

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
	004 - CEREALS	B	Breakfast		Hot Cereals	x			
CEREALS-HOT, COLD	004 - CEREALS	B	Breakfast	0000049314	Grits	8 oz Ladle	0.07	W	
CEREALS-HOT, COLD	004 - CEREALS	B	Breakfast	0000046696	Oatmeal	8 oz Ladle	0.11	W	V
CEREALS-HOT, COLD	004 - CEREALS	B	Breakfast	0000046693	Cream of Wheat	8 oz Ladle	0.08	W	
CEREALS-HOT, COLD	004 - CEREALS	B	Breakfast	0000046692	Cream of Rice	8 oz Ladle	0.19	W	
	006 - ENTREES	B	Breakfast		Breakfast Entrees - Signature	x			
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000042540	Huevos Rancheros Breakfast Wrap	1 Wrap	0.66		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000053095	Cinnamon French Toast	4 Halves	0.53		V
	006 - ENTREES	B	Breakfast		Breakfast Entrees - Classic	x			
MD-ENTREE-EGGS	006 - ENTREES	B	Breakfast	0000046713	Scrambled Egg Sub	#16 Scoop	0.21	W	V
ENTREE-EGGS	006 - ENTREES	B	Breakfast	0000046711	Scrambled Eggs	#16 Scoop	0.18		V
ENTREE-EGGS	006 - ENTREES	B	Breakfast	0000037253	Cheese Omelet	2-Egg Omelet	0.45		V
ENTREE-EGGS	006 - ENTREES	B	Breakfast	0000055085	Create Your Own Omelet	1 Omelet	0.88		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000046698	Buttermilk Pancakes	4 Pancakes	0.12	W	V
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000046802	Texas French Toast	2 Slices (4 Halves)	0.52	W	V
	006 - ENTREES	B	Breakfast		Breakfast Entrees - Wellness	x			
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000061585	Southwest Frittata	1 Cut- 4x3 HP	0.60	W	V
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000061586	Farmer's Egg Bake	1 Cut- 4x3 HP	0.46	W	V
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000061587	Apple Raisin Frittata	1 Cut- 4x3	0.63	W	V
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000057004	Morningstar Sausage & Veggie Frittata	1 Cut-2x3 HP	1.33	W	V
	006 - ENTREES	B	Breakfast		Breakfast Entrees -Platters	x			
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000056605	Sunrise Platter	2 Ea+1 Egg+1 Mt+4 oz	0.72		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000056603	Omelet Platter	1 Omelet+ 4 oz +1 SI	1.16		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000056604	Eye Opener Platter	2 Ea+4z+2 Mt+1 SI	1.14		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000056606	Country Platter	2 Ea +2 Eggs+2 Mt+4z	1.04		
	006 - ENTREES	B	Breakfast		Breakfast Sides	x			
VEG-POTATOES	006 - ENTREES	B	Breakfast	0000053096	Home Fried Potatoes	3 oz	0.26		V
ENTREE-PORK	006 - ENTREES	B	Breakfast	0000037521	Crisp Bacon	2 Slices	0.40		
ENTREE-PORK	006 - ENTREES	B	Breakfast	0187500096	Sausage Links	2 Links	0.32		
ENTREE-PORK	006 - ENTREES	B	Breakfast	0187300095	Sausage Patties	1 Patty	0.31		
NRM V3 Nutrient Analysis 2011 ENTREE-POULTRY	006 - ENTREES	B	Breakfast	0000033812	Turkey Sausage Patties	2 Patties	0.43		

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	006 - ENTREES	B	Breakfast		Breakfast Entrees -Optional	x			
INV-DELI ITEMS	006 - ENTREES	B	Breakfast	0192900000	Scrapple	3 oz	0.30		
ENTREE-PORK	006 - ENTREES	B	Breakfast	0000038080	Sausage Gravy & Biscuit	2- 2z Ladles+Biscuit	0.27		
INV-DELI ITEMS	006 - ENTREES	B	Breakfast	0229300000	Smoked Salmon Fillet (Lox)	2 oz	1.34		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000040619	Cinnamon Pear Wheat Pancakes	2 Pancakes	0.22	W	V
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000040620	Chocolate Chip Pecan Wheat Pancakes	2 Pancakes	0.21	W	V
ENTREE-EGGS	006 - ENTREES	B	Breakfast	0176600099	Hard Cooked Eggs	1 Egg	0.09		V
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000063304	Breakfast Steak	1 Steaks	1.20		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000063300	Corned Beef Hash	#8 Scoop	0.64		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000040621	Eggnog Wheat Pancakes	2 Pancakes	0.24	W	V
ENTREE-EGGS	006 - ENTREES	B	Breakfast	0000003740	Huevos Rancheros	4z Egg+2z LDL Sauce	0.62		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	B	Breakfast	0000046129	Batter Dipped Cod	2 Pieces	1.62		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000015991	Breakfast Taco	2 Each+1z LDL Salsa	0.51		V
VEG-POTATOES	006 - ENTREES	B	Breakfast	0000001308	Hash Browned Potato Patty	1 Patty	0.12		V
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	B	Breakfast	0000054828	Chicken Fried Steak with Cream Gravy	1 Steak + 2 oz Gravy	0.76		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000045119	Georgia Peach & Pecan Wheat Pancakes	2 Pancakes	0.52	W	V
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000040584	Banana Walnut Whole Wheat Pancakes	2 Pancakes	0.36	W	V
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000045123	Mixed Berry Wheat Pancakes	2 Pancakes	0.33	W	V
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000040599	Blueberry Whole Wheat Pancakes	2 Pancakes	0.51	W	V
ENTREE-POULTRY	006 - ENTREES	B	Breakfast	0000047069	Turkey Sausage Links	1 Link	0.12		
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	B	Breakfast	0000038015	Creamed Chipped Beef	4 oz Ladle	0.46		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000040609	Apple Cinnamon Wheat Pancakes	2 Pancakes	0.21	W	V
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	B	Breakfast	0375415909	Menudo	6 oz Ladle	0.40		
ENTREE-PORK	006 - ENTREES	B	Breakfast	0000047393	Breakfast Ham Steak	1 Half Slice	0.39		
BREAKFAST ENTREE	006 - ENTREES	B	Breakfast	0000040610	Pumpkin Wheat Pancakes	2 Pancakes	0.27	W	V
VEG-RICE	006 - ENTREES	B	Breakfast	0000039045	Okai (Rice Gruel)	4 oz	0.02	W	V
ENTREE-POULTRY	006 - ENTREES	B	Breakfast	0000040553	Chicken Curry with Noodles	8.5 oz	1.06		
	008 - HOT SANDWI	B	Breakfast		Breakfast Sandwiches	x			
BREAKFAST ENTREE	008 - HOT SANDWI	B	Breakfast	0000056956	Sunrise Breakfast Sand-Cheese & Sausage	1 Sandwich	0.63		
BREAKFAST ENTREE	008 - HOT SANDWI	B	Breakfast	0000056955	Sunrise Biscuit with Cheese & Sausage	1 Sandwich	0.66		

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BREAKFAST ENTREE	008 - HOT SANDWI	B	Breakfast	0000053085	Sunrise Cheese & Bacon Sandwich	1 Sandwich	0.81		
BREAKFAST ENTREE	008 - HOT SANDWI	B	Breakfast	0000053089	Sunrise Biscuit with Cheese & Bacon	1 Sandwich	0.84		
BREAKFAST ENTREE	008 - HOT SANDWI	B	Breakfast	0000053074	Sunrise Breakfast Sandwich on Muffin	1 Sandwich	0.44		V
BREAKFAST ENTREE	008 - HOT SANDWI	B	Breakfast	0000053079	Sunrise Breakfast Sandwich with Cheese	1 Sandwich	0.51		V
BREAKFAST ENTREE	008 - HOT SANDWI	B	Breakfast	0000053083	Sunrise Biscuit Sandwich with Cheese	1 Sandwich	0.54		V
BREAKFAST ENTREE	008 - HOT SANDWI	B	Breakfast	0000053077	Sunrise Breakfast Sandwich on Biscuit	1 Sandwich	0.47		V
BREAKFAST ENTREE	008 - HOT SANDWI	B	Breakfast	0000061584	Breakfast Vegetable Wrap	1 Sandwich	0.56		V
BREAKFAST ENTREE	008 - HOT SANDWI	B	Breakfast	0000061588	Asparagus & Mushroom Omelet Sandwich	1 Sandwich	1.04		V
BREAKFAST ENTREE	008 - HOT SANDWI	B	Breakfast	0000063301	Garden Breakfast Flatbread	1 Sandwich	0.87	W	
	012 - BREADS/BAKE	B	Breakfast		Breakfast Bakery	x			
INV-BREADS & CRACKERS	012 - BREADS/BAKE	B	Breakfast	0000037564	Assorted Elite Danish	1 Danish/4 oz	1.28		
INV-BREADS & CRACKERS	012 - BREADS/BAKE	B	Breakfast	0000040895	Chocolate Filled Croissant	5oz Croissant	0.70		
INV-BREADS & CRACKERS	012 - BREADS/BAKE	B	Breakfast	0173203536	Croissant	1 Croissant/3 oz	1.02		V
BREADS-YEAST	012 - BREADS/BAKE	B	Breakfast	0460200000	Wheat Bagels	1 Bagel/4 oz	0.30		V
BREADS-YEAST	012 - BREADS/BAKE	B	Breakfast	0294300000	Sesame Bagels	1 Bagel/4 oz	0.24		V
BREADS-YEAST	012 - BREADS/BAKE	B	Breakfast	0000037887	Poppyseed Bagel	1 Bagel/4 oz	0.27		V
BREADS-YEAST	012 - BREADS/BAKE	B	Breakfast	0000039041	Plain Bagel	1 Bagel/4 oz	0.25		V
BREADS-YEAST	012 - BREADS/BAKE	B	Breakfast	0294200000	Plain Bagels	1 Bagel/4 oz	0.32		V
BREADS-YEAST	012 - BREADS/BAKE	B	Breakfast	0293600000	Cinnamon Raisin Bagels	1 Bagel/4 oz	0.26		V
BREADS-YEAST	012 - BREADS/BAKE	B	Breakfast	0174800000	Blueberry Bagels	1 Bagel/4 oz	0.24		V
	036 - GRILL	L	Grill		Grill Signature	x			
SAND-VEGETABLE, CHEESE (HOT)	036 - GRILL	L	Grill	0000061566	Monterey Black Bean Burger	1 Sandwich	1.19	W	
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000061572	Mushroom Swiss Burger	1 Sandwich	0.93		
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000061574	Bacon Cheeseburger	1 Sandwich	0.99		
	036 - GRILL	L	Grill		Grill Classic	x			
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000061569	Grilled Chicken Sandwich	1 Sandwich	1.22	W	
ENTREE-POULTRY	036 - GRILL	L	Grill	0000061557	Crispy Chicken Tenders	3 Tenders	0.87		
ENTREE-POULTRY	036 - GRILL	L	Grill	0000052889	Crispy Chicken Tenders Basket	3 Tenders+4z Fries	1.55		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000061563	Turkey Burger	1 Sandwich	1.03	W	
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000061560	Classic Hamburger	1 Sandwich	0.71		
SAND-VEGETABLE, CHEESE (HOT)	036 - GRILL	L	Grill	0000061564	Black Bean Burger	1 Sandwich	1.48		V

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SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000061562	Classic Cheeseburger	1 Sandwich	0.79		
	036 - GRILL	L	Grill		Grill Value	x			
SAND-VEGETABLE, CHEESE (HOT)	036 - GRILL	L	Grill	0000061519	Grilled Cheese	1 Sandwich	0.50		V
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000061568	Crispy Chicken Sandwich	1 Sandwich	0.89		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000052898	Crispy Buffalo Chicken Mini Wrap	1 Wrap	0.37		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000052909	Crispy Ranch Chicken Mini Wrap	1 Wrap	0.38		
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000061516	Hot dog	1 Sandwich	0.74		
	036 - GRILL	L	Grill		Grill Items	x			
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000061195	BBQ Beef & Slaw Sandwich	1 Sandwich	0.62	W	
SAND-FISH & SEAFOOD (HOT)	036 - GRILL	L	Grill	0000057481	Wasabi Yellowfin Tuna Burger	1 Burger	1.82	W	
SAND-FISH & SEAFOOD (HOT)	036 - GRILL	L	Grill	0000061592	Baja Fish Taco	1 Taco	0.76	W	
SAND-PORK, SAUS, COLD CUT (HOT)	036 - GRILL	L	Grill	0000054723	BBQ Pulled Pork Sandwich	1 Sandwich	0.86	W	
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000044645	Chicken Bruschetta Knife & Fork Sand	1 Sandwich	1.48	W	
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000049057	Cilantro Chicken on Multigrain Bun	1 Sandwich	1.53	W	
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000062426	Grilled Chicken Breast on Flat	1 Sandwich	1.14	W	
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000056219	Cranberry Turkey Burger Slider	2 Sliders	0.86	W	
VEG-POTATOES	036 - GRILL	L	Grill	0000062399	Baked Fries	4 oz	0.34	W	V
VEG-POTATOES	036 - GRILL	L	Grill	0000062006	Baked Sweet Potato Fries	3 oz	0.49	W	V
VEG-POTATOES	036 - GRILL	L	Grill	0000061593	Cafe Roasted Potatoes	6 oz Spoodle	0.19	W	V
	036 - GRILL	L	Grill		Grill Sides	x			
VEG-POTATOES	036 - GRILL	L	Grill	0000063289	French Fries	4 oz	0.30		V
VEG-POTATOES	036 - GRILL	L	Grill	0000053055	Cheesy Fries	1 Boat	0.43		V
VEG-MISC. STARCH	036 - GRILL	L	Grill	0000062479	Onion Rings	4 oz	0.69		V
SALAD-VEGETABLES	036 - GRILL	L	Grill	0000048200	Cole Slaw	#12 Scoop	0.12		V
SPREADS & CONDIMENTS	036 - GRILL	L	Grill	0000054725	Guacamole	2 oz	0.42		V
	036 - GRILL	L	Grill		Grill - Optional	x			
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000052846	Philly Cheesesteak Sandwich	1 Sandwich	1.25		
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000061578	Angus Burger	1 Sandwich	1.53		
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000052753	Mushroom Swiss Angus Burger	1 Sandwich	2.01		

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SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000062400	Italian Beef Sandwich	1 Sandwich	1.66		
SAND-FISH & SEAFOOD (HOT)	036 - GRILL	L	Grill	0000046108	Fried Cod Sandwich with Red Onion	1 Sandwich	1.32		
SAND-FISH & SEAFOOD (HOT)	036 - GRILL	L	Grill	0000061592	Baja Fish Taco	1 Taco	0.76	W	
SAND-FISH & SEAFOOD (HOT)	036 - GRILL	L	Grill	0000052789	Crab Cake Sandwich	1 Sandwich	3.46		
SAND-FISH & SEAFOOD (HOT)	036 - GRILL	L	Grill	0000052796	Catfish Po' Boy	1 Sandwich	1.66		
SAND-FISH & SEAFOOD (HOT)	036 - GRILL	L	Grill	0000052789	Crab Cake Sandwich	1 Sandwich	3.46		
SAND-PORK,SAUS,COLD CUT (HOT)	036 - GRILL	L	Grill	0000054723	BBQ Pulled Pork Sandwich	1 Sandwich	0.86	W	
SAND-PORK,SAUS,COLD CUT (HOT)	036 - GRILL	L	Grill	0000062363	Classic Grilled Italian Sausage	1 Sandwich	1.23		
SAND-PORK,SAUS,COLD CUT (HOT)	036 - GRILL	L	Grill	0000062377	Grilled Bratwurst with Sauerkraut	1 Sandwich	1.36		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000052785	Crispy Buffalo Chicken Wrap	1 Wrap	1.21		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000056221	Grilled Chicken Parmesan Sandwich	1 Sandwich	1.65	W	
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000061554	Adobo Chicken Sandwich	1 Sandwich	1.12		
SAND-VEGETABLE, CHEESE (HOT)	036 - GRILL	L	Grill	0000054839	Eggplant Reuben	1 Sandwich	0.92		V
SAND-VEGETABLE, CHEESE (HOT)	036 - GRILL	L	Grill	0000062420	Black Bean Burger on Flat	1 Sandwich	1.37		V
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000062392	Classic Hamburger Flat	1 Sandwich	0.79		
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000062394	Classic Cheeseburger Flat	1 Sandwich	0.87		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000062426	Grilled Chicken Breast on Flat	1 Sandwich	1.14	W	
ENTREE-QUESADILLA	036 - GRILL	L	Grill	0000061590	Cheese Quesadilla	1 Quesadilla	1.16		V
ENTREE-QUESADILLA	036 - GRILL	L	Grill	0000061591	Chicken Fajita Quesadilla	1 Quesadilla	2.04		
COMPLETE MEALS	036 - GRILL	L	Grill	0000063314	Fish & Chips	2 Pieces + 4z Fries	1.83		
ENTREE-POULTRY	036 - GRILL	L	Grill	0000045777	Fried Chicken	2 Eighths	1.29		
	036 - GRILL	L	Grill		Grill Daily Specials	x			
SAND-VEGETABLE, CHEESE (COLD)	036 - GRILL	L	Grill	0000061535	Pico Vegetable Roaster	1 Sandwich	1.37	W	V
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000008880	Sante Fe Chicken Breast Sandwich	1 Sandwich	1.37		
SAND-COMBO MEATS (HOT)	036 - GRILL	L	Grill	0000054771	Monte Cristo Sandwich	1 Sandwich	1.35		

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SAND-PORK,SAUS,COLD CUT (HOT)	036 - GRILL	L	Grill	0000062363	Classic Grilled Italian Sausage	1 Sandwich	1.23		
SAND-FISH & SEAFOOD (HOT)	036 - GRILL	L	Grill	0000044660	Asian Citrus Salmon Burger	1 Sandwich	1.79		
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000052753	Mushroom Swiss Angus Burger	1 Sandwich	2.01		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000054868	Arizona Prairie Chicken Sandwich	1 Sandwich	1.81		
ENTREE-QUESADILLA	036 - GRILL	L	Grill	0000062910	BBQ Shrimp & Goat Cheese Quesadilla	1 Plate	3.06		
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000054779	Patty Melt	1 Sandwich	1.14		
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000062476	Grilled Reuben	1 Sandwich	1.44		
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000052846	Philly Cheesesteak Sandwich	1 Sandwich	1.25		
SAND-FISH & SEAFOOD (HOT)	036 - GRILL	L	Grill	0000046108	Fried Cod Sandwich with Red Onion	1 Sandwich	1.32		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000054854	Blue Cheese Turkey Burger	1 Sandwich	1.22		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000010820	Grilled Turkey Melt on Sourdough	1 Sandwich	1.25		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000056221	Grilled Chicken Parmesan Sandwich	1 Sandwich	1.65	W	
SAND-PORK,SAUS,COLD CUT (HOT)	036 - GRILL	L	Grill	0000053684	Cuban Reuben	1 Sandwich	1.51		
SAND-FISH & SEAFOOD (HOT)	036 - GRILL	L	Grill	0000044660	Asian Citrus Salmon Burger	1 Sandwich	1.79		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000010820	Grilled Turkey Melt on Sourdough	1 Sandwich	1.25		
SAND-VEGETABLE, CHEESE (HOT)	036 - GRILL	L	Grill	0000052837	Grilled Cheese & Tomato on White Bread	1 Sandwich	0.58		V
SAND-VEGETABLE, CHEESE (HOT)	036 - GRILL	L	Grill	0000054822	Caprese Sandwich	1 Sandwich	2.02		V
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000054779	Patty Melt	1 Sandwich	1.14		
SAND-VEGETABLE, CHEESE (HOT)	036 - GRILL	L	Grill	0000052783	Grilled Portobello Sandwich	1 Sandwich	1.63		V
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000054868	Arizona Prairie Chicken Sandwich	1 Sandwich	1.81		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000054854	Blue Cheese Turkey Burger	1 Sandwich	1.22		
SAND-PORK,SAUS,COLD CUT (HOT)	036 - GRILL	L	Grill	0000054866	Cheesy Ham & Bacon Melt	1 Sandwich	1.67		
SAND-PORK,SAUS,COLD CUT (HOT)	036 - GRILL	L	Grill	0000062363	Classic Grilled Italian Sausage	1 Sandwich	1.23		
SAND-PORK,SAUS,COLD CUT (HOT)	036 - GRILL	L	Grill	0000054723	BBQ Pulled Pork Sandwich	1 Sandwich	0.86	W	
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000052846	Philly Cheesesteak Sandwich	1 Sandwich	1.25		

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SAND-VEGETABLE, CHEESE (HOT)	036 - GRILL	L	Grill	0000054839	Eggplant Reuben	1 Sandwich	0.92		V
SAND-FISH & SEAFOOD (HOT)	036 - GRILL	L	Grill	0000046108	Fried Cod Sandwich with Red Onion	1 Sandwich	1.32		
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000054779	Patty Melt	1 Sandwich	1.14		
SAND-POULTRY (HOT)	036 - GRILL	L	Grill	0000049057	Cilantro Chicken on Multigrain Bun	1 Sandwich	1.53	W	
SAND-VEGETABLE, CHEESE (HOT)	036 - GRILL	L	Grill	0000054822	Caprese Sandwich	1 Sandwich	2.02		V
SAND-BEEF, LAMB (HOT)	036 - GRILL	L	Grill	0000054872	Grilled Reuben Sandwich	1 Sandwich	1.27		
SAND-COMBO MEATS (HOT)	036 - GRILL	L	Grill	0000054843	Honey, Ham & Cheese Chicken Sandwich	1 Sandwich	1.27		
	036 - GRILL	D	Grill		Grill - Dinner	x			
ENTREE-FISH,SEAFOOD	036 - GRILL	D	Grill	0000044357	Grilled Teriyaki Tuna	1 Steak	1.85	W	
ENTREE-POULTRY	036 - GRILL	D	Grill	0000053050	Grilled Chicken Breast	1 Breast	0.68	W	
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054380	House Salsa	1 oz Ladle	0.13		V
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054214	Pineapple Chutney	2 Tbsp	0.09		V
SAUCES & GRAVIES	036 - GRILL	D	Grill	0000046635	Poultry Gravy	2 oz Ladle	0.04		
SPREADS & CONDIMENTS	036 - GRILL	D	Grill	0000053041	Maitre de Medaillons Margarine	1 Medaillon	0.06		V
ENTREE-PORK	036 - GRILL	D	Grill	0000049459	Herbed Pork Chop	1 Chop	1.04	W	
ENTREE-POULTRY	036 - GRILL	D	Grill	0000053050	Grilled Chicken Breast	1 Breast	0.68	W	
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054380	House Salsa	1 oz Ladle	0.13		V
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054214	Pineapple Chutney	2 Tbsp	0.09		V
SAUCES & GRAVIES	036 - GRILL	D	Grill	0000046633	Brown Gravy	2 oz Ladle	0.04		
SPREADS & CONDIMENTS	036 - GRILL	D	Grill	0000053041	Maitre de Medaillons Margarine	1 Medaillon	0.06		V
ENTREE-BEEF,GROUND	036 - GRILL	D	Grill	0000053073	Grilled Meatloaf	1 Slice/4 oz	0.85		
ENTREE-POULTRY	036 - GRILL	D	Grill	0000053050	Grilled Chicken Breast	1 Breast	0.68	W	
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054380	House Salsa	1 oz Ladle	0.13		V
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054214	Pineapple Chutney	2 Tbsp	0.09		V
SAUCES & GRAVIES	036 - GRILL	D	Grill	0000046633	Brown Gravy	2 oz Ladle	0.04		
SPREADS & CONDIMENTS	036 - GRILL	D	Grill	0000053041	Maitre de Medaillons Margarine	1 Medaillon	0.06		V
ENTREE-BEEF,SOLID,CUBED	036 - GRILL	D	Grill	0000054717	Beef Fajitas	1 Fajita	0.90		
ENTREE-POULTRY	036 - GRILL	D	Grill	0000053050	Grilled Chicken Breast	1 Breast	0.68	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054380	House Salsa	1 oz Ladle	0.13		V
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054214	Pineapple Chutney	2 Tbsp	0.09		V
SAUCES & GRAVIES	036 - GRILL	D	Grill	0000046633	Brown Gravy	2 oz Ladle	0.04		
SPREADS & CONDIMENTS	036 - GRILL	D	Grill	0000053041	Maitre de Medaillons Margarine	1 Medaillon	0.06		V
ENTREE-FISH,SEAFOOD	036 - GRILL	D	Grill	0000053042	Grilled Salmon	1 Fillet	1.46		
ENTREE-POULTRY	036 - GRILL	D	Grill	0000053050	Grilled Chicken Breast	1 Breast	0.68	W	
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054380	House Salsa	1 oz Ladle	0.13		V
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054214	Pineapple Chutney	2 Tbsp	0.09		V
SAUCES & GRAVIES	036 - GRILL	D	Grill	0000046635	Poultry Gravy	2 oz Ladle	0.04		
SPREADS & CONDIMENTS	036 - GRILL	D	Grill	0000053041	Maitre de Medaillons Margarine	1 Medaillon	0.06		V
ENTREE-BEEF,SOLID,CUBED	036 - GRILL	D	Grill	0000054828	Chicken Fried Steak with Cream Gravy	1 Steak + 2 oz Gravy	0.76		
ENTREE-POULTRY	036 - GRILL	D	Grill	0000053050	Grilled Chicken Breast	1 Breast	0.68	W	
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054380	House Salsa	1 oz Ladle	0.13		V
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054214	Pineapple Chutney	2 Tbsp	0.09		V
COMPLETE MEALS	036 - GRILL	D	Grill	0000056635	Pepita & Crab Encrusted Tilapia Plate	1 Plate	2.60		
SPREADS & CONDIMENTS	036 - GRILL	D	Grill	0000053041	Maitre de Medaillons Margarine	1 Medaillon	0.06		V
ENTREE-POULTRY	036 - GRILL	D	Grill	0000060933	Turkey Salisbury Steak	1 Steak	0.48		
ENTREE-POULTRY	036 - GRILL	D	Grill	0000053050	Grilled Chicken Breast	1 Breast	0.68	W	
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054380	House Salsa	1 oz Ladle	0.13		V
SALSA, CHUTNEY, RELISHES	036 - GRILL	D	Grill	0000054214	Pineapple Chutney	2 Tbsp	0.09		V
SAUCES & GRAVIES	036 - GRILL	D	Grill	0000046635	Poultry Gravy	2 oz Ladle	0.04		
SPREADS & CONDIMENTS	036 - GRILL	D	Grill	0000053041	Maitre de Medaillons Margarine	1 Medaillon	0.06		V
	036 - GRILL	D	Grill		Grill Dinner - Sides	x			
VEG-POTATOES	036 - GRILL	D	Grill	0000053003	Yukon Smashed Potatoes	4 oz	0.24		V
VEG-RICE	036 - GRILL	D	Grill	0000051548	Barley Rice Pilaf	4 oz Spoodle	0.09	W	V
	048 - DELI	L	Deli		Deli Panini	x			
SAND-POULTRY (HOT)	048 - DELI	L	Deli	0000052814	Turkey Reuben Panini	1 Sandwich	2.01		
SAND-POULTRY (HOT)	048 - DELI	L	Deli	0000052914	Tuscan Chicken Panini	1 Sandwich	2.06		
SAND-POULTRY (HOT)	048 - DELI	L	Deli	0000052805	Classic Panini 8	1 Sandwich	1.31		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SAND-VEGETABLE, CHEESE (HOT)	048 - DELI	L	Deli	0000058119	Artichoke & Avocado Panini	1 Sandwich	1.71		V
SAND-PORK,SAUS,COLD CUT (HOT)	048 - DELI	L	Deli	0000052829	Cuban Panini	1 Sandwich	1.32		
	048 - DELI	L	Deli		Deli Signature	x			
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000061865	Deli Roast Beef & Cheddar on Baguette	1 Sandwich	1.98		
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000061860	Italian Hero Sandwich	1 Sandwich	1.84		
SAND-PORK,SAUS,COLD CUT (COLD)	048 - DELI	L	Deli	0000061863	Deli Ham, Bacon & Swiss on Croissant	1 Sandwich	1.55		
SAND-VEGETABLE, CHEESE (COLD)	048 - DELI	L	Deli	0000056191	Portobello Rustico	1 Sandwich	1.85	W	V
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000061861	Deli Roast Turkey Ciabatta Club	1 Sandwich	1.84		
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000012814	Chicken Caesar Wrap	1 Wrap	1.36		
	048 - DELI	L	Deli		Deli Classic	x			
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000052780	House Chicken Salad Sandwich	1 Sandwich	0.84	W	
SAND-FISH & SEAFOOD (COLD)	048 - DELI	L	Deli	0000052862	Tuna Salad on Wheat Berry	1 Sandwich	0.86		
SAND-EGG (COLD)	048 - DELI	L	Deli	0000061867	Egg Salad Croissant	1 Sandwich	0.71		
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000047180	Roast Beef Sandwich on Multigrain Bun	1 Sandwich	1.30	W	
	048 - DELI	L	Deli		Deli Value	x			
SAND-VEGETABLE, CHEESE (COLD)	048 - DELI	L	Deli	0000047207	Peanut Butter & Jelly on White Bread	1 Sandwich	0.42		V
SAND-PORK,SAUS,COLD CUT (COLD)	048 - DELI	L	Deli	0000061859	BLT Sandwich	1 Sandwich	0.88		
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000039158	Made to Order Deli Bar	1 Sandwich	1.49		
	048 - DELI	L	Deli		Deli - Wellness	x			
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000052090	Lemon Tarragon Chicken Salad Sandwich	1 Sandwich	1.20	W	
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000053651	Caribbean Jerk Chicken Sandwich	1 Sandwich	1.59	W	
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000054719	Asian Chicken Wrap	1 Wrap	1.35	W	
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000056155	Dijon Curry Chicken Pita	1 Sandwich	0.79	W	
SAND-VEGETABLE, CHEESE (COLD)	048 - DELI	L	Deli	0000041901	Roasted Vegetable Pita	2 Pita Halves	1.46	W	V
SAND-VEGETABLE, CHEESE (COLD)	048 - DELI	L	Deli	0000056191	Portobello Rustico	1 Sandwich	1.85	W	V
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000047180	Roast Beef Sandwich on Multigrain Bun	1 Sandwich	1.30	W	
	048 - DELI	L	Deli		Deli - Optional	x			

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SAND-VEGETABLE, CHEESE (COLD)	048 - DELI	L	Deli	0000052876	Roasted Vegetable Muffuletta on Ciabatta	1 Sandwich	1.25		V
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000054719	Asian Chicken Wrap	1 Wrap	1.35	W	
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000054785	Beef & Blue Baguette	1 Sandwich	0.85		
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000061869	Pastrami with Cole Slaw & Swiss	1 Sandwich	1.59		
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000061868	Deli Corned Beef with Cole Slaw & Swiss	1 Sandwich	1.37		
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000052788	Santa Fe Turkey Wrap	1 Wrap	1.39		
SAND-COMBO MEATS (HOT)	048 - DELI	L	Deli	0000052817	California Chicken on Ciabatta	1 Sandwich	2.31		
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000056155	Dijon Curry Chicken Pita	1 Sandwich	0.79	W	
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000044476	Turkey Bruschetta Wrap	1 Wrap	1.26		
SAND-FISH & SEAFOOD (COLD)	048 - DELI	L	Deli	0000052799	Seafood Salad Wrap	1 Wrap	0.58		
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000052892	Classic Muffuletta on Ciabatta	1 Sandwich	1.78		
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000052090	Lemon Tarragon Chicken Salad Sandwich	1 Sandwich	1.20	W	
	048 - DELI	L	Deli		Deli Sides	x			
SALAD-VEGETABLES	048 - DELI	L	Deli	0000048200	Cole Slaw	#12 Scoop	0.12		V
ENTREE-PORK	048 - DELI	L	Deli	0000037521	Crisp Bacon	2 Slices	0.40		
FRUIT	048 - DELI	L	Deli	0000006444	Fresh Fruit Cup	#8 Scoop	0.32		V
INV-FRSH & CND VEGES	048 - DELI	L	Deli	0000003569	Carrot & Celery Sticks	6 Sticks/3 Each	0.07		V
	048 - DELI	L	Deli		Deli Daily Specials	x			
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000006317	Roast Beef Sandwich with Cheddar	1 Sandwich	1.55		
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000054791	Cold Cut Combo	1 Sub-12"	2.29		
SAND-VEGETABLE, CHEESE (COLD)	048 - DELI	L	Deli	0000040751	Roasted Vegetables on Multi-Grain Bun	1 Sandwich	1.10		V
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000054769	Peppered Turkey with Guacamole & Tomato	1 Sandwich	1.52		
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000054795	Italian Deli Wrap	1 Wrap	1.35		
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000010416	Classic Chef Jazz Salad Wrap	1 Wrap	1.91		
SAND-PORK, SAUS, COLD CUT (COL)	048 - DELI	L	Deli	0000054548	Italian Sub	1 Sub-12"	1.95		
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000054773	Turkey, Ham & Swiss Sub	1 Sub-12"	2.11		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SAND-PORK,SAUS,COLD CUT (COL	048 - DELI	L	Deli	0000054484	Ham Wrap with Herb Mayonnaise	1 Wrap	1.25		
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000054486	Sante Fe Chicken Sandwich	1 Sandwich	0.76		
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000006317	Roast Beef Sandwich with Cheddar	1 Sandwich	1.55		
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000054785	Beef & Blue Baguette	1 Sandwich	0.85		
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000054793	Mexi Chicken Wrap	1 Wrap	1.75		
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000054769	Peppered Turkey with Guacamole & Tomato	1 Sandwich	1.52		
SAND-VEGETABLE, CHEESE (COLD)	048 - DELI	L	Deli	0000054490	Zesty Italian Roasted Vegetable Sandwich	1 Sandwich	2.04	W	V
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000010416	Classic Chef Jazz Salad Wrap	1 Wrap	1.91		
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000011511	Cape Codder Turkey Sandwich	1 Sandwich	1.62	W	
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000054783	Boston Club Sub	1 Sub-12"	2.45		
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000054486	Sante Fe Chicken Sandwich	1 Sandwich	0.76		
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000054791	Cold Cut Combo	1 Sub-12"	2.29		
SAND-PORK,SAUS,COLD CUT (COL	048 - DELI	L	Deli	0000054484	Ham Wrap with Herb Mayonnaise	1 Wrap	1.25		
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000054785	Beef & Blue Baguette	1 Sandwich	0.85		
SAND-PORK,SAUS,COLD CUT (COL	048 - DELI	L	Deli	0000054548	Italian Sub	1 Sub-12"	1.95		
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000054791	Cold Cut Combo	1 Sub-12"	2.29		
SAND-PORK,SAUS,COLD CUT (COL	048 - DELI	L	Deli	0000054484	Ham Wrap with Herb Mayonnaise	1 Wrap	1.25		
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000054769	Peppered Turkey with Guacamole & Tomato	1 Sandwich	1.52		
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000006317	Roast Beef Sandwich with Cheddar	1 Sandwich	1.55		
SAND-VEGETABLE, CHEESE (COLD)	048 - DELI	L	Deli	0000040751	Roasted Vegetables on Multi-Grain Bun	1 Sandwich	1.10		V
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000054808	Mediterranean Chicken Sandwich	1 Sandwich	1.81		
SAND-POULTRY (COLD)	048 - DELI	L	Deli	0000011511	Cape Codder Turkey Sandwich	1 Sandwich	1.62	W	
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000054773	Turkey, Ham & Swiss Sub	1 Sub-12"	2.11		
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000054555	Vermont Lumberjack Sandwich	1 Sandwich	0.79		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000054795	Italian Deli Wrap	1 Wrap	1.35		
SAND-VEGETABLE, CHEESE (COLD)	048 - DELI	L	Deli	0000054546	Santa Fe Salad Wrap	1 Wrap	0.74		V
SAND-COMBO MEATS (COLD)	048 - DELI	L	Deli	0000054783	Boston Club Sub	1 Sub-12"	2.45		
	048 - DELI	L	Deli		Deli Optional	x			
SAND-BEEF, LAMB (COLD)	048 - DELI	L	Deli	0000039164	Roast Beef Sandwich on Wheat	1 Sandwich	0.89		
SAND-EGG (COLD)	048 - DELI	L	Deli	0000039325	Egg Salad Sandwich on Wheat Bread	1 Sandwich	0.94		V
	045 - PIZZA	L	Pizza		Pizza Gusta	x			
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054749	Sausage Pizza	1 Pizza-8"	1.59		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054746	Pepperoni Pizza	1 Pizza-8"	1.48		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054744	Cheese Pizza	1 Pizza-8"	1.27		V
	045 - PIZZA	L	Pizza		Pizza Daily Specials	x			
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055005	Basil Chicken & Roasted Pepper Pizza	1 Pizza-8"	2.19		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055011	Mexican Pizza	1 Pizza-8"	1.91		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054946	Greek Pizza	1 Pizza-8"	1.79		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054948	Cheeseburger Pizza	1 Pizza-8"	1.96		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055021	Spinach & Portobello Pizza	1 Pizza-8"	2.38		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055023	Spinach & Mushroom Pizza	1 Pizza-8"	1.81		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055005	Basil Chicken & Roasted Pepper Pizza	1 Pizza-8"	2.19		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054952	Pepper & Mushroom Pizza	1 Pizza-8"	1.60		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054960	Mediterranean White Bean Pizza	1 Pizza-8"	2.09		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054960	Mediterranean White Bean Pizza	1 Pizza-8"	2.09		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054964	Artichoke, Red Pepper & Feta Pizza	1 Pizza-8"	2.08		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054966	Ground Beef Pizza	1 Pizza-8"	1.69		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055040	Roasted Vegetable Pizza	Each	2.03		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054946	Greek Pizza	1 Pizza-8"	1.79		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055021	Spinach & Portobello Pizza	1 Pizza-8"	2.38		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055034	Sausage & Green Pepper Pizza	1 Pizza-8"	1.72		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054946	Greek Pizza	1 Pizza-8"	1.79		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054970	BBQ Chicken Pizza	1 Pizza-8"	1.69		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054972	Jalapeno Basil	1 Pizza-8"	1.50		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054976	California Vegetable Pizza	1 Pizza-8"	2.03		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054952	Pepper & Mushroom Pizza	1 Pizza-8"	1.60		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054960	Mediterranean White Bean Pizza	1 Pizza-8"	2.09		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054978	Meat Lover's Pizza	1 Pizza-8"	2.18		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054980	Chicken Fajita Pizza	1 Pizza-8"	2.06		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054982	Hawaiian Pizza	1 Pizza-8"	1.63		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054948	Cheeseburger Pizza	1 Pizza-8"	1.96		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054984	Primavera Pizza	1 Pizza-8"	1.91		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055034	Sausage & Green Pepper Pizza	1 Pizza-8"	1.72		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054946	Greek Pizza	1 Pizza-8"	1.79		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055005	Basil Chicken & Roasted Pepper Pizza	1 Pizza-8"	2.19		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055023	Spinach & Mushroom Pizza	1 Pizza-8"	1.81		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055027	Grilled Vegetable Pizza	1 Pizza-8"	1.57		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054995	Supreme Pizza	1 Pizza-8"	1.68		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054986	Shrimp Pizza	1 Pizza-8"	2.00		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054982	Hawaiian Pizza	1 Pizza-8"	1.63		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054966	Ground Beef Pizza	1 Pizza-8"	1.69		
	045 - PIZZA	L	Pizza		Pizza Daily Specials - Optional	x			
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054986	Shrimp Pizza	1 Pizza-8"	2.00		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055034	Sausage & Green Pepper Pizza	1 Pizza-8"	1.72		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000055023	Spinach & Mushroom Pizza	1 Pizza-8"	1.81		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000054982	Hawaiian Pizza	1 Pizza-8"	1.63		
	045 - PIZZA	L	Pizza		Classico Pizza	x			
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057934	Cheese Pizza by the Slice	1 Slice-Cut 8 (16")	0.90		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057941	Pepperoni Pizza by the Slice	1 Slice-Cut 8 (16")	0.96		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057942	Sausage Pizza by the Slice	1 Slice-Cut 8 (16")	1.04		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057943	Supreme Pizza by the Slice	1 Slice-Cut 8 (16")	1.07		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057944	Vegetable Pizza by the Slice	1 Slice-Cut 8 (16")	1.02		V
	045 - PIZZA	L	Pizza		Fresco Personal Pizza	x			
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057947	Cheese Pizza	1 Pizza-7"	0.87		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057959	Pepperoni Pizza	1 Pizza-7"	0.99		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057960	Italian Sausage Pizza	1 Pizza-7"	1.06		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057981	Vegetable Wheat Pizza	1 Pizza-7"	1.27		V
	045 - PIZZA	L	Pizza		Naturale Slice Pizza (Wellness)	x			
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000061508	Mozzarella Pizza by the Slice	1 Slice-Cut 6 (16")	0.42	W	V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000061512	Peppers & Onion Pizza by the Slice	1 Slice-Cut 6 (16")	0.48	W	V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000061517	Margherita Pizza by the Slice	1 Slice-Cut 6 (16")	0.48	W	V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000061520	Chicken Spinaci Pizza by Slice	1 Slice-Cut 6 (16")	0.56	W	
	045 - PIZZA	L	Pizza		Baked Pasta	x			
ENTREE-PASTA	045 - PIZZA	L	Pizza	0000057694	Baked Cheese Ravioli with Blush Sauce	1 Casserole (9 oz)	1.18		V
ENTREE-PASTA	045 - PIZZA	L	Pizza	0000057698	Baked Spaghetti with Meatballs	1 Casserole (9.1 oz)	0.51		
ENTREE-PASTA	045 - PIZZA	L	Pizza	0000057695	Baked Tortellini with Alfredo Sauce	1 Casserole (9 oz)	1.43		V
	045 - PIZZA	L	Pizza		Calzone	x			
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057772	Mushroom & Sausage Calzone	1 Calzone (11 oz)	1.18		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057770	Pepper & Spinach Calzone	1 Calzone (12 oz)	1.50		V
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057771	Pepperoni & Sausage Calzone	1 Calzone (11 oz)	1.21		
	045 - PIZZA	L	Pizza		Stromboli	x			
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057537	Pepperoni Stromboli	1 Stromboli (10 oz)	0.92		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057541	Italian Meat Lover's Stromboli	1 Stromboli (11 oz)	1.31		
ENTREE-PIZZA	045 - PIZZA	L	Pizza	0000057547	Mushroom & Spinach Stromboli	1 Stromboli (11 oz)	1.17		V
	045 - PIZZA	L	Pizza		Pizzas-Sides	x			
BREADS-YEAST	045 - PIZZA	L	Pizza	0000057779	Garlic Knots	1 Garlic Knot	0.34		V
	003 - SOUPS	L	Scratch Soup		Soup - Scratch	x			
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049392	Garden Vegetable Soup	8 oz Ladle	0.15	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054651	Potato Bacon Soup	8 oz Ladle	0.37		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049372	Beef Noodle Soup	8 oz Ladle	0.36	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054629	Minnesota Wild Rice Soup	8 oz Ladle	0.33		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049554	Navy Bean Soup	8 oz Ladle	0.21	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054693	Broccoli Cheese Soup	8 oz Ladle	0.57		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049389	Chicken Rice Soup	8 oz Ladle	0.35	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054701	Cream of Mushroom Soup	8 oz Ladle	0.40		V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000061800	Root Vegetable Soup	8 oz Ladle	0.41	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000061796	Lighthouse Clam Chowder	8 oz Ladle	0.63	W	
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054703	Six Bean Soup	8 oz Ladle	0.25	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054674	Canadian Cheese Soup	8 oz Ladle	0.36		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049540	Minestrone Soup	8 oz Ladle	0.32	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000051422	Baked Potato Soup	8 oz Ladle	0.42		
	003 - SOUPS	L	Scratch Soup		Soup - Scratch	x			
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054676	Tomato Florentine	8 oz Ladle	0.35	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000061771	Cream of Broccoli Soup	8 oz Ladle	0.26	W	V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000061780	Turkey Rice Soup	8 oz Ladle	0.51	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054655	Mexican Corn Soup	8 oz Ladle	0.45		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054707	Cuban Black Bean Soup	8 oz Ladle	0.40	W	
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000054695	Cheeseburger Chowder	8 oz Ladle	0.60		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049530	Beef Barley Soup	8 oz Ladle	0.36	W	
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000054687	Chicken Gumbo	8 oz Ladle	0.29		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049565	Tomato Soup	8 oz Ladle	0.26	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000044056	Potato & Corn Chowder	8 oz Ladle	0.30	W	V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000057787	Mushroom Barley Soup	8 oz Ladle	0.25	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000051453	Cajun Chicken Bisque	8 oz Ladle	0.49		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049384	Chicken Noodle Soup	8 oz Ladle	0.34		
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000051437	Spiced Sweet Potato Soup	8 oz Ladle	0.31		V
	003 - SOUPS	L	Scratch Soup		Soup - Scratch	x			
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049540	Minestrone Soup	8 oz Ladle	0.32	W	V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000051422	Baked Potato Soup	8 oz Ladle	0.42		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054703	Six Bean Soup	8 oz Ladle	0.25	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054693	Broccoli Cheese Soup	8 oz Ladle	0.57		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000051046	Turkey Noodle Soup	8 oz Ladle	0.31	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000049536	Cream of Vegetable Soup	8 oz Ladle	0.22		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054666	Chickpea & Tortellini Soup	8 oz Ladle	0.43	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054674	Canadian Cheese Soup	8 oz Ladle	0.36		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000057781	Vegetarian Lentil Soup	8 oz Ladle	0.33	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000054645	Jerusalem Chicken Chowder	8 oz Ladle	0.27	W	
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049392	Garden Vegetable Soup	8 oz Ladle	0.15	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054629	Minnesota Wild Rice Soup	8 oz Ladle	0.33		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049554	Navy Bean Soup	8 oz Ladle	0.21	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054701	Cream of Mushroom Soup	8 oz Ladle	0.40		V
	003 - SOUPS	L	Scratch Soup		Soup - Scratch	x			
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049565	Tomato Soup	8 oz Ladle	0.26	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000051453	Cajun Chicken Bisque	8 oz Ladle	0.49		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054625	Asian Vegetable Soup	8 oz Ladle	0.46	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000051437	Spiced Sweet Potato Soup	8 oz Ladle	0.31		V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049384	Chicken Noodle Soup	8 oz Ladle	0.34		
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054655	Mexican Corn Soup	8 oz Ladle	0.45		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000061800	Root Vegetable Soup	8 oz Ladle	0.41	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054672	Cheese & Bacon Soup	8 oz Ladle	0.61		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054676	Tomato Florentine	8 oz Ladle	0.35	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000047409	Chicken Chipotle Chowder	8 oz Ladle	0.49	W	
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049372	Beef Noodle Soup	8 oz Ladle	0.36	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054651	Potato Bacon Soup	8 oz Ladle	0.37		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049389	Chicken Rice Soup	8 oz Ladle	0.35	W	
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000061796	Lighthouse Clam Chowder	8 oz Ladle	0.63	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
	003 - SOUPS	L	Scratch Soup		Soup - Scratch	x			
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000057787	Mushroom Barley Soup	8 oz Ladle	0.25	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000054695	Cheeseburger Chowder	8 oz Ladle	0.60		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000051046	Turkey Noodle Soup	8 oz Ladle	0.31	W	
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000054645	Jerusalem Chicken Chowder	8 oz Ladle	0.27	W	
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054643	Tortilla Soup	8 oz Ladle	0.33	W	
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000059649	Corn Chowder	8 oz Ladle	0.38		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054707	Cuban Black Bean Soup	8 oz Ladle	0.40	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000049536	Cream of Vegetable Soup	8 oz Ladle	0.22		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054666	Chickpea & Tortellini Soup	8 oz Ladle	0.43	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000061771	Cream of Broccoli Soup	8 oz Ladle	0.26	W	V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054703	Six Bean Soup	8 oz Ladle	0.25	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000054687	Chicken Gumbo	8 oz Ladle	0.29		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000061780	Turkey Rice Soup	8 oz Ladle	0.51	W	
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000044056	Potato & Corn Chowder	8 oz Ladle	0.30	W	V
	003 - SOUPS	L	Scratch Soup		Soup - Scratch - Chili	x			
CHILI	003 - SOUPS	L	Scratch Soup	0000054678	Thick & Zesty Chili	8 oz Ladle	0.62		
CHILI	003 - SOUPS	L	Scratch Soup	0000055206	Vegetarian Chili	6 oz Ladle	0.38	W	V
CHILI	003 - SOUPS	L	Scratch Soup	0000037285	Black Bean Turkey Chili	8 oz Ladle	0.65		
	003 - SOUPS	L	Scratch Soup		Soup - Scratch - Optional	x			
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000041791	Roasted Chicken & Pepper Soup	8 oz Ladle	0.74		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054685	Oven Roasted Plum Tomato Soup	8 oz Ladle	0.70		
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Scratch Soup	0000054633	Fire Roasted Corn Soup	8 oz Ladle	0.29		V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000044408	Dal	8 oz Ladle	0.20	W	V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054699	Chicken Vegetable Soup with Orzo	8 oz Ladle	0.42		
CHILI	003 - SOUPS	L	Scratch Soup	0000047325	Chicken Chile Verde	6 oz Ladle	0.76		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000049377	Beef Vegetable Soup	8 oz Ladle	0.31	W	
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054705	Split Pea with Ham Soup	8 oz Ladle	0.27		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
CHILI	003 - SOUPS	L	Scratch Soup	0000038014	White Bean Chili	8 oz Ladle	0.82		
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054617	Three Grain & Roast Vegetable Soup	8 oz Ladle	0.41		V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054900	Chicken & Dumplings Soup	8 oz Ladle	0.68		
CHILI	003 - SOUPS	L	Scratch Soup	0000034433	Mushroom Chili	8 oz Ladle	0.76		V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054619	Potato Leek Soup	8 oz Ladle	0.31		V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000057050	Tom Yum Soup	8 oz Ladle	0.56		V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054637	Two Mushroom Barley Soup	8 oz Ladle	0.32		V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000057784	Friulian Mushroom Soup	8 oz Ladle	0.60		V
SOUPS-BROTH	003 - SOUPS	L	Scratch Soup	0000054639	Orzo & Meatball Soup	8 oz Ladle	0.37		
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Scratch Soup	0000061788	New England Clam Chowder	8 oz Ladle	0.80		
	003 - SOUPS	L	Scratch Soup		Soup - Scratch - Sides	x			
BREADS-YEAST	003 - SOUPS	L	Scratch Soup	0220608673	Breadsticks	1 Breadstick	0.24		V
BREADS-YEAST	003 - SOUPS	L	Scratch Soup	0269211861	French Baguette	1 Slice/2.5 oz	0.32		V
	003 - SOUPS	L	Conv Soup		Soup-One Conv	x			
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049392	Garden Vegetable Soup	8 oz Ladle	0.15	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000058817	Cream of Potato Soup	8 oz Ladle	0.56		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049372	Beef Noodle Soup	8 oz Ladle	0.36	W	
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Conv Soup	0000054897	Chicken & Sausage Gumbo	8 oz Ladle	0.72		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049554	Navy Bean Soup	8 oz Ladle	0.21	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000054906	Cream of Broccoli Soup	8 oz Ladle	0.81		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049389	Chicken Rice Soup	8 oz Ladle	0.35	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000041832	Napa Valley Tomato Soup	8 oz Ladle	0.77		V
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000061800	Root Vegetable Soup	8 oz Ladle	0.41	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Conv Soup	0000054895	New England Clam Chowder	8 oz Ladle	0.80		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054703	Six Bean Soup	8 oz Ladle	0.25	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000054629	Minnesota Wild Rice Soup	8 oz Ladle	0.33		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049540	Minestrone Soup	8 oz Ladle	0.32	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Conv Soup	0000054687	Chicken Gumbo	8 oz Ladle	0.29		
NRM V3-Nutrient Analysis 201	003 - SOUPS	L	Conv Soup		Soup-One Conv	x			

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054676	Tomato Florentine	8 oz Ladle	0.35	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000054633	Fire Roasted Corn Soup	8 oz Ladle	0.29		V
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000061780	Turkey Rice Soup	8 oz Ladle	0.51	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000054917	Broccoli Cheese Soup	8 oz Ladle	0.66		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054707	Cuban Black Bean Soup	8 oz Ladle	0.40	W	
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Conv Soup	0000054695	Cheeseburger Chowder	8 oz Ladle	0.60		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049530	Beef Barley Soup	8 oz Ladle	0.36	W	
CHILI	003 - SOUPS	L	Conv Soup	0000054678	Thick & Zesty Chili	8 oz Ladle	0.62		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049565	Tomato Soup	8 oz Ladle	0.26	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Conv Soup	0000054895	New England Clam Chowder	8 oz Ladle	0.80		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000057787	Mushroom Barley Soup	8 oz Ladle	0.25	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Conv Soup	0000054897	Chicken & Sausage Gumbo	8 oz Ladle	0.72		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049384	Chicken Noodle Soup	8 oz Ladle	0.34		
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000041832	Napa Valley Tomato Soup	8 oz Ladle	0.77		V
	003 - SOUPS	L	Conv Soup		Soup-One Conv	x			
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049540	Minestrone Soup	8 oz Ladle	0.32	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000054906	Cream of Broccoli Soup	8 oz Ladle	0.81		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054703	Six Bean Soup	8 oz Ladle	0.25	W	V
CHILI	003 - SOUPS	L	Conv Soup	0000054678	Thick & Zesty Chili	8 oz Ladle	0.62		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000051046	Turkey Noodle Soup	8 oz Ladle	0.31	W	
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054900	Chicken & Dumplings Soup	8 oz Ladle	0.68		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054666	Chickpea & Tortellini Soup	8 oz Ladle	0.43	W	
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054912	Vegetable Beef Soup	8 oz Ladle	0.71		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000057781	Vegetarian Lentil Soup	8 oz Ladle	0.33	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000058817	Cream of Potato Soup	8 oz Ladle	0.56		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049392	Garden Vegetable Soup	8 oz Ladle	0.15	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000038114	Cream of Tomato Soup	8 oz Ladle	0.42		V
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049554	Navy Bean Soup	8 oz Ladle	0.21	W	
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Conv Soup	0000054645	Jerusalem Chicken Chowder	8 oz Ladle	0.27	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
	003 - SOUPS	L	Conv Soup		Soup-One Conv	x			
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049565	Tomato Soup	8 oz Ladle	0.26	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000054917	Broccoli Cheese Soup	8 oz Ladle	0.66		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054625	Asian Vegetable Soup	8 oz Ladle	0.46	W	V
CHILI	003 - SOUPS	L	Conv Soup	0000054678	Thick & Zesty Chili	8 oz Ladle	0.62		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049384	Chicken Noodle Soup	8 oz Ladle	0.34		
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000041832	Napa Valley Tomato Soup	8 oz Ladle	0.77		V
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000061800	Root Vegetable Soup	8 oz Ladle	0.41	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Conv Soup	0000054897	Chicken & Sausage Gumbo	8 oz Ladle	0.72		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054676	Tomato Florentine	8 oz Ladle	0.35	W	V
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Conv Soup	0000054895	New England Clam Chowder	8 oz Ladle	0.80		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049372	Beef Noodle Soup	8 oz Ladle	0.36	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000054906	Cream of Broccoli Soup	8 oz Ladle	0.81		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000049389	Chicken Rice Soup	8 oz Ladle	0.35	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000058817	Cream of Potato Soup	8 oz Ladle	0.56		
	003 - SOUPS	L	Conv Soup		Soup-One Conv	x			
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000057787	Mushroom Barley Soup	8 oz Ladle	0.25	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000051422	Baked Potato Soup	8 oz Ladle	0.42		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000051046	Turkey Noodle Soup	8 oz Ladle	0.31	W	
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054707	Cuban Black Bean Soup	8 oz Ladle	0.40	W	
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054643	Tortilla Soup	8 oz Ladle	0.33	W	
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054900	Chicken & Dumplings Soup	8 oz Ladle	0.68		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054707	Cuban Black Bean Soup	8 oz Ladle	0.40	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000038114	Cream of Tomato Soup	8 oz Ladle	0.42		V
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054666	Chickpea & Tortellini Soup	8 oz Ladle	0.43	W	
SOUPS-CHOWDER, GUMBO	003 - SOUPS	L	Conv Soup	0000054895	New England Clam Chowder	8 oz Ladle	0.80		
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000054703	Six Bean Soup	8 oz Ladle	0.25	W	V
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000054672	Cheese & Bacon Soup	8 oz Ladle	0.61		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SOUPS-BROTH	003 - SOUPS	L	Conv Soup	0000061780	Turkey Rice Soup	8 oz Ladle	0.51	W	
SOUPS-CREAM, CHEESE	003 - SOUPS	L	Conv Soup	0000054917	Broccoli Cheese Soup	8 oz Ladle	0.66		
	003 - SOUPS	L	Conv Soup		Soup-One Conv-Sides	x			
BREADS-YEAST	003 - SOUPS	L	Conv Soup	0220608673	Breadsticks	1 Breadstick	0.24		V
BREADS-YEAST	003 - SOUPS	L	Conv Soup	0269211861	French Baguette	1 Slice/2.5 oz	0.32		V
	006 - ENTREES	L	Carving		Entrees-Carving Station	x			
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Carving	0000057672	Garlic Tarragon Strip Loin	4 oz	0.86		
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Carving	0000057776	Italian Roast Beef	4 oz	1.04		
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Carving	0000057670	Montreal Strip Loin	4 oz	0.90	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Carving	0000057671	Spanish Paprika Strip Loin	4 oz	0.81	W	
ENTREE-PORK	006 - ENTREES	L	Carving	0000057602	Apricot Allspice Glazed Ham	4 oz	0.86		
ENTREE-PORK	006 - ENTREES	L	Carving	0000057601	Dijon Ginger Ham	4 oz	0.92		
ENTREE-PORK	006 - ENTREES	L	Carving	0000057595	Raspberry Chipotle Baked Ham	4 oz	0.89		
ENTREE-POULTRY	006 - ENTREES	L	Carving	0000057581	Balsamic Herb Roast Turkey	4 oz	1.05		
ENTREE-POULTRY	006 - ENTREES	L	Carving	0000057693	BBQ Turkey Meatloaf	4 oz	0.44		
ENTREE-POULTRY	006 - ENTREES	L	Carving	0000057587	Chipotle Raspberry Turkey Breast	4 oz	1.11		
ENTREE-PORK	006 - ENTREES	L	Carving	0000057605	Glazed Baked Ham	4 oz	1.02		
BREADS-YEAST	006 - ENTREES	L	Carving	0269211861	French Baguette	1 Slice/2.5 oz	0.32		V
BREADS-YEAST	006 - ENTREES	L	Carving	0356316406	White Dinner Roll	1 Roll/1.25 oz	0.12		V
	027 - ENTREE SALA	L	Hand Tossed		Hand Tossed Salads	x			
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000056429	Curried Chicken & Fruit Salad	1 Salad	2.11	W	
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000056515	Citrus Tuna Salad	1 Salad	1.41		
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000056565	Buffalo Chicken Salad	1 Salad	1.51		
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000056578	Mushroom Beef Salad	1 Salad	1.52		
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000056427	White Bean & Tomato Salad	1 Salad	1.77		V
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000057688	California Cobb Salad	1 Salad (13 oz)	2.58		
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000061855	Mendocino Ricotta Harvest Salad	1 Salad (15 oz)	2.40		V
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000057690	Shrimp Caesar Salad	1 Salad (12 oz)	2.00		
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000057937	Summer Fruit Salad	1 Salad	2.72		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000057935	Chipotle Peppered Turkey Salad	1 Salad	1.61		
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000057992	Mandarin Chicken Salad	1 Salad	1.52		
SALAD-ENTREE	027 - ENTREE SALA	L	Hand Tossed	0000063308	Chicken Caesar Salad	1 Salad	1.73	W	
	091 - TO GO	B	STG		STG Tier 1 Bakery (Breakfast)	x			
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062802	Triple Berry Whole Grain Muffin	1 Muffin	0.78		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062804	Supreme Pumpkin Pie Muffin	1 Muffin	0.76		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062800	Decadent Chocolate Chunk Muffin	1 Muffin	0.77		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062799	Chocolate Chocolate Chip Muffin	1 Muffin	0.50		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062798	Cheese Streusel Muffin	1 Muffin	0.50		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062797	Blueberry Muffin	1 Muffin	0.52		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062803	Blueberry Crumb Muffin	1 Muffin	0.77		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062796	Banana Nut Muffin	1 Muffin	0.50		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062847	Assorted Muffins	1 Muffin	0.65		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062806	Apple Cinnamon Pecan Muffin	1 Muffin	0.78		V
INV-BREADS & CRACKERS	091 - TO GO	B	STG	0000037564	Assorted Elite Danish	1 Danish/4 oz	1.28		
INV-BREADS & CRACKERS	091 - TO GO	B	STG	0000040895	Chocolate Filled Croissant	5oz Croissant	0.70		
INV-BREADS & CRACKERS	091 - TO GO	B	STG	0173203536	Croissant	1 Croissant/3 oz	1.02		V
BREADS-YEAST	091 - TO GO	B	STG	0460200000	Wheat Bagels	1 Bagel/4 oz	0.30		V
BREADS-YEAST	091 - TO GO	B	STG	0000037887	Poppyseed Bagel	1 Bagel/4 oz	0.27		V
BREADS-YEAST	091 - TO GO	B	STG	0000039041	Plain Bagel	1 Bagel/4 oz	0.25		V
BREADS-YEAST	091 - TO GO	B	STG	0294200000	Plain Bagels	1 Bagel/4 oz	0.32		V
BREADS-YEAST	091 - TO GO	B	STG	0293600000	Cinnamon Raisin Bagels	1 Bagel/4 oz	0.26		V
BREADS-YEAST	091 - TO GO	B	STG	0174800000	Blueberry Bagels	1 Bagel/4 oz	0.24		V
	091 - TO GO	B	STG		STG Tier 1 Bakery (L&D)	x			
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062794	Sweet Potato Pie	1 Slice-Cut 8	0.76		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062793	Pumpkin Pie	1 Slice-Cut 8	0.68		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062791	Pecan Pie	1 Slice-Cut 8	0.86		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062790	Lattice Top Cherry Pie	1 Slice-Cut 8	0.94		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062789	Lattice Top Blueberry Pie	1 Slice-Cut 8	1.04		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062848	Assorted Pies	1 Slice	0.86		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062788	Lattice Top Apple Pie	1 Slice-Cut 8	0.77		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062787	Dutch Apple Pie	1 Slice-Cut 8	0.95		
NRM V3 Nutrient Analysis 2011 DESRT-COOKIES	091 - TO GO	B	STG	0000062755	White Chocolate Macadamia Cookies	2 Cookies	0.55		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
DESRT-COOKIES	091 - TO GO	B	STG	0000062697	White Chocolate Macadamia Nut Cookies	1 Cookie	0.23		V
DESRT-COOKIES	091 - TO GO	B	STG	0000062754	Strawberry Shortcake Cookies	2 Cookies	0.54		
DESRT-COOKIES	091 - TO GO	B	STG	0000062753	Pink Cookies	2 Cookies	0.35		
DESRT-COOKIES	091 - TO GO	B	STG	0000062752	Peanut Butter Cookies	2 Cookies	0.52		
DESRT-COOKIES	091 - TO GO	B	STG	0000062751	Oatmeal Raisin Cookies	2 Cookies	0.52		
DESRT-COOKIES	091 - TO GO	B	STG	0000062750	Make A Wish Cookies	2 Cookies	0.35		
DESRT-COOKIES	091 - TO GO	B	STG	0000062749	Double Chocolate Chip Cookies	2 Cookies	0.51		
DESRT-COOKIES	091 - TO GO	B	STG	0000062742	Cranberry Oatmeal Cookies	2 Cookies			
DESRT-COOKIES	091 - TO GO	B	STG	0000062741	Chocolate Chip Cookies	2 Cookies	0.51		
DESRT-COOKIES	091 - TO GO	B	STG	0000062740	Sugar Cookies	2 Cookies	0.51		
DESRT-COOKIES	091 - TO GO	B	STG	0000062843	Assorted Cookies	2 Cookies	0.44		
SNACKS	091 - TO GO	B	STG	0187600000	Rice Krispies Bar	1 Bar/1.3 oz	0.43		
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000037551	Frosted Brownies	1 Cut-4x6	0.70		V
DESSERT-CAKES	091 - TO GO	B	STG	0000048468	Unfrosted Yellow Cake	1 Cut- 8x12 FP	0.11		V
DESSERT-CAKES	091 - TO GO	B	STG	0000058755	Pound Cake	1 Slice-Cut 16	0.24		
	091 - TO GO	B	STG		STG Tier 2 Bakery (Breakfast)	x			
INV-BREADS & CRACKERS	091 - TO GO	B	STG	0000037564	Assorted Elite Danish	1 Danish/4 oz	1.28		
INV-BREADS & CRACKERS	091 - TO GO	B	STG	0000040895	Chocolate Filled Croissant	5oz Croissant	0.70		
INV-BREADS & CRACKERS	091 - TO GO	B	STG	0173203536	Croissant	1 Croissant/3 oz	1.02		V
BREADS-YEAST	091 - TO GO	B	STG	0460200000	Wheat Bagels	1 Bagel/4 oz	0.30		V
BREADS-YEAST	091 - TO GO	B	STG	0000037887	Poppyseed Bagel	1 Bagel/4 oz	0.27		V
BREADS-YEAST	091 - TO GO	B	STG	0000039041	Plain Bagel	1 Bagel/4 oz	0.25		V
BREADS-YEAST	091 - TO GO	B	STG	0294200000	Plain Bagels	1 Bagel/4 oz	0.32		V
BREADS-YEAST	091 - TO GO	B	STG	0293600000	Cinnamon Raisin Bagels	1 Bagel/4 oz	0.26		V
BREADS-YEAST	091 - TO GO	B	STG	0174800000	Blueberry Bagels	1 Bagel/4 oz	0.24		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062685	Raspberry White Chocolate Chunk Scone	1 Scone	0.65		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062684	Cranberry Orange Scone	1 Scone	0.52		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062683	Chocolate Chunk Scone	1 Scone	0.51		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062682	Brown Sugar Cinnamon Scone	1 Scone	0.49		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062680	Blueberry Scones	1 Scone	0.64		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062841	Assorted Scones	1 Scone	0.58		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062681	Apple Cinnamon Scone	1 Scone	0.63		
BREADS-YEAST	091 - TO GO	B	STG	0000062842	Assorted Sweet Roll	1 Roll	0.59		
NRM 2011 Patient Analysis 2011	091 - TO GO	B	STG	0000062712	Pecan Sticky Bun	1 Roll	0.73		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
BREADS-YEAST	091 - TO GO	B	STG	0000062711	Cinnamon Roll	1 Roll	0.45		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062714	Pear Cream Cheese Coffee Cake	1 Cut-6x8 FP	0.54		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062721	Double Lemon Poppyseed Coffee Cake	1 Cut-6x8 FP	0.24		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062720	Chocolate Espresso Crumble Coffee Cake	1 Slice-Cut 12	0.54		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062719	Blueberry Sour Cream Coffee Cake	1 Cut-6x8 FP	0.34		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062822	Assorted Coffee Cake	1 Piece	0.48		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062729	Blueberry Muffin	1 Muffin-#10	0.61		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062732	Chocolate Chocolate Chip Muffin	1 Muffin-#10	0.71		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062739	Sunrise Muffin	1 Muffin-#10	0.44		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062728	Apple Cinnamon Muffin	1 Muffin-#10	0.62		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062735	Cranberry Orange Muffin	1 Muffin-#10	0.61		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062731	Cappuccino Chocolate Chunk Muffin	1 Muffin-#10	0.73		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062736	Cholesterol Free Peach Muffin	1 Muffin-#10	0.62		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062730	Banana Chocolate Chip Muffin	1 Muffin-#10	0.48		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062727	Lemon Poppy Muffin	1 Muffin-#10	0.63		
	091 - TO GO	B	STG		STG Tier 2 Bakery (L&D)	x			
DESSERT-CAKES	091 - TO GO	B	STG	0000063272	Sour Cream Pound Cake	1 Slice-Cut 6	0.26		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062714	Pear Cream Cheese Coffee Cake	1 Cut-6x8 FP	0.54		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062721	Double Lemon Poppyseed Coffee Cake	1 Cut-6x8 FP	0.24		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062720	Chocolate Espresso Crumble Coffee Cake	1 Slice-Cut 12	0.54		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062719	Blueberry Sour Cream Coffee Cake	1 Cut-6x8 FP	0.34		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062822	Assorted Coffee Cake	1 Piece	0.48		
DESRT-COOKIES	091 - TO GO	B	STG	0000062676	Apple Cinnamon Biscotti	1 Biscotti	0.15		
DESRT-COOKIES	091 - TO GO	B	STG	0000062678	Cranberry Orange Biscotti	1 Biscotti	0.13		
DESRT-COOKIES	091 - TO GO	B	STG	0000062677	Chocolate Chunk Biscotti	1 Biscotti	0.12		
DESRT-COOKIES	091 - TO GO	B	STG	0000062675	Raspberry White Chocolate Chunk Biscotti	1 Biscotti	0.15		
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062756	Frosted Brownies	1 Cut-4x6 HS	0.70		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062766	Peppermint Crunch Brownie	1 Cut-4x6 HS	0.75		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062765	Oreo Brownie	1 Cut-4x6 HS	0.76		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062764	M&M Brownie	1 Cut-4x6 HS	0.77		V
NRM V3 Nutrition Analysis 2011 DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062762	Heath Bar Brownie	1 Cut-4x6 HS	0.78		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
DESRT-COOKIES	091 - TO GO	B	STG	0000062755	White Chocolate Macadamia Cookies	2 Cookies	0.55		
DESRT-COOKIES	091 - TO GO	B	STG	0000062754	Strawberry Shortcake Cookies	2 Cookies	0.54		
DESRT-COOKIES	091 - TO GO	B	STG	0000062753	Pink Cookies	2 Cookies	0.35		
DESRT-COOKIES	091 - TO GO	B	STG	0000062752	Peanut Butter Cookies	2 Cookies	0.52		
DESRT-COOKIES	091 - TO GO	B	STG	0000062751	Oatmeal Raisin Cookies	2 Cookies	0.52		
DESRT-COOKIES	091 - TO GO	B	STG	0000062750	Make A Wish Cookies	2 Cookies	0.35		
DESRT-COOKIES	091 - TO GO	B	STG	0000062749	Double Chocolate Chip Cookies	2 Cookies	0.51		
DESRT-COOKIES	091 - TO GO	B	STG	0000062742	Cranberry Oatmeal Cookies	2 Cookies			
DESRT-COOKIES	091 - TO GO	B	STG	0000062741	Chocolate Chip Cookies	2 Cookies	0.51		
DESRT-COOKIES	091 - TO GO	B	STG	0000062740	Sugar Cookies	2 Cookies	0.51		
DESRT-COOKIES	091 - TO GO	B	STG	0000062843	Assorted Cookies	2 Cookies	0.44		
DESSERT-CAKES	091 - TO GO	B	STG	0000063003	Yellow Cupcakes with Vanilla Icing	1 Cupcake-#12	0.39		V
DESSERT-CAKES	091 - TO GO	B	STG	0000063002	Yellow Cupcakes	1 Cupcake-#12	0.20		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062641	Top & Bottom Butter Crumb Cupcakes	1 Cupcake	0.43		
DESSERT-CAKES	091 - TO GO	B	STG	0000062630	Strawberry Shortcake Cupcake	1 Cupcake-#12	0.39		
DESSERT-CAKES	091 - TO GO	B	STG	0000062629	S'mores Cupcakes	1 Cupcake-#12	0.43		
DESSERT-CAKES	091 - TO GO	B	STG	0000063165	Rocky Road Cupcake	1 Cupcake-#12	0.47		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062628	Red Velvet Cupcakes	1 Cupcake-#12	0.41		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062666	Lemon Coconut Snowball Cupcakes	1 Cupcake-#12	0.80		
DESSERT-CAKES	091 - TO GO	B	STG	0000062665	Fruity Nutty Fall Harvest Cupcakes	1 Cupcake-#12	0.72		
DESSERT-CAKES	091 - TO GO	B	STG	0000063001	Devil's Food Cupcakes w/Vanilla Icing	1 Cupcake-#12	0.37		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062999	Devil's Food Cupcakes	1 Cupcake-#12	0.18		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062611	Caramel Apple Cupcakes	1 Cupcake-#12	0.48		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062821	Assorted Cupcakes	1 Cupcake	0.47		
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062605	Mexican Pumpkin Chocolate Bars	1 Cut-6x8 FS	0.69		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062609	Oreo Cookie Blondies	1 Cut-6x8 FS	0.41		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062709	Rice Krispies & Trix Cereal Bars	1 Cut-6x8 FS	0.31		
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062706	Golden Grahams S'Mores Bars	1 Cut-8x6 FP	0.46		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062702	Cinnamon Toast Crunch Bars	1 Cut -8x6 (FP)	0.39		
DESSERT-CAKES	091 - TO GO	B	STG	0000048468	Unfrosted Yellow Cake	1 Cut- 8x12 FP	0.11		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062772	Strawberry Cloud Layer Cake	1 Slice-Cut 12	0.71		
DESSERT-CAKES	091 - TO GO	B	STG	0000062771	Red Velvet Layer Cake	1 Slice-Cut 12	0.76		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062794	Sweet Potato Pie	1 Slice-Cut 8	0.76		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062793	Pumpkin Pie	1 Slice-Cut 8	0.68		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062791	Pecan Pie	1 Slice-Cut 8	0.86		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062790	Lattice Top Cherry Pie	1 Slice-Cut 8	0.94		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062789	Lattice Top Blueberry Pie	1 Slice-Cut 8	1.04		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062848	Assorted Pies	1 Slice	0.86		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062788	Lattice Top Apple Pie	1 Slice-Cut 8	0.77		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062787	Dutch Apple Pie	1 Slice-Cut 8	0.95		
	091 - TO GO	B	STG		STG Tier 3 Bakery (Breakfast)	x			
INV-BREADS & CRACKERS	091 - TO GO	B	STG	0000037564	Assorted Elite Danish	1 Danish/4 oz	1.28		
INV-BREADS & CRACKERS	091 - TO GO	B	STG	0000040895	Chocolate Filled Croissant	5oz Croissant	0.70		
INV-BREADS & CRACKERS	091 - TO GO	B	STG	0173203536	Croissant	1 Croissant/3 oz	1.02		V
BREADS-YEAST	091 - TO GO	B	STG	0460200000	Wheat Bagels	1 Bagel/4 oz	0.30		V
BREADS-YEAST	091 - TO GO	B	STG	0000037887	Poppysseed Bagel	1 Bagel/4 oz	0.27		V
BREADS-YEAST	091 - TO GO	B	STG	0000039041	Plain Bagel	1 Bagel/4 oz	0.25		V
BREADS-YEAST	091 - TO GO	B	STG	0294200000	Plain Bagels	1 Bagel/4 oz	0.32		V
BREADS-YEAST	091 - TO GO	B	STG	0293600000	Cinnamon Raisin Bagels	1 Bagel/4 oz	0.26		V
BREADS-YEAST	091 - TO GO	B	STG	0174800000	Blueberry Bagels	1 Bagel/4 oz	0.24		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062685	Raspberry White Chocolate Chunk Scone	1 Scone	0.65		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062684	Cranberry Orange Scone	1 Scone	0.52		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062683	Chocolate Chunk Scone	1 Scone	0.51		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062682	Brown Sugar Cinnamon Scone	1 Scone	0.49		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062680	Blueberry Scones	1 Scone	0.64		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062841	Assorted Scones	1 Scone	0.58		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062681	Apple Cinnamon Scone	1 Scone	0.63		
BREADS-YEAST	091 - TO GO	B	STG	0000062842	Assorted Sweet Roll	1 Roll	0.59		
BREADS-YEAST	091 - TO GO	B	STG	0000062712	Pecan Sticky Bun	1 Roll	0.73		
BREADS-YEAST	091 - TO GO	B	STG	0000062711	Cinnamon Roll	1 Roll	0.45		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062580	Blueberry Sour Cream Muffin	1 Muffin-#10	0.44		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062871	Peanut Butter Chocolate Chip Muffin	1 Muffin-#10	0.44		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000063160	Apple Spice Muffin	1 Muffin-#10	0.29		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000063156	Bananas Foster Pecan Streusel Muffins	1 Muffin-#12	0.52		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062866	Double Chocolate Chip Mochaccino Muffin	1 Muffin-#10	0.44		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062869	Strawberry Shortcake Muffins	1 Muffin-#10	0.36		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062595	Tiramisu Bread	1 Slice-Cut 8	0.27		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062590	Raspberry Peach Sour Cream Bread	1 Slice-Cut 8	0.31		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062589	Maple Spice Bread	1 Slice-Cut 8	0.27		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062582	Apple Nut Toffee Bread	1 Slice-Cut 8	0.38		V
DESSERT-CAKES	091 - TO GO	B	STG	0000063272	Sour Cream Pound Cake	1 Slice-Cut 6	0.26		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062714	Pear Cream Cheese Coffee Cake	1 Cut-6x8 FP	0.54		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062721	Double Lemon Poppyseed Coffee Cake	1 Cut-6x8 FP	0.24		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062720	Chocolate Espresso Crumble Coffee Cake	1 Slice-Cut 12	0.54		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062719	Blueberry Sour Cream Coffee Cake	1 Cut-6x8 FP	0.34		V
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062822	Assorted Coffee Cake	1 Piece	0.48		
DESRT-COOKIES	091 - TO GO	B	STG	0000062672	Chocolate Chip Biscotti	1 Biscotti	0.13		V
DESRT-COOKIES	091 - TO GO	B	STG	0000062880	Apricot Biscotti	1 Biscotti	0.13		V
DESRT-COOKIES	091 - TO GO	B	STG	0000062896	Cherry Biscotti	1 Biscotti	0.18		V
DESRT-COOKIES	091 - TO GO	B	STG	0000062671	Maple Walnut Biscotti	1 Biscotti	0.17		V
	091 - TO GO	B	STG		STG Tier 3 Bakery (L&D)	x			
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062601	Fudgy Mint Brownies	1 Cut-6x8 FS	0.31		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062606	Chocolate Brownies	1 Cut-6x8 FS	0.25		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062603	Cappucino Vanilla Brownie	1 Cut-6x8 FS	0.45		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000063255	Double CHOC Walnut Brownies	1 Cut-6x8 FS	0.65		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062664	Chocolate Brownies with M&M's	1 Cut-6x8 FS	0.29		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062608	Caramel Walnut Brownies	1 Cut-6x8 FS	0.57		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062609	Oreo Cookie Blondies	1 Cut-6x8 FS	0.41		V
DESRT-COOKIES	091 - TO GO	B	STG	0000062755	White Chocolate Macadamia Cookies	2 Cookies	0.55		
NRM - Current Analysis 2011	091 - TO GO	B	STG	0000062697	White Chocolate Macadamia Nut Cookies	1 Cookie	0.23		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
DESRT-COOKIES	091 - TO GO	B	STG	0000062754	Strawberry Shortcake Cookies	2 Cookies	0.54		
DESRT-COOKIES	091 - TO GO	B	STG	0000062753	Pink Cookies	2 Cookies	0.35		
DESRT-COOKIES	091 - TO GO	B	STG	0000062752	Peanut Butter Cookies	2 Cookies	0.52		
DESRT-COOKIES	091 - TO GO	B	STG	0000062751	Oatmeal Raisin Cookies	2 Cookies	0.52		
DESRT-COOKIES	091 - TO GO	B	STG	0000062750	Make A Wish Cookies	2 Cookies	0.35		
DESRT-COOKIES	091 - TO GO	B	STG	0000062749	Double Chocolate Chip Cookies	2 Cookies	0.51		
DESRT-COOKIES	091 - TO GO	B	STG	0000062749	Double Chocolate Chip Cookies	2 Cookies	0.51		
DESRT-COOKIES	091 - TO GO	B	STG	0000062742	Cranberry Oatmeal Cookies	2 Cookies			
DESRT-COOKIES	091 - TO GO	B	STG	0000062741	Chocolate Chip Cookies	2 Cookies	0.51		
DESRT-COOKIES	091 - TO GO	B	STG	0000062740	Sugar Cookies	2 Cookies	0.51		
DESRT-COOKIES	091 - TO GO	B	STG	0000062843	Assorted Cookies	2 Cookies	0.44		
DESRT-COOKIES	091 - TO GO	B	STG	0000062694	Snickerdoodle Cookie	1 Cookie	0.13		V
DESRT-COOKIES	091 - TO GO	B	STG	0000062690	Red Velvet Whoopies	1 Cookie	0.58		V
DESRT-COOKIES	091 - TO GO	B	STG	0000062692	Pumpkin Gobs	1 Cookie	0.54		V
DESSERT-CAKES	091 - TO GO	B	STG	0000063003	Yellow Cupcakes with Vanilla Icing	1 Cupcake-#12	0.39		V
DESSERT-CAKES	091 - TO GO	B	STG	0000063002	Yellow Cupcakes	1 Cupcake-#12	0.20		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062641	Top & Bottom Butter Crumb Cupcakes	1 Cupcake	0.43		
DESSERT-CAKES	091 - TO GO	B	STG	0000062630	Strawberry Shortcake Cupcake	1 Cupcake-#12	0.39		
DESSERT-CAKES	091 - TO GO	B	STG	0000062629	S'mores Cupcakes	1 Cupcake-#12	0.43		
DESSERT-CAKES	091 - TO GO	B	STG	0000063165	Rocky Road Cupcake	1 Cupcake-#12	0.47		
BREADS-QUICK,BATTERS	091 - TO GO	B	STG	0000062628	Red Velvet Cupcakes	1 Cupcake-#12	0.41		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062666	Lemon Coconut Snowball Cupcakes	1 Cupcake-#12	0.80		
DESSERT-CAKES	091 - TO GO	B	STG	0000062665	Fruity Nutty Fall Harvest Cupcakes	1 Cupcake-#12	0.72		
DESSERT-CAKES	091 - TO GO	B	STG	0000063001	Devil's Food Cupcakes w/Vanilla Icing	1 Cupcake-#12	0.37		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062999	Devil's Food Cupcakes	1 Cupcake-#12	0.18		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062611	Caramel Apple Cupcakes	1 Cupcake-#12	0.48		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062821	Assorted Cupcakes	1 Cupcake	0.47		
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062605	Mexican Pumpkin Chocolate Bars	1 Cut-6x8 FS	0.69		V
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062709	Rice Krispies & Trix Cereal Bars	1 Cut-6x8 FS	0.31		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062706	Golden Grahams S'Mores Bars	1 Cut-8x6 FP	0.46		
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062702	Cinnamon Toast Crunch Bars	1 Cut -8x6 (FP)	0.39		
DESRT-BROWNIES,BARS	091 - TO GO	B	STG	0000062903	Cranberry Almond Cheerio Clusters	2 Clusters	0.48		
DESSERT-CAKES	091 - TO GO	B	STG	0000048468	Unfrosted Yellow Cake	1 Cut- 8x12 FP	0.11		V
DESSERT-CAKES	091 - TO GO	B	STG	0000062772	Strawberry Cloud Layer Cake	1 Slice-Cut 12	0.71		
DESSERT-CAKES	091 - TO GO	B	STG	0000062771	Red Velvet Layer Cake	1 Slice-Cut 12	0.76		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062794	Sweet Potato Pie	1 Slice-Cut 8	0.76		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062793	Pumpkin Pie	1 Slice-Cut 8	0.68		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062791	Pecan Pie	1 Slice-Cut 8	0.86		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062790	Lattice Top Cherry Pie	1 Slice-Cut 8	0.94		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062789	Lattice Top Blueberry Pie	1 Slice-Cut 8	1.04		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062848	Assorted Pies	1 Slice	0.86		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062788	Lattice Top Apple Pie	1 Slice-Cut 8	0.77		
DESRT-PIES,PASTRY	091 - TO GO	B	STG	0000062787	Dutch Apple Pie	1 Slice-Cut 8	0.95		
	091 - TO GO	L	STG		Simply to Go - Sandwiches	x			
SAND-VEGETABLE, CHEESE (COLD)	091 - TO GO	L	STG	0000056540	French Quarter Veggie Wrap	1 Sandwich	1.02		V
SAND-POULTRY (COLD)	091 - TO GO	L	STG	0000056528	Turkey and Provolone on Wheat Berry	1 Sandwich	1.16		
SAND-COMBO MEATS (COLD)	091 - TO GO	L	STG	0000056527	Italian Sub	1 Sandwich	1.37		
SAND-PORK,SAUS,COLD CUT (COL)	091 - TO GO	L	STG	0000056526	Ham and Swiss on Rye	1 Sandwich	0.94		
SAND-POULTRY (COLD)	091 - TO GO	L	STG	0000052780	House Chicken Salad Sandwich	1 Sandwich	0.84	W	
SALAD-MEATS, PROTEIN	091 - TO GO	L	STG	0000039309	Egg Salad	#12 Scoop	0.27		V
SALAD-MEATS, PROTEIN	091 - TO GO	L	STG	0000052711	Core Chicken Salad	1 oz	0.18		
SALAD-MEATS, PROTEIN	091 - TO GO	L	STG	0000052778	House Chicken Salad	#12 Scoop	0.52		
SAND-POULTRY (COLD)	091 - TO GO	L	STG	0000063033	Chicken Caesar Wrap	1 Wrap	1.35		
SAND-POULTRY (COLD)	091 - TO GO	L	STG	0000063104	Buffalo Chicken Salad Wrap	1 Wrap	1.49		
SAND-POULTRY (COLD)	091 - TO GO	L	STG	0000063045	Turkey on Wheat Berry	1 Sandwich	1.36		
SAND-FISH & SEAFOOD (COLD)	091 - TO GO	L	STG	0000063042	Tuna Salad on Wheat Berry	1 Sandwich	0.77		
SAND-BEEF, LAMB (COLD)	091 - TO GO	L	STG	0000063066	Roast Beef & Cheddar on Wheat	1 Sandwich	1.39		
SAND-VEGETABLE, CHEESE (COLD)	091 - TO GO	L	STG	0000063061	Peanut Butter & Jelly on White	1 Sandwich	0.47		V
SAND-EGG (COLD)	091 - TO GO	L	STG	0000063046	Egg Salad Sandwich on Wheat Berry	1 Sandwich	0.79		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SAND-PORK,SAUS,COLD CUT (COL	091 - TO GO	L	STG	0000063035	Ham & Swiss Croissant	1 Sandwich	1.86		
SAND-POULTRY (COLD)	091 - TO GO	L	STG	0000063031	Chicken Salad Croissant	1 Sandwich	1.74		
	091 - TO GO	L	STG		Simply to Go - Salads	x			
SALAD-VEGETABLES	091 - TO GO	L	STG	0000056421	Caesar Salad	1 Salad	0.45		
SALAD-ENTREE	091 - TO GO	L	STG	0000057493	Classique Nicoise Salad	1 Salad	1.81	W	
SALAD-ENTREE	091 - TO GO	L	STG	0000056228	Roast Turkey Cobb Salad	1 Salad	2.33		
SALAD-ENTREE	091 - TO GO	L	STG	0000057512	Thai Peanut Noodle Chicken Salad	1 Salad	1.56		
SALAD-ENTREE	091 - TO GO	L	STG	0000059244	Grilled Portobello Caesar Salad	1 Salad	1.91	W	
SALAD-VEGETABLES	091 - TO GO	L	STG	0000063109	Tossed Salad	1 Salad	0.27		
SALAD-ENTREE	091 - TO GO	L	STG	0000063068	Chef Salad	1 Salad	1.16		
SALAD-VEGETABLES	091 - TO GO	L	STG	0000063110	Caesar Salad Side	1 Salad	0.15		
SALAD-ENTREE	091 - TO GO	L	STG	0000063093	Steakhouse Salad	1 Salad	1.30		
SALAD-ENTREE	091 - TO GO	L	STG	0000063108	Greek Salad	1 Salad	0.98		V
SALAD-ENTREE	091 - TO GO	L	STG	0000063087	Garden Salad	1 Salad	0.62		V
SALAD-ENTREE	091 - TO GO	L	STG	0000063095	Mandarin Chicken Salad	1 Salad	1.73	W	
SALAD-ENTREE	091 - TO GO	L	STG	0000063096	Fried Chicken Salad	1 Salad	1.10		
SALAD-ENTREE	091 - TO GO	L	STG	0000063088	Caesar Chicken Salad	1 Salad	1.46		
SALAD-ENTREE	091 - TO GO	L	STG	0000063099	BLT Chicken Salad	1 Salad	1.44		
SALAD-ENTREE	091 - TO GO	L	STG	0000063106	Caesar Salad	1 Salad	0.62		
SALAD-ENTREE	091 - TO GO	L	STG	0000063098	Antipasto Salad	1 Salad	1.36		
SALAD-ENTREE	091 - TO GO	L	STG	0000063111	Hummus and Pita Plate	1 Salad	1.17		
SALAD-ENTREE	091 - TO GO	L	STG	0000056420	Mediterranean Chicken Caesar Salad	1 Salad (14.75 oz)	2.19		
	091 - TO GO	L	STG		Simply to Go - Snacks	x			

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SALAD-MEATS, PROTEIN	091 - TO GO	L	STG	0000057700	Mediterranean Tuna Salad Shot	1 Salad Shot (4 oz)	1.08		
SALAD-VEGETABLES	091 - TO GO	L	STG	0000057699	Tomato Mozzarella Caprese Salad Shot	1 Salad Shot (4 oz)	0.67		V
SALAD-MEATS, PROTEIN	091 - TO GO	L	STG	0000057701	Tarragon Chicken Walnut Grape Salad Shot	1 Salad Shot (3.8oz)	0.86		
SALAD-MEATS, PROTEIN	091 - TO GO	L	STG	0000057718	Pine Nut Pesto Chicken Salad Shot	1 Salad Shot (4.4oz)	0.86		
SALAD-MEATS, PROTEIN	091 - TO GO	L	STG	0000057712	Fajita Chicken Salad Shot	1 Salad Shot (4 oz)	0.63		
	091 - TO GO	L	STG		Simply to Go - Snacks	x			
APPETIZERS,HORS D'OEUVRES	091 - TO GO	L	STG	0000053172	Hummus & Pita	4 oz Hummus+1 Pita	0.66		V
FRUIT	091 - TO GO	L	STG	0000056541	Grapes 2 Go	6 oz Grapes	0.64	W	V
APPETIZERS,HORS D'OEUVRES	091 - TO GO	L	STG	0000056575	Celery Sticks with Peanut Butter	10 sticks + 1.4z PB	0.48		V
APPETIZERS,HORS D'OEUVRES	091 - TO GO	L	STG	0000056564	Celery and Carrots with Ranch	5 Ea + 5 Ea + 2 oz	0.51		V
	091 - TO GO	B	STG		Simply to Go - Parfaits	x			
BREAKFAST ENTREE	091 - TO GO	B	STG	0000040611	Two Grape Rice Krispie Parfait	1 Parfait	0.77	W	
BREAKFAST ENTREE	091 - TO GO	B	STG	0000058480	Strawberry Special K Parfait	1 Parfait	0.92	W	
BREAKFAST ENTREE	091 - TO GO	B	STG	0000040602	Red, White & Blue Parfait	1 Parfait	1.07	W	
BREAKFAST ENTREE	091 - TO GO	B	STG	0000040586	Pineapple Granola Parfait	1 Parfait	0.83	W	
BREAKFAST ENTREE	091 - TO GO	B	STG	0000040624	Pear Frosted Flakes Parfait	1 Parfait	0.74	W	
BREAKFAST ENTREE	091 - TO GO	B	STG	0000040601	Peach Honey Cheerios Parfait	1 Parfait	0.75	W	
BREAKFAST ENTREE	091 - TO GO	B	STG	0000040623	Orange Granola Parfait	1 Parfait	0.70	W	
BREAKFAST ENTREE	091 - TO GO	B	STG	0000040603	Mixed Fruit Granola Parfait	1 Parfait	0.90	W	
BREAKFAST ENTREE	091 - TO GO	B	STG	0000040612	Cinnamon Apple Parfait	1 Parfait	0.52	W	
BREAKFAST ENTREE	091 - TO GO	B	STG	0000040625	Banana Kiwi Special K Parfait	1 Parfait	0.65	W	
BREAKFAST ENTREE	091 - TO GO	B	STG	0000040587	Banana Granola Parfait	1 Parfait	0.66	W	
	091 - TO GO	L	STG		Simply to Go - Pudding Parfaits	x			
MD-DESRT-PUD,GELTN,BAVRN	091 - TO GO	L	STG	0000005927	Sugar Free Vanilla Pudding	#8 Scoop	0.35		V
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000037919	Raspberry and Pudding Parfait	1 Parfait	1.07		
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000037751	Orange and Pudding Parfait	1 Parfait	0.63		
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000037915	Blueberry and Pudding Parfait	1 Parfait	0.84		V
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000037912	Banana and Pudding Parfait	1 Parfait	0.58		
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000037913	Strawberry, Pudding & Gelatin Parfait	1 Parfait	0.57		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000037761	Pear and Gelatin Parfait	1 Parfait	0.64		
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000037916	Honeydew and Gelatin Parfait	1 Parfait	0.38		
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000037917	Grape and Gelatin Parfait	1 Parfait	0.46		
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000001374	Strawberry Gelatin	#8 Scoop	0.06		
MD-DESRT-PUD,GELTN,BAVRN	091 - TO GO	L	STG	0152703649	Red Diet Gelatin	4 oz Spoodle	0.07		
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0128001545	Lime Gelatin	#8 Scoop	0.06		
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0127801376	Lemon Gelatin	#8 Scoop	0.06		
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0091701841	Cherry Gelatin	#8 Scoop	0.06		
	091 - TO GO	L	STG		Simply to Go - Sweet Shots	x			
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000058180	Strawberry Shortcake Sweet Shot	1 Each	0.45		V
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000058199	Raspberry Peach Melba Sweet Shot	1 Each	0.70		V
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000058177	Pina Colada Sweet Shot	1 Each	0.55		V
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000058205	Oreo Cookie Mocha Sweet Shot	1 Each	0.55		V
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000058204	Mango Key Lime Pie Sweet Shot	1 Each	0.62		V
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000058183	Chocolate Peanut Marshmallow Sweet Shot	1 Each	0.39		
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000058182	Caramel Pecan Pie Sweet Shot	1 Each	0.60		V
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000058178	Brownie Triple Chocolate Sweet Shot	1 Each	0.46		V
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000058176	Blueberry Cobbler Sweet Shot	1 Each	0.58		V
DESRT-PUDDNG,GELTN,BAVRN	091 - TO GO	L	STG	0000058201	Tiramisu Sweet Shot	1 Each	0.39		V
	007 - VEG/STARCH	JNCH	Entrée-Sides		Entree Sides	x			
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047624	Boracho Beans	4 oz spdl	0.51		
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000057030	Vegetarian White Beans	4 oz Spoodle	0.13		V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000056683	White Bean & Garlic Mash	4 oz	0.37		V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000037578	Vegetarian Refried Beans	#8 Scoop	0.21		V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000037700	Refried Pinto Beans	#12 Scoop	0.13		
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000034499	Bayou Red Beans & Rice	4 oz	0.48		
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000037701	Pinto Bean Base	4 oz Spoodle	0.14		
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000035789	Cuban Black Beans	4 oz	0.20		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054566	Black Beans	3 oz	0.09		V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000012025	Baked Beans	4 oz	0.15		V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000033034	Roasted Yucca	4 oz	0.36		V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000035746	Wheat Berry Spinach Pilaf	4 oz	0.63		V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000042263	Tostones	3 oz	0.15	W	V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054478	Mexican Black Beans	4 oz	0.25		V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000056875	Couscous Pilaf	3 oz	0.24	W	V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000058156	Grilled Pesto Polenta Cakes	1 Triangle	0.08		V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000062479	Onion Rings	4 oz	0.69		V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000062517	Couscous	3 oz	0.36	W	
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000063283	Vegetarian Pinto Beans	8 oz Spoodle	0.22		V
VEG-YELLW,ORNG,WHITE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054856	French Fried Onion Rings	6 oz	1.29		V
CEREALS-HOT, COLD	007 - VEG/STARCH	JNCH	Entrée-Sides	0000048639	Cheesy Grits	4 oz Ladle	0.12		
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000057890	Seasoned Couscous with Vegetables	1/2 Cup	0.39	W	
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000062442	Israeli Moroccan Couscous	6 oz Spoodle	0.60		V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000060994	Couscous	1/2 Cup	0.21	W	V
	007 - VEG/STARCH	JNCH	Entrée-Sides		Entree Sides	x			
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049631	Spaghetti Noodles	1/2 Cup	0.06	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049625	Rotini	1/2 Cup	0.12	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049563	Penne	1/2 Cup	0.11	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049627	Linguine	1/2 Cup	0.09	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049623	Fettuccine	1/2 Cup	0.12	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049098	Egg Noodles	4 oz Spoodle	0.10		V
SALAD-STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000048166	Macaroni Salad	#12 Scoop	0.13		V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000037102	Tri-Colored Orzo	3 oz	0.10	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054561	Penne Pomodoro	4z Pasta+3z LDL SC	0.29		V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049621	Ziti	1/2 Cup	0.10	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049633	Elbow Macaroni	1/2 Cup	0.11	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049635	Ditalini	1/2 Cup	0.10	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000053367	Whole Wheat Penne	4 oz Spoodle	0.08		V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054931	Angel Hair	1/2 Cup	0.10	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000056805	Whole Wheat Spaghetti	4 oz Spoodle	0.16	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000061363	Gnocchi	8 oz Spoodle	0.75		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000061573	Cavatappi Noodles	1/2 Cup	0.06	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0000062280	Angel Hair Noodles	6 oz Spoodle	0.11	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0380607944	Chow Mein Noodles	4 oz Spoodle	0.11	W	V
VEG-PASTA	007 - VEG/STARCH	JNCH	Entrée-Sides	0380907951	Udon Noodles	4 oz Spoodle	0.12	W	V
	007 - VEG/STARCH	JNCH	Entrée-Sides		Entree Sides	x			
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000057032	Wild Rice with Mushrooms & Almonds	3 oz	0.20		V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000061570	Spanish Rice	3 oz	0.13	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000058069	Steamed White Rice	3 oz	0.03	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000058068	Plain White Rice	#12 Scoop	0.03	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049692	Sticky Rice	3 oz	0.04	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000051474	Pineapple Rice	3 oz	0.33	W	
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000043942	Medium Grain Rice	3 oz	0.02	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049663	White Rice	#12 Scoop	0.03		V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000058067	Brown Rice	#12 Scoop	0.07	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049336	Brown Rice	#12 Scoop	0.08	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000060784	Vegetable Biryani	3 oz Spoodle	0.29	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000044413	Basmati Rice Pulao	3 oz	0.12	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000055489	Basmati Rice with Shallots & Garlic	3 oz Spoodle	0.12	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054480	Basmati Rice	3 oz	0.13	W	V
VEG-MISC. STARCH	007 - VEG/STARCH	JNCH	Entrée-Sides	0000042263	Tostones	3 oz	0.15	W	V
VEG-DRSS,DMPLNG,FRTR,STFF	007 - VEG/STARCH	JNCH	Entrée-Sides	0000055200	Bread Dressing	#12 Scoop	0.24		V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000040176	Pineapple Rice	3 oz	0.16	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000009955	Red Rice	5 oz	0.18		
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049700	Wild Rice	3 oz Spoodle	0.17		V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049766	Coastal Style Rice	4 oz Spoodle	0.09	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000055048	Mexican Rice	3 oz	0.11	W	V
VEG-YELLW,ORNG,WHITE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054856	French Fried Onion Rings	6 oz	1.29		V
VEG-DRSS,DMPLNG,FRTR,STFF	007 - VEG/STARCH	JNCH	Entrée-Sides	0000045802	Hush Puppies	4 oz	0.44		
BREADS-QUICK,BATTERS	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047422	Cornbread	1 Cut-4x6 HS	0.18		V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000051548	Barley Rice Pilaf	4 oz Spoodle	0.09	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054580	Turmeric Rice	1/2 Cup	0.10	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049379	Rice Pilaf	3 oz Spoodle	0.10		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049773	Green Rice	4 oz Spoodle	0.16		V
BREADS-YEAST	007 - VEG/STARCH	JNCH	Entrée-Sides	0220608673	Breadsticks	1 Breadstick	0.24		V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000009316	Saffron Rice	4 oz	0.34	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000039045	Okai (Rice Gruel)	4 oz	0.02	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049665	Jasmine Rice	3 oz	0.14	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054375	Rice & Red Beans	4 oz	0.13	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000055490	Dirty Rice	4 oz Spoodle	0.21	W	V
VEG-RICE	007 - VEG/STARCH	JNCH	Entrée-Sides	0000055492	Citrus Rice	4 oz	0.28		V
	007 - VEG/STARCH	JNCH	Entrée-Sides		Entree Sides	x			
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000036832	Hash Browned Potatoes	1/2 Cup	0.12	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000051057	Roasted Potatoes with Garlic and Chili	1 1/2 Cup	0.30	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000061593	Cafe Roasted Potatoes	6 oz Spoodle	0.19	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049651	Parsley Boiled Potatoes	3 oz	0.08		V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000061204	Baked Potato	1 Potato	0.49		V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049649	Baked Potato	1 Potato	0.19	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049698	Whipped Potatoes	4 oz Spoodle	0.43	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049657	Oven Browned Potatoes	3 oz Spoodle	0.64		V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000062475	Mashed Potatoes	4 oz Spoodle	0.41	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0209208766	Red Potatoes	4 oz	0.09	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000052236	Au Gratin Potatoes	4 oz	0.28		V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000009133	Oven Roast Garlic Red Potatoes	4 oz	0.12	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000053003	Yukon Smashed Potatoes	4 oz	0.24		V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000058716	Mashed Potatoes	1/2 Cup	0.12	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000062399	Baked Fries	4 oz	0.34	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000042602	Roasted Sweet Potatoes	4 oz	0.17	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000062348	Sweet Potato Fries	4 oz	0.63		V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000062006	Baked Sweet Potato Fries	3 oz	0.49	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049694	Candied Sweet Potatoes	4 oz	0.21	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049338	Mashed Sweet Potatoes	4 oz Spoodle	0.09	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000045750	Sweet Potato Casserole	4 oz	0.26		
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000033318	Brazilian Mashed Sweet Potato	4 oz	0.34		V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000001308	Hash Browned Potato Patty	1 Patty	0.12		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000053055	Cheesy Fries	1 Boat	0.43		V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000053096	Home Fried Potatoes	3 oz	0.26		V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000056144	Roasted Red Bliss Potatoes	4 oz	0.11	W	V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000063289	French Fries	4 oz	0.30		V
VEG-POTATOES	007 - VEG/STARCH	JNCH	Entrée-Sides	0389208608	Roasted Sweet Potatoes	4 oz	0.18	W	V
	007 - VEG/STARCH	JNCH	Entrée-Sides		Entree Sides	x			
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000010018	Zucchini Saute	4 oz	0.59		V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000057416	Grilled Zucchini	3 oz	0.50	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054767	Fresh Zucchini	3 oz	0.44		V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054572	Fresh Broccoli Florets	4 oz Spoodle	0.32	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000009890	Sauteed Spinach in Olive Oil with Garlic	4 oz Spoodle	0.64		V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054588	Fresh Spinach	3 oz	0.64	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000056237	Sauteed Spinach with Lime & Chiles	4 oz	0.80		V
VEG-YELLOW,ORNG,WHITE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054595	Braised Cabbage	3 oz	0.23		V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000041912	Italian Mixed Roasted Vegetables	4 oz Spoodle	0.74	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000012267	Turnip Greens	4 oz Spoodle	0.26		V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054574	Mustard Greens with Garlic	3 oz	0.66		V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049755	Spicy Greens	4 oz Spoodle	1.18		V
VEG-YELLOW,ORNG,WHITE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000053855	Grilled Yellow Squash	4 oz	0.40		V
VEG-YELLOW,ORNG,WHITE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000052921	Grilled Portobello Mushrooms	3 oz	0.68	W	V
VEG-YELLOW,ORNG,WHITE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000040362	Grilled Eggplant	3 oz	0.23		V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000044403	Matar Aloo	4 oz	0.27	W	V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000012180	Fresh Zucchini & Tomatoes with Shallots	4 oz	0.60		V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000055257	Autumn's Roasted Vegetables	4 oz	0.57		V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047408	Summer Squash Medley	4 oz Spoodle	0.24	W	V
VEG-YELLOW,ORNG,WHITE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054583	Sauteed Mushrooms with Garlic	3 oz	0.44		V
VEG-YELLOW,ORNG,WHITE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000057256	Glazed Fresh Baby Carrots & Raisins	4 oz Spoodle	0.25	W	
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054586	Italian Roasted Vegetables	3 oz	0.31		V
SALAD-VEGETABLES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000034611	Jicama Slaw	4 oz	0.55		V
SALAD-VEGETABLES	007 - VEG/STARCH	JNCH	Entrée-Sides	0000048202	Creamy Cole Slaw	#12 Scoop	0.13		V
VEG-YELLOW,ORNG,WHITE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000056668	Corn Pudding	#16 Scoop	0.07	W	V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049991	Colache	4 oz Spoodle	0.39		V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000013401	Fresh Broccoli & Cauliflower	4 oz Spoodle	0.37	W	V
VEG-YELLW,ORNG,WHTE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000033103	Roasted Calabaza	4 oz	0.03		V
VEG-YELLW,ORNG,WHTE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000055019	Grilled Portobello Mushrooms	3 oz	0.80		V
VEG-YELLW,ORNG,WHTE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0401408243	Fresh Yellow Squash	4 oz Spoodle	0.21	W	V
	007 - VEG/STARCH	JNCH	Entrée-Sides		Entree Sides	x			
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047376	Whole Green Beans	4 oz Spoodle	0.27	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047374	Italian Cut Green Beans	4 oz Spoodle	0.15	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047404	French Cut Green Beans	4 oz Spoodle	0.18	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047382	Green Beans	4 oz Spoodle	0.13	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047366	Green Peas	4 oz Spoodle	0.18	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049290	Collard Greens with Ham	4 oz Spoodle	0.42		
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049288	Green Beans Amandine	4 oz Spoodle	0.20		
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049199	Asparagus Cuts	4 oz Spoodle	0.62	W	V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049387	Country Kitchen Vegetables	4 oz Spoodle	0.15	W	V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049382	Succotash	4 oz Spoodle	0.18	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054559	Steakhouse Spinach	4 oz	0.26		V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049304	Brussels Sprouts	4 oz Spoodle	0.27	W	V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047384	Peas & Carrots	4 oz Spoodle	0.16	W	
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047372	Capri Mixed Vegetables	4 oz Spoodle	0.31	W	V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047392	California Mixed Vegetables	4 oz Spoodle	0.18	W	V
VEG-YELLW,ORNG,WHTE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049292	Wax Beans	4 oz Spoodle	0.19	W	V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0368101548	Okra & Tomatoes	4 oz Spoodle	0.22		V
VEG-YELLW,ORNG,WHTE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047405	Stewed Tomatoes	4 oz Spoodle	0.24	W	V
VEG-YELLW,ORNG,WHTE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000007655	Corn on the Cob	1 Ear	0.17	W	V
VEG-YELLW,ORNG,WHTE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000015865	Aztec Corn	4 oz Spoodle	0.32		V
VEG-YELLW,ORNG,WHTE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047364	Corn	4 oz Spoodle	0.16	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049229	Collard Greens	4 oz Spoodle	0.15	W	V
VEG-YELLW,ORNG,WHTE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047352	Cauliflower	4 oz Spoodle	0.23	W	V
VEG-YELLW,ORNG,WHTE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047400	Sliced Carrots	4 oz Spoodle	0.14	W	V
VEG-YELLW,ORNG,WHTE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047350	Baby Carrots	4 oz Spoodle	0.21	W	V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000044403	Matar Aloo	4 oz	0.27	W	V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047372	Capri Mixed Vegetables	4 oz Spoodle	0.31	W	V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047384	Peas & Carrots	4 oz Spoodle	0.16	W	
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047392	California Mixed Vegetables	4 oz Spoodle	0.18	W	V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054563	Asian Vegetable Blend	4 oz Spoodle	0.36		V
VEG-COMBINATION	007 - VEG/STARCH	JNCH	Entrée-Sides	0000062499	Succotash	4 oz	0.26	W	
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000012267	Turnip Greens	4 oz Spoodle	0.26		V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000047382	Green Beans	4 oz Spoodle	0.13	W	V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000049755	Spicy Greens	4 oz Spoodle	1.18		V
VEG-GREEN	007 - VEG/STARCH	JNCH	Entrée-Sides	0000054574	Mustard Greens with Garlic	3 oz	0.66		V
VEG-YELLOW,ORNG,WHITE,RED	007 - VEG/STARCH	JNCH	Entrée-Sides	0000056668	Corn Pudding	#16 Scoop	0.07	W	V
	007 - VEG/STARCH	JNCH	Entrée-Sides		Entree Sides	x			
VEG-DRSS,DMPLNG,FRTR,STFF	007 - VEG/STARCH	JNCH	Entrée-Sides	0000045802	Hush Puppies	4 oz	0.44		
VEG-DRSS,DMPLNG,FRTR,STFF	007 - VEG/STARCH	JNCH	Entrée-Sides	0000055200	Bread Dressing	#12 Scoop	0.24		V
VEG-DRSS,DMPLNG,FRTR,STFF	007 - VEG/STARCH	JNCH	Entrée-Sides	0000061668	Savory Stuffing	#12 Scoop	0.19		
	006 - ENTREES	L	Core		Entrees - Core	x			
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Core	0000046604	Portobello Stew with Noodles	8 oz SPD+4oz Noodles	0.90	W	V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Core	0000047166	Tuscan Herb Cod	1 Fillet	1.28	W	
ENTREE-PASTA	006 - ENTREES	L	Core	0000046671	Baked Ziti with Vegetables	8 oz Spoodle	0.48	W	
ENTREE-POULTRY	006 - ENTREES	L	Core	0000061533	Roasted Turkey Breast	3 oz	0.67	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Core	0000051001	Beef Stroganoff	6 oz Ladle	0.68		
ENTREE-POULTRY	006 - ENTREES	L	Core	0000046351	BBQ Chicken Breast	1 Breast	0.71	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Core	0000054199	Napa Valley Glazed Salmon	1 Fillet	1.57	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Core	0000061202	Chinese Pepper Steak	8 oz Spoodle	1.70		
ENTREE-PASTA	006 - ENTREES	L	Core	0000049528	Penne Fantastica	8 oz Spoodle	0.53	W	V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Core	0000054181	Salmon with Pineapple Chutney Sauce	1 Fillet+Topping	1.55	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Core	0000012238	Pot Roast	3 Slices + 3 oz SPD	1.05		
ENTREE-POULTRY	006 - ENTREES	L	Core	0000047217	Chicken Alfredo	8 oz Spoodle	0.84	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Core	0000062514	Beef Ragu over Farfalle	8 oz Spoodle	0.72	W	
ENTREE-POULTRY	006 - ENTREES	L	Core	0000061533	Roasted Turkey Breast	3 oz	0.67	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Core	0000054187	Eggplant Parmesan	2 Slices+Topping	0.57		V
ENTREE-BEEF,GROUND	006 - ENTREES	L	Core	0000062146	Farmer's Meatloaf	4 oz	0.58		
NRM V3-Nutrient Analysis 2011 ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Core	0000046344	Crispy Baked Tapa	1 Fillet	1.17	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-PASTA	006 - ENTREES	L	Core	0000061723	Chicken Florentine Pasta Casserole	8 oz Spoodle	0.60	W	
ENTREE-PORK	006 - ENTREES	L	Core	0000050862	Roast Pork Loin	3 oz	0.67		
ENTREE-PASTA	006 - ENTREES	L	Core	0000046671	Baked Ziti with Vegetables	8 oz Spoodle	0.48	W	
ENTREE-POULTRY	006 - ENTREES	L	Core	0000054359	Stuffed Chicken Breast	1 Breast+2z Ladle GV	1.03		
ENTREE-PORK	006 - ENTREES	L	Core	0000049459	Herbed Pork Chop	1 Chop	1.04	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Core	0000062514	Beef Ragu over Farfalle	8 oz Spoodle	0.72	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Core	0000054191	Panko Crusted Cod	1 Fillet	1.23	W	
ENTREE-POULTRY	006 - ENTREES	L	Core	0000061533	Roasted Turkey Breast	3 oz	0.67	W	
ENTREE-BEEF,GROUND	006 - ENTREES	L	Core	0000046675	Meat Lasagne	1 Cut-4x6 FP	1.26		
ENTREE-POULTRY	006 - ENTREES	L	Core	0000056066	Herb Crunch Chicken Breast	1 Breast	1.18	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Core	0000061014	Beef & Broccoli Stir Fry	8 oz Spoodle	0.54		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Core	0000061720	Vegetable Fried Rice	8 oz Spoodle	0.29	W	V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Core	0000054199	Napa Valley Glazed Salmon	1 Fillet	1.57	W	
ENTREE-PASTA	006 - ENTREES	L	Core	0000046806	Vegetable Lasagne	1 Cut-4x6 FP	1.00		V
ENTREE-POULTRY	006 - ENTREES	L	Core	0000061571	Spanish Rice Stuffed Chicken Breast	1 Breast + 3z SPD	0.99	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Core	0000046832	Pot Roast	3 oz	0.76		
ENTREE-PASTA	006 - ENTREES	L	Core	0000049528	Penne Fantastica	8 oz Spoodle	0.53	W	V
ENTREE-POULTRY	006 - ENTREES	L	Core	0000054197	Savory Rotisserie-Style Chicken	1 Quarter	0.96		
	018 - EXHIBITION C	L	Action		Action Entrees	x			
SALAD-ENTREE	018 - EXHIBITION C	L	Action	0000054974	Buffalo Chicken Topper Salad	1 Salad	1.81		
ENTREE-FISH,SEAFOOD	018 - EXHIBITION C	L	Action	0000045890	Straw Mushroom & Shrimp Stir-Fry	4 oz+4 oz Rice	1.87	W	
ENTREE-PORK	018 - EXHIBITION C	L	Action	0000049731	Pork in Red Chile Sauce	1 Plated Portion	1.00		
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000036449	Orecchiette with Broccoli & Pine Nuts	11 oz	1.57		V
ENTREE-POULTRY	018 - EXHIBITION C	L	Action	0000056806	Chicken Mojito over Sticky Rice	1.5 Cup + 8z Spoodle	1.46	W	
SALAD-ENTREE	018 - EXHIBITION C	L	Action	0000055078	Thai Beef & Noodle Jazz Salad	1 Salad	2.43		
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000058144	Whole Wheat Penne with Fra Diavolo Sauce	14 oz	0.89	W	V
SALAD-ENTREE	018 - EXHIBITION C	L	Action	0000055080	Cajun Spiced Shrimp Jazz Salad	1 Salad	1.97		
NRMV3-Nutrient Analysis 2011	018 - EXHIBITION C	L	Action	0000056788	Smoked Vegetable & Pasta Saute	12 oz	1.77		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-POULTRY	018 - EXHIBITION C	L	Action	0000053696	Chicken Fajita Tacos	2 Fajitas + 2z Salsa	1.91		
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000034661	Angel Hair with Shrimp & Peppercorns	7 oz+4 oz Noodles	1.57		
SAND-PORK,SAUS,COLD CUT (HOT)	018 - EXHIBITION C	L	Action	0000052381	Braised Pork on Pita with Leek Slaw	1 Sandwich	0.98	W	
SALAD-ENTREE	018 - EXHIBITION C	L	Action	0000054925	Grilled Tuna Nicoise Topper Salad	1 Salad	2.93		
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000045957	Fettuccine with Clams alla Romano	2 1/2 Cups	1.39		
SALAD-ENTREE	018 - EXHIBITION C	L	Action	0000039681	Southwest Flank Steak Salad	1 Salad	1.90	W	
SAND-POULTRY (COLD)	018 - EXHIBITION C	L	Action	0000054719	Asian Chicken Wrap	1 Wrap	1.35	W	
ENTREE-VEGETABLE, GRAIN	018 - EXHIBITION C	L	Action	0000056239	Cuban Roasted Vegetable Mojo	12 oz+3 oz Rice	1.13		V
ENTREE-PORK	018 - EXHIBITION C	L	Action	0000051600	Shanghai Noodles	2 Cups	0.85		
ENTREE-EGGS	018 - EXHIBITION C	L	Action	0000055085	Create Your Own Omelet	1 Omelet	0.88		
SALAD-ENTREE	018 - EXHIBITION C	L	Action	0000054974	Buffalo Chicken Topper Salad	1 Salad	1.81		
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000036449	Orecchiette with Broccoli & Pine Nuts	11 oz	1.57		V
SALAD-ENTREE	018 - EXHIBITION C	L	Action	0000055078	Thai Beef & Noodle Jazz Salad	1 Salad	2.43		
ENTREE-FISH,SEAFOOD	018 - EXHIBITION C	L	Action	0000053774	Goan Seafood Masala	8 oz Ladle	4.22		
ENTREE-PORK	018 - EXHIBITION C	L	Action	0000047603	Carnita Burrito del Fuego	1 Burrito	1.67		
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000058144	Whole Wheat Penne with Fra Diavolo Sauce	14 oz	0.89	W	V
ENTREE-FISH,SEAFOOD	018 - EXHIBITION C	L	Action	0000055104	Shrimp & Vegetable Primavera	1 Serving	1.58		
SALAD-ENTREE	018 - EXHIBITION C	L	Action	0000039681	Southwest Flank Steak Salad	1 Salad	1.90	W	
ENTREE-POULTRY	018 - EXHIBITION C	L	Action	0000053696	Chicken Fajita Tacos	2 Fajitas + 2z Salsa	1.91		
SALAD-ENTREE	018 - EXHIBITION C	L	Action	0000054925	Grilled Tuna Nicoise Topper Salad	1 Salad	2.93		
ENTREE-BEEF,SOLID,CUBED	018 - EXHIBITION C	L	Action	0000015784	Szechuan Beef	10.5 oz	1.53		
SALAD-ENTREE	018 - EXHIBITION C	L	Action	0000049725	Tex Mex Chopped Salad with Brisket	1 Salad	1.30		
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000045957	Fettuccine with Clams alla Romano	2 1/2 Cups	1.39		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000045896	Bow Tie Stir Fry	6 oz	0.72	W	
SALAD-ENTREE	018 - EXHIBITION C	L	Action	0000055080	Cajun Spiced Shrimp Jazz Salad	1 Salad	1.97		
ENTREE-EGGS	018 - EXHIBITION C	L	Action	0000055085	Create Your Own Omelet	1 Omelet	0.88		
	018 - EXHIBITION C	L	Action		Action Entrees	x			
ENTREE-BEEF,SOLID,CUBED	018 - EXHIBITION C	L	Action	0000043994	Beef Pho	17.25 oz	1.75		
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000037981	Gnocchi with Brown Butter & Sage	9 oz	1.12		V
ENTREE-VEGETABLE, GRAIN	018 - EXHIBITION C	L	Action	0000055624	Paella Espana	2- 8 oz Spoodle	1.57	W	
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000034661	Angel Hair with Shrimp & Peppercorns	7 oz+4 oz Noodles	1.57		
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000056804	Clam & Roasted Veggies Ragout over Pasta	14 oz	2.53	W	
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000058125	Cheese Ravioli with Blush Sauce & Peas	9.7 oz	1.20		V
ENTREE-POULTRY	018 - EXHIBITION C	L	Action	0000040553	Chicken Curry with Noodles	8.5 oz	1.06		
ENTREE-EGGS	018 - EXHIBITION C	L	Action	0000055085	Create Your Own Omelet	1 Omelet	0.88		
ENTREE-VEGETABLE, GRAIN	018 - EXHIBITION C	L	Action	0000062529	Caesar Salad Bar	1 Patron (8.5 oz)	1.19		
ENTREE-VEGETABLE, GRAIN	018 - EXHIBITION C	L	Action	0000062526	Fried Rice Bar	1 Patron	0.58		
ENTREE-VEGETABLE, GRAIN	018 - EXHIBITION C	L	Action	0000062472	Baked Potato Bar	1 Patron	0.70		
ENTREE-PASTA	018 - EXHIBITION C	L	Action	0000062527	Pasta Bar	1 Patron	1.46	W	
ENTREE-MEAL	018 - EXHIBITION C	L	Action	0000062528	Mediterranean Bar	1 Patron	0.95		
	018 - EXHIBITION C	L	Action		Action Entrees (sides)	x			
INV-BREADS & CRACKERS	018 - EXHIBITION C	L	Action	0128900000	6" Flour Tortillas	1 Tortilla/6"	0.06		V
VEG-RICE	018 - EXHIBITION C	L	Action	0000049692	Sticky Rice	3 oz	0.04	W	V
BREADS-YEAST	018 - EXHIBITION C	L	Action	0220608673	Breadsticks	1 Breadstick	0.24		V
	006 - ENTREES	L	Am Tradition		American Tradition Entrees	x			
ENTREE-BEEF,GROUND	006 - ENTREES	L	Am Tradition	0000061192	Stuffed Pepper	1/2 Pepper	0.84		
ENTREE-PORK	006 - ENTREES	L	Am Tradition	0286904306	Glazed Baked Ham	3 oz	0.56		
ENTREE-POULTRY	006 - ENTREES	L	Am Tradition	0000056552	Cajun Pecan Chicken Breast	1 Breast+2z Ladle SC	1.14		
ENTREE-PORK	006 - ENTREES	L	Am Tradition	0000004574	Apple Ginger Pork Chop	1 Chop	1.08	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Am Tradition	0000046344	Crispy Baked Tilapia	1 Fillet	1.17	W	
ENTREE-PASTA	006 - ENTREES	L	Am Tradition	0000054357	Beef, Macaroni & Tomatoes	6 oz Ladle	0.53		
ENTREE-PORK	006 - ENTREES	L	Am Tradition	0000039016	Rosemary Roast Pork Loin	3 oz	0.65		
NRM V3 Nutrient Analysis 2011 ENTREE-PASTA	006 - ENTREES	L	Am Tradition	0000061992	Macaroni & Cheese	8 oz Spoodle	0.44	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-POULTRY	006 - ENTREES	L	Am Tradition	0000046608	Chicken Pot Pie	1Cut-4x6, 8zSpdl	1.17		
ENTREE-BEEF,GROUND	006 - ENTREES	L	Am Tradition	0000039699	Beef Enchiladas	2 Enchiladas	1.08		
ENTREE-PORK	006 - ENTREES	L	Am Tradition	0000046937	Pork Chop with Sauerkraut	1 Chop+2z Sauerkraut	1.07	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Am Tradition	0000062501	Parsley & Garlic Salmon	1 Fillet	1.52		
ENTREE-PASTA	006 - ENTREES	L	Am Tradition	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-PORK	006 - ENTREES	L	Am Tradition	0000060043	Smothered Pork Chops	1 Chop+ 3 oz Spoodle	0.82		
ENTREE-POULTRY	006 - ENTREES	L	Am Tradition	0000009575	Sesame Chicken with Broccoli	10 oz	0.96	W	
ENTREE-PORK	006 - ENTREES	L	Am Tradition	0000040510	Spring Herb Dijon Pork Tenderloin	2 Slices-3 oz	0.82	W	
ENTREE-POULTRY	006 - ENTREES	L	Am Tradition	0000054753	Teriyaki Chicken Breast	1 Breast	0.75	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Am Tradition	0000058160	Fresh Veggie Stew	8 oz Spoodle	0.71		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Am Tradition	0000047355	Glazed Pollock	1 Fillet	0.95	W	
ENTREE-POULTRY	006 - ENTREES	L	Am Tradition	0000057693	BBQ Turkey Meatloaf	4 oz	0.44		
ENTREE-BEEF,GROUND	006 - ENTREES	L	Am Tradition	0000047416	Spaghetti & Meatballs	8z NDLS+3 MTBL+4z SC	0.66	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Am Tradition	0000058154	Garden Pot Pie	8 z Spoodle +1 Crust	0.93		V
ENTREE-POULTRY	006 - ENTREES	L	Am Tradition	0000061617	Stewed Chicken	1 Quarter+2z Ladle	1.61		
ENTREE-PASTA	006 - ENTREES	L	Am Tradition	0000034166	Macaroni with Bacon, Tomato & Arugula	10 oz	1.23		
ENTREE-PASTA	006 - ENTREES	L	Am Tradition	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Am Tradition	0000047214	Tilapia Florentine	1 Fillet	1.36	W	
ENTREE-PASTA	006 - ENTREES	L	Am Tradition	0000061992	Macaroni & Cheese	8 oz Spoodle	0.44	W	
ENTREE-POULTRY	006 - ENTREES	L	Am Tradition	0000047217	Chicken Alfredo	8 oz Spoodle	0.84	W	
ENTREE-BEEF,GROUND	006 - ENTREES	L	Am Tradition	0000062245	Salisbury Steak	1 Steak	0.50		
ENTREE-POULTRY	006 - ENTREES	L	Am Tradition	0000045777	Fried Chicken	2 Eighths	1.29		
ENTREE-PORK	006 - ENTREES	L	Am Tradition	0000011394	Pork Tenderloin with Raspberry Sauce	3 oz+2oz Ladle Sauce	0.94	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Am Tradition	0000054187	Eggplant Parmesan	2 Slices+Topping	0.57		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Am Tradition	0000047785	Cod Provencal	1 Fillet + 1oz Sauce	1.23	W	
ENTREE-POULTRY	006 - ENTREES	L	Am Tradition	0000054753	Teriyaki Chicken Breast	1 Breast	0.75	W	
ENTREE-PORK	006 - ENTREES	L	Am Tradition	0000049459	Herbed Pork Chop	1 Chop	1.04	W	
	006 - ENTREES	L	Am Tradition		American Tradition (sides)	x			
SAUCES & GRAVIES	006 - ENTREES	L	Am Tradition	0000046635	Poultry Gravy	2 oz Ladle	0.04		
NRM V3-Nutrient Analysis 2011 SAUCES & GRAVIES	006 - ENTREES	L	Am Tradition	0000046635	Poultry Gravy <sup>42</sup>	2 oz Ladle	0.04		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SAUCES & GRAVIES	006 - ENTREES	L	Am Tradition	0000053029	Mushroom Gravy	2 oz Ladle	0.15		
	006 - ENTREES	L	Metropolitan		Metropolitan Entrees	x			
ENTREE-BEEF,GROUND	006 - ENTREES	L	Metropolitan	0000038067	Italian Meatloaf (Polpettone)	1 Slice-5 oz	0.88		
ENTREE-PORK	006 - ENTREES	L	Metropolitan	0000054372	Pork Stuffed Poblano Pepper	1 Pepper	1.19		
ENTREE-POULTRY	006 - ENTREES	L	Metropolitan	0000045781	Caribbean Jerk Chicken Breast	1 Breast	0.76	W	
ENTREE-PORK	006 - ENTREES	L	Metropolitan	0000051600	Shanghai Noodles	2 Cups	0.85		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Metropolitan	0000062464	Couscous Stuffed Tilapia	1 Fillet	1.42	W	
ENTREE-BEEF,GROUND	006 - ENTREES	L	Metropolitan	0000062257	Little Italy Meatballs	2 Meatballs	0.50		
ENTREE-PORK	006 - ENTREES	L	Metropolitan	0000054893	Cuban Mojo Pork	3 oz	0.69		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Metropolitan	0000058134	Fresh Vegetable Curry	12 oz Spoodle	0.90		
ENTREE-POULTRY	006 - ENTREES	L	Metropolitan	0000011049	General Tso's Chicken	11 oz	1.09		
ENTREE-BEEF,GROUND	006 - ENTREES	L	Metropolitan	0000060996	Stuffed Zucchini	1 Half Zucchini	0.94		
ENTREE-PORK	006 - ENTREES	L	Metropolitan	0000046937	Pork Chop with Sauerkraut	1 Chop+2z Sauerkraut	1.07	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Metropolitan	0000042054	Garlic Ginger Red Snapper	1 Fillet+Slaw	1.59	W	
ENTREE-PASTA	006 - ENTREES	L	Metropolitan	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-PORK	006 - ENTREES	L	Metropolitan	0000036861	Kung Pao Pork	9 oz	1.54		
ENTREE-POULTRY	006 - ENTREES	L	Metropolitan	0000009575	Sesame Chicken with Broccoli	10 oz	0.96	W	
ENTREE-PORK	006 - ENTREES	L	Metropolitan	0000040510	Spring Herb Dijon Pork Tenderloin	2 Slices-3 oz	0.82	W	
ENTREE-POULTRY	006 - ENTREES	L	Metropolitan	0000057887	Cashew Crusted Chicken with Marmalade	1 Breast + 1 oz LDL	1.17	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Metropolitan	0000036999	Chevre, Orzo & Basil Stuffed Portobello	2 Mushrooms+Sauce	1.89		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Metropolitan	0000047355	Glazed Pollock	1 Fillet	0.95	W	
ENTREE-POULTRY	006 - ENTREES	L	Metropolitan	0000061616	Turkey & Italian Sausage Steak & Gravy	1 Steak+1z Ladle	0.70		
ENTREE-PASTA	006 - ENTREES	L	Metropolitan	0000056648	Ratatouille Manicotti	2 Manicotti	1.52	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Metropolitan	0000041501	Vegetarian Paella	2 Cups	1.36		V
ENTREE-POULTRY	006 - ENTREES	L	Metropolitan	0000054253	Gorgonzola Stuffed Chicken Breast	1 Breast	2.02		
ENTREE-PASTA	006 - ENTREES	L	Metropolitan	0000045957	Fettuccine with Clams alla Romano	2 1/2 Cups	1.39		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Metropolitan	0000034592	Curried Falafels with Mint Tzatziki	4 Falafels+4z LDL SC	0.93		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Metropolitan	0000054396	Tilapia with Mango Chutney	1 Fillet+2 Tbsp TOP	1.27	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Metropolitan	0000058134	Fresh Vegetable Curry	12 oz Spoodle	0.90		
ENTREE-POULTRY	006 - ENTREES	L	Metropolitan	0000011049	General Tso's Chicken	11 oz	1.09		
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Metropolitan	0000054428	Shredded Beef Enchiladas	2 Enchiladas	0.78		
ENTREE-POULTRY	006 - ENTREES	L	Metropolitan	0000051059	Pomegranate Chicken with Roast Potatoes	1 BRST+ 5.5z Potato	1.78		
ENTREE-PORK	006 - ENTREES	L	Metropolitan	0000011394	Pork Tenderloin with Raspberry Sauce	3 oz+2oz Ladle Sauce	0.94	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Metropolitan	0000058150	Harvest Vegetable & Quinoa Cup	1 Cup	1.92		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Metropolitan	0000035985	Caribbean Chill & Grill Cod	1 Fillet+2oz LDL+1oz	1.48	W	
ENTREE-POULTRY	006 - ENTREES	L	Metropolitan	0000062512	Citrus Marinated Chicken	1 Breast	0.90	W	
ENTREE-PORK	006 - ENTREES	L	Metropolitan	0000004574	Apple Ginger Pork Chop	1 Chop	1.08	W	
	006 - ENTREES	L	Metropolitan		Metropolitan (sides)	x			
SAUCES & GRAVIES	006 - ENTREES	L	Metropolitan	0000046633	Brown Gravy	2 oz Ladle	0.04		
	006 - ENTREES	L	Floribbean		Floribbean Entrees	x			
ENTREE-BEEF,GROUND	006 - ENTREES	L	Floribbean	0000039699	Beef Enchiladas	2 Enchiladas	1.08		
ENTREE-PORK	006 - ENTREES	L	Floribbean	0000043857	Hattie's Jambalaya	11.5 oz	1.20		
ENTREE-POULTRY	006 - ENTREES	L	Floribbean	0000045781	Caribbean Jerk Chicken Breast	1 Breast	0.76	W	
ENTREE-PORK	006 - ENTREES	L	Floribbean	0000004574	Apple Ginger Pork Chop	1 Chop	1.08	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Floribbean	0000054396	Tilapia with Mango Chutney	1 Fillet+2 Tbsp TOP	1.27	W	
ENTREE-PASTA	006 - ENTREES	L	Floribbean	0000054357	Beef, Macaroni & Tomatoes	6 oz Ladle	0.53		
ENTREE-PORK	006 - ENTREES	L	Floribbean	0000054893	Cuban Mojo Pork	3 oz	0.69		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Floribbean	0000058134	Fresh Vegetable Curry	12 oz Spoodle	0.90		
ENTREE-POULTRY	006 - ENTREES	L	Floribbean	0000057887	Cashew Crusted Chicken with Marmalade	1 Breast + 1 oz LDL	1.17	W	
ENTREE-BEEF,GROUND	006 - ENTREES	L	Floribbean	0000061192	Stuffed Pepper	1/2 Pepper	0.84		
ENTREE-PORK	006 - ENTREES	L	Floribbean	0000040524	Mexican Spiced Pork Tenderloin	3 oz	0.79	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Floribbean	0000042054	Garlic Ginger Red Snapper	1 Fillet+Slaw	1.59	W	
ENTREE-PASTA	006 - ENTREES	L	Floribbean	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-PORK	006 - ENTREES	L	Floribbean	0000036861	Kung Pao Pork	9 oz	1.54		
ENTREE-POULTRY	006 - ENTREES	L	Floribbean	0000045024	Pineapple-Lime Grilled Chicken	1 Breast+Sauce	1.15	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-PORK	006 - ENTREES	L	Floribbean	0000040510	Spring Herb Dijon Pork Tenderloin	2 Slices-3 oz	0.82	W	
ENTREE-POULTRY	006 - ENTREES	L	Floribbean	0000054398	Black Bean & Chicken Chilaquiles	1 Cut-3x3 HP	1.55		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Floribbean	0000055624	Paella Espana	2- 8 oz Spoodle	1.57	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Floribbean	0000047355	Glazed Pollock	1 Fillet	0.95	W	
ENTREE-POULTRY	006 - ENTREES	L	Floribbean	0000057693	BBQ Turkey Meatloaf	4 oz	0.44		
ENTREE-BEEF,GROUND	006 - ENTREES	L	Floribbean	0000047416	Spaghetti & Meatballs	8z NDLS+3 MTBL+4z SC	0.66	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Floribbean	0000042052	Cuban Roasted Vegetables w/Rice & Beans	6 oz VEG+4 oz RC	0.89		V
ENTREE-POULTRY	006 - ENTREES	L	Floribbean	0000061617	Stewed Chicken	1 Quarter+2z Ladle	1.61		
ENTREE-PASTA	006 - ENTREES	L	Floribbean	0000034166	Macaroni with Bacon, Tomato & Arugula	10 oz	1.23		
ENTREE-PASTA	006 - ENTREES	L	Floribbean	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Floribbean	0000046344	Crispy Baked Tilapia	1 Fillet	1.17	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Floribbean	0000058134	Fresh Vegetable Curry	12 oz Spoodle	0.90		
ENTREE-POULTRY	006 - ENTREES	L	Floribbean	0000047217	Chicken Alfredo	8 oz Spoodle	0.84	W	
ENTREE-BEEF,GROUND	006 - ENTREES	L	Floribbean	0000062926	Beef Tacos	1 Taco	0.50		
ENTREE-POULTRY	006 - ENTREES	L	Floribbean	0000010135	Arroz con Pollo	1 Quarter+5 oz Rice	1.18		
ENTREE-PORK	006 - ENTREES	L	Floribbean	0000011394	Pork Tenderloin with Raspberry Sauce	3 oz+2oz Ladle Sauce	0.94	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Floribbean	0000058154	Garden Pot Pie	8 z Spoodle +1 Crust	0.93		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Floribbean	0000035985	Caribbean Chill & Grill Cod	1 Fillet+2oz LDL+1oz	1.48	W	
ENTREE-POULTRY	006 - ENTREES	L	Floribbean	0000062512	Citrus Marinated Chicken	1 Breast	0.90	W	
ENTREE-PORK	006 - ENTREES	L	Floribbean	0000049459	Herbed Pork Chop	1 Chop	1.04	W	
	006 - ENTREES	L	Floribbean		Floribbean Entrees	x			
SALSA, CHUTNEY, RELISHES	006 - ENTREES	L	Floribbean	0000054365	Pico de Gallo	1 oz	0.11		V
SAUCES & GRAVIES	006 - ENTREES	L	Floribbean	0000046635	Poultry Gravy	2 oz Ladle	0.04		
SAUCES & GRAVIES	006 - ENTREES	L	Floribbean	0000046633	Brown Gravy	2 oz Ladle	0.04		
INV-FRSH & CND VEGES	006 - ENTREES	L	Floribbean	0313200000	Shredded Lettuce	1 oz	0.06		V
	006 - ENTREES	L	Best of West		Best of the West Entrees	x			
ENTREE-BEEF,GROUND	006 - ENTREES	L	Best of West	0000039699	Beef Enchiladas	2 Enchiladas	1.08		
ENTREE-PORK	006 - ENTREES	L	Best of West	0000057595	Raspberry Chipotle Baked Ham	4 oz	0.89		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-POULTRY	006 - ENTREES	L	Best of West	0000056552	Cajun Pecan Chicken Breast	1 Breast+2z Ladle SC	1.14		
ENTREE-PORK	006 - ENTREES	L	Best of West	0000010641	Prize Winning Spareribs	3 Ribs	2.28		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Best of West	0000054396	Tilapia with Mango Chutney	1 Fillet+2 Tbsp TOP	1.27	W	
ENTREE-PASTA	006 - ENTREES	L	Best of West	0000054357	Beef, Macaroni & Tomatoes	6 oz Ladle	0.53		
ENTREE-PORK	006 - ENTREES	L	Best of West	0000040524	Mexican Spiced Pork Tenderloin	3 oz	0.79	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Best of West	0000061720	Vegetable Fried Rice	8 oz Spoodle	0.29	W	V
ENTREE-POULTRY	006 - ENTREES	L	Best of West	0000062489	Lemon Chicken	1 Breast	0.98		
ENTREE-BEEF,GROUND	006 - ENTREES	L	Best of West	0000037714	Beef Chimichanga	1 Chimichanga-10"	0.81		
ENTREE-PORK	006 - ENTREES	L	Best of West	0000040524	Mexican Spiced Pork Tenderloin	3 oz	0.79	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Best of West	0000062501	Parsley & Garlic Salmon	1 Fillet	1.52		
ENTREE-PASTA	006 - ENTREES	L	Best of West	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-PORK	006 - ENTREES	L	Best of West	0000060043	Smothered Pork Chops	1 Chop+ 3 oz Spoodle	0.82		
ENTREE-POULTRY	006 - ENTREES	L	Best of West	0000046654	Chicken Fajitas	1 Fajita	1.22		
ENTREE-PORK	006 - ENTREES	L	Best of West	0000040510	Spring Herb Dijon Pork Tenderloin	2 Slices-3 oz	0.82	W	
ENTREE-POULTRY	006 - ENTREES	L	Best of West	0000054398	Black Bean & Chicken Chilaquiles	1 Cut-3x3 HP	1.55		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Best of West	0000055624	Paella Espana	2- 8 oz Spoodle	1.57	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Best of West	0000047355	Glazed Pollock	1 Fillet	0.95	W	
ENTREE-POULTRY	006 - ENTREES	L	Best of West	0000057693	BBQ Turkey Meatloaf	4 oz	0.44		
ENTREE-BEEF,GROUND	006 - ENTREES	L	Best of West	0000047416	Spaghetti & Meatballs	8z NDLS+3 MTBL+4z SC	0.66	W	
ENTREE-CHEESE	006 - ENTREES	L	Best of West	0000055208	Chile Rellenos with Fresh Chile	1 Chile	1.06		V
ENTREE-POULTRY	006 - ENTREES	L	Best of West	0000061617	Stewed Chicken	1 Quarter+2z Ladle	1.61		
ENTREE-PASTA	006 - ENTREES	L	Best of West	0000034166	Macaroni with Bacon, Tomato & Arugula	10 oz	1.23		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Best of West	0000054482	Grande Grilled Vegetable Burrito	1 Burrito+2zLDL Sals	2.09		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Best of West	0000046344	Crispy Baked Tilapia	1 Fillet	1.17	W	
ENTREE-CHEESE	006 - ENTREES	L	Best of West	0000054177	Cheese Enchiladas	2 Enchiladas	0.77		
ENTREE-POULTRY	006 - ENTREES	L	Best of West	0000046654	Chicken Fajitas	1 Fajita	1.22		
ENTREE-BEEF,GROUND	006 - ENTREES	L	Best of West	0000062926	Beef Tacos	1 Taco	0.50		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-POULTRY	006 - ENTREES	L	Best of West	0000010135	Arroz con Pollo	1 Quarter+5 oz Rice	1.18		
ENTREE-PORK	006 - ENTREES	L	Best of West	0000011394	Pork Tenderloin with Raspberry Sauce	3 oz+2oz Ladle Sauce	0.94	W	
ENTREE-PASTA	006 - ENTREES	L	Best of West	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Best of West	0000035985	Caribbean Chill & Grill Cod	1 Fillet+2oz LDL+1oz	1.48	W	
ENTREE-POULTRY	006 - ENTREES	L	Best of West	0000062512	Citrus Marinated Chicken	1 Breast	0.90	W	
ENTREE-PORK	006 - ENTREES	L	Best of West	0000049459	Herbed Pork Chop	1 Chop	1.04	W	
	006 - ENTREES	L	Best of West		Best of the West Entrees	x			
SALSA, CHUTNEY, RELISHES	006 - ENTREES	L	Best of West	0000054365	Pico de Gallo	1 oz	0.11		V
INV-FRSH & CND VEGES	006 - ENTREES	L	Best of West	0313200000	Shredded Lettuce	1 oz	0.06		V
SAUCES & GRAVIES	006 - ENTREES	L	Best of West	0000046635	Poultry Gravy	2 oz Ladle	0.04		
SAUCES & GRAVIES	006 - ENTREES	L	Best of West	0000046633	Brown Gravy	2 oz Ladle	0.04		
	006 - ENTREES	L	West Coast		West Coast Entrees	x			
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	West Coast	0000054476	Grilled Beef Korean-Style	2.5 oz+1.5 oz Sauce	1.60		
ENTREE-PORK	006 - ENTREES	L	West Coast	0286904306	Glazed Baked Ham	3 oz	0.56		
ENTREE-POULTRY	006 - ENTREES	L	West Coast	0000056552	Cajun Pecan Chicken Breast	1 Breast+2z Ladle SC	1.14		
ENTREE-PORK	006 - ENTREES	L	West Coast	0000051600	Shanghai Noodles	2 Cups	0.85		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	West Coast	0000054396	Tilapia with Mango Chutney	1 Fillet+2 Tbsp TOP	1.27	W	
ENTREE-PASTA	006 - ENTREES	L	West Coast	0000054357	Beef, Macaroni & Tomatoes	6 oz Ladle	0.53		
ENTREE-PORK	006 - ENTREES	L	West Coast	0000040524	Mexican Spiced Pork Tenderloin	3 oz	0.79	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	West Coast	0000058134	Fresh Vegetable Curry	12 oz Spoodle	0.90		
ENTREE-POULTRY	006 - ENTREES	L	West Coast	0000062489	Lemon Chicken	1 Breast	0.98		
ENTREE-BEEF,GROUND	006 - ENTREES	L	West Coast	0000037714	Beef Chimichanga	1 Chimichanga-10"	0.81		
ENTREE-PORK	006 - ENTREES	L	West Coast	0000040524	Mexican Spiced Pork Tenderloin	3 oz	0.79	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	West Coast	0000054757	Miso Salmon	Each	1.95		
ENTREE-PASTA	006 - ENTREES	L	West Coast	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-PORK	006 - ENTREES	L	West Coast	0000036861	Kung Pao Pork	9 oz	1.54		
ENTREE-POULTRY	006 - ENTREES	L	West Coast	0000046654	Chicken Fajitas	1 Fajita	1.22		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-PORK	006 - ENTREES	L	West Coast	0000040510	Spring Herb Dijon Pork Tenderloin	2 Slices-3 oz	0.82	W	
ENTREE-POULTRY	006 - ENTREES	L	West Coast	0000054398	Black Bean & Chicken Chilaquiles	1 Cut-3x3 HP	1.55		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	West Coast	0000055624	Paella Espana	2- 8 oz Spoodle	1.57	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	West Coast	0000047355	Glazed Pollock	1 Fillet	0.95	W	
ENTREE-POULTRY	006 - ENTREES	L	West Coast	0000057693	BBQ Turkey Meatloaf	4 oz	0.44		
ENTREE-BEEF,GROUND	006 - ENTREES	L	West Coast	0000047416	Spaghetti & Meatballs	8z NDLS+3 MTBL+4z SC	0.66	W	
ENTREE-CHEESE	006 - ENTREES	L	West Coast	0000055208	Chile Rellenos with Fresh Chile	1 Chile	1.06		V
ENTREE-POULTRY	006 - ENTREES	L	West Coast	0000053337	Tandoori Chicken with Basmati Rice	5 oz+1/2 C Rice	1.05		
ENTREE-PASTA	006 - ENTREES	L	West Coast	0000054357	Beef, Macaroni & Tomatoes	6 oz Ladle	0.53		
ENTREE-PASTA	006 - ENTREES	L	West Coast	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	West Coast	0000046344	Crispy Baked Tilapia	1 Fillet	1.17	W	
ENTREE-CHEESE	006 - ENTREES	L	West Coast	0000054177	Cheese Enchiladas	2 Enchiladas	0.77		
ENTREE-POULTRY	006 - ENTREES	L	West Coast	0000011049	General Tso's Chicken	11 oz	1.09		
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	West Coast	0000054428	Shredded Beef Enchiladas	2 Enchiladas	0.78		
ENTREE-POULTRY	006 - ENTREES	L	West Coast	0000010135	Arroz con Pollo	1 Quarter+5 oz Rice	1.18		
ENTREE-PORK	006 - ENTREES	L	West Coast	0000011394	Pork Tenderloin with Raspberry Sauce	3 oz+2oz Ladle Sauce	0.94	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	West Coast	0000058154	Garden Pot Pie	8 z Spoodle +1 Crust	0.93		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	West Coast	0000035985	Caribbean Chill & Grill Cod	1 Fillet+2oz LDL+1oz	1.48	W	
ENTREE-POULTRY	006 - ENTREES	L	West Coast	0000062512	Citrus Marinated Chicken	1 Breast	0.90	W	
ENTREE-PORK	006 - ENTREES	L	West Coast	0000049459	Herbed Pork Chop	1 Chop	1.04	W	
	006 - ENTREES	L	West Coast		West Coast Entrees	x			
SAUCES & GRAVIES	006 - ENTREES	L	West Coast	0000046635	Poultry Gravy	2 oz Ladle	0.04		
SAUCES & GRAVIES	006 - ENTREES	L	West Coast	0000046633	Brown Gravy	2 oz Ladle	0.04		
SALSA, CHUTNEY, RELISHES	006 - ENTREES	L	West Coast	0000054365	Pico de Gallo	1 oz	0.11		V
INV-FRSH & CND VEGES	006 - ENTREES	L	West Coast	0313200000	Shredded Lettuce	1 oz	0.06		V
	006 - ENTREES	L	NorEaster		Northeastern Entrees	x			
ENTREE-BEEF,GROUND	006 - ENTREES	L	NorEaster	0000061192	Stuffed Pepper	1/2 Pepper	0.84		
ENTREE-PORK	006 - ENTREES	L	NorEaster	0286904306	Glazed Baked Ham	3 oz	0.56		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-POULTRY	006 - ENTREES	L	NorEaster	0000056552	Cajun Pecan Chicken Breast	1 Breast+2z Ladle SC	1.14		
ENTREE-PORK	006 - ENTREES	L	NorEaster	0000051600	Shanghai Noodles	2 Cups	0.85		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	NorEaster	0000062464	Couscous Stuffed Tilapia	1 Fillet	1.42	W	
ENTREE-PASTA	006 - ENTREES	L	NorEaster	0000054357	Beef, Macaroni & Tomatoes	6 oz Ladle	0.53		
ENTREE-PORK	006 - ENTREES	L	NorEaster	0000039016	Rosemary Roast Pork Loin	3 oz	0.65		
ENTREE-PASTA	006 - ENTREES	L	NorEaster	0000061992	Macaroni & Cheese	8 oz Spoodle	0.44	W	
ENTREE-POULTRY	006 - ENTREES	L	NorEaster	0000046608	Chicken Pot Pie	1Cut-4x6, 8zSpdl	1.17		
ENTREE-BEEF,GROUND	006 - ENTREES	L	NorEaster	0000062257	Little Italy Meatballs	2 Meatballs	0.50		
ENTREE-PORK	006 - ENTREES	L	NorEaster	0000046937	Pork Chop with Sauerkraut	1 Chop+2z Sauerkraut	1.07	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	NorEaster	0000062501	Parsley & Garlic Salmon	1 Fillet	1.52		
ENTREE-PASTA	006 - ENTREES	L	NorEaster	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-PORK	006 - ENTREES	L	NorEaster	0000036861	Kung Pao Pork	9 oz	1.54		
ENTREE-POULTRY	006 - ENTREES	L	NorEaster	0000009575	Sesame Chicken with Broccoli	10 oz	0.96	W	
ENTREE-PORK	006 - ENTREES	L	NorEaster	0000040510	Spring Herb Dijon Pork Tenderloin	2 Slices-3 oz	0.82	W	
ENTREE-POULTRY	006 - ENTREES	L	NorEaster	0000054753	Teriyaki Chicken Breast	1 Breast	0.75	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	NorEaster	0000058160	Fresh Veggie Stew	8 oz Spoodle	0.71		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	NorEaster	0000047355	Glazed Pollock	1 Fillet	0.95	W	
ENTREE-POULTRY	006 - ENTREES	L	NorEaster	0000057693	BBQ Turkey Meatloaf	4 oz	0.44		
ENTREE-BEEF,GROUND	006 - ENTREES	L	NorEaster	0000047416	Spaghetti & Meatballs	8z NDLS+3 MTBL+4z SC	0.66	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	NorEaster	0000058154	Garden Pot Pie	8 z Spoodle +1 Crust	0.93		V
ENTREE-POULTRY	006 - ENTREES	L	NorEaster	0000061617	Stewed Chicken	1 Quarter+2z Ladle	1.61		
ENTREE-PASTA	006 - ENTREES	L	NorEaster	0000034166	Macaroni with Bacon, Tomato & Arugula	10 oz	1.23		
ENTREE-PASTA	006 - ENTREES	L	NorEaster	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	NorEaster	0000047214	Tilapia Florentine	1 Fillet	1.36	W	
ENTREE-PASTA	006 - ENTREES	L	NorEaster	0000061992	Macaroni & Cheese	8 oz Spoodle	0.44	W	
ENTREE-POULTRY	006 - ENTREES	L	NorEaster	0000047217	Chicken Alfredo	8 oz Spoodle	0.84	W	
ENTREE-BEEF,GROUND	006 - ENTREES	L	NorEaster	0000062245	Salisbury Steak	1 Steak	0.50		
ENTREE-POULTRY	006 - ENTREES	L	NorEaster	0000045777	Fried Chicken	2 Eighths	1.29		
ENTREE-PORK	006 - ENTREES	L	NorEaster	0000011394	Pork Tenderloin with Raspberry Sauce	3 oz+2oz Ladle Sauce	0.94	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	NorEaster	0000054187	Eggplant Parmesan	2 Slices+Topping	0.57		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	NorEaster	0000047785	Cod Provencal	1 Fillet + 1oz Sauce	1.23	W	
ENTREE-POULTRY	006 - ENTREES	L	NorEaster	0000062512	Citrus Marinated Chicken	1 Breast	0.90	W	
ENTREE-PORK	006 - ENTREES	L	NorEaster	0000049459	Herbed Pork Chop	1 Chop	1.04	W	
	006 - ENTREES	L	NorEaster		Northeastern Entrees	x			
SAUCES & GRAVIES	006 - ENTREES	L	NorEaster	0000046635	Poultry Gravy	2 oz Ladle	0.04		
SAUCES & GRAVIES	006 - ENTREES	L	NorEaster	0000046633	Brown Gravy	2 oz Ladle	0.04		
	006 - ENTREES	L	Sotuhern Flair		Southern Flair Entrees	x			
ENTREE-BEEF,GROUND	006 - ENTREES	L	Sotuhern Flair	0000061192	Stuffed Pepper	1/2 Pepper	0.84		
ENTREE-PORK	006 - ENTREES	L	Sotuhern Flair	0286904306	Glazed Baked Ham	3 oz	0.56		
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000056552	Cajun Pecan Chicken Breast	1 Breast+2z Ladle SC	1.14		
ENTREE-PORK	006 - ENTREES	L	Sotuhern Flair	0000004574	Apple Ginger Pork Chop	1 Chop	1.08	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Sotuhern Flair	0000046344	Crispy Baked Tilapia	1 Fillet	1.17	W	
ENTREE-PASTA	006 - ENTREES	L	Sotuhern Flair	0000054357	Beef, Macaroni & Tomatoes	6 oz Ladle	0.53		
ENTREE-PORK	006 - ENTREES	L	Sotuhern Flair	0000039016	Rosemary Roast Pork Loin	3 oz	0.65		
ENTREE-PASTA	006 - ENTREES	L	Sotuhern Flair	0000046666	Pasta Primavera	8 oz Spoodle	0.41	W	V
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000046608	Chicken Pot Pie	1Cut-4x6, 8zSpdl	1.17		
ENTREE-BEEF,GROUND	006 - ENTREES	L	Sotuhern Flair	0000039699	Beef Enchiladas	2 Enchiladas	1.08		
ENTREE-PORK	006 - ENTREES	L	Sotuhern Flair	0000046937	Pork Chop with Sauerkraut	1 Chop+2z Sauerkraut	1.07	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Sotuhern Flair	0000062501	Parsley & Garlic Salmon	1 Fillet	1.52		
ENTREE-PASTA	006 - ENTREES	L	Sotuhern Flair	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-PORK	006 - ENTREES	L	Sotuhern Flair	0000060043	Smothered Pork Chops	1 Chop+ 3 oz Spoodle	0.82		
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000009575	Sesame Chicken with Broccoli	10 oz	0.96	W	
ENTREE-PORK	006 - ENTREES	L	Sotuhern Flair	0000040510	Spring Herb Dijon Pork Tenderloin	2 Slices-3 oz	0.82	W	
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000054753	Teriyaki Chicken Breast	1 Breast	0.75	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Sotuhern Flair	0000058160	Fresh Veggie Stew	8 oz Spoodle	0.71		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Sotuhern Flair	0000047355	Glazed Pollock	1 Fillet	0.95	W	
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000057693	BBQ Turkey Meatloaf	4 oz	0.44		
ENTREE-BEEF,GROUND	006 - ENTREES	L	Sotuhern Flair	0000047416	Spaghetti & Meatballs	8z NDLS+3 MTBL+4z SC	0.66	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Sotuhern Flair	0000058154	Garden Pot Pie	8 z Spoodle +1 Crust	0.93		V
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000061617	Stewed Chicken	1 Quarter+2z Ladle	1.61		
ENTREE-PASTA	006 - ENTREES	L	Sotuhern Flair	0000034166	Macaroni with Bacon, Tomato & Arugula	10 oz	1.23		
ENTREE-PASTA	006 - ENTREES	L	Sotuhern Flair	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Sotuhern Flair	0000047214	Tilapia Florentine	1 Fillet	1.36	W	
ENTREE-QUICHE,CREPE	006 - ENTREES	L	Sotuhern Flair	0000056944	Dilled Asparagus Quiche	1 Slice-Cut 4	0.73		V
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000047217	Chicken Alfredo	8 oz Spoodle	0.84	W	
ENTREE-BEEF,GROUND	006 - ENTREES	L	Sotuhern Flair	0000062245	Salisbury Steak	1 Steak	0.50		
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000045777	Fried Chicken	2 Eighths	1.29		
ENTREE-PORK	006 - ENTREES	L	Sotuhern Flair	0000011394	Pork Tenderloin with Raspberry Sauce	3 oz+2oz Ladle Sauce	0.94	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Sotuhern Flair	0000054187	Eggplant Parmesan	2 Slices+Topping	0.57		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Sotuhern Flair	0000047785	Cod Provencal	1 Fillet + 1oz Sauce	1.23	W	
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000054753	Teriyaki Chicken Breast	1 Breast	0.75	W	
ENTREE-PORK	006 - ENTREES	L	Sotuhern Flair	0000049459	Herbed Pork Chop	1 Chop	1.04	W	
	006 - ENTREES	L	Sotuhern Flair		Southern Flair Entrees	x			
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Sotuhern Flair	0000054828	Chicken Fried Steak with Cream Gravy	1 Steak + 2 oz Gravy	0.76		
ENTREE-PASTA	006 - ENTREES	L	Sotuhern Flair	0000061583	Turkey & Butternut Squash Bake	8 oz Spoodle	0.76		
ENTREE-STEW, SOUPS	006 - ENTREES	L	Sotuhern Flair	0000061618	Southern Style Beef Stew	10 oz Ladle	1.28		
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000054359	Stuffed Chicken Breast	1 Breast+2z Ladle GV	1.03		
SOUPS-CHOWDER, GUMBO	006 - ENTREES	L	Sotuhern Flair	0000010218	Louisiana Chicken & Shrimp Gumbo	8 oz Ladle	0.52	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Sotuhern Flair	0000062507	Catfish Cakes	2 Fish Cakes	0.87		
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000054185	Chicken Parmesan	Patties	1.09		
ENTREE-PORK	006 - ENTREES	L	Sotuhern Flair	0000035037	Fried Pork Chop	1 Chop	1.29		
ENTREE-PORK	006 - ENTREES	L	Sotuhern Flair	0000043857	Hattie's Jambalaya	11.5 oz	1.20		
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000054229	Breaded Fried Chicken with Gravy	2 Eights+3z Ladle GV	1.36		
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000062489	Lemon Chicken	1 Breast	0.98		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Sotuhern Flair	0000062507	Catfish Cakes	2 Fish Cakes	0.87		
ENTREE-POULTRY	006 - ENTREES	L	Sotuhern Flair	0000016591	BBQ Chicken Quarter	1 QTR+3 oz LDL Sauce	1.46		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
	006 - ENTREES	L	Sotuhern Flair	0000046603	Zucchini Strata	1 Cut-4x3 HP	0.85		V
	006 - ENTREES	L	Sotuhern Flair	0000012188	Golden Fried Catfish	1 Fillet	1.00		
	006 - ENTREES	L	Sotuhern Flair	0000048034	Cajun Lemon Chicken Breast	1 Breast	0.83	W	
	006 - ENTREES	L	Sotuhern Flair	0000051001	Beef Stroganoff	6 oz Ladle	0.68		
	006 - ENTREES	L	Sotuhern Flair	0000062926	Beef Tacos	1 Taco	0.50		
	006 - ENTREES	L	Sotuhern Flair	0000045024	Pineapple-Lime Grilled Chicken	1 Breast+Sauce	1.15	W	
	006 - ENTREES	L	Sotuhern Flair	0000054828	Chicken Fried Steak with Cream Gravy	1 Steak + 2 oz Gravy	0.76		
	006 - ENTREES	L	Sotuhern Flair	0000061618	Southern Style Beef Stew	10 oz Ladle	1.28		
	006 - ENTREES	L	Sotuhern Flair	0000049510	Crispy Baked Catfish	1 Fillet	0.92		
	006 - ENTREES	L	Sotuhern Flair	0000061583	Turkey & Butternut Squash Bake	8 oz Spoodle	0.76		
	006 - ENTREES	L	Sotuhern Flair	0000046359	Cider Orange Chicken Breast	1 Breast	0.72	W	
	006 - ENTREES	L	Sotuhern Flair	0000055184	BBQ Chopped Beef	4 oz	1.59		
	006 - ENTREES	L	Sotuhern Flair	0000046608	Chicken Pot Pie	1Cut-4x6, 8zSpdl	1.17		
	006 - ENTREES	L	Sotuhern Flair	0000061992	Macaroni & Cheese	8 oz Spoodle	0.44	W	
	006 - ENTREES	L	Sotuhern Flair	0000035037	Fried Pork Chop	1 Chop	1.29		
	006 - ENTREES	L	Sotuhern Flair	0000010641	Prize Winning Spareribs	3 Ribs	2.28		
	006 - ENTREES	L	Sotuhern Flair	0000046603	Zucchini Strata	1 Cut-4x3 HP	0.85		V
	006 - ENTREES	L	Sotuhern Flair	0000049546	Crispy Parmesan Pollock	1 Fillet	0.89	W	
	006 - ENTREES	L	Sotuhern Flair	0000061011	Spicy Orange Beef	6 oz Spoodle	0.98		
	006 - ENTREES	L	Sotuhern Flair	0000016591	BBQ Chicken Quarter	1 QTR+3 oz LDL Sauce	1.46		
	006 - ENTREES	L	Sotuhern Flair	0000043857	Hattie's Jambalaya	11.5 oz	1.20		
	006 - ENTREES	L	Sotuhern Flair	0000012188	Golden Fried Catfish	1 Fillet	1.00		
	006 - ENTREES	L	Sotuhern Flair		Southern Flair Entrees	x			
	006 - ENTREES	L	Sotuhern Flair	0000046635	Poultry Gravy	2 oz Ladle	0.04		
	006 - ENTREES	L	Sotuhern Flair	0000046633	Brown Gravy	2 oz Ladle	0.04		
	006 - ENTREES	L	Sotuhern Flair	0000054365	Pico de Gallo	1 oz	0.11		V
	006 - ENTREES	L	Sotuhern Flair	0313200000	Shredded Lettuce	1 oz	0.06		V
	006 - ENTREES	L	Gluten Free		Gluten Free Entrees	x			
	006 - ENTREES	L	Gluten Free	0000055196	Rib Roast	3 oz	1.55		
NRM V3-Nutrient Analysis 2011 CHILI	006 - ENTREES	L	Gluten Free	0000055206	Vegetarian Chili	6 oz Ladle	0.38	W	V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-POULTRY	006 - ENTREES	L	Gluten Free	0000045781	Caribbean Jerk Chicken Breast	1 Breast	0.76	W	
ENTREE-PORK	006 - ENTREES	L	Gluten Free	0000010641	Prize Winning Spareribs	3 Ribs	2.28		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Gluten Free	0000054369	Lemon Garlic Grilled Tuna	1 Steak	1.80	W	
ENTREE-PORK	006 - ENTREES	L	Gluten Free	0000044372	Citrus Pork Carnitas	5 oz	2.05		
ENTREE-PORK	006 - ENTREES	L	Gluten Free	0000039016	Rosemary Roast Pork Loin	3 oz	0.65		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Gluten Free	0000034911	Polenta "Lasagna" with Eggplant Caponata	1 Cut-3x3 HP	1.12		V
ENTREE-POULTRY	006 - ENTREES	L	Gluten Free	0000053337	Tandoori Chicken with Basmati Rice	5 oz+1/2 C Rice	1.05		
ENTREE-BEEF,GROUND	006 - ENTREES	L	Gluten Free	0000046686	Chopped Beef Steak	3.2 oz Steak	0.80		
ENTREE-PORK	006 - ENTREES	L	Gluten Free	0000054893	Cuban Mojo Pork	3 oz	0.69		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Gluten Free	0000042054	Garlic Ginger Red Snapper	1 Fillet+Slaw	1.59	W	
ENTREE-POULTRY	006 - ENTREES	L	Gluten Free	0000054389	Caribbean Style Chicken	5 oz	1.11		
ENTREE-PORK	006 - ENTREES	L	Gluten Free	0000050862	Roast Pork Loin	3 oz	0.67		
ENTREE-POULTRY	006 - ENTREES	L	Gluten Free	0000053337	Tandoori Chicken with Basmati Rice	5 oz+1/2 C Rice	1.05		
ENTREE-PORK	006 - ENTREES	L	Gluten Free	0000010641	Prize Winning Spareribs	3 Ribs	2.28		
ENTREE-POULTRY	006 - ENTREES	L	Gluten Free	0000051059	Pomegranate Chicken with Roast Potatoes	1 BRST+ 5.5z Potato	1.78		
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Gluten Free	0000015816	Ropa Vieja	5 oz	2.25		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Gluten Free	0000047355	Glazed Pollock	1 Fillet	0.95	W	
ENTREE-PORK	006 - ENTREES	L	Gluten Free	0286904306	Glazed Baked Ham	3 oz	0.56		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Gluten Free	0000042054	Garlic Ginger Red Snapper	1 Fillet+Slaw	1.59	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Gluten Free	0000049051	Roast Beef	3 oz	0.48		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Gluten Free	0000054352	Artichokes, Olive & Rice Paella	1 Cut-3x4 HP	0.47		V
ENTREE-POULTRY	006 - ENTREES	L	Gluten Free	0000054253	Gorgonzola Stuffed Chicken Breast	1 Breast	2.02		
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Gluten Free	0000054305	BBQ Beef Brisket	3 oz+Pan Sauce	1.71		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Gluten Free	0000054369	Lemon Garlic Grilled Tuna	1 Steak	1.80	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Gluten Free	0000049051	Roast Beef	3 oz	0.48		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Gluten Free	0000049512	Seasoned Catfish Fillet	1 Fillet	0.86		
ENTREE-PORK	006 - ENTREES	L	Gluten Free	0000039016	Rosemary Roast Pork Loin	3 oz	0.65		
ENTREE-POULTRY	006 - ENTREES	L	Gluten Free	0000051059	Pomegranate Chicken with Roast Potatoes	1 BRST+ 5.5z Potato	1.78		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Gluten Free	0000054305	BBQ Beef Brisket	3 oz+Pan Sauce	1.71		
ENTREE-PORK	006 - ENTREES	L	Gluten Free	0286904306	Glazed Baked Ham	3 oz	0.56		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Gluten Free	0000035985	Caribbean Chill & Grill Cod	1 Fillet+2oz LDL+1oz	1.48	W	
ENTREE-PORK	006 - ENTREES	L	Gluten Free	0000016586	Pulled BBQ Pork	3oz+2oz LDL Sauce	1.11		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Gluten Free	0000054369	Lemon Garlic Grilled Tuna	1 Steak	1.80	W	
	006 - ENTREES	L	Gluten Free		Gluten Free Entrees	x			
SALSA, CHUTNEY, RELISHES	006 - ENTREES	L	Gluten Free	0000054365	Pico de Gallo	1 oz	0.11		V
INV-FRSH & CND VEGES	006 - ENTREES	L	Gluten Free	0313200000	Shredded Lettuce	1 oz	0.06		V
	006 - ENTREES	L	Vegetarian		Vegetarian Entrees	x			
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000061475	Vegetable Risotto Cakes & Cherry Chutney	2 Cakes + 2 tsp	1.10		
CHILI	006 - ENTREES	L	Vegetarian	0000056945	Garden Vegetable Chili	8 oz Ladle	0.79		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000041501	Vegetarian Paella	2 Cups	1.36		V
ENTREE-CHEESE	006 - ENTREES	L	Vegetarian	0000046603	Zucchini Strata	1 Cut-4x3 HP	0.85		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000056792	African Vegetable Curry	8 oz Spoodle	1.13	W	V
ENTREE-CHEESE	006 - ENTREES	L	Vegetarian	0000055208	Chile Rellenos with Fresh Chile	1 Chile	1.06		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000036999	Chevre, Orzo & Basil Stuffed Portobello	2 Mushrooms+Sauce	1.89		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000058706	Vegetable Enchiladas with Bean Salad	2 Enchiladas+1/2 Cup	1.93		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000034911	Polenta "Lasagna" with Eggplant Caponata	1 Cut-3x3 HP	1.12		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000054350	Vegetable Biryani	12 oz	1.75		V
ENTREE-PASTA	006 - ENTREES	L	Vegetarian	0000046666	Pasta Primavera	8 oz Spoodle	0.41	W	V
ENTREE-QUICHE,CREPE	006 - ENTREES	L	Vegetarian	0000038039	Vegetarian Quiche	1 Wedge-Cut 6	0.62		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000057007	Italian Vegetable Casserole	1 Cut-2x3 HP	2.01		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000040657	Veggie Cutlet with Mushroom Sauce	1 Serving	0.78		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000058706	Vegetable Enchiladas with Bean Salad	2 Enchiladas+1/2 Cup	1.93		
ENTREE-PASTA	006 - ENTREES	L	Vegetarian	0000061675	Vegetable Pasta with Red Pepper Coulis	6 oz Spoodle	0.49	W	V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000058150	Harvest Vegetable & Quinoa Cup	1 Cup	1.92		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000054482	Grande Grilled Vegetable Burrito	1 Burrito+2zLDL Sals	2.09		V
ENTREE-PASTA	006 - ENTREES	L	Vegetarian	0000036449	Orecchiette with Broccoli & Pine Nuts	11 oz	1.57		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000046604	Portobello Stew with Noodles	8 oz SPD+4oz Noodles	0.90	W	V
ENTREE-PASTA	006 - ENTREES	L	Vegetarian	0000049528	Penne Fantastica	8 oz Spoodle	0.53	W	V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000042052	Cuban Roasted Vegetables w/Rice & Beans	6 oz VEG+4 oz RC	0.89		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000060073	Turnip & Rutabaga Gratin	1 Cut-3x4 HP	0.59		V
ENTREE-CHEESE	006 - ENTREES	L	Vegetarian	0000055208	Chile Rellenos with Fresh Chile	1 Chile	1.06		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000054352	Artichokes, Olive & Rice Paella	1 Cut-3x4 HP	0.47		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000056708	Kibbeh Nikki	1 Cut-3x4 HP	0.77	W	V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000010645	Szechuan Vegetables with Jasmine Rice	7 oz + 4 oz Rice	1.05		V
ENTREE-QUICHE, CREPE	006 - ENTREES	L	Vegetarian	0000060955	Feta Leek Quiche	1 IND Quiche (6z)	1.76	W	V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000056779	Slider Duo	2 Sliders	1.51		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000054187	Eggplant Parmesan	2 Slices+Topping	0.57		V
ENTREE-PORK	006 - ENTREES	L	Vegetarian	0000011394	Pork Tenderloin with Raspberry Sauce	3 oz+2oz Ladle Sauce	0.94	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Vegetarian	0000054352	Artichokes, Olive & Rice Paella	1 Cut-3x4 HP	0.47		V
ENTREE-PASTA	006 - ENTREES	L	Vegetarian	0000046666	Pasta Primavera	8 oz Spoodle	0.41	W	V
ENTREE-POULTRY	006 - ENTREES	L	Vegetarian	0000054753	Teriyaki Chicken Breast	1 Breast	0.75	W	
ENTREE-PASTA	006 - ENTREES	L	Vegetarian	0000047215	Rotini Alfredo	8 oz Spoodle	0.41		V
	006 - ENTREES	L	Wellness		Wellness	x			
ENTREE-BEEF, GROUND	006 - ENTREES	L	Wellness	0000047416	Spaghetti & Meatballs	8z NDLS+3 MTBL+4z SC	0.66	W	
ENTREE-QUICHE, CREPE	006 - ENTREES	L	Wellness	0000060955	Feta Leek Quiche	1 IND Quiche (6z)	1.76	W	V
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000056552	Cajun Pecan Chicken Breast	1 Breast+2z Ladle SC	1.14		
ENTREE-PORK	006 - ENTREES	L	Wellness	0000004574	Apple Ginger Pork Chop	1 Chop	1.08	W	
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000056066	Herb Crunch Chicken Breast	1 Breast	1.18	W	
ENTREE-FISH, SEAFOOD	006 - ENTREES	L	Wellness	0000062464	Couscous Stuffed Tilapia	1 Fillet	1.42	W	
ENTREE-PASTA	006 - ENTREES	L	Wellness	0000046666	Pasta Primavera	8 oz Spoodle	0.41	W	V
ENTREE-PORK	006 - ENTREES	L	Wellness	0000040524	Mexican Spiced Pork Tenderloin	3 oz	0.79	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000056552	Cajun Pecan Chicken Breast	1 Breast+2z Ladle SC	1.14		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Wellness	0000058134	Fresh Vegetable Curry	12 oz Spoodle	0.90		
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000061571	Spanish Rice Stuffed Chicken Breast	1 Breast + 3z SPD	0.99	W	
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000054753	Teriyaki Chicken Breast	1 Breast	0.75	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Wellness	0000055624	Paella Espana	2- 8 oz Spoodle	1.57	W	
ENTREE-PORK	006 - ENTREES	L	Wellness	0000046937	Pork Chop with Sauerkraut	1 Chop+2z Sauerkraut	1.07	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Wellness	0000042054	Garlic Ginger Red Snapper	1 Fillet+Slaw	1.59	W	
ENTREE-PASTA	006 - ENTREES	L	Wellness	0000056648	Ratatouille Manicotti	2 Manicotti	1.52	W	
ENTREE-PORK	006 - ENTREES	L	Wellness	0000049459	Herbed Pork Chop	1 Chop	1.04	W	
ENTREE-PASTA	006 - ENTREES	L	Wellness	0000061679	Macaroni & Cheese	8 oz Spoodle	0.43	W	
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000009575	Sesame Chicken with Broccoli	10 oz	0.96	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Wellness	0000057670	Montreal Strip Loin	4 oz	0.90	W	
ENTREE-PASTA	006 - ENTREES	L	Wellness	0000046666	Pasta Primavera	8 oz Spoodle	0.41	W	V
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000045024	Pineapple-Lime Grilled Chicken	1 Breast+Sauce	1.15	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Wellness	0000037306	Grilled Tuna with Avocado Salsa	1 Steak + Salsa	1.72	W	
ENTREE-PORK	006 - ENTREES	L	Wellness	0000040510	Spring Herb Dijon Pork Tenderloin	2 Slices-3 oz	0.82	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Wellness	0000047355	Glazed Pollock	1 Fillet	0.95	W	
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000054761	Kalua Turkey	3 oz	0.52	W	
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000056552	Cajun Pecan Chicken Breast	1 Breast+2z Ladle SC	1.14		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Wellness	0000046604	Portobello Stew with Noodles	8 oz SPD+4oz Noodles	0.90	W	V
ENTREE-PASTA	006 - ENTREES	L	Wellness	0000061675	Vegetable Pasta with Red Pepper Coulis	6 oz Spoodle	0.49	W	V
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000062512	Citrus Marinated Chicken	1 Breast	0.90	W	
ENTREE-PASTA	006 - ENTREES	L	Wellness	0000061577	Pasta & Mushroom Bolognese	8 oz Spoodle	0.45	W	V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Wellness	0000058134	Fresh Vegetable Curry	12 oz Spoodle	0.90		
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000010331	Baked Penne with Chicken & Mushrooms	10.5 oz	1.06	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Wellness	0000047214	Tilapia Florentine	1 Fillet	1.36	W	
ENTREE-PASTA	006 - ENTREES	L	Wellness	0000061992	Macaroni & Cheese	8 oz Spoodle	0.44	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Wellness	0000044357	Grilled Teriyaki Tuna	1 Steak	1.85	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000009575	Sesame Chicken with Broccoli	10 oz	0.96	W	
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000054761	Kalua Turkey	3 oz	0.52	W	
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000046394	Cranberry Dijon Chicken Breast	1 Breast	0.72	W	
ENTREE-PASTA	006 - ENTREES	L	Wellness	0000062282	Little Italy Meatballs with Pasta	6zSPD+2 Each+4zLDL	0.83	W	
ENTREE-PORK	006 - ENTREES	L	Wellness	0000011394	Pork Tenderloin with Raspberry Sauce	3 oz+2oz Ladle Sauce	0.94	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Wellness	0000058150	Harvest Vegetable & Quinoa Cup	1 Cup	1.92		V
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Wellness	0000045032	Hilachas	6 oz Ladle	0.92	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Wellness	0000035985	Caribbean Chill & Grill Cod	1 Fillet+2oz LDL+1oz	1.48	W	
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000054753	Teriyaki Chicken Breast	1 Breast	0.75	W	
ENTREE-POULTRY	006 - ENTREES	L	Wellness	0000048034	Cajun Lemon Chicken Breast	1 Breast	0.83	W	
ENTREE-PORK	006 - ENTREES	L	Wellness	0000046937	Pork Chop with Sauerkraut	1 Chop+2z Sauerkraut	1.07	W	
	006 - ENTREES	L	Hawaii		Hawaiian Entrees	x			
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Hawaii	0000044059	Loco Moco	1 Patty+Toppings	0.53		
ENTREE-PORK	006 - ENTREES	L	Hawaii	0000057595	Raspberry Chipotle Baked Ham	4 oz	0.89		
ENTREE-POULTRY	006 - ENTREES	L	Hawaii	0000061605	Shoyu Chicken	2 Thighs+1z Ladle	0.98		
ENTREE-PORK	006 - ENTREES	L	Hawaii	0000044050	Kalua Pig & Cabbage	4 oz+1/2 Cup Cabbage	1.32		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Hawaii	0000054181	Salmon with Pineapple Chutney Sauce	1 Fillet+Topping	1.55	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Hawaii	0000061609	Tomato Beef Stir Fry	6z Spoodle+4z Rice	2.51		
ENTREE-PORK	006 - ENTREES	L	Hawaii	0000039016	Rosemary Roast Pork Loin	3 oz	0.65		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Hawaii	0000058134	Fresh Vegetable Curry	12 oz Spoodle	0.90		
ENTREE-POULTRY	006 - ENTREES	L	Hawaii	0000061606	Sesame Chicken	3 Pieces	0.87		
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Hawaii	0000000056	Korean Beef Stir Fry	11.5 oz	1.84		
ENTREE-PORK	006 - ENTREES	L	Hawaii	0000004574	Apple Ginger Pork Chop	1 Chop	1.08	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Hawaii	0000054757	Miso Salmon	Each	1.95		
ENTREE-PASTA	006 - ENTREES	L	Hawaii	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-PORK	006 - ENTREES	L	Hawaii	0000044050	Kalua Pig & Cabbage	4 oz+1/2 Cup Cabbage	1.32		
ENTREE-POULTRY	006 - ENTREES	L	Hawaii	0000062512	Citrus Marinated Chicken	1 Breast	0.90	W	
ENTREE-PORK	006 - ENTREES	L	Hawaii	0000040510	Spring Herb Dijon Pork Tenderloin	2 Slices-3 oz	0.82	W	

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-POULTRY	006 - ENTREES	L	Hawaii	0000054417	Korean BBQ Chicken	1 Thigh	0.68	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Hawaii	0000007675	Hawaiian Vegetarian Stir Fry & Rice	6 oz + 4 oz Rice	0.65		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Hawaii	0000044357	Grilled Teriyaki Tuna	1 Steak	1.85	W	
ENTREE-POULTRY	006 - ENTREES	L	Hawaii	0000054761	Kalua Turkey	3 oz	0.52	W	
ENTREE-BEEF,GROUND	006 - ENTREES	L	Hawaii	0000047416	Spaghetti & Meatballs	8z NDLS+3 MTBL+4z SC	0.66	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Hawaii	0000058160	Fresh Veggie Stew	8 oz Spoodle	0.71		V
ENTREE-POULTRY	006 - ENTREES	L	Hawaii	0000061600	Mochiko Chicken	1 Thigh	0.59		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Hawaii	0000044061	Fried Saimen Noodles	5oz NOOD+5 SHRMP	2.12		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	Hawaii	0000058134	Fresh Vegetable Curry	12 oz Spoodle	0.90		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Hawaii	0000044060	Macadamia Crusted Mahi Mahi	1 Fillet+1oz LDL GLZ	3.36	W	
ENTREE-CHEESE	006 - ENTREES	L	Hawaii	0000054177	Cheese Enchiladas	2 Enchiladas	0.77		
ENTREE-POULTRY	006 - ENTREES	L	Hawaii	0000054417	Korean BBQ Chicken	1 Thigh	0.68	W	
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	Hawaii	0000061609	Tomato Beef Stir Fry	6z Spoodle+4z Rice	2.51		
ENTREE-STEW, SOUPS	006 - ENTREES	L	Hawaii	0000061607	Pastelle Stew	8 oz Ladle	1.24		
ENTREE-POULTRY	006 - ENTREES	L	Hawaii	0000054761	Kalua Turkey	3 oz	0.52	W	
ENTREE-PASTA	006 - ENTREES	L	Hawaii	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Hawaii	0000057480	Asian Citrus Glazed Tuna Burger	1 Patty	1.61	W	
ENTREE-POULTRY	006 - ENTREES	L	Hawaii	0000061606	Sesame Chicken	3 Pieces	0.87		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	Hawaii	0000051033	Ginger Grilled Salmon	1 Fillet	2.18	W	
	006 - ENTREES	L	Hawaii		Hawaiian Entrees	x			
SAUCES & GRAVIES	006 - ENTREES	L	Hawaii	0000046635	Poultry Gravy	2 oz Ladle	0.04		
SAUCES & GRAVIES	006 - ENTREES	L	Hawaii	0000046633	Brown Gravy	2 oz Ladle	0.04		
	006 - ENTREES	L	No Pork No Shellfish		No Pork, No Shrimp Entrees	x			
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellfish	0000045017	Pollo en Pina	1 Thigh+Pan Sauce	1.13		
ENTREE-VEAL,LAMB	006 - ENTREES	L	No Pork No Shellfish	0000054386	Curried Lamb	8 oz Ladle	2.60		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	No Pork No Shellfish	0000061475	Vegetable Risotto Cakes & Cherry Chutney	2 Cakes + 2 tsp	1.10		
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellfish	0000045781	Caribbean Jerk Chicken Breast	1 Breast	0.76	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	No Pork No Shellfish	0000062464	Couscous Stuffed Tilapia	1 Fillet	1.42	W	
ENTREE-PASTA	006 - ENTREES	L	No Pork No Shellfish	0000054357	Beef, Macaroni & Tomatoes	6 oz Ladle	0.53		
NRM V3-Nutrient Analysis 2011 ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellfish	0000016591	BBQ Chicken Quarter	1 QTR+3 oz LDL Sauce	1.46		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	No Pork No Shellf	0000058134	Fresh Vegetable Curry	12 oz Spoodle	0.90		
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellf	0000037487	Kung Pao Chicken	9.5 oz	1.46		
ENTREE-BEEF,GROUND	006 - ENTREES	L	No Pork No Shellf	0000062257	Little Italy Meatballs	2 Meatballs	0.50		
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellf	0000035795	Mojo Marinated Chicken Breast	1 Breast	0.78	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	No Pork No Shellf	0000042054	Garlic Ginger Red Snapper	1 Fillet+Slaw	1.59	W	
ENTREE-PASTA	006 - ENTREES	L	No Pork No Shellf	0000037499	Vegetable Lo Mein	1 Serving (11.5 oz)	0.99		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	No Pork No Shellf	0000047166	Tuscan Herb Cod	1 Fillet	1.28	W	
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellf	0000009575	Sesame Chicken with Broccoli	10 oz	0.96	W	
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellf	0000056261	Pesto Chicken Breast	1 Breast	0.82	W	
ENTREE-QUICHE,CREPE	006 - ENTREES	L	No Pork No Shellf	0000056944	Dilled Asparagus Quiche	1 Slice-Cut 4	0.73		V
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	No Pork No Shellf	0000015816	Ropa Vieja	5 oz	2.25		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	No Pork No Shellf	0000047355	Glazed Pollock	1 Fillet	0.95	W	
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellf	0000057693	BBQ Turkey Meatloaf	4 oz	0.44		
ENTREE-BEEF,GROUND	006 - ENTREES	L	No Pork No Shellf	0000047416	Spaghetti & Meatballs	8z NDLS+3 MTBL+4z SC	0.66	W	
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	No Pork No Shellf	0000058154	Garden Pot Pie	8 z Spoodle +1 Crust	0.93		V
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	No Pork No Shellf	0000042052	Cuban Roasted Vegetables w/Rice & Beans	6 oz VEG+4 oz RC	0.89		V
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellf	0000046608	Chicken Pot Pie	1Cut-4x6, 8zSpdl	1.17		
ENTREE-BEEF,SOLID,CUBED	006 - ENTREES	L	No Pork No Shellf	0000054305	BBQ Beef Brisket	3 oz+Pan Sauce	1.71		
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	No Pork No Shellf	0000046129	Batter Dipped Cod	2 Pieces	1.62		
ENTREE-VEGETABLE, GRAIN	006 - ENTREES	L	No Pork No Shellf	0000054187	Eggplant Parmesan	2 Slices+Topping	0.57		V
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellf	0000051059	Pomegranate Chicken with Roast Potatoes	1 BRST+ 5.5z Potato	1.78		
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellf	0000053838	Chicken Vindaloo	3zCHICK+1/4cSCE+1/4c	1.58		
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellf	0000016591	BBQ Chicken Quarter	1 QTR+3 oz LDL Sauce	1.46		
ENTREE-STEW, SOUPS	006 - ENTREES	L	No Pork No Shellf	0000047421	Oxtail Stew	12 oz Ladle	1.18		
ENTREE-CHEESE	006 - ENTREES	L	No Pork No Shellf	0000046603	Zucchini Strata	1 Cut-4x3 HP	0.85		V
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	No Pork No Shellf	0000035985	Caribbean Chill & Grill Cod	1 Fillet+2oz LDL+1oz	1.48	W	
ENTREE-POULTRY	006 - ENTREES	L	No Pork No Shellf	0000062512	Citrus Marinated Chicken	1 Breast	0.90	W	
ENTREE-FISH,SEAFOOD	006 - ENTREES	L	No Pork No Shellf	0000046129	Batter Dipped Cod	2 Pieces	1.62		

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
	006 - ENTREES	L	No Pork No Shellfish		No Pork, No Shrimp Entrees	x			
SAUCES & GRAVIES	006 - ENTREES	L	No Pork No Shellfish	0000046635	Poultry Gravy	2 oz Ladle	0.04		
SAUCES & GRAVIES	006 - ENTREES	L	No Pork No Shellfish	0000046633	Brown Gravy	2 oz Ladle	0.04		
	005 - SALADS	L	Salad Bar		Salad Bar	x			
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000035467	Mixed Greens with Red Leaf Lettuce	1 oz	0.07	W	V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0000013174	Mesclun	1 oz	0.22		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0000033390	Fresh Spinach Leaves	1 oz	0.16		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0370216054	Chopped Romaine Lettuce	1 oz	0.10		V
	005 - SALADS	L	Salad Bar		Salad Bar	x			
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0082507122	Cherry Tomatoes	1 Tomato	0.06		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0082400000	Tomatoes, Fresh	Ounce	0.08		
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000048161	Sliced Cucumber	2 oz	0.06		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0277912066	Shredded Carrots	1 oz	0.07		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0267812291	Broccoli Florets	1 oz	0.11		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0403600000	Sliced 1/8" Red Onions	1 oz	0.13		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0000002192	Diced Fresh Celery	1 oz	0.05		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0069400000	Green Peas, Frozen	1 oz (thawed)	0.05		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0000012153	Julienne Fresh Red Pepper	1 oz	0.14		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0000012070	Julienne Fresh Green Pepper	1 oz	0.07		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0000002203	Sliced Radishes	1 oz	0.77		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0296600000	Whole Green Beans, Frozen	Ounce	0.07		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0000002195	Sliced Fresh Mushrooms	1 oz	0.10		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0000033313	Bias Cut 1/4" Yellow Squash	Ounce	0.14		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0435600000	Sliced 1/4" Zucchini	Ounce	0.17		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0067700000	Cauliflower, Frozen	Ounce	0.07		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0066500000	Asparagus Cuts & Tips, Frozen	1 oz	0.17		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0089700000	Snow Pea Pods, Frozen	Ounce	0.10		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0000035790	Edamame, Shelled Green Soybeans, Frozen	Ounce	0.08		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0068600000	Cut Wax Beans, Frozen	Ounce	0.07		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0079300000	Green Onions, Fresh	Ounce	0.13		V
	005 - SALADS	L	Salad Bar		Salad Bar	x			
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0274000000	Marinated Artichokes	1 oz (drained)	0.17		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0013207874	Kidney Beans	1 oz (drained)	0.04		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0275212751	Kalamata Olives	1 oz (drained)	0.48		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0031508866	Pepperoncini	1 oz (drained)	0.05		V
	005 - SALADS	L	Salad Bar		Salad Bar	x			
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0015300000	Sliced Beets	1 oz (drained)	0.04		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0126100000	Baby Corn	1 oz (drained)	0.07		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0238600000	Black Beans	1 oz (drained)	0.04		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0203913172	Sliced Black Olives	1 oz (drained)	0.16		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0017802177	Garbanzo Beans (Chickpeas)	1 oz (drained)	0.05		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0203800000	Stuffed Olives	1 oz (drained)	0.20		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0209612658	Hot Cherry Peppers	1 oz (drained)	0.07		V
INV-FRSH & CND VEGES	005 - SALADS	L	Salad Bar	0412713349	Sliced Jalapeno Peppers	1 oz (drained)	0.12		V
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000041309	Giardiniera (Marinated Mixed Vegetables)	1 oz	0.05		
	005 - SALADS	L	Salad Bar		Salad Bar	x			
ENTREE-EGGS	005 - SALADS	L	Salad Bar	0471313418	Hard Cooked Eggs	1 oz	0.08		V
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0061402041	Creamed Cottage Cheese	1 oz	0.08		V
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0081300000	Tofu	1 oz	0.07		V
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0127212779	Mozzarella Cheese	1 oz	0.14		V
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0439116058	Cheddar Cheese	1 oz	0.14		V
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0065302049	Swiss Cheese	1 oz	0.30		V
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0064502039	Blue Cheese	1 oz	0.25		V
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0170507872	Feta Cheese	1 oz	0.20		V
	005 - SALADS	L	Salad Bar		Salad Bar	x			
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0381800000	Diced Mixed Chicken Meat	2 oz	0.40		
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0045807870	Chunk Light Tuna, Water Pack	1 oz (drained)	0.16		
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0007902189	Deli Turkey Breast, Skinless, Cooked	1 oz	0.26		
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0000053106	Boiled Ham, Water Added, 95% Fat Free	1 oz	0.12		
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0006900000	Pepperoni	1 oz	0.21		
	005 - SALADS	L	Salad Bar		Salad Bar	x			
INV-BREADS & CRACKERS	005 - SALADS	L	Salad Bar	0086512653	Seasoned Croutons	1 oz	0.10		
MISC. ITEMS	005 - SALADS	L	Salad Bar	0012512750	Real Bacon Bits	1 oz	0.30		
MISC. ITEMS	005 - SALADS	L	Salad Bar	0055812691	Sunflower Seeds	1 oz	0.07		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0028012690	Chow Mein Noodles	1 oz	0.18		V
FRUIT	005 - SALADS	L	Salad Bar	0035701667	Seedless Raisins	1 oz	0.08		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0212500000	Pine Nuts	Ounce	1.58		V
SNACKS	005 - SALADS	L	Salad Bar	0000041307	Goldfish Crackers	1 oz	0.19		
MISC. ITEMS	005 - SALADS	L	Salad Bar	0000036998	Green Wasabi Peas, Dried	Ounce	0.17		
FRUIT	005 - SALADS	L	Salad Bar	0440400000	Sweetened Dried Cranberries	1 oz	0.14		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0000035223	Fried Onions	1 oz	0.28		
	005 - SALADS	L	Salad Bar		Salad Bar	x			
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0371900000	Lite Olive Oil Balsamic Vinaigrette	1 oz Ladle	0.08		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0000034371	Extra Virgin Olive Oil	1 oz Ladle	0.16		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0050700000	Black Peppercorns	Teaspoon	0.08		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0046112676	Red Wine Vinegar	2 Tbsp	0.02		V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
INV-DELI ITEMS	005 - SALADS	L	Salad Bar	0236312689	Grated Parmesan Cheese	1 Tbsp	0.06		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0392200000	Canola Olive Oil Blend, 80:20	1 oz Ladle	0.12		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0262500000	Sea Salt	Teaspoon	0.06		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0000037527	Mrs. Dash Seasoning	Teaspoon	0.07		V
MISC. ITEMS	005 - SALADS	L	Salad Bar	0262700000	Kosher Salt	Teaspoon	0.01		
	005 - SALADS	L	Salad Bar		Salad Bar	x			
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0038402367	Thousand Island Dressing	2 oz Ladle	0.15		V
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0000039053	Honey Dijon Dressing	2 oz Ladle	0.16		V
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0036502343	Chunky Blue Cheese Dressing	2 oz Ladle	0.21		V
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0036700000	Creamy French Dressing	2 oz Ladle	0.15		V
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0037302350	Creamy Italian Dressing	2 oz Ladle	0.13		V
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0037516055	Lite Italian Dressing (CONV)	2 oz Ladle	0.10		V
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0000034713	Lite Caesar Dressing	1 oz Ladle	0.10		
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0036900000	Lite French Dressing	2 oz Ladle	0.12		V
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0184104242	Lite Ranch Dressing	2 oz Ladle	0.15		V
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0000036152	Fat Free Sun-Dried Tomato Vinaigrette	1 oz Ladle	0.07		V
SALAD DRESSINGS	005 - SALADS	L	Salad Bar	0015612687	Ranch Dressing	2 oz Ladle	0.15		V
	005 - SALADS	L	Salad Bar		Salad Bar	x			
SALAD-STARCH	005 - SALADS	L	Salad Bar	0000000398	Country-Style Red Potato Salad	1 oz	0.04		V
SALAD-STARCH	005 - SALADS	L	Salad Bar	0000000204	Couscous & Tomato Salad	1 oz	0.07		V
SALAD-STARCH	005 - SALADS	L	Salad Bar	0467713232	Asian Noodle Salad	1 oz	0.04	W	V
SALAD-STARCH	005 - SALADS	L	Salad Bar	0000010792	Italian Pasta Salad	1 oz	0.05	W	
SALAD-STARCH	005 - SALADS	L	Salad Bar	0000012544	Spicy Chickpea & Pasta Salad	1 oz	0.05	W	V
SALAD-STARCH	005 - SALADS	L	Salad Bar	0000010423	Crunchy Barley Salad	1 oz	0.05	W	
SALAD-STARCH	005 - SALADS	L	Salad Bar	0000010778	Gazpacho Pasta Jazz Salad	1 oz	0.06	W	V
SALAD-STARCH	005 - SALADS	L	Salad Bar	0000002324	Tabbouleh Meze	1 oz	0.08	W	V
SALAD-STARCH	005 - SALADS	L	Salad Bar	0000012516	Grilled Sweet Potato Salad	1 oz	0.06		V
SALAD-STARCH	005 - SALADS	L	Salad Bar	0000005832	Lentil Salad with Lemon Dressing	1 oz	0.05		V
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000016560	Haitian Pickled Slaw	1 oz	0.03	W	V
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000053683	Carolina Chopped Slaw	1 oz	0.03		V
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000011632	Thai-Style Cucumber Salad	1 oz	0.05	W	V

MPG	course	meal	platform	Recipe #	Recipe Name - NRM 2011	portion	cost	W&Y	VEG
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000010408	Minty Cucumber Salad	1 oz	0.04		V
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000012378	Spiced Carrot Salad	1 oz	0.06		V
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000010781	Plum Tomato & Fresh Herb Salad	1 oz	0.07	W	
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000036103	Balsamic Caesar Salad	1 oz	0.08		
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000012034	Gazpacho Salad	1 oz	0.07		V
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000035809	Beet, Cucumber & Onion Salad	1 oz	0.06	W	V
SALAD-VEGETABLES	005 - SALADS	L	Salad Bar	0000044414	Cold Cabbage Salad	1 oz	0.04		V
	005 - SALADS	L	Salad Bar		Salad Bar	x			