GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092975 **Desc:** #1 Caesar Salad

Nutrition Information

Serving Size: 1 Platter Srvg (335 grams)

Amount Per Serving

Calories: 226 Calories from Fat: 123

		% Daily Value*
Total Fat:	14 GM	21%
Saturated Fat:	6 GM	29%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	30 MG	9%
Sodium:	670 MG	28%
Potassium:	360 MG	10%
Total Carbohydrate:	19 GM	6%
Dietary Fiber:	4 GM	18%
Sugars:	4 GM	
Protein:	17 GM	34%

Vitamin A: 35% • Vitamin C: 80%
Calcium: 40% • Iron: 15%

Ingredients: **Tomato Frsh Lrg 6x6**, **Washed, Cut Romaine Lettuce**, **Fancy Shredded Parmesan Cheese**, **Herb Seasoned Croutons**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	1825.34 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.06 MG
RIBOFLAVIN	0.03 MG
NIACIN	0.90 MG
VITAMIN B-6	0.12 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	49.60 MG
FOLIC ACID	22.67 MCG

Minerals

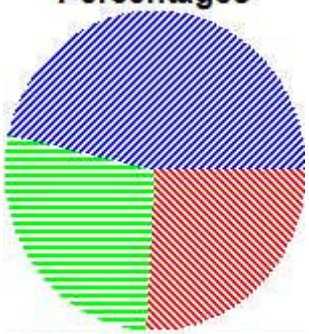
PHOSPHOROUS	36.10 MG
ZINC	0.26 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	2.96 MG
CALCIUM	405.93 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 25.87%
CHO - 27.92%
FAT - 46.21%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093515 **Desc:** #120 Camarones al Mojo de Ajo

Nutrition Information

Serving Size: 1 Platter Srvg (975 grams)

Amount Per Serving

Calories: 1137 Calories from Fat: 459

		% Daily Value*
Total Fat:	51 GM	78%
Saturated Fat:	13 GM	66%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	345 MG	114%
Sodium:	3370 MG	140%
Potassium:	530 MG	15%
Total Carbohydrate:	113 GM	38%
Dietary Fiber:	3 GM	11%
Sugars:	8 GM	
Protein:	47 GM	95%

Vitamin A: 40% • Vitamin C: 35%
Calcium: 40% • Iron: 30%

Ingredients: **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Granulated Garlic**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Random Sized Fresh Tomatoes**, **Tortilla Flour 6" Frsh**, **3/8" Cut Shredded Lettuce**, **Sour Cream**, **Soy Liquid Shortening**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	1900.33 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.32 MG
RIBOFLAVIN	0.03 MG
NIACIN	2.78 MG
VITAMIN B-6	0.13 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	22.30 MG
FOLIC ACID	91.17 MCG

Minerals

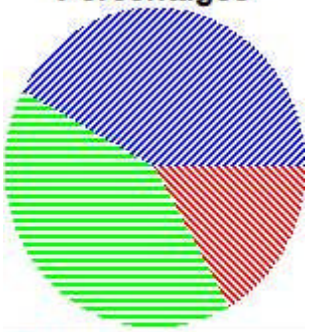
PHOSPHOROUS	39.05 MG
ZINC	0.27 MG
MAGNESIUM	1.95 MG
COPPER	0.007 MG
IRON	5.23 MG
CALCIUM	402.48 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.25%
CHO - 41.13%
FAT - 41.62%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093516 **Desc:** #126 Chimichanga Lunch

Nutrition Information

Serving Size: 1 Platter Srvg (669 grams)

Amount Per Serving

Calories: 1305 Calories from Fat: 435

		% Daily Value*
Total Fat:	48 GM	74%
Saturated Fat:	18 GM	90%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	100 MG	33%
Sodium:	3090 MG	129%
Potassium:	400 MG	12%
Total Carbohydrate:	157 GM	52%
Dietary Fiber:	25 GM	98%
Sugars:	11 GM	
Protein:	51 GM	101%

Vitamin A: 40% • Vitamin C: 80%
Calcium: 50% • Iron: 60%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Fried Beans*(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)***, **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)***, **Guacamole*(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)***, **Tomato Roma #2 Frsh, 3/8" Cut Shredded Lettuce, Sour Cream, Tortilla Flour 8" Frsh, Cheese Dip *(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)***

Fat Soluble Vitamins

VITAMIN D(iu)	0.02 IU
VITAMIN E	0.39 MG_A
VITAMIN K	5.48 MCG
VITAMIN A(iu)	2099.75 IU
VITAMIN A(re)	48 MCG_

Water Soluble Vitamins

THIAMIN	0.30 MG
RIBOFLAVIN	0.03 MG
NIACIN	2.41 MG
VITAMIN B-6	0.11 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	47.82 MG
FOLIC ACID	69.91 MCG

Minerals

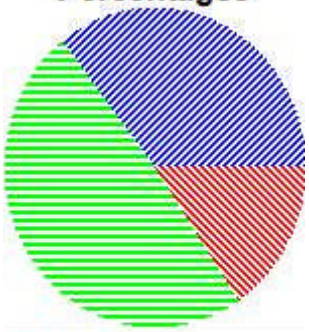
PHOSPHOROUS	30.37 MG
ZINC	0.20 MG
MAGNESIUM	12.49 MG
COPPER	0.073 MG
IRON	10.96 MG
CALCIUM	539.85 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 16.09%
CHO - 48.91%
FAT - 35.00%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093517 **Desc:** #130 Chicken Enchilada R&B

Nutrition Information

Serving Size: 1 Platter Srvg (454 grams)

Amount Per Serving

Calories: 962 Calories from Fat: 200

		% Daily Value*
Total Fat:	22 GM	34%
Saturated Fat:	3.5 GM	16%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	30 MG	11%
Sodium:	1820 MG	76%
Potassium:	180 MG	5%
Total Carbohydrate:	143 GM	48%
Dietary Fiber:	22 GM	88%
Sugars:	9 GM	
Protein:	44 GM	88%

Vitamin A: 45% • Vitamin C: 70%
Calcium: 20% • Iron: 60%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Fried Beans*(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)***, **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)***, **Salsa de Enchilada *(Canned Tomato Puree, Random Sized Fresh Tomatoes, Spanish Onions, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic, Chicken Base, Ground Cumin, Regular Grind Black Pepper, Pickling Mix)***, **White Corn Enchilada, 6"**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.11 MG_A
VITAMIN K	0.85 MCG
VITAMIN A(iu)	2281.87 IU
VITAMIN A(re)	89 MCG_

Water Soluble Vitamins

THIAMIN	0.28 MG
RIBOFLAVIN	0.02 MG
NIACIN	2.11 MG
VITAMIN B-6	0.07 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	40.08 MG
FOLIC ACID	72.35 MCG

Minerals

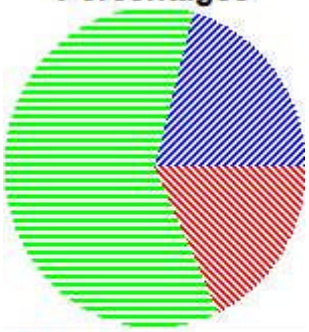
PHOSPHOROUS	16.54 MG
ZINC	0.10 MG
MAGNESIUM	4.92 MG
COPPER	0.020 MG
IRON	10.18 MG
CALCIUM	196.65 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.51%
CHO - 60.36%
FAT - 21.14%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093520 **Desc:** #144 Burro Grande

Nutrition Information

Serving Size: 1 Platter Srvg (598 grams)

Amount Per Serving

Calories: 1315 Calories from Fat: 465

		% Daily Value*
Total Fat:	52 GM	80%
Saturated Fat:	20 GM	101%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	175 MG	59%
Sodium:	2660 MG	111%
Potassium:	120 MG	3%
Total Carbohydrate:	130 GM	43%
Dietary Fiber:	15 GM	60%
Sugars:	10 GM	
Protein:	75 GM	151%

Vitamin A: 30% • Vitamin C: 30%
Calcium: 60% • Iron: 70%

Ingredients: **Choice Beef Sirloin Flap**, **Fresh Flour Tortilla 12"**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **3/8" Cut Shredded Lettuce**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Sour Cream**, **Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0.02 IU
VITAMIN E	0.10 MG_A
VITAMIN K	0.24 MCG
VITAMIN A(iu)	1474.44 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.35 MG
RIBOFLAVIN	0.37 MG
NIACIN	1.29 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	18.41 MG
FOLIC ACID	43.64 MCG

Minerals

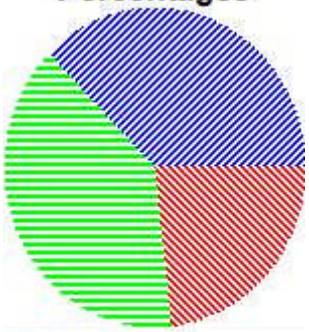
PHOSPHOROUS	12.95 MG
ZINC	8.40 MG
MAGNESIUM	3.72 MG
COPPER	0.023 MG
IRON	12.84 MG
CALCIUM	644.16 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 23.36%
CHO - 39.77%
FAT - 36.87%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093527 **Desc:** #146 Burrito San Diego

Nutrition Information

Serving Size: 1 Platter Srvg (598 grams)

Amount Per Serving

Calories: 1451 Calories from Fat: 684

		% Daily Value*
Total Fat:	76 GM	117%
Saturated Fat:	27 GM	134%
Trans Fat:	1 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	135 MG	45%
Sodium:	2730 MG	114%
Potassium:	320 MG	9%
Total Carbohydrate:	134 GM	45%
Dietary Fiber:	19 GM	74%
Sugars:	8 GM	
Protein:	51 GM	102%

Vitamin A: 70% • Vitamin C: 40%
Calcium: 50% • Iron: 60%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Fried Beans*(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)***, **Raw Chorizo Sausage**, **Mashed Potatoes*(Baker Potato, Whole Milk, Random Sized Fresh Tomatoes, Spanish Onions, White American Cheese Loaf, Margarine Solid, Granulated Garlic)***, **3/8" Cut Shredded Lettuce**, **Tortilla Flour 8" Frsh**, **Cheese Dip** ***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)***, **Random Sized Fresh Tomatoes**, **Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	2.51 IU
VITAMIN E	0.04 MG_A
VITAMIN K	0.77 MCG
VITAMIN A(iu)	3311.83 IU
VITAMIN A(re)	2 MCG_

Water Soluble Vitamins

THIAMIN	0.26 MG
RIBOFLAVIN	0.02 MG
NIACIN	2.15 MG
VITAMIN B-6	0.16 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	25.38 MG
FOLIC ACID	60.73 MCG

Minerals

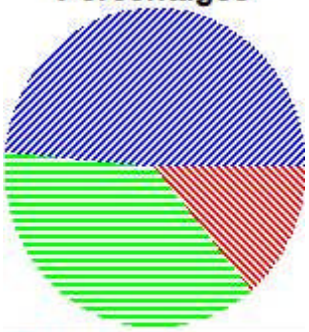
PHOSPHOROUS	35.14 MG
ZINC	0.20 MG
MAGNESIUM	10.93 MG
COPPER	0.049 MG
IRON	10.68 MG
CALCIUM	508.65 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 14.45%
CHO - 37.15%
FAT - 48.40%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093531 **Desc:** #149 Fajita Quesadilla Carne

Nutrition Information

Serving Size: 1 Platter Srvg (852 grams)

Amount Per Serving

Calories: 1584 Calories from Fat: 602

		% Daily Value*
Total Fat:	67 GM	103%
Saturated Fat:	16 GM	78%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	130 MG	44%
Sodium:	1920 MG	80%
Potassium:	580 MG	17%
Total Carbohydrate:	164 GM	55%
Dietary Fiber:	22 GM	86%
Sugars:	15 GM	
Protein:	76 GM	152%

Vitamin A: 30% • Vitamin C: 140%
Calcium: 45% • Iron: 90%

Ingredients: **Choice Beef Sirloin Flap**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Fresh Flour Tortilla 12"**, **Random Sized Fresh Tomatoes**, **Fresh Cleaned Mushrooms**, **Green Peppers**, **Spanish Onions**, **3/8" Cut Shredded Lettuce**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Sour Cream**, **Soy Liquid Shortening**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.24 MG_A
VITAMIN K	0.41 MCG
VITAMIN A(iu)	1526.81 IU
VITAMIN A(re)	31 MCG_

Water Soluble Vitamins

THIAMIN	0.46 MG
RIBOFLAVIN	0.40 MG
NIACIN	2.14 MG
VITAMIN B-6	0.18 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	86.18 MG
FOLIC ACID	68.68 MCG

Minerals

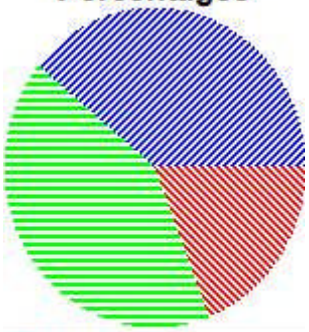
PHOSPHOROUS	43.52 MG
ZINC	8.61 MG
MAGNESIUM	8.54 MG
COPPER	0.040 MG
IRON	15.30 MG
CALCIUM	432.63 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 19.50%
CHO - 41.99%
FAT - 38.51%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093532 **Desc:** #150 Carne en su Jugo

Nutrition Information

Serving Size: 1 Platter Srvg (373 grams)

Amount Per Serving

Calories: 646 Calories from Fat: 181

		% Daily Value*
Total Fat:	20 GM	31%
Saturated Fat:	8 GM	39%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	135 MG	45%
Sodium:	2430 MG	101%
Potassium:	100 MG	3%
Total Carbohydrate:	50 GM	17%
Dietary Fiber:	13 GM	53%
Sugars:	4 GM	
Protein:	61 GM	122%

Vitamin A: 25% • Vitamin C: 25%
Calcium: 10% • Iron: 50%

Ingredients: **Choice Beef Sirloin Flap**, **Pinto Beans***(Distilled Water, Dry Pinto Beans, Spanish Onions, Salt, Mexican Serrano Chile Peppers)*, **Bacon Slcd L/O 18-22ct Fz**, **Salsa Verde***(Canned Crushed Tomatillo, Fresh Cleaned Cilantro Bunches, Spanish Onions, Granulated Garlic, Salt, Mexican Serrano Chile Peppers)*, **Pico de Gallo** *(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.10 MG_A
VITAMIN K	0.15 MCG
VITAMIN A(iu)	1198.88 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.20 MG
RIBOFLAVIN	0.37 MG
NIACIN	0.17 MG
VITAMIN B-6	0.06 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	15.08 MG
FOLIC ACID	3.39 MCG

Minerals

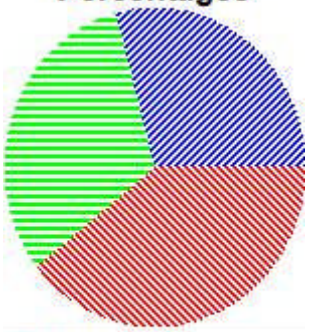
PHOSPHOROUS	14.27 MG
ZINC	8.42 MG
MAGNESIUM	3.24 MG
COPPER	0.015 MG
IRON	8.75 MG
CALCIUM	120.33 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 38.87%
CHO - 32.22%
FAT - 28.91%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093559 **Desc:** #151 Enchiladas Suizas Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (610 grams)

Amount Per Serving

Calories: 894 Calories from Fat: 440

		% Daily Value*
Total Fat:	49 GM	75%
Saturated Fat:	29 GM	145%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	165 MG	54%
Sodium:	3610 MG	150%
Potassium:	230 MG	7%
Total Carbohydrate:	76 GM	25%
Dietary Fiber:	5 GM	20%
Sugars:	11 GM	
Protein:	46 GM	93%

Vitamin A: 70% • Vitamin C: 80%
Calcium: 70% • Iron: 15%

Ingredients: **Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **White American Cheese Loaf, 3/8" Cut Shredded Lettuce, Salsa Verde***(Canned Crushed Tomatillo, Fresh Cleaned Cilantro Bunches, Spanish Onions, Granulated Garlic, Salt, Mexican Serrano Chile Peppers)*, **Soft Thin 6" Corn Tortilla, Random Sized Fresh Tomatoes, Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.18 MG_A
VITAMIN K	1.64 MCG
VITAMIN A(iu)	3260.41 IU
VITAMIN A(re)	30 MCG_

Water Soluble Vitamins

THIAMIN	0.24 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.85 MG
VITAMIN B-6	0.10 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	49.75 MG
FOLIC ACID	60.18 MCG

Minerals

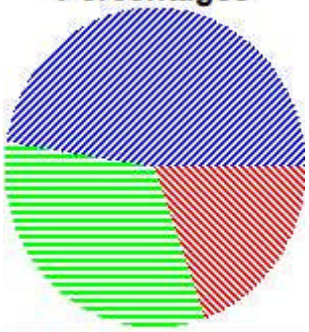
PHOSPHOROUS	23.47 MG
ZINC	0.15 MG
MAGNESIUM	6.61 MG
COPPER	0.028 MG
IRON	3.06 MG
CALCIUM	732.11 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 19.94%
CHO - 32.77%
FAT - 47.30%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093561 **Desc:** #154 Fajita Quesadilla Camaron

Nutrition Information

Serving Size: 1 Platter Srvg (820 grams)

Amount Per Serving

Calories: 1340 Calories from Fat: 448

		% Daily Value*
Total Fat:	50 GM	77%
Saturated Fat:	21 GM	106%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	355 MG	119%
Sodium:	4550 MG	190%
Potassium:	390 MG	11%
Total Carbohydrate:	146 GM	49%
Dietary Fiber:	21 GM	84%
Sugars:	10 GM	
Protein:	74 GM	148%

Vitamin A: 45% • Vitamin C: 130%
Calcium: 80% • Iron: 50%

Ingredients: **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans** *(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Verdura Fajita***(Green Peppers, Random Sized Fresh Tomatoes, Fresh Cleaned Mushrooms, Spanish Onions)*, **10" Flour Tortilla**, **White American Cheese Loaf**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Sour Cream**, **Tomato Roma #2 Frsh**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.24 MG_A
VITAMIN K	2.55 MCG
VITAMIN A(iu)	2156.54 IU
VITAMIN A(re)	49 MCG_

Water Soluble Vitamins

THIAMIN	0.25 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.96 MG
VITAMIN B-6	0.10 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	80.16 MG
FOLIC ACID	60.18 MCG

Minerals

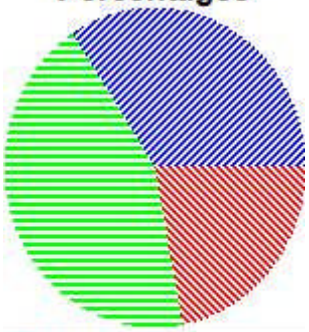
PHOSPHOROUS	26.91 MG
ZINC	0.17 MG
MAGNESIUM	7.97 MG
COPPER	0.046 MG
IRON	9.59 MG
CALCIUM	767.70 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 22.25%
CHO - 44.02%
FAT - 33.73%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093564 **Desc:** #17 Tamaulipas Style

Nutrition Information

Serving Size: 1 Platter Srvg (688 grams)

Amount Per Serving

Calories: 1434 Calories from Fat: 439

		% Daily Value*
Total Fat:	49 GM	75%
Saturated Fat:	22 GM	108%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	8 GM	
Cholesterol:	170 MG	57%
Sodium:	4280 MG	178%
Potassium:	75 MG	2%
Total Carbohydrate:	162 GM	54%
Dietary Fiber:	17 GM	67%
Sugars:	12 GM	
Protein:	85 GM	169%

Vitamin A: 30% • Vitamin C: 140%
Calcium: 60% • Iron: 80%

Ingredients: **Choice Beef Sirloin Flap**, **Pinto Beans***(Distilled Water, Dry Pinto Beans, Spanish Onions, Salt, Mexican Serrano Chile Peppers)*, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Green Peppers**, **Peppers Chipotle Adobo Sauce**, **White American Cheese Loaf**, **Bacon Slcd L/O 18-22ct Fz**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	1508.58 IU
VITAMIN A(re)	31 MCG_

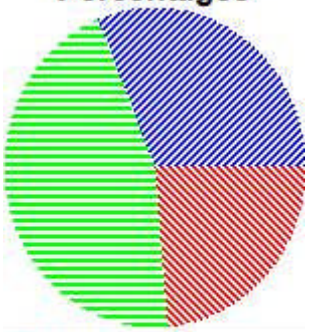
Water Soluble Vitamins	
THIAMIN	0.39 MG
RIBOFLAVIN	0.36 MG
NIACIN	1.55 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	83.73 MG
FOLIC ACID	55.93 MCG

Minerals	
PHOSPHOROUS	4.15 MG
ZINC	8.35 MG
MAGNESIUM	1.56 MG
COPPER	0.006 MG
IRON	14.71 MG
CALCIUM	628.48 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 23.78%
CHO - 45.43%
FAT - 30.79%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093568 **Desc:** #173 Tilapia

Nutrition Information

Serving Size: 1 Platter Srvg (821 grams)

Amount Per Serving

Calories: 902 Calories from Fat: 168

		% Daily Value*
Total Fat:	19 GM	29%
Saturated Fat:	4.5 GM	22%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	140 MG	46%
Sodium:	2420 MG	101%
Potassium:	300 MG	9%
Total Carbohydrate:	122 GM	41%
Dietary Fiber:	6 GM	26%
Sugars:	6 GM	
Protein:	68 GM	136%

Vitamin A: 25% • Vitamin C: 80%
Calcium: 25% • Iron: 40%

Ingredients: **Tilapia Fllt Sknls Iqf 5-7z, Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Tortilla Flour 6" Frsh, 3/8" Cut Shredded Lettuce, Fresh Lime, Guacamole** *(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.37 MG_A
VITAMIN K	0.92 MCG
VITAMIN A(iu)	1313.73 IU
VITAMIN A(re)	1 MCG_

Water Soluble Vitamins

THIAMIN	0.32 MG
RIBOFLAVIN	0.04 MG
NIACIN	2.33 MG
VITAMIN B-6	0.13 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	48.61 MG
FOLIC ACID	73.30 MCG

Minerals

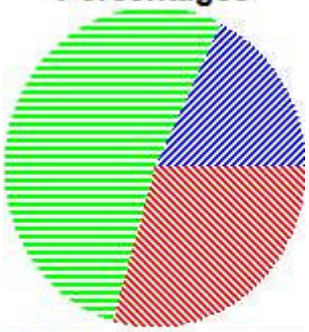
PHOSPHOROUS	37.99 MG
ZINC	0.23 MG
MAGNESIUM	11.39 MG
COPPER	0.093 MG
IRON	7.58 MG
CALCIUM	263.29 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 29.24%
CHO - 52.59%
FAT - 18.17%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093570 **Desc:** #174 Mexican Barbacoa Tacos

Nutrition Information

Serving Size: 1 Platter Srvg (624 grams)

Amount Per Serving

Calories: 1614 Calories from Fat: 798

		% Daily Value*
Total Fat:	89 GM	136%
Saturated Fat:	34 GM	171%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	170 MG	57%
Sodium:	1600 MG	67%
Potassium:	280 MG	8%
Total Carbohydrate:	131 GM	44%
Dietary Fiber:	23 GM	92%
Sugars:	17 GM	
Protein:	67 GM	134%

Vitamin A: 240% • Vitamin C: 45%
Calcium: 20% • Iron: 70%

Ingredients: **Boneless Beef Brisket**, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Salsa de Birria***(Tomato Roma #2 Frsh, Pepper Chile Guajillo Dried, Spanish Onions, Pepper Chile Ancho Dried, Sauce Hot Picante, Pepper Chile Arbol Dried, Salt, Granulated Garlic, Regular Grind Black Pepper, Whole Cloves, Whole Bay Leaf, Ground Oregano, Whole Cloves)*, **Soft Thin 6" Corn Tortilla**, **Spanish Onions**, **Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.44 MG_A
VITAMIN K	3.55 MCG
VITAMIN A(iu)	11813.68 IU
VITAMIN A(re)	25 MCG_

Water Soluble Vitamins

THIAMIN	0.07 MG
RIBOFLAVIN	0.04 MG
NIACIN	0.46 MG
VITAMIN B-6	0.18 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	27.73 MG
FOLIC ACID	3.39 MCG

Minerals

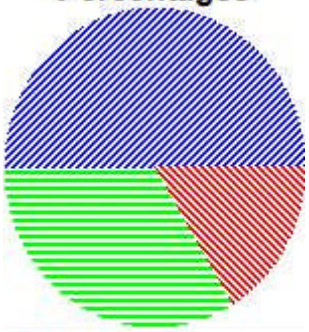
PHOSPHOROUS	40.03 MG
ZINC	0.26 MG
MAGNESIUM	13.63 MG
COPPER	0.061 MG
IRON	12.94 MG
CALCIUM	201.01 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 16.84%
CHO - 33.05%
FAT - 50.12%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093571 **Desc:** #32 Flautas

Nutrition Information

Serving Size: 1 Platter Srvg (482 grams)

Amount Per Serving

Calories: 441 Calories from Fat: 145

		% Daily Value*
Total Fat:	16 GM	25%
Saturated Fat:	6 GM	33%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	115 MG	38%
Sodium:	1380 MG	58%
Potassium:	200 MG	6%
Total Carbohydrate:	47 GM	16%
Dietary Fiber:	6 GM	26%
Sugars:	8 GM	
Protein:	31 GM	62%

Vitamin A: 25% • Vitamin C: 120%
Calcium: 10% • Iron: 15%

Ingredients: **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, 3/8" Cut Shredded Lettuce, Soft Thin 6" Corn Tortilla, Guacamole*(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, Sour Cream, Random Sized Fresh Tomatoes**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.26 MG_A
VITAMIN K	2.36 MCG
VITAMIN A(iu)	1303.53 IU
VITAMIN A(re)	40 MCG_

Water Soluble Vitamins

THIAMIN	0.04 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.40 MG
VITAMIN B-6	0.10 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	68.81 MG
FOLIC ACID	4.25 MCG

Minerals

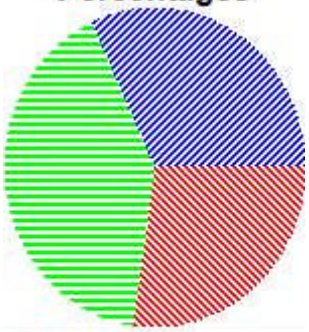
PHOSPHOROUS	25.94 MG
ZINC	0.17 MG
MAGNESIUM	7.52 MG
COPPER	0.044 MG
IRON	2.37 MG
CALCIUM	121.45 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 27.17%
CHO - 41.30%
FAT - 31.53%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093572 **Desc:** #33 Quesadilla Mexicana Carne

Nutrition Information

Serving Size: 1 Platter Srvg (499 grams)

Amount Per Serving

Calories: 854 Calories from Fat: 431

		% Daily Value*
Total Fat:	48 GM	74%
Saturated Fat:	23 GM	117%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	115 MG	39%
Sodium:	3670 MG	153%
Potassium:	210 MG	6%
Total Carbohydrate:	70 GM	24%
Dietary Fiber:	12 GM	48%
Sugars:	11 GM	
Protein:	38 GM	77%

Vitamin A: 45% • Vitamin C: 40%
Calcium: 60% • Iron: 35%

Ingredients: **Stew***(**Choice Beef Ball Tips**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Granulated Garlic**)*, **3/8" Cut Shredded Lettuce**, **Fried Beans***(**Dry Pinto Beans**, **Soy Liquid Shortening**, **Spanish Onions**, **Mexican Serrano Chile Peppers**, **Salt**)*, **Random Sized Fresh Tomatoes**, **White American Cheese Loaf**, **Sour Cream**, **Tortilla Flour 8" Frsh**, **Guacamole***(**Fresh Lime**, **Green Avacado**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Fresh Jalapeno Peppers**, **Spanish Onions**)*

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.13 MG_A
VITAMIN K	1.87 MCG
VITAMIN A(iu)	2201.84 IU
VITAMIN A(re)	14 MCG_

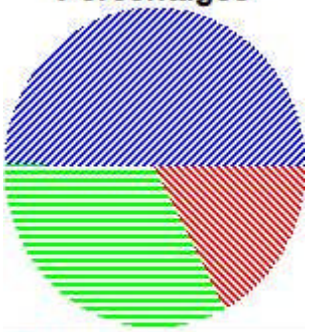
Water Soluble Vitamins	
THIAMIN	0.04 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.51 MG
VITAMIN B-6	0.07 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	23.88 MG
FOLIC ACID	8.50 MCG

Minerals	
PHOSPHOROUS	22.25 MG
ZINC	0.16 MG
MAGNESIUM	3.61 MG
COPPER	0.025 MG
IRON	6.25 MG
CALCIUM	559.58 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.74%
CHO - 32.56%
FAT - 49.70%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093573 **Desc:** #34 Chimichanga Carne

Nutrition Information

Serving Size: 1 Platter Srvg (572 grams)

Amount Per Serving

Calories: 1047 Calories from Fat: 372

		% Daily Value*
Total Fat:	41 GM	64%
Saturated Fat:	14 GM	71%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	90 MG	30%
Sodium:	5570 MG	232%
Potassium:	200 MG	6%
Total Carbohydrate:	115 GM	39%
Dietary Fiber:	14 GM	57%
Sugars:	11 GM	
Protein:	50 GM	100%

Vitamin A: 25% • Vitamin C: 50%
Calcium: 50% • Iron: 60%

Ingredients: **Stew***(**Choice Beef Ball Tips**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Granulated Garlic**)*, **Fresh Flour Tortilla 12"**, **Guacamole***(**Fresh Lime**, **Green Avacado**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Fresh Jalapeno Peppers**, **Spanish Onions**)*, **Fried Beans***(**Dry Pinto Beans**, **Soy Liquid Shortening**, **Spanish Onions**, **Mexican Serrano Chile Peppers**, **Salt**)*, **3/8" Cut Shredded Lettuce**, **Tortilla Flour 8" Frsh**, **Cheese Dip***(**Extra Melt White American Cheese Melt**, **Pepper Jalapeno Whl Cnd**, **Whole Milk**)*, **Random Sized Fresh Tomatoes**

Fat Soluble Vitamins

VITAMIN D(iu)	0.01 IU
VITAMIN E	0.23 MG_A
VITAMIN K	3.31 MCG
VITAMIN A(iu)	1330.16 IU
VITAMIN A(re)	24 MCG_

Water Soluble Vitamins

THIAMIN	0.04 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.47 MG
VITAMIN B-6	0.07 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	28.86 MG
FOLIC ACID	4.25 MCG

Minerals

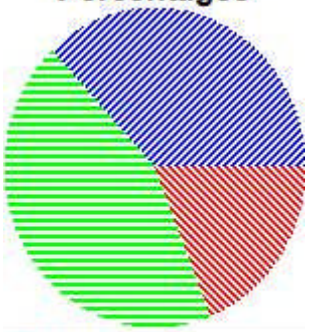
PHOSPHOROUS	22.62 MG
ZINC	0.15 MG
MAGNESIUM	6.52 MG
COPPER	0.046 MG
IRON	10.10 MG
CALCIUM	499.13 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 19.36%
CHO - 44.20%
FAT - 36.43%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093574 **Desc:** #42 Burritos Deluxe

Nutrition Information

Serving Size: 1 Platter Srvg (544 grams)

Amount Per Serving

Calories: 869 Calories from Fat: 417

		% Daily Value*
Total Fat:	46 GM	71%
Saturated Fat:	21 GM	107%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1.5 GM	
Monounsaturated Fat:	9 GM	
Cholesterol:	150 MG	50%
Sodium:	5800 MG	242%
Potassium:	410 MG	12%
Total Carbohydrate:	67 GM	22%
Dietary Fiber:	6 GM	25%
Sugars:	9 GM	
Protein:	45 GM	90%

Vitamin A: 35% • Vitamin C: 70%
Calcium: 45% • Iron: 30%

Ingredients: **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Tortilla Flour 8" Frsh**, **Salsa de Burro***(Salt, Canned Tomato Puree, Granulated Garlic, Pickling Mix, Regular Grind Black Pepper, Spanish Onions)*, **3/8" Cut Shredded Lettuce**, **White American Cheese Loaf**, **Random Sized Fresh Tomatoes**, **Sour Cream**, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.17 MG_A
VITAMIN K	1.57 MCG
VITAMIN A(iu)	1801.53 IU
VITAMIN A(re)	47 MCG_

Water Soluble Vitamins

THIAMIN	0.07 MG
RIBOFLAVIN	0.16 MG
NIACIN	3.78 MG
VITAMIN B-6	0.37 MG
VITAMIN B-12	1.73 MCG
VITAMIN C, TOTAL ASCORBIC ACID	39.53 MG
FOLIC ACID	10.78 MCG

Minerals

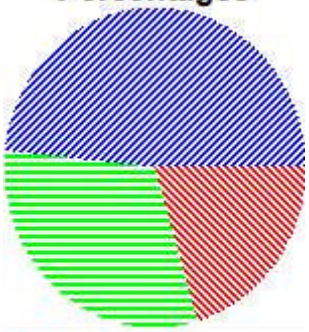
PHOSPHOROUS	152.89 MG
ZINC	3.55 MG
MAGNESIUM	20.67 MG
COPPER	0.027 MG
IRON	5.80 MG
CALCIUM	460.71 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.73%
CHO - 31.09%
FAT - 48.18%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093575 **Desc:** #45 Steak Ranchero

Nutrition Information

Serving Size: 1 Platter Srvg (885 grams)

Amount Per Serving

Calories: 1699 Calories from Fat: 522

		% Daily Value*
Total Fat:	58 GM	89%
Saturated Fat:	17 GM	87%
Trans Fat:	2 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	220 MG	74%
Sodium:	6510 MG	271%
Potassium:	380 MG	11%
Total Carbohydrate:	173 GM	58%
Dietary Fiber:	20 GM	79%
Sugars:	11 GM	
Protein:	116 GM	232%

Vitamin A: 120% • Vitamin C: 60%
Calcium: 40% • Iron: 110%

Ingredients: **Beef Stk Ribeye Bnls 1" Utl 10z Frsh**, **Salsa Ranchera***(Tomato Roma #2 Frsh, Salt, Granulated Garlic, Pepper Chile Arbol Dried, Pepper Chile Guajillo Dried, Whole Bay Leaf, Ground Cumin)*, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch** *(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **3/8" Cut Shredded Lettuce**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.50 MG_A
VITAMIN K	8.39 MCG
VITAMIN A(iu)	6162.37 IU
VITAMIN A(re)	64 MCG_

Water Soluble Vitamins

THIAMIN	0.27 MG
RIBOFLAVIN	0.03 MG
NIACIN	2.29 MG
VITAMIN B-6	0.14 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	36.04 MG
FOLIC ACID	57.62 MCG

Minerals

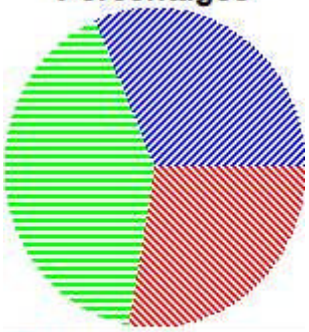
PHOSPHOROUS	38.86 MG
ZINC	0.26 MG
MAGNESIUM	15.50 MG
COPPER	0.085 MG
IRON	19.65 MG
CALCIUM	396.85 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 27.62%
CHO - 41.26%
FAT - 31.12%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093582 **Desc:** #46 El Vaquero Special

Nutrition Information

Serving Size: 1 Platter Srvg (715 grams)

Amount Per Serving

Calories: 1615 Calories from Fat: 510

		% Daily Value*
Total Fat:	57 GM	87%
Saturated Fat:	17 GM	86%
Trans Fat:	2 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	220 MG	74%
Sodium:	1800 MG	75%
Potassium:	180 MG	5%
Total Carbohydrate:	159 GM	53%
Dietary Fiber:	17 GM	66%
Sugars:	5 GM	
Protein:	113 GM	226%

Vitamin A: 10% • Vitamin C: 90%
Calcium: 35% • Iron: 100%

Ingredients: **Beef Stk Ribeye Bnls 1" Utl 10z Frsh**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Verdura Fajita***(Green Peppers, Random Sized Fresh Tomatoes, Fresh Cleaned Mushrooms, Spanish Onions)*

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.05 MG_A
VITAMIN K	0.07 MCG
VITAMIN A(iu)	470.40 IU
VITAMIN A(re)	23 MCG_

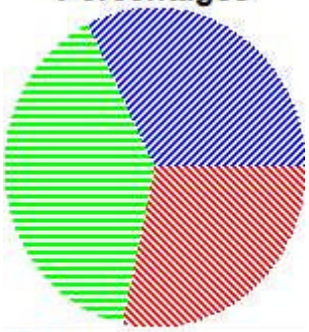
Water Soluble Vitamins	
THIAMIN	0.22 MG
RIBOFLAVIN	0.01 MG
NIACIN	1.69 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	51.80 MG
FOLIC ACID	59.12 MCG

Minerals	
PHOSPHOROUS	12.61 MG
ZINC	0.08 MG
MAGNESIUM	2.81 MG
COPPER	0.010 MG
IRON	17.57 MG
CALCIUM	364.25 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 28.26%
CHO - 39.81%
FAT - 31.93%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093583 **Desc:** #47 Tacos al Pastor

Nutrition Information

Serving Size: 1 Platter Srvg (524 grams)

Amount Per Serving

Calories: 1074 Calories from Fat: 305

		% Daily Value*
Total Fat:	34 GM	52%
Saturated Fat:	11 GM	57%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	135 MG	44%
Sodium:	2910 MG	121%
Potassium:	105 MG	3%
Total Carbohydrate:	119 GM	40%
Dietary Fiber:	21 GM	86%
Sugars:	9 GM	
Protein:	72 GM	143%

Vitamin A: 50% • Vitamin C: 40%
Calcium: 35% • Iron: 70%

Ingredients: **Choice Beef Sirloin Flap**, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Soft Thin 6" Corn Tortilla**, **Salsa de Tacos al Pastor** ***(Tomato Strp Robusto Cnd, Distilled Water, Granulated Garlic, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried)***, **Salsa Picosa***(Canned Crushed Tomatillo, Spanish Onions, Salt, Granulated Garlic, Fresh Cleaned Cilantro Bunches, Pepper Chile Arbol Dried, Pepper Chile Guajillo Dried)*, **Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*, **White American Cheese Loaf**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.11 MG_A
VITAMIN K	0.16 MCG
VITAMIN A(iu)	2529.60 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.21 MG
RIBOFLAVIN	0.37 MG
NIACIN	0.17 MG
VITAMIN B-6	0.07 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	23.30 MG
FOLIC ACID	3.39 MCG

Minerals

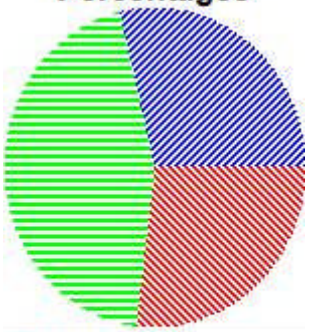
PHOSPHOROUS	15.04 MG
ZINC	8.42 MG
MAGNESIUM	3.53 MG
COPPER	0.016 MG
IRON	12.36 MG
CALCIUM	373.72 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 26.85%
CHO - 44.60%
FAT - 28.55%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093585 **Desc:** #49 Special Dinner

Nutrition Information

Serving Size: 1 Platter Srvg (972 grams)

Amount Per Serving

Calories: 2380 Calories from Fat: 1062

		% Daily Value*
Total Fat:	118 GM	182%
Saturated Fat:	30 GM	151%
Trans Fat:	18 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	7 GM	
Cholesterol:	350 MG	117%
Sodium:	6480 MG	270%
Potassium:	650 MG	19%
Total Carbohydrate:	246 GM	82%
Dietary Fiber:	28 GM	113%
Sugars:	20 GM	
Protein:	78 GM	156%

Vitamin A: 220% • Vitamin C: 90%
Calcium: 70% • Iron: 90%

Ingredients: **Tamal Batch***(Margarine Solid, Corn Flour Bulk, Corn Starch, Granulated Garlic, Random Sized Fresh Tomatoes, Salt, Chicken Base, Salt, Chicken Base, Granulated Garlic, Spanish Onions, Pepper Chile Guajillo Dried, Pepper Chile Arbol Dried)*, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Salsa de Enchilada***(Canned Tomato Puree, Random Sized Fresh Tomatoes, Spanish Onions, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic, Chicken Base, Ground Cumin, Regular Grind Black Pepper, Pickling Mix)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **2% Mozzarella Cheese Loaf**, **Large Grade A Shell Eggs**, **Salsa Ranchera***(Tomato Roma #2 Frsh, Salt, Granulated Garlic, Pepper Chile Arbol Dried, Pepper Chile Guajillo Dried, Whole Bay Leaf, Ground Cumin)*, **Flour**, **3/8" Cut Shredded Lettuce**, **Soft Thin 6" Corn Tortilla**, **Guacamole***(Fresh Lime, Green*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.30 MG_A
VITAMIN K	3.95 MCG
VITAMIN A(iu)	10837.24 IU
VITAMIN A(re)	178 MCG_

Water Soluble Vitamins

THIAMIN	0.57 MG
RIBOFLAVIN	0.34 MG
NIACIN	7.91 MG
VITAMIN B-6	0.44 MG
VITAMIN B-12	1.73 MCG
VITAMIN C, TOTAL ASCORBIC ACID	51.99 MG
FOLIC ACID	133.61 MCG

Minerals

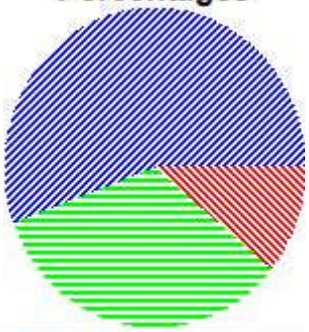
PHOSPHOROUS	217.06 MG
ZINC	3.96 MG
MAGNESIUM	35.19 MG
COPPER	0.065 MG
IRON	16.22 MG
CALCIUM	742.85 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 11.42%
CHO - 32.63%
FAT - 55.95%

Avacado, ***Fresh Cleaned Cilantro Bunches***, ***Salt***, ***Fresh Jalapeno Peppers***, ***Spanish Onions)***, **Random Sized Fresh Tomatoes**		

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093586 **Desc:** #52 Nachos Supreme

Nutrition Information

Serving Size: 1 Platter Srvg (680 grams)

Amount Per Serving

Calories: 1411 Calories from Fat: 643

		% Daily Value*
Total Fat:	71 GM	110%
Saturated Fat:	30 GM	149%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	7 GM	
Cholesterol:	210 MG	69%
Sodium:	3010 MG	125%
Potassium:	370 MG	10%
Total Carbohydrate:	114 GM	38%
Dietary Fiber:	21 GM	83%
Sugars:	12 GM	
Protein:	72 GM	145%

Vitamin A: 45% • Vitamin C: 70%
Calcium: 80% • Iron: 60%

Ingredients: **Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **3/8" Cut Shredded Lettuce**, **Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Soft Thin 6" Corn Tortilla**, **Sour Cream**, **Random Sized Fresh Tomatoes**

Fat Soluble Vitamins

VITAMIN D(iu)	0.04 IU
VITAMIN E	0.15 MG_A
VITAMIN K	1.54 MCG
VITAMIN A(iu)	2282.87 IU
VITAMIN A(re)	23 MCG_

Water Soluble Vitamins

THIAMIN	0.06 MG
RIBOFLAVIN	0.15 MG
NIACIN	3.69 MG
VITAMIN B-6	0.35 MG
VITAMIN B-12	1.73 MCG
VITAMIN C, TOTAL ASCORBIC ACID	42.38 MG
FOLIC ACID	8.66 MCG

Minerals

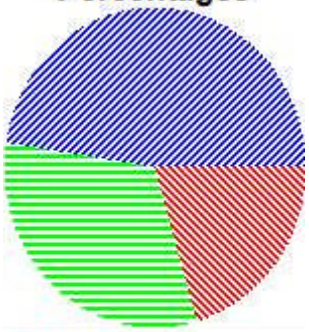
PHOSPHOROUS	147.40 MG
ZINC	3.51 MG
MAGNESIUM	19.89 MG
COPPER	0.024 MG
IRON	10.26 MG
CALCIUM	784.94 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.78%
CHO - 31.88%
FAT - 47.34%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093587 **Desc:** #53 Guadalajara Special

Nutrition Information

Serving Size: 1 Platter Srvg (600 grams)

Amount Per Serving

Calories: 790 Calories from Fat: 350

		% Daily Value*
Total Fat:	39 GM	60%
Saturated Fat:	17 GM	84%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	125 MG	41%
Sodium:	13110 MG	546%
Potassium:	220 MG	6%
Total Carbohydrate:	62 GM	21%
Dietary Fiber:	6 GM	25%
Sugars:	10 GM	
Protein:	42 GM	84%

Vitamin A: 35% • Vitamin C: 45%
Calcium: 45% • Iron: 35%

Ingredients: **Stew***(**Choice Beef Ball Tips**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Granulated Garlic**)*, **Salsa de Burro** *(**Salt**, **Canned Tomato Puree**, **Granulated Garlic**, **Pickling Mix**, **Regular Grind Black Pepper**, **Spanish Onions**)*, **Tortilla Flour 8" Frsh**, **Cheese Dip***(**Extra Melt White American Cheese Melt**, **Pepper Jalapeno Whl Cnd**, **Whole Milk**)*, **3/8" Cut Shredded Lettuce**, **Guacamole***(**Fresh Lime**, **Green Avacado**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Fresh Jalapeno Peppers**, **Spanish Onions**)*, **Random Sized Fresh Tomatoes**

Fat Soluble Vitamins

VITAMIN D(iu)	0.02 IU
VITAMIN E	0.27 MG_A
VITAMIN K	3.66 MCG
VITAMIN A(iu)	1731.62 IU
VITAMIN A(re)	75 MCG_

Water Soluble Vitamins

THIAMIN	0.04 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.48 MG
VITAMIN B-6	0.10 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	27.79 MG
FOLIC ACID	4.25 MCG

Minerals

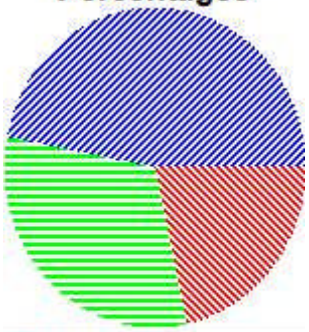
PHOSPHOROUS	25.55 MG
ZINC	0.17 MG
MAGNESIUM	7.80 MG
COPPER	0.045 MG
IRON	5.98 MG
CALCIUM	427.12 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.84%
CHO - 31.43%
FAT - 46.73%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093588 **Desc:** #55 Tacos de Carne Asada

Nutrition Information

Serving Size: 1 Platter Srvg (652 grams)

Amount Per Serving

Calories: 1173 Calories from Fat: 333

		% Daily Value*
Total Fat:	37 GM	57%
Saturated Fat:	13 GM	63%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	5 GM	
Cholesterol:	170 MG	57%
Sodium:	5490 MG	229%
Potassium:	210 MG	6%
Total Carbohydrate:	123 GM	41%
Dietary Fiber:	23 GM	93%
Sugars:	9 GM	
Protein:	84 GM	169%

Vitamin A: 45% • Vitamin C: 40%
Calcium: 35% • Iron: 80%

Ingredients: **Choice Beef Sirloin Flap**, **Salsa Picosa***(Canned Crushed Tomatillo, Spanish Onions, Salt, Granulated Garlic, Fresh Cleaned Cilantro Bunches, Pepper Chile Arbol Dried, Pepper Chile Guajillo Dried)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Pico de Gallo** *(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*, **Soft Thin 6" Corn Tortilla**, **White American Cheese Loaf**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.23 MG_A
VITAMIN K	0.33 MCG
VITAMIN A(iu)	2270.35 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.29 MG
RIBOFLAVIN	0.51 MG
NIACIN	0.35 MG
VITAMIN B-6	0.14 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	24.39 MG
FOLIC ACID	6.78 MCG

Minerals

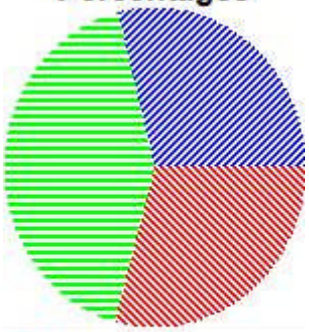
PHOSPHOROUS	30.61 MG
ZINC	11.30 MG
MAGNESIUM	7.25 MG
COPPER	0.033 MG
IRON	13.56 MG
CALCIUM	366.84 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 29.05%
CHO - 42.26%
FAT - 28.69%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093590 **Desc:** #58 Fried Beans Nachos

Nutrition Information

Serving Size: 1 Platter Srvg (539 grams)

Amount Per Serving

Calories: 1839 Calories from Fat: 794

		% Daily Value*
Total Fat:	88 GM	136%
Saturated Fat:	38 GM	192%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	180 MG	60%
Sodium:	4190 MG	175%
Potassium:	0 MG	0%
Total Carbohydrate:	175 GM	58%
Dietary Fiber:	29 GM	115%
Sugars:	11 GM	
Protein:	76 GM	152%

Vitamin A: 50% • Vitamin C: 15%
Calcium: 130% • Iron: 60%

Ingredients: **Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Tortilla Chips***(Soft Thin 6" Corn Tortilla)*

Fat Soluble Vitamins

VITAMIN D(iu)	0.09 IU
VITAMIN E	0.01 MG_A
VITAMIN K	0.01 MCG
VITAMIN A(iu)	2387.45 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.00 MG
VITAMIN B-6	0.00 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	10.16 MG
FOLIC ACID	0 MCG

Minerals

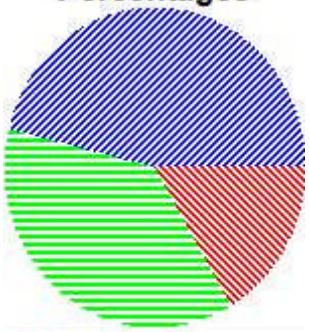
PHOSPHOROUS	0.76 MG
ZINC	0.00 MG
MAGNESIUM	0.28 MG
COPPER	0.001 MG
IRON	11.53 MG
CALCIUM	1322.73 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.04%
CHO - 37.08%
FAT - 45.88%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093591 **Desc:** #60 Beef Nachos

Nutrition Information

Serving Size: 1 Platter Srvg (524 grams)

Amount Per Serving

Calories: 1399 Calories from Fat: 890

		% Daily Value*
Total Fat:	99 GM	152%
Saturated Fat:	48 GM	241%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	14 GM	
Cholesterol:	295 MG	98%
Sodium:	4480 MG	187%
Potassium:	560 MG	16%
Total Carbohydrate:	50 GM	17%
Dietary Fiber:	4 GM	17%
Sugars:	9 GM	
Protein:	68 GM	136%

Vitamin A: 60% • Vitamin C: 15%
Calcium: 110% • Iron: 30%

Ingredients: **Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **Beef Taco Meat** *(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **Tortilla Chips***(Soft Thin 6" Corn Tortilla)*

Fat Soluble Vitamins

VITAMIN D(iu)	0.09 IU
VITAMIN E	0.09 MG_A
VITAMIN K	0.94 MCG
VITAMIN A(iu)	3086.13 IU
VITAMIN A(re)	6 MCG_

Water Soluble Vitamins

THIAMIN	0.09 MG
RIBOFLAVIN	0.28 MG
NIACIN	7.03 MG
VITAMIN B-6	0.61 MG
VITAMIN B-12	3.46 MCG
VITAMIN C, TOTAL ASCORBIC ACID	9.17 MG
FOLIC ACID	13.06 MCG

Minerals

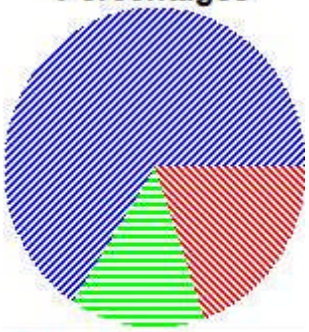
PHOSPHOROUS	272.70 MG
ZINC	6.87 MG
MAGNESIUM	33.58 MG
COPPER	0.020 MG
IRON	5.72 MG
CALCIUM	1140.00 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 19.98%
CHO - 13.75%
FAT - 66.26%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093592 **Desc:** #62 Chicken Nachos

Nutrition Information

Serving Size: 1 Platter Srvg (652 grams)

Amount Per Serving

Calories: 1516 Calories from Fat: 802

		% Daily Value*
Total Fat:	89 GM	137%
Saturated Fat:	46 GM	231%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	310 MG	103%
Sodium:	5200 MG	217%
Potassium:	105 MG	3%
Total Carbohydrate:	92 GM	31%
Dietary Fiber:	7 GM	30%
Sugars:	12 GM	
Protein:	79 GM	158%

Vitamin A: 70% • Vitamin C: 90%
Calcium: 140% • Iron: 20%

Ingredients: **Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **Pollo de la Linea** *(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Tortilla Chips***(Soft Thin 6" Corn Tortilla)*

Fat Soluble Vitamins

VITAMIN D(iu)	0.11 IU
VITAMIN E	0.19 MG_A
VITAMIN K	2.13 MCG
VITAMIN A(iu)	3306.02 IU
VITAMIN A(re)	40 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.18 MG
VITAMIN B-6	0.07 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	54.56 MG
FOLIC ACID	0 MCG

Minerals

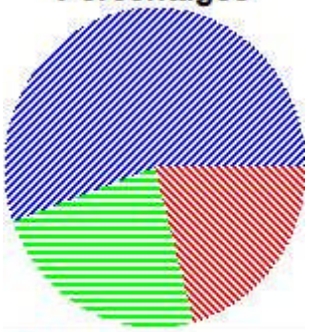
PHOSPHOROUS	14.31 MG
ZINC	0.09 MG
MAGNESIUM	5.84 MG
COPPER	0.027 MG
IRON	3.42 MG
CALCIUM	1411.19 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.10%
CHO - 23.09%
FAT - 55.80%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093593 **Desc:** #64 Beef & Fried Beans Nachos

Nutrition Information

Serving Size: 1 Platter Srvg (652 grams)

Amount Per Serving

Calories: 2021 Calories from Fat: 1025

		% Daily Value*
Total Fat:	114 GM	175%
Saturated Fat:	53 GM	264%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	7 GM	
Cholesterol:	280 MG	94%
Sodium:	5340 MG	223%
Potassium:	280 MG	8%
Total Carbohydrate:	149 GM	50%
Dietary Fiber:	22 GM	87%
Sugars:	12 GM	
Protein:	88 GM	177%

Vitamin A: 70% • Vitamin C: 20%
Calcium: 160% • Iron: 60%

Ingredients: **Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **Tortilla Chips***(Soft Thin 6" Corn Tortilla)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*

Fat Soluble Vitamins

VITAMIN D(iu)	0.11 IU
VITAMIN E	0.05 MG_A
VITAMIN K	0.48 MCG
VITAMIN A(iu)	3332.54 IU
VITAMIN A(re)	3 MCG_

Water Soluble Vitamins

THIAMIN	0.05 MG
RIBOFLAVIN	0.14 MG
NIACIN	3.52 MG
VITAMIN B-6	0.31 MG
VITAMIN B-12	1.73 MCG
VITAMIN C, TOTAL ASCORBIC ACID	11.54 MG
FOLIC ACID	6.53 MCG

Minerals

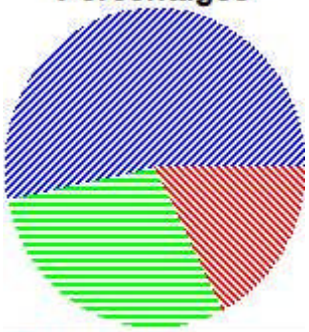
PHOSPHOROUS	136.85 MG
ZINC	3.44 MG
MAGNESIUM	16.97 MG
COPPER	0.011 MG
IRON	10.78 MG
CALCIUM	1545.72 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.00%
CHO - 28.50%
FAT - 53.49%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093121 **Desc:** #66 Spinach Dip

Nutrition Information

Serving Size: 1 Platter Srvg (283 grams)

Amount Per Serving

Calories: 629 Calories from Fat: 436

		% Daily Value*
Total Fat:	48 GM	74%
Saturated Fat:	27 GM	135%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	135 MG	45%
Sodium:	2800 MG	117%
Potassium:	390 MG	11%
Total Carbohydrate:	11 GM	4%
Dietary Fiber:	4 GM	16%
Sugars:	6 GM	
Protein:	31 GM	62%

Vitamin A: 300% • Vitamin C: 15%
Calcium: 100% • Iron: 10%

Ingredients: **Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **Frozen Chopped Spinach**

Fat Soluble Vitamins

VITAMIN D(iu)	0.07 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	15077.58 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.11 MG
RIBOFLAVIN	0.25 MG
NIACIN	0.57 MG
VITAMIN B-6	0.20 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	7.84 MG
FOLIC ACID	0 MCG

Minerals

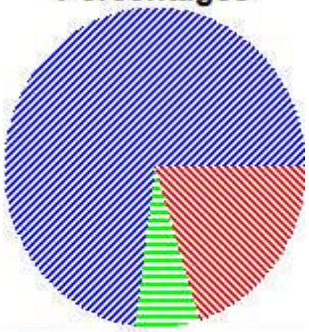
PHOSPHOROUS	55.57 MG
ZINC	0.64 MG
MAGNESIUM	85.05 MG
COPPER	0 MG
IRON	2.14 MG
CALCIUM	953.46 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.49%
CHO - 6.45%
FAT - 73.06%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093119 **Desc:** #67 Queso Fundido with Camaron

Nutrition Information

Serving Size: 1 Bowl Srvg (439 grams)

Amount Per Serving

Calories: 769 Calories from Fat: 494

		% Daily Value*
Total Fat:	55 GM	84%
Saturated Fat:	24 GM	122%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	315 MG	105%
Sodium:	3490 MG	145%
Potassium:	330 MG	10%
Total Carbohydrate:	14 GM	5%
Dietary Fiber:	2 GM	8%
Sugars:	9 GM	
Protein:	47 GM	95%

Vitamin A: 45% • Vitamin C: 240%
Calcium: 80% • Iron: 6%

Ingredients: **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Cheese Dip***(Extra Melt White American Cheese Melt*, ***Pepper Jalapeno Whl Cnd***, ***Whole Milk)***, **Poblano Peppers**, **Fresh Cleaned Mushrooms**, **Spanish Onions**, **Soy Liquid Shortening**

Fat Soluble Vitamins

VITAMIN D(iu)	0.06 IU
VITAMIN E	0.48 MG_A
VITAMIN K	8.22 MCG
VITAMIN A(iu)	2152.82 IU
VITAMIN A(re)	44 MCG_

Water Soluble Vitamins

THIAMIN	0.06 MG
RIBOFLAVIN	0.06 MG
NIACIN	0.56 MG
VITAMIN B-6	0.20 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	141.05 MG
FOLIC ACID	0 MCG

Minerals

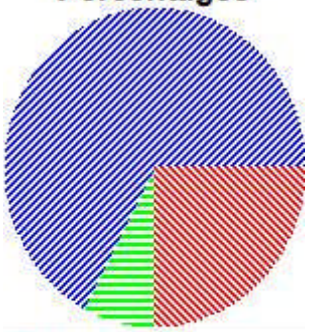
PHOSPHOROUS	33.74 MG
ZINC	0.22 MG
MAGNESIUM	17.01 MG
COPPER	0.109 MG
IRON	0.86 MG
CALCIUM	779.40 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 25.19%
CHO - 7.17%
FAT - 67.65%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092991 **Desc:** #68 Jalapeno Poppers

Nutrition Information

Serving Size: 1 Platter Srvg (345 grams)

Amount Per Serving

Calories: 183 Calories from Fat: 22

		% Daily Value*
Total Fat:	2.5 GM	4%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	6620 MG	276%
Potassium:	480 MG	14%
Total Carbohydrate:	28 GM	9%
Dietary Fiber:	7 GM	28%
Sugars:	8 GM	
Protein:	14 GM	28%

Vitamin A: 60% • Vitamin C: 150%
Calcium: 15% • Iron: 20%

Ingredients: Fresh Jalapeno Peppers, Tomato Frsh Lrg 6x6, Ranch Dressing Mix, 3/8" Cut Shredded Lettuce

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.67 MG_A
VITAMIN K	13.75 MCG
VITAMIN A(iu)	2933.92 IU
VITAMIN A(re)	31 MCG_

Water Soluble Vitamins

THIAMIN	0.23 MG
RIBOFLAVIN	0.10 MG
NIACIN	2.03 MG
VITAMIN B-6	0.78 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	88.50 MG
FOLIC ACID	11.33 MCG

Minerals

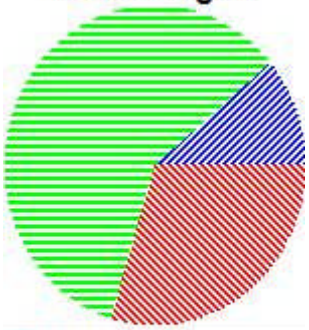
PHOSPHOROUS	61.99 MG
ZINC	0.46 MG
MAGNESIUM	26.93 MG
COPPER	0.189 MG
IRON	3.33 MG
CALCIUM	154.54 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 29.43%
CHO - 58.95%
FAT - 11.62%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093605 **Desc:** #74 Taco

Nutrition Information

Serving Size: 1 Platter Srvg (354 grams)

Amount Per Serving

Calories: 884 Calories from Fat: 298

		% Daily Value*
Total Fat:	33 GM	51%
Saturated Fat:	11 GM	57%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	3.5 GM	
Cholesterol:	50 MG	16%
Sodium:	1450 MG	60%
Potassium:	210 MG	6%
Total Carbohydrate:	106 GM	35%
Dietary Fiber:	16 GM	66%
Sugars:	5 GM	
Protein:	38 GM	76%

Vitamin A: 15% • Vitamin C: 15%

Calcium: 30% • Iron: 50%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*****, Fried Beans*****(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*****, Beef Taco Meat*****(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*****, White American Cheese Loaf, 3/8" Cut Shredded Lettuce, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.04 MG_A
VITAMIN K	0.26 MCG
VITAMIN A(iu)	826.38 IU
VITAMIN A(re)	2 MCG_

Water Soluble Vitamins

THIAMIN	0.23 MG
RIBOFLAVIN	0.08 MG
NIACIN	3.31 MG
VITAMIN B-6	0.17 MG
VITAMIN B-12	0.86 MCG
VITAMIN C, TOTAL ASCORBIC ACID	9.82 MG
FOLIC ACID	59.19 MCG

Minerals

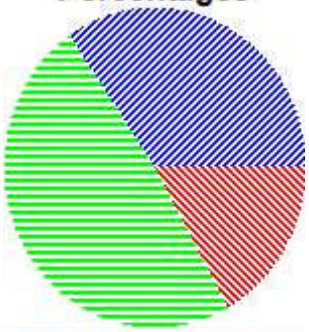
PHOSPHOROUS	72.83 MG
ZINC	1.74 MG
MAGNESIUM	10.14 MG
COPPER	0.011 MG
IRON	8.73 MG
CALCIUM	317.13 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.37%
CHO - 48.55%
FAT - 34.08%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093606 **Desc:** #75 Enchilada

Nutrition Information

Serving Size: 1 Platter Srvg (369 grams)

Amount Per Serving

Calories: 867 Calories from Fat: 258

		% Daily Value*
Total Fat:	29 GM	44%
Saturated Fat:	8 GM	42%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	3.5 GM	
Cholesterol:	40 MG	13%
Sodium:	1770 MG	74%
Potassium:	260 MG	7%
Total Carbohydrate:	112 GM	37%
Dietary Fiber:	17 GM	69%
Sugars:	8 GM	
Protein:	36 GM	72%

Vitamin A: 50% • Vitamin C: 35%
Calcium: 25% • Iron: 50%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Fried Beans*(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)***, **Salsa de Enchilada*(Canned Tomato Puree, Random Sized Fresh Tomatoes, Spanish Onions, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic, Chicken Base, Ground Cumin, Regular Grind Black Pepper, Pickling Mix)***, **Beef Taco Meat*(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)***, **White American Cheese Loaf, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.06 MG_A
VITAMIN K	0.28 MCG
VITAMIN A(iu)	2490.92 IU
VITAMIN A(re)	76 MCG_

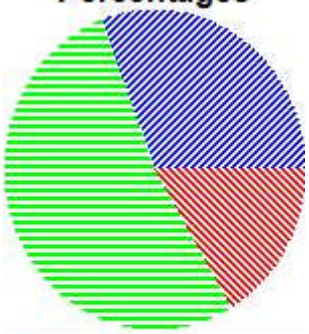
Water Soluble Vitamins	
THIAMIN	0.24 MG
RIBOFLAVIN	0.08 MG
NIACIN	3.41 MG
VITAMIN B-6	0.19 MG
VITAMIN B-12	0.86 MCG
VITAMIN C, TOTAL ASCORBIC ACID	20.66 MG
FOLIC ACID	61.64 MCG

Minerals	
PHOSPHOROUS	78.19 MG
ZINC	1.78 MG
MAGNESIUM	10.69 MG
COPPER	0.013 MG
IRON	9.13 MG
CALCIUM	234.22 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.00%
CHO - 52.65%
FAT - 30.35%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093608 **Desc:** #76 Burrito

Nutrition Information

Serving Size: 1 Platter Srvg (328 grams)

Amount Per Serving

Calories: 683 Calories from Fat: 316

		% Daily Value*
Total Fat:	35 GM	54%
Saturated Fat:	15 GM	76%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	10 GM	
Cholesterol:	90 MG	31%
Sodium:	1700 MG	71%
Potassium:	420 MG	12%
Total Carbohydrate:	60 GM	20%
Dietary Fiber:	2 GM	7%
Sugars:	3 GM	
Protein:	29 GM	58%

Vitamin A: 20% • Vitamin C: 10%
Calcium: 25% • Iron: 30%

Ingredients: **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **Mexican Fried Rice - Batch** *(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Tortilla Flour 8" Frsh**, **White American Cheese Loaf**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.07 MG_A
VITAMIN K	0.61 MCG
VITAMIN A(iu)	1019.30 IU
VITAMIN A(re)	4 MCG_

Water Soluble Vitamins

THIAMIN	0.27 MG
RIBOFLAVIN	0.18 MG
NIACIN	5.95 MG
VITAMIN B-6	0.40 MG
VITAMIN B-12	2.16 MCG
VITAMIN C, TOTAL ASCORBIC ACID	5.94 MG
FOLIC ACID	64.09 MCG

Minerals

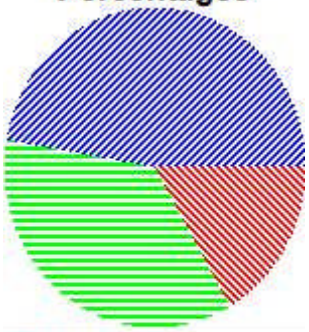
PHOSPHOROUS	174.59 MG
ZINC	4.32 MG
MAGNESIUM	22.55 MG
COPPER	0.018 MG
IRON	5.18 MG
CALCIUM	249.39 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.16%
CHO - 35.77%
FAT - 47.07%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093609 **Desc:** #77 Cheese Quesadilla

Nutrition Information

Serving Size: 1 Platter Srvg (303 grams)

Amount Per Serving

Calories: 801 Calories from Fat: 353

		% Daily Value*
Total Fat:	39 GM	60%
Saturated Fat:	17 GM	84%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	40 MG	14%
Sodium:	2150 MG	89%
Potassium:	90 MG	3%
Total Carbohydrate:	90 GM	30%
Dietary Fiber:	2 GM	9%
Sugars:	3 GM	
Protein:	20 GM	40%

Vitamin A: 30% • Vitamin C: 4%
Calcium: 45% • Iron: 20%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Tortilla Flour 8" Frsh**, **White American Cheese Loaf**, **Liquid Margarine**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	1527.78 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.26 MG
RIBOFLAVIN	0.01 MG
NIACIN	1.94 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	1.92 MG
FOLIC ACID	69.91 MCG

Minerals

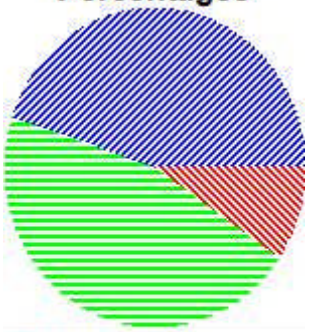
PHOSPHOROUS	5.19 MG
ZINC	0.03 MG
MAGNESIUM	1.95 MG
COPPER	0.007 MG
IRON	3.89 MG
CALCIUM	448.19 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 10.02%
CHO - 45.44%
FAT - 44.53%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092992 **Desc:** #82 Queso Fundido

Nutrition Information

Serving Size: 1 Bowl Srvg (255 grams)

Amount Per Serving

Calories: 906 Calories from Fat: 741

		% Daily Value*
Total Fat:	82 GM	127%
Saturated Fat:	43 GM	216%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	180 MG	60%
Sodium:	2870 MG	120%
Potassium:	0 MG	0%
Total Carbohydrate:	13 GM	4%
Dietary Fiber:	0 GM	0%
Sugars:	5 GM	
Protein:	40 GM	79%

Vitamin A: 80% • Vitamin C: 6%
Calcium: 80% • Iron: 10%

Ingredients: **White American Cheese Loaf**, **Raw Chorizo Sausage**

Fat Soluble Vitamins

VITAMIN D(iu)	0.00 IU
VITAMIN E	0.00 MG_A
VITAMIN K	0.00 MCG
VITAMIN A(iu)	4021.41 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.00 MG
VITAMIN B-6	0.00 MG
VITAMIN B-12	0.00 MCG
VITAMIN C, TOTAL ASCORBIC ACID	3.83 MG
FOLIC ACID	0.00 MCG

Minerals

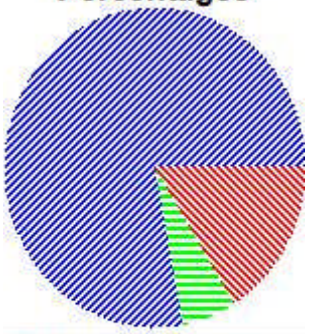
PHOSPHOROUS	0.00 MG
ZINC	0.00 MG
MAGNESIUM	0.00 MG
COPPER	0.000 MG
IRON	1.72 MG
CALCIUM	841.93 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 16.66%
CHO - 5.59%
FAT - 77.74%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093118 **Desc:** #83 Sopa de Pozole

Nutrition Information

Serving Size: 1 Platter Srvg (482 grams)

Amount Per Serving

Calories: 118 Calories from Fat: 14

		% Daily Value*
Total Fat:	1.5 GM	2%
Saturated Fat:	0 GM	2%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	20 MG	7%
Sodium:	1370 MG	57%
Potassium:	75 MG	2%
Total Carbohydrate:	17 GM	6%
Dietary Fiber:	4 GM	15%
Sugars:	1 GM	
Protein:	8 GM	16%

Vitamin A: 8% • Vitamin C: 30%
Calcium: 4% • Iron: 4%

Ingredients: **Caldo de Pollo***(Distilled Water, Fresh Medium Yellow Squash, Chicken Base, Fresh Zucchini, Salt, Granulated Garlic, Spanish Onions, Fresh Cleaned Cilantro Bunches)*, **Canned Golden Hominy, Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.07 MG_A
VITAMIN K	1.09 MCG
VITAMIN A(iu)	346.60 IU
VITAMIN A(re)	14 MCG_

Water Soluble Vitamins

THIAMIN	0.01 MG
RIBOFLAVIN	0.03 MG
NIACIN	0.13 MG
VITAMIN B-6	0.06 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	17.33 MG
FOLIC ACID	0 MCG

Minerals

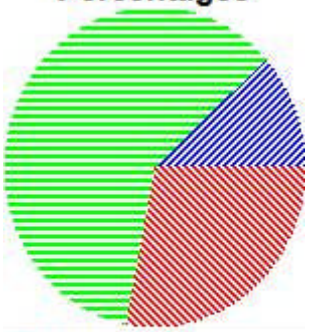
PHOSPHOROUS	10.39 MG
ZINC	0.07 MG
MAGNESIUM	4.49 MG
COPPER	0.016 MG
IRON	0.63 MG
CALCIUM	28.40 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 27.92%
CHO - 59.78%
FAT - 12.30%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093112 **Desc:** #85 Sopa Azteca

Nutrition Information

Serving Size: 1 Platter Srvg (362 grams)

Amount Per Serving

Calories: 171 Calories from Fat: 65

		% Daily Value*
Total Fat:	7 GM	11%
Saturated Fat:	4 GM	20%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	55 MG	19%
Sodium:	840 MG	35%
Potassium:	220 MG	6%
Total Carbohydrate:	13 GM	4%
Dietary Fiber:	2 GM	7%
Sugars:	4 GM	
Protein:	13 GM	25%

Vitamin A: 20% • Vitamin C: 50%
Calcium: 6% • Iron: 4%

Ingredients: **Caldo de Pollo***(Distilled Water, Fresh Medium Yellow Squash, Chicken Base, Fresh Zucchini, Salt, Granulated Garlic, Spanish Onions, Fresh Cleaned Cilantro Bunches)*, **Pollo de la Linea** *(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*, **Sour Cream**, **Soft Thin 6" Corn Tortilla**, **Hot Chili Powder**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.18 MG_A
VITAMIN K	1.39 MCG
VITAMIN A(iu)	1007.54 IU
VITAMIN A(re)	20 MCG_

Water Soluble Vitamins

THIAMIN	0.04 MG
RIBOFLAVIN	0.03 MG
NIACIN	0.29 MG
VITAMIN B-6	0.10 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	32.21 MG
FOLIC ACID	3.39 MCG

Minerals

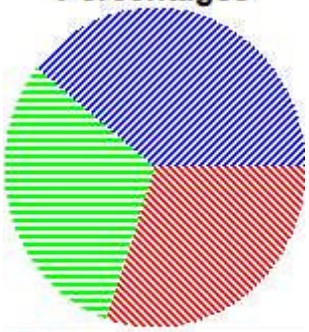
PHOSPHOROUS	22.80 MG
ZINC	0.15 MG
MAGNESIUM	6.94 MG
COPPER	0.030 MG
IRON	0.62 MG
CALCIUM	57.86 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 29.94%
CHO - 31.25%
FAT - 38.82%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093610 **Desc:** #86 House Salad

Nutrition Information

Serving Size: 1 Platter Srvg (299 grams)

Amount Per Serving

Calories: 263 Calories from Fat: 170

		% Daily Value*
Total Fat:	19 GM	29%
Saturated Fat:	8 GM	40%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	20 MG	7%
Sodium:	480 MG	20%
Potassium:	115 MG	3%
Total Carbohydrate:	17 GM	6%
Dietary Fiber:	9 GM	37%
Sugars:	3 GM	
Protein:	10 GM	21%

Vitamin A: 20% • Vitamin C: 70%
Calcium: 25% • Iron: 10%

Ingredients: **Washed, Cut Romaine Lettuce**, **Green Avacado**, **Tomato Roma #2 Frsh**, **White American Cheese Loaf**, **Pico de Gallo** ***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)***, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.15 MG_A
VITAMIN K	2.30 MCG
VITAMIN A(iu)	902.46 IU
VITAMIN A(re)	18 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.25 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	44.17 MG
FOLIC ACID	1.70 MCG

Minerals

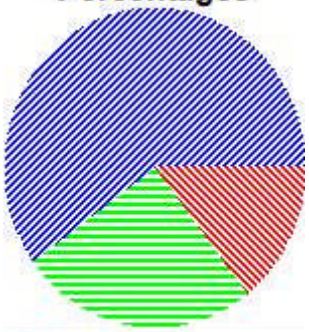
PHOSPHOROUS	13.03 MG
ZINC	0.09 MG
MAGNESIUM	4.40 MG
COPPER	0.023 MG
IRON	2.22 MG
CALCIUM	225.62 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 14.97%
CHO - 24.51%
FAT - 60.52%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092993 **Desc:** (A) Beef & Fries

Nutrition Information

Serving Size: 1 Platter Srvg (366 grams)

Amount Per Serving

Calories: 849 Calories from Fat: 344

		% Daily Value*
Total Fat:	38 GM	59%
Saturated Fat:	18 GM	92%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1.5 GM	
Monounsaturated Fat:	5 GM	
Cholesterol:	135 MG	45%
Sodium:	1520 MG	63%
Potassium:	0 MG	0%
Total Carbohydrate:	75 GM	25%
Dietary Fiber:	5 GM	19%
Sugars:	3 GM	
Protein:	51 GM	102%

Vitamin A: 15% • Vitamin C: 8%
Calcium: 45% • Iron: 35%

Ingredients: **Choice Beef Sirloin Flap, 3/8" Reg-Cut Fancy Fries, Tortilla Flour 8" Frsh, White American Cheese Loaf**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	809.99 IU
VITAMIN A(re)	0 MCG_

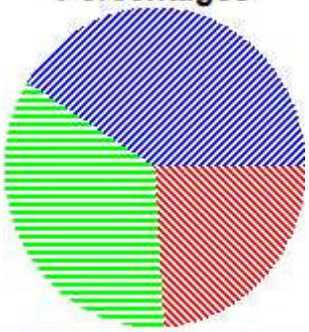
Water Soluble Vitamins	
THIAMIN	0.15 MG
RIBOFLAVIN	0.30 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	4.80 MG
FOLIC ACID	0 MCG

Minerals	
PHOSPHOROUS	0 MG
ZINC	6.94 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	6.20 MG
CALCIUM	455.24 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 24.10%
CHO - 35.29%
FAT - 40.60%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093611 **Desc:** 11 Enrique's Tacos

Nutrition Information

Serving Size: 1 Platter Srvg (629 grams)

Amount Per Serving

Calories: 863 Calories from Fat: 355

		% Daily Value*
Total Fat:	39 GM	61%
Saturated Fat:	20 GM	98%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	3 GM	
Cholesterol:	105 MG	34%
Sodium:	9200 MG	383%
Potassium:	75 MG	2%
Total Carbohydrate:	101 GM	34%
Dietary Fiber:	6 GM	25%
Sugars:	7 GM	
Protein:	27 GM	55%

Vitamin A: 90% • Vitamin C: 140%
Calcium: 50% • Iron: 30%

Ingredients: **Pollo Marinado***(Fancy California Lemon, Sour Cream, Pepper Jalapeno Whl Cnd, Salt, Granulated Garlic, Pepper Chile Guajillo Dried, Pepper Chile Arbol Dried)*, **Mexican Fried Rice - Batch** *(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Tortilla Flour 6" Frsh**, **Feta Cheese**, **Washed, Cut Romaine Lettuce**, **Slaw Style Broccoli w/o Sauce**, **Sour Cream**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	4388.80 IU
VITAMIN A(re)	0 MCG_

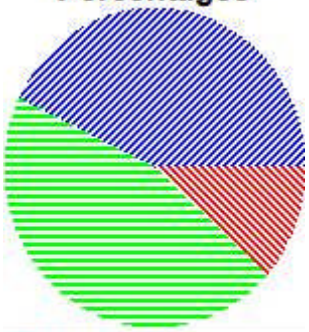
Water Soluble Vitamins	
THIAMIN	0.21 MG
RIBOFLAVIN	0.00 MG
NIACIN	1.55 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	80.90 MG
FOLIC ACID	55.93 MCG

Minerals	
PHOSPHOROUS	4.15 MG
ZINC	0.02 MG
MAGNESIUM	1.56 MG
COPPER	0.005 MG
IRON	5.13 MG
CALCIUM	484.08 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 12.13%
CHO - 45.45%
FAT - 42.42%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092994 **Desc:** 110 Cheese Quesadilla

Nutrition Information

Serving Size: 1 Platter Srvg (288 grams)

Amount Per Serving

Calories: 1191 Calories from Fat: 874

		% Daily Value*
Total Fat:	97 GM	149%
Saturated Fat:	40 GM	202%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	100 MG	34%
Sodium:	3310 MG	138%
Potassium:	0 MG	0%
Total Carbohydrate:	54 GM	18%
Dietary Fiber:	2 GM	8%
Sugars:	5 GM	
Protein:	31 GM	63%

Vitamin A: 80% • Vitamin C: 0%
Calcium: 90% • Iron: 10%

Ingredients: **White American Cheese Loaf**, **Tortilla Flour 8" Frsh**, **Liquid Margarine**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	4049.93 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	0 MG
FOLIC ACID	0 MCG

Minerals

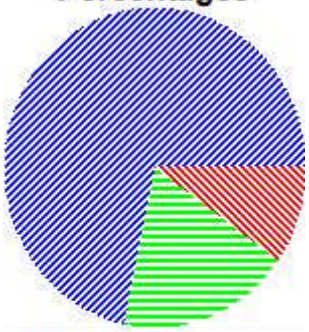
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	2.16 MG
CALCIUM	929.99 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 10.30%
CHO - 17.81%
FAT - 71.89%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093111 **Desc:** 111 Hard Shell Tacos

Nutrition Information

Serving Size: 1 Platter Srvg (496 grams)

Amount Per Serving

Calories: 958 Calories from Fat: 639

		% Daily Value*
Total Fat:	71 GM	109%
Saturated Fat:	40 GM	198%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	11 GM	
Cholesterol:	185 MG	62%
Sodium:	2730 MG	114%
Potassium:	420 MG	12%
Total Carbohydrate:	41 GM	14%
Dietary Fiber:	4 GM	15%
Sugars:	10 GM	
Protein:	50 GM	101%

Vitamin A: 60% • Vitamin C: 20%
Calcium: 90% • Iron: 25%

Ingredients: **Beef Taco Meat(*Ground Beef*, *Spanish Onions*, *Fresh Medium Yellow Squash*, *Fresh Zucchini*, *Random Sized Fresh Tomatoes*, *Salt*, *Granulated Garlic*, *Ground Cumin*, *Regular Grind Black Pepper*, *Pepper Chile Guajillo Dried*, *Whole Bay Leaf*), White American Cheese Loaf, 3/8" Cut Shredded Lettuce, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.07 MG_A
VITAMIN K	0.70 MCG
VITAMIN A(iu)	2884.89 IU
VITAMIN A(re)	5 MCG_

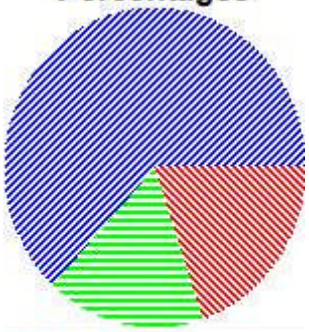
Water Soluble Vitamins	
THIAMIN	0.07 MG
RIBOFLAVIN	0.21 MG
NIACIN	5.28 MG
VITAMIN B-6	0.46 MG
VITAMIN B-12	2.59 MCG
VITAMIN C, TOTAL ASCORBIC ACID	11.15 MG
FOLIC ACID	9.80 MCG

Minerals	
PHOSPHOROUS	204.52 MG
ZINC	5.16 MG
MAGNESIUM	25.18 MG
COPPER	0.015 MG
IRON	4.67 MG
CALCIUM	886.60 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.13%
CHO - 16.23%
FAT - 63.64%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093110 **Desc:** 112 Chicken Tamales

Nutrition Information

Serving Size: 1 Platter Srvg (383 grams)

Amount Per Serving

Calories: 1214 Calories from Fat: 747

		% Daily Value*
Total Fat:	83 GM	128%
Saturated Fat:	15 GM	75%
Trans Fat:	21 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	65 MG	21%
Sodium:	2360 MG	98%
Potassium:	85 MG	2%
Total Carbohydrate:	88 GM	29%
Dietary Fiber:	7 GM	28%
Sugars:	5 GM	
Protein:	28 GM	57%

Vitamin A: 80% • Vitamin C: 70%
Calcium: 8% • Iron: 10%

Ingredients: **Tamal Batch***(Margarine Solid, Corn Flour Bulk, Corn Starch, Granulated Garlic, Random Sized Fresh Tomatoes, Salt, Chicken Base, Salt, Chicken Base, Granulated Garlic, Spanish Onions, Pepper Chile Guajillo Dried, Pepper Chile Arbol Dried)*, **Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.15 MG_A
VITAMIN K	1.60 MCG
VITAMIN A(iu)	4027.43 IU
VITAMIN A(re)	30 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.15 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	39.46 MG
FOLIC ACID	0.44 MCG

Minerals

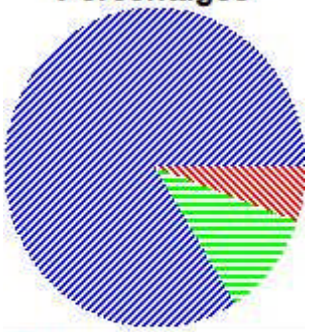
PHOSPHOROUS	14.31 MG
ZINC	0.09 MG
MAGNESIUM	5.07 MG
COPPER	0.031 MG
IRON	1.65 MG
CALCIUM	67.74 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 5.79%
CHO - 10.79%
FAT - 83.43%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093109 **Desc:** 113 Tostadas Beef

Nutrition Information

Serving Size: 1 Platter Srvg (397 grams)

Amount Per Serving

Calories: 619 Calories from Fat: 390

		% Daily Value*
Total Fat:	43 GM	67%
Saturated Fat:	21 GM	107%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	11 GM	
Cholesterol:	125 MG	42%
Sodium:	1500 MG	63%
Potassium:	480 MG	14%
Total Carbohydrate:	27 GM	9%
Dietary Fiber:	3 GM	13%
Sugars:	7 GM	
Protein:	34 GM	69%

Vitamin A: 35% • Vitamin C: 25%
Calcium: 40% • Iron: 25%

Ingredients: **Beef Taco Meat(*Ground Beef*, *Spanish Onions*, *Fresh Medium Yellow Squash*, *Fresh Zucchini*, *Random Sized Fresh Tomatoes*, *Salt*, *Granulated Garlic*, *Ground Cumin*, *Regular Grind Black Pepper*, *Pepper Chile Guajillo Dried*, *Whole Bay Leaf*), 3/8" Cut Shredded Lettuce, White American Cheese Loaf, Random Sized Fresh Tomatoes, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.07 MG_A
VITAMIN K	0.70 MCG
VITAMIN A(iu)	1840.83 IU
VITAMIN A(re)	5 MCG_

Water Soluble Vitamins

THIAMIN	0.08 MG
RIBOFLAVIN	0.22 MG
NIACIN	5.44 MG
VITAMIN B-6	0.48 MG
VITAMIN B-12	2.59 MCG
VITAMIN C, TOTAL ASCORBIC ACID	13.58 MG
FOLIC ACID	14.05 MCG

Minerals

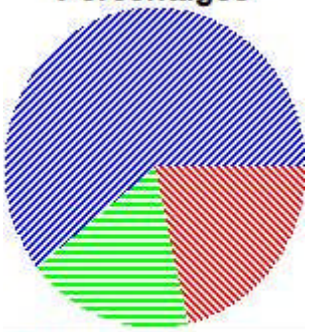
PHOSPHOROUS	211.30 MG
ZINC	5.21 MG
MAGNESIUM	25.18 MG
COPPER	0.015 MG
IRON	4.36 MG
CALCIUM	391.87 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.68%
CHO - 17.09%
FAT - 61.23%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093108 **Desc:** 113 Tostadas Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (397 grams)

Amount Per Serving

Calories: 425 Calories from Fat: 202

		% Daily Value*
Total Fat:	22 GM	35%
Saturated Fat:	13 GM	66%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	105 MG	35%
Sodium:	1330 MG	56%
Potassium:	140 MG	4%
Total Carbohydrate:	29 GM	10%
Dietary Fiber:	4 GM	15%
Sugars:	8 GM	
Protein:	33 GM	66%

Vitamin A: 30% • Vitamin C: 80%
Calcium: 35% • Iron: 10%

Ingredients: **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast*, *Green Peppers*, *Spanish Onions*, *Tomato Roma #2 Frsh*, *Salt*, *Peppers Chipotle Adobo Sauce*, *Soy Liquid Shortening*, *Chicken Base*, *Granulated Garlic*, *Regular Grind Black Pepper*), 3/8" Cut Shredded Lettuce, White American Cheese Loaf, Random Sized Fresh Tomatoes, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.14 MG_A
VITAMIN K	1.60 MCG
VITAMIN A(iu)	1560.61 IU
VITAMIN A(re)	30 MCG_

Water Soluble Vitamins

THIAMIN	0.03 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.30 MG
VITAMIN B-6	0.07 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	47.22 MG
FOLIC ACID	4.25 MCG

Minerals

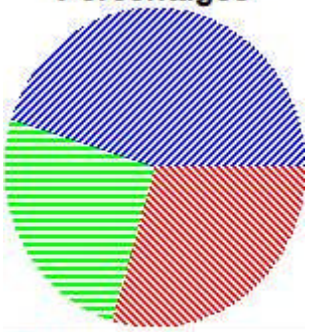
PHOSPHOROUS	17.51 MG
ZINC	0.12 MG
MAGNESIUM	4.38 MG
COPPER	0.020 MG
IRON	1.61 MG
CALCIUM	374.48 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 29.29%
CHO - 25.84%
FAT - 44.87%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093107 **Desc:** 114 Burritos Carne

Nutrition Information

Serving Size: 1 Platter Srvg (459 grams)

Amount Per Serving

Calories: 927 Calories from Fat: 528

		% Daily Value*
Total Fat:	59 GM	90%
Saturated Fat:	29 GM	148%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1.5 GM	
Monounsaturated Fat:	13 GM	
Cholesterol:	145 MG	49%
Sodium:	9940 MG	414%
Potassium:	440 MG	13%
Total Carbohydrate:	58 GM	19%
Dietary Fiber:	3 GM	13%
Sugars:	7 GM	
Protein:	43 GM	86%

Vitamin A: 40% • Vitamin C: 20%
Calcium: 60% • Iron: 30%

Ingredients: **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **Salsa de Burro***(Salt, Canned Tomato Puree, Granulated Garlic, Pickling Mix, Regular Grind Black Pepper, Spanish Onions)*, **Tortilla Flour 8" Frsh**, **White American Cheese Loaf**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.13 MG_A
VITAMIN K	0.78 MCG
VITAMIN A(iu)	1985.67 IU
VITAMIN A(re)	52 MCG_

Water Soluble Vitamins

THIAMIN	0.08 MG
RIBOFLAVIN	0.22 MG
NIACIN	5.29 MG
VITAMIN B-6	0.48 MG
VITAMIN B-12	2.59 MCG
VITAMIN C, TOTAL ASCORBIC ACID	12.16 MG
FOLIC ACID	9.80 MCG

Minerals

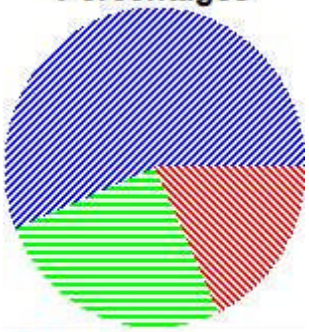
PHOSPHOROUS	209.63 MG
ZINC	5.19 MG
MAGNESIUM	27.07 MG
COPPER	0.022 MG
IRON	5.57 MG
CALCIUM	638.99 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.45%
CHO - 24.93%
FAT - 56.62%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093106 **Desc:** 114 Burritos Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (459 grams)

Amount Per Serving

Calories: 733 Calories from Fat: 340

		% Daily Value*
Total Fat:	38 GM	58%
Saturated Fat:	21 GM	106%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	125 MG	42%
Sodium:	9770 MG	407%
Potassium:	105 MG	3%
Total Carbohydrate:	60 GM	20%
Dietary Fiber:	4 GM	14%
Sugars:	8 GM	
Protein:	41 GM	83%

Vitamin A: 35% • Vitamin C: 80%
Calcium: 60% • Iron: 15%

Ingredients: **Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Salsa de Burro***(Salt, Canned Tomato Puree, Granulated Garlic, Pickling Mix, Regular Grind Black Pepper, Spanish Onions)*, **Tortilla Flour 8" Frsh, White American Cheese Loaf**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.20 MG_A
VITAMIN K	1.67 MCG
VITAMIN A(iu)	1705.46 IU
VITAMIN A(re)	77 MCG_

Water Soluble Vitamins

THIAMIN	0.03 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.15 MG
VITAMIN B-6	0.08 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	45.80 MG
FOLIC ACID	0 MCG

Minerals

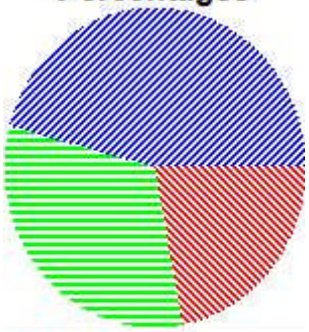
PHOSPHOROUS	15.84 MG
ZINC	0.10 MG
MAGNESIUM	6.27 MG
COPPER	0.027 MG
IRON	2.82 MG
CALCIUM	621.60 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 22.25%
CHO - 32.17%
FAT - 45.58%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093104 **Desc:** 116 Chiles Rellenos Papas

Nutrition Information

Serving Size: 1 Platter Srvg (741 grams)

Amount Per Serving

Calories: 1295 Calories from Fat: 595

		% Daily Value*
Total Fat:	66 GM	102%
Saturated Fat:	14 GM	72%
Trans Fat:	1.5 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	740 MG	247%
Sodium:	440 MG	18%
Potassium:	1480 MG	42%
Total Carbohydrate:	134 GM	45%
Dietary Fiber:	10 GM	38%
Sugars:	16 GM	
Protein:	43 GM	86%

Vitamin A: 80% • Vitamin C: 970%
Calcium: 20% • Iron: 60%

Ingredients: **Poblano Peppers**, **Mashed Potatoes***(**Baker Potato**, **Whole Milk**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **White American Cheese Loaf**, **Margarine Solid**, **Granulated Garlic**)*, **Large Grade A Shell Eggs**, **Flour**, **Soy Liquid Shortening**

Fat Soluble Vitamins	
VITAMIN D(iu)	8.23 IU
VITAMIN E	1.63 MG_A
VITAMIN K	35.29 MCG
VITAMIN A(iu)	4198.96 IU
VITAMIN A(re)	182 MCG_

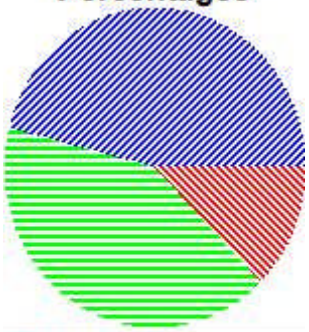
Water Soluble Vitamins	
THIAMIN	1.04 MG
RIBOFLAVIN	0.71 MG
NIACIN	9.60 MG
VITAMIN B-6	1.08 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	584.28 MG
FOLIC ACID	171.90 MCG

Minerals	
PHOSPHOROUS	306.35 MG
ZINC	1.89 MG
MAGNESIUM	112.66 MG
COPPER	0.541 MG
IRON	11.25 MG
CALCIUM	220.51 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 13.16%
CHO - 41.09%
FAT - 45.75%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092995 **Desc:** 116 Chiles Rellenos Queso

Nutrition Information

Serving Size: 1 Platter Srvg (741 grams)

Amount Per Serving

Calories: 1648 Calories from Fat: 882

		% Daily Value*
Total Fat:	98 GM	151%
Saturated Fat:	36 GM	179%
Trans Fat:	1.5 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	880 MG	293%
Sodium:	1580 MG	66%
Potassium:	900 MG	26%
Total Carbohydrate:	111 GM	37%
Dietary Fiber:	6 GM	26%
Sugars:	14 GM	
Protein:	80 GM	161%

Vitamin A: 100% • Vitamin C: 930%
Calcium: 150% • Iron: 60%

Ingredients: **Poblano Peppers**, **2% Mozzarella Cheese Loaf**, **Large Grade A Shell Eggs**, **Flour**, **Soy Liquid Shortening**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	1.58 MG_A
VITAMIN K	32.84 MCG
VITAMIN A(iu)	5146.20 IU
VITAMIN A(re)	177 MCG_

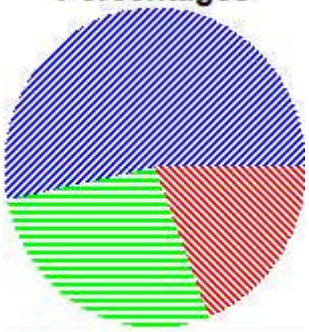
Water Soluble Vitamins	
THIAMIN	0.93 MG
RIBOFLAVIN	0.66 MG
NIACIN	8.18 MG
VITAMIN B-6	0.68 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	558.26 MG
FOLIC ACID	170.10 MCG

Minerals	
PHOSPHOROUS	228.10 MG
ZINC	1.48 MG
MAGNESIUM	82.36 MG
COPPER	0.400 MG
IRON	10.94 MG
CALCIUM	1523.53 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 19.53%
CHO - 27.02%
FAT - 53.45%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093613 **Desc:** 117 Chimichangas Carne

Nutrition Information

Serving Size: 1 Platter Srvg (542 grams)

Amount Per Serving

Calories: 1116 Calories from Fat: 684

		% Daily Value*
Total Fat:	76 GM	117%
Saturated Fat:	27 GM	135%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	145 MG	48%
Sodium:	5200 MG	217%
Potassium:	160 MG	5%
Total Carbohydrate:	59 GM	20%
Dietary Fiber:	6 GM	23%
Sugars:	10 GM	
Protein:	40 GM	80%

Vitamin A: 40% • Vitamin C: 35%
Calcium: 60% • Iron: 30%

Ingredients: **Stew***(**Choice Beef Ball Tips**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Granulated Garlic**)*, **Tortilla Flour 8" Frsh**, **Cheese Dip***(**Extra Melt White American Cheese Melt**, **Pepper Jalapeno Whl Cnd**, **Whole Milk**)*, **3/8" Cut Shredded Lettuce**, **Guacamole***(**Fresh Lime**, **Green Avacado**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Fresh Jalapeno Peppers**, **Spanish Onions**)*, **Random Sized Fresh Tomatoes**, **Sour Cream**, **Soy Liquid Shortening**

Fat Soluble Vitamins

VITAMIN D(iu)	0.03 IU
VITAMIN E	0.17 MG_A
VITAMIN K	2.73 MCG
VITAMIN A(iu)	1949.24 IU
VITAMIN A(re)	21 MCG_

Water Soluble Vitamins

THIAMIN	0.03 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.40 MG
VITAMIN B-6	0.06 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	20.37 MG
FOLIC ACID	4.25 MCG

Minerals

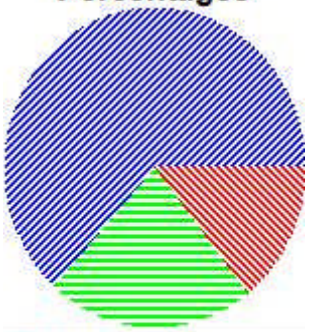
PHOSPHOROUS	17.83 MG
ZINC	0.12 MG
MAGNESIUM	4.71 MG
COPPER	0.031 MG
IRON	5.14 MG
CALCIUM	597.53 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 14.92%
CHO - 21.28%
FAT - 63.79%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093614 **Desc:** 117 Chimichangas Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (515 grams)

Amount Per Serving

Calories: 798 Calories from Fat: 372

		% Daily Value*
Total Fat:	41 GM	64%
Saturated Fat:	20 GM	100%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	150 MG	50%
Sodium:	2880 MG	120%
Potassium:	160 MG	5%
Total Carbohydrate:	60 GM	20%
Dietary Fiber:	6 GM	24%
Sugars:	9 GM	
Protein:	41 GM	82%

Vitamin A: 40% • Vitamin C: 90%
Calcium: 60% • Iron: 20%

Ingredients: **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, Tortilla Flour 8" Frsh, Cheese Dip *(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, 3/8" Cut Shredded Lettuce, Guacamole *(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, Random Sized Fresh Tomatoes, Sour Cream

Fat Soluble Vitamins

VITAMIN D(iu)	0.03 IU
VITAMIN E	0.19 MG_A
VITAMIN K	1.75 MCG
VITAMIN A(iu)	1931.36 IU
VITAMIN A(re)	30 MCG_

Water Soluble Vitamins

THIAMIN	0.03 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.34 MG
VITAMIN B-6	0.08 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	53.38 MG
FOLIC ACID	4.25 MCG

Minerals

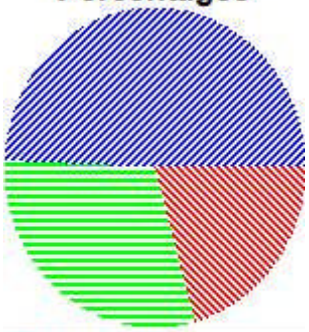
PHOSPHOROUS	20.74 MG
ZINC	0.14 MG
MAGNESIUM	5.50 MG
COPPER	0.032 MG
IRON	3.21 MG
CALCIUM	599.79 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.99%
CHO - 29.73%
FAT - 49.28%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092997 **Desc:** 118 Enchiladas de Carne

Nutrition Information

Serving Size: 1 Platter Srvg (397 grams)

Amount Per Serving

Calories: 588 Calories from Fat: 275

		% Daily Value*
Total Fat:	30 GM	47%
Saturated Fat:	16 GM	82%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	100 MG	33%
Sodium:	4840 MG	202%
Potassium:	180 MG	5%
Total Carbohydrate:	48 GM	16%
Dietary Fiber:	5 GM	20%
Sugars:	15 GM	
Protein:	34 GM	67%

Vitamin A: 110% • Vitamin C: 60%
Calcium: 35% • Iron: 25%

Ingredients: **Stew***(**Choice Beef Ball Tips**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Granulated Garlic**)*, **Salsa de Enchilada** *(**Canned Tomato Puree**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Pepper Chile Ancho Dried**, **Pepper Chile Guajillo Dried**, **Salt**, **Granulated Garlic**, **Chicken Base**, **Ground Cumin**, **Regular Grind Black Pepper**, **Pickling Mix**)*, **White American Cheese Loaf**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.16 MG_A
VITAMIN K	2.63 MCG
VITAMIN A(iu)	5429.20 IU
VITAMIN A(re)	188 MCG_

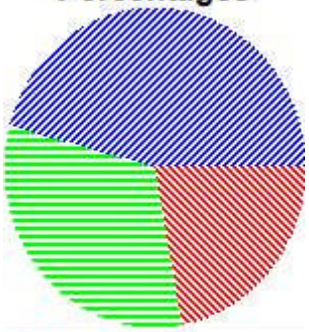
Water Soluble Vitamins	
THIAMIN	0.03 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.42 MG
VITAMIN B-6	0.07 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	32.94 MG
FOLIC ACID	5.50 MCG

Minerals	
PHOSPHOROUS	19.88 MG
ZINC	0.14 MG
MAGNESIUM	4.81 MG
COPPER	0.024 MG
IRON	4.43 MG
CALCIUM	358.73 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 22.32%
CHO - 32.14%
FAT - 45.54%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092998 **Desc:** 118 Enchiladas de Queso

Nutrition Information

Serving Size: 1 Platter Srvg (397 grams)

Amount Per Serving

Calories: 1003 Calories from Fat: 669

		% Daily Value*
Total Fat:	74 GM	114%
Saturated Fat:	49 GM	243%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	160 MG	54%
Sodium:	4460 MG	186%
Potassium:	105 MG	3%
Total Carbohydrate:	57 GM	19%
Dietary Fiber:	4 GM	16%
Sugars:	18 GM	
Protein:	45 GM	90%

Vitamin A: 150% • Vitamin C: 45%
Calcium: 130% • Iron: 10%

Ingredients: **White American Cheese Loaf**, **Salsa de Enchilada***(**Canned Tomato Puree**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Pepper Chile Ancho Dried**, **Pepper Chile Guajillo Dried**, **Salt**, **Granulated Garlic**, **Chicken Base**, **Ground Cumin**, **Regular Grind Black Pepper**, **Pickling Mix**)*, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.04 MG_A
VITAMIN K	0.05 MCG
VITAMIN A(iu)	7587.42 IU
VITAMIN A(re)	167 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.23 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	27.02 MG
FOLIC ACID	5.50 MCG

Minerals

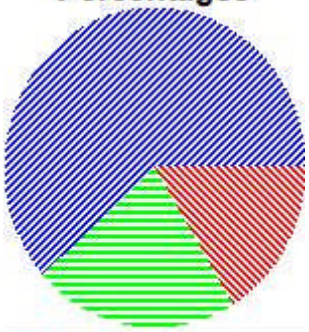
PHOSPHOROUS	12.05 MG
ZINC	0.08 MG
MAGNESIUM	1.22 MG
COPPER	0.005 MG
IRON	1.99 MG
CALCIUM	1321.52 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 16.78%
CHO - 21.07%
FAT - 62.15%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093103 **Desc:** 118 Enchiladas Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (397 grams)

Amount Per Serving

Calories: 523 Calories from Fat: 208

		% Daily Value*
Total Fat:	23 GM	36%
Saturated Fat:	13 GM	66%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	105 MG	35%
Sodium:	2520 MG	105%
Potassium:	180 MG	5%
Total Carbohydrate:	49 GM	16%
Dietary Fiber:	5 GM	20%
Sugars:	14 GM	
Protein:	35 GM	69%

Vitamin A: 110% • Vitamin C: 110%
Calcium: 35% • Iron: 15%

Ingredients: **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, Salsa de Enchilada*(Canned Tomato Puree, Random Sized Fresh Tomatoes, Spanish Onions, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic, Chicken Base, Ground Cumin, Regular Grind Black Pepper, Pickling Mix)*, White American Cheese Loaf, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.18 MG_A
VITAMIN K	1.64 MCG
VITAMIN A(iu)	5411.32 IU
VITAMIN A(re)	197 MCG_

Water Soluble Vitamins

THIAMIN	0.04 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.36 MG
VITAMIN B-6	0.10 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	65.95 MG
FOLIC ACID	5.50 MCG

Minerals

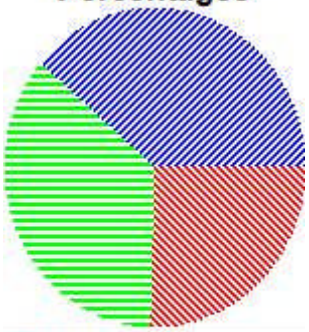
PHOSPHOROUS	22.79 MG
ZINC	0.15 MG
MAGNESIUM	5.60 MG
COPPER	0.025 MG
IRON	2.50 MG
CALCIUM	360.99 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 25.46%
CHO - 36.35%
FAT - 38.20%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093101 **Desc:** 121 Soft Tacos Carne

Nutrition Information

Serving Size: 1 Platter Srvg (468 grams)

Amount Per Serving

Calories: 857 Calories from Fat: 557

		% Daily Value*
Total Fat:	62 GM	95%
Saturated Fat:	34 GM	168%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	11 GM	
Cholesterol:	165 MG	56%
Sodium:	2330 MG	97%
Potassium:	420 MG	12%
Total Carbohydrate:	39 GM	13%
Dietary Fiber:	4 GM	15%
Sugars:	9 GM	
Protein:	45 GM	91%

Vitamin A: 50% • Vitamin C: 20%
Calcium: 70% • Iron: 25%

Ingredients: **Beef Taco Meat(*Ground Beef*, *Spanish Onions*, *Fresh Medium Yellow Squash*, *Fresh Zucchini*, *Random Sized Fresh Tomatoes*, *Salt*, *Granulated Garlic*, *Ground Cumin*, *Regular Grind Black Pepper*, *Pepper Chile Guajillo Dried*, *Whole Bay Leaf*), 3/8" Cut Shredded Lettuce, White American Cheese Loaf, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.07 MG_A
VITAMIN K	0.70 MCG
VITAMIN A(iu)	2479.90 IU
VITAMIN A(re)	5 MCG_

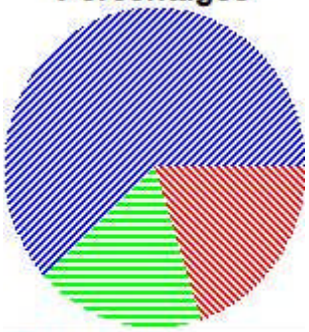
Water Soluble Vitamins	
THIAMIN	0.07 MG
RIBOFLAVIN	0.21 MG
NIACIN	5.28 MG
VITAMIN B-6	0.46 MG
VITAMIN B-12	2.59 MCG
VITAMIN C, TOTAL ASCORBIC ACID	11.15 MG
FOLIC ACID	9.80 MCG

Minerals	
PHOSPHOROUS	204.52 MG
ZINC	5.16 MG
MAGNESIUM	25.18 MG
COPPER	0.015 MG
IRON	4.67 MG
CALCIUM	724.61 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.35%
CHO - 17.33%
FAT - 62.31%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093100 **Desc:** 121 Soft Tacos Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (468 grams)

Amount Per Serving

Calories: 663 Calories from Fat: 369

		% Daily Value*
Total Fat:	41 GM	63%
Saturated Fat:	25 GM	127%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	145 MG	48%
Sodium:	2160 MG	90%
Potassium:	80 MG	2%
Total Carbohydrate:	41 GM	14%
Dietary Fiber:	4 GM	17%
Sugars:	10 GM	
Protein:	44 GM	88%

Vitamin A: 45% • Vitamin C: 80%
Calcium: 70% • Iron: 10%

Ingredients: **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast*, *Green Peppers*, *Spanish Onions*, *Tomato Roma #2 Frsh*, *Salt*, *Peppers Chipotle Adobo Sauce*, *Soy Liquid Shortening*, *Chicken Base*, *Granulated Garlic*, *Regular Grind Black Pepper*), 3/8" Cut Shredded Lettuce, White American Cheese Loaf, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.14 MG_A
VITAMIN K	1.60 MCG
VITAMIN A(iu)	2199.68 IU
VITAMIN A(re)	30 MCG_

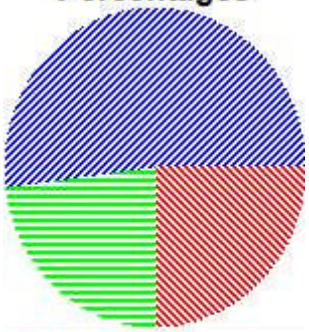
Water Soluble Vitamins	
THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.13 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	44.79 MG
FOLIC ACID	0 MCG

Minerals	
PHOSPHOROUS	10.74 MG
ZINC	0.07 MG
MAGNESIUM	4.38 MG
COPPER	0.020 MG
IRON	1.92 MG
CALCIUM	707.22 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 24.86%
CHO - 22.97%
FAT - 52.18%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092999 **Desc:** 122 Quesadillas de Carne

Nutrition Information

Serving Size: 1 Platter Srvg (430 grams)

Amount Per Serving

Calories: 1282 Calories from Fat: 890

		% Daily Value*
Total Fat:	99 GM	152%
Saturated Fat:	39 GM	193%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	140 MG	46%
Sodium:	5710 MG	238%
Potassium:	75 MG	2%
Total Carbohydrate:	56 GM	19%
Dietary Fiber:	3 GM	12%
Sugars:	7 GM	
Protein:	45 GM	90%

Vitamin A: 80% • Vitamin C: 10%
Calcium: 80% • Iron: 25%

Ingredients: **Stew***(**Choice Beef Ball Tips**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Granulated Garlic**)*, **White American Cheese Loaf**, **Tortilla Flour 8" Frsh**, **Liquid Margarine**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.12 MG_A
VITAMIN K	2.58 MCG
VITAMIN A(iu)	3916.67 IU
VITAMIN A(re)	20 MCG_

Water Soluble Vitamins

THIAMIN	0.01 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.19 MG
VITAMIN B-6	0.03 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	5.92 MG
FOLIC ACID	0 MCG

Minerals

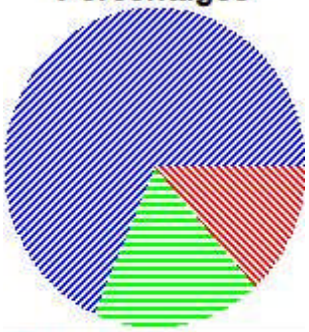
PHOSPHOROUS	7.83 MG
ZINC	0.06 MG
MAGNESIUM	3.59 MG
COPPER	0.019 MG
IRON	4.60 MG
CALCIUM	777.18 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 13.95%
CHO - 17.32%
FAT - 68.74%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093099 **Desc:** 122 Quesadillas de Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (430 grams)

Amount Per Serving

Calories: 1217 Calories from Fat: 823

		% Daily Value*
Total Fat:	91 GM	141%
Saturated Fat:	35 GM	177%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	145 MG	48%
Sodium:	3400 MG	142%
Potassium:	80 MG	2%
Total Carbohydrate:	57 GM	19%
Dietary Fiber:	3 GM	12%
Sugars:	6 GM	
Protein:	46 GM	92%

Vitamin A: 80% • Vitamin C: 70%
Calcium: 80% • Iron: 15%

Ingredients: **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, White American Cheese Loaf, Tortilla Flour 8" Frsh, Liquid Margarine**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.14 MG_A
VITAMIN K	1.60 MCG
VITAMIN A(iu)	3898.79 IU
VITAMIN A(re)	30 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.13 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	38.92 MG
FOLIC ACID	0 MCG

Minerals

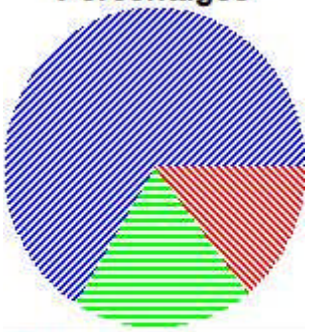
PHOSPHOROUS	10.74 MG
ZINC	0.07 MG
MAGNESIUM	4.38 MG
COPPER	0.020 MG
IRON	2.67 MG
CALCIUM	779.44 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 14.92%
CHO - 18.45%
FAT - 66.63%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093002 **Desc:** 122 Quesadillas Hongos

Nutrition Information

Serving Size: 1 Platter Srvg (430 grams)

Amount Per Serving

Calories: 1130 Calories from Fat: 792

		% Daily Value*
Total Fat:	88 GM	135%
Saturated Fat:	34 GM	172%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	80 MG	27%
Sodium:	2910 MG	121%
Potassium:	610 MG	17%
Total Carbohydrate:	58 GM	19%
Dietary Fiber:	4 GM	16%
Sugars:	4 GM	
Protein:	32 GM	65%

Vitamin A: 70% • Vitamin C: 4%
Calcium: 80% • Iron: 15%

Ingredients: **Fresh Cleaned Mushrooms**, **White American Cheese Loaf**, **Tortilla Flour 8" Frsh**, **Liquid Margarine**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	3644.94 IU
VITAMIN A(re)	0 MCG_

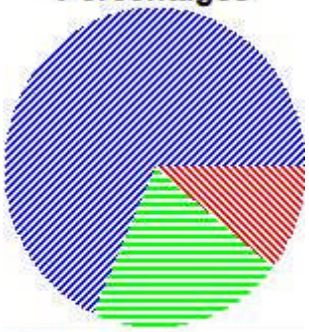
Water Soluble Vitamins	
THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	2.43 MG
FOLIC ACID	0 MCG

Minerals	
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	2.89 MG
CALCIUM	767.99 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 11.20%
CHO - 20.16%
FAT - 68.63%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093615 **Desc:** 127 Speedy Gonzales Arroz

Nutrition Information

Serving Size: 1 Platter Srvg (312 grams)

Amount Per Serving

Calories: 497 Calories from Fat: 184

		% Daily Value*
Total Fat:	20 GM	31%
Saturated Fat:	10 GM	48%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	3.5 GM	
Cholesterol:	50 MG	16%
Sodium:	1630 MG	68%
Potassium:	260 MG	7%
Total Carbohydrate:	61 GM	20%
Dietary Fiber:	3 GM	12%
Sugars:	7 GM	
Protein:	18 GM	36%

Vitamin A: 60% • Vitamin C: 25%
Calcium: 20% • Iron: 20%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*****, Salsa de Enchilada*****(Canned Tomato Puree, Random Sized Fresh Tomatoes, Spanish Onions, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic, Chicken Base, Ground Cumin, Regular Grind Black Pepper, Pickling Mix)*****, Beef Taco Meat*****(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*****, White American Cheese Loaf, 3/8" Cut Shredded Lettuce, Soft Thin 6" Corn Tortilla, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.06 MG_A
VITAMIN K	0.28 MCG
VITAMIN A(iu)	2749.65 IU
VITAMIN A(re)	76 MCG_

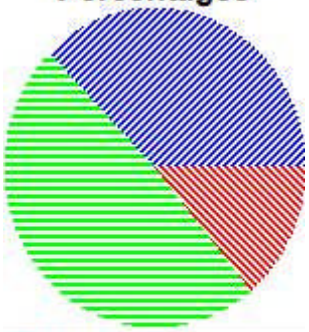
Water Soluble Vitamins	
THIAMIN	0.24 MG
RIBOFLAVIN	0.08 MG
NIACIN	3.41 MG
VITAMIN B-6	0.19 MG
VITAMIN B-12	0.86 MCG
VITAMIN C, TOTAL ASCORBIC ACID	16.48 MG
FOLIC ACID	61.64 MCG

Minerals	
PHOSPHOROUS	77.68 MG
ZINC	1.78 MG
MAGNESIUM	10.50 MG
COPPER	0.013 MG
IRON	3.65 MG
CALCIUM	196.21 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 14.50%
CHO - 48.68%
FAT - 36.81%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093616 **Desc:** 127 Speedy Gonzales Frijoles

Nutrition Information

Serving Size: 1 Platter Srvg (312 grams)

Amount Per Serving

Calories: 784 Calories from Fat: 282

		% Daily Value*
Total Fat:	31 GM	48%
Saturated Fat:	11 GM	55%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	3.5 GM	
Cholesterol:	50 MG	16%
Sodium:	1530 MG	64%
Potassium:	190 MG	5%
Total Carbohydrate:	88 GM	29%
Dietary Fiber:	18 GM	72%
Sugars:	9 GM	
Protein:	37 GM	74%

Vitamin A: 50% • Vitamin C: 35%
Calcium: 30% • Iron: 45%

Ingredients: **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Salsa de Enchilada***(Canned Tomato Puree, Random Sized Fresh Tomatoes, Spanish Onions, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic, Chicken Base, Ground Cumin, Regular Grind Black Pepper, Pickling Mix)*, **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **White American Cheese Loaf**, **3/8" Cut Shredded Lettuce**, **Soft Thin 6" Corn Tortilla**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.05 MG_A
VITAMIN K	0.26 MCG
VITAMIN A(iu)	2589.34 IU
VITAMIN A(re)	76 MCG_

Water Soluble Vitamins

THIAMIN	0.03 MG
RIBOFLAVIN	0.08 MG
NIACIN	1.86 MG
VITAMIN B-6	0.18 MG
VITAMIN B-12	0.86 MCG
VITAMIN C, TOTAL ASCORBIC ACID	20.29 MG
FOLIC ACID	5.71 MCG

Minerals

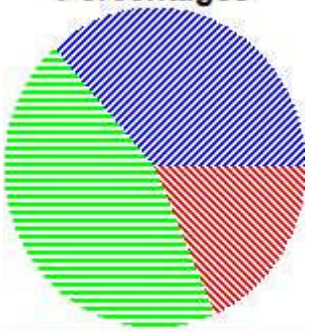
PHOSPHOROUS	74.03 MG
ZINC	1.76 MG
MAGNESIUM	9.12 MG
COPPER	0.008 MG
IRON	8.14 MG
CALCIUM	323.44 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.84%
CHO - 45.06%
FAT - 36.10%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093619 **Desc:** 128 Chile Relleno

Nutrition Information

Serving Size: 1 Platter Srvg (326 grams)

Amount Per Serving

Calories: 672 Calories from Fat: 230

		% Daily Value*
Total Fat:	25 GM	39%
Saturated Fat:	8 GM	41%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	25 MG	9%
Sodium:	1190 MG	50%
Potassium:	180 MG	5%
Total Carbohydrate:	82 GM	27%
Dietary Fiber:	19 GM	75%
Sugars:	7 GM	
Protein:	30 GM	60%

Vitamin A: 25% • Vitamin C: 80%
Calcium: 35% • Iron: 40%

Ingredients: **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **3/8" Cut Shredded Lettuce**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Random Sized Fresh Tomatoes**, **White American Cheese Loaf**, **98 Chile Relleno de Papas***(Baker Potato, Poblano Peppers, Flour, Soy Liquid Shortening, Large Grade A Shell Eggs)*, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.12 MG_A
VITAMIN K	1.91 MCG
VITAMIN A(iu)	1150.15 IU
VITAMIN A(re)	8 MCG_

Water Soluble Vitamins

THIAMIN	0.05 MG
RIBOFLAVIN	0.03 MG
NIACIN	0.56 MG
VITAMIN B-6	0.10 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	47.04 MG
FOLIC ACID	7.54 MCG

Minerals

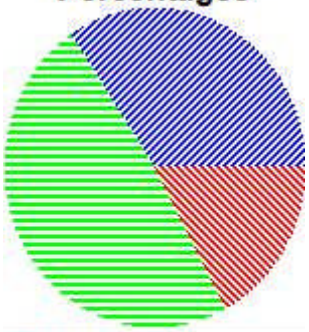
PHOSPHOROUS	25.10 MG
ZINC	0.16 MG
MAGNESIUM	7.40 MG
COPPER	0.045 MG
IRON	7.02 MG
CALCIUM	330.10 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.70%
CHO - 48.42%
FAT - 33.88%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093620 **Desc:** 129 Beef Burrito

Nutrition Information

Serving Size: 1 Platter Srvg (414 grams)

Amount Per Serving

Calories: 947 Calories from Fat: 281

		% Daily Value*
Total Fat:	31 GM	48%
Saturated Fat:	8 GM	39%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	6 GM	
Cholesterol:	45 MG	14%
Sodium:	5170 MG	215%
Potassium:	300 MG	9%
Total Carbohydrate:	121 GM	40%
Dietary Fiber:	17 GM	68%
Sugars:	5 GM	
Protein:	39 GM	77%

Vitamin A: 10% • Vitamin C: 20%
Calcium: 20% • Iron: 60%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*****, Fried Beans*****(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*****, Beef Taco Meat*****(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*****, Salsa de Burro*****(Salt, Canned Tomato Puree, Granulated Garlic, Pickling Mix, Regular Grind Black Pepper, Spanish Onions)*****, Tortilla Flour 8" Frsh**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.09 MG_A
VITAMIN K	0.42 MCG
VITAMIN A(iu)	563.54 IU
VITAMIN A(re)	26 MCG_

Water Soluble Vitamins

THIAMIN	0.25 MG
RIBOFLAVIN	0.11 MG
NIACIN	4.20 MG
VITAMIN B-6	0.26 MG
VITAMIN B-12	1.30 MCG
VITAMIN C, TOTAL ASCORBIC ACID	12.97 MG
FOLIC ACID	60.83 MCG

Minerals

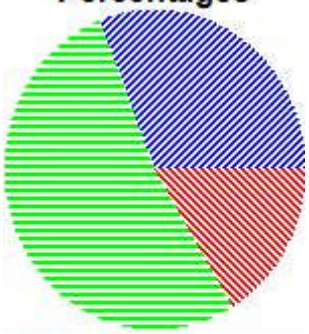
PHOSPHOROUS	109.47 MG
ZINC	2.62 MG
MAGNESIUM	15.28 MG
COPPER	0.017 MG
IRON	10.04 MG
CALCIUM	210.44 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 16.84%
CHO - 52.57%
FAT - 30.59%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093621 **Desc:** 131 Chile Relleno

Nutrition Information

Serving Size: 1 Platter Srvg (964 grams)

Amount Per Serving

Calories: 1622 Calories from Fat: 574

		% Daily Value*
Total Fat:	64 GM	98%
Saturated Fat:	16 GM	81%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	3.5 GM	
Cholesterol:	155 MG	52%
Sodium:	3200 MG	133%
Potassium:	2120 MG	61%
Total Carbohydrate:	206 GM	69%
Dietary Fiber:	27 GM	108%
Sugars:	20 GM	
Protein:	56 GM	112%

Vitamin A: 110% • Vitamin C: 950%

Calcium: 40% • Iron: 90%

Ingredients: **Baker Potato**, **Poblano Peppers**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans** *(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **Salsa Ranchera***(Tomato Roma #2 Frsh, Salt, Granulated Garlic, Pepper Chile Arbol Dried, Pepper Chile Guajillo Dried, Whole Bay Leaf, Ground Cumin)*, **Flour**, **White American Cheese Loaf**, **3/8" Cut Shredded Lettuce**, **Soy Liquid Shortening**, **Large Grade A Shell Eggs**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	1.65 MG_A
VITAMIN K	37.86 MCG
VITAMIN A(iu)	5585.94 IU
VITAMIN A(re)	186 MCG_

Water Soluble Vitamins

THIAMIN	0.91 MG
RIBOFLAVIN	0.52 MG
NIACIN	10.42 MG
VITAMIN B-6	1.54 MG
VITAMIN B-12	0.86 MCG
VITAMIN C, TOTAL ASCORBIC ACID	567.17 MG
FOLIC ACID	122.98 MCG

Minerals

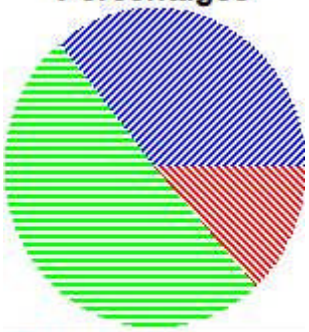
PHOSPHOROUS	367.24 MG
ZINC	3.46 MG
MAGNESIUM	133.61 MG
COPPER	0.667 MG
IRON	16.17 MG
CALCIUM	408.68 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 13.82%
CHO - 50.83%
FAT - 35.35%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093623 **Desc:** 132 Burrito

Nutrition Information

Serving Size: 1 Platter Srvg (442 grams)

Amount Per Serving

Calories: 800 Calories from Fat: 398

		% Daily Value*
Total Fat:	44 GM	68%
Saturated Fat:	21 GM	107%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	10 GM	
Cholesterol:	110 MG	37%
Sodium:	5850 MG	244%
Potassium:	430 MG	12%
Total Carbohydrate:	66 GM	22%
Dietary Fiber:	2 GM	10%
Sugars:	6 GM	
Protein:	34 GM	69%

Vitamin A: 30% • Vitamin C: 20%
Calcium: 40% • Iron: 30%

Ingredients: **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **Mexican Fried Rice - Batch** *(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Salsa de Burro***(Salt, Canned Tomato Puree, Granulated Garlic, Pickling Mix, Regular Grind Black Pepper, Spanish Onions)*, **White American Cheese Loaf**, **Tortilla Flour 8" Frsh**, **3/8" Cut Shredded Lettuce**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.10 MG_A
VITAMIN K	0.64 MCG
VITAMIN A(iu)	1607.77 IU
VITAMIN A(re)	28 MCG_

Water Soluble Vitamins

THIAMIN	0.27 MG
RIBOFLAVIN	0.18 MG
NIACIN	5.95 MG
VITAMIN B-6	0.41 MG
VITAMIN B-12	2.16 MCG
VITAMIN C, TOTAL ASCORBIC ACID	10.55 MG
FOLIC ACID	64.09 MCG

Minerals

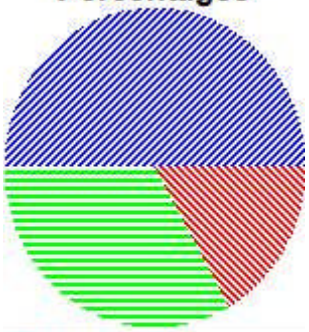
PHOSPHOROUS	177.14 MG
ZINC	4.33 MG
MAGNESIUM	23.49 MG
COPPER	0.022 MG
IRON	5.38 MG
CALCIUM	419.98 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.26%
CHO - 32.87%
FAT - 49.88%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093624 **Desc:** 133 Enchiladas Verdes

Nutrition Information

Serving Size: 1 Platter Srvg (510 grams)

Amount Per Serving

Calories: 582 Calories from Fat: 223

		% Daily Value*
Total Fat:	25 GM	38%
Saturated Fat:	13 GM	68%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	85 MG	28%
Sodium:	2990 MG	125%
Potassium:	220 MG	6%
Total Carbohydrate:	65 GM	22%
Dietary Fiber:	6 GM	23%
Sugars:	8 GM	
Protein:	29 GM	59%

Vitamin A: 50% • Vitamin C: 70%
Calcium: 35% • Iron: 15%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, 3/8" Cut Shredded Lettuce, White American Cheese Loaf, Salsa Verde*(Canned Crushed Tomatillo, Fresh Cleaned Cilantro Bunches, Spanish Onions, Granulated Garlic, Salt, Mexican Serrano Chile Peppers)***, **Guacamole*(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)***, **Random Sized Fresh Tomatoes, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.17 MG_A
VITAMIN K	1.26 MCG
VITAMIN A(iu)	2420.82 IU
VITAMIN A(re)	20 MCG_

Water Soluble Vitamins

THIAMIN	0.24 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.85 MG
VITAMIN B-6	0.09 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	44.48 MG
FOLIC ACID	60.18 MCG

Minerals

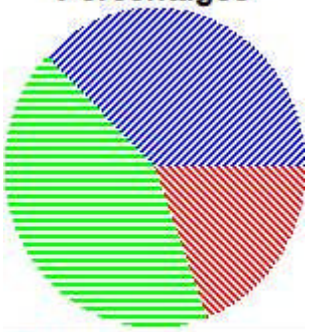
PHOSPHOROUS	23.13 MG
ZINC	0.15 MG
MAGNESIUM	6.27 MG
COPPER	0.033 MG
IRON	2.84 MG
CALCIUM	374.95 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 19.71%
CHO - 43.10%
FAT - 37.19%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093625 **Desc:** 134 Poblano Lunch

Nutrition Information

Serving Size: 1 Platter Srvg (399 grams)

Amount Per Serving

Calories: 871 Calories from Fat: 300

		% Daily Value*
Total Fat:	33 GM	51%
Saturated Fat:	6 GM	32%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1.5 GM	
Cholesterol:	55 MG	18%
Sodium:	2450 MG	102%
Potassium:	150 MG	4%
Total Carbohydrate:	109 GM	37%
Dietary Fiber:	6 GM	26%
Sugars:	25 GM	
Protein:	30 GM	61%

Vitamin A: 35% • Vitamin C: 60%

Calcium: 10% • Iron: 30%

Ingredients: **Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Mole Poblano***(Sauce Mole, Flour, Granulated Sugar, Chocolate Tab, Chicken Base)*, **Tortilla Flour 8" Frsh**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.13 MG_A
VITAMIN K	1.35 MCG
VITAMIN A(iu)	1684.97 IU
VITAMIN A(re)	25 MCG_

Water Soluble Vitamins

THIAMIN	0.33 MG
RIBOFLAVIN	0.08 MG
NIACIN	2.50 MG
VITAMIN B-6	0.06 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	33.97 MG
FOLIC ACID	79.64 MCG

Minerals

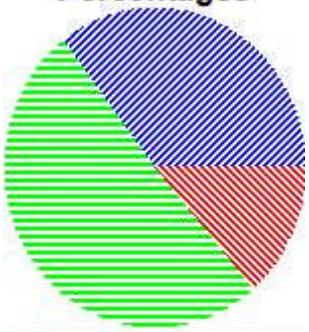
PHOSPHOROUS	30.17 MG
ZINC	0.19 MG
MAGNESIUM	8.69 MG
COPPER	0.022 MG
IRON	5.74 MG
CALCIUM	115.11 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 14.18%
CHO - 50.96%
FAT - 34.86%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093638 **Desc:** 135 Huevos Rancheros

Nutrition Information

Serving Size: 1 Platter Srvg (488 grams)

Amount Per Serving

Calories: 1423 Calories from Fat: 559

		% Daily Value*
Total Fat:	62 GM	96%
Saturated Fat:	11 GM	55%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	430 MG	143%
Sodium:	1750 MG	73%
Potassium:	75 MG	2%
Total Carbohydrate:	164 GM	55%
Dietary Fiber:	16 GM	64%
Sugars:	3 GM	
Protein:	45 GM	91%

Vitamin A: 15% • Vitamin C: 10%
Calcium: 35% • Iron: 70%

Ingredients: **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(**Water**, **Xtra Long Grain Rice**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Canned Tomato Puree**, **Margarine Solid**, **Chicken Base**, **Granulated Garlic**, **Salt**)*, **Fried Beans***(**Dry Pinto Beans**, **Soy Liquid Shortening**, **Spanish Onions**, **Mexican Serrano Chile Peppers**, **Salt**)*, **Large Grade A Shell Eggs**, **Soy Liquid Shortening**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.03 MCG
VITAMIN A(iu)	778.19 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.21 MG
RIBOFLAVIN	0.00 MG
NIACIN	1.55 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	6.88 MG
FOLIC ACID	55.93 MCG

Minerals

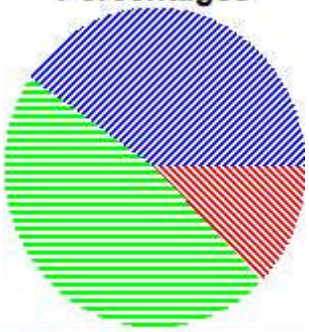
PHOSPHOROUS	4.66 MG
ZINC	0.02 MG
MAGNESIUM	1.75 MG
COPPER	0.006 MG
IRON	11.84 MG
CALCIUM	339.00 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 13.01%
CHO - 46.98%
FAT - 40.01%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093639 **Desc:** 136 Vegetarian Chimichanga

Nutrition Information

Serving Size: 1 Platter Srvg (866 grams)

Amount Per Serving

Calories: 701 Calories from Fat: 192

		% Daily Value*
Total Fat:	21 GM	33%
Saturated Fat:	7 GM	36%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	20 MG	6%
Sodium:	1090 MG	46%
Potassium:	1300 MG	37%
Total Carbohydrate:	111 GM	37%
Dietary Fiber:	12 GM	49%
Sugars:	18 GM	
Protein:	21 GM	42%

Vitamin A: 70% • Vitamin C: 450%
Calcium: 35% • Iron: 40%

Ingredients: **Fresh Medium Yellow Squash, Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fresh Flour Tortilla 12", Washed, Cut Romaine Lettuce, Poblano Peppers, Slaw Style Broccoli w/o Sauce, Green Avacado, Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.88 MG_A
VITAMIN K	20.01 MCG
VITAMIN A(iu)	3553.38 IU
VITAMIN A(re)	123 MCG_

Water Soluble Vitamins

THIAMIN	0.45 MG
RIBOFLAVIN	0.62 MG
NIACIN	4.02 MG
VITAMIN B-6	1.04 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	268.62 MG
FOLIC ACID	55.93 MCG

Minerals

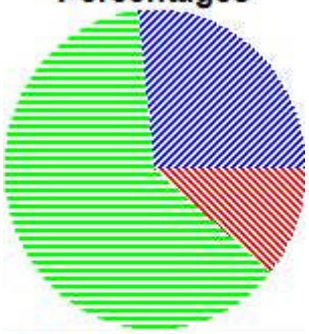
PHOSPHOROUS	180.71 MG
ZINC	1.34 MG
MAGNESIUM	83.06 MG
COPPER	0.306 MG
IRON	7.62 MG
CALCIUM	370.92 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 11.61%
CHO - 61.70%
FAT - 26.69%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093641 **Desc:** 137 Lunch Fajita Express Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (1041 grams)

Amount Per Serving

Calories: 1367 Calories from Fat: 369

		% Daily Value*
Total Fat:	41 GM	63%
Saturated Fat:	13 GM	64%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	155 MG	52%
Sodium:	2720 MG	113%
Potassium:	990 MG	28%
Total Carbohydrate:	177 GM	59%
Dietary Fiber:	22 GM	88%
Sugars:	17 GM	
Protein:	71 GM	142%

Vitamin A: 60% • Vitamin C: 210%
Calcium: 45% • Iron: 60%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*, **Fresh Green Peppers**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Sour Cream**, **Fresh Cleaned Mushrooms**, **3/8" Cut Shredded Lettuce**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	1.10 MG_A
VITAMIN K	7.18 MCG
VITAMIN A(iu)	2916.38 IU
VITAMIN A(re)	54 MCG_

Water Soluble Vitamins

THIAMIN	0.35 MG
RIBOFLAVIN	0.09 MG
NIACIN	2.71 MG
VITAMIN B-6	0.51 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	123.61 MG
FOLIC ACID	67.63 MCG

Minerals

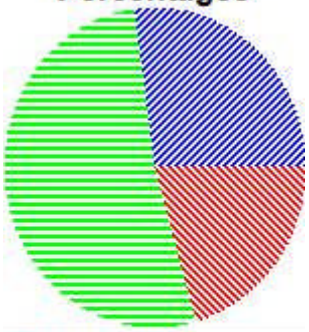
PHOSPHOROUS	92.62 MG
ZINC	0.60 MG
MAGNESIUM	25.28 MG
COPPER	0.139 MG
IRON	11.34 MG
CALCIUM	425.92 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.89%
CHO - 52.04%
FAT - 27.07%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093643 **Desc:** 138 Spinach Quesadilla

Nutrition Information

Serving Size: 1 Platter Srvg (513 grams)

Amount Per Serving

Calories: 738 Calories from Fat: 367

		% Daily Value*
Total Fat:	41 GM	63%
Saturated Fat:	19 GM	94%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	60 MG	20%
Sodium:	1960 MG	82%
Potassium:	520 MG	15%
Total Carbohydrate:	74 GM	25%
Dietary Fiber:	6 GM	23%
Sugars:	9 GM	
Protein:	21 GM	42%

Vitamin A: 250% • Vitamin C: 30%
Calcium: 60% • Iron: 25%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*****, Frozen Chopped Spinach, 3/8" Cut Shredded Lettuce, White American Cheese Loaf, Tortilla Flour 8" Frsh, Random Sized Fresh Tomatoes, Spanish Onions, Sour Cream, Pico de Gallo*****(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*****, Liquid Margarine**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.14 MG_A
VITAMIN K	0.20 MCG
VITAMIN A(iu)	12334.64 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.33 MG
RIBOFLAVIN	0.21 MG
NIACIN	2.25 MG
VITAMIN B-6	0.25 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	18.99 MG
FOLIC ACID	61.88 MCG

Minerals

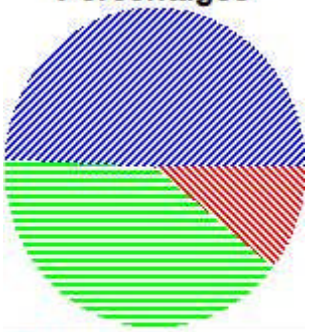
PHOSPHOROUS	66.48 MG
ZINC	0.63 MG
MAGNESIUM	69.47 MG
COPPER	0.022 MG
IRON	4.63 MG
CALCIUM	566.86 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 11.22%
CHO - 39.61%
FAT - 49.17%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093644 **Desc:** 139 Beef Burrito

Nutrition Information

Serving Size: 1 Platter Srvg (541 grams)

Amount Per Serving

Calories: 1292 Calories from Fat: 521

		% Daily Value*
Total Fat:	58 GM	89%
Saturated Fat:	23 GM	115%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	10 GM	
Cholesterol:	110 MG	37%
Sodium:	6210 MG	259%
Potassium:	440 MG	12%
Total Carbohydrate:	133 GM	44%
Dietary Fiber:	18 GM	71%
Sugars:	7 GM	
Protein:	57 GM	113%

Vitamin A: 30% • Vitamin C: 25%

Calcium: 60% • Iron: 60%

Ingredients: **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **Mexican Fried Rice - Batch** *(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Salsa de Burro***(Salt, Canned Tomato Puree, Granulated Garlic, Pickling Mix, Regular Grind Black Pepper, Spanish Onions)*, **White American Cheese Loaf**, **Tortilla Flour 8" Frsh**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.11 MG_A
VITAMIN K	0.65 MCG
VITAMIN A(iu)	1551.55 IU
VITAMIN A(re)	28 MCG_

Water Soluble Vitamins

THIAMIN	0.27 MG
RIBOFLAVIN	0.18 MG
NIACIN	5.95 MG
VITAMIN B-6	0.41 MG
VITAMIN B-12	2.16 MCG
VITAMIN C, TOTAL ASCORBIC ACID	14.73 MG
FOLIC ACID	64.09 MCG

Minerals

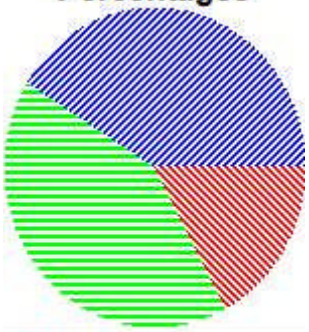
PHOSPHOROUS	177.64 MG
ZINC	4.34 MG
MAGNESIUM	23.68 MG
COPPER	0.022 MG
IRON	11.40 MG
CALCIUM	549.11 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.69%
CHO - 41.62%
FAT - 40.69%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093645 **Desc:** 140 Flautas Carne

Nutrition Information

Serving Size: 1 Platter Srvg (624 grams)

Amount Per Serving

Calories: 1009 Calories from Fat: 318

		% Daily Value*
Total Fat:	35 GM	54%
Saturated Fat:	12 GM	60%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	75 MG	26%
Sodium:	3620 MG	151%
Potassium:	340 MG	10%
Total Carbohydrate:	126 GM	42%
Dietary Fiber:	21 GM	84%
Sugars:	11 GM	
Protein:	41 GM	82%

Vitamin A: 30% • Vitamin C: 50%
Calcium: 25% • Iron: 60%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*****, Stew*****(Choice Beef Ball Tips, Spanish Onions, Tomato Roma #2 Frsh, Salt, Granulated Garlic)*****, Fried Beans*****(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*****, 3/8" Cut Shredded Lettuce, Guacamole*****(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*****, Sour Cream, Tomato Roma #2 Frsh, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.30 MG_A
VITAMIN K	4.29 MCG
VITAMIN A(iu)	1579.65 IU
VITAMIN A(re)	32 MCG_

Water Soluble Vitamins

THIAMIN	0.24 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.93 MG
VITAMIN B-6	0.08 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	32.18 MG
FOLIC ACID	55.93 MCG

Minerals

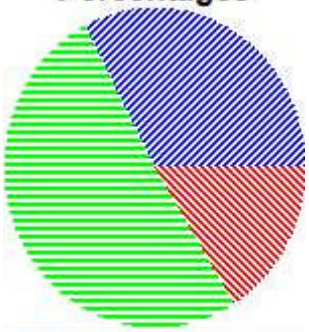
PHOSPHOROUS	23.15 MG
ZINC	0.15 MG
MAGNESIUM	9.50 MG
COPPER	0.059 MG
IRON	10.18 MG
CALCIUM	266.25 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 16.64%
CHO - 51.14%
FAT - 32.21%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093646 **Desc:** 141 Pollo Ranchero

Nutrition Information

Serving Size: 1 Platter Srvg (800 grams)

Amount Per Serving

Calories: 1649 Calories from Fat: 490

		% Daily Value*
Total Fat:	54 GM	84%
Saturated Fat:	19 GM	96%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	200 MG	66%
Sodium:	3000 MG	125%
Potassium:	95 MG	3%
Total Carbohydrate:	191 GM	64%
Dietary Fiber:	21 GM	86%
Sugars:	11 GM	
Protein:	99 GM	197%

Vitamin A: 70% • Vitamin C: 50%
Calcium: 70% • Iron: 80%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans** *(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Tortilla Flour 6" Frsh**, **Salsa de Tacos al Pastor***(Tomato Strp Robusto Cnd, Distilled Water, Granulated Garlic, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried)*, **White American Cheese Loaf**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.03 MG_A
VITAMIN K	0.03 MCG
VITAMIN A(iu)	3569.87 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.26 MG
RIBOFLAVIN	0.01 MG
NIACIN	1.94 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	31.64 MG
FOLIC ACID	69.91 MCG

Minerals

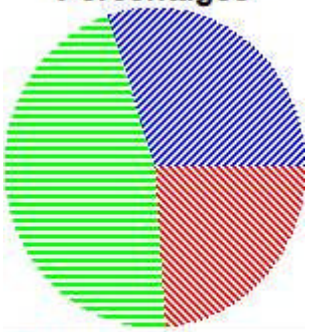
PHOSPHOROUS	5.82 MG
ZINC	0.03 MG
MAGNESIUM	2.19 MG
COPPER	0.008 MG
IRON	13.57 MG
CALCIUM	701.56 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 23.97%
CHO - 46.28%
FAT - 29.75%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093647 **Desc:** 142 Burrito Rosqueto

Nutrition Information

Serving Size: 1 Platter Srvg (612 grams)

Amount Per Serving

Calories: 875 Calories from Fat: 379

		% Daily Value*
Total Fat:	42 GM	65%
Saturated Fat:	17 GM	86%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	120 MG	39%
Sodium:	2540 MG	106%
Potassium:	290 MG	8%
Total Carbohydrate:	86 GM	29%
Dietary Fiber:	7 GM	29%
Sugars:	11 GM	
Protein:	34 GM	67%

Vitamin A: 60% • Vitamin C: 45%
Calcium: 45% • Iron: 20%

Ingredients: **Breaded Chicken Breast Strip, 1.1oz, Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **3/8" Cut Shredded Lettuce, Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **Tomato Roma #2 Frsh, Salsa de Tacos al Pastor** *(Tomato Strp Robusto Cnd, Distilled Water, Granulated Garlic, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried)*, **Tortilla Flour 8" Frsh, Spanish Onions, Sour Cream, Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0.02 IU
VITAMIN E	0.36 MG_A
VITAMIN K	4.67 MCG
VITAMIN A(iu)	3143.92 IU
VITAMIN A(re)	35 MCG_

Water Soluble Vitamins

THIAMIN	0.26 MG
RIBOFLAVIN	0.03 MG
NIACIN	1.99 MG
VITAMIN B-6	0.13 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	27.24 MG
FOLIC ACID	57.62 MCG

Minerals

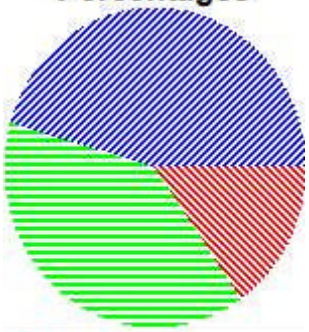
PHOSPHOROUS	31.64 MG
ZINC	0.20 MG
MAGNESIUM	11.92 MG
COPPER	0.056 MG
IRON	3.50 MG
CALCIUM	430.11 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 15.83%
CHO - 38.96%
FAT - 45.21%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093648 **Desc:** 143 El Sinoalense

Nutrition Information

Serving Size: 1 Platter Srvg (630 grams)

Amount Per Serving

Calories: 1315 Calories from Fat: 664

		% Daily Value*
Total Fat:	74 GM	113%
Saturated Fat:	28 GM	140%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	155 MG	52%
Sodium:	3740 MG	156%
Potassium:	160 MG	5%
Total Carbohydrate:	119 GM	40%
Dietary Fiber:	5 GM	20%
Sugars:	6 GM	
Protein:	49 GM	98%

Vitamin A: 60% • Vitamin C: 30%
Calcium: 50% • Iron: 35%

Ingredients: **Tortilla Flour 6" Frsh**, **Breaded Chicken Breast Strip, 1.1oz**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Raw Chorizo Sausage**, **3/8" Cut Shredded Lettuce**, **White American Cheese Loaf**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Random Sized Fresh Tomatoes**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.06 MG_A
VITAMIN K	0.17 MCG
VITAMIN A(iu)	3080.90 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.23 MG
RIBOFLAVIN	0.01 MG
NIACIN	1.76 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	18.06 MG
FOLIC ACID	60.18 MCG

Minerals

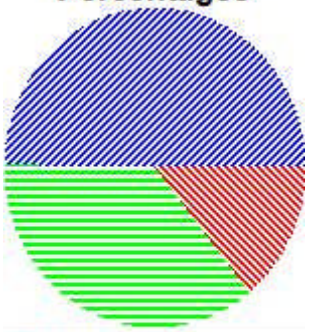
PHOSPHOROUS	14.16 MG
ZINC	0.09 MG
MAGNESIUM	2.68 MG
COPPER	0.017 MG
IRON	6.09 MG
CALCIUM	539.47 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 14.73%
CHO - 35.56%
FAT - 49.71%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093649 **Desc:** 145 Shrimp Enchiladas

Nutrition Information

Serving Size: 1 Platter Srvg (624 grams)

Amount Per Serving

Calories: 907 Calories from Fat: 499

		% Daily Value*
Total Fat:	55 GM	85%
Saturated Fat:	21 GM	106%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	390 MG	130%
Sodium:	4070 MG	170%
Potassium:	140 MG	4%
Total Carbohydrate:	41 GM	14%
Dietary Fiber:	2 GM	10%
Sugars:	5 GM	
Protein:	52 GM	104%

Vitamin A: 50% • Vitamin C: 40%
Calcium: 60% • Iron: 15%

Ingredients: **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Mexican Fried Rice - Batch***(**Water**, **Xtra Long Grain Rice**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Canned Tomato Puree**, **Margarine Solid**, **Chicken Base**, **Granulated Garlic**, **Salt**)*, **Cheese Dip** *(**Extra Melt White American Cheese Melt**, **Pepper Jalapeno Whl Cnd**, **Whole Milk**)*, **Washed, Cut Romaine Lettuce**, **Liquid Margarine**, **Random Sized Fresh Tomatoes**, **Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0.03 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	2490.98 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.22 MG
RIBOFLAVIN	0.01 MG
NIACIN	1.72 MG
VITAMIN B-6	0.04 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	24.17 MG
FOLIC ACID	60.18 MCG

Minerals

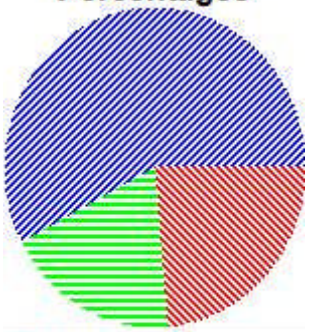
PHOSPHOROUS	10.92 MG
ZINC	0.07 MG
MAGNESIUM	1.56 MG
COPPER	0.005 MG
IRON	2.55 MG
CALCIUM	612.21 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 23.74%
CHO - 18.14%
FAT - 58.12%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093670 **Desc:** 147 Beef Taco Salad

Nutrition Information

Serving Size: 1 Platter Srvg (598 grams)

Amount Per Serving

Calories: 745 Calories from Fat: 261

		% Daily Value*
Total Fat:	29 GM	45%
Saturated Fat:	13 GM	66%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	150 MG	50%
Sodium:	1580 MG	66%
Potassium:	180 MG	5%
Total Carbohydrate:	67 GM	22%
Dietary Fiber:	6 GM	25%
Sugars:	11 GM	
Protein:	50 GM	101%

Vitamin A: 25% • Vitamin C: 60%
Calcium: 35% • Iron: 45%

Ingredients: 3/8" Cut Shredded Lettuce, Choice Beef Sirloin Flap, Fresh Flour Tortilla 12", Guacamole*(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, Sour Cream, Verdura Fajita*(Green Peppers, Random Sized Fresh Tomatoes, Fresh Cleaned Mushrooms, Spanish Onions)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.10 MG_A
VITAMIN K	0.32 MCG
VITAMIN A(iu)	1342.24 IU
VITAMIN A(re)	8 MCG_

Water Soluble Vitamins

THIAMIN	0.20 MG
RIBOFLAVIN	0.37 MG
NIACIN	0.12 MG
VITAMIN B-6	0.03 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	37.41 MG
FOLIC ACID	1.06 MCG

Minerals

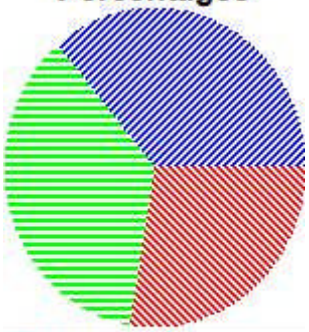
PHOSPHOROUS	9.12 MG
ZINC	8.38 MG
MAGNESIUM	2.60 MG
COPPER	0.025 MG
IRON	8.22 MG
CALCIUM	357.36 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 27.53%
CHO - 36.83%
FAT - 35.64%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093003 **Desc:** 147 Fajitas Taco Salad Carne

Nutrition Information

Serving Size: 1 Platter Srvg (567 grams)

Amount Per Serving

Calories: 1259 Calories from Fat: 771

		% Daily Value*
Total Fat:	86 GM	132%
Saturated Fat:	23 GM	116%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	150 MG	51%
Sodium:	1110 MG	46%
Potassium:	260 MG	7%
Total Carbohydrate:	63 GM	21%
Dietary Fiber:	4 GM	15%
Sugars:	11 GM	
Protein:	54 GM	109%

Vitamin A: 30% • Vitamin C: 110%
Calcium: 45% • Iron: 45%

Ingredients: **Choice Beef Sirloin Flap**, **Verdura Fajita***(Green Peppers, Random Sized Fresh Tomatoes, Fresh Cleaned Mushrooms, Spanish Onions)*, **Fresh Flour Tortilla 12"**, **3/8" Cut Shredded Lettuce**, **Soy Liquid Shortening**, **Tomato Roma #2 Frsh**, **White American Cheese Loaf**, **Sour Cream**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.15 MG_A
VITAMIN K	2.30 MCG
VITAMIN A(iu)	1415.27 IU
VITAMIN A(re)	48 MCG_

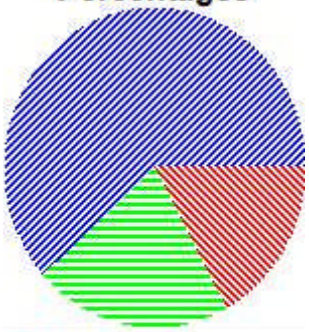
Water Soluble Vitamins	
THIAMIN	0.21 MG
RIBOFLAVIN	0.37 MG
NIACIN	0.35 MG
VITAMIN B-6	0.07 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	67.00 MG
FOLIC ACID	4.25 MCG

Minerals	
PHOSPHOROUS	17.40 MG
ZINC	8.44 MG
MAGNESIUM	4.54 MG
COPPER	0.022 MG
IRON	7.72 MG
CALCIUM	450.46 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.52%
CHO - 20.32%
FAT - 62.17%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093004 **Desc:** 147 Fajitas Taco Salad Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (666 grams)

Amount Per Serving

Calories: 1261 Calories from Fat: 749

		% Daily Value*
Total Fat:	83 GM	128%
Saturated Fat:	22 GM	110%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	200 MG	66%
Sodium:	1110 MG	46%
Potassium:	260 MG	7%
Total Carbohydrate:	63 GM	21%
Dietary Fiber:	4 GM	15%
Sugars:	11 GM	
Protein:	63 GM	126%

Vitamin A: 30% • Vitamin C: 120%
Calcium: 45% • Iron: 25%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Verdura Fajita***(Green Peppers, Random Sized Fresh Tomatoes, Fresh Cleaned Mushrooms, Spanish Onions)*, **Fresh Flour Tortilla 12"**, **3/8" Cut Shredded Lettuce**, **Soy Liquid Shortening**, **Tomato Roma #2 Frsh**, **White American Cheese Loaf**, **Sour Cream**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.15 MG_A
VITAMIN K	2.30 MCG
VITAMIN A(iu)	1415.27 IU
VITAMIN A(re)	48 MCG_

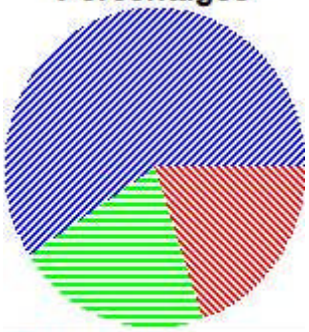
Water Soluble Vitamins	
THIAMIN	0.03 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.35 MG
VITAMIN B-6	0.07 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	72.45 MG
FOLIC ACID	4.25 MCG

Minerals	
PHOSPHOROUS	17.40 MG
ZINC	0.12 MG
MAGNESIUM	4.54 MG
COPPER	0.022 MG
IRON	4.26 MG
CALCIUM	436.96 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.16%
CHO - 20.08%
FAT - 59.75%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093671 **Desc:** 148 Pollo Nayarit

Nutrition Information

Serving Size: 1 Platter Srvg (630 grams)

Amount Per Serving

Calories: 1187 Calories from Fat: 512

		% Daily Value*
Total Fat:	57 GM	87%
Saturated Fat:	20 GM	101%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	145 MG	48%
Sodium:	3540 MG	148%
Potassium:	160 MG	5%
Total Carbohydrate:	122 GM	41%
Dietary Fiber:	7 GM	26%
Sugars:	6 GM	
Protein:	45 GM	90%

Vitamin A: 30% • Vitamin C: 25%
Calcium: 50% • Iron: 25%

Ingredients: **Breaded Chicken Breast Strip, 1.1oz, Tortilla Flour 6" Frsh, Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **3/8" Cut Shredded Lettuce, Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Random Sized Fresh Tomatoes, Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0.02 IU
VITAMIN E	0.06 MG_A
VITAMIN K	0.17 MCG
VITAMIN A(iu)	1550.00 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.23 MG
RIBOFLAVIN	0.01 MG
NIACIN	1.76 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	15.72 MG
FOLIC ACID	60.18 MCG

Minerals

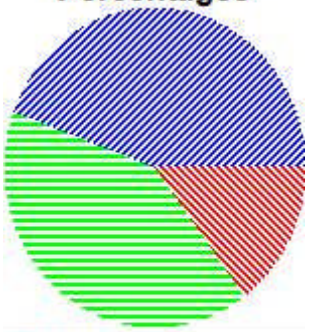
PHOSPHOROUS	14.16 MG
ZINC	0.09 MG
MAGNESIUM	2.68 MG
COPPER	0.017 MG
IRON	4.80 MG
CALCIUM	497.16 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 15.36%
CHO - 40.60%
FAT - 44.04%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093673 **Desc:** 149 Fajita Quesadilla Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (894 grams)

Amount Per Serving

Calories: 1524 Calories from Fat: 565

		% Daily Value*
Total Fat:	63 GM	97%
Saturated Fat:	14 GM	69%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	135 MG	46%
Sodium:	1890 MG	79%
Potassium:	580 MG	17%
Total Carbohydrate:	164 GM	55%
Dietary Fiber:	22 GM	86%
Sugars:	15 GM	
Protein:	73 GM	146%

Vitamin A: 30% • Vitamin C: 150%
Calcium: 40% • Iron: 70%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans** *(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Fresh Flour Tortilla 12"**, **Random Sized Fresh Tomatoes**, **Fresh Cleaned Mushrooms**, **Green Peppers**, **Spanish Onions**, **3/8" Cut Shredded Lettuce**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Sour Cream**, **Soy Liquid Shortening**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.24 MG_A
VITAMIN K	0.41 MCG
VITAMIN A(iu)	1526.81 IU
VITAMIN A(re)	31 MCG_

Water Soluble Vitamins

THIAMIN	0.28 MG
RIBOFLAVIN	0.04 MG
NIACIN	2.14 MG
VITAMIN B-6	0.18 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	90.26 MG
FOLIC ACID	68.68 MCG

Minerals

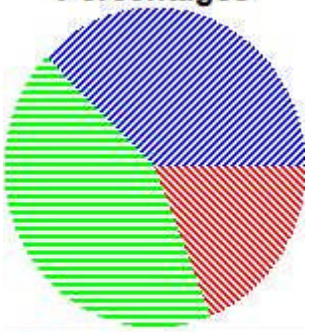
PHOSPHOROUS	43.52 MG
ZINC	0.28 MG
MAGNESIUM	8.54 MG
COPPER	0.040 MG
IRON	11.64 MG
CALCIUM	419.13 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 19.34%
CHO - 43.34%
FAT - 37.33%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093674 **Desc:** 151 Enchiladas Suizas Carne

Nutrition Information

Serving Size: 1 Platter Srvg (610 grams)

Amount Per Serving

Calories: 959 Calories from Fat: 507

		% Daily Value*
Total Fat:	56 GM	87%
Saturated Fat:	32 GM	161%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	160 MG	53%
Sodium:	5930 MG	247%
Potassium:	230 MG	6%
Total Carbohydrate:	75 GM	25%
Dietary Fiber:	5 GM	20%
Sugars:	11 GM	
Protein:	45 GM	91%

Vitamin A: 70% • Vitamin C: 30%
Calcium: 70% • Iron: 30%

Ingredients: **Stew***(**Choice Beef Ball Tips**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Granulated Garlic**)*, **Mexican Fried Rice - Batch***(**Water**, **Xtra Long Grain Rice**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Canned Tomato Puree**, **Margarine Solid**, **Chicken Base**, **Granulated Garlic**, **Salt**)*, **White American Cheese Loaf**, **3/8" Cut Shredded Lettuce**, **Salsa Verde***(**Canned Crushed Tomatillo**, **Fresh Cleaned Cilantro Bunches**, **Spanish Onions**, **Granulated Garlic**, **Salt**, **Mexican Serrano Chile Peppers**)*, **Soft Thin 6" Corn Tortilla**, **Random Sized Fresh Tomatoes**, **Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.16 MG_A
VITAMIN K	2.62 MCG
VITAMIN A(iu)	3278.29 IU
VITAMIN A(re)	20 MCG_

Water Soluble Vitamins

THIAMIN	0.24 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.92 MG
VITAMIN B-6	0.07 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	16.75 MG
FOLIC ACID	60.18 MCG

Minerals

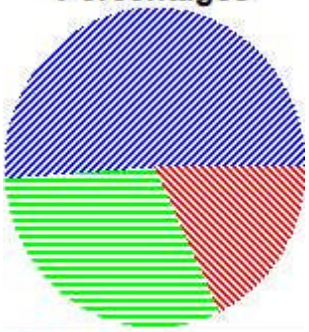
PHOSPHOROUS	20.57 MG
ZINC	0.14 MG
MAGNESIUM	5.82 MG
COPPER	0.027 MG
IRON	4.99 MG
CALCIUM	729.85 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.36%
CHO - 30.42%
FAT - 51.22%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093675 **Desc:** 151 Enchiladas Suizas Queso

Nutrition Information

Serving Size: 1 Platter Srvg (610 grams)

Amount Per Serving

Calories: 1374 Calories from Fat: 901

		% Daily Value*
Total Fat:	100 GM	154%
Saturated Fat:	64 GM	322%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	220 MG	74%
Sodium:	5550 MG	231%
Potassium:	150 MG	4%
Total Carbohydrate:	83 GM	28%
Dietary Fiber:	4 GM	16%
Sugars:	14 GM	
Protein:	57 GM	114%

Vitamin A: 110% • Vitamin C: 20%
Calcium: 170% • Iron: 15%

Ingredients: **White American Cheese Loaf**, **Mexican Fried Rice - Batch***(**Water**, **Xtra Long Grain Rice**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Canned Tomato Puree**, **Margarine Solid**, **Chicken Base**, **Granulated Garlic**, **Salt**)*, **White American Cheese Loaf**, **3/8" Cut Shredded Lettuce**, **Salsa Verde** *(**Canned Crushed Tomatillo**, **Fresh Cleaned Cilantro Bunches**, **Spanish Onions**, **Granulated Garlic**, **Salt**, **Mexican Serrano Chile Peppers**)*, **Soft Thin 6" Corn Tortilla**, **Random Sized Fresh Tomatoes**, **Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.04 MG_A
VITAMIN K	0.05 MCG
VITAMIN A(iu)	5436.51 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.22 MG
RIBOFLAVIN	0.01 MG
NIACIN	1.72 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	10.83 MG
FOLIC ACID	60.18 MCG

Minerals

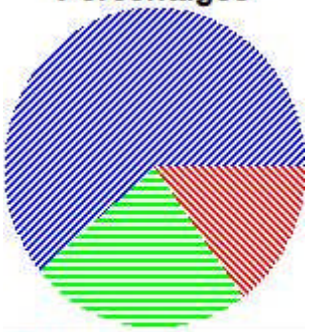
PHOSPHOROUS	12.74 MG
ZINC	0.08 MG
MAGNESIUM	2.23 MG
COPPER	0.008 MG
IRON	2.55 MG
CALCIUM	1692.64 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 15.56%
CHO - 22.82%
FAT - 61.61%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093676 **Desc:** 152 Chimichanga Suprema

Nutrition Information

Serving Size: 1 Platter Srvg (728 grams)

Amount Per Serving

Calories: 1472 Calories from Fat: 473

		% Daily Value*
Total Fat:	53 GM	81%
Saturated Fat:	19 GM	96%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	115 MG	38%
Sodium:	3510 MG	146%
Potassium:	350 MG	10%
Total Carbohydrate:	179 GM	60%
Dietary Fiber:	25 GM	102%
Sugars:	11 GM	
Protein:	58 GM	117%

Vitamin A: 40% • Vitamin C: 90%
Calcium: 60% • Iron: 70%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Fried Beans*****(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)***, **Pollo de la Linea*****(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)***, **Tortilla Flour 8" Frsh**, **Guacamole*****(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)***, **3/8" Cut Shredded Lettuce**, **Sour Cream**, **Cheese Dip*****(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)***, **Tomato Roma #2 Frsh**

Fat Soluble Vitamins

VITAMIN D(iu)	0.02 IU
VITAMIN E	0.32 MG_A
VITAMIN K	3.64 MCG
VITAMIN A(iu)	1927.07 IU
VITAMIN A(re)	38 MCG_

Water Soluble Vitamins

THIAMIN	0.30 MG
RIBOFLAVIN	0.03 MG
NIACIN	2.27 MG
VITAMIN B-6	0.10 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	53.95 MG
FOLIC ACID	69.91 MCG

Minerals

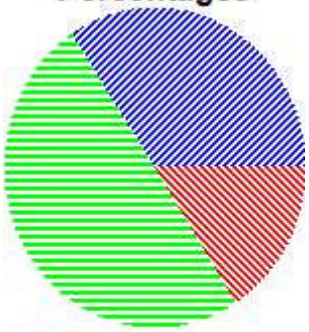
PHOSPHOROUS	26.25 MG
ZINC	0.16 MG
MAGNESIUM	10.47 MG
COPPER	0.061 MG
IRON	12.09 MG
CALCIUM	599.88 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 16.47%
CHO - 49.69%
FAT - 33.84%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093677 **Desc:** 153 Yucatan Style Chicken

Nutrition Information

Serving Size: 1 Platter Srvg (949 grams)

Amount Per Serving

Calories: 816 Calories from Fat: 287

		% Daily Value*
Total Fat:	32 GM	49%
Saturated Fat:	9 GM	44%
Trans Fat:	1 GM	
Polyunsaturated Fat:	9 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	190 MG	63%
Sodium:	1510 MG	63%
Potassium:	1060 MG	30%
Total Carbohydrate:	76 GM	25%
Dietary Fiber:	9 GM	37%
Sugars:	21 GM	
Protein:	59 GM	118%

Vitamin A: 160% • Vitamin C: 130%
Calcium: 15% • Iron: 30%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Fresh Medium Yellow Squash**, **Salsa Yucateca***(Tomato Roma #2 Frsh, Mayonnaise, Spanish Onions, Hulled Sesame Seed, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic)*, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **3/8" Cut Shredded Lettuce**, **Spanish Onions**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Fresh Zucchini**, **Random Sized Fresh Tomatoes**, **Sour Cream**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.89 MG_A
VITAMIN K	14.32 MCG
VITAMIN A(iu)	8059.39 IU
VITAMIN A(re)	102 MCG_

Water Soluble Vitamins

THIAMIN	0.41 MG
RIBOFLAVIN	0.38 MG
NIACIN	3.43 MG
VITAMIN B-6	0.73 MG
VITAMIN B-12	0.02 MCG
VITAMIN C, TOTAL ASCORBIC ACID	77.47 MG
FOLIC ACID	60.18 MCG

Minerals

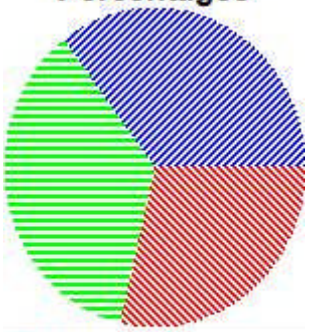
PHOSPHOROUS	145.83 MG
ZINC	1.06 MG
MAGNESIUM	58.18 MG
COPPER	0.211 MG
IRON	5.05 MG
CALCIUM	142.03 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 28.51%
CHO - 36.68%
FAT - 34.81%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093679 **Desc:** 156 Yucatecos Camarones

Nutrition Information

Serving Size: 1 Platter Srvg (992 grams)

Amount Per Serving

Calories: 1053 Calories from Fat: 508

		% Daily Value*
Total Fat:	56 GM	87%
Saturated Fat:	15 GM	75%
Trans Fat:	1 GM	
Polyunsaturated Fat:	9 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	530 MG	176%
Sodium:	5160 MG	215%
Potassium:	540 MG	16%
Total Carbohydrate:	64 GM	21%
Dietary Fiber:	7 GM	28%
Sugars:	18 GM	
Protein:	65 GM	131%

Vitamin A: 180% • Vitamin C: 110%
Calcium: 45% • Iron: 20%

Ingredients: **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Salsa Yucateca***(Tomato Roma #2 Frsh, Mayonnaise, Spanish Onions, Hulled Sesame Seed, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic)*, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **3/8" Cut Shredded Lettuce**, **Spanish Onions**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **Fresh Zucchini**, **Green Peppers**, **Liquid Margarine**, **Random Sized Fresh Tomatoes**, **Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0.01 IU
VITAMIN E	0.65 MG_A
VITAMIN K	8.38 MCG
VITAMIN A(iu)	9049.25 IU
VITAMIN A(re)	78 MCG_

Water Soluble Vitamins

THIAMIN	0.32 MG
RIBOFLAVIN	0.10 MG
NIACIN	2.46 MG
VITAMIN B-6	0.29 MG
VITAMIN B-12	0.02 MCG
VITAMIN C, TOTAL ASCORBIC ACID	66.21 MG
FOLIC ACID	60.18 MCG

Minerals

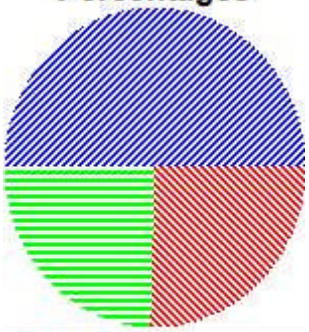
PHOSPHOROUS	70.59 MG
ZINC	0.49 MG
MAGNESIUM	24.52 MG
COPPER	0.111 MG
IRON	3.34 MG
CALCIUM	456.37 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 25.45%
CHO - 24.62%
FAT - 49.93%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093680 **Desc:** 157 Quesadilla Vegetariana

Nutrition Information

Serving Size: 1 Platter Srvg (923 grams)

Amount Per Serving

Calories: 839 Calories from Fat: 424

		% Daily Value*
Total Fat:	47 GM	72%
Saturated Fat:	18 GM	89%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	40 MG	14%
Sodium:	1930 MG	80%
Potassium:	1550 MG	44%
Total Carbohydrate:	84 GM	28%
Dietary Fiber:	9 GM	36%
Sugars:	16 GM	
Protein:	26 GM	52%

Vitamin A: 70% • Vitamin C: 230%
Calcium: 50% • Iron: 25%

Ingredients: **Fresh Medium Yellow Squash**, **Mexican Fried Rice - Batch***(**Water**, **Xtra Long Grain Rice**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Canned Tomato Puree**, **Margarine Solid**, **Chicken Base**, **Granulated Garlic**, **Salt**)*, **Fresh Cleaned Mushrooms**, **3/8" Cut Shredded Lettuce**, **Green Peppers**, **Random Sized Fresh Tomatoes**, **White American Cheese Loaf**, **Tortilla Flour 8" Frsh**, **Liquid Margarine**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.49 MG_A
VITAMIN K	11.90 MCG
VITAMIN A(iu)	3604.64 IU
VITAMIN A(re)	110 MCG_

Water Soluble Vitamins

THIAMIN	0.42 MG
RIBOFLAVIN	0.58 MG
NIACIN	3.81 MG
VITAMIN B-6	0.92 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	135.97 MG
FOLIC ACID	64.43 MCG

Minerals

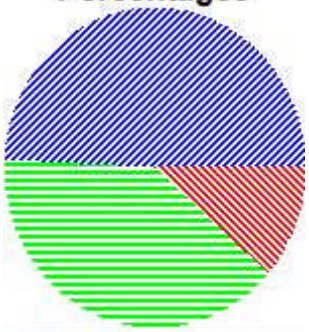
PHOSPHOROUS	168.18 MG
ZINC	1.27 MG
MAGNESIUM	68.88 MG
COPPER	0.207 MG
IRON	4.86 MG
CALCIUM	479.63 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 11.97%
CHO - 38.87%
FAT - 49.17%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093681 **Desc:** 158 Arroz con Mariscos

Nutrition Information

Serving Size: 1 Platter Srvg (669 grams)

Amount Per Serving

Calories: 933 Calories from Fat: 496

		% Daily Value*
Total Fat:	55 GM	85%
Saturated Fat:	18 GM	90%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	3.5 GM	
Monounsaturated Fat:	1.5 GM	
Cholesterol:	245 MG	82%
Sodium:	3420 MG	143%
Potassium:	250 MG	7%
Total Carbohydrate:	54 GM	18%
Dietary Fiber:	4 GM	16%
Sugars:	10 GM	
Protein:	49 GM	98%

Vitamin A: 100% • Vitamin C: 35%
Calcium: 40% • Iron: 15%

Ingredients: **Scallop Sea Dom 20-30ct Fz**, **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Mexican Fried Rice - Batch***(**Water**, **Xtra Long Grain Rice**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Canned Tomato Puree**, **Margarine Solid**, **Chicken Base**, **Granulated Garlic**, **Salt**)*, **3/8" Cut Shredded Lettuce**, **Cheese Dip***(**Extra Melt White American Cheese Melt**, **Pepper Jalapeno Whl Cnd**, **Whole Milk**)*, **Salsa Yucateca***(**Tomato Roma #2 Frsh**, **Mayonnaise**, **Spanish Onions**, **Hulled Sesame Seed**, **Pepper Chile Ancho Dried**, **Pepper Chile Guajillo Dried**, **Salt**, **Granulated Garlic**)*, **Guacamole***(**Fresh Lime**, **Green Avacado**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Fresh Jalapeno Peppers**, **Spanish Onions**)*, **Liquid Margarine**, **Random Sized Fresh Tomatoes**, **Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0.02 IU
VITAMIN E	0.21 MG_A
VITAMIN K	2.88 MCG
VITAMIN A(iu)	5222.11 IU
VITAMIN A(re)	21 MCG_

Water Soluble Vitamins

THIAMIN	0.25 MG
RIBOFLAVIN	0.03 MG
NIACIN	1.96 MG
VITAMIN B-6	0.09 MG
VITAMIN B-12	0.01 MCG
VITAMIN C, TOTAL ASCORBIC ACID	21.61 MG
FOLIC ACID	60.18 MCG

Minerals

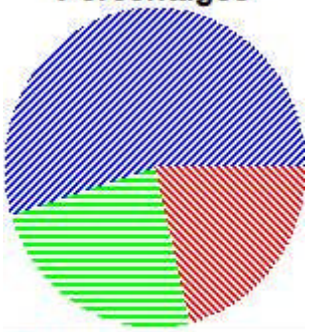
PHOSPHOROUS	26.30 MG
ZINC	0.18 MG
MAGNESIUM	7.22 MG
COPPER	0.040 MG
IRON	2.77 MG
CALCIUM	410.86 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.52%
CHO - 23.36%
FAT - 55.12%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093687 **Desc:** 160 Huevos Con Chorizo

Nutrition Information

Serving Size: 1 Platter Srvg (532 grams)

Amount Per Serving

Calories: 1434 Calories from Fat: 559

		% Daily Value*
Total Fat:	62 GM	96%
Saturated Fat:	17 GM	84%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	490 MG	163%
Sodium:	2370 MG	99%
Potassium:	75 MG	2%
Total Carbohydrate:	159 GM	53%
Dietary Fiber:	15 GM	62%
Sugars:	3 GM	
Protein:	55 GM	111%

Vitamin A: 45% • Vitamin C: 15%
Calcium: 35% • Iron: 70%

Ingredients: **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(**Water**, **Xtra Long Grain Rice**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Canned Tomato Puree**, **Margarine Solid**, **Chicken Base**, **Granulated Garlic**, **Salt**)*, **Fried Beans***(**Dry Pinto Beans**, **Soy Liquid Shortening**, **Spanish Onions**, **Mexican Serrano Chile Peppers**, **Salt**)*, **Large Grade A Shell Eggs**, **Raw Chorizo Sausage**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.03 MCG
VITAMIN A(iu)	2275.52 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.21 MG
RIBOFLAVIN	0.00 MG
NIACIN	1.55 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	9.76 MG
FOLIC ACID	55.93 MCG

Minerals

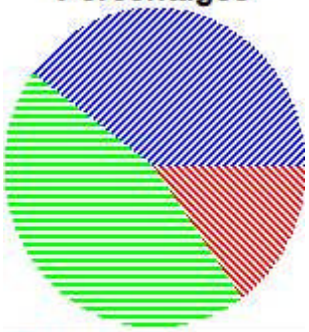
PHOSPHOROUS	4.66 MG
ZINC	0.02 MG
MAGNESIUM	1.75 MG
COPPER	0.006 MG
IRON	12.86 MG
CALCIUM	357.89 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 15.67%
CHO - 44.89%
FAT - 39.44%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093076 **Desc:** 161 Burrito Jalisco Carne

Nutrition Information

Serving Size: 1 Platter Srvg (600 grams)

Amount Per Serving

Calories: 924 Calories from Fat: 541

		% Daily Value*
Total Fat:	60 GM	93%
Saturated Fat:	20 GM	100%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	4.5 GM	
Cholesterol:	155 MG	52%
Sodium:	1320 MG	55%
Potassium:	280 MG	8%
Total Carbohydrate:	41 GM	14%
Dietary Fiber:	5 GM	22%
Sugars:	11 GM	
Protein:	48 GM	96%

Vitamin A: 35% • Vitamin C: 250%
Calcium: 45% • Iron: 30%

Ingredients: **Choice Beef Sirloin Flap**, **Green Peppers**, **3/8" Cut Shredded Lettuce**, **Cheese Dip***(Extra Melt White American Cheese Melt*, ***Pepper Jalapeno Whl Cnd***, ***Whole Milk)***, **Random Sized Fresh Tomatoes**, **Tortilla Flour 8" Frsh**, **Fresh Cleaned Mushrooms**, **Spanish Onions**, **Sour Cream**, **Soy Liquid Shortening**

Fat Soluble Vitamins

VITAMIN D(iu)	0.02 IU
VITAMIN E	0.09 MG_A
VITAMIN K	0.11 MCG
VITAMIN A(iu)	1817.64 IU
VITAMIN A(re)	75 MCG_

Water Soluble Vitamins

THIAMIN	0.18 MG
RIBOFLAVIN	0.32 MG
NIACIN	0.36 MG
VITAMIN B-6	0.09 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	147.76 MG
FOLIC ACID	8.50 MCG

Minerals

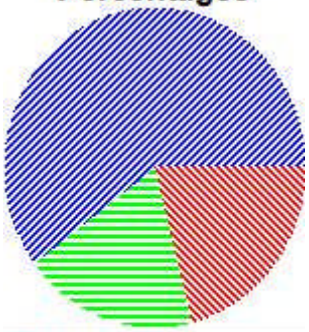
PHOSPHOROUS	21.20 MG
ZINC	7.08 MG
MAGNESIUM	2.83 MG
COPPER	0.011 MG
IRON	5.66 MG
CALCIUM	426.99 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.29%
CHO - 17.97%
FAT - 60.74%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093070 **Desc:** 161 Burrito Jalisco Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (540 grams)

Amount Per Serving

Calories: 854 Calories from Fat: 511

		% Daily Value*
Total Fat:	57 GM	87%
Saturated Fat:	18 GM	93%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	160 MG	54%
Sodium:	1300 MG	54%
Potassium:	280 MG	8%
Total Carbohydrate:	37 GM	12%
Dietary Fiber:	4 GM	17%
Sugars:	8 GM	
Protein:	45 GM	90%

Vitamin A: 30% • Vitamin C: 100%
Calcium: 40% • Iron: 15%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **3/8" Cut Shredded Lettuce**, **Cheese Dip***(**Extra Melt White American Cheese Melt**, **Pepper Jalapeno Whl Cnd**, **Whole Milk**)*, **Random Sized Fresh Tomatoes**, **Tortilla Flour 8" Frsh**, **Green Peppers**, **Fresh Cleaned Mushrooms**, **Spanish Onions**, **Sour Cream**, **Soy Liquid Shortening**

Fat Soluble Vitamins

VITAMIN D(iu)	0.02 IU
VITAMIN E	0.09 MG_A
VITAMIN K	0.11 MCG
VITAMIN A(iu)	1559.60 IU
VITAMIN A(re)	23 MCG_

Water Soluble Vitamins

THIAMIN	0.03 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.36 MG
VITAMIN B-6	0.09 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	58.26 MG
FOLIC ACID	8.50 MCG

Minerals

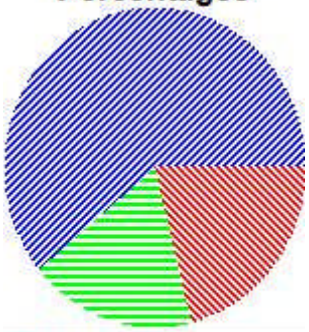
PHOSPHOROUS	21.20 MG
ZINC	0.14 MG
MAGNESIUM	2.83 MG
COPPER	0.011 MG
IRON	2.38 MG
CALCIUM	402.84 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.34%
CHO - 17.15%
FAT - 61.50%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093688 **Desc:** 162 Burrito Colima

Nutrition Information

Serving Size: 1 Platter Srvg (470 grams)

Amount Per Serving

Calories: 528 Calories from Fat: 160

		% Daily Value*
Total Fat:	18 GM	27%
Saturated Fat:	8 GM	41%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	50 MG	17%
Sodium:	2780 MG	116%
Potassium:	210 MG	6%
Total Carbohydrate:	69 GM	23%
Dietary Fiber:	5 GM	22%
Sugars:	7 GM	
Protein:	23 GM	45%

Vitamin A: 40% • Vitamin C: 60%
Calcium: 25% • Iron: 20%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **3/8" Cut Shredded Lettuce**, **Pollo de la Linea** ***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)***, **Salsa Verde*(Canned Crushed Tomatillo, Fresh Cleaned Cilantro Bunches, Spanish Onions, Granulated Garlic, Salt, Mexican Serrano Chile Peppers)***, **Tortilla Flour 8" Frsh**, **Guacamole** ***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)***, **Random Sized Fresh Tomatoes**, **White American Cheese Loaf**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.15 MG_A
VITAMIN K	1.00 MCG
VITAMIN A(iu)	1973.51 IU
VITAMIN A(re)	15 MCG_

Water Soluble Vitamins

THIAMIN	0.24 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.83 MG
VITAMIN B-6	0.08 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	37.99 MG
FOLIC ACID	60.18 MCG

Minerals

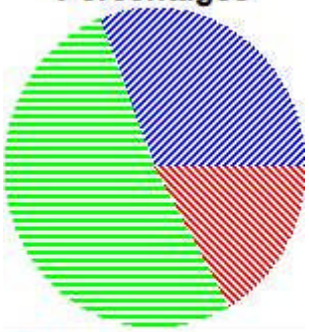
PHOSPHOROUS	21.34 MG
ZINC	0.14 MG
MAGNESIUM	5.54 MG
COPPER	0.030 MG
IRON	3.29 MG
CALCIUM	260.92 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.25%
CHO - 52.21%
FAT - 30.55%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093690 **Desc:** 163 Carnitas Express

Nutrition Information

Serving Size: 1 Platter Srvg (630 grams)

Amount Per Serving

Calories: 1364 Calories from Fat: 486

		% Daily Value*
Total Fat:	54 GM	83%
Saturated Fat:	9 GM	47%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	5 GM	
Cholesterol:	35 MG	12%
Sodium:	5160 MG	215%
Potassium:	330 MG	9%
Total Carbohydrate:	169 GM	56%
Dietary Fiber:	18 GM	72%
Sugars:	12 GM	
Protein:	44 GM	89%

Vitamin A: 15% • Vitamin C: 70%
Calcium: 30% • Iron: 60%

Ingredients: **Pork Carnitas***(Fresh Boneless Pork Cushion, Juice Orng 100% 4+1 Conc, Soy Liquid Shortening, Bag in Box Coke Classic Syrup, Dos Equis, Fresh Lime, Salt, Whole Bay Leaf, Whole Cloves)*, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **3/8" Cut Shredded Lettuce**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Pico de Gallo** *(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.13 MG_A
VITAMIN K	0.29 MCG
VITAMIN A(iu)	750.49 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.69 MG
RIBOFLAVIN	0.18 MG
NIACIN	4.15 MG
VITAMIN B-6	0.31 MG
VITAMIN B-12	0.39 MCG
VITAMIN C, TOTAL ASCORBIC ACID	42.06 MG
FOLIC ACID	59.84 MCG

Minerals

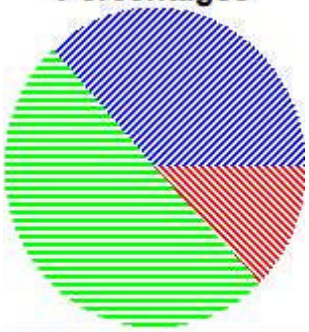
PHOSPHOROUS	131.67 MG
ZINC	1.60 MG
MAGNESIUM	15.64 MG
COPPER	0.030 MG
IRON	11.22 MG
CALCIUM	323.27 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 13.26%
CHO - 50.47%
FAT - 36.27%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093691 **Desc:** 166 Spinach Enchilada

Nutrition Information

Serving Size: 1 Platter Srvg (751 grams)

Amount Per Serving

Calories: 1410 Calories from Fat: 863

		% Daily Value*
Total Fat:	96 GM	148%
Saturated Fat:	58 GM	290%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	230 MG	77%
Sodium:	4960 MG	207%
Potassium:	730 MG	21%
Total Carbohydrate:	86 GM	29%
Dietary Fiber:	8 GM	34%
Sugars:	15 GM	
Protein:	61 GM	122%

Vitamin A: 490% • Vitamin C: 30%
Calcium: 180% • Iron: 30%

Ingredients: **Frozen Chopped Spinach**, **White American Cheese Loaf**, **Cheese Dip** ***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)***, **Mexican Fried Rice - Batch*(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **3/8" Cut Shredded Lettuce**, **Soft Thin 6" Corn Tortilla**, **Random Sized Fresh Tomatoes**, **Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0.04 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	24346.30 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.38 MG
RIBOFLAVIN	0.39 MG
NIACIN	2.58 MG
VITAMIN B-6	0.33 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	19.08 MG
FOLIC ACID	60.18 MCG

Minerals

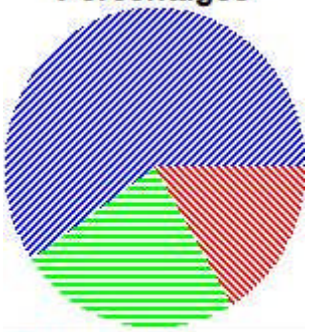
PHOSPHOROUS	94.27 MG
ZINC	1.02 MG
MAGNESIUM	129.13 MG
COPPER	0.005 MG
IRON	5.85 MG
CALCIUM	1807.03 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 16.92%
CHO - 22.89%
FAT - 60.19%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093692 **Desc:** 169 Spinach Burrito

Nutrition Information

Serving Size: 1 Platter Srvg (696 grams)

Amount Per Serving

Calories: 1351 Calories from Fat: 619

		% Daily Value*
Total Fat:	69 GM	106%
Saturated Fat:	20 GM	101%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	65 MG	21%
Sodium:	2260 MG	94%
Potassium:	740 MG	21%
Total Carbohydrate:	136 GM	45%
Dietary Fiber:	18 GM	74%
Sugars:	13 GM	
Protein:	42 GM	84%

Vitamin A: 300% • Vitamin C: 60%
Calcium: 80% • Iron: 60%

Ingredients: Frozen Chopped Spinach, Fresh Flour Tortilla 12", Mexican Fried Rice - Batch*(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **3/8" Cut Shredded Lettuce, Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Sour Cream, Soy Liquid Shortening**

Fat Soluble Vitamins

VITAMIN D(iu)	0.02 IU
VITAMIN E	0.12 MG_A
VITAMIN K	3.12 MCG
VITAMIN A(iu)	14808.80 IU
VITAMIN A(re)	23 MCG_

Water Soluble Vitamins

THIAMIN	0.32 MG
RIBOFLAVIN	0.38 MG
NIACIN	2.32 MG
VITAMIN B-6	0.42 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	33.52 MG
FOLIC ACID	46.20 MCG

Minerals

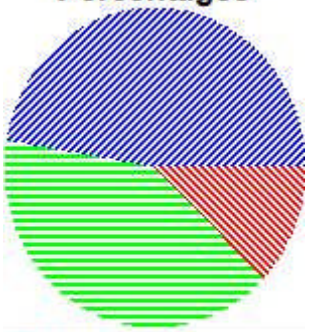
PHOSPHOROUS	98.15 MG
ZINC	0.95 MG
MAGNESIUM	100.82 MG
COPPER	0.048 MG
IRON	11.02 MG
CALCIUM	788.68 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 12.74%
CHO - 40.14%
FAT - 47.13%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093693 **Desc:** 170 Cuco's Special

Nutrition Information

Serving Size: 1 Platter Srvg (652 grams)

Amount Per Serving

Calories: 776 Calories from Fat: 284

		% Daily Value*
Total Fat:	31 GM	49%
Saturated Fat:	16 GM	79%
Trans Fat:	1 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	270 MG	90%
Sodium:	2750 MG	115%
Potassium:	280 MG	8%
Total Carbohydrate:	46 GM	15%
Dietary Fiber:	3 GM	11%
Sugars:	6 GM	
Protein:	78 GM	155%

Vitamin A: 35% • Vitamin C: 45%
Calcium: 50% • Iron: 20%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **2% Mozzarella Cheese Loaf**, **Pollo Marinado** *(Fancy California Lemon, Sour Cream, Pepper Jalapeno Whl Cnd, Salt, Granulated Garlic, Pepper Chile Guajillo Dried, Pepper Chile Arbol Dried)*, **Fresh Cleaned Mushrooms**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **3/8" Cut Shredded Lettuce**, **Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.10 MG_A
VITAMIN K	0.13 MCG
VITAMIN A(iu)	1723.45 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.23 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.74 MG
VITAMIN B-6	0.08 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	27.34 MG
FOLIC ACID	60.18 MCG

Minerals

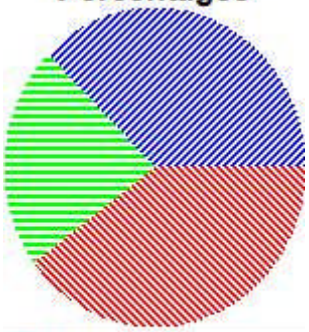
PHOSPHOROUS	18.58 MG
ZINC	0.12 MG
MAGNESIUM	4.40 MG
COPPER	0.016 MG
IRON	3.17 MG
CALCIUM	505.59 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 39.36%
CHO - 23.67%
FAT - 36.98%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093695 **Desc:** 171 El Morro Special

Nutrition Information

Serving Size: 1 Platter Srvg (569 grams)

Amount Per Serving

Calories: 925 Calories from Fat: 450

		% Daily Value*
Total Fat:	50 GM	77%
Saturated Fat:	23 GM	117%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	195 MG	65%
Sodium:	2190 MG	91%
Potassium:	180 MG	5%
Total Carbohydrate:	63 GM	21%
Dietary Fiber:	1 GM	6%
Sugars:	9 GM	
Protein:	59 GM	119%

Vitamin A: 50% • Vitamin C: 20%
Calcium: 45% • Iron: 20%

Ingredients: **Marinated Bone/Skin-less Chix Breast**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Raw Chorizo Sausage**, **White American Cheese Loaf**, **3/8" Cut Shredded Lettuce**, **Tortilla Flour 6" Frsh**, **Random Sized Fresh Tomatoes**, **Sour Cream**, **Pineapple Tidbits**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	2537.56 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.25 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.80 MG
VITAMIN B-6	0.06 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	13.39 MG
FOLIC ACID	60.18 MCG

Minerals

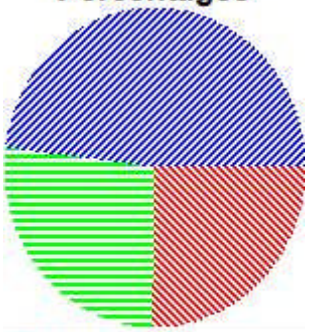
PHOSPHOROUS	12.06 MG
ZINC	0.10 MG
MAGNESIUM	6.66 MG
COPPER	0.006 MG
IRON	3.93 MG
CALCIUM	440.02 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 25.28%
CHO - 26.84%
FAT - 47.88%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093696 **Desc:** 172 Camarones a la Diabla

Nutrition Information

Serving Size: 1 Platter Srvg (680 grams)

Amount Per Serving

Calories: 688 Calories from Fat: 243

		% Daily Value*
Total Fat:	27 GM	42%
Saturated Fat:	5 GM	24%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	305 MG	102%
Sodium:	4470 MG	186%
Potassium:	290 MG	8%
Total Carbohydrate:	68 GM	23%
Dietary Fiber:	3 GM	14%
Sugars:	25 GM	
Protein:	40 GM	80%

Vitamin A: 60% • Vitamin C: 45%
Calcium: 15% • Iron: 15%

Ingredients: **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Salsa Diabla***(25% Ketchup, Tomato Roma #2 Frsh, Unsweetened Orange Juice 5.5flz, Flour, Mixer Mrgrta Strawb Conc, Spanish Onions, Salt, Pepper Chile Arbol Dried, Whole Bay Leaf, Whole Cloves)*, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **3/8" Cut Shredded Lettuce**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Liquid Margarine**, **Random Sized Fresh Tomatoes**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.19 MG_A
VITAMIN K	2.64 MCG
VITAMIN A(iu)	3194.07 IU
VITAMIN A(re)	19 MCG_

Water Soluble Vitamins

THIAMIN	0.30 MG
RIBOFLAVIN	0.05 MG
NIACIN	2.32 MG
VITAMIN B-6	0.08 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	28.02 MG
FOLIC ACID	70.83 MCG

Minerals

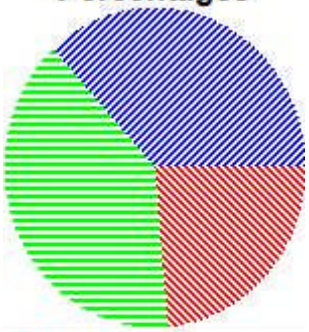
PHOSPHOROUS	30.84 MG
ZINC	0.20 MG
MAGNESIUM	8.24 MG
COPPER	0.038 MG
IRON	2.33 MG
CALCIUM	174.26 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 23.72%
CHO - 40.04%
FAT - 36.24%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093697 **Desc:** 19 Pollo Chipotle

Nutrition Information

Serving Size: 1 Platter Srvg (715 grams)

Amount Per Serving

Calories: 1366 Calories from Fat: 299

		% Daily Value*
Total Fat:	33 GM	51%
Saturated Fat:	6 GM	32%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	2 GM	
Monounsaturated Fat:	5 GM	
Cholesterol:	145 MG	49%
Sodium:	3140 MG	131%
Potassium:	75 MG	2%
Total Carbohydrate:	180 GM	60%
Dietary Fiber:	16 GM	64%
Sugars:	28 GM	
Protein:	82 GM	165%

Vitamin A: 40% • Vitamin C: 20%
Calcium: 30% • Iron: 60%

Ingredients: **Boneless Skinless Chicken Breast 5z**, **Salsa Chipotle***(25% Ketchup, White Vinegar, Peppers Chipotle Adobo Sauce, Mayonnaise)*, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.03 MCG
VITAMIN A(iu)	2081.26 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.21 MG
RIBOFLAVIN	0.01 MG
NIACIN	1.55 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0.01 MCG
VITAMIN C, TOTAL ASCORBIC ACID	12.25 MG
FOLIC ACID	55.93 MCG

Minerals

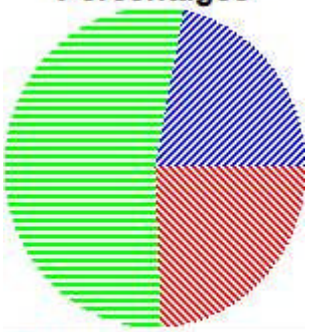
PHOSPHOROUS	5.84 MG
ZINC	0.04 MG
MAGNESIUM	1.78 MG
COPPER	0.006 MG
IRON	11.45 MG
CALCIUM	294.51 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 24.40%
CHO - 53.46%
FAT - 22.14%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093698 **Desc:** 31 Chilaquiles Mexicanos

Nutrition Information

Serving Size: 1 Platter Srvg (680 grams)

Amount Per Serving

Calories: 693 Calories from Fat: 235

		% Daily Value*
Total Fat:	26 GM	40%
Saturated Fat:	14 GM	70%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	105 MG	35%
Sodium:	7270 MG	303%
Potassium:	530 MG	15%
Total Carbohydrate:	79 GM	26%
Dietary Fiber:	7 GM	29%
Sugars:	15 GM	
Protein:	39 GM	78%

Vitamin A: 170% • Vitamin C: 120%
Calcium: 40% • Iron: 30%

Ingredients: **Salsa Ranchera***(Tomato Roma #2 Frsh, Salt, Granulated Garlic, Pepper Chile Arbol Dried, Pepper Chile Guajillo Dried, Whole Bay Leaf, Ground Cumin)*, **Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **3/8" Cut Shredded Lettuce**, **White American Cheese Loaf**, **Guacamole** *(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Random Sized Fresh Tomatoes**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.67 MG_A
VITAMIN K	11.54 MCG
VITAMIN A(iu)	8341.17 IU
VITAMIN A(re)	107 MCG_

Water Soluble Vitamins

THIAMIN	0.29 MG
RIBOFLAVIN	0.05 MG
NIACIN	2.62 MG
VITAMIN B-6	0.20 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	73.85 MG
FOLIC ACID	60.18 MCG

Minerals

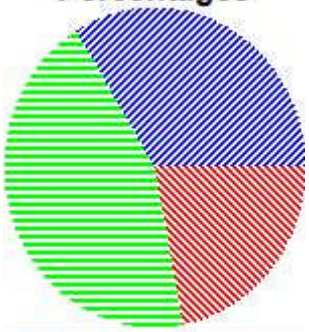
PHOSPHOROUS	54.58 MG
ZINC	0.37 MG
MAGNESIUM	20.67 MG
COPPER	0.110 MG
IRON	5.26 MG
CALCIUM	400.38 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 22.20%
CHO - 44.50%
FAT - 33.30%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093707 **Desc:** 32 Flautas Carne

Nutrition Information

Serving Size: 1 Platter Srvg (482 grams)

Amount Per Serving

Calories: 528 Calories from Fat: 234

		% Daily Value*
Total Fat:	26 GM	40%
Saturated Fat:	11 GM	54%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	105 MG	35%
Sodium:	4470 MG	186%
Potassium:	200 MG	6%
Total Carbohydrate:	46 GM	15%
Dietary Fiber:	6 GM	26%
Sugars:	8 GM	
Protein:	30 GM	60%

Vitamin A: 25% • Vitamin C: 40%
Calcium: 10% • Iron: 25%

Ingredients: **Stew***(**Choice Beef Ball Tips**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Granulated Garlic**)*, **3/8" Cut Shredded Lettuce**, **Soft Thin 6" Corn Tortilla**, **Guacamole***(**Fresh Lime**, **Green Avacado**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Fresh Jalapeno Peppers**, **Spanish Onions**)*, **Sour Cream**, **Random Sized Fresh Tomatoes**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.23 MG_A
VITAMIN K	3.66 MCG
VITAMIN A(iu)	1327.37 IU
VITAMIN A(re)	27 MCG_

Water Soluble Vitamins

THIAMIN	0.04 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.49 MG
VITAMIN B-6	0.07 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	24.81 MG
FOLIC ACID	4.25 MCG

Minerals

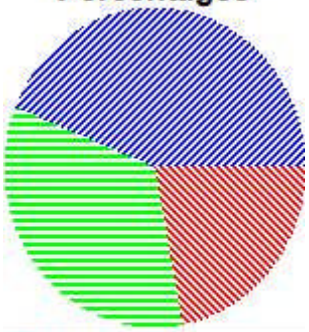
PHOSPHOROUS	22.06 MG
ZINC	0.15 MG
MAGNESIUM	6.47 MG
COPPER	0.043 MG
IRON	4.94 MG
CALCIUM	118.43 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 22.24%
CHO - 34.30%
FAT - 43.46%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093708 **Desc:** 33 Quesadilla Mexicana Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (499 grams)

Amount Per Serving

Calories: 811 Calories from Fat: 386

		% Daily Value*
Total Fat:	43 GM	66%
Saturated Fat:	21 GM	107%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	120 MG	40%
Sodium:	2120 MG	88%
Potassium:	210 MG	6%
Total Carbohydrate:	71 GM	24%
Dietary Fiber:	12 GM	48%
Sugars:	10 GM	
Protein:	39 GM	78%

Vitamin A: 45% • Vitamin C: 80%
Calcium: 60% • Iron: 30%

Ingredients: **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, 3/8" Cut Shredded Lettuce, Fried Beans*(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, Random Sized Fresh Tomatoes, White American Cheese Loaf, Sour Cream, Tortilla Flour 8" Frsh, Guacamole*(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.14 MG_A
VITAMIN K	1.22 MCG
VITAMIN A(iu)	2189.92 IU
VITAMIN A(re)	20 MCG_

Water Soluble Vitamins

THIAMIN	0.04 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.47 MG
VITAMIN B-6	0.09 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	45.88 MG
FOLIC ACID	8.50 MCG

Minerals

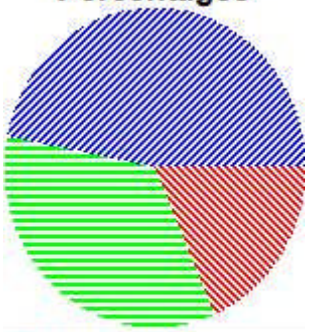
PHOSPHOROUS	24.19 MG
ZINC	0.17 MG
MAGNESIUM	4.13 MG
COPPER	0.025 MG
IRON	4.97 MG
CALCIUM	561.08 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.89%
CHO - 34.42%
FAT - 46.69%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093710 **Desc:** 34 Chimichange Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (572 grams)

Amount Per Serving

Calories: 971 Calories from Fat: 293

		% Daily Value*
Total Fat:	33 GM	50%
Saturated Fat:	10 GM	53%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	95 MG	32%
Sodium:	2870 MG	120%
Potassium:	200 MG	6%
Total Carbohydrate:	117 GM	39%
Dietary Fiber:	14 GM	57%
Sugars:	11 GM	
Protein:	51 GM	102%

Vitamin A: 25% • Vitamin C: 110%
Calcium: 50% • Iron: 45%

Ingredients: **Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Fresh Flour Tortilla 12"**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **3/8" Cut Shredded Lettuce**, **Tortilla Flour 8" Frsh**, **Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **Random Sized Fresh Tomatoes**

Fat Soluble Vitamins	
VITAMIN D(iu)	0.01 IU
VITAMIN E	0.26 MG_A
VITAMIN K	2.17 MCG
VITAMIN A(iu)	1309.30 IU
VITAMIN A(re)	35 MCG_

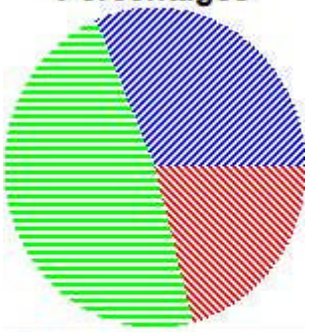
Water Soluble Vitamins	
THIAMIN	0.04 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.40 MG
VITAMIN B-6	0.10 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	67.36 MG
FOLIC ACID	4.25 MCG

Minerals	
PHOSPHOROUS	26.02 MG
ZINC	0.17 MG
MAGNESIUM	7.45 MG
COPPER	0.047 MG
IRON	7.85 MG
CALCIUM	501.77 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.19%
CHO - 47.79%
FAT - 31.02%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093711 **Desc:** 36 Carnitas Dinner

Nutrition Information

Serving Size: 1 Platter Srvg (857 grams)

Amount Per Serving

Calories: 1673 Calories from Fat: 702

		% Daily Value*
Total Fat:	78 GM	120%
Saturated Fat:	14 GM	70%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	7 GM	
Cholesterol:	70 MG	23%
Sodium:	8190 MG	341%
Potassium:	550 MG	16%
Total Carbohydrate:	181 GM	60%
Dietary Fiber:	20 GM	80%
Sugars:	19 GM	
Protein:	54 GM	108%

Vitamin A: 25% • Vitamin C: 120%
Calcium: 35% • Iron: 70%

Ingredients: **Pork Carnitas***(Fresh Boneless Pork Cushion, Juice Orng 100% 4+1 Conc, Soy Liquid Shortening, Bag in Box Coke Classic Syrup, Dos Equis, Fresh Lime, Salt, Whole Bay Leaf, Whole Cloves)*, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **3/8" Cut Shredded Lettuce**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Pico de Gallo** *(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.23 MG_A
VITAMIN K	0.55 MCG
VITAMIN A(iu)	1256.29 IU
VITAMIN A(re)	1 MCG_

Water Soluble Vitamins

THIAMIN	1.09 MG
RIBOFLAVIN	0.32 MG
NIACIN	6.33 MG
VITAMIN B-6	0.57 MG
VITAMIN B-12	0.71 MCG
VITAMIN C, TOTAL ASCORBIC ACID	72.32 MG
FOLIC ACID	63.38 MCG

Minerals

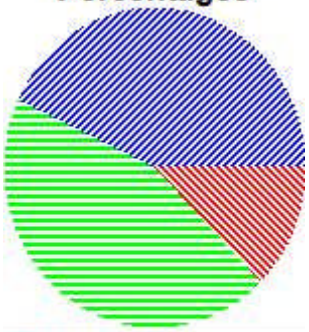
PHOSPHOROUS	239.10 MG
ZINC	2.92 MG
MAGNESIUM	27.61 MG
COPPER	0.052 MG
IRON	12.08 MG
CALCIUM	345.09 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 13.17%
CHO - 44.14%
FAT - 42.69%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093712 **Desc:** 37 Pollo a la Diabla

Nutrition Information

Serving Size: 1 Platter Srvg (715 grams)

Amount Per Serving

Calories: 1360 Calories from Fat: 292

		% Daily Value*
Total Fat:	32 GM	50%
Saturated Fat:	6 GM	32%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	160 MG	53%
Sodium:	3050 MG	127%
Potassium:	200 MG	6%
Total Carbohydrate:	183 GM	61%
Dietary Fiber:	16 GM	64%
Sugars:	24 GM	
Protein:	82 GM	163%

Vitamin A: 30% • Vitamin C: 40%
Calcium: 30% • Iron: 60%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Salsa Diabla***(25% Ketchup*, ***Tomato Roma #2 Frsh***, ***Unsweetened Orange Juice 5.5flz***, ***Flour***, ***Mixer Mrgrta Strawb Conc***, ***Spanish Onions***, ***Salt***, ***Pepper Chile Arbol Dried***, ***Whole Bay Leaf***, ***Whole Cloves)***, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water*, ***Xtra Long Grain Rice***, ***Random Sized Fresh Tomatoes***, ***Spanish Onions***, ***Canned Tomato Puree***, ***Margarine Solid***, ***Chicken Base***, ***Granulated Garlic***, ***Salt)***, **Fried Beans***(Dry Pinto Beans*, ***Soy Liquid Shortening***, ***Spanish Onions***, ***Mexican Serrano Chile Peppers***, ***Salt)***

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.16 MG_A
VITAMIN K	2.50 MCG
VITAMIN A(iu)	1586.19 IU
VITAMIN A(re)	19 MCG_

Water Soluble Vitamins

THIAMIN	0.28 MG
RIBOFLAVIN	0.04 MG
NIACIN	2.11 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	25.16 MG
FOLIC ACID	66.58 MCG

Minerals

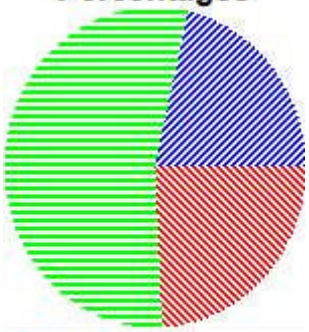
PHOSPHOROUS	21.34 MG
ZINC	0.14 MG
MAGNESIUM	7.30 MG
COPPER	0.027 MG
IRON	11.35 MG
CALCIUM	301.20 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 24.29%
CHO - 53.98%
FAT - 21.72%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093713 **Desc:** 39 Pollo Hawaiano

Nutrition Information

Serving Size: 1 Platter Srvg (857 grams)

Amount Per Serving

Calories: 1411 Calories from Fat: 606

		% Daily Value*
Total Fat:	67 GM	104%
Saturated Fat:	26 GM	129%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	195 MG	65%
Sodium:	4230 MG	176%
Potassium:	140 MG	4%
Total Carbohydrate:	140 GM	47%
Dietary Fiber:	9 GM	38%
Sugars:	15 GM	
Protein:	65 GM	129%

Vitamin A: 80% • Vitamin C: 130%
Calcium: 60% • Iron: 35%

Ingredients: **Breaded Chicken Breast Strip, 1.1oz**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Washed, Cut Romaine Lettuce**, **Cooked Smoked Boneless Ham**, **Slaw Style Broccoli w/o Sauce**, **White American Cheese Loaf**, **Salsa de Tacos al Pastor** *(Tomato Strp Robusto Cnd, Distilled Water, Granulated Garlic, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried)*, **Pineapple Tidbits**, **Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	4194.71 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.26 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.72 MG
VITAMIN B-6	0.06 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	74.88 MG
FOLIC ACID	55.93 MCG

Minerals

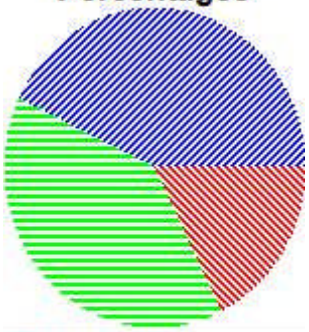
PHOSPHOROUS	6.42 MG
ZINC	0.09 MG
MAGNESIUM	11.77 MG
COPPER	0.005 MG
IRON	6.63 MG
CALCIUM	619.99 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.15%
CHO - 39.37%
FAT - 42.48%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093069 **Desc:** 4 Burritas Tapatias

Nutrition Information

Serving Size: 1 Platter Srvg (714 grams)

Amount Per Serving

Calories: 1088 Calories from Fat: 635

		% Daily Value*
Total Fat:	70 GM	108%
Saturated Fat:	21 GM	103%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1.5 GM	
Monounsaturated Fat:	3 GM	
Cholesterol:	85 MG	29%
Sodium:	4910 MG	205%
Potassium:	230 MG	7%
Total Carbohydrate:	94 GM	31%
Dietary Fiber:	19 GM	76%
Sugars:	29 GM	
Protein:	22 GM	44%

Vitamin A: 50% • Vitamin C: 90%
Calcium: 30% • Iron: 25%

Ingredients: **Pork Carnitas*(Fresh Boneless Pork Cushion, Juice Orng 100% 4+1 Conc, Soy Liquid Shortening, Bag in Box Coke Classic Syrup, Dos Equis, Fresh Lime, Salt, Whole Bay Leaf, Whole Cloves)*, Green Avacado, Salsa Burritas Tapatias *(25% Ketchup, Tomato Strp Robusto Cnd, Peppers Chipotle Adobo Sauce, Spanish Onions, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Soy Liquid Shortening, Whole Cloves)*, Tortilla Flour 8" Frsh, 3/8" Cut Shredded Lettuce, Sour Cream, Random Sized Fresh Tomatoes**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.03 MG_A
VITAMIN K	0.05 MCG
VITAMIN A(iu)	2640.36 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.40 MG
RIBOFLAVIN	0.14 MG
NIACIN	2.23 MG
VITAMIN B-6	0.24 MG
VITAMIN B-12	0.32 MCG
VITAMIN C, TOTAL ASCORBIC ACID	50.80 MG
FOLIC ACID	6.10 MCG

Minerals

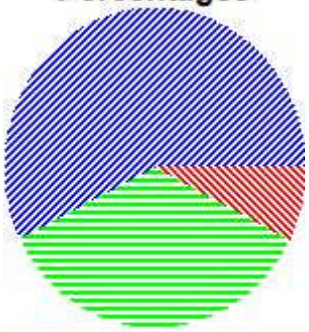
PHOSPHOROUS	105.58 MG
ZINC	1.31 MG
MAGNESIUM	9.88 MG
COPPER	0.006 MG
IRON	4.25 MG
CALCIUM	287.79 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 7.92%
CHO - 34.34%
FAT - 57.74%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093068 **Desc:** 40 Chicken Burrito & Enchilada

Nutrition Information

Serving Size: 1 Platter Srvg (500 grams)

Amount Per Serving

Calories: 563 Calories from Fat: 217

		% Daily Value*
Total Fat:	24 GM	37%
Saturated Fat:	12 GM	59%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	105 MG	34%
Sodium:	5450 MG	227%
Potassium:	180 MG	5%
Total Carbohydrate:	56 GM	19%
Dietary Fiber:	4 GM	17%
Sugars:	10 GM	
Protein:	32 GM	64%

Vitamin A: 45% • Vitamin C: 90%
Calcium: 35% • Iron: 15%

Ingredients: **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, 3/8" Cut Shredded Lettuce, Salsa de Burro*(Salt, Canned Tomato Puree, Granulated Garlic, Pickling Mix, Regular Grind Black Pepper, Spanish Onions)*, Tortilla Flour 8" Frsh, Tortilla Flour 6" Frsh, Salsa de Enchilada*(Canned Tomato Puree, Random Sized Fresh Tomatoes, Spanish Onions, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic, Chicken Base, Ground Cumin, Regular Grind Black Pepper, Pickling Mix)*, Random Sized Fresh Tomatoes, White American Cheese Loaf, Sour Cream

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.18 MG_A
VITAMIN K	1.64 MCG
VITAMIN A(iu)	2357.77 IU
VITAMIN A(re)	91 MCG_

Water Soluble Vitamins

THIAMIN	0.04 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.36 MG
VITAMIN B-6	0.10 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	55.50 MG
FOLIC ACID	5.47 MCG

Minerals

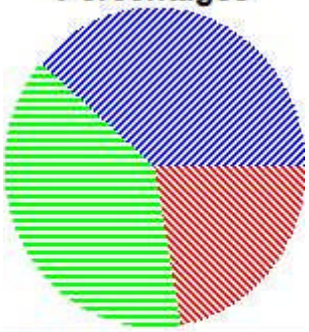
PHOSPHOROUS	22.74 MG
ZINC	0.15 MG
MAGNESIUM	5.59 MG
COPPER	0.025 MG
IRON	3.08 MG
CALCIUM	336.80 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 22.38%
CHO - 39.47%
FAT - 38.16%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093714 **Desc:** 41 Marias

Nutrition Information

Serving Size: 1 Platter Srvg (595 grams)

Amount Per Serving

Calories: 1125 Calories from Fat: 486

		% Daily Value*
Total Fat:	54 GM	83%
Saturated Fat:	9 GM	46%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	65 MG	21%
Sodium:	3100 MG	129%
Potassium:	260 MG	7%
Total Carbohydrate:	124 GM	41%
Dietary Fiber:	10 GM	42%
Sugars:	36 GM	
Protein:	36 GM	73%

Vitamin A: 60% • Vitamin C: 90%
Calcium: 10% • Iron: 35%

Ingredients: **Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Mole Poblano***(Sauce Mole, Flour, Granulated Sugar, Chocolate Tab, Chicken Base)*, **3/8" Cut Shredded Lettuce**, **Soft Thin 6" Corn Tortilla**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Random Sized Fresh Tomatoes**, **Soy Liquid Shortening**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.20 MG_A
VITAMIN K	1.77 MCG
VITAMIN A(iu)	2766.35 IU
VITAMIN A(re)	30 MCG_

Water Soluble Vitamins

THIAMIN	0.38 MG
RIBOFLAVIN	0.11 MG
NIACIN	3.00 MG
VITAMIN B-6	0.11 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	54.11 MG
FOLIC ACID	91.80 MCG

Minerals

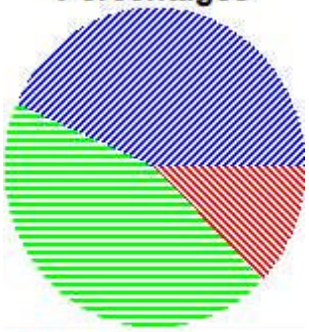
PHOSPHOROUS	47.66 MG
ZINC	0.31 MG
MAGNESIUM	11.70 MG
COPPER	0.037 MG
IRON	6.69 MG
CALCIUM	107.70 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 12.86%
CHO - 44.04%
FAT - 43.11%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093716 **Desc:** 48 Mole Poblano

Nutrition Information

Serving Size: 1 Platter Srvg (687 grams)

Amount Per Serving

Calories: 1391 Calories from Fat: 516

		% Daily Value*
Total Fat:	57 GM	88%
Saturated Fat:	11 GM	53%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4.5 GM	
Cholesterol:	65 MG	22%
Sodium:	4290 MG	179%
Potassium:	260 MG	8%
Total Carbohydrate:	175 GM	59%
Dietary Fiber:	10 GM	41%
Sugars:	43 GM	
Protein:	44 GM	89%

Vitamin A: 60% • Vitamin C: 90%
Calcium: 25% • Iron: 50%

Ingredients: **Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Mole Poblano***(Sauce Mole, Flour, Granulated Sugar, Chocolate Tab, Chicken Base)*, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **3/8" Cut Shredded Lettuce**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Random Sized Fresh Tomatoes**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.20 MG_A
VITAMIN K	1.77 MCG
VITAMIN A(iu)	3201.08 IU
VITAMIN A(re)	30 MCG_

Water Soluble Vitamins

THIAMIN	0.41 MG
RIBOFLAVIN	0.13 MG
NIACIN	3.28 MG
VITAMIN B-6	0.11 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	54.11 MG
FOLIC ACID	99.70 MCG

Minerals

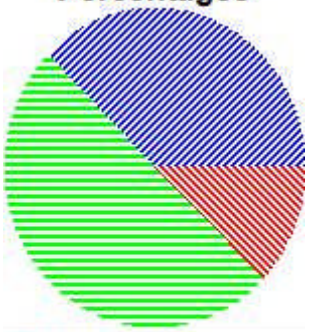
PHOSPHOROUS	53.35 MG
ZINC	0.34 MG
MAGNESIUM	12.86 MG
COPPER	0.037 MG
IRON	9.60 MG
CALCIUM	264.89 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 12.72%
CHO - 50.29%
FAT - 36.99%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093717 **Desc:** 5 Fish Tacos

Nutrition Information

Serving Size: 1 Platter Srvg (709 grams)

Amount Per Serving

Calories: 1111 Calories from Fat: 453

		% Daily Value*
Total Fat:	50 GM	77%
Saturated Fat:	9 GM	44%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	140 MG	47%
Sodium:	1840 MG	77%
Potassium:	200 MG	6%
Total Carbohydrate:	88 GM	29%
Dietary Fiber:	6 GM	24%
Sugars:	4 GM	
Protein:	70 GM	140%

Vitamin A: 60% • Vitamin C: 30%
Calcium: 8% • Iron: 30%

Ingredients: **Tilapia, Bnls, Sknls, 5-7z, Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **3/8" Cut Shredded Lettuce, Soft Thin 6" Corn Tortilla, Liquid Margarine, Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Random Sized Fresh Tomatoes, Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.10 MG_A
VITAMIN K	0.23 MCG
VITAMIN A(iu)	3059.86 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.24 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.84 MG
VITAMIN B-6	0.08 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	19.03 MG
FOLIC ACID	61.88 MCG

Minerals

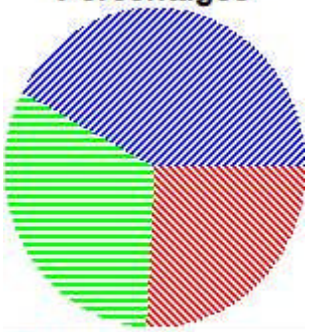
PHOSPHOROUS	20.38 MG
ZINC	0.13 MG
MAGNESIUM	3.97 MG
COPPER	0.023 MG
IRON	5.45 MG
CALCIUM	66.49 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 25.86%
CHO - 32.33%
FAT - 41.80%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093718 **Desc:** 51 Birria

Nutrition Information

Serving Size: 1 Platter Srvg (800 grams)

Amount Per Serving

Calories: 2073 Calories from Fat: 970

		% Daily Value*
Total Fat:	108 GM	166%
Saturated Fat:	43 GM	214%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	195 MG	64%
Sodium:	3790 MG	158%
Potassium:	340 MG	10%
Total Carbohydrate:	186 GM	62%
Dietary Fiber:	21 GM	85%
Sugars:	23 GM	
Protein:	80 GM	160%

Vitamin A: 400% • Vitamin C: 60%
Calcium: 50% • Iron: 90%

Ingredients: **Boneless Beef Brisket**, **Salsa de Birria***(Tomato Roma #2 Frsh, Pepper Chile Guajillo Dried, Spanish Onions, Pepper Chile Ancho Dried, Sauce Hot Picante, Pepper Chile Arbol Dried, Salt, Granulated Garlic, Regular Grind Black Pepper, Whole Cloves, Whole Bay Leaf, Ground Oregano, Whole Cloves)*, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch** *(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Pico de Gallo** *(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*, **White American Cheese Loaf**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.40 MG_A
VITAMIN K	5.48 MCG
VITAMIN A(iu)	19907.44 IU
VITAMIN A(re)	41 MCG_

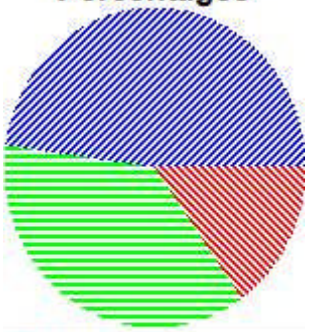
Water Soluble Vitamins	
THIAMIN	0.26 MG
RIBOFLAVIN	0.03 MG
NIACIN	2.12 MG
VITAMIN B-6	0.14 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	33.01 MG
FOLIC ACID	59.32 MCG

Minerals	
PHOSPHOROUS	36.72 MG
ZINC	0.24 MG
MAGNESIUM	12.99 MG
COPPER	0.063 MG
IRON	16.48 MG
CALCIUM	495.77 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 15.76%
CHO - 36.58%
FAT - 47.66%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093733 **Desc:** 54 Camarones Rancheros

Nutrition Information

Serving Size: 1 Platter Srvg (900 grams)

Amount Per Serving

Calories: 1438 Calories from Fat: 414

		% Daily Value*
Total Fat:	46 GM	71%
Saturated Fat:	17 GM	83%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	330 MG	110%
Sodium:	5060 MG	211%
Potassium:	140 MG	4%
Total Carbohydrate:	175 GM	58%
Dietary Fiber:	20 GM	81%
Sugars:	14 GM	
Protein:	79 GM	157%

Vitamin A: 90% • Vitamin C: 70%
Calcium: 80% • Iron: 60%

Ingredients: **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Salsa de Tacos al Pastor***(Tomato Strp Robusto Cnd, Distilled Water, Granulated Garlic, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried)*, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **White American Cheese Loaf**, **3/8" Cut Shredded Lettuce**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.11 MG_A
VITAMIN K	0.24 MCG
VITAMIN A(iu)	4724.00 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.23 MG
RIBOFLAVIN	0.01 MG
NIACIN	1.67 MG
VITAMIN B-6	0.06 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	41.59 MG
FOLIC ACID	57.62 MCG

Minerals

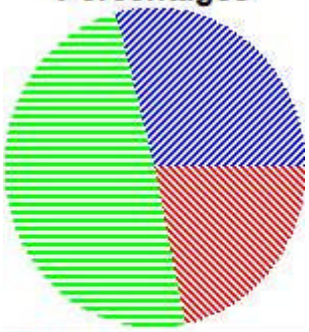
PHOSPHOROUS	14.12 MG
ZINC	0.08 MG
MAGNESIUM	4.16 MG
COPPER	0.024 MG
IRON	11.56 MG
CALCIUM	831.97 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.98%
CHO - 49.06%
FAT - 28.96%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093067 **Desc:** 6 Burrito Zacatecas

Nutrition Information

Serving Size: 1 Platter Srvg (385 grams)

Amount Per Serving

Calories: 500 Calories from Fat: 250

		% Daily Value*
Total Fat:	28 GM	43%
Saturated Fat:	14 GM	71%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	65 MG	22%
Sodium:	1380 MG	57%
Potassium:	480 MG	14%
Total Carbohydrate:	43 GM	14%
Dietary Fiber:	5 GM	22%
Sugars:	8 GM	
Protein:	17 GM	34%

Vitamin A: 160% • Vitamin C: 35%
Calcium: 50% • Iron: 15%

Ingredients: 3/8" Cut Shredded Lettuce, Cheese Dip*(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, Mashed Potatoes*(Baker Potato, Whole Milk, Random Sized Fresh Tomatoes, Spanish Onions, White American Cheese Loaf, Margarine Solid, Granulated Garlic)*, Frozen Chopped Spinach, Tortilla Flour 8" Frsh, Random Sized Fresh Tomatoes, Spanish Onions, Sour Cream

Fat Soluble Vitamins

VITAMIN D(iu)	2.52 IU
VITAMIN E	0.10 MG_A
VITAMIN K	0.86 MCG
VITAMIN A(iu)	7999.84 IU
VITAMIN A(re)	2 MCG_

Water Soluble Vitamins

THIAMIN	0.11 MG
RIBOFLAVIN	0.15 MG
NIACIN	0.91 MG
VITAMIN B-6	0.28 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	20.90 MG
FOLIC ACID	4.80 MCG

Minerals

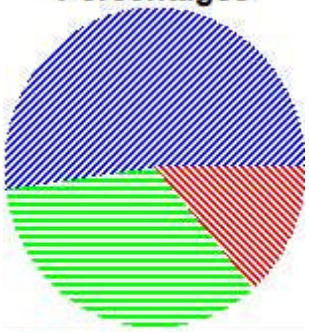
PHOSPHOROUS	65.92 MG
ZINC	0.53 MG
MAGNESIUM	54.54 MG
COPPER	0.054 MG
IRON	2.95 MG
CALCIUM	495.93 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 14.19%
CHO - 33.44%
FAT - 52.38%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093734 **Desc:** 69 Burrito and Enchilada

Nutrition Information

Serving Size: 1 Platter Srvg (399 grams)

Amount Per Serving

Calories: 928 Calories from Fat: 310

		% Daily Value*
Total Fat:	34 GM	53%
Saturated Fat:	15 GM	75%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	40 MG	14%
Sodium:	5840 MG	243%
Potassium:	110 MG	3%
Total Carbohydrate:	119 GM	40%
Dietary Fiber:	14 GM	56%
Sugars:	8 GM	
Protein:	34 GM	68%

Vitamin A: 40% • Vitamin C: 25%
Calcium: 50% • Iron: 40%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Fried Beans*(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)***, **Salsa de Burro*(Salt, Canned Tomato Puree, Granulated Garlic, Pickling Mix, Regular Grind Black Pepper, Spanish Onions)***, **White American Cheese Loaf**, **Tortilla Flour 8" Frsh**, **Salsa de Enchilada*(Canned Tomato Puree, Random Sized Fresh Tomatoes, Spanish Onions, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic, Chicken Base, Ground Cumin, Regular Grind Black Pepper, Pickling Mix)***, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.06 MG_A
VITAMIN K	0.07 MCG
VITAMIN A(iu)	2070.36 IU
VITAMIN A(re)	61 MCG_

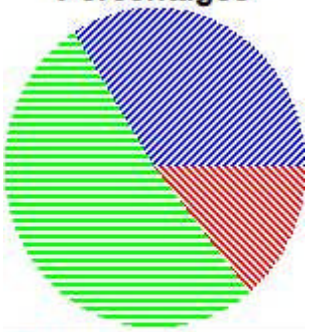
Water Soluble Vitamins	
THIAMIN	0.22 MG
RIBOFLAVIN	0.01 MG
NIACIN	1.61 MG
VITAMIN B-6	0.04 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	14.99 MG
FOLIC ACID	57.15 MCG

Minerals	
PHOSPHOROUS	9.76 MG
ZINC	0.06 MG
MAGNESIUM	2.92 MG
COPPER	0.011 MG
IRON	7.47 MG
CALCIUM	494.73 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 14.71%
CHO - 51.76%
FAT - 33.54%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093736 **Desc:** 7 Don Joaquin

Nutrition Information

Serving Size: 1 Platter Srvg (687 grams)

Amount Per Serving

Calories: 1826 Calories from Fat: 726

		% Daily Value*
Total Fat:	81 GM	124%
Saturated Fat:	27 GM	133%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	190 MG	63%
Sodium:	4940 MG	206%
Potassium:	75 MG	2%
Total Carbohydrate:	180 GM	60%
Dietary Fiber:	19 GM	76%
Sugars:	8 GM	
Protein:	99 GM	197%

Vitamin A: 20% • Vitamin C: 10%
Calcium: 60% • Iron: 60%

Ingredients: **Breaded Chicken Breast Strip, 1.1oz**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Cooked Bacon Crumbles**, **Cooked Smoked Boneless Ham**, **White American Cheese Loaf**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.03 MCG
VITAMIN A(iu)	989.87 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.21 MG
RIBOFLAVIN	0.00 MG
NIACIN	1.55 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	7.07 MG
FOLIC ACID	55.93 MCG

Minerals

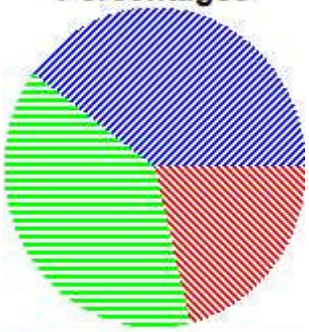
PHOSPHOROUS	4.66 MG
ZINC	0.02 MG
MAGNESIUM	1.75 MG
COPPER	0.006 MG
IRON	10.41 MG
CALCIUM	620.20 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.45%
CHO - 39.06%
FAT - 39.50%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093737 **Desc:** 70 Tostada, Burrito, Quesadilla

Nutrition Information

Serving Size: 1 Platter Srvg (444 grams)

Amount Per Serving

Calories: 1009 Calories from Fat: 413

		% Daily Value*
Total Fat:	46 GM	71%
Saturated Fat:	22 GM	109%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	60 MG	20%
Sodium:	6240 MG	260%
Potassium:	100 MG	3%
Total Carbohydrate:	111 GM	37%
Dietary Fiber:	16 GM	66%
Sugars:	8 GM	
Protein:	40 GM	79%

Vitamin A: 40% • Vitamin C: 35%
Calcium: 70% • Iron: 40%

Ingredients: **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **White American Cheese Loaf**, **Salsa de Burro***(Salt, Canned Tomato Puree, Granulated Garlic, Pickling Mix, Regular Grind Black Pepper, Spanish Onions)*, **3/8" Cut Shredded Lettuce**, **Tortilla Flour 8" Frsh**, **Tortilla Flour 8" Frsh**, **Guacamole** *(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Random Sized Fresh Tomatoes**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.08 MG_A
VITAMIN K	0.20 MCG
VITAMIN A(iu)	1879.17 IU
VITAMIN A(re)	24 MCG_

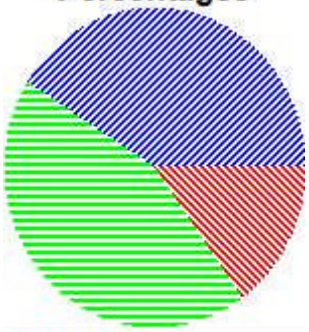
Water Soluble Vitamins	
THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.22 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	19.93 MG
FOLIC ACID	4.25 MCG

Minerals	
PHOSPHOROUS	12.94 MG
ZINC	0.09 MG
MAGNESIUM	2.21 MG
COPPER	0.016 MG
IRON	7.33 MG
CALCIUM	732.72 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 15.61%
CHO - 43.83%
FAT - 40.55%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093738 **Desc:** 71 Burrito and Tostada

Nutrition Information

Serving Size: 1 Platter Srvg (314 grams)

Amount Per Serving

Calories: 533 Calories from Fat: 221

		% Daily Value*
Total Fat:	24 GM	38%
Saturated Fat:	11 GM	53%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	45 MG	15%
Sodium:	5430 MG	226%
Potassium:	100 MG	3%
Total Carbohydrate:	55 GM	18%
Dietary Fiber:	8 GM	32%
Sugars:	6 GM	
Protein:	20 GM	39%

Vitamin A: 25% • Vitamin C: 30%
Calcium: 40% • Iron: 20%

Ingredients: **Salsa de Burro***(Salt, Canned Tomato Puree, Granulated Garlic, Pickling Mix, Regular Grind Black Pepper, Spanish Onions)*, **Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*, **3/8" Cut Shredded Lettuce**, **Tortilla Flour 8" Frsh**, **Guacamole** *(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Random Sized Fresh Tomatoes**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0.02 IU
VITAMIN E	0.07 MG_A
VITAMIN K	0.19 MCG
VITAMIN A(iu)	1253.23 IU
VITAMIN A(re)	24 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.22 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	17.79 MG
FOLIC ACID	4.25 MCG

Minerals

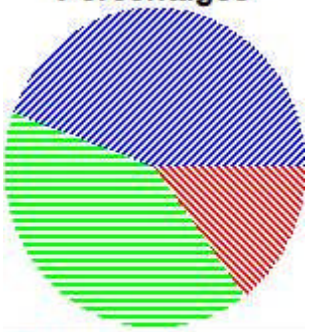
PHOSPHOROUS	12.68 MG
ZINC	0.08 MG
MAGNESIUM	2.11 MG
COPPER	0.016 MG
IRON	3.31 MG
CALCIUM	390.49 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 15.33%
CHO - 40.53%
FAT - 44.13%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093739 **Desc:** 72 Chiles Poblanos

Nutrition Information

Serving Size: 1 Platter Srvg (816 grams)

Amount Per Serving

Calories: 1567 Calories from Fat: 485

		% Daily Value*
Total Fat:	54 GM	83%
Saturated Fat:	22 GM	111%
Trans Fat:	1.5 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	585 MG	195%
Sodium:	5250 MG	219%
Potassium:	880 MG	25%
Total Carbohydrate:	185 GM	62%
Dietary Fiber:	22 GM	87%
Sugars:	17 GM	
Protein:	82 GM	163%

Vitamin A: 160% • Vitamin C: 650%
Calcium: 120% • Iron: 90%

Ingredients: **Poblano Peppers**, **2% Mozzarella Cheese Loaf**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Large Grade A Shell Eggs**, **Salsa Ranchera** *(Tomato Roma #2 Frsh, Salt, Granulated Garlic, Pepper Chile Arbol Dried, Pepper Chile Guajillo Dried, Whole Bay Leaf, Ground Cumin)*, **Flour**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	1.39 MG_A
VITAMIN K	28.43 MCG
VITAMIN A(iu)	7944.82 IU
VITAMIN A(re)	169 MCG_

Water Soluble Vitamins

THIAMIN	0.92 MG
RIBOFLAVIN	0.50 MG
NIACIN	7.99 MG
VITAMIN B-6	0.54 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	392.21 MG
FOLIC ACID	183.50 MCG

Minerals

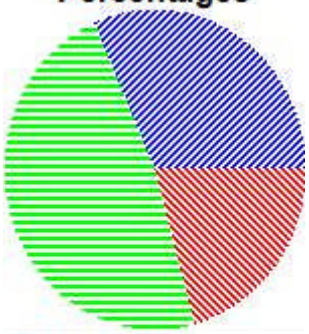
PHOSPHOROUS	186.72 MG
ZINC	1.22 MG
MAGNESIUM	67.80 MG
COPPER	0.321 MG
IRON	16.48 MG
CALCIUM	1166.56 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.02%
CHO - 47.76%
FAT - 31.22%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093740 **Desc:** 73 Vegetarian Fajitas

Nutrition Information

Serving Size: 1 Platter Srvg (1026 grams)

Amount Per Serving

Calories: 1043 Calories from Fat: 263

		% Daily Value*
Total Fat:	29 GM	45%
Saturated Fat:	7 GM	36%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	20 MG	6%
Sodium:	1940 MG	81%
Potassium:	1580 MG	45%
Total Carbohydrate:	163 GM	54%
Dietary Fiber:	21 GM	83%
Sugars:	19 GM	
Protein:	36 GM	72%

Vitamin A: 45% • Vitamin C: 160%
Calcium: 40% • Iron: 60%

Ingredients: **Fresh Medium Yellow Squash**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **3/8" Cut Shredded Lettuce**, **Fresh Cleaned Mushrooms**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Guacamole** *(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Sour Cream**, **Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.75 MG_A
VITAMIN K	12.34 MCG
VITAMIN A(iu)	2211.42 IU
VITAMIN A(re)	80 MCG_

Water Soluble Vitamins

THIAMIN	0.41 MG
RIBOFLAVIN	0.60 MG
NIACIN	3.60 MG
VITAMIN B-6	1.04 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	98.02 MG
FOLIC ACID	52.15 MCG

Minerals

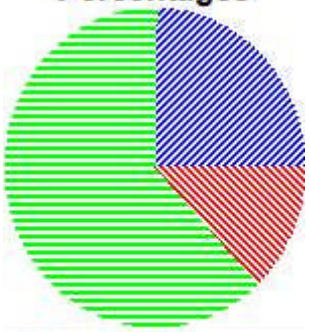
PHOSPHOROUS	192.28 MG
ZINC	1.42 MG
MAGNESIUM	76.71 MG
COPPER	0.246 MG
IRON	10.74 MG
CALCIUM	404.50 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 13.56%
CHO - 61.65%
FAT - 24.79%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093066 **Desc:** 79 Taco Salad

Nutrition Information

Serving Size: 1 Platter Srvg (385 grams)

Amount Per Serving

Calories: 562 Calories from Fat: 225

		% Daily Value*
Total Fat:	25 GM	38%
Saturated Fat:	12 GM	62%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	80 MG	27%
Sodium:	1350 MG	56%
Potassium:	120 MG	3%
Total Carbohydrate:	60 GM	20%
Dietary Fiber:	3 GM	12%
Sugars:	9 GM	
Protein:	27 GM	55%

Vitamin A: 25% • Vitamin C: 60%
Calcium: 45% • Iron: 20%

Ingredients: **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, Fresh Flour Tortilla 12", 3/8" Cut Shredded Lettuce, Random Sized Fresh Tomatoes, White American Cheese Loaf, Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.10 MG_A
VITAMIN K	1.06 MCG
VITAMIN A(iu)	1188.73 IU
VITAMIN A(re)	20 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.26 MG
VITAMIN B-6	0.06 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	33.08 MG
FOLIC ACID	4.25 MCG

Minerals

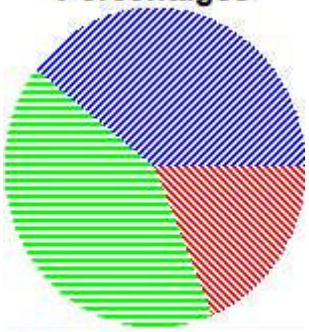
PHOSPHOROUS	13.93 MG
ZINC	0.09 MG
MAGNESIUM	2.92 MG
COPPER	0.013 MG
IRON	3.49 MG
CALCIUM	429.76 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 19.10%
CHO - 41.90%
FAT - 39.00%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093741 **Desc:** 8 Pollo Adobe

Nutrition Information

Serving Size: 1 Platter Srvg (687 grams)

Amount Per Serving

Calories: 1414 Calories from Fat: 421

		% Daily Value*
Total Fat:	47 GM	72%
Saturated Fat:	17 GM	88%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	150 MG	49%
Sodium:	2560 MG	107%
Potassium:	360 MG	10%
Total Carbohydrate:	166 GM	55%
Dietary Fiber:	17 GM	68%
Sugars:	7 GM	
Protein:	82 GM	165%

Vitamin A: 20% • Vitamin C: 20%
Calcium: 60% • Iron: 60%

Ingredients: **Boneless Skinless Chicken Breast 5z**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Fresh Cleaned Mushrooms**, **Spanish Onions**, **White American Cheese Loaf**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.20 MG_A
VITAMIN K	0.25 MCG
VITAMIN A(iu)	989.31 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.24 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.60 MG
VITAMIN B-6	0.10 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	11.32 MG
FOLIC ACID	55.93 MCG

Minerals

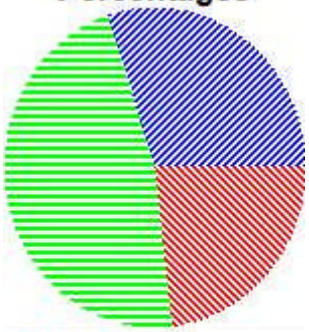
PHOSPHOROUS	19.97 MG
ZINC	0.12 MG
MAGNESIUM	7.42 MG
COPPER	0.028 MG
IRON	11.34 MG
CALCIUM	630.41 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 23.30%
CHO - 46.97%
FAT - 29.73%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093742 **Desc:** 81 Grilled Ch. Salad

Nutrition Information

Serving Size: 1 Platter Srvg (462 grams)

Amount Per Serving

Calories: 369 Calories from Fat: 152

		% Daily Value*
Total Fat:	17 GM	26%
Saturated Fat:	9 GM	44%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	155 MG	52%
Sodium:	960 MG	40%
Potassium:	210 MG	6%
Total Carbohydrate:	13 GM	4%
Dietary Fiber:	5 GM	22%
Sugars:	3 GM	
Protein:	39 GM	79%

Vitamin A: 20% • Vitamin C: 90%
Calcium: 15% • Iron: 15%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Washed, Cut Romaine Lettuce**, **Guacamole*(Fresh Lime*, *Green Avacado*, *Fresh Cleaned Cilantro Bunches*, *Salt*, *Fresh Jalapeno Peppers*, *Spanish Onions)***, **Sour Cream**, **Tomato Roma #2 Frsh**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.19 MG_A
VITAMIN K	2.54 MCG
VITAMIN A(iu)	959.62 IU
VITAMIN A(re)	18 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.25 MG
VITAMIN B-6	0.04 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	52.93 MG
FOLIC ACID	0 MCG

Minerals

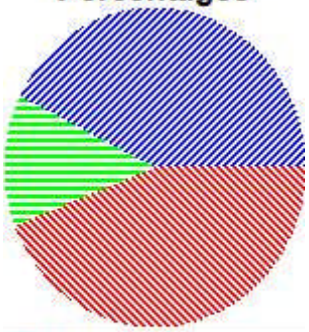
PHOSPHOROUS	13.27 MG
ZINC	0.09 MG
MAGNESIUM	5.36 MG
COPPER	0.040 MG
IRON	2.84 MG
CALCIUM	143.66 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 43.72%
CHO - 14.05%
FAT - 42.23%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093743 **Desc:** 84 Bean Dip

Nutrition Information

Serving Size: 1 Platter Srvg (142 grams)

Amount Per Serving

Calories: 544 Calories from Fat: 235

		% Daily Value*
Total Fat:	26 GM	40%
Saturated Fat:	10 GM	51%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	45 MG	15%
Sodium:	1150 MG	48%
Potassium:	0 MG	0%
Total Carbohydrate:	48 GM	16%
Dietary Fiber:	12 GM	47%
Sugars:	3 GM	
Protein:	25 GM	50%

Vitamin A: 10% • Vitamin C: 8%
Calcium: 35% • Iron: 25%

Ingredients: **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Cheese Dip***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*

Fat Soluble Vitamins	
VITAMIN D(iu)	0.02 IU
VITAMIN E	0.00 MG_A
VITAMIN K	0.01 MCG
VITAMIN A(iu)	600.22 IU
VITAMIN A(re)	0 MCG_

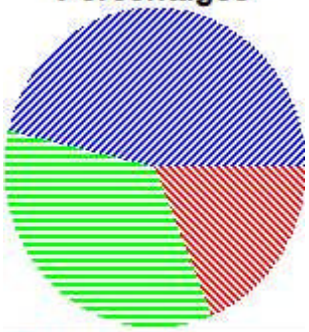
Water Soluble Vitamins	
THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.00 MG
VITAMIN B-6	0.00 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	4.55 MG
FOLIC ACID	0 MCG

Minerals	
PHOSPHOROUS	0.38 MG
ZINC	0.00 MG
MAGNESIUM	0.14 MG
COPPER	0.001 MG
IRON	4.40 MG
CALCIUM	366.99 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 19.21%
CHO - 34.73%
FAT - 46.06%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093006 **Desc:** 90 Quesadilla Carne

Nutrition Information

Serving Size: 1 Platter Srvg (215 grams)

Amount Per Serving

Calories: 641 Calories from Fat: 445

		% Daily Value*
Total Fat:	49 GM	76%
Saturated Fat:	19 GM	96%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	70 MG	23%
Sodium:	2860 MG	119%
Potassium:	40 MG	1%
Total Carbohydrate:	28 GM	9%
Dietary Fiber:	1 GM	6%
Sugars:	3 GM	
Protein:	23 GM	45%

Vitamin A: 40% • Vitamin C: 6%
Calcium: 40% • Iron: 15%

Ingredients: **Stew***(**Choice Beef Ball Tips**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Granulated Garlic**)*, **White American Cheese Loaf**, **Tortilla Flour 8" Frsh**, **Liquid Margarine**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.06 MG_A
VITAMIN K	1.29 MCG
VITAMIN A(iu)	1958.34 IU
VITAMIN A(re)	10 MCG_

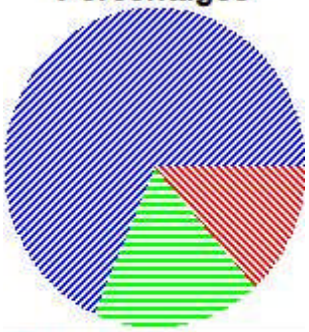
Water Soluble Vitamins	
THIAMIN	0.01 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.10 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	2.96 MG
FOLIC ACID	0 MCG

Minerals	
PHOSPHOROUS	3.91 MG
ZINC	0.03 MG
MAGNESIUM	1.79 MG
COPPER	0.010 MG
IRON	2.30 MG
CALCIUM	388.59 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 13.95%
CHO - 17.31%
FAT - 68.74%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093065 **Desc:** 90 Quesadilla Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (215 grams)

Amount Per Serving

Calories: 609 Calories from Fat: 411

		% Daily Value*
Total Fat:	46 GM	70%
Saturated Fat:	18 GM	89%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	70 MG	24%
Sodium:	1700 MG	71%
Potassium:	40 MG	1%
Total Carbohydrate:	28 GM	9%
Dietary Fiber:	1 GM	6%
Sugars:	3 GM	
Protein:	23 GM	46%

Vitamin A: 40% • Vitamin C: 30%
Calcium: 40% • Iron: 8%

Ingredients: **Pollo de la Linea*(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, White American Cheese Loaf, Tortilla Flour 8" Frsh, Liquid Margarine**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.07 MG_A
VITAMIN K	0.80 MCG
VITAMIN A(iu)	1949.39 IU
VITAMIN A(re)	15 MCG_

Water Soluble Vitamins

THIAMIN	0.01 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.07 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	19.46 MG
FOLIC ACID	0 MCG

Minerals

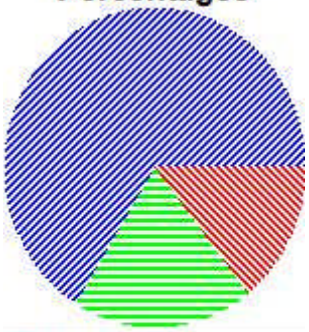
PHOSPHOROUS	5.37 MG
ZINC	0.03 MG
MAGNESIUM	2.19 MG
COPPER	0.010 MG
IRON	1.34 MG
CALCIUM	389.72 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 14.92%
CHO - 18.45%
FAT - 66.63%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093064 **Desc:** 92 Taco

Nutrition Information

Serving Size: 1 Platter Srvg (128 grams)

Amount Per Serving

Calories: 249 Calories from Fat: 158

		% Daily Value*
Total Fat:	18 GM	27%
Saturated Fat:	9 GM	46%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	3.5 GM	
Cholesterol:	50 MG	16%
Sodium:	640 MG	27%
Potassium:	140 MG	4%
Total Carbohydrate:	12 GM	4%
Dietary Fiber:	1 GM	4%
Sugars:	2 GM	
Protein:	13 GM	26%

Vitamin A: 15% • Vitamin C: 6%
Calcium: 20% • Iron: 8%

Ingredients: **Beef Taco Meat(*Ground Beef*, *Spanish Onions*, *Fresh Medium Yellow Squash*, *Fresh Zucchini*, *Random Sized Fresh Tomatoes*, *Salt*, *Granulated Garlic*, *Ground Cumin*, *Regular Grind Black Pepper*, *Pepper Chile Guajillo Dried*, *Whole Bay Leaf*), White American Cheese Loaf, 3/8" Cut Shredded Lettuce, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.23 MCG
VITAMIN A(iu)	648.19 IU
VITAMIN A(re)	2 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.07 MG
NIACIN	1.76 MG
VITAMIN B-6	0.15 MG
VITAMIN B-12	0.86 MCG
VITAMIN C, TOTAL ASCORBIC ACID	2.93 MG
FOLIC ACID	3.27 MCG

Minerals

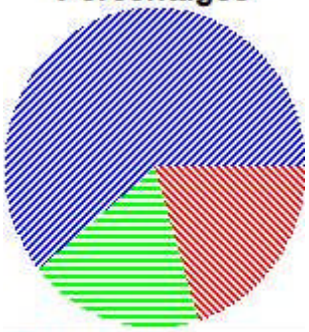
PHOSPHOROUS	68.17 MG
ZINC	1.72 MG
MAGNESIUM	8.39 MG
COPPER	0.005 MG
IRON	1.48 MG
CALCIUM	183.19 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.57%
CHO - 17.98%
FAT - 61.45%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093063 **Desc:** 93 Taco

Nutrition Information

Serving Size: 1 Platter Srvg (172 grams)

Amount Per Serving

Calories: 404 Calories from Fat: 259

		% Daily Value*
Total Fat:	29 GM	44%
Saturated Fat:	16 GM	79%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4.5 GM	
Cholesterol:	70 MG	23%
Sodium:	1230 MG	51%
Potassium:	140 MG	4%
Total Carbohydrate:	21 GM	7%
Dietary Fiber:	0 GM	2%
Sugars:	3 GM	
Protein:	20 GM	39%

Vitamin A: 20% • Vitamin C: 6%
Calcium: 40% • Iron: 10%

Ingredients: **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **White American Cheese Loaf, Tortilla Flour 6" Frsh, 3/8" Cut Shredded Lettuce**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.23 MCG
VITAMIN A(iu)	1053.18 IU
VITAMIN A(re)	2 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.07 MG
NIACIN	1.76 MG
VITAMIN B-6	0.15 MG
VITAMIN B-12	0.86 MCG
VITAMIN C, TOTAL ASCORBIC ACID	2.93 MG
FOLIC ACID	3.27 MCG

Minerals

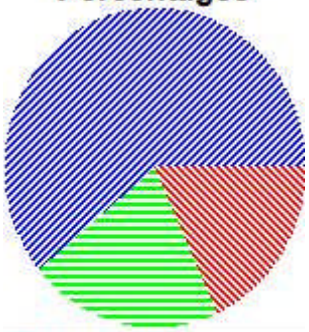
PHOSPHOROUS	68.17 MG
ZINC	1.72 MG
MAGNESIUM	8.39 MG
COPPER	0.005 MG
IRON	1.93 MG
CALCIUM	380.13 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.56%
CHO - 19.93%
FAT - 61.51%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093062 **Desc:** 95 Tostada

Nutrition Information

Serving Size: 1 Platter Srvg (184 grams)

Amount Per Serving

Calories: 259 Calories from Fat: 159

		% Daily Value*
Total Fat:	18 GM	27%
Saturated Fat:	9 GM	46%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	3.5 GM	
Cholesterol:	50 MG	16%
Sodium:	640 MG	27%
Potassium:	210 MG	6%
Total Carbohydrate:	14 GM	5%
Dietary Fiber:	2 GM	7%
Sugars:	4 GM	
Protein:	14 GM	28%

Vitamin A: 20% • Vitamin C: 15%
Calcium: 20% • Iron: 10%

Ingredients: **Beef Taco Meat(*Ground Beef*, *Spanish Onions*, *Fresh Medium Yellow Squash*, *Fresh Zucchini*, *Random Sized Fresh Tomatoes*, *Salt*, *Granulated Garlic*, *Ground Cumin*, *Regular Grind Black Pepper*, *Pepper Chile Guajillo Dried*, *Whole Bay Leaf*), 3/8" Cut Shredded Lettuce, Random Sized Fresh Tomatoes, White American Cheese Loaf, Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.23 MCG
VITAMIN A(iu)	949.45 IU
VITAMIN A(re)	2 MCG_

Water Soluble Vitamins

THIAMIN	0.03 MG
RIBOFLAVIN	0.08 MG
NIACIN	1.93 MG
VITAMIN B-6	0.17 MG
VITAMIN B-12	0.86 MCG
VITAMIN C, TOTAL ASCORBIC ACID	7.71 MG
FOLIC ACID	7.52 MCG

Minerals

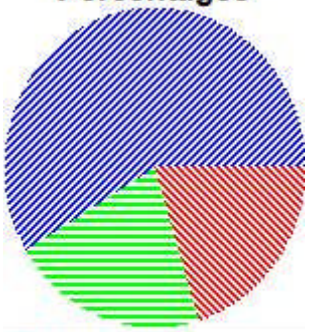
PHOSPHOROUS	74.95 MG
ZINC	1.77 MG
MAGNESIUM	8.39 MG
COPPER	0.005 MG
IRON	1.67 MG
CALCIUM	192.54 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.58%
CHO - 20.34%
FAT - 59.08%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093061 **Desc:** 96 Burrito

Nutrition Information

Serving Size: 1 Platter Srvg (215 grams)

Amount Per Serving

Calories: 413 Calories from Fat: 223

		% Daily Value*
Total Fat:	25 GM	38%
Saturated Fat:	12 GM	59%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	6 GM	
Cholesterol:	65 MG	21%
Sodium:	4770 MG	199%
Potassium:	220 MG	6%
Total Carbohydrate:	28 GM	9%
Dietary Fiber:	2 GM	6%
Sugars:	3 GM	
Protein:	19 GM	38%

Vitamin A: 15% • Vitamin C: 10%
Calcium: 25% • Iron: 15%

Ingredients: **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **Salsa de Burro***(Salt, Canned Tomato Puree, Granulated Garlic, Pickling Mix, Regular Grind Black Pepper, Spanish Onions)*, **Tortilla Flour 8" Frsh**, **White American Cheese Loaf**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.06 MG_A
VITAMIN K	0.39 MCG
VITAMIN A(iu)	790.34 IU
VITAMIN A(re)	26 MCG_

Water Soluble Vitamins

THIAMIN	0.04 MG
RIBOFLAVIN	0.11 MG
NIACIN	2.65 MG
VITAMIN B-6	0.24 MG
VITAMIN B-12	1.30 MCG
VITAMIN C, TOTAL ASCORBIC ACID	6.08 MG
FOLIC ACID	4.90 MCG

Minerals

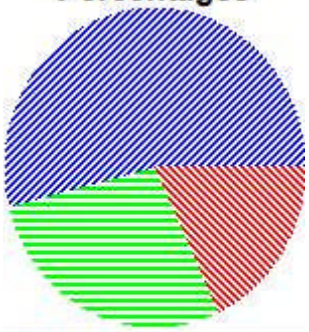
PHOSPHOROUS	104.81 MG
ZINC	2.59 MG
MAGNESIUM	13.54 MG
COPPER	0.011 MG
IRON	2.79 MG
CALCIUM	238.50 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.47%
CHO - 27.28%
FAT - 54.25%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093008 **Desc:** 98 Chile Relleno de Papas

Nutrition Information

Serving Size: 1 Platter Srvg (551 grams)

Amount Per Serving

Calories: 711 Calories from Fat: 275

		% Daily Value*
Total Fat:	30 GM	47%
Saturated Fat:	5 GM	24%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	110 MG	36%
Sodium:	65 MG	3%
Potassium:	1800 MG	51%
Total Carbohydrate:	95 GM	32%
Dietary Fiber:	10 GM	39%
Sugars:	13 GM	
Protein:	17 GM	34%

Vitamin A: 50% • Vitamin C: 910%
Calcium: 8% • Iron: 35%

Ingredients: **Baker Potato**, **Poblano Peppers**, **Flour**, **Soy Liquid Shortening**, **Large Grade A Shell Eggs**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	1.43 MG_A
VITAMIN K	33.97 MCG
VITAMIN A(iu)	2561.57 IU
VITAMIN A(re)	157 MCG_

Water Soluble Vitamins

THIAMIN	0.66 MG
RIBOFLAVIN	0.43 MG
NIACIN	6.84 MG
VITAMIN B-6	1.33 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	544.59 MG
FOLIC ACID	63.79 MCG

Minerals

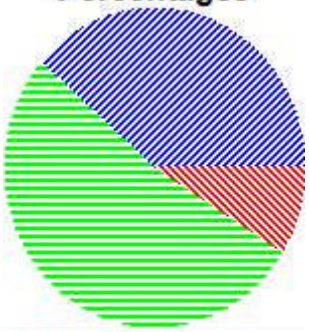
PHOSPHOROUS	283.34 MG
ZINC	1.64 MG
MAGNESIUM	118.30 MG
COPPER	0.627 MG
IRON	6.65 MG
CALCIUM	83.33 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 9.39%
CHO - 52.58%
FAT - 38.02%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093010 **Desc:** 98 Chile Relleno de Queso

Nutrition Information

Serving Size: 1 Platter Srvg (361 grams)

Amount Per Serving

Calories: 699 Calories from Fat: 393

		% Daily Value*
Total Fat:	44 GM	67%
Saturated Fat:	13 GM	65%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	155 MG	52%
Sodium:	490 MG	21%
Potassium:	740 MG	21%
Total Carbohydrate:	52 GM	17%
Dietary Fiber:	4 GM	17%
Sugars:	11 GM	
Protein:	26 GM	52%

Vitamin A: 60% • Vitamin C: 830%
Calcium: 50% • Iron: 25%

Ingredients: **Poblano Peppers**, **2% Mozzarella Cheese Loaf**, **Flour**, **Soy Liquid Shortening**, **Large Grade A Shell Eggs**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	1.41 MG_A
VITAMIN K	29.19 MCG
VITAMIN A(iu)	3029.29 IU
VITAMIN A(re)	157 MCG_

Water Soluble Vitamins

THIAMIN	0.46 MG
RIBOFLAVIN	0.35 MG
NIACIN	4.19 MG
VITAMIN B-6	0.58 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	495.45 MG
FOLIC ACID	63.79 MCG

Minerals

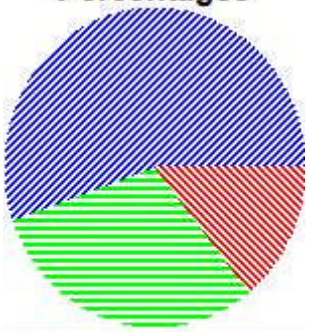
PHOSPHOROUS	139.82 MG
ZINC	0.91 MG
MAGNESIUM	60.38 MG
COPPER	0.355 MG
IRON	4.93 MG
CALCIUM	518.84 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 14.80%
CHO - 29.48%
FAT - 55.72%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093012 **Desc:** B Chicken Fingers

Nutrition Information

Serving Size: 1 Platter Srvg (190 grams)

Amount Per Serving

Calories: 323 Calories from Fat: 136

		% Daily Value*
Total Fat:	15 GM	23%
Saturated Fat:	4 GM	19%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	35 MG	12%
Sodium:	460 MG	19%
Potassium:	0 MG	0%
Total Carbohydrate:	35 GM	12%
Dietary Fiber:	4 GM	17%
Sugars:	1 GM	
Protein:	13 GM	26%

Vitamin A: 0% • Vitamin C: 8%
Calcium: 0% • Iron: 4%

Ingredients: 3/8" Reg-Cut Fancy Fries, Breaded Chicken Breast Strip, 1.1oz

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	0 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	4.80 MG
FOLIC ACID	0 MCG

Minerals

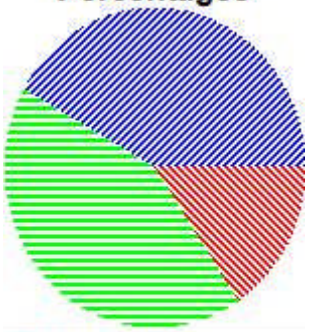
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	0.48 MG
CALCIUM	0 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 16.15%
CHO - 42.43%
FAT - 41.43%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093750 **Desc:** Beef Fajita Dinner

Nutrition Information

Serving Size: 1 Platter Srvg (999 grams)

Amount Per Serving

Calories: 1493 Calories from Fat: 430

		% Daily Value*
Total Fat:	48 GM	74%
Saturated Fat:	16 GM	79%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	9 GM	
Cholesterol:	190 MG	63%
Sodium:	2670 MG	111%
Potassium:	650 MG	19%
Total Carbohydrate:	173 GM	58%
Dietary Fiber:	21 GM	86%
Sugars:	18 GM	
Protein:	86 GM	173%

Vitamin A: 50% • Vitamin C: 210%
Calcium: 45% • Iron: 90%

Ingredients: **Choice Beef Sirloin Flap**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Green Peppers**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Guacamole** *(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Sour Cream**, **Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*, **Fresh Cleaned Mushrooms**, **3/8" Cut Shredded Lettuce**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.19 MG_A
VITAMIN K	0.45 MCG
VITAMIN A(iu)	2437.89 IU
VITAMIN A(re)	47 MCG_

Water Soluble Vitamins

THIAMIN	0.49 MG
RIBOFLAVIN	0.52 MG
NIACIN	2.11 MG
VITAMIN B-6	0.16 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	127.33 MG
FOLIC ACID	65.09 MCG

Minerals

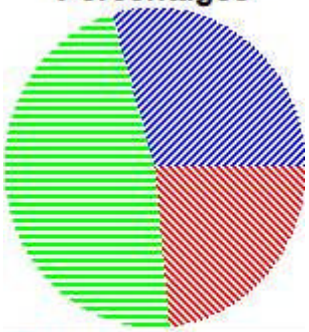
PHOSPHOROUS	43.31 MG
ZINC	11.39 MG
MAGNESIUM	6.34 MG
COPPER	0.041 MG
IRON	16.36 MG
CALCIUM	436.77 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 23.58%
CHO - 47.08%
FAT - 29.34%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093034 **Desc:** Beef Taco Meat

Nutrition Information

Serving Size: 1 Batch Srvg (33 grams)

Amount Per Serving

Calories: 62 Calories from Fat: 42

		% Daily Value*
Total Fat:	4.5 GM	7%
Saturated Fat:	2 GM	9%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	15 MG	6%
Sodium:	130 MG	5%
Potassium:	80 MG	2%
Total Carbohydrate:	less than 1 GM	0%
Dietary Fiber:	0 GM	0%
Sugars:	0 GM	
Protein:	4 GM	8%

Vitamin A: 2% • Vitamin C: 2%
Calcium: 2% • Iron: 4%

Ingredients: **Ground Beef**, **Spanish Onions**, **Fresh Medium Yellow Squash**, **Fresh Zucchini**, **Random Sized Fresh Tomatoes**, **Salt**, **Granulated Garlic**, **Ground Cumin**, **Regular Grind Black Pepper**, **Pepper Chile Guajillo Dried**, **Whole Bay Leaf**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.01 MG_A
VITAMIN K	0.14 MCG
VITAMIN A(iu)	103.72 IU
VITAMIN A(re)	1 MCG_

Water Soluble Vitamins

THIAMIN	0.01 MG
RIBOFLAVIN	0.04 MG
NIACIN	1.02 MG
VITAMIN B-6	0.09 MG
VITAMIN B-12	0.50 MCG
VITAMIN C, TOTAL ASCORBIC ACID	1.03 MG
FOLIC ACID	1.90 MCG

Minerals

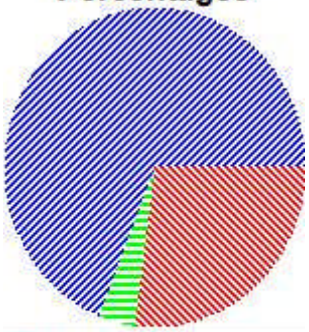
PHOSPHOROUS	39.72 MG
ZINC	1.00 MG
MAGNESIUM	4.89 MG
COPPER	0.003 MG
IRON	0.63 MG
CALCIUM	5.60 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 27.01%
CHO - 3.72%
FAT - 69.28%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093036 **Desc:** Bierra

Nutrition Information

Serving Size: 1 Batch Srvg (44 grams)

Amount Per Serving

Calories: 114 Calories from Fat: 82

		% Daily Value*
Total Fat:	9 GM	14%
Saturated Fat:	4 GM	20%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	20 MG	7%
Sodium:	130 MG	5%
Potassium:	25 MG	1%
Total Carbohydrate:	2 GM	1%
Dietary Fiber:	0 GM	2%
Sugars:	2 GM	
Protein:	5 GM	10%

Vitamin A: 35% • Vitamin C: 4%
Calcium: 0% • Iron: 6%

Ingredients: **Boneless Beef Brisket**, **Tomato Roma #2 Frsh**, **Spanish Onions**, **Pepper Chile Guajillo Dried**, **Pepper Chile Ancho Dried**, **Salt**, **Granulated Garlic**, **Ground Cumin**, **Oregano Leaf**, **Regular Grind Black Pepper**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.04 MG_A
VITAMIN K	0.75 MCG
VITAMIN A(iu)	1625.50 IU
VITAMIN A(re)	6 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.06 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	2.00 MG
FOLIC ACID	0 MCG

Minerals

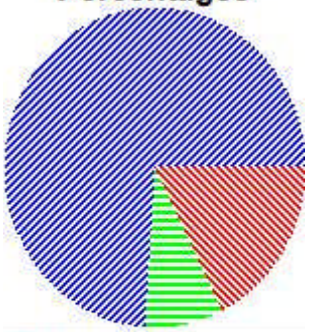
PHOSPHOROUS	2.86 MG
ZINC	0.02 MG
MAGNESIUM	1.26 MG
COPPER	0.006 MG
IRON	0.83 MG
CALCIUM	2.62 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.05%
CHO - 7.96%
FAT - 73.99%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093037 **Desc:** Broccoli Stew

Nutrition Information

Serving Size: 1 Batch Srvg (28 grams)

Amount Per Serving

Calories: 21 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	100 MG	4%
Potassium:	0 MG	0%
Total Carbohydrate:	5 GM	2%
Dietary Fiber:	0 GM	2%
Sugars:	3 GM	
Protein:	0 GM	1%

Vitamin A: 15% • Vitamin C: 25%
Calcium: 2% • Iron: 2%

Ingredients: **Slaw Style Broccoli w/o Sauce**, **Redhot Sweet Chili Sauce**, **Fresh Cleaned Cilantro Bunches**, **Spanish Onions**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.01 MG_A
VITAMIN K	0.01 MCG
VITAMIN A(iu)	704.76 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins	
THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.00 MG
VITAMIN B-6	0.00 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	14.74 MG
FOLIC ACID	0 MCG

Minerals	
PHOSPHOROUS	0.52 MG
ZINC	0.00 MG
MAGNESIUM	0.19 MG
COPPER	0.001 MG
IRON	0.12 MG
CALCIUM	10.10 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages

PRO - 9.43%
CHO - 90.57%
FAT - 0%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093753 **Desc:** Burrito #43

Nutrition Information

Serving Size: 1 Platter Srvg (782 grams)

Amount Per Serving

Calories: 1625 Calories from Fat: 680

		% Daily Value*
Total Fat:	76 GM	116%
Saturated Fat:	29 GM	147%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	125 MG	42%
Sodium:	3820 MG	159%
Potassium:	260 MG	8%
Total Carbohydrate:	166 GM	55%
Dietary Fiber:	23 GM	92%
Sugars:	18 GM	
Protein:	63 GM	126%

Vitamin A: 150% • Vitamin C: 60%
Calcium: 70% • Iron: 80%

Ingredients: **Bierra***(**Boneless Beef Brisket**, **Tomato Roma #2 Frsh**, **Spanish Onions**, **Pepper Chile Guajillo Dried**, **Pepper Chile Ancho Dried**, **Salt**, **Granulated Garlic**, **Ground Cumin**, **Oregano Leaf**, **Regular Grind Black Pepper**)*, **3/8" Cut Shredded Lettuce**, **Mexican Fried Rice - Batch***(**Water**, **Xtra Long Grain Rice**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Canned Tomato Puree**, **Margarine Solid**, **Chicken Base**, **Granulated Garlic**, **Salt**)*, **Fried Beans** *(**Dry Pinto Beans**, **Soy Liquid Shortening**, **Spanish Onions**, **Mexican Serrano Chile Peppers**, **Salt**)*, **Fresh Flour Tortilla 12"**, **Cheese Dip***(**Extra Melt White American Cheese Melt**, **Pepper Jalapeno Whl Cnd**, **Whole Milk**)*, **Guacamole***(**Fresh Lime**, **Green Avacado**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Fresh Jalapeno Peppers**, **Spanish Onions**)*, **Pico de Gallo***(**Random Sized Fresh Tomatoes**, **Spanish Onions**, **Fresh Lime**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Mexican Serrano Chile Peppers**)*

Fat Soluble Vitamins

VITAMIN D(iu)	0.03 IU
VITAMIN E	0.31 MG_A
VITAMIN K	2.84 MCG
VITAMIN A(iu)	7226.93 IU
VITAMIN A(re)	19 MCG_

Water Soluble Vitamins

THIAMIN	0.25 MG
RIBOFLAVIN	0.03 MG
NIACIN	1.94 MG
VITAMIN B-6	0.11 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	38.68 MG
FOLIC ACID	58.47 MCG

Minerals

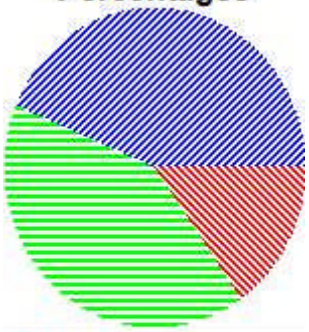
PHOSPHOROUS	29.68 MG
ZINC	0.19 MG
MAGNESIUM	9.97 MG
COPPER	0.060 MG
IRON	13.56 MG
CALCIUM	730.92 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 15.80%
CHO - 40.93%
FAT - 43.27%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093039 **Desc:** C. Child's Pizza

Nutrition Information

Serving Size: 1 Platter Srvg (291 grams)

Amount Per Serving

Calories: 655 Calories from Fat: 245

		% Daily Value*
Total Fat:	27 GM	42%
Saturated Fat:	13 GM	64%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	30 MG	10%
Sodium:	1100 MG	46%
Potassium:	260 MG	8%
Total Carbohydrate:	83 GM	28%
Dietary Fiber:	5 GM	20%
Sugars:	13 GM	
Protein:	21 GM	42%

Vitamin A: 8% • Vitamin C: 8%
Calcium: 25% • Iron: 20%

Ingredients: 5" Prebaked Pepperoni Pizza, 3/8" Reg-Cut Fancy Fries

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	345.16 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	4.80 MG
FOLIC ACID	0 MCG

Minerals

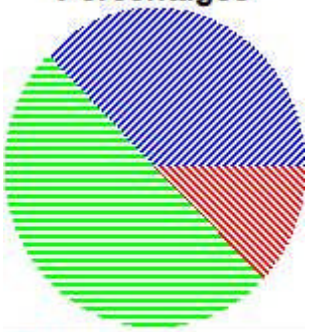
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	3.59 MG
CALCIUM	230.11 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 12.75%
CHO - 50.24%
FAT - 37.01%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093040 **Desc:** Caldo de Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (31 grams)

Amount Per Serving

Calories: 1 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	65 MG	3%
Potassium:	5 MG	0%
Total Carbohydrate:	0 GM	0%
Dietary Fiber:	0 GM	0%
Sugars:	0 GM	
Protein:	0 GM	0%

Vitamin A: 0% • Vitamin C: 2%
Calcium: 0% • Iron: 0%

Ingredients: **Distilled Water**, **Fresh Medium Yellow Squash**, **Chicken Base**, **Fresh Zucchini**, **Salt**, **Granulated Garlic**, **Spanish Onions**, **Fresh Cleaned Cilantro Bunches**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.00 MG_A
VITAMIN K	0.06 MCG
VITAMIN A(iu)	4.76 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.01 MG
VITAMIN B-6	0.00 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	0.33 MG
FOLIC ACID	0 MCG

Minerals

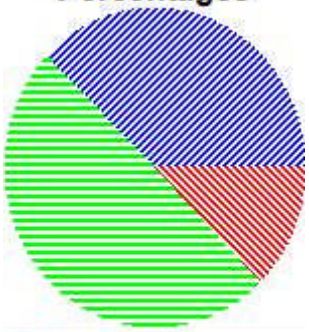
PHOSPHOROUS	0.74 MG
ZINC	0.01 MG
MAGNESIUM	0.33 MG
COPPER	0.001 MG
IRON	0.01 MG
CALCIUM	0.30 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 13.22%
CHO - 49.59%
FAT - 37.19%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093754 **Desc:** Carne Asada #35

Nutrition Information

Serving Size: 1 Platter Srvg (871 grams)

Amount Per Serving

Calories: 1517 Calories from Fat: 389

		% Daily Value*
Total Fat:	43 GM	67%
Saturated Fat:	11 GM	53%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	11 GM	
Cholesterol:	190 MG	63%
Sodium:	2710 MG	113%
Potassium:	290 MG	8%
Total Carbohydrate:	176 GM	59%
Dietary Fiber:	22 GM	90%
Sugars:	12 GM	
Protein:	101 GM	202%

Vitamin A: 35% • Vitamin C: 60%

Calcium: 35% • Iron: 100%

Ingredients: **Choice Beef Sirloin Flap**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **3/8" Cut Shredded Lettuce**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Mexican Serrano Chile Peppers**, **Spanish Onions**, **Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.37 MG_A
VITAMIN K	0.68 MCG
VITAMIN A(iu)	1782.93 IU
VITAMIN A(re)	1 MCG_

Water Soluble Vitamins

THIAMIN	0.57 MG
RIBOFLAVIN	0.64 MG
NIACIN	1.84 MG
VITAMIN B-6	0.18 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	36.38 MG
FOLIC ACID	59.32 MCG

Minerals

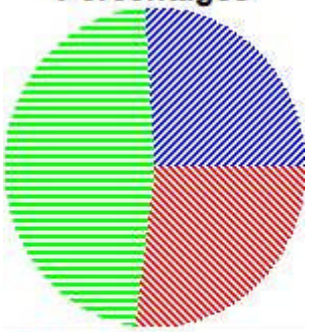
PHOSPHOROUS	38.88 MG
ZINC	14.11 MG
MAGNESIUM	12.23 MG
COPPER	0.064 MG
IRON	18.56 MG
CALCIUM	374.60 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 26.98%
CHO - 47.01%
FAT - 26.01%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093041 **Desc:** Cheese Dip

Nutrition Information

Serving Size: 1 Batch Srvg (102 grams)

Amount Per Serving

Calories: 358 Calories from Fat: 262

		% Daily Value*
Total Fat:	29 GM	45%
Saturated Fat:	16 GM	81%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	80 MG	27%
Sodium:	1600 MG	67%
Potassium:	0 MG	0%
Total Carbohydrate:	4 GM	1%
Dietary Fiber:	0 GM	2%
Sugars:	3 GM	
Protein:	16 GM	32%

Vitamin A: 20% • Vitamin C: 2%
Calcium: 50% • Iron: 0%

Ingredients: **Extra Melt White American Cheese Melt**, **Pepper Jalapeno Whl Cnd**, **Whole Milk**

Fat Soluble Vitamins

VITAMIN D(iu)	0.04 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	1072.30 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	0.96 MG
FOLIC ACID	0 MCG

Minerals

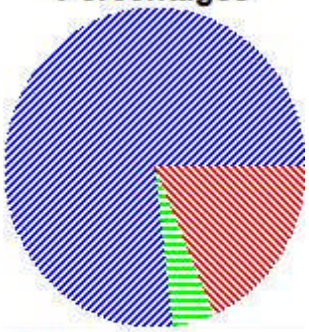
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	0 MG
CALCIUM	486.11 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.96%
CHO - 4.27%
FAT - 76.77%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093755 **Desc:** Chicken Fajita Dinner

Nutrition Information

Serving Size: 1 Platter Srvg (1041 grams)

Amount Per Serving

Calories: 1413 Calories from Fat: 382

		% Daily Value*
Total Fat:	42 GM	65%
Saturated Fat:	13 GM	67%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	195 MG	66%
Sodium:	2600 MG	108%
Potassium:	750 MG	21%
Total Carbohydrate:	173 GM	58%
Dietary Fiber:	21 GM	83%
Sugars:	15 GM	
Protein:	82 GM	165%

Vitamin A: 45% • Vitamin C: 220%
Calcium: 40% • Iron: 60%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Green Peppers**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Guacamole** *(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Sour Cream**, **Fresh Cleaned Mushrooms**, **3/8" Cut Shredded Lettuce**, **Pico de Gallo** *(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.43 MG_A
VITAMIN K	0.76 MCG
VITAMIN A(iu)	2308.94 IU
VITAMIN A(re)	47 MCG_

Water Soluble Vitamins

THIAMIN	0.28 MG
RIBOFLAVIN	0.06 MG
NIACIN	2.14 MG
VITAMIN B-6	0.27 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	131.66 MG
FOLIC ACID	64.24 MCG

Minerals

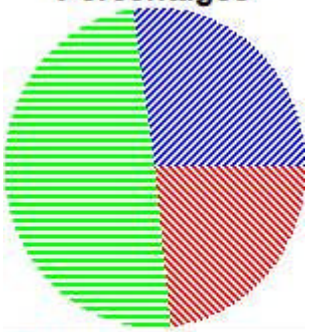
PHOSPHOROUS	63.16 MG
ZINC	0.40 MG
MAGNESIUM	14.21 MG
COPPER	0.071 MG
IRON	11.32 MG
CALCIUM	419.72 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 23.46%
CHO - 49.36%
FAT - 27.18%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093757 **Desc:** Chicken Fajita Lunch

Nutrition Information

Serving Size: 1 Platter Srvg (999 grams)

Amount Per Serving

Calories: 1349 Calories from Fat: 369

		% Daily Value*
Total Fat:	41 GM	63%
Saturated Fat:	13 GM	64%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	155 MG	52%
Sodium:	2620 MG	109%
Potassium:	780 MG	22%
Total Carbohydrate:	172 GM	57%
Dietary Fiber:	22 GM	87%
Sugars:	18 GM	
Protein:	71 GM	141%

Vitamin A: 50% • Vitamin C: 200%
Calcium: 40% • Iron: 60%

Ingredients: Butterfly Bone/Skin-less Chix Breast, Tortilla Flour 6" Frsh, Mexican Fried Rice - Batch*(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Fresh Green Peppers, Random Sized Fresh Tomatoes, Spanish Onions, Guacamole** *(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **Sour Cream, Pico de Gallo***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*, **Fresh Sliced Mushrooms, 3/8" Cut Shredded Lettuce**

Fat Soluble Vitamins

VITAMIN D(iu)	32.32 IU
VITAMIN E	0.83 MG_A
VITAMIN K	6.79 MCG
VITAMIN A(iu)	2522.71 IU
VITAMIN A(re)	54 MCG_

Water Soluble Vitamins

THIAMIN	0.34 MG
RIBOFLAVIN	0.24 MG
NIACIN	4.15 MG
VITAMIN B-6	0.40 MG
VITAMIN B-12	0.02 MCG
VITAMIN C, TOTAL ASCORBIC ACID	117.46 MG
FOLIC ACID	65.09 MCG

Minerals

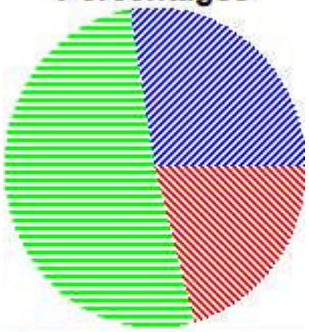
PHOSPHOROUS	96.46 MG
ZINC	0.62 MG
MAGNESIUM	18.68 MG
COPPER	0.233 MG
IRON	11.39 MG
CALCIUM	417.06 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.05%
CHO - 51.45%
FAT - 27.50%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093042 **Desc:** Chicken Strips

Nutrition Information

Serving Size: 1 Batch Srvg (47 grams)

Amount Per Serving

Calories: 35 Calories from Fat: 8

		% Daily Value*
Total Fat:	1 GM	1%
Saturated Fat:	0 GM	1%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	20 MG	7%
Sodium:	10 MG	0%
Potassium:	35 MG	1%
Total Carbohydrate:	less than 1 GM	0%
Dietary Fiber:	0 GM	1%
Sugars:	0 GM	
Protein:	6 GM	12%

Vitamin A: 4% • Vitamin C: 10%
Calcium: 0% • Iron: 2%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Tomato Frsh Lrg 6x6**, **Green Peppers**, **Spanish Onions**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.01 MG_A
VITAMIN K	0.01 MCG
VITAMIN A(iu)	125.98 IU
VITAMIN A(re)	1 MCG_

Water Soluble Vitamins

THIAMIN	0.01 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.09 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	5.23 MG
FOLIC ACID	2.14 MCG

Minerals

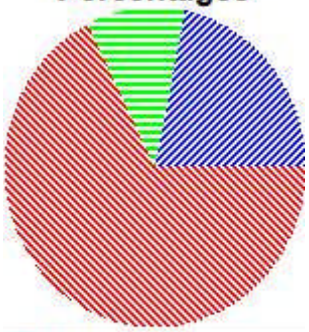
PHOSPHOROUS	3.98 MG
ZINC	0.03 MG
MAGNESIUM	0.21 MG
COPPER	0.001 MG
IRON	0.15 MG
CALCIUM	2.26 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 68%
CHO - 10.00%
FAT - 22%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093043 **Desc:** Chile Relleno

Nutrition Information

Serving Size: 1 Batch Srvg (238 grams)

Amount Per Serving

Calories: 439 Calories from Fat: 172

		% Daily Value*
Total Fat:	19 GM	29%
Saturated Fat:	10 GM	50%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	295 MG	98%
Sodium:	530 MG	22%
Potassium:	310 MG	9%
Total Carbohydrate:	41 GM	14%
Dietary Fiber:	2 GM	9%
Sugars:	5 GM	
Protein:	27 GM	55%

Vitamin A: 35% • Vitamin C: 310%
Calcium: 50% • Iron: 20%

Ingredients: **Poblano Peppers**, **2% Mozzarella Cheese Loaf**, **Large Grade A Shell Eggs**, **Flour**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.53 MG_A
VITAMIN K	10.95 MCG
VITAMIN A(iu)	1715.40 IU
VITAMIN A(re)	59 MCG_

Water Soluble Vitamins

THIAMIN	0.34 MG
RIBOFLAVIN	0.24 MG
NIACIN	2.98 MG
VITAMIN B-6	0.23 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	186.09 MG
FOLIC ACID	63.79 MCG

Minerals

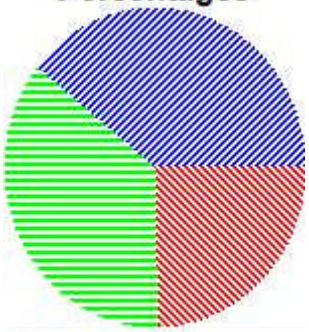
PHOSPHOROUS	81.14 MG
ZINC	0.53 MG
MAGNESIUM	28.49 MG
COPPER	0.133 MG
IRON	3.86 MG
CALCIUM	508.55 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 24.68%
CHO - 36.62%
FAT - 38.71%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093759 **Desc:** Combo 2 Items #94 & #91

Nutrition Information

Serving Size: 1 Platter Srvg (624 grams)

Amount Per Serving

Calories: 1442 Calories from Fat: 568

		% Daily Value*
Total Fat:	63 GM	97%
Saturated Fat:	24 GM	121%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	11 GM	
Cholesterol:	125 MG	42%
Sodium:	3310 MG	138%
Potassium:	580 MG	17%
Total Carbohydrate:	151 GM	50%
Dietary Fiber:	23 GM	90%
Sugars:	14 GM	
Protein:	66 GM	132%

Vitamin A: 90% • Vitamin C: 50%
Calcium: 60% • Iron: 80%

Ingredients: **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **Mexican Fried Rice - Batch** *(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Salsa de Enchilada***(Canned Tomato Puree, Random Sized Fresh Tomatoes, Spanish Onions, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic, Chicken Base, Ground Cumin, Regular Grind Black Pepper, Pickling Mix)*, **White American Cheese Loaf**, **White Corn Enchilada, 6"**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.12 MG_A
VITAMIN K	0.77 MCG
VITAMIN A(iu)	4465.11 IU
VITAMIN A(re)	116 MCG_

Water Soluble Vitamins

THIAMIN	0.35 MG
RIBOFLAVIN	0.23 MG
NIACIN	7.37 MG
VITAMIN B-6	0.51 MG
VITAMIN B-12	2.59 MCG
VITAMIN C, TOTAL ASCORBIC ACID	31.90 MG
FOLIC ACID	83.37 MCG

Minerals

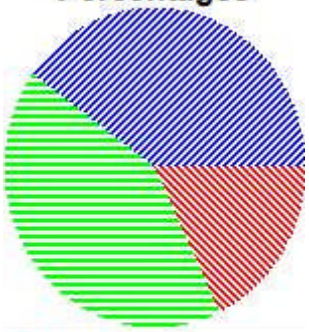
PHOSPHOROUS	218.38 MG
ZINC	5.24 MG
MAGNESIUM	28.18 MG
COPPER	0.026 MG
IRON	13.44 MG
CALCIUM	546.06 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.34%
CHO - 42.13%
FAT - 39.54%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093764 **Desc:** Enchilada Carnitos #9

Nutrition Information

Serving Size: 1 Platter Srvg (595 grams)

Amount Per Serving

Calories: 901 Calories from Fat: 484

		% Daily Value*
Total Fat:	54 GM	83%
Saturated Fat:	24 GM	121%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	125 MG	42%
Sodium:	1610 MG	67%
Potassium:	570 MG	16%
Total Carbohydrate:	75 GM	25%
Dietary Fiber:	11 GM	43%
Sugars:	11 GM	
Protein:	30 GM	61%

Vitamin A: 150% • Vitamin C: 100%
Calcium: 25% • Iron: 35%

Ingredients: **Bierra***(**Boneless Beef Brisket**, **Tomato Roma #2 Frsh**, **Spanish Onions**, **Pepper Chile Guajillo Dried**, **Pepper Chile Ancho Dried**, **Salt**, **Granulated Garlic**, **Ground Cumin**, **Oregano Leaf**, **Regular Grind Black Pepper**)*, **Washed, Cut Romaine Lettuce**, **Mashed Potatoes***(**Baker Potato**, **Whole Milk**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **White American Cheese Loaf**, **Margarine Solid**, **Granulated Garlic**)*, **White Corn Enchilada, 6"**, **Guacamole***(**Fresh Lime**, **Green Avacado**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Fresh Jalapeno Peppers**, **Spanish Onions**)*, **Sour Cream**, **Tomato Roma #2 Frsh**

Fat Soluble Vitamins

VITAMIN D(iu)	3.74 IU
VITAMIN E	0.38 MG_A
VITAMIN K	6.55 MCG
VITAMIN A(iu)	7465.99 IU
VITAMIN A(re)	43 MCG_

Water Soluble Vitamins

THIAMIN	0.09 MG
RIBOFLAVIN	0.04 MG
NIACIN	1.11 MG
VITAMIN B-6	0.27 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	61.16 MG
FOLIC ACID	0.82 MCG

Minerals

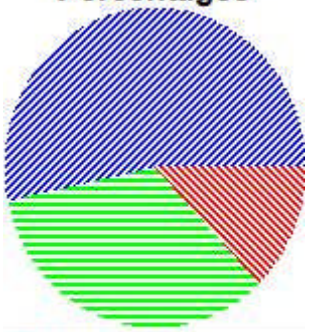
PHOSPHOROUS	59.90 MG
ZINC	0.35 MG
MAGNESIUM	24.00 MG
COPPER	0.129 MG
IRON	6.46 MG
CALCIUM	240.13 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 13.41%
CHO - 33.01%
FAT - 53.58%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093760 **Desc:** Enchilada Ranchera #44

Nutrition Information

Serving Size: 1 Platter Srvg (680 grams)

Amount Per Serving

Calories: 763 Calories from Fat: 452

		% Daily Value*
Total Fat:	50 GM	77%
Saturated Fat:	22 GM	111%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	85 MG	28%
Sodium:	4160 MG	174%
Potassium:	860 MG	25%
Total Carbohydrate:	60 GM	20%
Dietary Fiber:	9 GM	34%
Sugars:	17 GM	
Protein:	31 GM	62%

Vitamin A: 50% • Vitamin C: 170%
Calcium: 60% • Iron: 15%

Ingredients: **Fresh Medium Yellow Squash**, **Pork Carnitas***(Fresh Boneless Pork Cushion, Juice Orng 100% 4+1 Conc, Soy Liquid Shortening, Bag in Box Coke Classic Syrup, Dos Equis, Fresh Lime, Salt, Whole Bay Leaf, Whole Cloves)*, **White American Cheese Loaf**, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **3/8" Cut Shredded Lettuce**, **White Corn Enchilada, 6"**, **Fresh Zucchini**, **Green Peppers**, **Spanish Onions**, **Tomato Roma #2 Frsh**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.57 MG_A
VITAMIN K	9.85 MCG
VITAMIN A(iu)	2462.11 IU
VITAMIN A(re)	83 MCG_

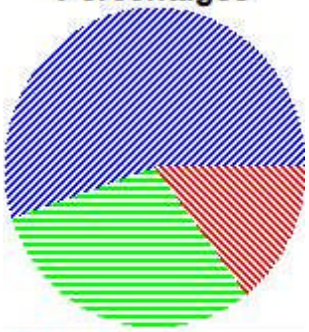
Water Soluble Vitamins	
THIAMIN	0.45 MG
RIBOFLAVIN	0.45 MG
NIACIN	3.02 MG
VITAMIN B-6	0.75 MG
VITAMIN B-12	0.26 MCG
VITAMIN C, TOTAL ASCORBIC ACID	101.85 MG
FOLIC ACID	1.48 MCG

Minerals	
PHOSPHOROUS	185.31 MG
ZINC	1.80 MG
MAGNESIUM	54.33 MG
COPPER	0.170 MG
IRON	2.57 MG
CALCIUM	599.19 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 15.11%
CHO - 29.39%
FAT - 55.49%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093761 **Desc:** Enchilada Supremo

Nutrition Information

Serving Size: 1 Platter Srvg (624 grams)

Amount Per Serving

Calories: 1006 Calories from Fat: 386

		% Daily Value*
Total Fat:	43 GM	66%
Saturated Fat:	20 GM	99%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	3.5 GM	
Cholesterol:	110 MG	36%
Sodium:	2640 MG	110%
Potassium:	380 MG	11%
Total Carbohydrate:	116 GM	39%
Dietary Fiber:	16 GM	63%
Sugars:	18 GM	
Protein:	46 GM	92%

Vitamin A: 110% • Vitamin C: 80%
Calcium: 60% • Iron: 40%

Ingredients: **Salsa de Enchilada***(Canned Tomato Puree, Random Sized Fresh Tomatoes, Spanish Onions, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic, Chicken Base, Ground Cumin, Regular Grind Black Pepper, Pickling Mix)*, **3/8" Cut Shredded Lettuce**, **White Corn Enchilada, 6"**, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Beef Taco Meat***(Ground Beef, Spanish Onions, Fresh Medium Yellow Squash, Fresh Zucchini, Random Sized Fresh Tomatoes, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Pepper Chile Guajillo Dried, Whole Bay Leaf)*, **White American Cheese Loaf**, **Pollo de la Linea***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)*, **Tomato Roma #2 Frsh**, **Sour Cream**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.22 MG_A
VITAMIN K	3.05 MCG
VITAMIN A(iu)	5627.36 IU
VITAMIN A(re)	178 MCG_

Water Soluble Vitamins

THIAMIN	0.06 MG
RIBOFLAVIN	0.09 MG
NIACIN	2.17 MG
VITAMIN B-6	0.23 MG
VITAMIN B-12	0.86 MCG
VITAMIN C, TOTAL ASCORBIC ACID	49.72 MG
FOLIC ACID	8.15 MCG

Minerals

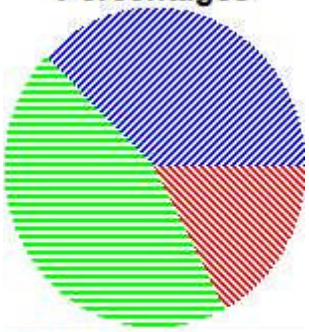
PHOSPHOROUS	89.52 MG
ZINC	1.86 MG
MAGNESIUM	14.15 MG
COPPER	0.033 MG
IRON	7.14 MG
CALCIUM	554.22 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.74%
CHO - 44.98%
FAT - 37.28%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093044 **Desc:** Enchilada Vegetariana #155

Nutrition Information

Serving Size: 1 Platter Srvg (626 grams)

Amount Per Serving

Calories: 1136 Calories from Fat: 634

		% Daily Value*
Total Fat:	70 GM	108%
Saturated Fat:	44 GM	218%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	140 MG	47%
Sodium:	3790 MG	158%
Potassium:	300 MG	9%
Total Carbohydrate:	97 GM	32%
Dietary Fiber:	8 GM	33%
Sugars:	19 GM	
Protein:	48 GM	95%

Vitamin A: 110% • Vitamin C: 110%
Calcium: 130% • Iron: 20%

Ingredients: **White American Cheese Loaf, 3/8" Cut Shredded Lettuce, White Corn Enchilada, 6", Salsa de Enchilada***(Canned Tomato Puree, Random Sized Fresh Tomatoes, Spanish Onions, Pepper Chile Ancho Dried, Pepper Chile Guajillo Dried, Salt, Granulated Garlic, Chicken Base, Ground Cumin, Regular Grind Black Pepper, Pickling Mix)***, Tortilla Flour 8" Frsh, Fresh Green Peppers, Fresh Zucchini, Spanish Onions, Random Sized Fresh Tomatoes**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.36 MG_A
VITAMIN K	5.00 MCG
VITAMIN A(iu)	5441.15 IU
VITAMIN A(re)	116 MCG_

Water Soluble Vitamins

THIAMIN	0.06 MG
RIBOFLAVIN	0.08 MG
NIACIN	0.68 MG
VITAMIN B-6	0.23 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	62.87 MG
FOLIC ACID	6.70 MCG

Minerals

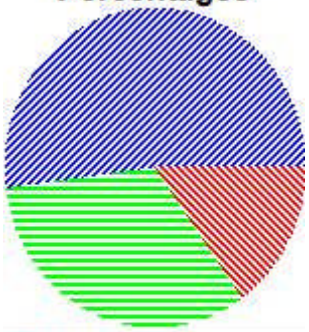
PHOSPHOROUS	36.79 MG
ZINC	0.26 MG
MAGNESIUM	12.02 MG
COPPER	0.052 MG
IRON	3.48 MG
CALCIUM	1296.03 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 15.69%
CHO - 32.10%
FAT - 52.20%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093765 **Desc:** Fajitas del Mar

Nutrition Information

Serving Size: 1 Platter Srvg (800 grams)

Amount Per Serving

Calories: 1143 Calories from Fat: 262

		% Daily Value*
Total Fat:	29 GM	45%
Saturated Fat:	7 GM	35%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	205 MG	68%
Sodium:	2650 MG	111%
Potassium:	600 MG	17%
Total Carbohydrate:	151 GM	50%
Dietary Fiber:	14 GM	58%
Sugars:	8 GM	
Protein:	66 GM	133%

Vitamin A: 20% • Vitamin C: 40%
Calcium: 40% • Iron: 50%

Ingredients: **Scallop Sea Dom 20-30ct Fz**, **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Fried Beans*(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)***, **Fresh Cleaned Mushrooms**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Fresh Zucchini**, **Sour Cream**, **Pico de Gallo** ***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)***

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.27 MG_A
VITAMIN K	1.53 MCG
VITAMIN A(iu)	1107.86 IU
VITAMIN A(re)	10 MCG_

Water Soluble Vitamins

THIAMIN	0.23 MG
RIBOFLAVIN	0.07 MG
NIACIN	1.77 MG
VITAMIN B-6	0.23 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	25.47 MG
FOLIC ACID	52.15 MCG

Minerals

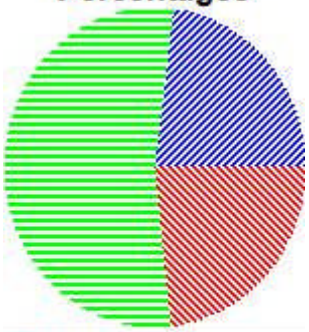
PHOSPHOROUS	49.34 MG
ZINC	0.33 MG
MAGNESIUM	13.09 MG
COPPER	0.047 MG
IRON	9.40 MG
CALCIUM	391.76 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 23.42%
CHO - 53.45%
FAT - 23.13%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093767 **Desc:** Fajitas Supremas

Nutrition Information

Serving Size: 1 Platter Srvg (871 grams)

Amount Per Serving

Calories: 1315 Calories from Fat: 325

		% Daily Value*
Total Fat:	36 GM	55%
Saturated Fat:	10 GM	50%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	7 GM	
Cholesterol:	320 MG	106%
Sodium:	2620 MG	109%
Potassium:	600 MG	17%
Total Carbohydrate:	146 GM	49%
Dietary Fiber:	14 GM	58%
Sugars:	8 GM	
Protein:	98 GM	195%

Vitamin A: 20% • Vitamin C: 40%
Calcium: 40% • Iron: 70%

Ingredients: Shrimp Wht S-On 26-30 Ez Pl Fz, Tortilla Flour 6" Frsh, Boneless Skinless Chicken Breast 5z, Choice Beef Sirloin Flap, Mexican Fried Rice - Batch *(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, Fried Beans*(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, Fresh Cleaned Mushrooms, Random Sized Fresh Tomatoes, Spanish Onions, Fresh Zucchini, Sour Cream, Pico de Gallo *(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.27 MG_A
VITAMIN K	1.53 MCG
VITAMIN A(iu)	1107.86 IU
VITAMIN A(re)	10 MCG_

Water Soluble Vitamins

THIAMIN	0.35 MG
RIBOFLAVIN	0.31 MG
NIACIN	1.77 MG
VITAMIN B-6	0.23 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	25.47 MG
FOLIC ACID	52.15 MCG

Minerals

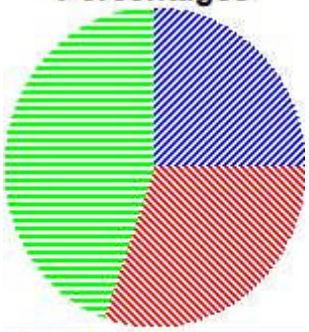
PHOSPHOROUS	49.34 MG
ZINC	5.88 MG
MAGNESIUM	13.09 MG
COPPER	0.047 MG
IRON	12.42 MG
CALCIUM	400.76 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 30.10%
CHO - 44.88%
FAT - 25.02%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093769 **Desc:** Fajitas Vallarta

Nutrition Information

Serving Size: 1 Platter Srvg (871 grams)

Amount Per Serving

Calories: 1315 Calories from Fat: 325

		% Daily Value*
Total Fat:	36 GM	55%
Saturated Fat:	10 GM	50%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	7 GM	
Cholesterol:	320 MG	106%
Sodium:	2620 MG	109%
Potassium:	600 MG	17%
Total Carbohydrate:	146 GM	49%
Dietary Fiber:	14 GM	58%
Sugars:	8 GM	
Protein:	98 GM	195%

Vitamin A: 20% • Vitamin C: 40%
Calcium: 40% • Iron: 70%

Ingredients: Shrimp Wht S-On 26-30 Ez Pl Fz, Tortilla Flour 6" Frsh, Boneless Skinless Chicken Breast 5z, Choice Beef Sirloin Flap, Mexican Fried Rice - Batch ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*****, Fried Beans*****(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*****, Fresh Cleaned Mushrooms, Random Sized Fresh Tomatoes, Spanish Onions, Fresh Zucchini, Sour Cream, Pico de Gallo** ***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)***

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.27 MG_A
VITAMIN K	1.53 MCG
VITAMIN A(iu)	1107.86 IU
VITAMIN A(re)	10 MCG_

Water Soluble Vitamins

THIAMIN	0.35 MG
RIBOFLAVIN	0.31 MG
NIACIN	1.77 MG
VITAMIN B-6	0.23 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	25.47 MG
FOLIC ACID	52.15 MCG

Minerals

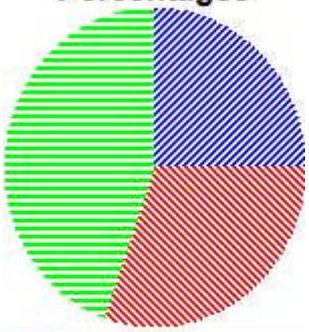
PHOSPHOROUS	49.34 MG
ZINC	5.88 MG
MAGNESIUM	13.09 MG
COPPER	0.047 MG
IRON	12.42 MG
CALCIUM	400.76 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 30.10%
CHO - 44.88%
FAT - 25.02%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093045 **Desc:** Flan

Nutrition Information

Serving Size: 1 Platter Srvg (211 grams)

Amount Per Serving

Calories: 226 Calories from Fat: 81

		% Daily Value*
Total Fat:	9 GM	14%
Saturated Fat:	4.5 GM	22%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0.5 GM	
Cholesterol:	235 MG	78%
Sodium:	150 MG	6%
Potassium:	290 MG	8%
Total Carbohydrate:	23 GM	8%
Dietary Fiber:	0 GM	0%
Sugars:	22 GM	
Protein:	12 GM	24%

Vitamin A: 15% • Vitamin C: 2%
Calcium: 25% • Iron: 4%

Ingredients: 2% White Milk, Large Grade A Shell Eggs, Sweetened Condensed Milk, Imitation Vanilla, Sugar Sub Pkt

Fat Soluble Vitamins	
VITAMIN D(iu)	43.55 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	678.56 IU
VITAMIN A(re)	0 MCG_

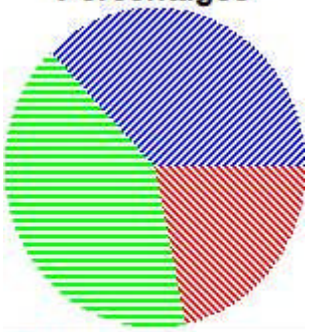
Water Soluble Vitamins	
THIAMIN	0.05 MG
RIBOFLAVIN	0.19 MG
NIACIN	0.10 MG
VITAMIN B-6	0.04 MG
VITAMIN B-12	0.42 MCG
VITAMIN C, TOTAL ASCORBIC ACID	1.09 MG
FOLIC ACID	0 MCG

Minerals	
PHOSPHOROUS	111.84 MG
ZINC	0.47 MG
MAGNESIUM	0.12 MG
COPPER	0 MG
IRON	0.78 MG
CALCIUM	235.53 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.92%
CHO - 41.45%
FAT - 36.64%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093770 **Desc:** Flautas #140 Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (624 grams)

Amount Per Serving

Calories: 965 Calories from Fat: 273

		% Daily Value*
Total Fat:	30 GM	47%
Saturated Fat:	10 GM	50%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	80 MG	27%
Sodium:	2070 MG	86%
Potassium:	340 MG	10%
Total Carbohydrate:	127 GM	42%
Dietary Fiber:	21 GM	84%
Sugars:	10 GM	
Protein:	42 GM	83%

Vitamin A: 30% • Vitamin C: 90%
Calcium: 25% • Iron: 50%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Fried Beans*(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)***, **3/8" Cut Shredded Lettuce**, **Pollo de la Linea** ***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)***, **Guacamole*(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)***, **Sour Cream**, **Tomato Roma #2 Frsh**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.31 MG_A
VITAMIN K	3.63 MCG
VITAMIN A(iu)	1567.73 IU
VITAMIN A(re)	38 MCG_

Water Soluble Vitamins

THIAMIN	0.25 MG
RIBOFLAVIN	0.02 MG
NIACIN	1.89 MG
VITAMIN B-6	0.09 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	54.18 MG
FOLIC ACID	55.93 MCG

Minerals

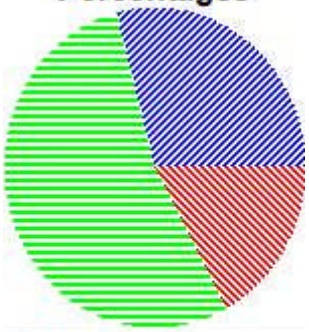
PHOSPHOROUS	25.08 MG
ZINC	0.16 MG
MAGNESIUM	10.03 MG
COPPER	0.060 MG
IRON	8.90 MG
CALCIUM	267.76 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.60%
CHO - 53.55%
FAT - 28.85%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093990 **Desc:** Fried Beans

Nutrition Information

Serving Size: 1 Batch Srvg (191 grams)

Amount Per Serving

Calories: 776 Calories from Fat: 201

		% Daily Value*
Total Fat:	22 GM	34%
Saturated Fat:	3 GM	15%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	600 MG	25%
Potassium:	5 MG	0%
Total Carbohydrate:	103 GM	34%
Dietary Fiber:	26 GM	103%
Sugars:	4 GM	
Protein:	37 GM	73%

Vitamin A: 0% • Vitamin C: 15%
Calcium: 20% • Iron: 60%

Ingredients: **Dry Pinto Beans**, **Soy Liquid Shortening**, **Spanish Onions**, **Mexican Serrano Chile Peppers**, **Salt**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.01 MG_A
VITAMIN K	0.01 MCG
VITAMIN A(iu)	15.06 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.00 MG
VITAMIN B-6	0.00 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	9.01 MG
FOLIC ACID	0 MCG

Minerals

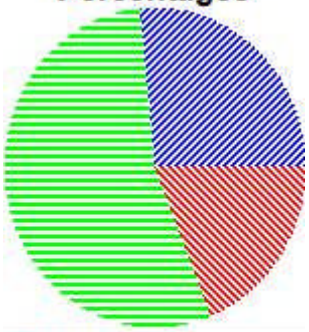
PHOSPHOROUS	0.85 MG
ZINC	0.01 MG
MAGNESIUM	0.31 MG
COPPER	0.001 MG
IRON	9.88 MG
CALCIUM	219.95 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 19.31%
CHO - 54.20%
FAT - 26.49%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093991 **Desc:** Guacamole

Nutrition Information

Serving Size: 1 Batch Srvg (16 grams)

Amount Per Serving

Calories: 10 Calories from Fat: 6

		% Daily Value*
Total Fat:	0.5 GM	1%
Saturated Fat:	0 GM	1%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	220 MG	9%
Potassium:	10 MG	0%
Total Carbohydrate:	1 GM	0%
Dietary Fiber:	less than 1 GM	2%
Sugars:	0 GM	
Protein:	0 GM	0%

Vitamin A: 2% • Vitamin C: 6%
Calcium: 0% • Iron: 0%

Ingredients: **Fresh Lime**, **Green Avacado**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Fresh Jalapeno Peppers**, **Spanish Onions**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.08 MCG
VITAMIN A(iu)	95.58 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.02 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	3.61 MG
FOLIC ACID	0 MCG

Minerals

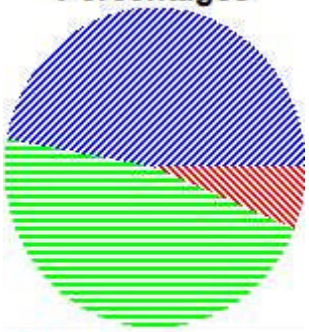
PHOSPHOROUS	1.79 MG
ZINC	0.01 MG
MAGNESIUM	0.62 MG
COPPER	0.007 MG
IRON	0.06 MG
CALCIUM	3.20 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 6.63%
CHO - 46.40%
FAT - 46.98%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093771 **Desc:** Hawaiian Style Fajita

Nutrition Information

Serving Size: 1 Platter Srvg (970 grams)

Amount Per Serving

Calories: 1281 Calories from Fat: 280

		% Daily Value*
Total Fat:	31 GM	48%
Saturated Fat:	8 GM	39%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	275 MG	92%
Sodium:	2750 MG	114%
Potassium:	670 MG	19%
Total Carbohydrate:	156 GM	52%
Dietary Fiber:	15 GM	60%
Sugars:	12 GM	
Protein:	91 GM	183%

Vitamin A: 25% • Vitamin C: 50%
Calcium: 40% • Iron: 60%

Ingredients: **Scallop Sea Dom 20-30ct Fz, Shrimp Wht S-On 26-30 Ez Pl Fz, Tortilla Flour 6" Frsh, Boneless Skinless Chicken Breast 5z, Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*****, Fried Beans*****(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*****, Fresh Cleaned Mushrooms, Random Sized Fresh Tomatoes, Spanish Onions, Pineapple Tidbits, Fresh Zucchini, Sour Cream, Pico de Gallo*****(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)***

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.27 MG_A
VITAMIN K	1.53 MCG
VITAMIN A(iu)	1129.41 IU
VITAMIN A(re)	10 MCG_

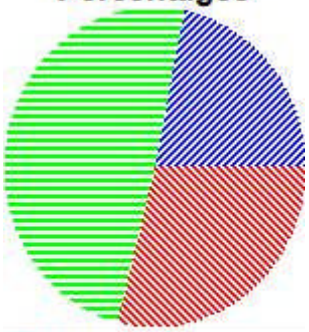
Water Soluble Vitamins	
THIAMIN	0.28 MG
RIBOFLAVIN	0.09 MG
NIACIN	1.94 MG
VITAMIN B-6	0.27 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	29.84 MG
FOLIC ACID	52.15 MCG

Minerals	
PHOSPHOROUS	51.61 MG
ZINC	0.40 MG
MAGNESIUM	23.29 MG
COPPER	0.047 MG
IRON	10.20 MG
CALCIUM	400.26 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 28.77%
CHO - 49.15%
FAT - 22.08%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093046 **Desc:** Large Bean Dip

Nutrition Information

Serving Size: 1 Platter Srvg (513 grams)

Amount Per Serving

Calories: 1818 Calories from Fat: 330

		% Daily Value*
Total Fat:	37 GM	56%
Saturated Fat:	18 GM	90%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	90 MG	30%
Sodium:	1820 MG	76%
Potassium:	0 MG	0%
Total Carbohydrate:	253 GM	84%
Dietary Fiber:	63 GM	250%
Sugars:	12 GM	
Protein:	107 GM	214%

Vitamin A: 25% • Vitamin C: 35%
Calcium: 110% • Iron: 130%

Ingredients: **Dry Pinto Beans**, **Cheese Dip** ***(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)***

Fat Soluble Vitamins

VITAMIN D(iu)	0.04 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	1187.02 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	22.38 MG
FOLIC ACID	0 MCG

Minerals

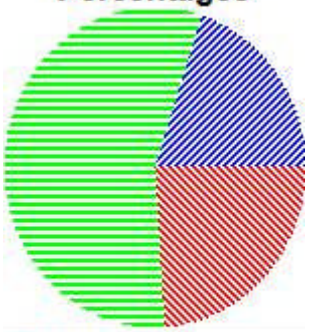
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	23.98 MG
CALCIUM	1071.09 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 24.03%
CHO - 55.71%
FAT - 20.26%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093047 **Desc:** Mashed Potatoes

Nutrition Information

Serving Size: 1 Batch Srvg (54 grams)

Amount Per Serving

Calories: 56 Calories from Fat: 22

		% Daily Value*
Total Fat:	2.5 GM	4%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	less than 5 MG	1%
Sodium:	60 MG	2%
Potassium:	170 MG	5%
Total Carbohydrate:	7 GM	2%
Dietary Fiber:	less than 1 GM	4%
Sugars:	less than 1 GM	
Protein:	1 GM	3%

Vitamin A: 4% • Vitamin C: 15%
Calcium: 4% • Iron: 2%

Ingredients: **Baker Potato**, **Whole Milk**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **White American Cheese Loaf**, **Margarine Solid**, **Granulated Garlic**

Fat Soluble Vitamins

VITAMIN D(iu)	2.40 IU
VITAMIN E	0.01 MG_A
VITAMIN K	0.71 MCG
VITAMIN A(iu)	137.20 IU
VITAMIN A(re)	1 MCG_

Water Soluble Vitamins

THIAMIN	0.03 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.41 MG
VITAMIN B-6	0.12 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	7.99 MG
FOLIC ACID	0.53 MCG

Minerals

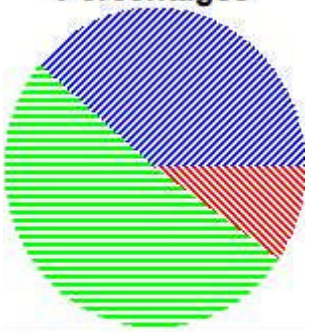
PHOSPHOROUS	22.79 MG
ZINC	0.12 MG
MAGNESIUM	8.83 MG
COPPER	0.041 MG
IRON	0.30 MG
CALCIUM	27.42 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 10.16%
CHO - 51.49%
FAT - 38.35%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093992 **Desc:** Mexican Fried Rice - Batch

Nutrition Information

Serving Size: 1 Batch Srvg (58 grams)

Amount Per Serving

Calories: 89 Calories from Fat: 11

		% Daily Value*
Total Fat:	1 GM	2%
Saturated Fat:	0 GM	1%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	230 MG	10%
Potassium:	35 MG	1%
Total Carbohydrate:	17 GM	6%
Dietary Fiber:	0 GM	0%
Sugars:	0 GM	
Protein:	1 GM	3%

Vitamin A: 2% • Vitamin C: 2%
Calcium: 0% • Iron: 4%

Ingredients: **Water**, **Xtra Long Grain Rice**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Canned Tomato Puree**, **Margarine Solid**, **Chicken Base**, **Granulated Garlic**, **Salt**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.01 MG_A
VITAMIN K	0.01 MCG
VITAMIN A(iu)	86.36 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.11 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.79 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	0.78 MG
FOLIC ACID	28.54 MCG

Minerals

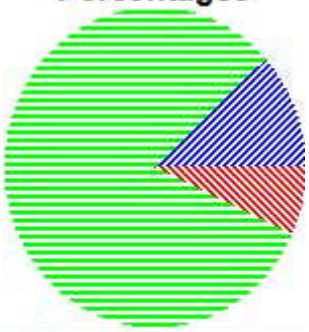
PHOSPHOROUS	2.12 MG
ZINC	0.01 MG
MAGNESIUM	0.80 MG
COPPER	0.003 MG
IRON	0.71 MG
CALCIUM	1.71 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 7.18%
CHO - 80.47%
FAT - 12.35%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093048 **Desc:** Mole Poblano

Nutrition Information

Serving Size: 1 Batch Srvg (29 grams)

Amount Per Serving

Calories: 140 Calories from Fat: 74

		% Daily Value*
Total Fat:	8 GM	13%
Saturated Fat:	1.5 GM	7%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	430 MG	18%
Potassium:	5 MG	0%
Total Carbohydrate:	14 GM	5%
Dietary Fiber:	1 GM	5%
Sugars:	8 GM	
Protein:	2 GM	5%

Vitamin A: 10% • Vitamin C: 0%
Calcium: 2% • Iron: 6%

Ingredients: **Sauce Mole**, **Flour**, **Granulated Sugar**, **Chocolate Tab**, **Chicken Base**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	441.29 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.03 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.28 MG
VITAMIN B-6	0.00 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	0 MG
FOLIC ACID	8.02 MCG

Minerals

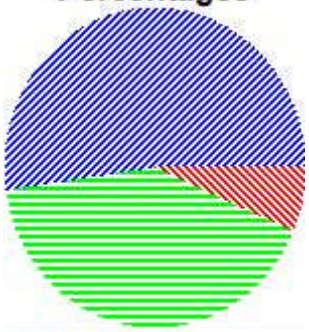
PHOSPHOROUS	5.78 MG
ZINC	0.04 MG
MAGNESIUM	1.18 MG
COPPER	0 MG
IRON	0.87 MG
CALCIUM	12.57 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 6.93%
CHO - 40.61%
FAT - 52.46%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093993 **Desc:** Pico de Gallo

Nutrition Information

Serving Size: 1 Batch Srvg (49 grams)

Amount Per Serving

Calories: 14 Calories from Fat: 1

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	115 MG	5%
Potassium:	80 MG	2%
Total Carbohydrate:	3 GM	1%
Dietary Fiber:	less than 1 GM	3%
Sugars:	1 GM	
Protein:	0 GM	1%

Vitamin A: 10% • Vitamin C: 10%
Calcium: 2% • Iron: 2%

Ingredients: **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Fresh Lime**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Mexican Serrano Chile Peppers**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.07 MG_A
VITAMIN K	0.11 MCG
VITAMIN A(iu)	452.17 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.14 MG
VITAMIN B-6	0.05 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	6.64 MG
FOLIC ACID	2.93 MCG

Minerals

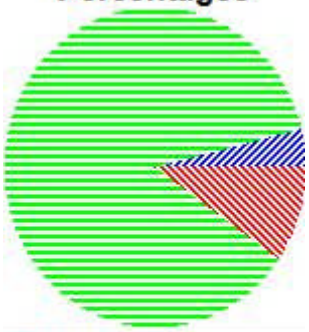
PHOSPHOROUS	10.77 MG
ZINC	0.07 MG
MAGNESIUM	2.22 MG
COPPER	0.011 MG
IRON	0.12 MG
CALCIUM	7.94 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 10.19%
CHO - 85.70%
FAT - 4.11%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093049 **Desc:** Pinto Beans

Nutrition Information

Serving Size: 1 Batch Srvg (77 grams)

Amount Per Serving

Calories: 174 Calories from Fat: 5

		% Daily Value*
Total Fat:	0.5 GM	1%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	590 MG	24%
Potassium:	0 MG	0%
Total Carbohydrate:	30 GM	10%
Dietary Fiber:	8 GM	30%
Sugars:	1 GM	
Protein:	11 GM	22%

Vitamin A: 0% • Vitamin C: 6%
Calcium: 8% • Iron: 15%

Ingredients: **Distilled Water**, **Dry Pinto Beans**, **Spanish Onions**, **Salt**, **Mexican Serrano Chile Peppers**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	5.62 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	2.77 MG
FOLIC ACID	0 MCG

Minerals

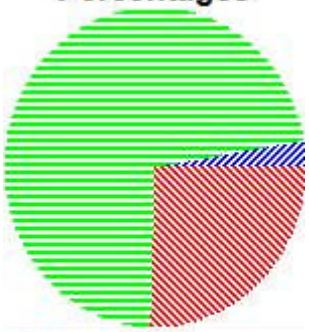
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	2.93 MG
CALCIUM	65.37 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 25.45%
CHO - 71.70%
FAT - 2.86%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093050 **Desc:** Pollo de la Linea

Nutrition Information

Serving Size: 1 Batch Srvg (28 grams)

Amount Per Serving

Calories: 21 Calories from Fat: 5

		% Daily Value*
Total Fat:	0.5 GM	1%
Saturated Fat:	0 GM	1%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	10 MG	4%
Sodium:	80 MG	3%
Potassium:	15 MG	0%
Total Carbohydrate:	less than 1 GM	0%
Dietary Fiber:	0 GM	1%
Sugars:	0 GM	
Protein:	3 GM	7%

Vitamin A: 2% • Vitamin C: 10%
Calcium: 0% • Iron: 0%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Green Peppers**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Peppers Chipotle Adobo Sauce**, **Soy Liquid Shortening**, **Chicken Base**, **Granulated Garlic**, **Regular Grind Black Pepper**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.27 MCG
VITAMIN A(iu)	42.32 IU
VITAMIN A(re)	5 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.02 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	6.49 MG
FOLIC ACID	0 MCG

Minerals

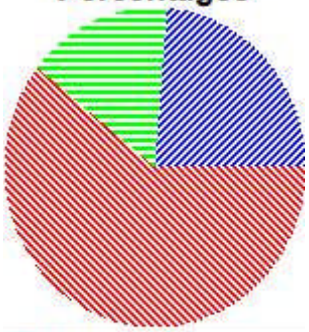
PHOSPHOROUS	1.79 MG
ZINC	0.01 MG
MAGNESIUM	0.73 MG
COPPER	0.003 MG
IRON	0.09 MG
CALCIUM	1.91 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 61.20%
CHO - 15.02%
FAT - 23.78%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093051 **Desc:** Pollo Marinado

Nutrition Information

Serving Size: 1 Batch Srvg (41 grams)

Amount Per Serving

Calories: 29 Calories from Fat: 19

		% Daily Value*
Total Fat:	2 GM	3%
Saturated Fat:	1 GM	6%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	5 MG	2%
Sodium:	1250 MG	52%
Potassium:	0 MG	0%
Total Carbohydrate:	3 GM	1%
Dietary Fiber:	less than 1 GM	3%
Sugars:	less than 1 GM	
Protein:	0 GM	0%

Vitamin A: 10% • Vitamin C: 15%
Calcium: 2% • Iron: 2%

Ingredients: **Fancy California Lemon**, **Sour Cream**, **Pepper Jalapeno Whl Cnd**, **Salt**, **Granulated Garlic**, **Pepper Chile Guajillo Dried**, **Pepper Chile Arbol Dried**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	460.09 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	8.33 MG
FOLIC ACID	0 MCG

Minerals

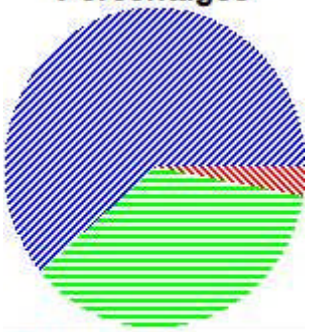
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	0.12 MG
CALCIUM	19.19 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 3.07%
CHO - 35.13%
FAT - 61.80%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093060 **Desc:** Pork Carnitas

Nutrition Information

Serving Size: 1 Batch Srvg (3131 grams)

Amount Per Serving

Calories: 6131 Calories from Fat: 4527

		% Daily Value*
Total Fat:	503 GM	774%
Saturated Fat:	93 GM	467%
Trans Fat:	0 GM	
Polyunsaturated Fat:	7 GM	
Monounsaturated Fat:	25 GM	
Cholesterol:	680 MG	227%
Sodium:	56560 MG	2357%
Potassium:	3480 MG	100%
Total Carbohydrate:	152 GM	51%
Dietary Fiber:	4 GM	17%
Sugars:	123 GM	
Protein:	194 GM	387%

Vitamin A: 4% • Vitamin C: 690%
Calcium: 10% • Iron: 70%

Ingredients: **Fresh Boneless Pork Cushion**, **Juice Orng 100% 4+1 Conc**, **Soy Liquid Shortening**, **Bag in Box Coke Classic Syrup**, **Dos Equis**, **Fresh Lime**, **Salt**, **Whole Bay Leaf**, **Whole Cloves**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.37 MG_A
VITAMIN K	0.93 MCG
VITAMIN A(iu)	145.49 IU
VITAMIN A(re)	2 MCG_

Water Soluble Vitamins

THIAMIN	8.52 MG
RIBOFLAVIN	2.99 MG
NIACIN	45.52 MG
VITAMIN B-6	4.76 MG
VITAMIN B-12	7.14 MCG
VITAMIN C, TOTAL ASCORBIC ACID	413.45 MG
FOLIC ACID	40.82 MCG

Minerals

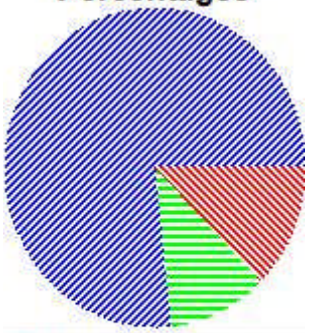
PHOSPHOROUS	2163.84 MG
ZINC	27.83 MG
MAGNESIUM	211.33 MG
COPPER	0.100 MG
IRON	12.46 MG
CALCIUM	109.07 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 13.11%
CHO - 10.29%
FAT - 76.61%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093772 **Desc:** Quesadilla Mexicana #33

Nutrition Information

Serving Size: 1 Platter Srvg (513 grams)

Amount Per Serving

Calories: 712 Calories from Fat: 350

		% Daily Value*
Total Fat:	39 GM	60%
Saturated Fat:	21 GM	106%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	115 MG	39%
Sodium:	2400 MG	100%
Potassium:	320 MG	9%
Total Carbohydrate:	59 GM	20%
Dietary Fiber:	10 GM	39%
Sugars:	11 GM	
Protein:	33 GM	65%

Vitamin A: 50% • Vitamin C: 80%
Calcium: 50% • Iron: 20%

Ingredients: **3/8" Cut Shredded Lettuce**, **Pollo de la Linea***(**Butterfly Bone/Skin-less Chix Breast**, **Green Peppers**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Peppers Chipotle Adobo Sauce**, **Soy Liquid Shortening**, **Chicken Base**, **Granulated Garlic**, **Regular Grind Black Pepper**)*, **Guacamole***(**Fresh Lime**, **Green Avacado**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Fresh Jalapeno Peppers**, **Spanish Onions**)*, **Tomato Roma #2 Frsh**, **White American Cheese Loaf**, **Sour Cream**, **Tortilla Flour 8" Frsh**, **Fried Beans***(**Dry Pinto Beans**, **Soy Liquid Shortening**, **Spanish Onions**, **Mexican Serrano Chile Peppers**, **Salt**)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.39 MG_A
VITAMIN K	5.72 MCG
VITAMIN A(iu)	2416.76 IU
VITAMIN A(re)	53 MCG_

Water Soluble Vitamins

THIAMIN	0.04 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.49 MG
VITAMIN B-6	0.09 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	48.99 MG
FOLIC ACID	0 MCG

Minerals

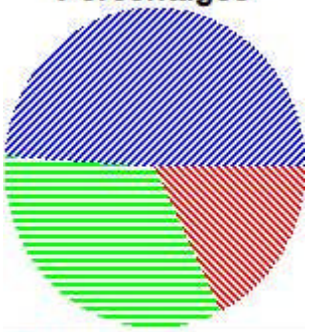
PHOSPHOROUS	26.46 MG
ZINC	0.18 MG
MAGNESIUM	11.08 MG
COPPER	0.069 MG
IRON	3.68 MG
CALCIUM	542.22 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 18.20%
CHO - 32.98%
FAT - 48.82%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093053 **Desc:** Salsa Burritas Tapatias

Nutrition Information

Serving Size: 1 Batch Srvg (29 grams)

Amount Per Serving

Calories: 17 Calories from Fat: 1

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	320 MG	13%
Potassium:	0 MG	0%
Total Carbohydrate:	4 GM	1%
Dietary Fiber:	0 GM	1%
Sugars:	4 GM	
Protein:	0 GM	0%

Vitamin A: 8% • Vitamin C: 6%
Calcium: 2% • Iron: 2%

Ingredients: 25% Ketchup, Tomato Strp Robusto Cnd, Peppers Chipotle Adobo Sauce, Spanish Onions, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Soy Liquid Shortening, Whole Cloves

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.00 MG_A
VITAMIN K	0.00 MCG
VITAMIN A(iu)	334.40 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.00 MG
VITAMIN B-6	0.00 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	2.75 MG
FOLIC ACID	0 MCG

Minerals

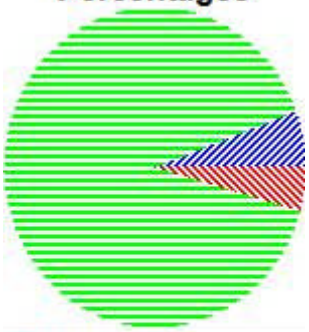
PHOSPHOROUS	0.17 MG
ZINC	0.00 MG
MAGNESIUM	0.06 MG
COPPER	0.000 MG
IRON	0.22 MG
CALCIUM	6.21 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 4.69%
CHO - 89.29%
FAT - 6.03%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093055 **Desc:** Salsa Chipotle

Nutrition Information

Serving Size: 1 Batch Srvg (28 grams)

Amount Per Serving

Calories: 26 Calories from Fat: 7

		% Daily Value*
Total Fat:	0.5 GM	1%
Saturated Fat:	0 GM	1%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	270 MG	11%
Potassium:	0 MG	0%
Total Carbohydrate:	5 GM	2%
Dietary Fiber:	0 GM	0%
Sugars:	5 GM	
Protein:	0 GM	0%

Vitamin A: 8% • Vitamin C: 2%
Calcium: 0% • Iron: 0%

Ingredients: 25% Ketchup, White Vinegar, Peppers Chipotle Adobo Sauce, Mayonnaise

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	381.23 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0 MG
VITAMIN B-6	0.00 MG
VITAMIN B-12	0.00 MCG
VITAMIN C, TOTAL ASCORBIC ACID	1.07 MG
FOLIC ACID	0 MCG

Minerals

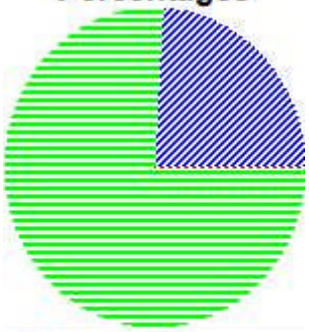
PHOSPHOROUS	0.24 MG
ZINC	0.00 MG
MAGNESIUM	0.01 MG
COPPER	0 MG
IRON	0.03 MG
CALCIUM	0.12 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 0.15%
CHO - 75.71%
FAT - 24.15%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093056 **Desc:** Salsa de Birria

Nutrition Information

Serving Size: 1 Batch Srvg (32 grams)

Amount Per Serving

Calories: 34 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	340 MG	14%
Potassium:	40 MG	1%
Total Carbohydrate:	6 GM	2%
Dietary Fiber:	1 GM	4%
Sugars:	4 GM	
Protein:	1 GM	2%

Vitamin A: 80% • Vitamin C: 8%
Calcium: 2% • Iron: 4%

Ingredients: **Tomato Roma #2 Frsh**, **Pepper Chile Guajillo Dried**, **Spanish Onions**, **Pepper Chile Ancho Dried**, **Sauce Hot Picante**, **Pepper Chile Arbol Dried**, **Salt**, **Granulated Garlic**, **Regular Grind Black Pepper**, **Whole Cloves**, **Whole Bay Leaf**, **Ground Oregano**, **Whole Cloves**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.07 MG_A
VITAMIN K	1.19 MCG
VITAMIN A(iu)	4205.63 IU
VITAMIN A(re)	9 MCG_

Water Soluble Vitamins

THIAMIN	0.01 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.09 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	4.13 MG
FOLIC ACID	0 MCG

Minerals

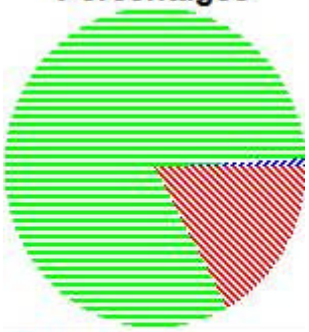
PHOSPHOROUS	4.39 MG
ZINC	0.03 MG
MAGNESIUM	1.94 MG
COPPER	0.010 MG
IRON	0.57 MG
CALCIUM	6.86 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.45%
CHO - 81.59%
FAT - 0.96%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092990 **Desc:** Salsa de Burro

Nutrition Information

Serving Size: 1 Batch Srvg (28 grams)

Amount Per Serving

Calories: 6 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	1870 MG	78%
Potassium:	5 MG	0%
Total Carbohydrate:	1 GM	0%
Dietary Fiber:	0 GM	0%
Sugars:	less than 1 GM	
Protein:	0 GM	0%

Vitamin A: 2% • Vitamin C: 4%
Calcium: 0% • Iron: 0%

Ingredients: **Salt**, **Canned Tomato Puree**, **Granulated Garlic**, **Pickling Mix**, **Regular Grind Black Pepper**, **Spanish Onions**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.01 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	59.16 IU
VITAMIN A(re)	12 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.00 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	1.72 MG
FOLIC ACID	0 MCG

Minerals

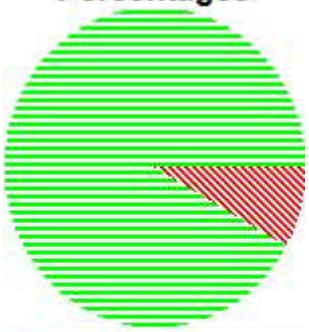
PHOSPHOROUS	1.28 MG
ZINC	0.01 MG
MAGNESIUM	0.47 MG
COPPER	0.002 MG
IRON	0.04 MG
CALCIUM	1.04 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 8.63%
CHO - 91.37%
FAT - 0%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092989 **Desc:** Salsa de Enchilada

Nutrition Information

Serving Size: 1 Batch Srvg (45 grams)

Amount Per Serving

Calories: 31 Calories from Fat: 1

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	420 MG	17%
Potassium:	35 MG	1%
Total Carbohydrate:	6 GM	2%
Dietary Fiber:	less than 1 GM	4%
Sugars:	3 GM	
Protein:	less than 1 GM	2%

Vitamin A: 30% • Vitamin C: 15%
Calcium: 0% • Iron: 2%

Ingredients: **Canned Tomato Puree**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Pepper Chile Ancho Dried**, **Pepper Chile Guajillo Dried**, **Salt**, **Granulated Garlic**, **Chicken Base**, **Ground Cumin**, **Regular Grind Black Pepper**, **Pickling Mix**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.01 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	1530.43 IU
VITAMIN A(re)	59 MCG_

Water Soluble Vitamins

THIAMIN	0.01 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.08 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	9.51 MG
FOLIC ACID	1.93 MCG

Minerals

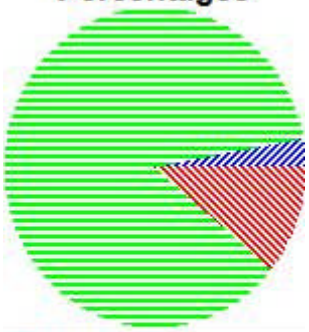
PHOSPHOROUS	4.24 MG
ZINC	0.03 MG
MAGNESIUM	0.43 MG
COPPER	0.002 MG
IRON	0.41 MG
CALCIUM	3.65 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 11.50%
CHO - 85.42%
FAT - 3.08%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092988 **Desc:** Salsa de Tacos al Pastor

Nutrition Information

Serving Size: 1 Batch Srvg (29 grams)

Amount Per Serving

Calories: 11 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	75 MG	3%
Potassium:	0 MG	0%
Total Carbohydrate:	2 GM	1%
Dietary Fiber:	0 GM	2%
Sugars:	1 GM	
Protein:	0 GM	1%

Vitamin A: 15% • Vitamin C: 8%
Calcium: 2% • Iron: 2%

Ingredients: **Tomato Strp Robusto Cnd**, **Distilled Water**, **Granulated Garlic**, **Pepper Chile Ancho Dried**, **Pepper Chile Guajillo Dried**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	637.78 IU
VITAMIN A(re)	0 MCG_

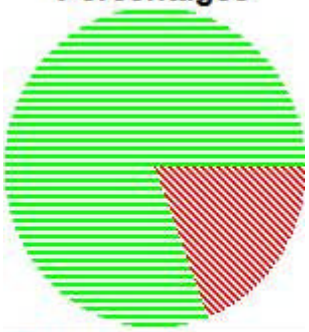
Water Soluble Vitamins	
THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	4.42 MG
FOLIC ACID	0 MCG

Minerals	
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	0.21 MG
CALCIUM	12.61 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 19.62%
CHO - 80.38%
FAT - 0%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092987 **Desc:** Salsa Diabla

Nutrition Information

Serving Size: 1 Batch Srvg (28 grams)

Amount Per Serving

Calories: 23 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	270 MG	11%
Potassium:	25 MG	1%
Total Carbohydrate:	6 GM	2%
Dietary Fiber:	0 GM	0%
Sugars:	4 GM	
Protein:	0 GM	1%

Vitamin A: 6% • Vitamin C: 4%
Calcium: 0% • Iron: 0%

Ingredients: **25% Ketchup**, **Tomato Roma #2 Frsh**, **Unsweetened Orange Juice 5.5flz**, **Flour**, **Mixer Mrgrta Strawb Conc**, **Spanish Onions**, **Salt**, **Pepper Chile Arbol Dried**, **Whole Bay Leaf**, **Whole Cloves**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.03 MG_A
VITAMIN K	0.50 MCG
VITAMIN A(iu)	282.27 IU
VITAMIN A(re)	4 MCG_

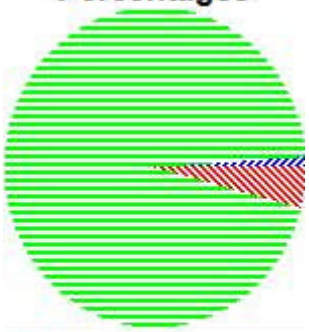
Water Soluble Vitamins	
THIAMIN	0.01 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.11 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	2.57 MG
FOLIC ACID	2.14 MCG

Minerals	
PHOSPHOROUS	3.34 MG
ZINC	0.02 MG
MAGNESIUM	1.11 MG
COPPER	0.004 MG
IRON	0.08 MG
CALCIUM	1.46 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 4.36%
CHO - 94.50%
FAT - 1.13%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092986 **Desc:** Salsa Para Coctail de Camaron

Nutrition Information

Serving Size: 1 Batch Srvg (59 grams)

Amount Per Serving

Calories: 41 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	210 MG	9%
Potassium:	65 MG	2%
Total Carbohydrate:	11 GM	4%
Dietary Fiber:	0 GM	0%
Sugars:	10 GM	
Protein:	0 GM	0%

Vitamin A: 8% • Vitamin C: 20%

Calcium: 0% • Iron: 0%

Ingredients: Unsweetened Orange Juice 5.5flz, 25% Ketchup, Mixer Mrgrta Bulk Fz, Granulated Sugar

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	331.31 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	13.11 MG
FOLIC ACID	0 MCG

Minerals

PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	0 MG
CALCIUM	0 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages

PRO - 0%
CHO - 100%
FAT - 0%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092985 **Desc:** Salsa Picosa

Nutrition Information

Serving Size: 1 Batch Srvg (41 grams)

Amount Per Serving

Calories: 10 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	1250 MG	52%
Potassium:	10 MG	0%
Total Carbohydrate:	2 GM	1%
Dietary Fiber:	1 GM	4%
Sugars:	less than 1 GM	
Protein:	0 GM	0%

Vitamin A: 6% • Vitamin C: 2%
Calcium: 0% • Iron: 0%

Ingredients: **Canned Crushed Tomatillo**, **Spanish Onions**, **Salt**, **Granulated Garlic**, **Fresh Cleaned Cilantro Bunches**, **Pepper Chile Arbol Dried**, **Pepper Chile Guajillo Dried**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	236.54 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.00 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	1.07 MG
FOLIC ACID	0 MCG

Minerals

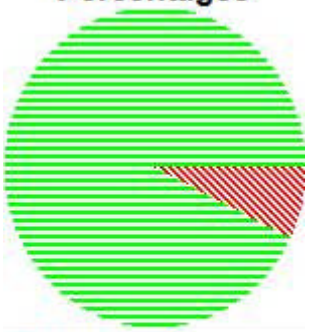
PHOSPHOROUS	1.52 MG
ZINC	0.01 MG
MAGNESIUM	0.56 MG
COPPER	0.002 MG
IRON	0.02 MG
CALCIUM	2.19 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 7.66%
CHO - 92.34%
FAT - 0%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092984 **Desc:** Salsa Ranchera

Nutrition Information

Serving Size: 1 Batch Srvg (31 grams)

Amount Per Serving

Calories: 15 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	930 MG	39%
Potassium:	55 MG	2%
Total Carbohydrate:	3 GM	1%
Dietary Fiber:	0 GM	2%
Sugars:	1 GM	
Protein:	less than 1 GM	1%

Vitamin A: 25% • Vitamin C: 6%
Calcium: 0% • Iron: 2%

Ingredients: **Tomato Roma #2 Frsh**, **Salt**, **Granulated Garlic**, **Pepper Chile Arbol Dried**, **Pepper Chile Guajillo Dried**, **Whole Bay Leaf**, **Ground Cumin**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.09 MG_A
VITAMIN K	1.79 MCG
VITAMIN A(iu)	1192.35 IU
VITAMIN A(re)	14 MCG_

Water Soluble Vitamins

THIAMIN	0.01 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.13 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	3.62 MG
FOLIC ACID	0 MCG

Minerals

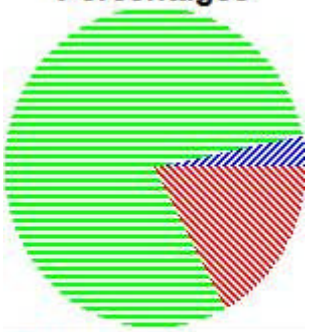
PHOSPHOROUS	5.44 MG
ZINC	0.04 MG
MAGNESIUM	2.49 MG
COPPER	0.013 MG
IRON	0.42 MG
CALCIUM	4.27 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.70%
CHO - 78.92%
FAT - 3.38%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092983 **Desc:** Salsa Verde

Nutrition Information

Serving Size: 1 Batch Srvg (47 grams)

Amount Per Serving

Calories: 9 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	800 MG	34%
Potassium:	10 MG	0%
Total Carbohydrate:	2 GM	1%
Dietary Fiber:	1 GM	4%
Sugars:	less than 1 GM	
Protein:	0 GM	0%

Vitamin A: 10% • Vitamin C: 6%
Calcium: 0% • Iron: 0%

Ingredients: **Canned Crushed Tomatillo**, **Fresh Cleaned Cilantro Bunches**, **Spanish Onions**, **Granulated Garlic**, **Salt**, **Mexican Serrano Chile Peppers**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.02 MCG
VITAMIN A(iu)	557.79 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.00 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	2.79 MG
FOLIC ACID	0 MCG

Minerals

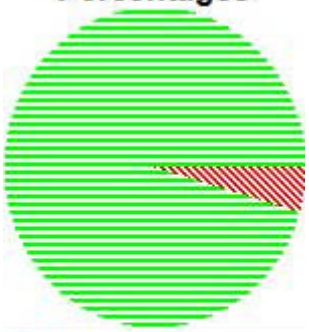
PHOSPHOROUS	1.52 MG
ZINC	0.01 MG
MAGNESIUM	0.56 MG
COPPER	0.002 MG
IRON	0.03 MG
CALCIUM	1.40 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 4.79%
CHO - 95.21%
FAT - 0%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092981 **Desc:** Salsa Yucateca

Nutrition Information

Serving Size: 1 Batch Srvg (35 grams)

Amount Per Serving

Calories: 50 Calories from Fat: 33

		% Daily Value*
Total Fat:	3.5 GM	6%
Saturated Fat:	0.5 GM	3%
Trans Fat:	0 GM	
Polyunsaturated Fat:	2 GM	
Monounsaturated Fat:	1 GM	
Cholesterol:	less than 5 MG	1%
Sodium:	120 MG	5%
Potassium:	55 MG	2%
Total Carbohydrate:	3 GM	1%
Dietary Fiber:	less than 1 GM	3%
Sugars:	2 GM	
Protein:	less than 1 GM	1%

Vitamin A: 30% • Vitamin C: 6%
Calcium: 2% • Iron: 2%

Ingredients: **Tomato Roma #2 Frsh**, **Mayonnaise**, **Spanish Onions**, **Hulled Sesame Seed**, **Pepper Chile Ancho Dried**, **Pepper Chile Guajillo Dried**, **Salt**, **Granulated Garlic**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.09 MG_A
VITAMIN K	1.65 MCG
VITAMIN A(iu)	1618.60 IU
VITAMIN A(re)	13 MCG_

Water Soluble Vitamins

THIAMIN	0.01 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.13 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0.01 MCG
VITAMIN C, TOTAL ASCORBIC ACID	3.59 MG
FOLIC ACID	0 MCG

Minerals

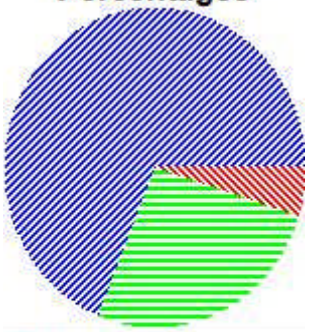
PHOSPHOROUS	7.39 MG
ZINC	0.05 MG
MAGNESIUM	2.76 MG
COPPER	0.014 MG
IRON	0.28 MG
CALCIUM	5.46 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 5.21%
CHO - 25.62%
FAT - 69.17%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093513 **Desc:** Seasoning

Nutrition Information

Serving Size: 1 Batch Srvg (28 grams)

Amount Per Serving

Calories: 30 Calories from Fat: 119

		% Daily Value*
Total Fat:	13 GM	20%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	4460 MG	186%
Potassium:	0 MG	0%
Total Carbohydrate:	0 GM	0%
Dietary Fiber:	0 GM	0%
Sugars:	0 GM	
Protein:	2 GM	4%

Vitamin A: 0% • Vitamin C: 0%
Calcium: 0% • Iron: 2%

Ingredients: **Beef Seasoning**, **Chicken Seasoning**, **Granulated Garlic**, **Ground Cumin**, **Regular Grind Black Pepper**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	0 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	0 MG
FOLIC ACID	0 MCG

Minerals

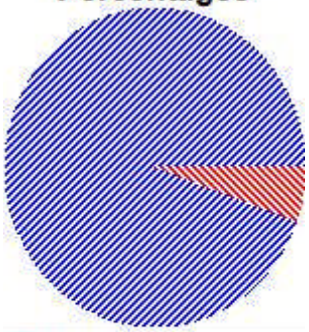
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	0.19 MG
CALCIUM	0 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 5.87%
CHO - 0%
FAT - 94.13%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093512 **Desc:** Shrimp Cocktail #105

Nutrition Information

Serving Size: 1 Platter Srvg (920 grams)

Amount Per Serving

Calories: 759 Calories from Fat: 354

		% Daily Value*
Total Fat:	39 GM	60%
Saturated Fat:	4 GM	19%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	305 MG	102%
Sodium:	2850 MG	119%
Potassium:	490 MG	14%
Total Carbohydrate:	83 GM	28%
Dietary Fiber:	20 GM	81%
Sugars:	44 GM	
Protein:	43 GM	86%

Vitamin A: 40% • Vitamin C: 220%
Calcium: 20% • Iron: 6%

Ingredients: **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Salsa Para Coctail de Camaron** ***(Unsweetened Orange Juice 5.5flz, 25% Ketchup, Mixer Mrgrta Bulk Fz, Granulated Sugar)***, **Avocado Pulp Frsh**, **Fresh Lime**, **Pico de Gallo*(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)***

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.45 MG_A
VITAMIN K	1.05 MCG
VITAMIN A(iu)	1878.42 IU
VITAMIN A(re)	2 MCG_

Water Soluble Vitamins

THIAMIN	0.14 MG
RIBOFLAVIN	0.04 MG
NIACIN	0.47 MG
VITAMIN B-6	0.12 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	130.38 MG
FOLIC ACID	3.39 MCG

Minerals

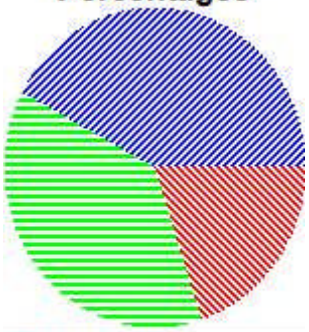
PHOSPHOROUS	40.21 MG
ZINC	0.25 MG
MAGNESIUM	11.82 MG
COPPER	0.113 MG
IRON	1.07 MG
CALCIUM	195.55 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.30%
CHO - 37.92%
FAT - 41.79%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093511 **Desc:** Shrimp Fajita Dinner

Nutrition Information

Serving Size: 1 Platter Srvg (914 grams)

Amount Per Serving

Calories: 1227 Calories from Fat: 287

		% Daily Value*
Total Fat:	32 GM	49%
Saturated Fat:	8 GM	39%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	325 MG	108%
Sodium:	4340 MG	181%
Potassium:	530 MG	15%
Total Carbohydrate:	162 GM	54%
Dietary Fiber:	19 GM	78%
Sugars:	11 GM	
Protein:	68 GM	135%

Vitamin A: 30% • Vitamin C: 110%
Calcium: 50% • Iron: 60%

Ingredients: **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Guacamole***(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*, **3/8" Cut Shredded Lettuce**, **Fresh Cleaned Mushrooms**, **Fresh Green Peppers**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Sour Cream**, **Pico de Gallo** *(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.44 MG_A
VITAMIN K	3.54 MCG
VITAMIN A(iu)	1593.52 IU
VITAMIN A(re)	27 MCG_

Water Soluble Vitamins

THIAMIN	0.25 MG
RIBOFLAVIN	0.04 MG
NIACIN	1.98 MG
VITAMIN B-6	0.19 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	67.79 MG
FOLIC ACID	57.01 MCG

Minerals

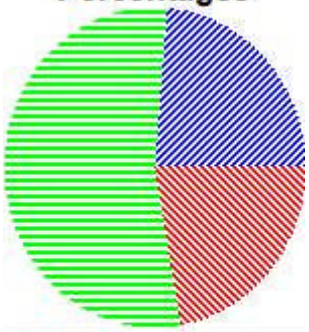
PHOSPHOROUS	35.43 MG
ZINC	0.23 MG
MAGNESIUM	9.31 MG
COPPER	0.063 MG
IRON	10.33 MG
CALCIUM	495.89 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 22.44%
CHO - 53.75%
FAT - 23.81%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092980 **Desc:** Sopapilla

Nutrition Information

Serving Size: 1 Platter Srvg (153 grams)

Amount Per Serving

Calories: 672 Calories from Fat: 399

		% Daily Value*
Total Fat:	44 GM	68%
Saturated Fat:	7 GM	37%
Trans Fat:	0 GM	
Polyunsaturated Fat:	1 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	0 MG	0%
Sodium:	630 MG	26%
Potassium:	0 MG	0%
Total Carbohydrate:	64 GM	21%
Dietary Fiber:	2 GM	8%
Sugars:	29 GM	
Protein:	5 GM	10%

Vitamin A: 10% • Vitamin C: 0%
Calcium: 10% • Iron: 10%

Ingredients: **10" Flour Tortilla**, **Honey**, **Soy Liquid Shortening**, **Liquid Margarine**, **Ground Cinnamon**, **Sugar Packet**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	506.24 IU
VITAMIN A(re)	0 MCG_

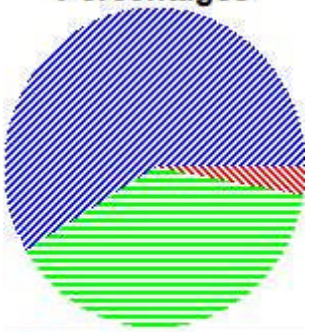
Water Soluble Vitamins	
THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	0 MG
FOLIC ACID	0 MCG

Minerals	
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	1.80 MG
CALCIUM	100.00 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 2.96%
CHO - 37.92%
FAT - 59.12%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093430 **Desc:** Steak El Cuatrero #50

Nutrition Information

Serving Size: 1 Platter Srvg (823 grams)

Amount Per Serving

Calories: 1943 Calories from Fat: 707

		% Daily Value*
Total Fat:	79 GM	121%
Saturated Fat:	31 GM	154%
Trans Fat:	3 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	10 GM	
Cholesterol:	430 MG	144%
Sodium:	3100 MG	129%
Potassium:	135 MG	4%
Total Carbohydrate:	157 GM	52%
Dietary Fiber:	16 GM	64%
Sugars:	3 GM	
Protein:	145 GM	290%

Vitamin A: 15% • Vitamin C: 10%
Calcium: 90% • Iron: 100%

Ingredients: **Beef Stk Ribeye Bnls 1" Utl 10z Frsh**, **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Tortilla Flour 6" Frsh**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Fried Beans***(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)*, **Cheese Blnd Mex Shrd Fthr**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.02 MG_A
VITAMIN K	0.03 MCG
VITAMIN A(iu)	777.53 IU
VITAMIN A(re)	0 MCG_

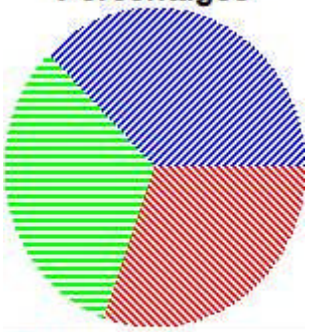
Water Soluble Vitamins	
THIAMIN	0.23 MG
RIBOFLAVIN	0.27 MG
NIACIN	1.61 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	6.88 MG
FOLIC ACID	55.93 MCG

Minerals	
PHOSPHOROUS	328.19 MG
ZINC	0.02 MG
MAGNESIUM	1.75 MG
COPPER	0.006 MG
IRON	17.82 MG
CALCIUM	915.23 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 30.23%
CHO - 32.85%
FAT - 36.92%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092979 **Desc:** Stew

Nutrition Information

Serving Size: 1 Batch Srvg (34 grams)

Amount Per Serving

Calories: 39 Calories from Fat: 20

		% Daily Value*
Total Fat:	2 GM	3%
Saturated Fat:	1 GM	4%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	10 MG	4%
Sodium:	570 MG	24%
Potassium:	15 MG	0%
Total Carbohydrate:	less than 1 GM	0%
Dietary Fiber:	0 GM	1%
Sugars:	less than 1 GM	
Protein:	4 GM	8%

Vitamin A: 2% • Vitamin C: 2%
Calcium: 0% • Iron: 4%

Ingredients: **Choice Beef Ball Tips**, **Spanish Onions**, **Tomato Roma #2 Frsh**, **Salt**, **Granulated Garlic**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.03 MG_A
VITAMIN K	0.52 MCG
VITAMIN A(iu)	55.10 IU
VITAMIN A(re)	4 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.04 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	1.20 MG
FOLIC ACID	0 MCG

Minerals

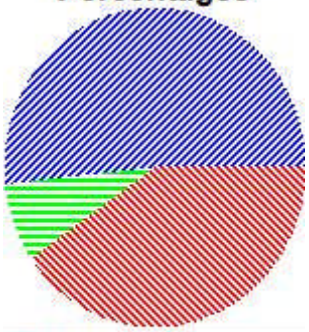
PHOSPHOROUS	1.59 MG
ZINC	0.01 MG
MAGNESIUM	0.73 MG
COPPER	0.004 MG
IRON	0.50 MG
CALCIUM	1.86 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 39.89%
CHO - 8.33%
FAT - 51.78%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093122 **Desc:** Taco Salad

Nutrition Information

Serving Size: 1 Platter Srvg (725 grams)

Amount Per Serving

Calories: 1032 Calories from Fat: 471

		% Daily Value*
Total Fat:	52 GM	81%
Saturated Fat:	29 GM	143%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	260 MG	87%
Sodium:	2220 MG	92%
Potassium:	140 MG	4%
Total Carbohydrate:	67 GM	22%
Dietary Fiber:	4 GM	16%
Sugars:	14 GM	
Protein:	75 GM	151%

Vitamin A: 45% • Vitamin C: 30%
Calcium: 80% • Iron: 25%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **3/8" Cut Shredded Lettuce**, **Fresh Flour Tortilla 12"**, **White American Cheese Loaf**, **Cheese Dip***(**Extra Melt White American Cheese Melt**, **Pepper Jalapeno Whl Cnd**, **Whole Milk**)*, **Sour Cream**, **Random Sized Fresh Tomatoes**

Fat Soluble Vitamins	
VITAMIN D(iu)	0.02 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	2296.07 IU
VITAMIN A(re)	0 MCG_

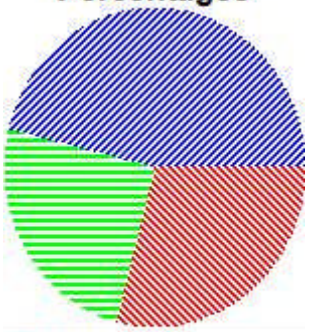
Water Soluble Vitamins	
THIAMIN	0.01 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.17 MG
VITAMIN B-6	0.02 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	18.83 MG
FOLIC ACID	4.25 MCG

Minerals	
PHOSPHOROUS	6.77 MG
ZINC	0.05 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	4.55 MG
CALCIUM	838.62 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 28.87%
CHO - 25.23%
FAT - 45.90%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092978 **Desc:** Tamal Batch

Nutrition Information

Serving Size: 1 Batch Srvg (15 grams)

Amount Per Serving

Calories: 75 Calories from Fat: 49

		% Daily Value*
Total Fat:	5 GM	8%
Saturated Fat:	1 GM	5%
Trans Fat:	1.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	130 MG	5%
Potassium:	0 MG	0%
Total Carbohydrate:	6 GM	2%
Dietary Fiber:	0 GM	2%
Sugars:	0 GM	
Protein:	less than 1 GM	1%

Vitamin A: 6% • Vitamin C: 0%
Calcium: 0% • Iron: 0%

Ingredients: **Margarine Solid**, **Corn Flour Bulk**, **Corn Starch**, **Granulated Garlic**, **Random Sized Fresh Tomatoes**, **Salt**, **Chicken Base**, **Salt**, **Chicken Base**, **Granulated Garlic**, **Spanish Onions**, **Pepper Chile Guajillo Dried**, **Pepper Chile Arbol Dried**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.00 MG_A
VITAMIN K	0.00 MCG
VITAMIN A(iu)	259.35 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.00 MG
VITAMIN B-6	0.00 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	0.04 MG
FOLIC ACID	0.03 MCG

Minerals

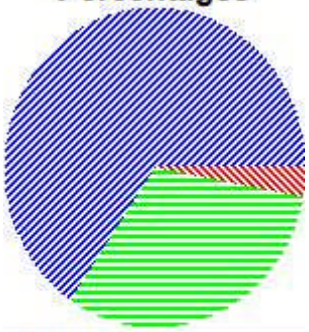
PHOSPHOROUS	0.25 MG
ZINC	0.00 MG
MAGNESIUM	0.05 MG
COPPER	0.001 MG
IRON	0.08 MG
CALCIUM	3.87 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 3.16%
CHO - 30.84%
FAT - 66.00%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093994 **Desc:** Tortilla Chips

Nutrition Information

Serving Size: 1 Basket Srvg (142 grams)

Amount Per Serving

Calories: 354 Calories from Fat: 34

		% Daily Value*
Total Fat:	4 GM	6%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	115 MG	5%
Potassium:	0 MG	0%
Total Carbohydrate:	76 GM	25%
Dietary Fiber:	5 GM	20%
Sugars:	0 GM	
Protein:	8 GM	15%

Vitamin A: 0% • Vitamin C: 0%
Calcium: 6% • Iron: 15%

Ingredients: **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0 MG_A
VITAMIN K	0 MCG
VITAMIN A(iu)	0 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	0 MG
FOLIC ACID	0 MCG

Minerals

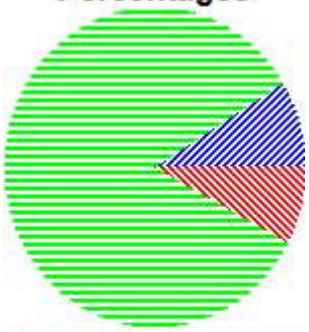
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	2.73 MG
CALCIUM	50.62 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 8.24%
CHO - 82.47%
FAT - 9.29%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093428 **Desc:** Vegetarian Burrito #159

Nutrition Information

Serving Size: 1 Platter Srvg (735 grams)

Amount Per Serving

Calories: 817 Calories from Fat: 330

		% Daily Value*
Total Fat:	37 GM	56%
Saturated Fat:	18 GM	90%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	1.5 GM	
Monounsaturated Fat:	2 GM	
Cholesterol:	85 MG	28%
Sodium:	2820 MG	118%
Potassium:	750 MG	22%
Total Carbohydrate:	97 GM	32%
Dietary Fiber:	10 GM	40%
Sugars:	16 GM	
Protein:	22 GM	44%

Vitamin A: 60% • Vitamin C: 150%
Calcium: 50% • Iron: 25%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*****, 3/8" Cut Shredded Lettuce, 10" Flour Tortilla, Guacamole*****(Fresh Lime, Green Avacado, Fresh Cleaned Cilantro Bunches, Salt, Fresh Jalapeno Peppers, Spanish Onions)*****, Cheese Dip*****(Extra Melt White American Cheese Melt, Pepper Jalapeno Whl Cnd, Whole Milk)*****, Fresh Green Peppers, Fresh Zucchini, Random Sized Fresh Tomatoes, Spanish Onions, Sour Cream, Pico de Gallo*****(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)*****, Fresh Sliced Mushrooms**

Fat Soluble Vitamins	
VITAMIN D(iu)	21.57 IU
VITAMIN E	0.66 MG_A
VITAMIN K	7.08 MCG
VITAMIN A(iu)	2869.07 IU
VITAMIN A(re)	56 MCG_

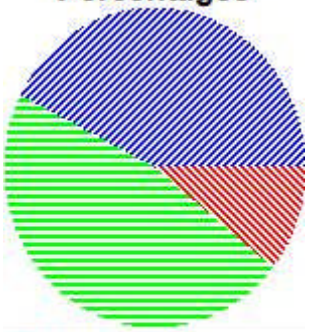
Water Soluble Vitamins	
THIAMIN	0.34 MG
RIBOFLAVIN	0.25 MG
NIACIN	3.73 MG
VITAMIN B-6	0.40 MG
VITAMIN B-12	0.01 MCG
VITAMIN C, TOTAL ASCORBIC ACID	90.61 MG
FOLIC ACID	66.98 MCG

Minerals	
PHOSPHOROUS	90.48 MG
ZINC	0.61 MG
MAGNESIUM	23.59 MG
COPPER	0.195 MG
IRON	4.74 MG
CALCIUM	517.01 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 11.21%
CHO - 46.68%
FAT - 42.10%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0092977 **Desc:** Verdura Fajita

Nutrition Information

Serving Size: 1 Batch Srvg (28 grams)

Amount Per Serving

Calories: 6 Calories from Fat: 0

		% Daily Value*
Total Fat:	0 GM	0%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	0 MG	0%
Sodium:	0 MG	0%
Potassium:	35 MG	1%
Total Carbohydrate:	1 GM	0%
Dietary Fiber:	0 GM	2%
Sugars:	less than 1 GM	
Protein:	0 GM	1%

Vitamin A: 2% • Vitamin C: 25%
Calcium: 0% • Iron: 0%

Ingredients: **Green Peppers**, **Random Sized Fresh Tomatoes**, **Fresh Cleaned Mushrooms**, **Spanish Onions**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.01 MG_A
VITAMIN K	0.01 MCG
VITAMIN A(iu)	97.40 IU
VITAMIN A(re)	8 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.05 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	14.97 MG
FOLIC ACID	1.06 MCG

Minerals

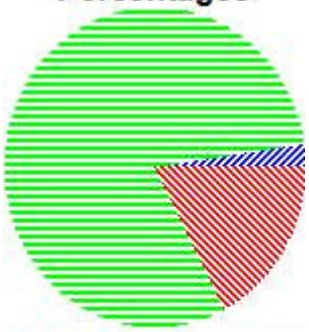
PHOSPHOROUS	2.65 MG
ZINC	0.02 MG
MAGNESIUM	0.35 MG
COPPER	0.001 MG
IRON	0.08 MG
CALCIUM	3.40 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 17.83%
CHO - 79.67%
FAT - 2.51%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093426 **Desc:** Zarape Carne

Nutrition Information

Serving Size: 1 Platter Srvg (829 grams)

Amount Per Serving

Calories: 1670 Calories from Fat: 734

		% Daily Value*
Total Fat:	82 GM	126%
Saturated Fat:	32 GM	160%
Trans Fat:	1 GM	
Polyunsaturated Fat:	0.5 GM	
Monounsaturated Fat:	9 GM	
Cholesterol:	295 MG	98%
Sodium:	2680 MG	112%
Potassium:	580 MG	16%
Total Carbohydrate:	126 GM	42%
Dietary Fiber:	11 GM	42%
Sugars:	8 GM	
Protein:	106 GM	212%

Vitamin A: 60% • Vitamin C: 45%
Calcium: 100% • Iron: 80%

Ingredients: **Choice Beef Sirloin Flap**, **Tortilla Flour 6" Frsh**, **2% Mozzarella Cheese Loaf**, **Raw Chorizo Sausage**, **Mexican Fried Rice - Batch***(**Water**, **Xtra Long Grain Rice**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Canned Tomato Puree**, **Margarine Solid**, **Chicken Base**, **Granulated Garlic**, **Salt**)*, **Fried Beans***(**Dry Pinto Beans**, **Soy Liquid Shortening**, **Spanish Onions**, **Mexican Serrano Chile Peppers**, **Salt**)*, **Fresh Cleaned Mushrooms**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Fresh Zucchini**, **Sour Cream**, **Pico de Gallo** *(**Random Sized Fresh Tomatoes**, **Spanish Onions**, **Fresh Lime**, **Fresh Cleaned Cilantro Bunches**, **Salt**, **Mexican Serrano Chile Peppers**)*

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN E	0.26 MG_A
VITAMIN K	1.52 MCG
VITAMIN A(iu)	3205.32 IU
VITAMIN A(re)	10 MCG_

Water Soluble Vitamins

THIAMIN	0.42 MG
RIBOFLAVIN	0.55 MG
NIACIN	1.38 MG
VITAMIN B-6	0.23 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	27.27 MG
FOLIC ACID	38.16 MCG

Minerals

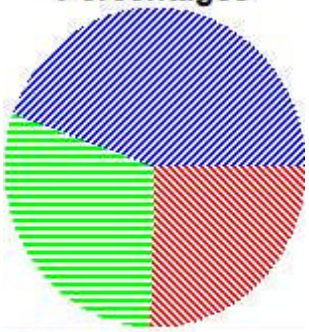
PHOSPHOROUS	48.18 MG
ZINC	11.42 MG
MAGNESIUM	12.65 MG
COPPER	0.045 MG
IRON	14.51 MG
CALCIUM	967.56 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 25.48%
CHO - 30.30%
FAT - 44.22%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0093425 **Desc:** Zarape Pollo

Nutrition Information

Serving Size: 1 Platter Srvg (885 grams)

Amount Per Serving

Calories: 1579 Calories from Fat: 660

		% Daily Value*
Total Fat:	73 GM	113%
Saturated Fat:	29 GM	144%
Trans Fat:	1 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	290 MG	96%
Sodium:	2750 MG	115%
Potassium:	580 MG	16%
Total Carbohydrate:	126 GM	42%
Dietary Fiber:	11 GM	42%
Sugars:	8 GM	
Protein:	104 GM	207%

Vitamin A: 60% • Vitamin C: 45%
Calcium: 100% • Iron: 60%

Ingredients: **Boneless Skinless Chicken Breast 5z**, **Tortilla Flour 6" Frsh**, **2% Mozzarella Cheese Loaf**, **Raw Chorizo Sausage**, **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Fried Beans*****(Dry Pinto Beans, Soy Liquid Shortening, Spanish Onions, Mexican Serrano Chile Peppers, Salt)***, **Fresh Cleaned Mushrooms**, **Random Sized Fresh Tomatoes**, **Spanish Onions**, **Fresh Zucchini**, **Sour Cream**, **Pico de Gallo** ***(Random Sized Fresh Tomatoes, Spanish Onions, Fresh Lime, Fresh Cleaned Cilantro Bunches, Salt, Mexican Serrano Chile Peppers)***

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN E	0.26 MG_A
VITAMIN K	1.52 MCG
VITAMIN A(iu)	3205.32 IU
VITAMIN A(re)	10 MCG_

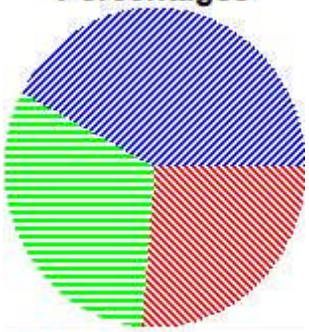
Water Soluble Vitamins	
THIAMIN	0.18 MG
RIBOFLAVIN	0.07 MG
NIACIN	1.38 MG
VITAMIN B-6	0.23 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	27.27 MG
FOLIC ACID	38.16 MCG

Minerals	
PHOSPHOROUS	48.18 MG
ZINC	0.32 MG
MAGNESIUM	12.65 MG
COPPER	0.045 MG
IRON	9.96 MG
CALCIUM	949.56 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 26.28%
CHO - 31.88%
FAT - 41.83%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099631 **Desc:** Arandas

Nutrition Information

Serving Size: Serving (637 grams)

Amount Per Serving

Calories: 969 Calories from Fat: 661

		% Daily Value*
Total Fat:	73 GM	113%
Saturated Fat:	21 GM	103%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	100 MG	33%
Sodium:	5170 MG	215%
Potassium:	90 MG	3%
Total Carbohydrate:	60 GM	20%
Dietary Fiber:	6 GM	25%
Sugars:	29 GM	
Protein:	21 GM	41%

Vitamin A: 50% • Vitamin C: 80%
Calcium: 25% • Iron: 20%

Ingredients: **Pork Carnitas***(Fresh Boneless Pork Cushion, Juice Orng 100% 4+1 Conc, Soy Liquid Shortening, Bag in Box Coke Classic Syrup, Dos Equis, Fresh Lime, Salt, Whole Bay Leaf, Whole Cloves)*, **Salsa Burritas Tapatias***(25% Ketchup, Tomato Strp Robusto Cnd, Peppers Chipotle Adobo Sauce, Spanish Onions, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Soy Liquid Shortening, Whole Cloves)*, **3/8" Cut Shredded Lettuce**, **Green Avacado**, **Sour Cream**, **Feta Cheese Crumbles**, **Soft Thin 6" Corn Tortilla**, **Soy Liquid Shortening**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN K	0.06 MCG
VITAMIN A(iu)	2578.09 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.00 MG
RIBOFLAVIN	0.00 MG
NIACIN	0.02 MG
VITAMIN B-6	0.01 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	45.81 MG
FOLIC ACID	0 MCG

Minerals

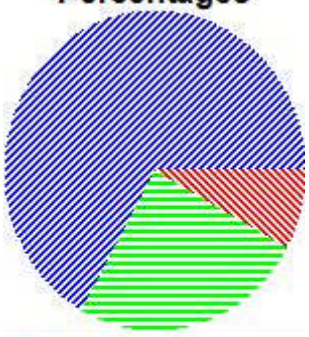
PHOSPHOROUS	2.35 MG
ZINC	0.01 MG
MAGNESIUM	1.28 MG
COPPER	0.007 MG
IRON	3.55 MG
CALCIUM	250.01 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 8.45%
CHO - 24.28%
FAT - 67.28%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099643 **Desc:** Cuernavaca

Nutrition Information

Serving Size: Serving (952 grams)

Amount Per Serving

Calories: 945 Calories from Fat: 289

		% Daily Value*
Total Fat:	32 GM	49%
Saturated Fat:	11 GM	55%
Trans Fat:	2.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	40 MG	14%
Sodium:	9640 MG	402%
Potassium:	1200 MG	34%
Total Carbohydrate:	147 GM	49%
Dietary Fiber:	10 GM	41%
Sugars:	21 GM	
Protein:	20 GM	41%

Vitamin A: 150% • Vitamin C: 910%
Calcium: 35% • Iron: 45%

Ingredients: **Pollo Marinado***(Fancy California Lemon, Sour Cream, Pepper Jalapeno Whl Cnd, Salt, Granulated Garlic, Pepper Chile Guajillo Dried, Pepper Chile Arbol Dried)*, **Poblano Peppers**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Tortilla Flour 6" Frsh**, **Fresh Zucchini**, **Pollo Marinado a la Cerveza***(Dos Equis, Spanish Onions, Unsweetened Orange Juice 5.5flz, Fresh Lime, Granulated Garlic, Salt, Oregano Leaf, Chicken Base, Ground Red Cayenne Pepper)*, **Fresh Cleaned Mushrooms**, **Fresh Misshapen Peppers, for Chopping**, **Salsa Blanca***(Whole Milk, Margarine Solid, Spanish Onions, Sherry Cooking Wine, Chicken Base, Corn Starch)*

Fat Soluble Vitamins

VITAMIN D(iu)	48.15 IU
VITAMIN K	28.29 MCG
VITAMIN A(iu)	7519.58 IU
VITAMIN A(re)	472 MCG_

Water Soluble Vitamins

THIAMIN	0.54 MG
RIBOFLAVIN	0.55 MG
NIACIN	6.51 MG
VITAMIN B-6	0.90 MG
VITAMIN B-12	0.02 MCG
VITAMIN C, TOTAL ASCORBIC ACID	544.91 MG
FOLIC ACID	69.91 MCG

Minerals

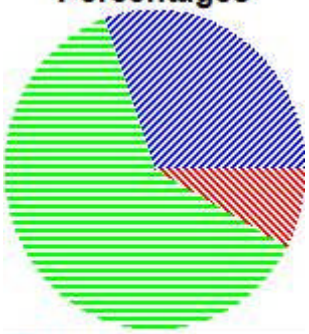
PHOSPHOROUS	178.14 MG
ZINC	1.22 MG
MAGNESIUM	69.80 MG
COPPER	0.519 MG
IRON	8.05 MG
CALCIUM	355.33 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 8.48%
CHO - 61.45%
FAT - 30.07%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099632 **Desc:** El Arriero

Nutrition Information

Serving Size: Serving (655 grams)

Amount Per Serving

Calories: 1082 Calories from Fat: 704

		% Daily Value*
Total Fat:	78 GM	120%
Saturated Fat:	20 GM	98%
Trans Fat:	0 GM	
Polyunsaturated Fat:	3.5 GM	
Monounsaturated Fat:	7 GM	
Cholesterol:	75 MG	26%
Sodium:	3720 MG	155%
Potassium:	115 MG	3%
Total Carbohydrate:	75 GM	25%
Dietary Fiber:	11 GM	44%
Sugars:	31 GM	
Protein:	24 GM	48%

Vitamin A: 210% • Vitamin C: 110%
Calcium: 30% • Iron: 30%

Ingredients: **Pork Carnitas*(Fresh Boneless Pork Cushion, Juice Orng 100% 4+1 Conc, Soy Liquid Shortening, Bag in Box Coke Classic Syrup, Dos Equis, Fresh Lime, Salt, Whole Bay Leaf, Whole Cloves)*, Lettuce Romaine Spring Mix Blnd Frsh, Green Avacado, Dressing Vinagrette Fuji Apple, Salsa Burritas Tapatias*(25% Ketchup, Tomato Strp Robusto Cnd, Peppers Chipotle Adobo Sauce, Spanish Onions, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Soy Liquid Shortening, Whole Cloves)*, Sour Cream, Tortilla Flour 8" Frsh, Fresh Strawberries, Brkn Mandarin Oranges In Light Syrup, Feta Cheese Crumbles, Pecan Pcs, Raw Almonds**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN K	0.04 MCG
VITAMIN A(iu)	10692.63 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.10 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.18 MG
VITAMIN B-6	0.03 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	63.71 MG
FOLIC ACID	0 MCG

Minerals

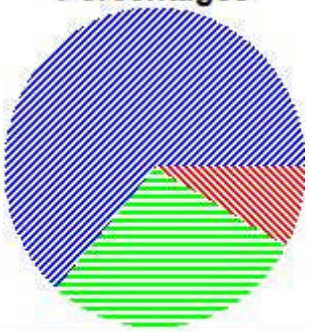
PHOSPHOROUS	41.43 MG
ZINC	0.67 MG
MAGNESIUM	18.22 MG
COPPER	0.004 MG
IRON	4.95 MG
CALCIUM	322.35 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 8.66%
CHO - 27.23%
FAT - 64.11%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099647 **Desc:** El Manjar Vaquero

Nutrition Information

Serving Size: Serving (807 grams)

Amount Per Serving

Calories: 1440 Calories from Fat: 395

		% Daily Value*
Total Fat:	44 GM	67%
Saturated Fat:	12 GM	59%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	7 GM	
Cholesterol:	140 MG	47%
Sodium:	7100 MG	296%
Potassium:	140 MG	4%
Total Carbohydrate:	181 GM	60%
Dietary Fiber:	20 GM	80%
Sugars:	9 GM	
Protein:	75 GM	149%

Vitamin A: 45% • Vitamin C: 110%
Calcium: 40% • Iron: 80%

Ingredients: **Mexican Fried Rice - Batch** ***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)***, **Choice Beef Sirloin Flap**, **Pinto Beans** ***(Distilled Water, Dry Pinto Beans, Spanish Onions, Salt, Mexican Serrano Chile Peppers)***, **Pollo Marinado*****(Fancy California Lemon, Sour Cream, Pepper Jalapeno Whl Cnd, Salt, Granulated Garlic, Pepper Chile Guajillo Dried, Pepper Chile Arbol Dried)***, **Tortilla Flour 6" Frsh**, **Pollo de la Linea** ***(Butterfly Bone/Skin-less Chix Breast, Green Peppers, Spanish Onions, Tomato Roma #2 Frsh, Salt, Peppers Chipotle Adobo Sauce, Soy Liquid Shortening, Chicken Base, Granulated Garlic, Regular Grind Black Pepper)***, **Fresh Green Onion**, **Fresh Jalapeno Peppers**, **Soft Thin 6" Corn Tortilla**, **Soy Liquid Shortening**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN K	2.06 MCG
VITAMIN A(iu)	2232.07 IU
VITAMIN A(re)	16 MCG_

Water Soluble Vitamins

THIAMIN	0.44 MG
RIBOFLAVIN	0.32 MG
NIACIN	2.10 MG
VITAMIN B-6	0.11 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	66.05 MG
FOLIC ACID	69.91 MCG

Minerals

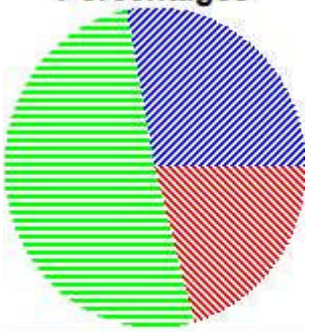
PHOSPHOROUS	12.75 MG
ZINC	7.02 MG
MAGNESIUM	6.45 MG
COPPER	0.034 MG
IRON	14.68 MG
CALCIUM	424.93 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 21.05%
CHO - 51.14%
FAT - 27.81%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099627 **Desc:** El Vaquero Salad Large

Nutrition Information

Serving Size: Serving (719 grams)

Amount Per Serving

Calories: 483 Calories from Fat: 199

		% Daily Value*
Total Fat:	22 GM	34%
Saturated Fat:	8 GM	39%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	40 MG	13%
Sodium:	7290 MG	304%
Potassium:	0 MG	0%
Total Carbohydrate:	68 GM	23%
Dietary Fiber:	17 GM	66%
Sugars:	30 GM	
Protein:	9 GM	17%

Vitamin A: 580% • Vitamin C: 130%
Calcium: 20% • Iron: 25%

Ingredients: **Lettuce Romaine Spring Mix Blnd Frsh**, **Pollo Marinado***(Fancy California Lemon, Sour Cream, Pepper Jalapeno Whl Cnd, Salt, Granulated Garlic, Pepper Chile Guajillo Dried, Pepper Chile Arbol Dried)*, **Honey Lime Dressing**, **Flame Roasted Corn & Black Beans Fz**, **Flame Roasted Pepper & Onions**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN K	0 MCG
VITAMIN A(iu)	28973.73 IU
VITAMIN A(re)	0 MCG_

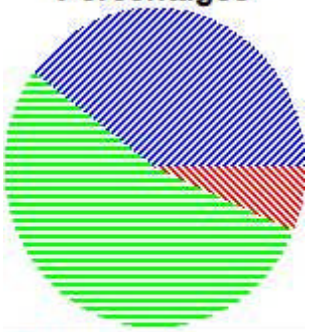
Water Soluble Vitamins	
THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	78.34 MG
FOLIC ACID	0 MCG

Minerals	
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0.79 MG
COPPER	0 MG
IRON	4.41 MG
CALCIUM	222.71 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 6.89%
CHO - 53.76%
FAT - 39.35%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099613 **Desc:** Ensalada de verano

Nutrition Information

Serving Size: 1 Serving (737 grams)

Amount Per Serving

Calories: 729 Calories from Fat: 335

		% Daily Value*
Total Fat:	37 GM	57%
Saturated Fat:	7 GM	37%
Trans Fat:	0 GM	
Polyunsaturated Fat:	3 GM	
Monounsaturated Fat:	6 GM	
Cholesterol:	145 MG	49%
Sodium:	820 MG	34%
Potassium:	60 MG	2%
Total Carbohydrate:	36 GM	12%
Dietary Fiber:	11 GM	46%
Sugars:	20 GM	
Protein:	66 GM	131%

Vitamin A: 520% • Vitamin C: 80%
Calcium: 25% • Iron: 30%

Ingredients: **Lettuce Romaine Spring Mix Blnd Frsh**, **Butterfly Bone/Skin-less Chix Breast**, **Dressing Vinagrette Fuji Apple**, **Fresh Strawberries**, **Brkn Mandarin Oranges In Light Syrup**, **Feta Cheese Crumbles**, **Pecan Pcs**, **Raw Almonds**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN K	0 MCG
VITAMIN A(iu)	26005.31 IU
VITAMIN A(re)	0 MCG_

Water Soluble Vitamins

THIAMIN	0.10 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.17 MG
VITAMIN B-6	0.03 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	48.85 MG
FOLIC ACID	0 MCG

Minerals

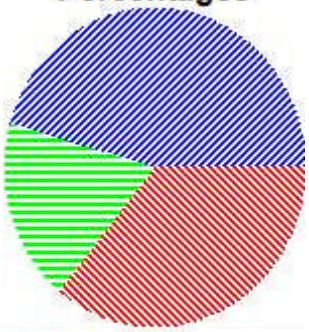
PHOSPHOROUS	40.08 MG
ZINC	0.66 MG
MAGNESIUM	17.47 MG
COPPER	0 MG
IRON	5.32 MG
CALCIUM	257.00 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 35.41%
CHO - 19.31%
FAT - 45.28%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099641 **Desc:** Ensalada Oriental

Nutrition Information

Serving Size: Serving (652 grams)

Amount Per Serving

Calories: 725 Calories from Fat: 283

		% Daily Value*
Total Fat:	31 GM	48%
Saturated Fat:	7 GM	37%
Trans Fat:	0 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	110 MG	36%
Sodium:	2080 MG	87%
Potassium:	0 MG	0%
Total Carbohydrate:	72 GM	24%
Dietary Fiber:	13 GM	53%
Sugars:	25 GM	
Protein:	37 GM	74%

Vitamin A: 520% • Vitamin C: 30%
Calcium: 8% • Iron: 20%

Ingredients: **Lettuce Romaine Spring Mix Blnd Frsh**, **Breaded Chicken Breast Strip, 1.1oz**, **Sesame Dressing**, **Brkn Mandarin Oranges In Light Syrup**, **Canned Chow Mein Noodles**

Fat Soluble Vitamins	
VITAMIN D(iu)	0 IU
VITAMIN K	0 MCG
VITAMIN A(iu)	25802.81 IU
VITAMIN A(re)	0 MCG_

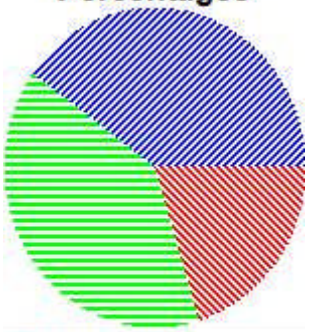
Water Soluble Vitamins	
THIAMIN	0 MG
RIBOFLAVIN	0 MG
NIACIN	0 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	18.67 MG
FOLIC ACID	0 MCG

Minerals	
PHOSPHOROUS	0 MG
ZINC	0 MG
MAGNESIUM	0 MG
COPPER	0 MG
IRON	3.48 MG
CALCIUM	79.45 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 20.56%
CHO - 39.94%
FAT - 39.50%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099615 **Desc:** Guadalajara Salad

Nutrition Information

Serving Size: Serving (850 grams)

Amount Per Serving

Calories: 1034 Calories from Fat: 582

		% Daily Value*
Total Fat:	65 GM	99%
Saturated Fat:	12 GM	62%
Trans Fat:	0 GM	
Polyunsaturated Fat:	18 GM	
Monounsaturated Fat:	7 GM	
Cholesterol:	170 MG	57%
Sodium:	1040 MG	43%
Potassium:	120 MG	3%
Total Carbohydrate:	46 GM	15%
Dietary Fiber:	15 GM	60%
Sugars:	13 GM	
Protein:	70 GM	139%

Vitamin A: 540% • Vitamin C: 70%
Calcium: 35% • Iron: 35%

Ingredients: **Lettuce Romaine Spring Mix Blnd Frsh**, **Butterfly Bone/Skin-less Chix Breast**, **Green Avacado**, **Flame Roasted Corn & Black Beans Fz**, **Flame Roasted Pepper & Onions**, **Southwestern Ranch Dressing**, **Cheese Blnd Mex Shrd Fthr**, **Tomato Roma #2 Frsh**, **Soft Thin 6" Corn Tortilla**, **Soy Liquid Shortening**

Fat Soluble Vitamins	
VITAMIN D(iu)	0.05 IU
VITAMIN K	2.24 MCG
VITAMIN A(iu)	26838.29 IU
VITAMIN A(re)	18 MCG_

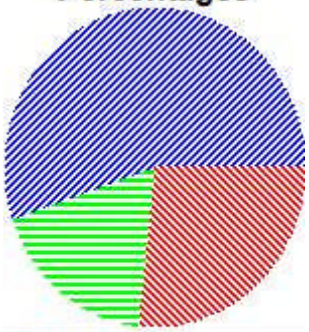
Water Soluble Vitamins	
THIAMIN	0.02 MG
RIBOFLAVIN	0.02 MG
NIACIN	0.21 MG
VITAMIN B-6	0.03 MG
VITAMIN B-12	0.04 MCG
VITAMIN C, TOTAL ASCORBIC ACID	43.27 MG
FOLIC ACID	1.79 MCG

Minerals	
PHOSPHOROUS	32.64 MG
ZINC	0.12 MG
MAGNESIUM	4.29 MG
COPPER	0.022 MG
IRON	6.31 MG
CALCIUM	355.58 MG

School Equivalents	
Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 26.63%
CHO - 17.76%
FAT - 55.61%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099621 **Desc:** Guaymas

Nutrition Information

Serving Size: Serving (709 grams)

Amount Per Serving

Calories: 979 Calories from Fat: 522

		% Daily Value*
Total Fat:	58 GM	89%
Saturated Fat:	18 GM	92%
Trans Fat:	0.5 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	0 GM	
Cholesterol:	90 MG	31%
Sodium:	4260 MG	178%
Potassium:	610 MG	17%
Total Carbohydrate:	95 GM	32%
Dietary Fiber:	7 GM	28%
Sugars:	22 GM	
Protein:	23 GM	46%

Vitamin A: 80% • Vitamin C: 480%
Calcium: 25% • Iron: 30%

Ingredients: **Pork Carnitas***(Fresh Boneless Pork Cushion, Juice Orng 100% 4+1 Conc, Soy Liquid Shortening, Bag in Box Coke Classic Syrup, Dos Equis, Fresh Lime, Salt, Whole Bay Leaf, Whole Cloves)*, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Green Avacado**, **Sour Cream**, **Fresh Zucchini**, **Poblano Peppers**, **Salsa Burritas Tapatias***(25% Ketchup, Tomato Strp Robusto Cnd, Peppers Chipotle Adobo Sauce, Spanish Onions, Salt, Granulated Garlic, Ground Cumin, Regular Grind Black Pepper, Soy Liquid Shortening, Whole Cloves)*, **Fresh Misshapen Peppers, for Chopping**, **Feta Cheese Crumbles**, **Soft Thin 6" Corn Tortilla**

Fat Soluble Vitamins

VITAMIN D(iu)	0 IU
VITAMIN K	13.40 MCG
VITAMIN A(iu)	4115.15 IU
VITAMIN A(re)	386 MCG_

Water Soluble Vitamins

THIAMIN	0.37 MG
RIBOFLAVIN	0.18 MG
NIACIN	3.27 MG
VITAMIN B-6	0.47 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	286.04 MG
FOLIC ACID	69.91 MCG

Minerals

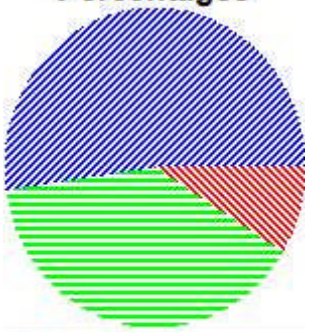
PHOSPHOROUS	67.84 MG
ZINC	0.51 MG
MAGNESIUM	32.80 MG
COPPER	0.149 MG
IRON	5.19 MG
CALCIUM	229.82 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 9.32%
CHO - 38.24%
FAT - 52.44%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099628 **Desc:** Guerrero

Nutrition Information

Serving Size: Serving (815 grams)

Amount Per Serving

Calories: 1015 Calories from Fat: 207

		% Daily Value*
Total Fat:	23 GM	35%
Saturated Fat:	4 GM	20%
Trans Fat:	2 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	285 MG	95%
Sodium:	2680 MG	112%
Potassium:	590 MG	17%
Total Carbohydrate:	115 GM	38%
Dietary Fiber:	3 GM	12%
Sugars:	8 GM	
Protein:	85 GM	170%

Vitamin A: 60% • Vitamin C: 420%
Calcium: 30% • Iron: 40%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Shrimp Wht S-On 26-30 Ez Pl Fz**, **Tortilla Flour 6" Frsh**, **Fresh Cleaned Mushrooms**, **Poblano Peppers**, **Fresh Misshapen Peppers, for Chopping**, **Salsa Blanca***(Whole Milk, Margarine Solid, Spanish Onions, Sherry Cooking Wine, Chicken Base, Corn Starch)*

Fat Soluble Vitamins

VITAMIN D(iu)	48.15 IU
VITAMIN K	10.98 MCG
VITAMIN A(iu)	2944.93 IU
VITAMIN A(re)	370 MCG_

Water Soluble Vitamins

THIAMIN	0.40 MG
RIBOFLAVIN	0.34 MG
NIACIN	5.17 MG
VITAMIN B-6	0.41 MG
VITAMIN B-12	0.02 MCG
VITAMIN C, TOTAL ASCORBIC ACID	251.24 MG
FOLIC ACID	69.91 MCG

Minerals

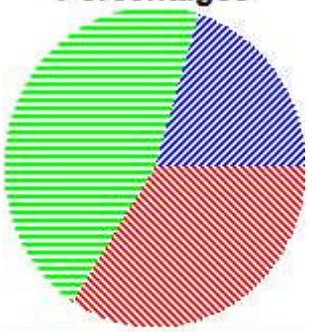
PHOSPHOROUS	94.11 MG
ZINC	0.64 MG
MAGNESIUM	27.80 MG
COPPER	0.298 MG
IRON	7.30 MG
CALCIUM	303.84 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 33.75%
CHO - 45.65%
FAT - 20.60%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099618 **Desc:** Juarez

Nutrition Information

Serving Size: Serving (800 grams)

Amount Per Serving

Calories: 1302 Calories from Fat: 210

		% Daily Value*
Total Fat:	23 GM	36%
Saturated Fat:	4 GM	19%
Trans Fat:	2 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	130 MG	44%
Sodium:	3090 MG	129%
Potassium:	280 MG	8%
Total Carbohydrate:	175 GM	58%
Dietary Fiber:	18 GM	74%
Sugars:	6 GM	
Protein:	91 GM	183%

Vitamin A: 45% • Vitamin C: 20%
Calcium: 40% • Iron: 70%

Ingredients: **Butterfly Bone/Skin-less Chix Breast**, **Pinto Beans***(Distilled Water, Dry Pinto Beans, Spanish Onions, Salt, Mexican Serrano Chile Peppers)*, **Mexican Fried Rice - Batch***(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Tortilla Flour 6" Frsh**, **Fresh Cleaned Mushrooms**, **Frozen Chopped Spinach**, **Salsa Blanca***(Whole Milk, Margarine Solid, Spanish Onions, Sherry Cooking Wine, Chicken Base, Corn Starch)*

Fat Soluble Vitamins

VITAMIN D(iu)	48.15 IU
VITAMIN K	0.10 MCG
VITAMIN A(iu)	2181.19 IU
VITAMIN A(re)	3 MCG_

Water Soluble Vitamins

THIAMIN	0.32 MG
RIBOFLAVIN	0.24 MG
NIACIN	4.08 MG
VITAMIN B-6	0.09 MG
VITAMIN B-12	0.02 MCG
VITAMIN C, TOTAL ASCORBIC ACID	12.92 MG
FOLIC ACID	69.91 MCG

Minerals

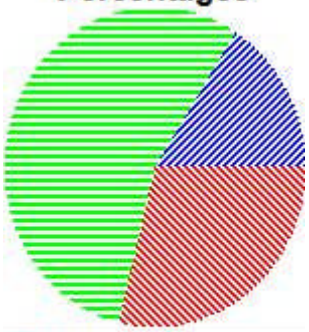
PHOSPHOROUS	53.28 MG
ZINC	0.33 MG
MAGNESIUM	6.99 MG
COPPER	0.190 MG
IRON	13.31 MG
CALCIUM	422.02 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 28.64%
CHO - 54.89%
FAT - 16.47%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

GFS CYCLE MENU MANAGEMENT

Ingredient and Recipe Nutrition

Item#: 0099616 **Desc:** Pollo 3 Quesos

Nutrition Information

Serving Size: Serving (758 grams)

Amount Per Serving

Calories: 1008 Calories from Fat: 383

		% Daily Value*
Total Fat:	43 GM	65%
Saturated Fat:	18 GM	90%
Trans Fat:	2 GM	
Polyunsaturated Fat:	0 GM	
Monounsaturated Fat:	4 GM	
Cholesterol:	75 MG	25%
Sodium:	8870 MG	370%
Potassium:	650 MG	19%
Total Carbohydrate:	132 GM	44%
Dietary Fiber:	8 GM	30%
Sugars:	13 GM	
Protein:	26 GM	52%

Vitamin A: 120% • Vitamin C: 510%
Calcium: 60% • Iron: 35%

Ingredients: **Pollo Marinado***(Fancy California Lemon, Sour Cream, Pepper Jalapeno Whl Cnd, Salt, Granulated Garlic, Pepper Chile Guajillo Dried, Pepper Chile Arbol Dried)*, **Mexican Fried Rice - Batch** *(Water, Xtra Long Grain Rice, Random Sized Fresh Tomatoes, Spanish Onions, Canned Tomato Puree, Margarine Solid, Chicken Base, Granulated Garlic, Salt)*, **Tortilla Flour 6" Frsh**, **Fresh Zucchini**, **Poblano Peppers**, **Fresh Misshapen Peppers, for Chopping**, **Cheese Blnd Mex Shrd Fthr**, **Fresh Cleaned Mushrooms**, **Salsa Blanca***(Whole Milk, Margarine Solid, Spanish Onions, Sherry Cooking Wine, Chicken Base, Corn Starch)*, **Feta Cheese Crumbles**

Fat Soluble Vitamins

VITAMIN D(iu)	26.61 IU
VITAMIN K	13.39 MCG
VITAMIN A(iu)	6022.10 IU
VITAMIN A(re)	389 MCG_

Water Soluble Vitamins

THIAMIN	0.40 MG
RIBOFLAVIN	0.30 MG
NIACIN	4.35 MG
VITAMIN B-6	0.50 MG
VITAMIN B-12	0.01 MCG
VITAMIN C, TOTAL ASCORBIC ACID	304.12 MG
FOLIC ACID	69.91 MCG

Minerals

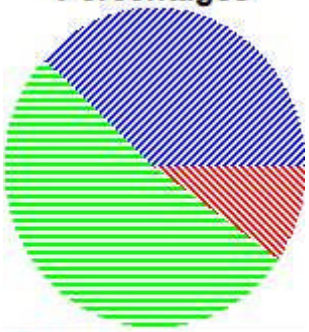
PHOSPHOROUS	91.55 MG
ZINC	0.66 MG
MAGNESIUM	35.68 MG
COPPER	0.236 MG
IRON	6.58 MG
CALCIUM	566.74 MG

School Equivalents

Child Nutrition Label:	No
Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA
Updated for New Final Rule:	
Meat/Meat Alt:	NA oz eq
Grain/Bread:	NA oz eq
Fruit:	NA cup
Vegetable:	
Red/Orange:	NA cup
Dark Green:	NA cup
Starchy:	NA cup
Beans/Peas:	NA cup
Other:	NA cup

Notes:

Calorie Percentages



PRO - 10.21%
CHO - 52.13%
FAT - 37.66%

Nutrient values listed in red may be understated due to nutrient values not being available on all ingredients.

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			

Fat 9	Carbohydrate 4	Protein 4