

Recipe	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Carbs (g)
990093 - WC APPLE FRESH	EACH	1	0	0	1	0	19.10
990096 - WC APPLES BAKED	1/2 CUP	50	0	0	0.5	0	22.89
000020 - WC APPLES SAUCE UNSWE	1/2 CUP	23	0	0	0.5	0	13.92
990095 - WC BANANA, FRESH	EACH	1	0	0	0.5	0	26.08
000338 - WC BARBECUE ON BUN C	EACH	23	2	2	0	0	32.88
000472 - WC BEANS BABY LIMA 6#	1/2 CUP	21	0	0	0.5	0	23.41
000190 - WC BEANS BABY LIMA FR	1/2 cup	54	0	0	0.5	0	22.18
000822 - WC BEANS BABY LIMA FR	1/2 cup	36	0	0	0.5	0	16.87
000300 - WC BEANS BAKED (VEGET	3/4	47	0	0	0.5	0	37.99
000920 - WC BEANS BAKED BUSH'S	3/4 CUP	36	0	0	0.5	0	39.25
000731 - WC BEANS BAKED w/Dehy	3/4 CUP	47	0	0	0.5	0	36.38
000878 - WC BEANS BLACK TACO F	1/2 CUP	24	0	0	0.5	0	19.63
000831 - WC BEANS GREEN LOW S	1/2 CUP	22	0	0	0.5	0	5.48
000143 - WC BEANS PINTO	1/2 CUP	24	0	0	0.5	0	18.15
000877 - WC BEANS PINTO TEXAS	1/2 CUP	24	0	0	0.5	0	19.63
000819 - WC BEANS, BLACK	1/2 CUP	14	0	0	0.5	0	16.74
000756 - WC BEANS, GREEN, FRZ.	1/2 CUP	29	0	0	0.5	0	5.11
000848 - WC BEEF MEATBALLS IN	5 each	64	2	0	0	0	5.19
000684 - WC BEEF NACHOS JTM CP	SERVING	21	2.25	2	0	0	39.82
000676 - WC BEEF NACHOS JTM CP	SERVING	25	2	1	0	0	21.75
000574 - WC BEEF-A-RONI W GROU	3/4 CUP	50	2	1	0	0	31.15
000526 - WC BISCUIT CHICKEN	3.6 OZ EACH	35	1	2.25	0	0	29.00
000891 - WC BISCUIT CHICKEN SAU	3.15 OZ EACH	35	0.5	2	0	0	23.00
000117 - WC BISCUIT COUNTRY ST	EACH	48	0	2	0	0	26.00
000944 - WC BISCUIT DOUGH ROU	2.2 OZ EACH	40	0	2	0	0	23.00
000518 - WC BLACK PEPPER IND	EACH	1	0	0	0	0	0.00
000482 - WC BREAD STICK, WW 1.5	1.5 OZ EACH	48	0	1.5	0	0	21.26
000727 - WC BREADSTICK CHEESE	2 EACH	20	2	2	0	0	30.02
990097 - WC BROCCOLI FLORETS F	1/2 CUP	44	0	0	0.5	0	3.79
000716 - WC BROCCOLI FLORETS F	1/2 CUP	47	0	0	0.5	0	3.55
000804 - WC BROCCOLI FLORETS I	EACH	1	0	0	0.5	0	3.00
000817 - WC BROWNIE WG, IW	1.75 OZ EACH	1	0	1	0	0	32.00
000928 - WC BUN HAMBURGER FR	EACH	42	0	2	0	0	24.87
000301 - WC CABBAGE, STEAMED	1/2 CUP	49	0	0	0.5	0	5.28
000867 - WC CARROTS & CELERY,	EACH	1	0	0	0.5	0	4.94
000708 - WC CARROTS GLAZED FR	1/2 CUP	148	0	0	0.5	0	11.48
000709 - WC CARROTS GLAZED FR	1/2 CUP	37	0	0	0.5	0	11.48
000660 - WC CARROTS, BABY, RAW	EACH	1	0	0	0.5	0	4.94
000699 - WC CARROTS, FRZ, SL.US	1/2 CUP	148	0	0	0.5	0	7.11
000299 - WC CARROTS, SLICED #10	1/2 CUP	18	0	0	0.5	0	9.41
000710 - WC CARROTS, GLAZED #1	1/2 CUP	23	0	0	0.5	0	12.06
000947 - WC CEREAL CHEERIOS G	1 OZ EACH	1	0	1	0	0	21.26
000840 - WC CEREAL HONEY SCOO	2 OZ EACH	1	0	2	0	0	45.00
000942 - WC CEREAL LUCKY CHAR	2 OZ EACH	1	0	2	0	0	46.57
000905 - WC CEREAL MARSHMALL	1 OZ EACH	1	0	1	0	0	21.26
000841 - WC CEREAL MARSHMALL	2 OZ EACH	1	0	2	0	0	47.00
000744 - WC CEREAL RICE CHEX W	1 OZ EACH	1	0	1	0	0	24.30
000948 - WC CEREAL SHRD WHT S	1 OZ EACH	1	0	1	0	0	23.29

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Recipe	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Carbs (g)
000408 - WC CHEESE CHEDDAR SH	1 OZ	25	1	0	0	0	2.03
000376 - WC CHEESE SANDWICH, T	EACH	24	2	2	0	0	34.05
000726 - WC CHEESE SAUCE	1 OZ PORTIONS	30	0	0	0	0	8.64
000854 - WC CHEESE SAUCE - POU	1 OZ PORTIONS	106	0	0	0	0	1.67
000734 - WC CHEESEBURGER ON	EACH	30	3	2	0	0	32.03
000735 - WC CHEESEBURGER ON	EACH	30	2.5	2	0	0	31.01
000794 - WC CHEETOS FANTASTIX	1 OZ BAG	1	0	1.25	0	0	20.00
000795 - WC CHEETOS FLAMIN HO	.7 OZ BAG	1	0	1	0	0	14.00
000796 - WC CHEETOS MELLOW P	.7 OZ BAG	1	0	1	0	0	14.00
000778 - WC CHEEZ-IT CRACKERS	.75 OZ BAG	1	0	1	0	0	14.17
000830 - WC CHEF SALAD W/CKN S	EACH	10	2	0	1.25	0	13.99
000868 - WC CHEF SALAD W/DICED	EACH	10	2	0	1.25	0	12.72
000636 - WC CHEF SALAD W/PORK	EACH	10	2.5	0	1.25	0	14.72
000865 - WC CHEF SALAD W/SL TU	EACH	10	2.25	0	1.25	0	11.83
000787 - WC CHEX MIX CHOCOLAT	1 OZ BAG	1	0	1	0	0	20.53
000786 - WC CHEX MIX SIMPLY CH	.92 OZ BAG	1	0	1	0	0	20.06
000642 - WC CHICK FILLET ON BUN	EACH	24	2	3	0	0	41.99
000601 - WC CHICKEN & NOODLES	1 CUP	50	2	1	0	0	18.04
000287 - WC CHICKEN FAJITAS US	EACH	23	2	1.5	0.25	0	27.70
000935 - WC CHICKEN MANDARIN	SERVING	23	2	0	0	0	18.74
000837 - WC CHICKEN NUGGETS -	6 EACH	88	2	1	0	0	14.06
000718 - WC CHICKEN NUGGETS W	6 EACH	31	2.25	1	0	0	20.00
000874 - WC CHICKEN NUGGETS W	6 EACH	20	2.25	1	0	0	13.97
000829 - WC CHICKEN ROASTED U	SERVING	92	2	0	0	0	0.00
000827 - WC CHICKEN SALAD ON B	EACH	50	2	2	0	0	36.02
000511 - WC CHICKEN SALAD SAN	EACH	50	2	2	0	0	36.02
000602 - WC CHICKEN STIR-FRY US	3/4 CUP	50	2	0	0.5	0	9.77
000940 - WC CHICKEN TERIYAKI G	SERVING	40	2	0	0	0	10.01
000899 - WC CHILI SAUCE W/BEEF	2 TBSP	80	0	0	0	0	2.53
000125 - WC CHILI SAUCE W/BEEF	2 TBSP	80	0	0	0	0	8.00
000753 - WC CHILI WITH BEANS	3/4 CUP	50	2	0	0	0	11.24
000911 - WC CHIPS BAKED CHED &	.8 OZ BAG	1	0	0	0	0	17.00
000912 - WC CHIPS BAKED FUNYU	.75 OZ BAG	1	0	0	0	0	14.00
000564 - WC CHIPS BARBECUE BA	.875 OZ BAG	1	0	0	0	0	19.00
000913 - WC CHIPS DORITOS SPIC	1 OZ BAG	1	0	0	0	0	20.00
000566 - WC CHIPS ORIGINAL BAKE	.875 OZ BAG	1	0	0	0	0	20.00
000567 - WC CHIPS SOUR C & O BA	.875 OZ BAG	1	0	0	0	0	18.00
000124 - WC COLESLAW	1/2 CUP	45	0	0	0.5	0	4.08
000122 - WC COLLARDS, FRZ.	1/2 CUP	55	0	0	0.5	0	5.96
000762 - WC COOKIE CHOCOLATE	1.3 OZ COOKIE	24	0	1	0	0	24.30
000859 - WC CORN BREAD MUFFIN	2.5 OZ EACH	1	0	2	0	0	36.00
000081 - WC CORN,WHOLE KERNE	1/2 CUP	24	0	0	0.5	0	13.02
000582 - WC CORNBREAD STUFFIN	1/2 cup	47	0	1	0	0	24.84
000755 - WC CORNBREAD WGFATC	EACH	48	0	2	0	0	45.00
000754 - WC CORNBREAD WGFATC	EACH	72	0	1	0	0	30.00
000820 - WC CORNDOG NUGGETS-	6 NUGGETS	40	2	2	0	0	29.84
000861 - WC CORNDOG NUGGETS-	6 NUGGETS	40	2	2	0	0	29.84
000784 - WC CRACKERS JUNGLE W	1 OZ BAG	1	0	1	0	0	20.25

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Recipe	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Carbs (g)
000791 - WC DORITOS COOL RANC	1 OZ BAG	1	0	1.5	0	0	19.00
000792 - WC DORITOS NACHO CHE	1 OZ BAG	1	0	1.5	0	0	20.00
000793 - WC DORITOS SPICY SWE	1 OZ BAG	1	0	0	0	0	20.00
000456 - WC DRESS. HONEY MUST	1 OZ CUP	1	0	0	0	0	5.00
000766 - WC DRESSING 1000 ISLAN	12 GM PACK	1	0	0	0	0	2.00
000454 - WC DRESSING FRENCH F	12 GM PACK	1	0	0	0	0	4.00
000455 - WC DRESSING ITALIAN FF	12 GRAM PACK	1	0	0	0	0	1.00
000505 - WC DRESSING RANCH FF	12 GRAM PACK	1	0	0	0	0	3.00
000525 - WC DRESSING RANCH LIG	EACH	1	0	0	0	0	9.00
000659 - WC DRESSING, RANCH LI	1 OZ CUP	1	0	0	0	0	1.89
000931 - WC DUNKIN STICKS 7012 5	3.2 OZ EACH	1	0	2	0	0	48.00
000530 - WC EGG OMELET W/CHEE	2 oz omelet	30	2	0	0	0	0.99
000672 - WC FISH & CHEESE ON BU	EACH	25	2.5	3	0	0	43.18
000135 - WC FISH ON BUN	EACH	25	2	3	0	0	42.17
000869 - WC FISH STICKS BRD FRZ	EACH	20	2	1.5	0	0	17.06
000879 - WC FRENCH TOAST STICK	4 EACH	120	2.25	0	0	0	36.54
000823 - WC FRUIT ICE CUP - MAN	4.4 OZ CUP	1	0	0	0.5	0	25.00
000896 - WC FRUIT ICE CUP - SOUR	4.4 OZ CUP	1	0	0	0.5	0	25.00
000760 - WC FRUIT ICE CUP -RAZ/L	4.4 OZ CUP	1	0	0	0.5	0	25.00
000895 - WC FRUIT ICE CUP -STR/L	4.4 OZ CUP	1	0	0	0.5	0	25.00
000674 - WC GARDEN SALAD	3/4 CUP	100	0	0	0.5	0	4.00
000693 - WC GARDEN SALAD 25 ser	3/4 CUP	25	0	0	0.5	0	4.00
000774 - WC GATORADE G2 12 OZ	12 OZ EACH	1	0	0	0	0	7.00
000849 - WC GRAVY MIX, BROWN	2 tbsp	68	0	0	0	0	1.75
000583 - WC GRAVY MIX, CHICKEN	2 tbsp	136	0	0	0	0	1.50
000680 - WC HAM&CHEESE ON BU	EACH	40	2.5	2	0	0	30.02
000681 - WC HAM&CHEESE ON BU	EACH	26	3.25	2	0	0	28.02
000733 - WC HAMBURGER ON BUN,	EACH	30	2	2	0	0	30.00
000103 - WC HOT DOG ON BUN	EACH	80	2	2	0	0	33.00
000520 - WC JELLY APPLE IND .5 O	.5 OZ CUP	1	0	0	0	0	9.11
000860 - WC JELLY ASST IND .5 OZ	.5 OZ CUP	1	0	0	0	0	9.11
000521 - WC JELLY GRAPE IND. .5	.5 OZ CUP	1	0	0	0	0	9.11
000802 - WC JUICE 100% 10 OZ OR	10 OZ EACH	1	0	0	0	0	37.00
000801 - WC JUICE 100% 10 OZ APP	10 OZ EACH	1	0	0	0	0	36.00
000770 - WC JUICE 100% 10 OZ GR	10 OZ EACH	1	0	0	0	0	43.00
000771 - WC JUICE 100% 10 OZGRA	10 OZ EACH	1	0	0	0	0	32.00
000769 - WC JUICE 100% APPLE 8	8 OZ EACH	1	0	0	0	0	30.00
000799 - WC JUICE 100% FRUIT PU	8 OZ EACH	1	0	0	0	0	31.00
000772 - WC JUICE 100% ORANGE	8 OZ EACH	1	0	0	0	0	30.00
000875 - WC JUICE 100% VEG/FRUI	6.75 OZ EACH	1	0	0	0.75	0	22.00
000553 - WC JUICE APPLE 100% 4	4 OZ CARTON	1	0	0	0.5	0	14.00
000767 - WC JUICE APPLE 100% 6	6 OZ CARTON	1	0	0	0.75	0	21.00
000846 - WC JUICE FRUIT PUNCH 1	4 OZ CARTON	1	0	0	0.5	0	14.00
000554 - WC JUICE GRAPE 100% 4	4 OZ CARTON	1	0	0	0.5	0	22.00
000555 - WC JUICE ORANGE 100%	4 OZ CARTON	1	0	0	0.5	0	13.00
000556 - WC JUICE ORANGE PINE. I	4 OZ CARTON	1	0	0	0.5	0	13.00
000457 - WC KETCHUP SINGLE SER	2-9 gram packet	1	0	0	0	0	6.00
000907 - WC LASAGNA ROLLUP, CH	EACH	18	2	1	0	0	41.66

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Recipe	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Carbs (g)
000673 - WC LETTUCE & DICED TO	3/4 CUP	100	0	0	0.5	0	1.28
000694 - WC LETTUCE & DICED TO	3/4 CUP	25	0	0	0.5	0	1.28
000886 - WC LETTUCE & SLICED T	3/4 CUP	100	0	0	0.5	0	1.28
000885 - WC LETTUCE & SLICED T	3/4 CUP	25	0	0	0.5	0	1.28
000806 - WC MAC & CHEESE RF, LO	2/3 cup	80	2	1	0	0	46.00
000910 - WC MARINARA SAUCE, RE	2.8 OZ SVG	37	0	0	0.5	0	7.80
000458 - WC MAYONNAISE IND RC	12 GRAM PACK	1	0	0	0	0	1.00
000838 - WC MEATBALL SUB, JTM	5 each	64	2	2	0	0	38.92
000654 - WC MILK SOY, PEARL VAN.	8.25 OZ EACH	1	0	0	0	1	20.00
000650 - WC MILK, CHOC, SKIM TRU	8 OZ EACH	50	0	0	0	1	20.00
000655 - WC MILK, LACTAID, 8 OZ	8 OZ EACH	1	0	0	0	1	13.00
000909 - WC MILK, STRAWBERRY,	8 OZ EACH	50	0	0	0	1	19.00
000170 - WC MILK, UNFLAVORED, 1	8 OZ EACH	50	0	0	0	1	13.00
000171 - WC MILK, UNFLAVORED, S	8 OZ EACH	50	0	0	0	1	13.00
000893 - WC MIXED BERRY CUP, FZ	EACH	1	0	0	0.5	0	20.07
000832 - WC MIXED FRUIT	1/2 CUP	24	0	0	0.5	0	16.84
000847 - WC MIXED FRUIT - TROPIC	1/2 CUP	22	0	0	0.5	0	25.85
000850 - WC MIXED FRUIT CANTL/H	1/2 CUP	40	0	0	0.5	0	14.65
000939 - WC MUFFIN APPLE CINN 3	3.1 OZ EACH	1	0	2	0	0	43.00
000890 - WC MUFFIN BANANA IW 1.	1.6 OZ. MUFFIN	1	0	1	0	0	24.19
000889 - WC MUFFIN BANANA WG,	3.1 OZ EACH	1	0	2	0	0	44.00
000535 - WC MUFFIN BLUEBERRY I	1.6 OZ. MUFFIN	1	0	1	0	0	23.18
000721 - WC MUFFIN BLUEBERRY	3.1 OZ EACH	1	0	2	0	0	42.00
000938 - WC MUFFIN CHOC CHIP 3.	3.1 OZ EACH	1	0	2	0	0	45.00
000459 - WC MUSTARD IND 5.5 GM	5.5 GRAM PACK	1	0	0	0	0	1.00
000105 - WC ORANGE FRESH	EACH	1	0	0	0.5	0	15.39
000533 - WC PANCAKE & SAUSAGE	EACH	1	1	1.5	0	0	21.60
000916 - WC PANCAKE, MINI BITES,	3.03 OZ EACH	1	0	2	0	0	35.96
000700 - WC PANCAKE, MINI, MAPL	3.17 OZ EACH	1	0	2	0	0	39.38
000862 - WC PANCAKE, MINI, MAPL	3 OZ EACH	1	0	2	0	0	36.02
000924 - WC PANCAKES, MINI BLUE	3.0 OZ EACH	1	0	2	0	0	36.02
000663 - WC PANCAKES, MINI EGG	3.03 OZ EACH	1	0	2	0	0	34.96
000023 - WC PEACH CUP FRZ 4.4 O	4.4 OZ EACH	1	0	0	0.5	0	29.92
000773 - WC PEACHES, DICED PUR	1/2 CUP	24	0	0	0.5	0	16.89
000687 - WC PEACHES, DICED, US	1/2 CUP	24	0	0	0.5	0	13.42
000027 - WC PEACHES, SLICED, EX	1/2 cup	24	0	0	0.5	0	14.14
000618 - WC PEAR FRESH	EACH	1	0	0	0.75	0	25.28
000824 - WC PEARS DICED #10 CA	1/2 CUP	21	0	0	0.5	0	14.31
000026 - WC PEARS DICED #10 CA	1/2 CUP	23	0	0	0.5	0	16.86
000921 - WC PEARS SLICED #10 CA	1/2 CUP	21	0	0	0.5	0	21.46
000768 - WC PEARS, HALVES #10 C	1/2 CUP	26	0	0	0.5	0	13.97
000079 - WC PEAS BLACK EYE #10	1/2 CUP	21	0	0	0.5	0	18.40
000904 - WC PEAS GREEN & CARR	1/2 CUP	25	0	0	0.5	0	10.10
000707 - WC PEAS GREEN FRZ US	1/2 CUP	23	0	0	0.5	0	14.19
000089 - WC PEAS GREEN LS #10 U	1/2 CUP	24	0	0	0.5	0	11.39
000884 - WC PICKLE CHIPS, DILL SL	3 CHIPS EACH	1	0	0	0	0	0.00
000021 - WC PINEAPPLE TIDBITS	1/2 CUP	22	0	0	0.5	0	17.56
000740 - WC PIZZA BEEF FIESTADA	EACH	16	2	2	0.125	0	43.00

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000644 - WC PIZZA PEPPERONI NA	EACH	16	2	2	0.125	0	29.00
000531 - WC PIZZA SAUSAGE, BRE	3.30 OZ EACH	20	1	1.5	0	0	20.90
000645 - WC PIZZA, WWCHEESE N	EACH	16	2	2	0.125	0	30.00
000933 - WC PLUOT (FRUIT) FRESH	EACH	1	0	0	0.5	0	32.77
000945 - WC POP TART FROSTED B	3.3 OZ EACH	1	0	2	0	0	75.00
000844 - WC POP TART FROSTED F	3.3 OZ EACH	1	0	2.5	0	0	76.04
000845 - WC POP TART FROSTED S	3.3 OZ EACH	1	0	2	0	0	76.04
000789 - WC POPCORN WHITE CHE	.5 OZ BAG	1	0	0	0	0	9.00
000449 - WC PORK CHOP ON BUN	EACH	24	2	3	0	0	44.22
000706 - WC PORK CHOP, BAKED	EACH	24	2	1	0	0	18.22
000880 - WC POTATO FRIES, OVEN,	12 EACH	20	0	0	1	0	28.28
000826 - WC POTATO FRIES, OVEN,	12 EACH	31	0	0	0.5	0	17.27
000917 - WC POTATO ROASTERS D	12 EACH	26	0	0	0.5	0	19.10
000119 - WC POTATO ROUNDS, OR	9 EACH	26	0	0	0.5	0	19.49
000915 - WC POTATO SMILES RS M	4 EACH	26	0	0	0.5	0	20.43
000510 - WC POTATOES MASHED I	1/2 CUP	33	0	0	0.5	0	16.51
000864 - WC POTATOES SWEET FR	12 EACH	31	0	0	0.5	0	17.27
000932 - WC POTATOES SWEET LT	1/2 CUP	16	0	0	0.5	0	58.27
000093 - WC POTATOES SWEET LT	1/2 CUP	16	0	0	0.5	0	58.27
000843 - WC POTATOES SWEET P	3.25 OZ	74	0	0	0.5	0	25.98
000782 - WC PRETZELS WG RG HE	.70 OZ BAG	1	0	1	0	0	15.00
000918 - WC RAISINS, FRUIT FLAVO	EACH	1	0	0	0.5	0	29.21
000833 - WC RAISINS,1.33 OZ UNIT	EACH	1	0	0	0.5	0	28.77
000509 - WC RAISINS,1.5 OZ UNIT	EACH	1	0	0	0.5	0	31.65
000508 - WC RIB-A-CUE ON BUN AD	EACH	24	2	2	0	0	47.55
000803 - WC RIB-A-CUE ON BUN AD	EACH	24	2	2	0	0	38.10
000686 - WC RICE BROWN, LONG G	1/2 CUP	32	0	1	0	0	0.00
000724 - WC RICE KRISPIE MARSH	.39 OZ BAR	1	0	0	0	0	8.54
000898 - WC RICE KRISPIE TREAT	.39 OZ BAR	1	0	0	0	0	8.04
000828 - WC RICE KRISPIE TREAT	.42 OZ BAR	1	0	0	0	0	8.29
000790 - WC RICE KRISPIE TREAT	1.41 OZ BAR	1	0	0	0	0	29.98
000863 - WC RICE, SPANISH WG FO	1/2 CUP	32	0	1	0	0	33.05
000622 - WC ROLL CINNAMON WG	2.7 OZ EACH	1	0	2	0	0	38.27
000807 - WC ROLL DINNER WHITE	EACH	48	0	1	0	0	15.00
000936 - WC ROLL DINNER WHOLE	EACH	48	0	1	0	0	13.00
000908 - WC ROLL GARLIC KNOT W	EACH	42	0	2	0	0	23.29
000725 - WC ROLL,SWEET POTATO	2.6 OZ EACH	1	0	2	0	0	44.64
000926 - WC SALISBURY STEAK, BE	EACH	24	2	0	0	0	5.00
000410 - WC SALSA	1/4 CUP	49	0	0	0.25	0	4.09
000683 - WC SALTINES 2 PK WG LA	2 EACH	1	0	0.5	0	0	9.00
000453 - WC SAUCE BARBECUE 12	12 GRAM PACK	1	0	0	0	0	4.00
000460 - WC SAUCE HOT IND 7GM	7 GRAM PACK	1	0	0	0	0	0.00
000788 - WC SAUCE SOY LIGHT .33	.33 OZ PACK	1	0	0	0	0	0.00
000461 - WC SAUCE SWEET & SOU	1 OZ CUP	1	0	0	0	0	13.23
000523 - WC SAUCE TACO IND 9 G	9 GRAM PACK	1	0	0	0	0	1.00
000462 - WC SAUCE TARTAR 12 GM	12 GRAM PACK	1	0	0	0	0	3.00
000749 - WC SAUSAGE BREAKFAST	3.80 OZ EACH	15	1	1.75	0	0	30.00
000925 - WC SAUSAGE BREAKFAST	1.31 OZ EACH	24	1	0	0	0	1.00

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Recipe	Portion Size	# of Portions	Meat - Meat Alt	Bread - Grain	Fruit/Veg Juice	Milk	Carbs (g)
000575 - WC SLOPPY JOE ON BUN	EACH	59	2	2	0	0	35.73
000732 - WC SLOPPY JOE ON BUN	EACH	59	2	2	0	0	35.28
000881 - WC SMOOTHIE NAKED JU	10 OZ EACH	1	0	0	0	0	38.00
000882 - WC SMOOTHIE NAKED JU	10 OZ EACH	1	0	0	0	0	43.00
000777 - WC SNACK MIX WG QUAK	.875 OZ BAG	1	0	1	0	0	18.00
000728 - WC SPAGHETTI SAUCE, M	1/2 CUP	26	0	0	0.5	0	14.00
000866 - WC SPAGHETTI SAUCE, M	1/2 CUP	26	0	0	0.5	0	8.31
000639 - WC SPAGHETTI W/MEATS	1 1/3 CUPS	14	2	1	0	0	29.21
000873 - WC STRAWBERRIES FRES	1/2 CUP	5	0	0	0.5	0	8.17
000821 - WC STRAWBERRIES, SL, F	1/2 CUP	109	0	0	0.5	0	23.00
000662 - WC STRAWBERRY CUP, F	EACH	1	0	0	0.5	0	32.94
000894 - WC SWEET POTATO PUFF	10 EACH	12	0	0	0.5	0	33.83
000517 - WC SYRUP PANCAKE 1.5	1.5 OZ CUP	1	0	0	0	0	30.66
000876 - WC TACO TURKEY SAU, E	2.5 OZ EACH	1	1	1	0	0	16.97
000595 - WC TANGERINE, FRESH	EACH	1	0	0	0.375	0	11.21
000576 - WC TURKEY & CHEESE O	sandwich	40	2	2	0	0	24.58
000858 - WC TURKEY SL. USDA	3 OZ	26	2	0	0	0	1.54
000888 - WC TURKEY&CHEESE HO	EACH	26	3	2	0	0	32.56
000887 - WC TURKEY&CHEESE HO	EACH	26	2.5	2	0	0	31.55
000855 - WC TURKEY&CHEESE ON	EACH	26	2.5	2	0	0	28.55
000834 - WC TURKEY&CHEESE ON	EACH	26	3	2	0	0	29.56
000853 - WC TURKEY&CHEESE SA	EACH	26	2.5	1.5	0	0	32.55
000123 - WC TURNIPS, GREEN FRZ.	1/2 CUP	55	0	0	0.5	0	2.50
000480 - WC VEGETABLE SOUP	CUP	50	0	0	0.5	0	13.49
000900 - WC WAFFLE DUTCH WG	2.93 OZ EA	48	0	2	0	0	43.00
000800 - WC WATER PURIFIED 8 O	8 OZ EACH	1	0	0	0	0	0.00
000562 - WC WATER PURIFIED16.9	16.9 OZ EACH	1	0	0	0	0	0.00
000563 - WC WATER SPRING 8 OZ	8 OZ EACH	1	0	0	0	0	0.00
000934 - WC YOGURT CUP, BLUEB	4 OZ EACH	24	1	1	0	0	58.76
000943 - WC YOGURT CUP, STRAW	4 OZ EACH	24	1	1	0	0	53.88
000937 - WC Yogurt Parfait BBRY w/	1 CUP	48	0.5	1	0.5	0	49.57
000835 - WC Yogurt Parfait Peach wG	1 CUP	64	0.5	1	0.5	0	81.87
000927 - WC Yogurt Parfait STRW w/	1 CUP	60	0.5	1	0.5	0	68.57
000897 - WC YOGURT STAWB 4 OZ.	4 OZ EACH	1	0	0	0	0	18.06

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