

Vegetables: Starchy

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
AU GRATIN POTATOES	1072	207	4.05	383.50	M/MA, V:S	½ CUP STARCHY VEGETABLE, ½ OZ. EQ. MEAT/MEAT ALTERNATE
BAKED POTATO WITH MARGARINE	1074	181	0.07	47.00	V:S	½ CUP STARCHY VEGETABLE
CORN ON THE COB (3") (FROZEN)	1024	94	0.90	21.82	V:S	½ CUP STARCHY VEGETABLE
CORN ON THE COB (5") (FROZEN)	1025	92	0.81	28.65	V:S	½ CUP STARCHY VEGETABLE
CORN PUDDING (CANNED)	1026	171	1.35	375.74	V:S	½ CUP STARCHY VEGETABLE
CREAM-STYLE CORN (CANNED)	1028	114	0.90	403.22	V:S	½ CUP STARCHY VEGETABLE
CRINKLE CUT FRIES (BAKED)	1088	100	0.00	20.25	V:S	½ CUP STARCHY VEGETABLE
CRINKLE CUT FRIES (FRIED)	1089	134	0.27	20.25	V:S	½ CUP STARCHY VEGETABLE
FIELD PEAS (FROZEN)	1068	121	0.00	157.44	V:S	½ CUP STARCHY VEGETABLE
GREEN BEANS WITH POTATOES (CANNED)	1040	53	0.86	151.18	V:S, V:O	1/8 CUP STARCHY VEGETABLE, 3/8 CUP OTHER VEGETABLE
GREEN PEA SALAD (FROZEN)	1132	198	2.99	358.20	V:S	½ CUP STARCHY VEGETABLE
GREEN PEAS (CANNED)	1071	97	0.94	140.37	V:S	½ CUP STARCHY VEGETABLE
GREEN PEAS (FROZEN)	1070	91	0.86	171.48	V:S	½ CUP STARCHY VEGETABLE
HASHBROWN POTATOES	1103	256	4.19	255.94	V:S	½ CUP STARCHY VEGETABLE
LIMA BEANS (FROZEN)	1004	104	0.87	254.35	V:S	½ CUP STARCHY VEGETABLE
MASHED POTATOES	1078	91	1.04	83.44	V:S	½ CUP STARCHY VEGETABLE

Vegetables: Starchy

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
MASHED POTATOES WITH CHEESE	1080	114	2.27	157.28	V:S	½ CUP STARCHY VEGETABLE
MEXICALI CORN	1030	145	0.88	189.58	V:S	½ CUP STARCHY VEGETABLE
OVEN BAKED POTATO WEDGES	1094	156	2.22	322.22	V:S	½ CUP STARCHY VEGETABLE
OVEN FRIES (BAKED)	1092	132	0.60	240.00	V:S	½ CUP STARCHY VEGETABLE
PARSLEY BUTTERED NEW POTATOES	1082	92	1.67	391.29	V:S	½ CUP STARCHY VEGETABLE
PEAS AND CARROTS (FROZEN)	1062	69	0.84	85.38	V:R/O, V:S	¼ CUP RED/ORANGE VEGETABLE, ¼ CUP STARCHY VEGETABLE
POTATO SALAD (CANNED)	1122	189	0.88	576.15	V:S	½ CUP STARCHY VEGETABLE
QUICK BAKED POTATO (FRESH)	1084	91	0.14	176.65	V:S	½ CUP STARCHY VEGETABLE
RANCH FRIES (BAKED)	1097	132	0.00	348.51	V:S	½ CUP STARCHY VEGETABLE
SCALLOPED POTATOES	1086	186	2.16	433.81	V:S	½ CUP STARCHY VEGETABLE
SEASONED POTATO WEDGES (BAKED)	1093	147	2.13	463.69	V:S	½ CUP STARCHY VEGETABLE
SEASONED POTATO WEDGES (FRIED)	1098	156	2.22	463.69	V:S	½ CUP STARCHY VEGETABLE
SPICY FRIES (BAKED)	1100	147	1.22	390.68	V:S	½ CUP STARCHY VEGETABLE
SPICY FRIES (FRIED)	1102	176	1.53	390.68	V:S	½ CUP STARCHY VEGETABLE
STRAIGHT CUT FRIES (FRIED)	1090	119	0.24	125.81	V:S	½ CUP STARCHY VEGETABLE
STRAIGHT FRIES (BAKED)	1091	102	0.00	16.99	V:S	½ CUP STARCHY VEGETABLE



RECIPE LIST

Vegetables: Starchy

RECIPE NAME	MRS #	CALORIES	SAT. FAT	SODIUM	CREDIT	MENU CONTRIBUTION
TATER TOTS (BAKED)	1095	160	1.14	297.14	V:S	½ CUP STARCHY VEGETABLE
TATER TOTS (FRIED)	1096	209	1.59	330.16	V:S	½ CUP STARCHY VEGETABLE
WHOLE KERNEL CORN (CANNED)	1032	101	0.99	132.83	V:S	½ CUP STARCHY VEGETABLE
WHOLE KERNEL CORN (FROZEN)	1031	89	0.91	20.30	V:S	½ CUP STARCHY VEGETABLE