Vitamin A	5661 IU	Total Fat	17.64 g	41.60%	Cals from T Fat
Dietary Fiber	5.37 g	Vitamin A	815 RE	Saturated Fat	7.79 g	18.38%	Cals from S Fat
		Vitamin C	19.6 mg	Trans Fat	0.86* g	2.04%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011251 Salad - Tossed 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1/2 Cup

Calories	14	Iron	0.33 mg	Protein	0.72 g	21.02%	Cals from Prot
Cholesterol	0 mg	Calcium	14 mg	Carbohydrates	2.99 g	87.09%	Cals from Carb
Sodium	12 mg	Vitamin A	1525 IU	Total Fat	0.14 g	8.96%	Cals from T Fat
Dietary Fiber	1.07 g	Vitamin A	218 RE	Saturated Fat	0.02 g	1.21%	Cals from S Fat
		Vitamin C	3.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000006 Salisbury Steak - IWC 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Each

Calories	200	Iron	1.78 mg	Protein	11.48 g	23.00%	Cals from Prot
Cholesterol	52 mg	Calcium	29 mg	Carbohydrates	6.39 g	12.79%	Cals from Carb
Sodium	654 mg	Vitamin A	96 IU	Total Fat	14.15 g	63.79%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	19 RE	Saturated Fat	5.35 g	24.12%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000057 Sandwich - BBQ Chicken 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	378	Iron	1.44 mg	Protein	12.04 g	12.72%	Cals from Prot
Cholesterol	57 mg	Calcium	80 mg	Carbohydrates	55.00 g	58.13%	Cals from Carb
Sodium	1430 mg	Vitamin A	0 IU	Total Fat	10.81 g	25.70%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	2.96 g	7.04%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000130 Sandwich - BBQ Ham 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	331	Iron	1.74 mg	Protein	12.00 g	14.51%	Cals from Prot
Cholesterol	25 mg	Calcium	80 mg	Carbohydrates	58.72 g	70.99%	Cals from Carb
Sodium	1940 mg	Vitamin A	0 IU	Total Fat	3.50 g	9.52%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	0.50 g	1.36%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010247 Sandwich - BBQ Pork 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	270	Iron	4.44 mg	Protein	16.00 g	23.70%	Cals from Prot
Cholesterol	35 mg	Calcium	81 mg	Carbohydrates	37.00 g	54.82%	Cals from Carb
Sodium	695 mg	Vitamin A	0 IU	Total Fat	5.95 g	19.82%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	1.50 g	5.00%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010429 Sandwich - Breaded Steak 1 : * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	407	Iron	4.08 mg	Protein	17.33 g	17.03%	Cals from Prot
Cholesterol	60 mg	Calcium	128 mg	Carbohydrates	39.17 g	38.48%	Cals from Carb
Sodium	878 mg	Vitamin A	21 IU	Total Fat	18.75 g	41.45%	Cals from T Fat
Dietary Fiber	2.54 g	Vitamin A	21 RE	Saturated Fat	6.19 g	13.68%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011160 Sandwich - Chicken Patty 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	333	Iron	1.44* mg	Protein	19.00 g	22.82%	Cals from Prot
Cholesterol	47 mg	Calcium	80* mg	Carbohydrates	41.00 g	49.25%	Cals from Carb
Sodium	876 mg	Vitamin A	0* IU	Total Fat	12.50 g	33.78%	Cals from T Fat
Dietary Fiber	1.00* g	Vitamin A	0* RE	Saturated Fat	0.00* g	0.00%	Cals from S Fat
		Vitamin C	4.8* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010201 Sandwich - Egg Salad/Wheat 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	249	Iron	2.41 mg	Protein	12.37 g	19.87%	Cals from Prot
Cholesterol	217 mg	Calcium	111 mg	Carbohydrates	30.29 g	48.65%	Cals from Carb
Sodium	464 mg	Vitamin A	257 IU	Total Fat	10.16 g	36.72%	Cals from T Fat
Dietary Fiber	2.19 g	Vitamin A	97 RE	Saturated Fat	2.08 g	7.53%	Cals from S Fat
		Vitamin C	0.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000112 Sandwich - Egg Salad/White 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	249	Iron	2.41 mg	Protein	10.37 g	16.66%	Cals from Prot
Cholesterol	217 mg	Calcium	111 mg	Carbohydrates	28.29 g	45.43%	Cals from Carb
Sodium	444 mg	Vitamin A	257 IU	Total Fat	9.16 g	33.11%	Cals from T Fat
Dietary Fiber	0.19* g	Vitamin A	97 RE	Saturated Fat	2.08 g	7.53%	Cals from S Fat
		Vitamin C	0.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 990211 Sandwich - Fish Patty 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	370	Iron	1.80 mg	Protein	20.00 g	21.62%	Cals from Prot
Cholesterol	35 mg	Calcium	180 mg	Carbohydrates	43.00 g	46.49%	Cals from Carb
Sodium	840 mg	Vitamin A	200 IU	Total Fat	13.50 g	32.84%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	40 RE	Saturated Fat	3.50 g	8.51%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010258 Sandwich - Grilled Ch. Com. 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	547	Iron	1.44* mg	Protein	24.00 g	17.54%	Cals from Prot
Cholesterol	100 mg	Calcium	680* mg	Carbohydrates	34.00 g	24.84%	Cals from Carb
Sodium	2202 mg	Vitamin A	1200* IU	Total Fat	37.81 g	62.17%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	240* RE	Saturated Fat	24.10 g	39.63%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010238 Sandwich - Grilled Ch. IWC 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	347	Iron	1.44* mg	Protein	14.00 g	16.12%	Cals from Prot
Cholesterol	50 mg	Calcium	380* mg	Carbohydrates	30.00 g	34.54%	Cals from Carb
Sodium	1242 mg	Vitamin A	600* IU	Total Fat	19.81 g	51.32%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	120* RE	Saturated Fat	12.10 g	31.35%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011172 Sandwich - Grilled Ham&Ch. 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	321	Iron	1.80* mg	Protein	18.76 g	23.41%	Cals from Prot
Cholesterol	55 mg	Calcium	230* mg	Carbohydrates	29.22 g	36.46%	Cals from Carb
Sodium	1420 mg	Vitamin A	300* IU	Total Fat	13.25 g	37.20%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	60* RE	Saturated Fat	6.71 g	18.84%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000460 Sandwich - Ham & Ch. (cold) 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	313	Iron	1.80 mg	Protein	18.76 g	23.96%	Cals from Prot
Cholesterol	55 mg	Calcium	230 mg	Carbohydrates	29.22 g	37.32%	Cals from Carb
Sodium	1419 mg	Vitamin A	300 IU	Total Fat	12.44 g	35.75%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	60 RE	Saturated Fat	6.61 g	18.99%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010205 Sandwich - Ham (cold) 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	256	Iron	1.85 mg	Protein	13.90 g	21.76%	Cals from Prot
Cholesterol	32 mg	Calcium	80 mg	Carbohydrates	35.70 g	55.87%	Cals from Carb
Sodium	1253 mg	Vitamin A	111 IU	Total Fat	4.37 g	15.39%	Cals from T Fat
Dietary Fiber	0.10* g	Vitamin A	22 RE	Saturated Fat	0.75 g	2.65%	Cals from S Fat
		Vitamin C	0.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000005 Sandwich - Peanut Butter 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	307	Iron	1.97 mg	Protein	11.11 g	14.49%	Cals from Prot
Cholesterol	0 mg	Calcium	92 mg	Carbohydrates	31.55 g	41.14%	Cals from Carb
Sodium	410 mg	Vitamin A	0 IU	Total Fat	15.29 g	44.86%	Cals from T Fat
Dietary Fiber	1.70* g	Vitamin A	0 RE	Saturated Fat	2.92 g	8.56%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011169 Sandwich - Pork Rib Patty 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	402	Iron	2.26 mg	Protein	18.38 g	18.30%	Cals from Prot
Cholesterol	45 mg	Calcium	86 mg	Carbohydrates	37.00 g	36.83%	Cals from Carb
Sodium	1293 mg	Vitamin A	65 IU	Total Fat	20.32 g	45.51%	Cals from T Fat
Dietary Fiber	2.64 g	Vitamin A	13 RE	Saturated Fat	6.47 g	14.49%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010271 Sandwich - Sloppy Joe 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	376	Iron	3.33 mg	Protein	25.74 g	27.39%	Cals from Prot
Cholesterol	78 mg	Calcium	89 mg	Carbohydrates	33.00 g	35.11%	Cals from Carb
Sodium	889 mg	Vitamin A	200 IU	Total Fat	15.10 g	36.16%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	40 RE	Saturated Fat	5.34 g	12.79%	Cals from S Fat
		Vitamin C	4.8 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010215 Sandwich - Tuna Salad/Wheat 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	292	Iron	1.62 mg	Protein	7.52 g	10.29%	Cals from Prot
Cholesterol	63 mg	Calcium	96 mg	Carbohydrates	32.88 g	44.97%	Cals from Carb
Sodium	564 mg	Vitamin A	160 IU	Total Fat	15.59 g	47.97%	Cals from T Fat
Dietary Fiber	2.53 g	Vitamin A	20 RE	Saturated Fat	2.42 g	7.44%	Cals from S Fat
		Vitamin C	1.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000117 Sandwich - Tuna Salad/White 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	292	Iron	1.62 mg	Protein	5.52 g	7.55%	Cals from Prot
Cholesterol	63 mg	Calcium	96 mg	Carbohydrates	30.87 g	42.23%	Cals from Carb
Sodium	544 mg	Vitamin A	160 IU	Total Fat	14.59 g	44.90%	Cals from T Fat
Dietary Fiber	0.53* g	Vitamin A	20 RE	Saturated Fat	2.42 g	7.44%	Cals from S Fat
		Vitamin C	1.3 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000391 Sandwich - Turkey 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	225	Iron	1.44 mg	Protein	13.76 g	24.42%	Cals from Prot
Cholesterol	30 mg	Calcium	80 mg	Carbohydrates	27.22 g	48.31%	Cals from Carb
Sodium	878 mg	Vitamin A	0 IU	Total Fat	4.66 g	18.61%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	0 RE	Saturated Fat	1.22 g	4.87%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Recipe No. 000455 Sandwich - Turkey & Cheese 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	325	Iron	1.44 mg	Protein	18.76 g	23.06%	Cals from Prot
Cholesterol	55 mg	Calcium	230 mg	Carbohydrates	29.22 g	35.92%	Cals from Carb
Sodium	1358 mg	Vitamin A	300 IU	Total Fat	13.66 g	37.78%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	60 RE	Saturated Fat	7.22 g	19.97%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011191 Sandwich Trimmings 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Each

Calories	12	Iron	0.13 mg	Protein	0.36 g	12.23%	Cals from Prot
Cholesterol	0 mg	Calcium	7 mg	Carbohydrates	1.63 g	54.57%	Cals from Carb
Sodium	392 mg	Vitamin A	66 IU	Total Fat	0.06 g	4.56%	Cals from T Fat
Dietary Fiber	0.53 g	Vitamin A	7 RE	Saturated Fat	0.01 g	0.69%	Cals from S Fat
		Vitamin C	1.7 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000266 Saus & Gravy Breakfast Pizza 1: * WC Schools
 Number of Portions: 1
 Size of Portion: 1 Slice

Calories	230	Iron	1.80 mg	Protein	9.00 g	15.65%	Cals from Prot
Cholesterol	15 mg	Calcium	150 mg	Carbohydrates	25.00 g	43.48%	Cals from Carb
Sodium	560 mg	Vitamin A	100 IU	Total Fat	10.00 g	39.13%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	20 RE	Saturated Fat	3.50 g	13.69%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000110 Sausage Bagel Pizza 1: *WC Schools
 Number of Portions: 1
 Size of Portion: 1 Bagel

Calories	180	Iron	8.00 mg	Protein	9.00 g	20.00%	Cals from Prot
Cholesterol	15 mg	Calcium	200 mg	Carbohydrates	19.00 g	42.22%	Cals from Carb
Sodium	480 mg	Vitamin A	100 IU	Total Fat	7.00 g	35.00%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	20 RE	Saturated Fat	2.00 g	10.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 990018 Sausage Breakfast Pizza 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Slice

Calories	230	Iron	1.80 mg	Protein	9.00 g	15.65%	Cals from Prot
Cholesterol	15 mg	Calcium	150 mg	Carbohydrates	25.00 g	43.48%	Cals from Carb
Sodium	590 mg	Vitamin A	200 IU	Total Fat	10.00 g	39.13%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	40 RE	Saturated Fat	3.50 g	13.70%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000127 Scalloped Potatoes w/ Ham 35: * Wilson County
 Number of Portions: 35
 Size of Portion: 3/4 Cup

Calories	191	Iron	0.34* mg	Protein	10.80 g	22.61%	Cals from Prot
Cholesterol	29 mg	Calcium	4* mg	Carbohydrates	22.68 g	47.46%	Cals from Carb
Sodium	1174 mg	Vitamin A	116* IU	Total Fat	6.49 g	30.56%	Cals from T Fat
Dietary Fiber	1.66 g	Vitamin A	23* RE	Saturated Fat	1.03 g	4.87%	Cals from S Fat
		Vitamin C	4.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 010035 Scrambled Eggs 25: * Wilson County
 Number of Portions: 25
 Size of Portion: 1/2 Cup

Calories	159	Iron	1.88 mg	Protein	14.14 g	35.58%	Cals from Prot
Cholesterol	432 mg	Calcium	100 mg	Carbohydrates	2.66 g	6.69%	Cals from Carb
Sodium	305 mg	Vitamin A	498 IU	Total Fat	10.17 g	57.59%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	195 RE	Saturated Fat	3.18 g	18.01%	Cals from S Fat
		Vitamin C	0.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000104 Soup - Chicken & Rice 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 1 Cup

Calories	206	Iron	1.78 mg	Protein	13.12 g	25.45%	Cals from Prot
Cholesterol	22 mg	Calcium	28 mg	Carbohydrates	26.33 g	51.07%	Cals from Carb
Sodium	471 mg	Vitamin A	1071 IU	Total Fat	4.83 g	21.08%	Cals from T Fat
Dietary Fiber	0.82 g	Vitamin A	129 RE	Saturated Fat	1.30 g	5.66%	Cals from S Fat
		Vitamin C	2.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000105 Soup - Chicken Noodle 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 1 Cup

Calories	193	Iron	1.54 mg	Protein	13.75 g	28.46%	Cals from Prot
Cholesterol	32 mg	Calcium	30 mg	Carbohydrates	21.84 g	45.22%	Cals from Carb
Sodium	474 mg	Vitamin A	1078 IU	Total Fat	5.27 g	24.57%	Cals from T Fat
Dietary Fiber	0.99 g	Vitamin A	131 RE	Saturated Fat	1.41 g	6.59%	Cals from S Fat
		Vitamin C	2.9 mg	Trans Fat	0.01* g	0.03%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010375 Soup - Chili 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 6 oz.

Calories	164	Iron	1.96 mg	Protein	15.18 g	36.93%	Cals from Prot
Cholesterol	45 mg	Calcium	50 mg	Carbohydrates	8.56 g	20.83%	Cals from Carb
Sodium	219 mg	Vitamin A	844 IU	Total Fat	8.11 g	44.38%	Cals from T Fat
Dietary Fiber	0.50 g	Vitamin A	151 RE	Saturated Fat	3.13 g	17.11%	Cals from S Fat
		Vitamin C	15.1 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000109 Soup - Vegetable Beef 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 1 Cup

Calories	192	Iron	1.95 mg	Protein	17.68 g	36.81%	Cals from Prot
Cholesterol	45 mg	Calcium	54 mg	Carbohydrates	11.90 g	24.78%	Cals from Carb
Sodium	311 mg	Vitamin A	1105 IU	Total Fat	8.16 g	38.25%	Cals from T Fat
Dietary Fiber	1.24* g	Vitamin A	154 RE	Saturated Fat	3.15 g	14.78%	Cals from S Fat
		Vitamin C	12.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010404 Spaghetti w/Meat Sauce 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1 Cup

Calories	355	Iron	3.51 mg	Protein	21.06 g	23.70%	Cals from Prot
Cholesterol	45 mg	Calcium	42 mg	Carbohydrates	41.24 g	46.40%	Cals from Carb
Sodium	464 mg	Vitamin A	1110 IU	Total Fat	11.57 g	29.29%	Cals from T Fat
Dietary Fiber	3.24 g	Vitamin A	221 RE	Saturated Fat	3.11 g	7.86%	Cals from S Fat
		Vitamin C	9.9 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000160 Spanish Rice w/ Ground Beef 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 2/3 cup Serving

Calories	267	Iron	3.09 mg	Protein	16.26 g	24.36%	Cals from Prot
Cholesterol	44 mg	Calcium	31 mg	Carbohydrates	29.91 g	44.81%	Cals from Carb
Sodium	206 mg	Vitamin A	362 IU	Total Fat	8.76 g	29.54%	Cals from T Fat
Dietary Fiber	0.80* g	Vitamin A	62 RE	Saturated Fat	3.39 g	11.43%	Cals from S Fat
		Vitamin C	5.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000159 Stroganoff w/ Ground Beef 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1 Cup

Calories	331	Iron	2.38 mg	Protein	21.31 g	25.74%	Cals from Prot
Cholesterol	73 mg	Calcium	59 mg	Carbohydrates	30.70 g	37.08%	Cals from Carb
Sodium	456 mg	Vitamin A	17 IU	Total Fat	13.70 g	37.23%	Cals from T Fat
Dietary Fiber	3.59 g	Vitamin A	4 RE	Saturated Fat	4.61 g	12.54%	Cals from S Fat
		Vitamin C	3.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001034 Sub - Ham & Cheese 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sub

Calories	403	Iron	2.16 mg	Protein	19.76 g	19.60%	Cals from Prot
Cholesterol	55 mg	Calcium	250 mg	Carbohydrates	45.22 g	44.86%	Cals from Carb
Sodium	1589 mg	Vitamin A	300 IU	Total Fat	14.44 g	32.23%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	60 RE	Saturated Fat	7.11 g	15.87%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 010266 Sub - Meatball 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sandwich

Calories	740	Iron	4.32 mg	Protein	42.56 g	23.02%	Cals from Prot
Cholesterol	102 mg	Calcium	758 mg	Carbohydrates	59.00 g	31.91%	Cals from Carb
Sodium	1961 mg	Vitamin A	2108 IU	Total Fat	35.23 g	42.86%	Cals from T Fat
Dietary Fiber	4.00 g	Vitamin A	422 RE	Saturated Fat	15.28 g	18.59%	Cals from S Fat
		Vitamin C	12.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011249 Sub - Turkey & Cheese 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Sub

Calories	295	Iron	1.08 mg	Protein	18.76 g	25.40%	Cals from Prot
Cholesterol	55 mg	Calcium	190 mg	Carbohydrates	24.22 g	32.80%	Cals from Carb
Sodium	1308 mg	Vitamin A	300 IU	Total Fat	14.16 g	43.14%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	60 RE	Saturated Fat	7.22 g	22.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000296 Taco - Bar 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 2 Tacos

Calories	497	Iron	3.51 mg	Protein	24.67 g	19.84%	Cals from Prot
Cholesterol	70 mg	Calcium	211 mg	Carbohydrates	45.11 g	36.28%	Cals from Carb
Sodium	1544 mg	Vitamin A	1040 IU	Total Fat	24.58 g	44.49%	Cals from T Fat
Dietary Fiber	6.08 g	Vitamin A	171 RE	Saturated Fat	10.48 g	18.96%	Cals from S Fat
		Vitamin C	13.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 011264 Taco - Soft Shell 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 2 Tacos

Calories	411	Iron	3.68 mg	Protein	22.21 g	21.60%	Cals from Prot
Cholesterol	70 mg	Calcium	289 mg	Carbohydrates	30.73 g	29.89%	Cals from Carb
Sodium	1380 mg	Vitamin A	712 IU	Total Fat	20.89 g	45.72%	Cals from T Fat
Dietary Fiber	0.22 g	Vitamin A	137 RE	Saturated Fat	10.09 g	22.09%	Cals from S Fat
		Vitamin C	3.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000136 Taco Meat Filling/Comm Pork 40: * Wilson County
 Number of Portions: 25
 Size of Portion: 3.17 oz Serving

Calories	141	Iron	113.60 mg	Protein	12.22 g	34.73%	Cals from Prot
Cholesterol	35 mg	Calcium	18 mg	Carbohydrates	2.75 g	7.82%	Cals from Carb
Sodium	390 mg	Vitamin A	446 IU	Total Fat	9.34 g	59.73%	Cals from T Fat
Dietary Fiber	2.53 g	Vitamin A	89 RE	Saturated Fat	3.07 g	19.63%	Cals from S Fat
		Vitamin C	2.9 mg	Trans Fat	0.10 g	0.61%	Cals from Trans Fat

Recipe No. 001011 Taco Meat Filling/Gr. Beef 59: * Wilson County
 Number of Portions: 59
 Size of Portion: 2 oz. Serving

Calories	139	Iron	1.44 mg	Protein	13.05 g	37.50%	Cals from Prot
Cholesterol	45 mg	Calcium	16 mg	Carbohydrates	2.40 g	6.90%	Cals from Carb
Sodium	319 mg	Vitamin A	360 IU	Total Fat	7.86 g	50.83%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	72 RE	Saturated Fat	3.09 g	19.97%	Cals from S Fat
		Vitamin C	0.6 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000463 Toast 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Slice

Calories	77	Iron	0.72* mg	Protein	2.00 g	10.34%	Cals from Prot
Cholesterol	0 mg	Calcium	40* mg	Carbohydrates	13.00 g	67.18%	Cals from Carb
Sodium	142 mg	Vitamin A	0* IU	Total Fat	1.31 g	15.23%	Cals from T Fat
Dietary Fiber	0.00* g	Vitamin A	0* RE	Saturated Fat	0.10 g	1.20%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000381 Tony's 4x6 Smart Ch. Pizza 1: *Wilson County
 Number of Portions: 1
 Size of Portion: 1 Slice

Calories	310	Iron	3.60 mg	Protein	18.00 g	23.23%	Cals from Prot
Cholesterol	10 mg	Calcium	300 mg	Carbohydrates	34.00 g	43.87%	Cals from Carb
Sodium	700 mg	Vitamin A	500 IU	Total Fat	12.00 g	34.84%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	100 RE	Saturated Fat	4.00 g	11.61%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000383 Tony's 4x6 Smart Pepp Pizza 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Slice

Calories	330	Iron	3.60 mg	Protein	18.00 g	21.82%	Cals from Prot
Cholesterol	15 mg	Calcium	300 mg	Carbohydrates	34.00 g	41.21%	Cals from Carb
Sodium	980 mg	Vitamin A	500 IU	Total Fat	13.00 g	35.46%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	100 RE	Saturated Fat	4.00 g	10.91%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000135 Tony's CheesyGarlicFlatbread 1: *WC Schools
 Number of Portions: 1
 Size of Portion: 2 pieces

Calories	340	Iron	2.70 mg	Protein	16.00 g	18.82%	Cals from Prot
Cholesterol	15 mg	Calcium	250 mg	Carbohydrates	44.00 g	51.77%	Cals from Carb
Sodium	650 mg	Vitamin A	100 IU	Total Fat	12.00 g	31.77%	Cals from T Fat
Dietary Fiber	2.00 g	Vitamin A	20 RE	Saturated Fat	3.50 g	9.26%	Cals from S Fat
		Vitamin C	0.0*	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000134 Tony's Crispy Cr Pep Pizza 1 : *WC Schools
 Number of Portions: 1
 Size of Portion: 1 pizza

Calories	310	Iron	2.00 mg	Protein	16.00 g	20.64%	Cals from Prot
Cholesterol	15 mg	Calcium	250 mg	Carbohydrates	35.00 g	45.16%	Cals from Carb
Sodium	630 mg	Vitamin A	350 IU	Total Fat	12.00 g	34.84%	Cals from T Fat
Dietary Fiber	3.00 g	Vitamin A	70 RE	Saturated Fat	3.00 g	8.71%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00 g	0.00%	Cals from Trans Fat

Recipe No. 000047 Trail Mix Bars:
 Number of Portions: 400
 Size of Portion: 1 each

Calories	138	Iron	0.60 mg	Protein	1.68 g	4.85%	Cals from Prot
Cholesterol	13 mg	Calcium	10 mg	Carbohydrates	20.94 g	60.58%	Cals from Carb
Sodium	128 mg	Vitamin A	258 IU	Total Fat	5.95 g	38.72%	Cals from T Fat
Dietary Fiber	0.71 g	Vitamin A	54 RE	Saturated Fat	1.12 g	7.30%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00*	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000065 Tuna Noodle Casserole 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 1 Cup

Calories	170	Iron	1.23 mg	Protein	6.96 g	16.35%	Cals from Prot
Cholesterol	23 mg	Calcium	123 mg	Carbohydrates	26.47 g	62.22%	Cals from Carb
Sodium	381 mg	Vitamin A	202 IU	Total Fat	4.47 g	23.63%	Cals from T Fat
Dietary Fiber	1.26* g	Vitamin A	44 RE	Saturated Fat	0.93 g	4.91%	Cals from S Fat
		Vitamin C	3.1 mg	Trans Fat	0.67* g	3.55%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000019 Tuna Salad Mix 40: * Wilson County
 Number of Portions: 40
 Size of Portion: 1/2 Cup Serving

Calories	152	Iron	0.18 mg	Protein	1.52 g	4.00%	Cals from Prot
Cholesterol	63 mg	Calcium	16 mg	Carbohydrates	4.87 g	12.79%	Cals from Carb
Sodium	264 mg	Vitamin A	160 IU	Total Fat	13.59 g	80.23%	Cals from T Fat
Dietary Fiber	0.53 g	Vitamin A	20 RE	Saturated Fat	2.42 g	14.27%	Cals from S Fat
		Vitamin C	1.3 mg	Trans Fat	0.00*	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000178 Turkey & Dressing Supr. 50: *Wilson County
 Number of Portions: 50
 Size of Portion: 1/25 Piece

Calories	229	Iron	2.05 mg	Protein	14.59 g	25.51%	Cals from Prot
Cholesterol	31 mg	Calcium	60 mg	Carbohydrates	19.78 g	34.56%	Cals from Carb
Sodium	950 mg	Vitamin A	252 IU	Total Fat	9.32 g	36.64%	Cals from T Fat
Dietary Fiber	0.20* g	Vitamin A	49 RE	Saturated Fat	2.06 g	8.09%	Cals from S Fat
		Vitamin C	1.0 mg	Trans Fat	0.00*	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

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Wilson County Schools

Recipe No. 000467 Turkey Ham - Baked 40: *Wilson County
 Number of Portions: 47
 Size of Portion: 3.4 oz.

Calories	120	Iron	6.81 mg	Protein	17.19 g	57.14%	Cals from Prot
Cholesterol	69 mg	Calcium	0 mg	Carbohydrates	1.72 g	5.72%	Cals from Carb
Sodium	1152 mg	Vitamin A	0 IU	Total Fat	5.16 g	38.57%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.72 g	12.86%	Cals from S Fat
		Vitamin C	3.1 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000180 Turkey Pot Pie 50: * Wilson County
 Number of Portions: 50
 Size of Portion: 4 oz. & Biscuit

Calories	329	Iron	15.65 mg	Protein	15.81 g	19.24%	Cals from Prot
Cholesterol	37 mg	Calcium	63 mg	Carbohydrates	32.60 g	39.68%	Cals from Carb
Sodium	1563 mg	Vitamin A	1296 IU	Total Fat	13.98 g	38.28%	Cals from T Fat
Dietary Fiber	2.46 g	Vitamin A	259 RE	Saturated Fat	7.05 g	19.31%	Cals from S Fat
		Vitamin C	1.2 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011235 Turkey Roast - Baked 80: * Wilson County
 Number of Portions: 80
 Size of Portion: 2 oz

Calories	81	Iron	0.73 mg	Protein	11.14 g	55.00%	Cals from Prot
Cholesterol	35 mg	Calcium	10 mg	Carbohydrates	0.00 g	0.00%	Cals from Carb
Sodium	445 mg	Vitamin A	0 IU	Total Fat	3.54 g	39.38%	Cals from T Fat
Dietary Fiber	0.00 g	Vitamin A	0 RE	Saturated Fat	1.01 g	11.25%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000066 Vegetable Chuckwagon Blend 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	60	Iron	0.00 mg	Protein	2.00 g	13.34%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	14.00 g	93.33%	Cals from Carb
Sodium	165 mg	Vitamin A	0 IU	Total Fat	0.50 g	7.50%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	0.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000412 Vegetable Medley 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1/2 Cup

Calories	13	Iron	0.00 mg	Protein	1.00 g	32.00%	Cals from Prot
Cholesterol	0 mg	Calcium	0 mg	Carbohydrates	2.00 g	63.99%	Cals from Carb
Sodium	168 mg	Vitamin A	500 IU	Total Fat	0.00 g	0.00%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	100 RE	Saturated Fat	0.00 g	0.00%	Cals from S Fat
		Vitamin C	10.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000239 Vegetable Medley Casserole 48: * Wilson County
 Number of Portions: 48
 Size of Portion: 1/2 Cup

Calories	137	Iron	0.04 mg	Protein	6.74 g	19.74%	Cals from Prot
Cholesterol	18 mg	Calcium	109 mg	Carbohydrates	7.01 g	20.52%	Cals from Carb
Sodium	572 mg	Vitamin A	1287 IU	Total Fat	9.04 g	59.62%	Cals from T Fat
Dietary Fiber	2.83 g	Vitamin A	276 RE	Saturated Fat	4.31 g	28.39%	Cals from S Fat
		Vitamin C	21.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Wilson County Schools

Recipe No. 011287 Waffles w/ Syrup 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 2 Waffles

Calories	270	Iron	3.60* mg	Protein	5.00 g	7.41%	Cals from Prot
Cholesterol	5 mg	Calcium	40* mg	Carbohydrates	50.00 g	74.07%	Cals from Carb
Sodium	455 mg	Vitamin A	0* IU	Total Fat	6.00 g	20.00%	Cals from T Fat
Dietary Fiber	1.00 g	Vitamin A	0* RE	Saturated Fat	1.50 g	5.00%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Recipe No. 000101 Watermelon 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Cup

Calories	48	Iron	0.38 mg	Protein	0.98 g	8.13%	Cals from Prot
Cholesterol	0 mg	Calcium	11 mg	Carbohydrates	12.08 g	100.67%	Cals from Carb
Sodium	2 mg	Vitamin A	910 IU	Total Fat	0.24 g	4.50%	Cals from T Fat
Dietary Fiber	0.64 g	Vitamin A	59 RE	Saturated Fat	0.03 g	0.48%	Cals from S Fat
		Vitamin C	13.0 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000454 Wrap - Chicken Fajita Wrap 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Wrap

Calories	429	Iron	3.49 mg	Protein	29.24 g	27.24%	Cals from Prot
Cholesterol	77 mg	Calcium	314 mg	Carbohydrates	38.88 g	36.21%	Cals from Carb
Sodium	1227 mg	Vitamin A	407 IU	Total Fat	17.72 g	37.15%	Cals from T Fat
Dietary Fiber	0.40* g	Vitamin A	72 RE	Saturated Fat	8.24 g	17.27%	Cals from S Fat
		Vitamin C	3.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000447 Wrap - Chicken Nugget 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Wrap

Calories	625	Iron	2.86* mg	Protein	27.15 g	17.36%	Cals from Prot
Cholesterol	92 mg	Calcium	371* mg	Carbohydrates	54.17 g	34.64%	Cals from Carb
Sodium	1716 mg	Vitamin A	395* IU	Total Fat	36.43 g	52.42%	Cals from T Fat
Dietary Fiber	0.40* g	Vitamin A	70* RE	Saturated Fat	9.42* g	13.56%	Cals from S Fat
		Vitamin C	1.5* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 001017 Wrap - Ham & Cheese 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Wrap

Calories	519	Iron	3.22 mg	Protein	21.91 g	16.90%	Cals from Prot
Cholesterol	75 mg	Calcium	371 mg	Carbohydrates	42.39 g	32.69%	Cals from Carb
Sodium	1842 mg	Vitamin A	395 IU	Total Fat	28.87 g	50.10%	Cals from T Fat
Dietary Fiber	0.40 g	Vitamin A	70 RE	Saturated Fat	10.03 g	17.41%	Cals from S Fat
		Vitamin C	1.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 000388 Wrap - PB & Jelly 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Wrap

Calories	427	Iron	3.23* mg	Protein	12.11 g	11.35%	Cals from Prot
Cholesterol	0 mg	Calcium	162* mg	Carbohydrates	51.55 g	48.32%	Cals from Carb
Sodium	695 mg	Vitamin A	0* IU	Total Fat	20.29 g	42.79%	Cals from T Fat
Dietary Fiber	1.70 g	Vitamin A	0* RE	Saturated Fat	4.42 g	9.32%	Cals from S Fat
		Vitamin C	0.0* mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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Wilson County Schools

Recipe No. 000282 Wrap - Tuna Salad 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Wrap

Calories	366	Iron	3.03 mg	Protein	6.81 g	7.44%	Cals from Prot
Cholesterol	63 mg	Calcium	171 mg	Carbohydrates	39.47 g	43.15%	Cals from Carb
Sodium	767 mg	Vitamin A	253 IU	Total Fat	19.64 g	48.32%	Cals from T Fat
Dietary Fiber	0.93 g	Vitamin A	29 RE	Saturated Fat	3.93 g	9.66%	Cals from S Fat
		Vitamin C	2.4 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

* - Denotes Missing Nutrient Values

Recipe No. 011283 Wrap - Turkey & Cheese 1: * Wilson County
 Number of Portions: 1
 Size of Portion: 1 Wrap

Calories	531	Iron	2.86 mg	Protein	21.91 g	16.51%	Cals from Prot
Cholesterol	75 mg	Calcium	371 mg	Carbohydrates	42.39 g	31.94%	Cals from Carb
Sodium	1781 mg	Vitamin A	395 IU	Total Fat	30.09 g	51.02%	Cals from T Fat
Dietary Fiber	0.40 g	Vitamin A	70 RE	Saturated Fat	10.64 g	18.04%	Cals from S Fat
		Vitamin C	1.5 mg	Trans Fat	0.00* g	0.00%	Cals from Trans Fat

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