

# Carbohydrate Report

District: Garden Grove Unified School District

School: Anthony Elementary

Menu: 2018-2019 Elementary Lunch Menu



Mon - 01/07/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Hamburger w/ Whole Wheat Bun	1.00 serving	238.000	24.500
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Green Peas, 1/2 cup (canned)	1/2 cup	62.000	11.408
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Garden Salsa Sun Chips	1.00 each	140.000	18.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Cheese Slice	1.00 slice	55.686	1.012

Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		666.276	93.723
% of Calories			56.27%

<b>Tue - 01/08/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	295.000	48.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Banana (fresh)	1.00 each	105.020	26.951
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Weighted Daily Average		542.187	92.382
% of Calories			68.15%

<b>Wed - 01/09/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2018-2019 Elementary Lunch Menu</b>			
<b>Recipe</b>	<b>Total</b>		
Chicken Double Dogs	1.00 each	260.000	31.500
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Pears, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.992
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
<b>Weighted Daily Average</b>		<b>498.145</b>	<b>77.853</b>
<b>% of Calories</b>			<b>62.51%</b>

<b>Thu - 01/10/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
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## 2018-2019 Elementary Lunch Menu

Recipe	Total		
Spaghetti w/ Cheesy Breadstick (Bosco)	1.00 serving	284.495	34.271
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Weighted Daily Average		505.268	72.472
% of Calories			57.37%

Fri - 01/11/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333

4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Northern Beans, 1/2 cup	1/2 cup	149.994	27.989
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Goldfish Snack Crackers, Cheddar	1.00 Bag	100.000	14.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Weighted Daily Average		607.042	81.394
% of Calories			53.63%

Mon - 01/14/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Personal Cheese Pizza (Tony's)	1.00 each	330.000	38.000
Personal Pepperoni Pizza (Tony's)	1.00 each	330.000	38.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545

Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Weighted Daily Average		548.594	77.521
% of Calories			56.52%

<b>Tue - 01/15/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Breaded Chicken Patty w/ Hamburger Buns 3.5"	1.00 serving	360.000	39.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Potato Smiles	1.00 serving/4 pieces	130.000	20.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500

Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Banana (fresh)	1.00 each	105.020	26.951
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Pickles	1.00 serving	1.540	0.316
Weighted Daily Average		724.957	105.340
% of Calories			58.12%

Wed - 01/16/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Turkey Taco Pocket	1.00 each	310.000	40.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Pears, 1/2 cup (sliced, canned)		59.991	14.992

	1/2 cup		
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Iced Oatmeal Cookie	1.00 serving	141.860	19.150
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		676.473	102.895
% of Calories			60.84%

Thu - 01/17/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Chicken Tenders (3 pieces)	1.00 serving/3 pieces	225.000	15.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993



Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Weighted Daily Average		450.071	56.919
% of Calories			50.59%

<b>Fri - 01/18/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Grilled Bean & Cheese Burrito	1.00 serving	360.000	45.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Pinto Beans, 1/2 cup, (canned)	0.50 cup	97.997	17.995
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Apple Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000

Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		586.942	90.594
% of Calories			61.74%

Mon - 01/21/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu				
Recipe	Total			
Weighted Daily Average			N/A	N/A
% of Calories				N/A

Tue - 01/22/2019		Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu				
Recipe	Total			
Chicken Corn Dog	1.00 each	238.000	27.800	
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000	
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000	
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545	
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000	
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998	
Raisin Box	0.25 cup	108.388	28.703	

Strawberry Flavored Craisins	1.00 each	110.000	28.000
Peaches, 1/2 cup (diced, canned)	1/2 cup	59.989	13.999
Apple, Fresh	1.00 each	52.520	13.948
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Weighted Daily Average		474.994	69.361
% of Calories			58.41%

Wed - 01/23/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Teriyaki Chicken w/ Vegetable Fried Rice (1/2 cup)	1.00 serving	225.356	33.024
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Pears, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.992
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Weighted Daily Average		460.430	71.605
% of Calories			62.21%

Thu - 01/24/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Cheese Pizza Wedge	1.00 each	328.000	35.000
Pepperoni Pizza Wedge	1.00 each	336.000	35.000
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000

Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Weighted Daily Average		555.207	80.594
% of Calories			58.06%

<b>Fri - 01/25/2019</b>	<b>Portion Size</b>	<b>Calories (kcal)</b>	<b>Carbohydrates (g)</b>
<b>2018-2019 Elementary Lunch Menu</b>			
Recipe	Total		
Chicken Nuggets	1.00 serving/5 pieces	260.000	16.000
Sandwich, Grilled Cheese	1.00 each	280.320	30.960
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Kidney Beans, 1/2 cup	0.50 cup	104.000	18.995
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Appleberry Juice Carton, 4 oz	1.00 each	55.000	14.000
Oranges, 1/2 cup, (sliced)	0.50 cup	42.300	10.575
Chocolate Belly Bear Crackers	1.00 package	120.000	20.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701

Italian Dressing	1.00 oz	108.323	2.003
Weighted Daily Average		606.807	79.270
% of Calories			52.25%

Mon - 01/28/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Weighted Daily Average		N/A	N/A
% of Calories			N/A

Tue - 01/29/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Crunchy Beef Taco	1.00 serving	286.182	19.054
Peanut Butter & Jelly Sandwich, 2.6 oz, Assorted	1.00 each	320.000	32.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Jicama Sticks, 1/2 cup	0.50 cup	23.000	5.500
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Apricot Cup, (frozen)	1.00 serving	118.000	30.370
Banana (fresh)	1.00 each	105.020	26.951
Chocolate Brown Rice Krispies Treat	1.00 each	45.000	8.000

Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Salsa	1.00 tablespoon	5.000	1.000
Weighted Daily Average		590.568	77.933
% of Calories			52.78%

Wed - 01/30/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Breaded Chicken Drumstick	1.00 serving	190.000	5.000
Power Pack (Turkey Stick, Cheese Cubes & Wheat Crackers)	1.00 serving	300.000	31.000
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Cucumbers, 1/2 cup, (sliced)	0.50 cup	7.800	1.888
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Pears, 1/2 cup (sliced, canned)	1/2 cup	59.991	14.992
Fresh Apple Slices, IW	1.00 each	30.159	7.037
Chocolate Chip Cookie (Bonzer)	1.00 each	165.000	27.000
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000

1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701
Italian Dressing	1.00 oz	108.323	2.003
Weighted Daily Average		593.145	75.986
% of Calories			51.24%

Thu - 01/31/2019	Portion Size	Calories (kcal)	Carbohydrates (g)
2018-2019 Elementary Lunch Menu			
Recipe	Total		
Chicken Double Dogs	1.00 each	260.000	31.500
Assorted Yami Yogurt w/ Granola	1.00 serving	370.000	69.333
4 Way Salad, (1/2 cup)	0.50 cup	5.000	1.000
Spinach, 1/2 cup, (Raw)	0.50 cup	3.450	0.545
Grab-it Carrots, 1/2 cup	0.50 cup	35.000	8.000
Tomatoes, 1/4 cup, (Cherry or Grape)	0.25 cup	6.705	1.449
Raisin Box	0.25 cup	108.388	28.703
Strawberry Flavored Craisins	1.00 each	110.000	28.000
Applesauce, 1/2 cup (canned)	1/2 cup	50.996	13.993
Grapes, 1/2 cup, (fresh)	0.50 cup	30.820	7.889
Chocolate Milk, Fat-free	8.00 oz	110.000	20.000
1% Low-fat Milk	8.00 oz	120.000	16.000
Ketchup	1.00 tablespoon	20.000	4.000
Mustard	1.00 teaspoon	3.000	0.292
Ranch Dressing	1.00 oz	54.202	1.701



Italian Dressing	1.00 oz	108.323	2.003
Weighted Daily Average		496.007	77.794
% of Calories			62.74%

\* = Indicates missing Nutrient Information.

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