

Ohio Valley Educational Cooperative

No.	Description	Source	Portion Size	Unit Cost \$	Calories (kcal)	Total Fat (g)	% Fat Cals	Sodium (mg)	Chol (mg)	Dietary Fiber (g)	Saturated Fat (g)	% Sat Fat	Carbs (g)
SP													
006344	APPLES, FRESH - SP	SPENCER	EACH	0	95	0.31	2.94%	1.82	0.00	4.37	0.05	0.52%	25.13
006378	APPLESAUCE, CANNED - SP	SPENCER	1/2 CUP	0	50	0.00	0.00%	15.00	0.00	2.00	0.00	0.00%	12.00
006420	BAGEL, ASST/CREAM CHEESE-SP	SPENCER	SERVING	0	215	6.25	26.16%	295.00	20.00	4.50	3.00	12.56%	33.00
001503	BAKED APPLES - SP	SPENCER	1/2 CUP	0	92	0.65	6.38%	21.71	0.00	2.20	0.11	1.07%	20.80
001515	BAKED BEANS - SP	SPENCER	1/2 CUP	0	154	1.02	5.98%	525.30	0.00	7.23	0.00	0.00%	28.93
006342	BANANAS - SP	SPENCER	EACH	0	105	0.39	3.34%	1.18	0.00	3.07	0.13	1.11%	26.95
006418	BAR, CEREAL, ASST - SP	SPENCER	EACH	0	158	3.63	20.71%	122.50	0.00	2.87	0.50	2.86%	29.75
001111	BBQ BEEF ON BUN - SP	SPENCER	EACH	0	387	16.97	39.51%	553.11	51.03	3.03	6.12	14.26%	40.56
001108	BBQ PORK ON BUN - SP	SPENCER	EACH	0	391	10.03	23.10%	520.88	65.23	3.00	2.51	5.78%	47.06
005508	BBQ PORK RIB ON WG BUN - SP	SPENCER	EACH	0	410	19.00	41.71%	960.00	50.00	4.00	6.00	13.17%	41.00
006410	BISCUIT - SP	SPENCER	2.51 OZ	0	220	10.00	40.91%	490.00	0.00	2.00	5.00	20.46%	28.00
005515	BISCUIT, SAUSAGE - SP	SPENCER	EACH	0	330	20.00	54.54%	670.00	25.00	2.00	8.50	23.18%	28.00
006412	BREAD, MINI LOAF, ASST - SP	SPENCER	2 OZ	0	180	6.67	33.33%	173.33	8.33	2.00	1.17	5.83%	29.00
006435	BREADSTICK - SP	SPENCER	EACH	0	97	1.67	15.52%	213.33	1.67	2.00	0.33	3.10%	17.00
006416	BREAKFAST BUN/HONEY BUN - SP	SPENCER	EACH	0	230	7.00	27.39%	340.00	0.00	3.00	2.00	7.82%	39.00
001130	BROCCOLI SALAD - SP	SPENCER	1/2 CUP	0	142	7.37	46.79%	245.74	7.45	2.36	1.29	8.20%	16.29
005212	BROCCOLI W/ CHEESE - SP	SPENCER	1/2 CUP	0	52	1.67	28.77%	198.81	0.00	2.30	0.33	5.75%	6.94
001504	BROCCOLI, COOKED - SP	SPENCER	1/2 CUP	0	46	1.67	32.98%	45.56	0.00	2.31	0.28	5.50%	4.62
006573	BUN, BURGER, EG 3447 - SP	SPENCER	EACH	0	160	2.00	11.25%	270.00	0.00	3.00	0.00	0.00%	31.00
006574	BUN, HOT DOG, EG 4266 - SP	SPENCER	EACH	0	160	2.00	11.25%	270.00	0.00	3.00	0.00	0.00%	31.00
001520	CALIFORNIA BLEND - SP	SPENCER	1/2 CUP	0	58	1.81	28.30%	64.20	0.00	2.63	0.30	4.72%	5.27
006369	CARROTS, BABY, FRESH - SP	SPENCER	SERVING	0	40	0.00	0.00%	90.00	0.00	2.00	0.00	0.00%	10.00
001525	CARROTS, SUNSHINE (FROZEN)- S	SPENCER	1/2 CUP	0	53	1.60	26.99%	80.04	0.00	3.20	0.27	4.50%	7.47
006417	CEREAL, ASSORTED - SP	SPENCER	EACH	0	106	1.09	9.25%	147.94	0.00	2.18	0.12	1.00%	23.47
005483	CHEESE BREADSTICK/SCE- SP 9-1	SPENCER	3 EACH	0	490	19.00	34.90%	1470.00	15.00	6.00	6.00	11.02%	59.00
005209	CHEESE BREADSTICK/SCE-SP K-8	SPENCER	2 EACH	0	335	12.81	34.39%	1088.50	9.84	3.94	3.94	10.57%	41.47
001309	CHEESE SAUCE - SP	SPENCER	2 OZ	0	65	4.62	64.29%	458.46	0.00	0.00	0.92	12.86%	6.46
002608	CHEESEBURGER ON BUN - SP	SPENCER	EACH	0	305	10.00	29.51%	750.00	42.50	4.00	3.75	11.06%	34.00
006439	CHEF SALAD W/ CHICKEN- SP HIG	SPENCER	EACH	0	465	21.64	41.88%	1040.78	137.08	4.33	7.14	13.82%	40.44
005588	CHEF SALAD W/ HAM - SP HIGH	SPENCER	EACH	0	424	19.26	40.87%	1676.61	57.36	4.33	7.47	15.86%	42.12
006438	CHEF SALAD W/ TURKEY - SP HIGH	SPENCER	EACH	0	395	17.08	38.92%	1125.90	51.10	4.33	6.38	14.55%	40.46
006440	CHICKEN ALFREDO - SP	SPENCER	6 OUNCE	0	273	9.01	29.64%	513.65	54.76	3.22	3.73	12.26%	27.50
006411	CHICKEN BISCUIT - SP	SPENCER	EACH	0	300	14.00	42.00%	685.00	23.00	2.00	6.00	18.00%	32.00
005585	CHICKEN NUGGETS - SP 9-12	SPENCER	7 EACH	0	284	15.40	48.77%	541.80	68.60	2.80	2.80	8.87%	16.80
006370	CHICKEN NUGGETS - SP K-8	SPENCER	5 EACH	0	203	11.00	48.77%	387.00	49.00	2.00	2.00	8.87%	12.00
001370	CHICKEN PATTY ON BUN - SP	SPENCER	EACH	0	367	13.00	31.88%	661.00	47.00	5.00	2.00	4.90%	43.00
006371	CHICKEN PATTY, SPICY/BUN - SP	SPENCER	EACH	0	344	10.00	26.16%	506.00	50.00	4.00	2.00	5.23%	44.00
006405	CHICKEN TENDERS - SP 9-12	SPENCER	5 EACH	0	433	25.00	51.92%	650.00	41.67	5.00	4.17	8.66%	26.67
006404	CHICKEN TENDERS - SP K-8	SPENCER	3 EACH	0	260	15.00	51.92%	390.00	25.00	3.00	2.50	8.66%	16.00

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006660	CHICKEN, POPCORN, BRD- SP 9-12	SPENCER	14 PC/3.08	0	211	9.00	38.39%	400.00	47.00	2.00	2.00	8.53%	13.00
002609	CHILI - SP	SPENCER	8 OZ	0	247	9.42	34.35%	733.63	47.72	5.48	3.36	12.26%	23.87
006450	CHIPS, ASSORTED - SP	SPENCER	EACH	0	122	4.50	33.20%	190.00	0.00	2.00	0.60	4.43%	18.40
001510	COLE SLAW - SP	SPENCER	1/2 CUP	0	80	4.98	56.02%	90.18	7.76	0.00	0.71	8.00%	6.71
001511	CORN (FROZEN) - SP	SPENCER	1/2 CUP	0	101	1.79	16.04%	135.58	0.00	0.93	0.15	1.31%	19.28
001369	CORN DOG - SP	SPENCER	EACH	0	240	8.00	30.00%	390.00	40.00	5.00	2.50	9.37%	30.00
006491	CRACKERS, SALTINE, SNACK - SP	SPENCER	.8 OZ	0	100	3.00	27.00%	150.00	0.00	1.00	0.00	0.00%	16.00
001322	DELI SANDWICH - SP	SPENCER	EACH	0	260	5.89	20.37%	1090.68	37.70	3.00	2.25	7.78%	30.89
006422	DONUT, GLAZED CAKE - SP	SPENCER	3.2 OZ	0	330	13.00	35.46%	320.00	30.00	2.00	6.00	16.36%	49.00
006423	DONUT, GOODY RING - SP	SPENCER	2.5 OZ	0	230	11.00	43.04%	260.00	0.00	2.00	4.00	15.65%	29.00
006421	DONUT, POWDERED - SP	SPENCER	3.2 OZ	0	340	13.00	34.41%	320.00	30.00	2.00	6.00	15.88%	50.00
006554	DRESSING, RANCH LITE, CUP - SP	SPENCER	1 OZ	0	70	7.00	90.00%	270.00	5.00	0.00	1.00	12.86%	2.00
006577	EGG, SCRAMBLE MIX, BACON - SP	SPENCER	2 OZ	0	120	9.00	67.50%	270.00	195.00	0.00	3.50	26.25%	1.00
001533	FISH NUGGETS - SP	SPENCER	4 EACH	0	230	9.00	35.22%	320.00	50.00	2.00	1.50	5.87%	23.00
006372	FISH ON BUN - SP	SPENCER	EACH	0	350	9.00	23.14%	520.00	50.00	4.00	1.00	2.57%	47.00
006555	FISH PATTY - SP	SPENCER	EACH	0	190	7.00	33.16%	250.00	50.00	1.00	1.00	4.74%	16.00
004596	FRENCH FRIES (BAKED) - SP	SPENCER	1/2 CUP	0	121	4.50	33.61%	135.26	0.00	2.03	0.00	0.01%	17.11
006413	FRENCH TOAST, MINI W/ SYRUP-S	SPENCER	SERVING	0	340	5.50	14.56%	265.00	0.00	3.50	1.50	3.97%	68.00
006377	FRUIT COCKTAIL, CANNED - SP	SPENCER	1/2 CUP	0	60	0.00	0.00%	10.00	0.00	0.00	0.00	0.00%	17.00
005624	GARDEN SALAD - SP	SPENCER	1 CUP	0	16	0.21	11.39%	10.38	0.00	1.43	0.02	1.26%	3.20
001517	GLAZED CARROTS - SP	SPENCER	1/2 CUP	0	47	0.62	11.70%	35.70	0.00	2.16	0.10	1.95%	10.14
006436	GRAVY, WHITE - SP	SPENCER	1/4 CUP	0	42	2.09	45.00%	221.64	0.00	0.00	1.05	22.50%	5.24
001509	GREEN BEANS - SP	SPENCER	1/2 CUP	0	43	0.00	0.08%	724.45	0.00	3.37	0.00	0.02%	8.60
005208	GRILLED CHEESE SAND - SP 9-12	SPENCER	EACH	0	300	10.50	31.50%	840.00	30.00	3.00	6.00	18.00%	33.00
006379	GRILLED CHEESE SAND - SP K-8	SPENCER	EACH	0	265	8.50	28.87%	630.00	22.50	3.00	4.75	16.13%	32.00
000972	HAM & CHEESE ON BUN - SP 9-12	SPENCER	EACH	0	290	7.00	21.73%	1550.00	40.00	3.00	3.50	10.86%	36.00
005581	HAM & CHEESE ON BUN - SP K-8	SPENCER	EACH	0	255	5.00	17.65%	1340.00	32.50	3.00	2.25	7.94%	35.00
001371	HAMBURGER ON BUN - SP	SPENCER	EACH	0	270	8.00	26.67%	540.00	35.00	4.00	2.50	8.33%	33.00
001535	HOT DOG ON BUN - SP	SPENCER	EACH	0	340	19.00	50.30%	610.00	35.00	3.00	7.00	18.53%	32.00
002601	HOT HAM & CHEESE ON BUN - SP	SPENCER	EACH	0	290	7.00	21.73%	1550.00	40.00	3.00	3.50	10.86%	36.00
006396	JUICE BOX, ASST - SP	SPENCER	6.75 OZ	0	107	0.00	0.00%	15.00	0.00	0.00	0.00	0.00%	26.33
002590	JUICE, ASSORTED - SP	SPENCER	4 OZ	0	63	0.00	0.00%	15.00	0.00	0.00	0.00	0.00%	15.00
001514	LETTUCE & TOMATO - SP	SPENCER	1/4 CUP	0	4	0.04	9.56%	1.85	0.00	0.30	0.00	1.13%	0.85
006558	LETTUCE, SHREDDED - SP	SPENCER	1/4 CUP	0	3	0.03	9.00%	1.80	0.00	0.22	0.00	0.64%	0.53
006559	LETTUCE, TOMATO & ONION - SP	SPENCER	1/4 CUP	0	6	0.04	5.50%	1.66	0.00	0.36	0.01	1.00%	1.42
001508	MACARONI AND CHEESE - SP	SPENCER	6 OZ	0	200	4.94	22.20%	668.97	5.38	1.83	1.44	6.47%	30.94
006376	MANDARIN ORANGES, CANNED - S	SPENCER	1/2 CUP	0	80	0.00	0.00%	25.00	0.00	1.00	0.00	0.00%	18.00
003501	MASHED POTATOES - SP	SPENCER	1/2 CUP	0	88	2.27	23.22%	265.33	0.04	1.26	0.28	2.90%	15.07
006570	MILK, 1% LOWFAT - SP	SPENCER	HALF PINT	0	110	2.50	20.45%	130.00	10.00	0.00	1.50	12.27%	13.00
006572	MILK, CHOCOLATE, FAT FREE- SP	SPENCER	HALF PINT	0	120	0.00	0.00%	180.00	5.00	0.00	0.00	0.00%	20.00
006571	MILK, FAT FREE - SP	SPENCER	HALF PINT	0	90	0.00	0.00%	130.00	5.00	0.00	0.00	0.00%	13.00
006569	MILK, STRAWBERRY, FAT FREE- S	SPENCER	HALF PINT	0	110	0.00	0.00%	125.00	5.00	0.00	0.00	0.00%	19.00

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006406	MUFFIN, ASST - SP	SPENCER	EACH	0	180	5.75	28.75%	132.50	18.75	1.50	1.50	7.50%	29.00
003517	NACHO CHEESE SAUCE - SP	SPENCER	OZ	0	38	2.80	66.31%	159.96	8.38	0.00	1.46	34.49%	1.17
005513	NACHO GRANDE - SP	SPENCER	SERVING	0	401	17.07	38.29%	654.14	70.71	4.00	3.02	6.77%	43.03
006556	ONIONS,FRESH, SLICED - SP	SPENCER	1/8 CUP	0	6	0.01	2.25%	0.58	0.00	0.24	0.01	0.90%	1.34
006343	ORANGES, FRESH - SP	SPENCER	EACH	0	86	0.22	2.30%	0.00	0.00	4.42	0.04	0.38%	21.62
006415	PANCAKES W/SYRUP - SP	SPENCER	SERVING	0	360	7.00	17.50%	285.00	10.00	3.00	1.00	2.50%	72.00
006407	PASTRY, FRUDEL, ASST - SP	SPENCER	EACH (2.29	0	210	6.00	25.71%	285.00	0.00	2.00	1.50	6.43%	36.50
006375	PEACHES, (SLICED) CANNED - SP	SPENCER	1/2 CUP	0	60	0.00	0.00%	10.00	0.00	0.00	0.00	0.00%	14.00
006374	PEARS, (HALVES) CANNED - SP	SPENCER	1/2 CUP	0	60	0.00	0.00%	10.00	0.00	2.00	0.00	0.00%	14.00
001523	PEAS (CANNED) - SP	SPENCER	1/2 CUP	0	104	1.96	16.95%	428.37	0.00	3.89	0.22	1.89%	15.58
006381	PICKLE SLICES - SP	SPENCER	OZ	0	0	0.00	0.00%	384.74	0.00	1.01	0.00	0.00%	0.00
006382	PICKLE SPEARS - SP	SPENCER	OZ	0	0	0.00	0.00%	384.74	0.00	1.01	0.00	0.00%	0.00
006373	PINEAPPLE, CANNED - SP	SPENCER	1/2 CUP	0	80	0.00	0.00%	0.00	0.00	1.00	0.00	0.00%	20.00
001518	PINTO BEANS - SP	SPENCER	1/2 CUP	0	139	0.65	4.21%	1535.62	0.00	5.21	0.00	0.00%	26.49
006386	PIZZA, BREAKFAST - SP	SPENCER	3 OZ	0	210	8.00	34.29%	430.00	15.00	2.00	2.00	8.57%	25.00
006387	PIZZA, STUFFED CRUST, ASST- SP	SPENCER	4.5 OZ	0	300	11.00	33.00%	625.00	30.00	4.00	5.50	16.50%	35.00
006419	POP TARTS, ASST - SP	SPENCER	2 CT PKG	0	365	4.75	11.71%	370.00	0.00	6.00	2.00	4.93%	75.00
006385	POTATO WEDGES - SP	SPENCER	1/2 CUP	0	111	1.00	8.16%	180.36	0.00	2.04	0.00	0.01%	23.14
005587	POTATO, SWEET,CRISS CT-SP 9-12	SPENCER	3/4 CUP	0	181	6.78	33.75%	203.44	0.00	3.01	0.00	0.00%	25.62
006384	POTATO, SWEET,CRISS CUT-SP K-	SPENCER	1/2 CUP	0	121	4.52	33.75%	135.63	0.00	2.01	0.00	0.00%	17.08
006392	REFRIED BEANS - SP	SPENCER	1/2 CUP	0	135	1.30	8.68%	489.86	0.00	7.91	0.50	3.30%	22.92
006388	RICE, BROWN, BROCCOLI CHED -S	SPENCER	1/2 CUP	0	105	1.25	10.71%	225.00	0.00	1.00	0.25	2.14%	20.50
006390	RICE, BROWN, MEXICAN STYLE -S	SPENCER	1/2 CUP	0	110	1.00	8.18%	210.00	0.00	1.50	0.25	2.05%	23.00
006391	RICE, BROWN, PILAF - SP	SPENCER	1/2 CUP	0	105	1.00	8.57%	195.00	0.00	1.00	0.25	2.14%	22.00
006389	RICE, BROWN, ROASTED CHICK- S	SPENCER	1/2 CUP	0	105	1.50	12.86%	215.00	2.50	1.00	0.50	4.28%	20.00
006394	ROLL DOUGH, MINI SUB, 6 IN -SP	SPENCER	2 OZ BAKED	0	160	3.00	16.87%	140.00	0.00	3.00	0.50	2.81%	28.00
006395	ROLL DOUGH, MINI SUB/OATS -SP	SPENCER	2 OZ BAKED	0	167	3.12	16.83%	140.00	0.00	3.16	0.52	2.81%	29.16
006346	ROLLS - SP	SPENCER	EACH	0	150	2.00	12.00%	270.00	0.00	3.00	0.00	0.00%	30.00
006557	SALSA CUP - SP	SPENCER	2 OZ	0	19	0.00	0.00%	264.60	0.00	0.00	0.00	0.00%	3.78
005093	SALSA, CORN & BEAN - SP	SPENCER	1/2 CUP	0	165	7.75	42.25%	294.48	0.01	4.12	1.27	6.93%	19.77
006414	SAUSAGE & PANCAKE/STICK- SP	SPENCER	2.85 OZ	0	240	15.00	56.25%	360.00	25.00	2.00	4.50	16.88%	20.00
006408	SCRAMBLED EGGS W/ BISCUIT- SP	SPENCER	SERVING	0	290	15.00	46.55%	560.00	220.00	2.00	7.00	21.72%	30.00
006409	SCRAMBLED EGGS W/ SAUSAGE-	SPENCER	SERVING	0	200	18.00	81.00%	403.14	242.50	0.00	6.50	29.25%	2.00
001531	SLOPPY JOES ON BUN - SP	SPENCER	EACH	0	532	24.65	41.70%	789.38	77.19	3.17	9.27	15.67%	50.93
005484	SPAGHETTI & MEAT SAUCE - SP	SPENCER	SERVING	0	346	16.37	42.56%	160.46	51.03	3.40	6.21	16.15%	31.17
006447	SQUASH, ROASTED BUTTERNUT -	SPENCER	1/2 CUP	0	96	3.31	30.85%	139.80	0.00	1.90	0.58	5.45%	16.99
006448	SQUASH,ZUCCHINI/YELLOW, BKD-	SPENCER	1/2 CUP	0	64	5.16	72.59%	29.53	1.93	1.25	1.17	16.53%	3.73
001513	TACO MEAT, BEEF - SP	SPENCER	2 OZ	0	205	14.97	65.68%	326.40	51.03	0.00	6.12	26.87%	2.92
006455	TACO, BEEF & CHIPS - SP	SPENCER	EACH	0	485	24.97	46.32%	566.40	51.03	4.00	7.12	13.22%	42.92
006456	TACO, SOFT BEEF - SP	SPENCER	EACH	0	375	18.47	44.31%	626.40	51.03	3.00	7.12	17.09%	32.92
005586	TACO, SOFT CHICKEN - SP 9-12	SPENCER	EACH	0	292	8.58	26.45%	676.02	106.71	3.00	2.02	6.22%	31.02
003507	TACO, SOFT TURKEY - SP	SPENCER	EACH	0	291	10.57	32.67%	714.14	70.71	3.00	3.02	9.33%	33.03

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Ohio Valley Educational Cooperative

No.	Description	Source	Portion Size	Unit Cost \$	Calories (kcal)	Total Fat (g)	% Fat Cals	Sodium (mg)	Chol (mg)	Dietary Fiber (g)	Saturated Fat (g)	% Sat Fat	Carbs (g)
006454	TACO, TURKEY & CHIPS - SP	SPENCER	EACH	0	401	17.07	38.29%	654.14	70.71	4.00	3.02	6.77%	43.03
005514	TACOS, SOFT CHICKEN - SP K-8	SPENCER	EACH	0	231	6.04	23.54%	488.01	53.35	3.00	1.51	5.88%	30.51
006451	TO GO BOX/CHIX FAJITA WRAP- SP	SPENCER	EACH	0	705	26.03	33.22%	1402.15	148.24	11.85	6.92	8.83%	88.67
006453	TO GO BOX/HAM SAND - SP	SPENCER	EACH	0	618	18.38	26.76%	2194.75	50.00	11.85	4.91	7.15%	90.44
006449	TO GO BOX/PBJ - SP	SPENCER	EACH	0	703	32.88	42.11%	1117.68	20.00	12.83	7.66	9.81%	90.71
006452	TO GO BOX/TURKEY SAND - SP	SPENCER	EACH	0	598	17.66	26.56%	1525.69	47.89	11.81	3.41	5.13%	86.61
006402	TOMATOES, FRESH - SP	SPENCER	1/8 CUP	0	4	0.05	10.00%	1.13	0.00	0.27	0.01	1.50%	0.88
001320	TURKEY & CHEESE ON BUN- SP K-	SPENCER	EACH	0	248	4.59	16.65%	946.01	34.04	3.00	1.25	4.53%	32.59
005487	TURKEY & CHEESE ON BUN-SP 9-1	SPENCER	EACH	0	283	6.59	20.95%	1156.01	41.54	3.00	2.50	7.95%	33.59
006445	TURKEY & GRAVY - SP	SPENCER	SERVING	0	128	1.77	12.37%	1342.01	38.56	0.00	1.28	9.00%	8.35
005480	VEGETABLE CUP - SP	SPENCER	1/2 CUP	0	21	0.14	6.02%	32.41	0.00	1.66	0.02	1.02%	4.65
006383	YOGURT PARFAIT W/ GRANOLA - S	SPENCER	EACH	0	584	5.40	8.32%	169.84	5.00	5.60	1.00	1.54%	121.12

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

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